

SANDRA B. PROCTER

PhD, RD, LD

Kansas State University Research & Extension

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Appointment: 40% EFNEP, 40% Extension (FNP), 20% Research

Education

1977 B.S. Dietetics Kansas State University

1991 M.S. Institution Management Kansas State University

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

Professional Certification

Registered Dietitian, Commission on Dietetic Registration, Number 486263

Licensed Dietitian, State of Kansas, Number 510

Registered *ServSafe* (food safety) instructor/proctor

Professional Experience

- 2011 to present Coordinator, Kansas Family Nutrition Program (FNP) – the state SNAP-Ed program
- Lead nutrition educators in 70+ counties in nutrition education for limited resource audiences
 - Manage statewide program budget of \$ 2,661,565 (FY2012).
 - Identify, develop, deliver training opportunities for nutrition educators related to SNAP (food stamp) audience
- 2007 to present Assistant Professor, Human Nutrition, Kansas State University
Specialist, Maternal and Child Nutrition, K-State Research and Extension (KSRE)
- Provide statewide leadership in nutrition programming addressing needs of pregnancy, infancy and childhood
 - Initial Program Focus Team (PFT) leader for Nutrition, Food Safety and Health team 2007 - 2010
 - Identify, develop, deliver training opportunities for county faculty
 - Evaluate program impacts
 - Design, identify curricula and education pieces for agents

Coordinator, Kansas Expanded Food and Nutrition Education Program (EFNEP)

- Identify, develop and evaluate programming efforts for young families with limited resources
- Lead EFNEP in 8 counties across state
- Evaluate program impact
- Plan and conduct quarterly nutrition assistant training
- Lead quarterly EFNEP agent planning meetings
- Develop, manage annual budget of ~ \$760,000
- Directly supervise two employees, indirectly supervise county EFNEP agents and assistants
- Promote, represent EFNEP at local, state, regional and national levels

2002 - 2006

Associate Specialist, Maternal and child nutrition, KSRE

1998 to present

State EFNEP Coordinator, KSRE

2000 - 2001

Instructor, Highland Community College, Wamego, KS

- Taught Basic Nutrition course for 3 semesters
- Developed syllabus for course taught at multiple sites
- Received strong student evaluation ratings

1987 - 1998

Dietitian Manager, Dining Services, Kansas State University
Service manager, Derby Dining Service 8/87 - 8/89

- Directed, facilitated cafeteria service for 1600 students
- Assisted with meal management for athletes' training table
- Developed point-of-service nutrition information
- Developed peer-selection method of student supervisor selection

Service/sanitation manager, Kramer Dining Service, 8/89 - 8/90

- Directed, evaluated cafeteria service for 1200 students
- Planned, organized and directed set-up service for special dinners and catered events
- Co-chaired nutrition education committee

Production manager, Kramer Dining Service 8/90 - 1/98

- Trained, evaluated, supervised and directed 14-member production staff and 85 student employees
- Trained staff on food safety and HACCP (hazard analysis critical control point) processes
- Served on nutrition education committee
- Forecasted menu items for 900-student dining center
- Ordered and maintained grocery inventory

- Supervised, directed and evaluated quality production of entrees, vegetables, salads, breads and desserts
- Assisted teaching Foodservice Systems (HRIMD 455)
- Assisted teaching Management in Dietetics (HRIMD 560)

1983 - 1987

Food Service Director and Clinical Dietitian, Good Samaritan Village, Hastings, NE

Director of Dietary Department 8/83 - 8/87

- Managed 65 employees in four kitchens
- Wrote, budgeted and scheduled 375,000 meals annually
- Created and conducted monthly in-service training sessions for dietary staff, occasionally all-staff including nursing
- Wrote specifications for and purchased food items, equipment and furnishings
- Continued all clinical tasks below

Clinical Dietitian, Good Samaritan Village 1/80 - 11/83

- Prepared clinical assessment and nutritional management of 360 skilled and intermediate care nursing home residents
- Wrote and modified diets for 40 per cent of nursing home residents
- Prepared and presented "Dietary Digest," a weekly 30-minute nutrition and health-center TV program to 1,100 residents
- Wrote and implemented a long-term care practicum for dietetic technician students attending Central Community College, Hastings, NE
- Wrote monthly nutrition articles for the *Village Voice*, the newspaper of Good Samaritan Village

