



RUTGERS

New Jersey Agricultural
Experiment Station

FAMILY AND COMMUNITY HEALTH SCIENCES



Year-End Report | 2023

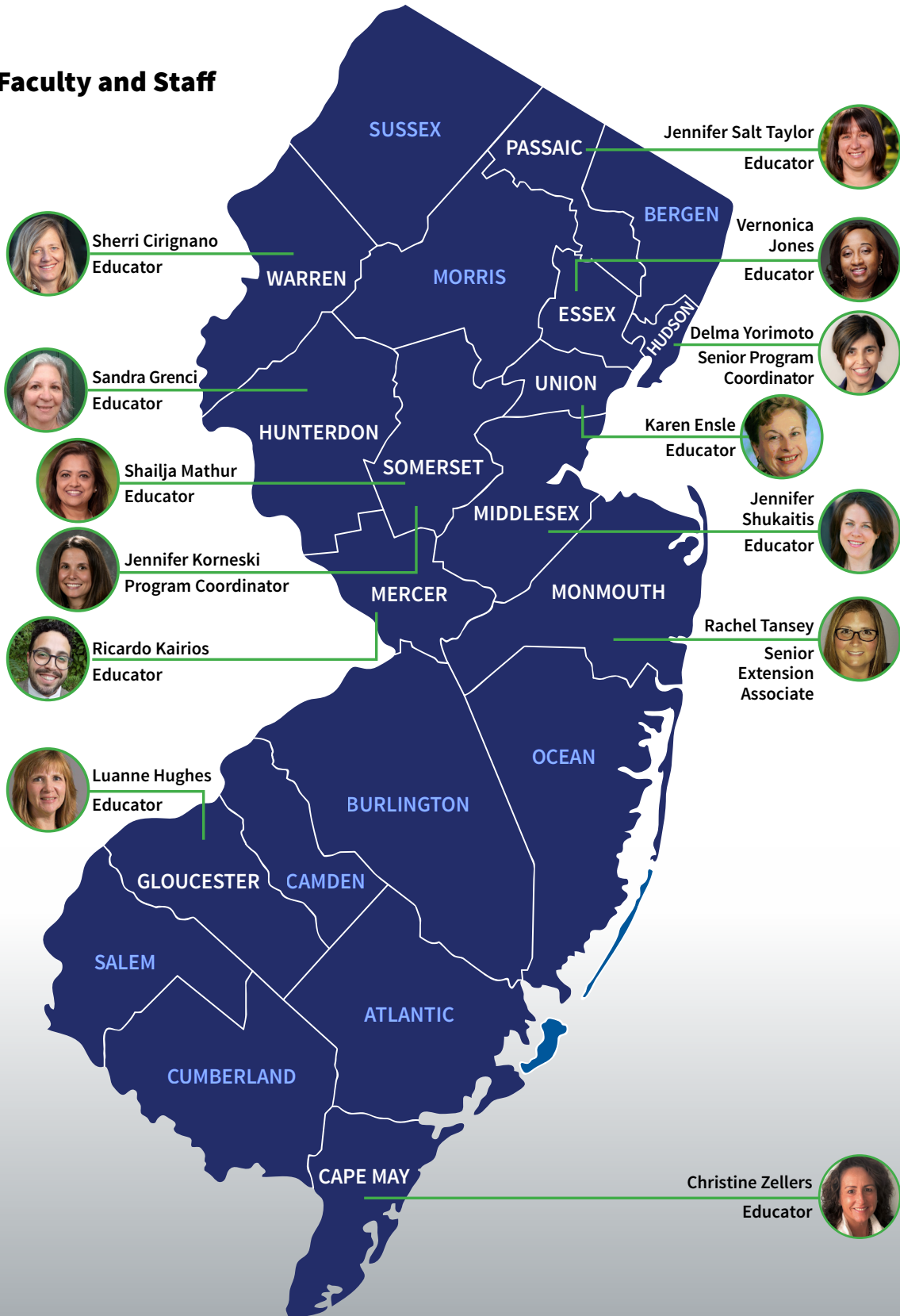
Mission

FCHS promotes healthy lifestyles and environments for New Jersey residents and communities with an emphasis in nutrition, health, and wellness.

Vision

New Jersey residents and organizations will choose FCHS first for leadership and outreach to support nutrition, health, and wellness.

