

# CURRICULUM VITAE

University of Idaho

**NAME:** Jensen, Kirstin D.

**DATE:** October 31, 2018

**RANK OR TITLE:** Associate Professor/Health & Fitness/Nutrition Extension Educator

**DEPARTMENT:** University of Idaho  
College of Agriculture and Life Sciences  
Northern District Extension

**OFFICE LOCATION AND CAMPUS ZIP:** University of Idaho Extension  
Idaho County  
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**DATE OF FIRST EMPLOYMENT AT UI:** November 2, 2008

**DATE OF TENURE:** May 2014

**DATE OF PRESENT RANK OR TITLE:** May 2014

## EDUCATION BEYOND HIGH SCHOOL:

### Degrees:

PhD., 2012 – present, Education/Healthy Active Lifestyles, University of Idaho, Moscow, Idaho.  
M.A., 1999, Education with Initial Certification, Pacific Lutheran University, Tacoma, Washington.  
B.S., 1994, Physical Education/Health and Fitness Management, Pacific Lutheran University, Tacoma, Washington.

### Certificates and Licenses:

Washington State Teaching Certificate, K-12, 1999-present.  
American Red Cross CPR/First Aid/AED Instructor, 2000-present.

## EXPERIENCE:

### Teaching, Extension and Research Appointments:

Associate Professor, Health & Fitness/Nutrition Extension Educator, University of Idaho, Idaho County,  
May 2014 – Present  
Assistant Professor, Health & Nutrition and Food Safety Extension Educator, University of Idaho, Idaho County,  
November 2008 – May 2014.  
Teacher, Physical Education/Health/Science – 7<sup>th</sup>-9<sup>th</sup> grades, Aylen/Ferrucci Junior High Schools, Puyallup School  
District, Puyallup, Washington, 2005-07.  
Instructor, Physical Education/CPR & First Aid/Study Skills/Weight Training, Highline Community College, Des  
Moines, Washington, 2001-03.  
Teacher, Physical Education – 9<sup>th</sup>-12<sup>th</sup> grades, Enumclaw High School, Enumclaw School District, Enumclaw,  
Washington, 1999-01.  
Teacher, Physical Education/Health – 7<sup>th</sup>-9<sup>th</sup> grades, Spanaway Junior High School, Bethel School District, Tacoma,  
Washington, 1998-99.  
Teacher, Physical Education/Health – 6<sup>th</sup>-12<sup>th</sup> grades, The Northwest School, Seattle, Washington, 1997-98.

### Non-Academic Employment including Armed Forces:

Personal Trainer/Health & Wellness Instructor, Washington Athletic Club, Seattle, Washington, 2004-05.  
Wellness Program Coordinator & Instructor/Head Fastpitch Coach, Dominican University, San Rafael, California,  
2003-04.  
Weight Room Coordinator, North Seattle YMCA, Seattle, Washington, 1996-97.  
Health & Fitness Specialist/Recreation Coordinator, Seattle Central Community College, Seattle, Washington, 1995.

**TEACHING ACCOMPLISHMENTS:****Areas of Specialization:**

Healthy Lifestyle Promotion  
 Health & Nutrition  
 Wellness/Physical Fitness/Activity

**Consulting:**

Fitness Consultations, one hundred, one-on-one consultations totaling one hundred twenty-two and one-half hours. Grangeville, ID. 2018

Nutrition and Healthy Lifestyle Consultations, seventy-one, one-on-one consultations totaling forty and one-half hours. Grangeville, ID. 2018

Fitness Consultations, one hundred seventeen, one-on-one consultations totaling one hundred fifty-three and one-half

hours. Grangeville, ID. 2017

Nutrition and Healthy Lifestyle Consultations, forty-seven, one-on-one consultations totaling thirty-nine hours. Grangeville, ID. 2017

Fitness Consultations, one hundred fifty-one, one-on-one consultations totaling one hundred forty-one hours. Grangeville, ID. 2016

Nutrition and Healthy Lifestyle Consultations, twenty-four, one-on-one consultations totaling twenty-three hours. Grangeville, ID. 2016

Fitness Consultations, two hundred four, one-on-one consultations totaling one hundred ninety-one hours. Grangeville, ID. 2015

Nutrition and Healthy Lifestyle Consultations, twenty-seven, one-on-one consultations totaling seventeen hours. Grangeville, ID. 2015

Fitness Consultations, one hundred eighty-six, one-on-one consultations totaling one hundred forty-two hours. Grangeville, ID. 2014

Nutrition Consultations, seven, one-on-one consultations totaling five and one-half hours. Grangeville, ID. 2014

Healthy Lifestyle Consultations, nineteen, one-on-one consultations totaling twelve hours. Grangeville, ID. 2014

County Jail Meal Evaluations, Idaho County, Lewis County, 2014.

