

Virtual Agent Update Zoom Conference
February 8-11, 2021



Zoom Connection: (Link provided at a later date)

Daily Session times:

- **Morning - 9:00 a.m. – 11:00 a.m.**
- **Afternoon - 2:00 p.m. – 4:00 p.m.**

Monday, February 8, 2021	
2:00 p.m.	Welcome and Overview
	Gayle Price , Program Leader Coordinator, Family and Consumer Sciences
	<p>Beyond the Pandemic: Extension's National Role in Health Equity and Well-being</p> <p>Dr. Roger Rennekamp, Extension Health Director (Invited) Cooperative Extension / ECOP / Association of Public and Land Grant Universities</p> <p>Extension's 2014 framework for health and wellness inspired community health programming and activities throughout the nation's Cooperative Extension System. That success is leading to Extension's expanded role in addressing health equity through a focus on social determinants of health.</p> <p>Join Dr. Roger Rennekamp, Extension's National Health Director, in a discussion of where Extension has been and where it is headed to improve the health of all people beyond the pandemic.</p>
3:10 p.m.	Break
3:20 p.m.	<p>Together We Can Do More: Physical Activity Programs and Partnerships</p> <p>Sharolyn Jackson, M.S., Extension Specialist, Family and Consumer Sciences, NE KS Region</p> <p>Lainey Faulkner, CPTA, Community Clinical Linkages Program Manager Bureau of Health Promotion Kansas Department of Health & Environment</p> <p>Jana Farmer, Community Clinical Linkages Section Director Bureau of Health Promotion Kansas Department of Health & Environment</p> <p>Learn how KSRE and KDHE are partnering for greater impact through physical activity programming in Kansas. You will meet our KDHE partners, learn more about programming relationships, and become familiar with the Arthritis Foundation program, <i>Walk With Ease</i>.</p> <p>Updates on training opportunities and program delivery of <i>Walk With Ease</i> and <i>Walk Kansas</i> will be included.</p>

Tuesday, February 9, 2021

9:00 a.m.	Welcome and Announcements
	Greetings and Message Dr. John Buckwalter, Dean, College of Health and Human Sciences Dr. Rick Peterson, Associate Director, Extension Programs
9:30 a.m.	ELI5: The Social Determinants of Health Dr. Erin Yelland, State Specialist, Adult Development and Aging This presentation will break down the Social Determinants of Health with an ELI5 lens. What is ELI5? It means "explain like I'm five" and helps us all to understand more complicated topics, regardless of what we currently know/don't know. By the end of the session, participants will be able to explain what the social determinants are and how they affect individual health; identify 3 of their own social determinants; and identify at least one action step they can incorporate into their own work to help address one social determinant of health in their community.
10:30 a.m.	Break
10:40 a.m.	Favorite Recipes and Trendy Topics- Infomercial #1 Becky Reid, Family and Consumer Sciences Extension Agent, Cowley County Ashley Svaty, Nutrition, Food Safety and Health Extension Agent, Post Rock District These fun infomercials will feature FCS colleagues and the importance of research-based information.
10:45 a.m.	Healthy You Session #1: Stress Relief with Mindfulness and Meditation Chelsi Myer, Family and Consumer Sciences Extension Agent, Leavenworth County The session will discuss and demonstrate ways to help manage stress.

Afternoon Session

2:00 p.m.

Vaccination and Immunization in Kansas: Opportunities to Partner for Health

Connie Satzler, Project Support, Immunize Kansas Coalition (IKC) President
EnVisage Consulting, Manhattan

Cindy Olson Burgess, RN, CIC
Immunize Kansas Coalition Treasurer
Children's Mercy Immunization Program Coordinator (Retired)

Sharon Humiston, MD, MPH, FAAP
Department of Pediatrics, Division of Urgent Care, Children's Mercy Kansas City
Professor of Pediatrics, UMKC School of Medicine

Diane Nielson, Family and Consumer Sciences Extension Agent, Atchison County

Dr. Elaine Johannes, Associate Professor and Extension Specialist
Kansas Health Foundation *Distinguished Professor in Community Health*

The success of Kansas' COVID-19 vaccination, and on-going immunization efforts, require partnerships for awareness and education. This session highlights the status of immunization in Kansas and the state's COVID-19 vaccination plan.

The work of the *Immunize Kansas Coalition* is featured along with possible roles and opportunities for local and state partnerships.

3:10 p.m.

Break

3:20 p.m.

Food Waste Prevention

Lynelle M. Ladd, P2 Intern Coordinator, Pollution Prevention Specialist

The Pollution Prevention Institute, on campus, is the recipient of an EPA Environmental Education grant focusing on educating students and communities about food waste, food waste prevention, and reducing organic waste in our landfills. The project will provide funding to 16 counties in the southeast area of the state, but educational resources from the project will be shared with interested partners across Kansas.

One of the goals is to create educational coursework for public schools in science, sociology or health to increase student knowledge about food waste and its environmental impacts.

The project will also provide opportunities for volunteers to provide these educational programs.