FCHS Faculty and Staff



Supplemental Nutrition Assistance Program Education (SNAP-ED)

SNAP-Ed is a federally funded grant program that teaches about good nutrition, how to make food dollars stretch further, and how to make physical activity a part of your day.

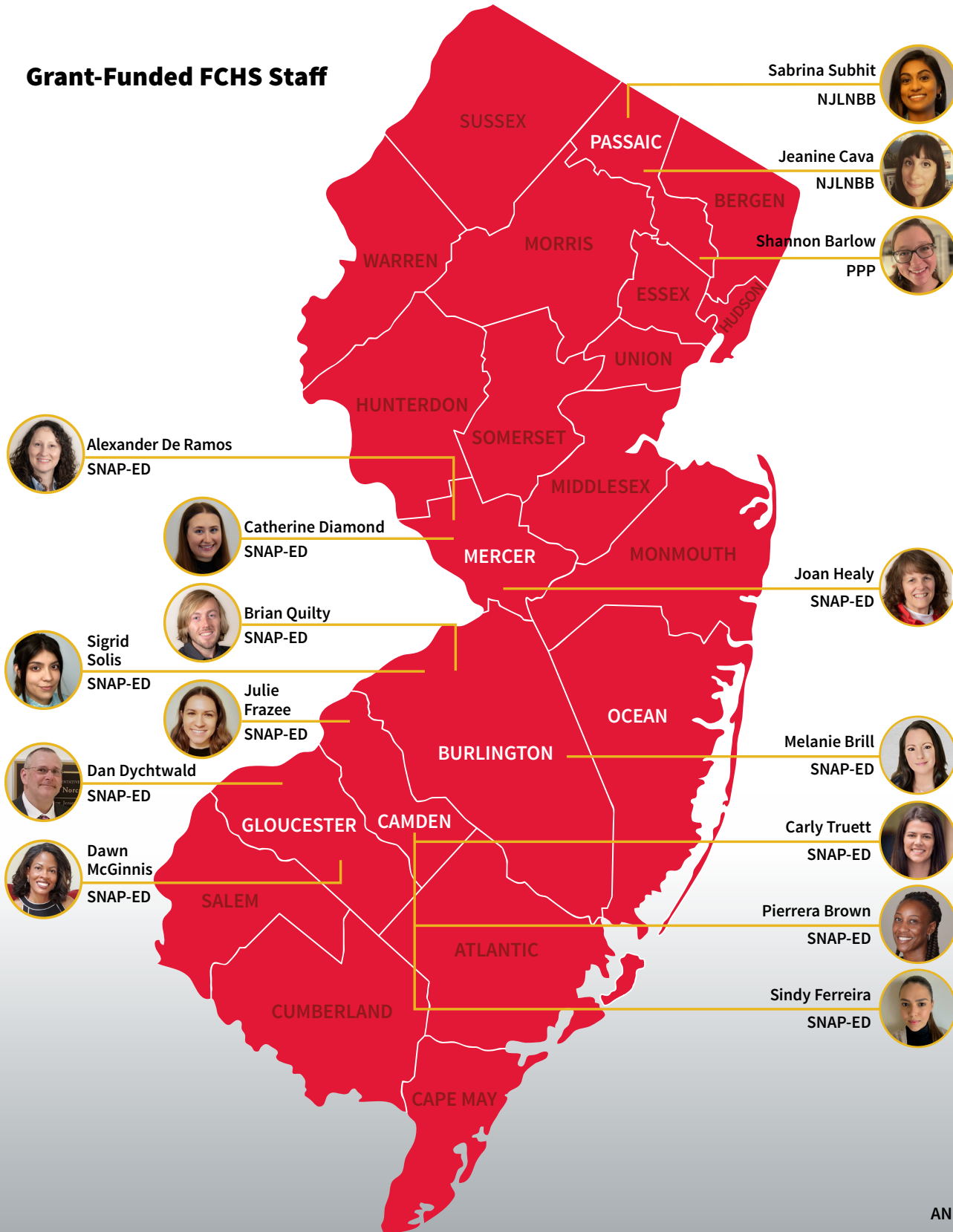
People, Plants, and the Planet (PPP)

The People, Plants, and the Planet (PPP) program is a grant from the USDA to support climate change education and plant-based eating in fifth grade students in four NJ schools.

New Jersey Leaves No Bite Behind (NJLNBB)

The New Jersey Leaves No Bite Behind (NJLNBB) program is a grant from the NJDEP to support climate change education and food waste reduction in fifth grade students in two NJ schools.