Fitness Consultations, seventy-eight, one-on-one consultations totaling thirty-three hours. Grangeville, ID. 2013

Nutrition Consultations, three, one-on-one consultations totaling four hours. Grangeville, ID. 2013

Healthy Lifestyle Consultations, four, one-on-one consultations totaling six hours. Grangeville, ID. 2013

Fitness Consultations, twenty-two, one-on-one consultations totaling eight hours. Grangeville, ID. 2012

Nutrition Consultations, sixty-three, one-on-one consultations totaling thirty-nine hours. Grangeville, ID. 2012

Healthy Lifestyle Consultations, sixteen, one-on-one consultations totaling seventeen hours. Grangeville, ID. 2012

Fitness Consultations, thirteen, one-on-one consultations totaling fifteen hours. Grangeville, ID. 2011

Nutrition Consultations, twenty-eight, one-on-one consultations totaling thirty-two hours. Grangeville, ID. 2011

Healthy Lifestyle Consultations, sixteen, one-on-one consultations totaling fifteen hours. Grangeville, ID. 2011

Fitness Consultations, twenty, one-on-one consultations totaling twenty-two hours. Grangeville, ID. 2010

Nutrition Consultations, twenty-seven, one-on-one consultations totaling thirty-six hours. Grangeville, ID. 2010

Healthy Lifestyle Consultations, fourteen, one-on-one consultations totaling nine hours. Grangeville, ID. 2010

Fitness Consultations, eighteen, one-on-one consultations totaling twenty-four hours. Grangeville, ID. 2009

Nutrition Consultations, twenty-eight, one-on-one consultations totaling thirty-one hours. Grangeville, ID. 2009

Healthy Lifestyle Consultations, twenty-seven, one-on-one consultations totaling forty hours. Grangeville, ID. 2009

**Materials Developed:****Web Pages:**

Idaho County Extension Facebook Page. Updated 2018. Updated 2017. Updated 2016. Updated 2015. Created 2014 (179 fans). <https://www.facebook.com/UIExtensionIdaho?ref=hl>

Dietary Guidelines for Americans 2015-2020. Facebook Page. Updated 2018. Updated 2017. Created 2016 <https://www.facebook.com/UofI2015DietaryGuidelines/>

Roadmap to Healthy Eating – Dietary Guidelines for Americans 2015-202. Blackboard Learn. 2017

[https://bblearn.uidaho.edu/webapps/blackboard/content/listContent.jsp?course\\_id=75184\\_1&content\\_id=1404173\\_1](https://bblearn.uidaho.edu/webapps/blackboard/content/listContent.jsp?course_id=75184_1&content_id=1404173_1)

Kick Your Bootcamp Facebook Page. Updated 2017. Updated 2016. Updated 2015. Updated 2014 (105 fans).  
<http://www.facebook.com/pages/Kick-Your-Bootcamp/109778959050695> Created May, 2010.

University of Idaho– Idaho County Website. Updated 2014. <http://extension.uidaho.edu/idaho/tag/healthy-lifestyles/>  
 Idaho County Extension website. Updated 2012. <http://www.idahocounty.org/family-science-home.html>  
 Updated 2011. Updated 2010. Updated 2009. Updated 2008.

### **Displays and Posters:**

- West, T., Jensen, K., Culbert, D., Chandler, L., Albright, M.B., Meadows, C., & Wittman, G. ESP Scholarship, Grants, and Recognition State Awards. ESP National Conference, Coeur d'Alene, ID., October 4-7, 2015.
- Jensen, K. Organizing a Community 'Biggest Loser' Weight Loss Challenge. JCEP Galaxy IV Conference, Pittsburgh, PA., September 16-20, 2013.
- Jensen, K. Germ City Display. Grangeville Elementary/Middle School Health Fair. Grangeville, ID., May 24, 2012. Grangeville, ID., March 25, 2010. April 13-17, 2009; Clearwater Valley Elementary/Middle School Health Fair. Kooskia, ID., February 24, 2010.
- Jensen, K. Healthy Diabetes Plate Display, Healthy Lifestyles Display. Syringa General Hospital Wellness Fair, Grangeville, ID., May 14, 2011. March 17, 2010; Idaho Forest Group Health Fair. Grangeville, ID., October 21, 2009.