1978 - 1979

Clinical Dietitian, St. Joseph Medical Center, Wichita, KS

- Provided nutrition instruction to hospital outpatients as sole outpatient dietitian in 500-bed hospital
- Conducted prenatal nutrition classes for the public
- Co-formed oncology team that provided nutritional assessment and support of cancer patients
- Assisted with authoring grant proposal seeking funding for nutritional support of cancer outpatients
- Mentored dietetic students and medical residents

1973, 1974

Extension summer intern, Harvey County (KS) KSRE – Newton, KS

Research

NC1169 multi-state research project – EFNEP-related research. Serve as co-chair and member of Objective 3 subcommittee examining quality of life factors related to EFNEP participation in clients and paraprofessionals.

Member, advisory board for Center of Excellence for Food Safety Research in Child Nutrition Programs. Funded in April 2011 by U.S. Food and Nutrition Service.

Publications

Juried research.

- **Procter, S**; Holcomb, CA: 2008. Breastfeeding duration and childhood overweight among low income children in Kansas 1998 -2002. *American Journal of Public Health*. Vol 98, no. 1.
- **Procter, S**; Gregoire, M; Holcomb, CA; Reeves, R. 1992. Eating habits and activity levels of university students. *NACUFS*, 16:61.

Electronic publications.

- *MOM Newsletter* – Matters of Motherhood. Created and written for Extension educators programming in maternal and child nutrition. Issue 1 late 2008; ongoing.
- EFNEP National Promotional DVD. 11/2005. Served as writer and content advisor. Produced with support of EFNEP Task Force of NASULGC.
- KSRE. Co-creator, nutrition consultant, content author *Kids a Cookin'* programs 1-12, 2002

Extension publications.

- Family and Consumer Sciences lesson. *Vitamin D – From Sunshine to Supplements*. Leader's guide and fact sheet, KSRE publications. Spring 2010, revised December 2010.
- Brochure. *Family Meals Serve Us Well*. KSRE Publication, February 2008.
- Family and Consumer Sciences lesson. *Everyone to the table: Family meals serve us well*. Leader's guide and fact sheet, KSRE publications MF-2784 and MF-2785. July 2007.
- Curriculum. Kansas Nutrition Network. Contributing writer, *Toddler Nutrition Time*, 2004
- Editor and writing contributor, *Nutrition Spotlight* newsletter, 1999 – 2006.
- **Procter, S**. *Trans Fat: What's a Consumer to Know, and Do?* KSRE Publication, July 2005.
- Regular nutrition column contributor to *Young Families Newsletter*, a quarterly publication of KSRE, 1998 - 2008.
- Redlinger, P. and Penner, K. P. Revised by **Procter, S**. and Fisher, S.D. *Judge's guide for foods and nutrition exhibits*. KSU AES and CES 4-H 488 (Revised). 7/2001.
- **Procter, S**. *Basic Foods and Nutrition* (curriculum). KSU AES and CES S-134b, July 2001. Part of *Basic Living Skills* series.
- **Procter, S**. *Feeding Our Youngest* newsletters, issues 1-12. Originally published 1998; revised 2003.
- Walsten, K. and **Procter, S**. Curriculum. *Book in a Bag*. 2000 – present. Co-creator, writer. Children's food, nutrition and literacy curriculum used across Kansas and in other states.

Grants /External Funding

USDA. McGovern-Dole International Food for Education and Child Nutrition Program. “Novel Sorghum-based Fortified Blended Foods for Infants and Young Children” S. Procter, co-PI. Total funded \$2.96 M (2011).

Agriculture and Food Research Institute (AFRI). Mobilizing Rural Low-income Communities to Assess and Improve the Ecological Environment to Prevent Childhood Obesity. S. Procter, state co-PI. Multi-state grant. Total funded \$4,700,000. (2011).

Center for Engagement and Community Development grant (S. Procter, P.I). Increasing acceptance of food assistance Vision Cards by rural Kansas grocery stores to improve resident health and economic viability within rural Kansas communities. Total funded \$10,800. (2010).