Grant-Funded FCHS Staff



A YEAR IN REVIEW: 2022-2023

This past fiscal year, July 2022-June 2023, the Department of Family & Community Health Sciences (FCHS) has experienced significant changes. While losing valued personnel was challenging, this provided an opportunity to build a new vision for how we support the community.

NEW Connections

For the first time, FCHS worked with the Hudson County Department of Health and Human Services to fund a FCHS Senior Program Coordinator in the county. This new partnership has proved to be successful with the expansion of FCHS outreach into Hudson County, securing a \$500,000 United States Department of Agriculture grant to support a produce prescription program, among other accomplishments. Another new partnership started this year was due to the Presidential Diversity Hiring Initiative, which supported the department in participating in a cluster hire initiative. The Housing and Health Equity cluster is in partnership with Rutgers School of Social Work, the Institute for Health, Health Care Policy and Aging Research, and the Bloustein School of Planning and Public Policy to support research and outreach in the areas of housing and health equity. This cluster will expand FCHS to support research and education at the intersection of housing and food security. Additionally, FCHS hired four tenure-track county agents in Passaic, Essex, Somerset, and Mercer counties. The focus of the Passaic, Essex, and Mercer agents will be on community food systems, and supporting sustainable and equitable food systems while the focus of the Somerset County agent will be on chronic disease management and prevention. FCHS is well positioned to support the health needs of NJ residents through its collective research and outreach and through partnering with other departments and schools at Rutgers University.

OUTREACH AND Education

FCHS has engaged 29,021 individuals in evidence-based educational programming over the last year. This programming is a mix of online and in-person education and outreach with a significant portion of our outreach coming from grant-funded programs such as SNAP-Ed and the New Jersey Empower to Prevent program, an evidence-based, lifestyle-change program that has shown to reduce the risk of developing diabetes. Additionally, FCHS has have worked with 69 students of diverse disciplines from Rutgers and other universities to provide 6,833 hours of mentorship and guidance.

SCHOLARSHIP AND Research

The Department of Family & Community Health Sciences (FCHS) relies on a combination of funding sources to expand its outreach and research. This past year, FCHS has successfully acquired over \$3.5 million in grant funding to support work in low-income communities to provide nutrition education, identifying barriers to federal food assistance programs and exploring innovative ways to overcome those barriers, and school nutrition education, among other things. In addition to bringing in new funding, FCHS has successfully executed multiple grant projects, including the People, Plants, and the Planet (PPP) program and the New Jersey Leaves No Bite Behind (NJLNBB) program, climate change education programs centered around student food choice to reduce food waste and increase plant-based eating.



Delma Yorimoto
Hudson County Senior Program Coordinator started FCHS



Deborah Blain
Administrative Assistant started FCHS



Nicole Boily Keuscher
Administrative Assistant left FCHS



Dr. Sharese Porter
Burlington County Senior Program Supervisor left FCHS



Alex Delcollo
Salem County Senior Program Coordinator left FCHS

07.01.22

10.01.22

10.10.22

10.12.22

02.10.23

TRANSITIONS

PEOPLE WE LOST AND THE

A VIEW TO THE FUTURE: 2023-2024

This upcoming fiscal year, July 2023-June 2024, the Department of Family & Community Health Sciences (FCHS) is excited to support current efforts and expand into new areas.

NEW Connections

With four new county agents and a new senior program coordinator, FCHS will be engaging new audiences within these communities and develop new community partnerships. A priority this year will be to translate our materials into Spanish and provide educational programs to the Spanish-speaking residents of New Jersey. FCHS also would like to expand our programming to support community agencies working in the area of food security and food systems. With colleagues from across Rutgers FCHS, we will support the needs of these community agencies and enable them to serve New Jersey residents better. Additionally, FCHS anticipates hiring two new faculty members in Monmouth and Ocean counties to support Wellness and Healthy Aging. While this is a new focus area for FCHS, the department will work closely with colleagues from the Rutgers School of Social Work to expand our programming in this area.

OUTREACH AND Education

FCHS plans to continue both in-person education and outreach with the support of grant-funded educational programs such as SNAP-Ed and the Empower to Prevent program. We anticipate our outreach will increase due to the new faculty and staff hired last year, with a significant expansion of our programming to Spanish-speaking residents of the state. Additionally, FCHS will continue to support undergraduate and graduate students in completing their fieldwork experience, getting hands on experience in the field of food, nutrition and health. FCHS is especially excited to team up with colleagues from the Rutgers Biomedical and Health Sciences to support the new Masters of Public Health-Registered Dietitian Program, which will increase the number of public health focused dietitians in our field.