### **PowerPoint/Slide Presentations:**

- Jensen, K. Walk and Talk – Community Walking Program. Grangeville, ID., August 1, 2018.
- Jensen, K. Train the 'Fitness' Trainer. 4H State Teen Conference. Moscow, ID., June 27, 2018.
- Jensen, K. Train the 'Fitness' Trainer. 4H State Teen Conference. Moscow, ID., June 27, 2017.
- Jensen, K. Searching for Athletic Scholarships. Grangeville High School, Grangeville, ID. April 12, 2017.
- Jensen, K. Running a Successful Fitness Program. University of Idaho, CALS Annual Conference, Burley, ID. April 5, 2017.
- Jensen, K. Nutrition Matters. Presentations given: Kamiah, ID., Kooskia, ID., February 9, 2017.
- Jensen, K., Tiff, K. GROW Healthy Kids Healthy Communities Community Conversation Meeting. Grangeville, ID., July 7, 2016.
- Jensen, K., Tiff, K. GROW Healthy Kids Healthy Focus Group Meeting. Grangeville, ID., June 9, 2016.
- Jensen, K., Tiff, K. GROW Healthy Kids Healthy Communities MAPPers Training. Grangeville, ID., October 15, 2015.
- Jensen, K., Tiff, K. GROW Healthy Kids Healthy Communities Stakeholders Training. Grangeville, ID., September 3, 2015.
- Jensen, K. Using Facebook & Twitter. Latah County Extension Training. Moscow, ID., August 19, 2014.
- Jensen, K. Fitness & Health 101. 4H State Teen Conference. Moscow, ID., June 10, 2014.
- Jensen, K., Fitness @ Your Level. Syringa Hospital and Clinics. Grangeville, ID., April 23, 2014.
- Jensen, K., & Richel, K. Beyond Surviving to Thriving. Ignite Extension, University of Idaho, CALS Annual Conference, Moscow, ID., March 12, 2014.
- Jensen, K. Physical Activity & Fitness. Eat Smart Idaho Statewide Training (video-conference). February 3, 2014.
- Jensen, K. Kick Your Bootcamp. University of Idaho, CALS Annual Conference, FCS In-service, Moscow, ID., April 10, 2013.
- Jensen, K. Creating a Facebook Page for Marketing Your Programs, Workshops, and Events. University of Idaho, CALS Annual Conference, Boise, ID., April 5, 2012.
- Jensen, K. Organizing a Community Biggest Loser Weight Loss Challenge. Ignite Extension, University of Idaho, CALS Annual Conference, Boise, ID., April 4, 2012.
- Jensen, K. Taking Control of Your Cholesterol – The Good, The Bad, and The Ugly. Idaho Forest Group, Grangeville, ID., April 26, 2011.
- Jensen, K. You Are What You Eat: Healthy Meal Planning and Food Budgeting. Beyond Surviving To Thriving Workshop Series, North Central Idaho, April 19, 2011.
- Jensen, K. Healthy Lifestyles for a Healthy Legacy. Soltman Center, Grangeville, ID., February 15, 2011.
- Jensen, K. Fitness & Health. Extension Nutrition Program Mini-Conference, Moscow, ID., October 14, 2010.
- Jensen, K. Healthy Nutrition For Athletes. Grangeville High School, Grangeville, ID., August 16, 2010.
- Jensen, K. Triathlon Training. Our Health Our Community Lecture Series, Grangeville, ID., June 8, 2010.
- Jensen, K. Healthy Meal Planning. Beyond Surviving To Thriving Workshop Series, North Central Idaho, April 7, 2010.

- Jensen, K. Cooking Light. Our Health Our Community Lecture Series. The Gallery, Grangeville, ID., January 14, 2010.
- Jensen, K. Healthy Lifestyles for Seniors. Grangeville Senior Center, Grangeville, ID., December 14, 2009.
- Jensen, K. Healthy Lifestyles for Teens. Prairie High School Wellness Day, Cottonwood, ID., October 28, 2009.
- Jensen, K. Healthy Lifestyles – Teachers, Students, Families. Mountain View School District Staff In-service Day, Kooskia, ID., August 24, 2009.
- Jensen, K. Metabolism & Me, Our Health Our Community Lecture Series. Grangeville, ID., March 31, 2009.
- Jensen, K. Healthy Nutrition for Healthy Lifestyles. NCIA 4-H Leaders Training, Lewiston, ID., February 21, 2009.
- Jensen, K. Assessing the Educational Needs of Idaho County, for University of Idaho Interview. Grangeville, ID., 2008.

### **Courses Developed:**

#### **Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc.:**

##### **Eat Smart Idaho Nutrition Advisor Trainings:**

- Jensen, K. Physical Activity & Fitness. Eat Smart Idaho Statewide Training (via live video streaming). Grangeville, ID., February 3, 2014.
- Jensen, K. Taking Control of Your Cholesterol – The Good, The Bad, and The Ugly. Extension Nutrition Program Nutrition Advisor Mini-Conference, Moscow, ID., May 12, 2011.
- Jensen, K. Fitness & Nutrition. Extension Nutrition Program Nutrition Advisor Mini-Conference, Moscow, ID., October 14, 2010.
- Jensen, K. You Are What You Eat: Healthy Meal Planning. Extension Nutrition Program Nutrition Advisor Mini-Conference, Coeur d'Alene, ID., July 8, 2010.
- Jensen, K. Metabolism & Me. Extension Nutrition Program Nutrition Advisor Mini-Conference, Coeur d'Alene, ID., October 1, 2009.
- Johnson, S. and K. Jensen. Expectations of an Extension Nutrition Program Nutrition Advisor. ENP New Employee Training, Coeur d'Alene, ID., July 6-8, 2009.

##### **Food Safety:**

- Jensen, K. Germ City. Grangeville Elementary/Middle School Health Fair. Grangeville, ID., May 24, 2012; Grangeville, ID., March 25, 2010. April 13-17, 2009; Clearwater Valley Elementary/Middle School Health Fair (6 classrooms). Kooskia, ID., February 24, 2010.