KSU African Studies Center – 2008 Small Grants Program. Preliminary work on *Landscape/Lifescape Analyses of the Sustainability Nexus of Family Households in AIDS-Impacted Africa*. (\$4000)

Big 12 Faculty Fellow – 2008 USDA/ARS Children’s Nutrition Research Center, Baylor College of Medicine, Houston (\$2125)

Leadership

Nutrition Extension Program Leader, 2010 - 2011

Co-facilitated Nutrition, Food Safety and Health focus team in Extension Professional Development efforts – 2007 – 2009

NELD (National Extension Leadership Development) North Central Region participant, 2008 class

LEADS (Leadership Excellence and Dynamic Solutions), K-State Research and Extension, 2005-2006 class

NACUFS (National Association of College and University Food Services) Professional Development Institute – Arkansas, 1994

Graduate Students

2011 – present

Arlerta Nrdlela – Serving as major professor for MPH

2010 – present

Melissa Taylor, Abby Bauer – Serving as major professor for MPH

2010 – 2011

Shely Weinrich, Julie Louk – Served as committee member for MPH

2008 – 2009

Joan Buchholz Morris, Master of Public Health with emphasis in Physical Activity and Nutrition. Report. Graduated December, 2009.

Valerie J. Stull, Master of Public Health with emphasis in Nutrition.

Thesis. Graduated December 2009. **Awarded one of 5 top student research abstracts submitted to SNE for thesis-related study – 2010.**

Undergraduate Students

- 2010 - 2011 Victoria Fort – Developing Scholars student
2008 - 2010 Courtney Held (Public Health Nutrition and Dietetics major). I served as her Honors Project mentor. Graduated December, 2010.

Awards and Honoraries

- 2010 Epsilon Sigma Phi International Award – for community nutrition work in Kenya ‘08 – ‘10
2008 Epsilon Sigma Phi Team Award – Kansas to Kenya team
2004 KSRE **Team** Award – Awarded to Family Nutrition Program (FNP) state team
2001 KSRE **Diversity** Award – Awarded to EFNEP team
Phi Upsilon Omicron – National Family and Consumer Sciences Honorary – Life member

Professional Organization Affiliations (current)

- American Dietetic Association and Kansas Dietetic Association
American Public Health Association and Kansas Public Health Association
Epsilon Sigma Phi – Extension Professionals’ Organization
Society for Nutrition Education
Kansas Breastfeeding Coalition
Kansas Nutrition Council – past officer
Kaw Valley Dietetic Association – past officer

Service

Extension/EFNEP

National

- Appointed to CSREES/NIFA Nutrition and Health Guidance Committee, 6/2008 – 2010. Served as chair of Evaluation Subcommittee and member of Physical Activity Subcommittee, asked to extend work with Evaluation Subcommittee through 2011.
- Peer reviewer, *Journal of Extension*, 2007 – 2010, 2010 – 2013. Review at least 10 contributions each year.
- Creator and co-designer, EFNEP Marketing Banners – used nationwide to promote EFNEP -- 2007
- Co-designed, prepared and staffed EFNEP exhibit at NASULGC’s Science on the Hill exhibit, Washington, D.C., 2/2006
- Co- developed national EFNEP promotional video – 2005

Regional

- Member, North Central Region Research Project NC1169 – 2007 to present

State and local

- Statewide selection committee for Assistant Extension Director, 4-H and Youth -- 2011
- Edit all *Nutrition News* articles, write articles quarterly (2007 – 2010)
- Advisory member, CACFP state nutrition guidelines – 2011
- Annual foods judging at county fairs and state fair – 1999 to present
- Edited and revised “*Judge’s Guide for Foods and Nutrition Exhibits*,” 2001
- Co-host (2000 – 2002), and later (2003 – 2009) host, World Food Day at KSU, October e

Dietetics Profession

Invited Reviewer, Society for Nutrition Education, 2010, abstracts for 43rd Annual Conference, *Child Nutrition: Action Today for a Healthy Tomorrow*. Spring 2010.

- **Invited Reviewer**, *Preventive Medicine*, 2008, 2009;
 - *J of Foodservice Mgmt and Educ*, 2010 – present
- **Expert Reviewer**, American Dietetic Association, 2007, 2009. Nutrition Monitoring and Evaluation process: Breastfeeding
- Dietetics registration exam item writer for American Dietetic Association Commission on Dietetic Registration, 1993; 1996 – 1999, 2006
- Edited national newsletter for ADA Practice Group #41 – Managers in Food and Nutrition Systems, 1997 - 2000

NACUFS Professional Standards Visitor, Miami University, 1996

State

- Kansas Governor's Council on Fitness – appointed by Gov. Sebelius – 2007 – 2009; re-appointed by Gov. Parkinson for 2009 – 2012
- Kansas Governor's Food Security Task Force – appointed by Gov. Parkinson 2010.