SCHOLARSHIP AND Research

While some grant funding will be coming to an end this year FCHS anticipates that the findings from this research will be widely disseminated across the U.S. through publications and refereed conference presentations. FCHS anticipate continued support from the State Department of Health for programs such as the Supplemental Nutrition Education Program (SNAP-Ed) and the Work Well Worksite wellness program. The department also anticipates supporting the state's food security efforts by researching the gap between those who are eligible for SNAP but not currently enrolled. This research will focus on schools and what role they can play to support counties with a high number of eligible and not enrolled individuals. Additionally, FCHS will continue to collaborate with colleagues from the Rutgers School of Social Work to expand their substance abuse programs into rural communities across New Jersey. Through its research, collaboration, and scholarship FCHS will continue to support the residents of New Jersey in their efforts to live healthfully.

04.01.23



Joann Kinsey
Ocean and
Atlantic County
Educator
retired from
FCHS



**Jennifer
Salt Taylor**
Passaic County
Educator
started FCHS

05.01.23



Veronica Jones
Essex County
Educator
started FCHS

06.01.23



Shailja Mathur
Somerset
County
Educator
started FCHS

07.01.23



**Ricardo
Kairios**
Mercer County
Educator
started FCHS

07.01.23



PILLAR I: SCHOLARLY LEADERSHIP

Within the Rutgers–New Brunswick Academic Master Plan, Chancellor Conway highlighted four pillars that serve as a roadmap for our future. The first pillar, **Scholarly Leadership**, encourages departments to develop scholarly leadership that illustrates the university’s commitment to serve the public good. The Department of Family & Community Health Sciences (FCHS) provides academic leadership in the areas of community engaged scholarship, health and nutrition education, and chronic disease management and prevention highlighting its commitment to applied research that impacts communities. FCHS has provided leadership in academic scholarship as evidenced by presenting nine national refereed oral presentations, a number of published abstracts, journal articles and published an e-textbook titled *Community Interventions in Obesity Related Chronic Diseases* over the last fiscal year (*July 2022-June 2023*).

PUBLISHED E-Textbook

Community Interventions in Obesity Related Chronic Diseases. (2023)

Cirignano S, Elnakib S, Enslie K, Zellers C .

openpub.libraries.rutgers.edu/communityinterventionsobesity

REFEREED Journal Articles

Wellness Wednesdays with FCHS: Best Practices and Lessons Learned from Implementing an Online Health Education Program. (2022)

Shukaitis, J.; Zellers, C.; Delcollo, A.; Elnakib, S.; Porter, S.; Tansey, R

Journal of National Extension Association of Family and Consumer Sciences | 2022.

An Informed Thrifty Food Plan Journal of Nutrition Education and Behavior, 54(4), 285–286. (2022)

Babatunde, O. Biediger-Friedman, L., Elnakib, S., Henstenburg, J., Theuri, S.

doi.org/10.1016/j.jneb.2022.02.015

Food Waste Recovery: Processing Technologies, Industrial Techniques, and Applications. Journal of Nutrition Education and Behavior, 54(4) 373–374 (2022)

Elnakib, S.

doi.org/10.1016/j.jneb.2021.11.012

Reflections on the White House Conference on Hunger, Nutrition, and Health. Journal of Nutrition Education and Behavior, 54(12) 1049. (2022)

Elnakib, S.

doi.org/10.1016/j.jneb.2022.10.006

Rico Eats a Rainbow. [New Resources for Nutrition Educators]. Journal of Nutrition Education and Behavior, 55(6): 464. (2023)

Cirignano S.

doi.org/10.1016/j.jneb.2023.01.008

PUBLISHED Refereed Abstracts

Anxious Eaters: Why We Fall for Fad Diets. Journal of Nutrition Education and Behavior, 55(3), 252. (2023)

Zellers, C.

doi.org/10.1016/j.jneb.2022.12.002

Adapting to Audience Needs with Responsive and Flexible Virtual Education. Journal of Nutrition Education and Behavior, 54(7), S60. (2022)

Zellers, C., Delcollo, A., Shukaitis, J., Elnakib, S., Tansey, R., Porter, S. (2022)

doi.org/10.1016/j.jneb.2022.04.13

Adapting to Audience Needs with Responsive and Flexible Virtual Education.