##### **Healthy Lifestyle Promotion & Nutrition:**

- Jensen, K. Wind Down Wednesdays. Presentations given first Wednesday of each month, May 2018 to present, Grangeville, ID.
- Jensen, K. Healthy Holidays Cooking Class. Presentations given: Grangeville, ID., December 12, 2017; Grangeville, ID., November 15, 2017.
- Jensen, K. Nutrition Matters. Presentations given: Kamiah, ID., Kooskia, ID., February 9, 2017.
- Jensen, K. Healthy Nutrition at all Ages. Presentation given to: Idaho County Extension Club, Grangeville, ID., February 2, 2017.
- Jensen, K. Metabolism & Me. Presentations given to: Biggest Loser Challenge Event, Kooskia, ID. March 19, 2014, Grangeville, ID., January 11, 2014; Grangeville Elementary/Middle School Staff Health Fair, April 24, 2013; Biggest Loser Challenge Event, Kooskia, ID. (via live video streaming) January 31, 2013, Grangeville, ID., January 12, 2013; Kooskia, ID., January 14, 2012, Grangeville, ID., January 12, 2012; Grangeville, ID., January 13, 2011, Kooskia, ID., January 20, 2011; Grangeville, ID., January 28, 2010; Extension Nutrition Program Nutrition Advisor Mini-Conference, Coeur d'Alene, ID., October 1, 2009; Syringa General Hospital Wellness Program Kick-off (two presentations to hospital staff), Grangeville, ID., September 9, 2009; Nez Perce Senior Center, Nez Perce, ID., May 11, 2009; Take Off Pounds Sensibly (TOPS), Grangeville, ID., April 20, 2009; Our Health Our Community, Grangeville, ID., March 31, 2009.
- Jensen, K. Beyond Surviving to Thriving. Ignite Extension, University of Idaho, CALS Annual Conference, March 12, 2014.
- Jensen, K. You Are What You Eat: Healthy Meal Planning. Beyond Surviving 2 Thriving Workshop Series, three 4-hour workshops, 3 different locations. Cottonwood, ID., Kendrick, ID., Kamiah, ID.,

2013; One 5-hour workshop, 50 participants. Orofino Correctional Institute, Orofino, ID., 2011; Extension Nutrition Program Nutrition Advisor Mini-Conference, Coeur d' Alene, ID., July 8, 2010. Lewis & Clark State College, Lewiston, ID., May 4, 2010; Five 8-hour workshops, 5 different locations, 73 participants. Lewiston, ID., Cottonwood, ID., Orofino, ID., Grangeville, ID., Moscow, ID., 2010.

- Jensen, K. Healthy Lifestyles for a Healthy Legacy. Presentations given to: Keeping the Legacy Alive, Lewiston, ID., March 13, 2013; Moscow, ID., March 13, 2012; Craigmont, ID., January 23, 2012; University of Idaho, CALS Annual Conference (co-presenter), Boise, ID., April 5, 2012.
- Jensen, K. Taking Control of Your Cholesterol – The Good, The Bad, and The Ugly. Presentations given to: Idaho Forest Group, Chilco, ID., (10 presentations given) September 8-9, 2011; Idaho County Title Co., Grangeville, ID., June 15, 2011; Syringa General Hospital, Grangeville, ID., May 26, 2011; Idaho Forest Group, Grangeville, ID., May 11, 2011; Extension Nutrition Program Nutrition Advisor Mini-Conference, Moscow, ID., May 12, 2011.
- Jensen, K. Cooking Light. Presentations given to: Padge's Place, Grangeville, ID., May 13, 2011; Our Health Our Community Lecture Series, The Gallery, Grangeville, ID., January 14, 2010.
- Jensen, K. Healthy Nutrition for Healthy Lifestyles. Presentations given to: Idaho Forest Group, Grangeville, ID., February 17, 2010; Grangeville Senior Center, Grangeville, ID., December 14, 2010; September 28, 2009; Take Off Pounds Sensibly (TOPS), Grangeville, ID., July 13, 2009; Grangeville Senior Extension Club, Grangeville, ID., June 11, 2009; Grangeville High School Staff, Grangeville, ID., May 29, 2009; NCIA 4-H Leaders Training, Lewiston, ID., February 21, 2009.
- Jensen, K. MyPyramid Nutrition Lesson, Grangeville Elementary School – 1<sup>st</sup> Grade, Grangeville, ID., November 16, 2009.
- Jensen, K. Healthy Lifestyles for Teens, seven 45-minute lectures presented to 173 participants. Prairie High School Wellness Day, Cottonwood, ID., October 28, 2009.
- Jensen, K. Healthy Lifestyles – Teachers, Students, Families. Mountain View School District Staff In-service Day, Kooskia, ID., August 24, 2009.
- Jensen, K. Assessing the Healthy Lifestyle Needs in the areas of Health and Nutrition, Fitness, and Food Safety in Idaho County. Healthy Lifestyle Advisory Committee meeting, Grangeville, Idaho, December, 2008.

#### Wellness/Physical Fitness/Activity:

Jensen, K. Walk and Talk – Community Walking Program. Program offered three times/week, June 2018 – present, Grangeville, ID.