College

- Member, K-State Honor and Integrity Council, 2010 – 2012
- Member, Master of Public Health Coordinating Committee – 2008 - 2011
- Graduate faculty associate, Master of Public Health Program, KSU 2007 - present

Department

- Served on search committee for faculty position, Spring 2008, Spring 2010
- Served on committee for 5-year review of department chair, 2004
- Graduate faculty member, 2007 - present

Selected Professional Presentations

“EFNEP’s Alignment with Emerging Research and Federal Food Policy: Current EFNEP Programming Reflects the 2010 U.S. Dietary Guidelines.” Prepared for the National Institute of Food and Agriculture, U.S. Department of Agriculture (NIFA/USDA), Nutrition Division. Presented to the 2011 National EFNEP Coordinators’ Conference, 3/3/2011, Washington DC.

“Vitamin D: From Sunshine to Supplements.” Annual FCS Lesson, August 2010. Selected as Family and Consumer Education lesson for 2011.

“When Food is the Enemy – Food Allergies and Intolerances” – Annual FCS Update presentation with Karen Blakeslee, February 2009.

“Barriers: Reasons Kansas WIC Clients Identified for Stopping Breastfeeding” – Poster session selected for APHA Annual Meeting and Exposition, San Diego – October 2008

“Breastfeeding Duration & Child Overweight: An Extension Project Embracing Public Health Initiatives” Kansas Public Health Grand Rounds Spring 2008 series, March 2008

“Everyone to the Table – Family Meals Serve Us Well” – Kansas Association of Family and Consumer Sciences Educators, McPherson, KS, August 2007

“Kansas EFNEP Returns to KCK” (with Lisa Martin) – National Urban Extension Conference, Kansas City, Mo. May 2007

“Reasons Affecting Breastfeeding Duration, and its Association with Childhood

Overweight, in a Kansas WIC Population” – Invited lecture to Kansas Department of Health & Environment, Bureau of Children, Youth and Families, Topeka, April 2007

“Nutrition Education Skills for Reaching Low Literacy Audiences” – Presented to Kaw Valley Dietetics Association meeting, Manhattan – February 2007.

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

“Healthy Foods, Healthy Families”(on child overweight) presented to Shawnee County United Way Home Visitation Action Team – July 2006

“Healthy Foods, Healthy Families” presented to Healthy Foods, Healthy Farms conference – February 2006

Panel member – “K-State Research and Extension’s Role with Underserved Populations” – Extension Annual Update – October 2005

“What’s NEW in Child Nutrition?” presented to Lyon Co. (KS) childcare providers – April 2005

“Shaping Children’s Healthy Weight” with T. Kidd – FCS Training – August 2004

“Weigh to Diet” multicounty programs in Iola, KS, and Parson, KS – April 2004

“Toddler Nutrition Time” KSRE statewide training – March - May, 2004

Recent Relevant Interviews/News Releases

“New Dietary Guidelines Worth Everyone’s Attention” in *Kansas City infoZine* April 6, 2011

“Family-friendly holiday calls for planning, patience” in *High Plains Journal* December 7, 2009

E/The Environmental Magazine, in “The Facts on Fats,” by B. Burmeier, March, 2006

Parenting magazine, in “Sit Down and Eat!” by R. Kavanaugh. November 2004, p. 278

“Regular Meal Planning Benefits Parents and Children” in *Grass & Grain*, July 2004

“Reduce Soft Drink Serving Size to Improve Children’s Health” by N. Peterson in *Manhattan Free Press*, May, 2004

Community Service

- Volunteer, Flint Hills Breadbasket 1999 – 2009

Consulted and wrote menus for FHBB Backpack Nutrition program – 2008

- CROP Walk (Community-wide hunger response of Church World Service)

- participant/fund raiser – 1999 - present

- United Methodist Campus Ministry at KSU

- board member 2001 - present

- secretary 2002 – 2010

- kitchen planning committee co-chair (2009) and chair (2010)
renovation planning of kitchen in new Wesley facility at 1001 Sunset

- College Avenue United Methodist Church

- Member, Board of trustees -- 2012

- Charter member, Health Ministries committee – 2009 -- present

- Cub Scout leader – Pack 281, Manhattan, KS – 1992 - 1998

- Adult member, Boy Scout Troop 284, Manhattan, KS 1994 - 2004