Zellers, C., Delcollo, A., Shukaitis, J., Elnakib, S., Tansey, R., Porter, S.
Society of Nutrition Education Behavior Annual Conference | July 2022

Virtual Education Lessons Learned for Expanded Outreach, and Impact.

Zellers, C., Shukaitis, J., Delcollo, A Elnakib, S., Tansey, R., Porter, S.,
Epsilon Sigma Phi Annual Conference | September 2022

Got a Minute?

How to Make Every Second Count When Communicating to Elected Officials.

Bruynis, C., Jensen, K., Shukaitis, J.
Epsilon Sigma Phi Annual Conference | October 2022.

Ultimate Food Fight: Eliminating Food Waste and Food Insecurity in Urban Communities.

Delton, K., Hoffmann, M., Elnakib, S., Hellwinckel, C., Powers, A.
2022 Association of Public and Land Grant Universities Annual Meeting| November 2022

Frontiers in knowledge coproduction for sustainability: What does coproduction mean to different disciplines?

Isenberg, A., Ramaswami, A., Bradlow, B., Elnakib, S., Leon, M. Urban Food Systems
Innovation and Knowledge Coproduction | March 2023.

Insights from the Cafeteria: Food Waste in Schools and Strategies to Reduce It.

Nichols-Vinueza, A., Elnakib, S., Harper, K., Fiore, E.
Food Waste Summit ReFED | May 2023.

Expanding Extension's Reach with AmeriCorps: A Partnership to Broaden Climate Change Education.

Shukaitis, J.
Northeast Urban Extension Leadership Conference | June 2023.

The Hudson County Produce Prescription and Food Pharmacy Initiative.

Yorimoto, D.
Northeast Urban Extension Leadership Conference | June 2023.

New Jersey Leaves No Bite Behind: A Climate Change Curriculum Developed through a Food Systems Lense.

Elnakib, S.
Northeast Urban Extension Leadership Conference | June 2023.

Eight Dimensions of Wellness for the Extension Professional.

Zellers, C., Shukaitis, J.
Rutgers Cooperative Extension Annual Conference | December 2022.

Meet the New Jersey Food Security Advocate.

Elnakib, S., Dinglasan, M.
2022 State of the Food Systems Symposium-NJ
Food Democracy Collaborative | December 2022

Sustainable Food Management

Sondermeyer, G., Elnakib, S., Mansell, C., Kraus, L.
2023 New Jersey Sustainability in Motion | March 2023

New Jersey Leaves No Bite Behind: A Climate Change Curriculum for 5th Grade.

Shukaitis, J.
Climate Change Education Conference for Educators. | April 2023.

PANEL Presentations

Rutgers Culture of Health School Program: Nutrition Literacy for Adolescents.

Elnakib, S., Shukaitis, J., Brown, A., Comollo, E.
University of Michigan Annual Conference on Adolescent Health | August 2022

Partnering with Schools to Reduce Food Waste: A Training Program for Food Service Personnel.

Shukaitis, J.
Rutgers Cooperative Extension Annual Conference | December 2022

The Future of AmeriCorps Programming in New Jersey. Welcome event for Michael Smith

Shukaitis, J.
AmeriCorps CEO. Community Food Bank of New Jersey | May 2023

School Food Waste: Background and Solutions.

Shukaitis, J.
Sustainable Jersey Annual Sustainability Summit | May 2023

Taking Action to Reduce Food Waste in Schools.

Lambert, V., Elnakib, S., Stone, K., Ochs, E.
NJASBO 60TH Annual Conference | June 2022

REFEREED Poster Presentations

Meal Kit Deliveries for Food-Insecure Families

Cirignano S.
National Extension Association of Family & Consumer Sciences Annual Conference | September 2022

USDA – People, Plants, and the Planet – Determinants of Food Choice in Adolescents

Barlow, S., Downs, S., Elnakib, S., Schoolman, E., Policastro, P.
Rutgers Cooperative Extension 2023 Annual Conference | December 2022

USDA – People, Plants, and the Planet – Determinants of Food Choice in Adolescents.

Barlow, S., Downs, S., Elnakib, S., Schoolman, E., Policastro, P.
27th Annual Public Health Symposium | April 2023

Meeting the Need for Climate Change Education: Teaching 5th Graders about Food Waste.