Jensen, K. Running a Successful Fitness Program. University of Idaho, CALS Annual Conference, Burley, ID. April 5, 2017.

Jensen, K. Kick Your Bootcamp: Program offered twice/week, Grangeville, ID., June – August, 2016;

March

– April 2016; November – December 2015; June – August, 2015; January – March, 2015; October – December, 2014; June – August, 2014; June – August, 2013; October 2012 – May 2013; June – August, 2012; October 2011 – May 2012; June – August, 2011; October 2010 – May 2011; June – August 2010; June – September 2009.

Jensen, K. Partner Fitness Challenge Kick-Off. The Gym, Grangeville, ID. March 28, 2016.

Jensen, K., Fitness @ Your Level. Syringa Hospital and Clinics. Grangeville, ID., April 23, 2014.

Jensen, K. Physical Activity & Fitness. Eat Smart Idaho Statewide Training (via live video streaming). Grangeville, ID., February 3, 2014.

Jensen, K. Wellness Training, Gold's Gym, Lewiston, ID., January 16, 2014.

Jensen, K. Partners Inspiring Community Health (PICH), Biggest Loser Kick-Off Event, Grangeville High School, Grangeville, ID., January 11, 2014; January 7, 2012; January 8, 2011; January 9, 2010; Biggest Loser Challenge Wrap-Up Event, Grangeville High School, Grangeville, ID., March 8, 2014; April 14, 2012; April 9, 2011; April 10, 2010.

Jensen, K. Kick Your Bootcamp. University of Idaho, CALS Annual Conference, FCS In-service, Moscow, ID., April 10, 2013.

Jensen, K. Organizing a Community Biggest Loser Weight Loss Challenge. Ignite Extension, University of Idaho, CALS Annual Conference, Boise, ID, April 4, 2012.

Jensen, K. Fitness & Nutrition. Biggest Loser Weight Loss Challenge, Grangeville High School, Grangeville, ID., February 16, 2012; Extension Nutrition Program Nutrition Advisor Mini-Conference, Moscow, ID., October 14, 2010.

Jensen, K. Family Bootcamp, six 2-hour classes, Grangeville, ID., July 18 – 29, 2011.

Jensen, K. Triathlon Training. Our Health Our Community Lecture Series, Grangeville, ID., June 8, 2010.  
 Jensen, K. Strength & Balance: Program offered once/week - Groaners Fitness Club, Grangeville, ID.,  
 November – April 2010; January-May, and September-December 2009, December 2008.

### Youth Development:

Jensen, K. Kids Klub Outdoor Fitness Day. Lions Park, Grangeville, ID., July 12, 2018; Grangeville Elementary/Middle School, Grangeville, ID., July 12, 2016; Lions Park, Grangeville, ID., July 9, 2015; Grangeville High School, Grangeville, ID, June 24, 2013; June 25, 2012.

Jensen, K. Train the 'Fitness' Trainer. 4H State Teen Conference. Moscow, ID., June 27, 2018. June 27, 2017.

Jensen, K. Junior Golf Summer Session, Grangeville Golf & Country Club, Grangeville, ID., June 11-16, 2018.

Jensen, K., Toomey, M. 4-H Yoga for Kids. Boise, ID., June 5, 2018.

Jensen, K. PICH Extreme Adventure Club Events: Snowshoeing, Mt. Idaho Fish Creek Recreation Area, Grangeville, ID., February 10, 2018; Bowling, Camas Bowling, Grangeville, ID., March 3<sup>rd</sup>, 2018; Bike Safety & Maintenance, Grangeville Elementary/Middle School, Grangeville, ID., March 17<sup>th</sup>, 2018; Jump at the Gym, The Gym, Grangeville, ID., April 14<sup>th</sup>, 2018; Outdoor Adventure Day at the Golf Course, Grangeville Country Club, Grangeville, ID., May 12<sup>th</sup>, 2018; Disc Golf & Pizza Party, Lions Park, Grangeville, ID., June 2<sup>nd</sup>, 2018. Snowshoeing, Mt. Idaho Fish Creek Recreation Area, Grangeville, ID., January 28<sup>th</sup>, 2017; Bowling, Camas Bowling, Grangeville, ID., February 25<sup>th</sup>, 2017;

Bike Safety & Maintenance, Grangeville Elementary & Middle School, Grangeville, ID., March 25<sup>th</sup>, 2017; Fitness & Dance, The Gym, Grangeville, ID., May 20<sup>th</sup>, 2017; Disc Golf, Lions Park, Grangeville, ID., June 17<sup>th</sup>, 2017; Geocaching, Grangeville, ID., April 16<sup>th</sup>, 2016; Disc Golf, Lions Park, Grangeville, ID., June 11<sup>th</sup>, 2016; Cooking & Nutrition with Chef Nancy, The Gallery, Grangeville, ID., April 25<sup>th</sup>, 2015; Pickleball, Grangeville High School, Grangeville, ID., May 30<sup>th</sup>, 2015; Disc Golf, Lions Park, Grangeville, ID., June 13<sup>th</sup>, 2015; Day at The Gym, Grangeville, ID., July 18<sup>th</sup>, 2015; Disc Golf & Pizza Party, City Park, Grangeville, ID., September 27<sup>th</sup>, 2015.