<p>3:45 p.m.</p>	<p>Kansas Food Bank Service Area Hunger Study</p> <p>Lisa Ross, SNAP-Ed/EFNEP State Director</p> <p><i>Feeding America</i> has for years underwritten and undertaken the <i>Hunger in America</i> study, which is a nationwide research project that provides insight into who is accessing the emergency feeding system and why. The study provides national data and statewide findings.</p> <p><i>Feeding America</i> is no longer administering the project, and the University of Missouri was approached to complete a Missouri Hunger study. Second Harvest and Harvesters administer several food banks in both Missouri and Kansas and approached the MU researchers about adding Kansas sites for 2021. KSU SNAP-Ed was then approached by MU to help with the project.</p> <p>This session will include more on the background of the research and what KSRE FCS Agents can expect to see happening with the project in their local units May-Aug 2021.</p>
<p>Wednesday, February 10, 2021</p>	
<p>9:00 a.m.</p>	<p>Welcome and Announcements</p>
<p>9:30 a.m.</p>	<p>K-State College of Health and Human Sciences Department Greetings and Updates</p> <p>Dr. Tanda Kidd, Department Head, Food, Nutrition, Dietetics, and Health Dr. Sonya Lutter, Department Head, Applied Human Sciences Dr. Martin Seay, Department Head, Personal Financial Planning</p>
<p>9:30 a.m.</p>	<p>Extension Food Safety and Related Programs Update</p> <p>Dr. Londa Nwadike, State Extension Specialist, Food Safety Karen Blakeslee, MS, Assistant Director of the Kansas Value Added Foods Lab, Extension Associate, Rapid Response Center Dr. Jessie Vipham, Assistant Professor, Animal Sciences and Industry</p> <p>Following this presentation, learners will be able to describe the basics of the following food safety and related programs:</p> <ul style="list-style-type: none"> - KS Senior Farmers Market Nutrition Program - Double Up Food Bucks - Safely donating food to food pantries - KS Direct to Consumer Marketing workshops - Produce safety programs - KSRE local foods team - New food safety-related publications and a reminder of key food safety resources already available - Services provided by the Kansas Value-Added Foods Lab - New programs planned by new Extension Food Safety faculty member, Dr. Jessie Vipham. <p>Through participating in this presentation, learners will be able to share information with their constituents about the various food safety and related programs that KSRE has to offer.</p>
<p>10:30 a.m.</p>	<p>Break</p>

<p>10:40 a.m.</p>	<p>Healthy You Session #2: Stress Relief with Mindfulness and Meditation</p> <p>Dr. William Hale, MD, Guided Mindfulness Meditation, Lawrence, Kansas</p> <p>The session will discuss and demonstrate ways to help manage stress</p>
<p>Afternoon Session</p>	
<p>2:00 p.m.</p>	<p>Dietary Guidelines Update -- What's New for 2020-2025?</p> <p>Lisa Martin, EFNEP and SNAP-Ed Extension Agent, Shawnee County Gayle Price, Extension Specialist and Program Leader Coordinator; FCS Dr. Sandy Procter, State Extension Specialist, Nutrition and Health</p> <p>After this session, the learner will:</p> <ol style="list-style-type: none"> 1. Identify changes in Dietary Guidelines for Americans, 2020 - 2025. 2. Recognize opportunities to enhance programming and expand audiences as a result of DGA updates. 3. Consider use of revised Feeding Our Youngest resources with expecting or new parents and other caregivers.
<p>3:00 p.m.</p>	<p>Favorite Recipes and Trendy Topics- Infomercial #2</p> <p>Becky Reid, Family and Consumer Sciences Extension Agent, Cowley County Ashley Svaty, Nutrition, Food Safety and Health Extension Agent, Post Rock District</p> <p>These fun infomercials will feature FCS colleagues and the importance of research-based information.</p>
<p>3:05 p.m.</p>	<p>Break</p>
<p>3:15 p.m.</p>	<p>Alzheimer's Forum</p> <p>JoEllyn Argabright, MS, Extension Specialist, Family and Consumer Sciences, NW Kansas Region Dr. Erin Yelland, State Specialist, Adult Development and Aging</p>

Thursday, February 11, 2021

9:00 a.m.

Consumer Meat Prices and COVID 19

Dr. Glynn T. Tonsor, Professor, Agricultural Economics

During the initial months of the pandemic, there were shortages of goods and services for many Americans for the first time in their lived experience. During state and corporate shutdowns, the food system was also disrupted, increasing the cost of meat products for American consumers.

Dr. Tonsor will -

1. Provide a summary of COVID-19 events that have impacted meat prices
2. Provide a synopsis of consumer demand trends
3. Set the stage for subsequent dialogue among session participants

9:45 a.m.

Healthy You Session #3: Stress Relief with mindfulness and meditation

Chelsi Myer, Family and Consumer Sciences Extension Agent, Leavenworth County

The session will discuss and demonstrate ways to help manage stress.

10:00 a.m.

Break

10:10 a.m.

Simply Produce

JoEllyn Argabright, MS, Extension Specialist, Family and Consumer Sciences, NW Kansas Region
Janelle VanKooten, MS, Extension Specialist, SNAP-Ed, NW Kansas Region

Simply Produce utilizes local retail venues to sell bulk produce at an incentivized rate to the public. This framework increases access to healthy fruits and vegetables for consumers while stimulating positive economic impact and building regional food system sustainability.

Attendees will learn about the basics of the *Simply Produce* program, its requirements for implementation, and initial steps for adoption.

Afternoon Session

2:00 p.m.	Rock the Bike: Using a Blender Bike to Engage Learners Tara Solomon-Smith, Agent, Adult Development & Aging, Wildcat Extension District Sara Sawyer, Nutrition, Agent, Health and Wellness, Sedgwick County Presenters will share their experiences and resources on using the “blender bike” as an instant attraction to engage audiences in educational events and programs.
2:30 p.m.	Agent Program Share Roundtable- Session #1 JoEllyn Argabright, MS, Extension Specialist, Family and Consumer Sciences, NW Kansas Region
3:00 p.m.	Break
3:10 p.m.	Agent Program Share Roundtable- Session #2 JoEllyn Argabright, MS, Extension Specialist, Family and Consumer Sciences, NW Kansas Region

January 21, 2021

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