Shukaitis, J., Elnakib, S., Rowe, A.
New Jersey Climate Change Research Symposium | June 2023



SCHOLARLY LEADERSHIP





PILLAR 2: INNOVATIVE RESEARCH

The second pillar of the Rutgers–New Brunswick Academic Master Plan, **Innovative Research**, urges departments to focus their research expertise to solve grand challenges on the community, state, national, and the world stage. This will enhance the impact of our research and scholarship across all areas of inquiry to reflect our commitment to the public good. The Department of Family & Community Health Sciences has successfully acquired over \$3.5 million in grant funding over the last fiscal year (July 2022-June 2023) to support solving grand challenges such as food insecurity, climate change, and chronic disease management and prevention. These projects are focused on the local level with national and global application and will be the focus of our outreach and scholarship in the coming years.

FUNDING OBTAINED IN **FY 2023: \$3,597,930**

LIST OF **GRANTS** by dollar amount



\$1,799,948

SNAP-Ed: FCHS Outreach to Limited-Resource Audiences

PI: **Luanne Hughes**

Organization: New Jersey Department of Agriculture



\$600,00

Rutgers SNAP Gap Project: Identifying the Barriers and Strategies to Increase SNAP Enrollment in Families Participating in Free and Reduced School Meals

PI: **Sara Elnakib**

Co-PI: **Delma Yorimoto, Jennifer Taylor**

Organization: New Jersey Department of Agriculture

Specialist Support: **Cara Cuite, Angela Johnson**



\$117,487

Innovation in SNAP Outreach

PI: **Cara Cuite** and **Jackie Thaw**

FCHS Support: **Delma Yorimoto** and **Sara Elnakib**

Organization: Robert Wood Johnson Foundation



\$100,000

Culture of Health School Program

PI: **Jennifer Shukaitis**

Co-PI: **Erin Comollo**

Organization: Horizon Foundation



\$78,527

Climate Change AmeriCorps Planning

PI: **Jennifer Shukaitis**

Co-PI: **Amy Rowe, Ginger Quick,** and **Sara Elnakib**

Organization: New Jersey Department of Health Division of Community Health Services





\$60,000

The Family & Community Health Sciences Work Well – Workforce Wellness Initiative

PI: **Rachel Tansey** and **Joanne Kinsey**

Organization: New Jersey Department of Health Division of Community Health Services

\$55,000

Family and Community Health Sciences Program for Salem County 2022-2023

PI: **Sara Elnakib (for Alex Delcollo)**

Organization: The Salem Health and Wellness Foundation, Inc.

\$49,855

Diabetes Capacity Building- Year 3 New Jersey Empower to Prevent

PI: **Shailja Mathur** and **Sandra Greci**

Organization: New Jersey Department of Health Division of Community Health Services

\$25,000

**Promoting physical and mental health and wellness:
Expanding the scope of NJ Safe Schools Program cosmetology safety training**



PI: **Derek Shendell, Mark Robson, Chris Zellers, Jennifer Shukaitis, and Sara Elnakib**

Organization: New Jersey Health Foundation

\$17,822

Renewal - Consultant Nutritionist for Congregate Services and Nutrition Education

PI: **Karen Ensle**

Organization: Union County New Jersey Department of Health Division of Community Health Services



TOTAL RUTGERS FUNDING: \$3,097,930

Funding secured by FCHS - Supported community agencies:

\$500,000

Hudson County Produce Prescription and Food Pharmacies Initiative



PI: **Chloe Grandin**, Hudson County Department of Health
Subcontract to Rutgers: **Delma Yorimoto** and **Sara Elnakib**
Organization: United States Department of Agriculture

GRAND TOTAL: \$3,597,930



Collaboration with other departments and/or community organizations.



PILLAR 3: STUDENT SUCCESS

The third pillar of the Rutgers–New Brunswick Academic Master Plan, **Student Success**, is for departments to ensure the success of our students through steadfast support for student belonging, well-being and preparedness to learn and work in diverse communities across disciplinary differences to contribute to the greater public good. The Department of Family & Community Health Sciences houses the Community Health Outreach Minor which we offer courses like Community Gardening, Community Interventions and Wellness Behavior. Over the last fiscal year (July 2022-June 2023) FCHS faculty taught four sections of these classes, teaching nearly 100 undergraduate Rutgers students. Additionally, FCHS offers opportunities for students to conduct field work experiences across the state. FCHS faculty and staff supported 6,833 hours of student education for 69 students of diverse disciplines (19 graduate, 50 undergraduate). Students come from Rutgers and six other universities from across New Jersey and beyond. Students work on real-world issues supporting diverse communities across the state. These issues include grand challenges like food insecurity, climate change, and chronic disease management and prevention to support our commitment to the public good.