Jensen, K. Searching for Athletic Scholarships. Mountain View School District, Grangeville High School, Grangeville, ID., April 12, 2017. April 15, 2015.

Jensen, K. Family Fitness Fun, seven 1-hour classes, Grangeville, ID. December 2014 – April 2015.

Jensen, K. Kids Klub Bootcamp. Grangeville Elementary/Middle School, Grangeville, ID., June 23, 2014.

Jensen, K. Fitness & Health 101. 4H State Teen Conference. Moscow, ID., June 10, 2014.

Jensen, K. Healthy Hygiene and Ultimate Frisbee. Grangeville Elementary/Middle School Health Fair, Grangeville, ID., March 19 & 21, 2013.

Jensen, K. Kids Klub Bootcamp. Grangeville Elementary/Middle School, Grangeville, ID., August 1, 2013; May 11, 2012; May 25, 2011.

Jensen, K. Germ City. Grangeville Elementary/Middle School Health Fair. Grangeville, ID., May 24, 2012; Grangeville, ID., March 25, 2010; April 13-17, 2009; Clearwater Valley Elementary/Middle School Health Fair (6 classrooms). Kooskia, ID., February 24, 2010.

Jensen, K. Family Bootcamp, six 2-hour classes, Grangeville, ID., July 18 – 29, 2011.

Jensen, K. Bootcamp For Kids (conducted ten – 15 min. classes). Grangeville Elementary/Middle School Health Fair Day, Grangeville, ID., May 5, 2011.

Jensen, K. Healthy Nutrition For Athletes. Rogers High School Health Fair, Puyallup, WA., October 19, 2010; Grangeville High School, Grangeville, ID., August 16, 2010.

Jensen, K. Healthy Team Building Activities. Idaho County 4-H Camp, Donnelly, ID., July 20, 2010; July 20-22, 2009.

Jensen, K. Healthy Lifestyles for Teens. Prairie High School Wellness Day, Cottonwood, ID., October 28, 2009.

Jensen, K. Idaho County Fair, Cottonwood, ID., August 17-21, 2009.

Jensen, K. Healthy Nutrition for Healthy Lifestyles. NCIA 4-H Leaders Training, Lewiston, ID., February 21, 2009.

### University of Idaho Miscellaneous Extension Presentations:

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, ID., September 14, 2018.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County

- Healthy Lifestyles Advisory Board, Grangeville, ID., September 12, 2017.
- Jensen, K. Running a Successful Fitness Program. University of Idaho, CALS Annual Conference, Burley, ID. April 5, 2017.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, ID., October 7, 2016.
- Jensen, K. Train the Trainer Events for Bootcamp. The Gym, Grangeville, ID., April 14, February 11, 2016.
- Jensen, K. Using Facebook & Twitter. Latah County Extension Training. Moscow, ID., August 19, 2014.
- Jensen, K. Using Facebook & Twitter Within Extension. University of Idaho, CALS Annual Conference, FCS In-service, Moscow, ID., March 12, 2014.
- Jensen, K. Kick Your Bootcamp Training. University of Idaho, CALS Annual Conference, Moscow, ID., April 10, 2013.
- Jensen, K. Update on Family & Consumer Sciences Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, ID., March 20, 2013.
- Jensen, K. Creating a Facebook Page for Marketing Your Programs, Workshops, and Events. University of Idaho, CALS Annual Conference, Boise, ID, April 5, 2012.
- Jensen, K. Update on Family & Consumer Sciences Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, ID., March 14, 2012.
- Jensen, K. Update on Family & Consumer Sciences Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, ID., February 3, 2011.
- Jensen, K. Update on Family & Consumer Sciences Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, ID., January 14, 2010, February 1, 2010.
- Jensen, K. Update on Family & Consumer Sciences Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, ID., May 19, February 17, 2009.
- Jensen, K. Update on Family & Consumer Sciences Programs in Idaho County. Board of Commissioners for Idaho County, Grangeville, ID., January 26, 2009.
- Jensen, K. Update on Family & Consumer Sciences Programs in Idaho County. Idaho County Extension Office Annual Meeting, Grangeville, ID., January 23, 2009.
- Jensen, K. Update on Family & Consumer Sciences Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, ID., January 14, 2009.
- Jensen, K. Update on Family & Consumer Sciences Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, ID., December 1, 2008.

## **SCHOLARSHIP ACCOMPLISHMENTS:**

### **Publications, Exhibitions, Performances, Recitals:**

#### **Refereed:**

##### **Abstracts and Proceedings:**

- Scruggs, P.W., Paul, D.R., Goc Karp, G., Brown, H.B., Vella, C.A., Davis, C.A., and Jensen, K.D. *Surveillance of Physical Education Physical Activity in Idaho*. American College of Sports Medicine Annual Meeting, Orlando, FL., 2014.
- Beezley, T., Beck, T., Jones, S., Jensen, K., Barbieri, R., and Scruggs, P.W. 2012. Mobile Computer App and Waist Mounted Pedometer Accuracy. American Alliance for Health, Physical Education, Recreation and Dance National Convention and Exposition, Charlotte, North Carolina, April, 2013.