STUDENTS TAUGHT Academic Classes

FCHS faculty and staff combine their real-world outreach and academic scholarship to provide a classroom experience that gives students practical exposure as well as tools to address the most pressing issues affecting the health of NJ residents today.

19 STUDENTS
IN THE
**Community
Gardening
Course**

25 STUDENTS
IN THE
**Community
Intervention
Course**

49 STUDENTS
IN THE
**Wellness
Behavior
Course**

STUDENT MENTORED Internships

FCHS is committed to the formation of a new generation of health educators trained in evidence-based community interventions. FCHS partners with multiple universities and other departments within Rutgers to provide meaningful and formative fieldwork for undergraduate and graduate students from various disciplines

69 [**19** GRADUATE
50 UNDERGRADUATE]

6,833 HOURS

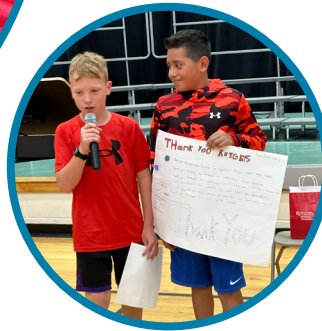


RUTGERS



**Stanford
University**





STUDENT SUCCESS

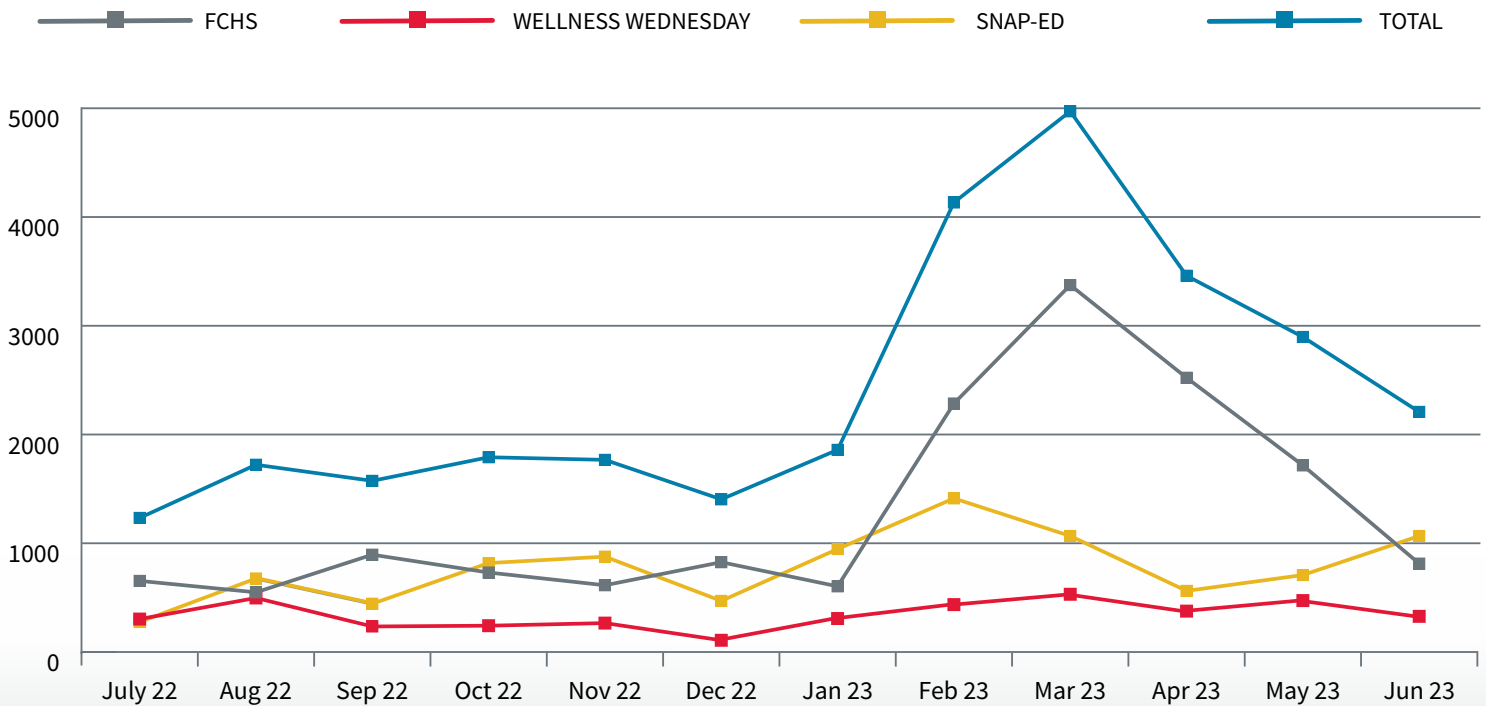




PILLAR 4: COMMUNITY ENGAGEMENT

The fourth and final pillar of the Rutgers–New Brunswick Academic Master Plan, **Community Engagement**, is the center of what Rutgers Cooperative Extension does and the mission of land-grant universities. This pillar of community engagement is meant to foster strong community relationships and leverages interdisciplinary approaches and community-engaged pedagogy to strengthening civic partnerships, foster public scholarship and engage its members in community-based initiatives. The Department of Family & Community Health Sciences supports its community engagement work through teaching, scholarship, and service. FCHS provides community-based educational programs for individuals and families across the state, and works with communities and local partners to prevent obesity and reduce the risk of chronic disease. Over the last fiscal year (July 2022-June 2023) FCHS has engaged 29,021 individuals in evidence-based educational programming for at least 30 minutes or more. This programming is provided by its faculty and staff across the state through in-person and online programming. Additionally, FCHS is viewed as experts in the field and often called upon to comment on nutrition trends, policies and practices. In the past fiscal year, FCHS was interviewed by top health news outlets including, *American Heart Association News*, *The Hill*, *CNN News*, and *USA Today*.