#### **Peer Reviewed/Evaluated Publications:**

##### **Abstracts and Proceedings:**

- Jensen, K. Running a Successful Fitness Program. University of Idaho, CALS Annual Conference, Burley, ID. April 5, 2017.
- Jensen, K. Beyond Surviving 2 Thriving. Ignite Extension, University of Idaho, CALS Annual Conference, Moscow, ID., March 12, 2014.
- Jensen, K. 2013. Organizing a Community 'Biggest Loser' Weight Loss Challenge. Joint Council of Extension Professionals Galaxy IV Conference, Pittsburgh, Pennsylvania, September 16-20, 2013.

Jensen, K. Kick Your Bootcamp Training. University of Idaho, CALS Annual Conference, Moscow, ID., April 10, 2013.

Jensen, K. Creating a Facebook Page for Marketing Your Programs, Workshops, and Events. University of Idaho, CALS Annual Conference, Boise, ID., April 5, 2012.

Jensen, K. Organizing a Community Biggest Loser Weight Loss Challenge. Ignite Extension, University of Idaho, CALS Annual Conference, Boise, ID., April 4, 2012.

#### **Refereed/Adjudicated (in press or submitted):**

Jensen, K.D., Tiftt, K., Winfield, T., Gunter, K., Goc Karp, G., & John, D.H. (2018). A case for using participatory photomapping and community conversation to address obesity in rural residents. *Journal of Extension* [On-line], Submitted June 18, 2018.

Jensen, K.D., Tiftt, K., Winfield, T., Gunter, K., John, D.H., & Goc Karp, G. (2017). Mapping attributes using participatory photography: Exploring healthy active living in rural Idaho. *Journal of Extension* [On-line], Submitted July 12, 2017.

Scruggs, P.W., Paul, D.R., Goc Karp, G., Brown, H.B., Vella, C.A., Davis, C.A., and Jensen, K.D. (2014). Surveillance of Physical Education Physical Activity in Idaho. *Medicine and Science in Sports and Exercise*, Volume 46:5 Supplement.

Jensen, K. (2013). Organizing a community 'Biggest Loser' weight loss challenge. *Journal of Extension* [On-line], 51(2), 2IAW8. Available at: <http://www.joe.org/joe/2013april/iw8.php>

#### **Other:**

##### **Impact Statements:**

Jensen, K., Tiftt, K. 2018. Multiple counties implement community walking programs. University of Idaho Extension. Impact Statement. 47-18.

Jensen, K., Tiftt, K. 2017. Exploring healthy active living in rural Idaho using participatory photography. University of Idaho Extension. Impact Statement. 33-17.

Jensen, K. 2016. Extreme Adventure Club introduces life-long activities to youth. University of Idaho Extension. Impact Statement. 26-16.

Jensen, K. 2015. Personal fitness consultations improve participants overall motivation. University of Idaho Extension. Impact Statement. 20-15.

Jensen, K. 2014. Idaho County residents learn how metabolism affects weight loss. University of Idaho Extension. Impact Statement. 35-14.

Jensen, K. 2013. Idaho County residents 'Take control of their cholesterol'. University of Idaho Extension. Impact Statement. 29-13.

Jensen, K. 2012. Focus groups provide feedback on "Kick Your Bootcamp" fitness program. University of Idaho Extension. Impact Statement. 34-12.

Jensen, K. 2011. 'Biggest Loser' weight loss challenge shrinks a rural community! University of Idaho Extension. Impact Statement. 26-11.

Jensen, K., K. Richel. 2010. Beyond Surviving to Thriving; Increasing public awareness of life skills. University of Idaho Extension. Impact Statement. 33-10.

Jensen, K. 2009. Healthy lifestyles programs improve overall health & fitness of participants. University of Idaho Extension. Impact Statement. 60-09.

##### **Healthy Lifestyles Education Publications:**

2011. Healthy Eating, Active Living (HEAL) Idaho, Nutrition and Physical Activity Framework 2011-2013, Idaho Department of Health and Welfare, pp.46.

##### **Research Reports:**

Jensen, K., Kauffman, K., Walsh, C. 2015. Understanding how Technology is Utilized to Enhance Physical Activity Amongst Adolescents. University of Idaho Department of Movement Sciences.

Scruggs, P.W., Paul, D.R., Goc Karp, G., Brown, H., Vella, C.A., Davis, C.A. & Jensen, K. (2013). *Statewide Surveillance of Physical Education Physical Activity in Idaho*. University of Idaho Department of



Movement Sciences. Report on the status of physical education physical activity in Idaho.  
 Beezley, T., Beck, T., Jones, S., Jensen, K., Barbieri, R., and Scruggs, P.W. 2012. Mobile Computer App and Waist Mounted Pedometer Accuracy.