COMMUNITY OUTREACH BY PROGRAM



TOTAL FCHS OUTREACH FOR FY '23

29,021



IN THE MEDIA
**Op-Eds and
other media
outlets**



Rutgers Team to Use Grant Money to Teach Fifth Graders How to Curb Food Waste, Fight Climate Change. | June 2022
Shukaitis, J., Elnakib, S., Rowe, A.,
njsba.org/news-publications/school-board-notes/june-07-2022-vol-xlv-no-42/rutgers-team-to-use-grant-money-to-teach-fifth-graders-how-to-curb-food-waste-fight-climate-change

What's In Season: Peach. *Edible JERSEY*
June 2022
Cirignano S.
ediblejersey.ediblecommunities.com/eat/whats-season-peach

Sustainability is a key missing ingredient in White House hunger plan. *The Hill.*
October 2022
Elnakib, S., Kock, P.
thehill.com/opinion/energy-environment/3699114-sustainability-is-a-key-missing-ingredient-in-white-house-hunger-plan

Opinion: Here's a great way to teach kids about climate change: Start with the food they eat. *The Hechinger Report.* | February 2023
Shukaitis, J., Elnakib, S.
hechingerreport.org/opinion-heres-a-great-way-to-teach-kids-about-climate-change-start-with-the-food-they-eat

What's in a date? History, health and sweetness. *American Heart Association News*
March 2023
Elnakib, S.
heart.org/en/news/2023/03/20/whats-in-a-date-history-health-and-sweetness

8 Ways to Boost the Health Benefits of Gardening. *Kim Painter. AARP Health.* | March 2023
Zellers, C.
aarp.org/health/healthy-living/info-2023/how-to-boost-gardening-health-benefits.html

What is the healthiest fast food? *Clare Mulroy. USA TODAY.* | March 2023
Hughes, L
usatoday.com/story/life/food-dining/2023/03/26/what-is-the-healthiest-fast-food/11467771002

The Practice of Fasting. *Academy of Nutrition and Dietetics.* | March 2023
Elnakib, S. Ramadan
eatright.org/food/cultural-cuisines-and-traditions/holidays-and-celebrations/ramadan-the-practice-of-fasting

Gardening has taken off. Here's why the popular activity can replace your gym workout. | April 2023
Zellers, C.
cnn.com/2023/04/07/health/gardening-exercise-benefits-wellness/index.html

IV
COMMUNITY
ENGAGEMENT



FCHS
Family & Community
Health Sciences



NEW BRUNSWICK

RUTGERS COOPERATIVE EXTENSION
NEW JERSEY AGRICULTURAL EXPERIMENT STATION
DEPARTMENT OF FAMILY & COMMUNITY HEALTH SCIENCES
88 LIPMAN DRIVE, ROOM 304
NEW BRUNSWICK, NEW JERSEY 08901