### **Thesis:**

Jensen, K. 1999. How to Get Our Students to Strive for Life-Long Health & Fitness. Master Thesis, Pacific Lutheran University, WA.

### **Scholarly Presentations and Other Creative Activities:**

#### **Curricula Developed/Revised:**

Jensen, K., Raidl, M., Spencer, M., Sant, L., Buck, J., & Greenway, S., 2015–2018. Dietary Guidelines for Americans 2015-2020 Online Curriculum.

Jensen, K. 2015. PE 504 - Integrating Technology Applications with Healthy Active Lifestyles, University of Idaho, Department of Movement Sciences, Online Class – June 29 – August 7, 2015.

McCurdy, S., Abo, B., Dye, L., Jensen, K., Johnson, S., Hampton, C., Peutz, J., Sant, L., and G. Whittman. 2010. Ready, Set, Food Safe, 3<sup>rd</sup> Edition.

#### **PowerPoint Presentations:**

Jensen, K. Running a Successful Fitness Program. University of Idaho, CALS Annual Conference, Burley, ID. April 5, 2017.

Jensen, K., Tift, K. GROW Healthy Kids Healthy Communities Community Conversation Meeting. Grangeville, ID., July 7, 2016.

Jensen, K., Tift, K. GROW Healthy Kids Healthy Focus Group Meeting. Grangeville, ID., June 9, 2016.

Jensen, K. Using Facebook & Twitter Within Extension. University of Idaho, CALS Annual Conference, FCS In-service, Moscow, ID., March 12, 2014.

Jensen, K. Physical Activity & Fitness. Eat Smart Idaho Statewide Training (via live video streaming). Grangeville, ID., February 3, 2014.

Jensen, K. Kick Your Bootcamp Training. University of Idaho, CALS Annual Conference, Moscow, ID., April 10, 2013.

Jensen, K. Creating a Facebook Page for Marketing Your Programs, Workshops, and Events. University of Idaho, CALS Annual Conference, Boise, ID., April 5, 2012.

Jensen, K. 2012. Healthy Lifestyles for a Healthy Legacy. (used by Keeping the Legacy Alive, Northern District.)

Jensen, K. 2011. Taking Control of Your Cholesterol – The Good, The Bad, & The Ugly (used by Extension Nutrition Program Advisors in District 1).

Jensen, K. 2010. Fitness & Health.(used by Extension Nutrition Program Advisors in District 1).

Jensen, K. 2010. Healthy Meal Planning. (used by Extension Nutrition Program Advisors in District 1).

#### **Displays and Posters:**

West, T., Jensen, K., Culbert, D., Chandler, L., Albright, M.B., Meadows, C., & Wittman, G. ESP Scholarship, Grants, and Recognition State Awards. ESP National Conference, Coeur d'Alene, ID., October 4-7, 2015.

Jensen, K. 2013. Organizing a Community 'Biggest Loser' Weight Loss Challenge. Joint Council of Extension Professionals Galaxy IV Conference, Pittsburgh, Pennsylvania, September 16-20, 2013.

Beezley, T., Beck, T., Jones, S., Jensen, K., Barbieri, R., and Scruggs, P.W. 2012. Mobile Computer App and Waist Mounted Pedometer Accuracy. American Alliance for Health, Physical Education, Recreation and Dance National Convention and Exposition, Charlotte, North Carolina, April, 2013.

Jensen, K. Organizing a Community Biggest Loser Weight Loss Challenge. Ignite Extension, University of Idaho, CALS Annual Conference, Boise, ID, April 4, 2012.

#### **Evaluation Tools or Instruments for Data Collection:**

Jensen, K. 2018. Interviews with local physical education teachers to assess the Acceptability and Effectiveness of Mobile Technology to Change Behavior and Increase Levels of Physical Activity Amongst Adolescents:

- methodology, instrument, data collection, data analysis, and findings. 50pp.
- Jensen, K., Toomey, M. 2018. 4-H Yoga for Kids Pre-Post Survey, 3- month and 6-month Follow-Up Survey (emailed), Evaluation, IRB Approved: methodology, instrument, data collection, analysis, and report.
- Jensen, K. 2018. PICH Extreme Adventure Club Post Survey/Evaluation: methodology, instrument, data collection, analysis, and report. 1pp.
- Jensen, K. 2017. PICH Extreme Adventure Club Post Survey/Evaluation: methodology, instrument, data collection, analysis, and report. 1pp.
- Jensen, K. 2016. PICH Extreme Adventure Club Post Survey/Evaluation: methodology, instrument, data collection, analysis, and report. 1pp.
- Jensen, K., 2015. Focus Questions to assess the Impact of Personal Fitness Consultations: methodology, instrument, data collection, analysis, and report. 2pp.
- Jensen, K., Kauffman, K., Walsh, C. 2015. Understanding how Technology is Utilized to Enhance Physical Activity Amongst Adolescents: methodology, observation instrument, survey, data collection, data analysis, and report.
- Jensen, K. 2012. Metabolism and Me Pre-Post Survey: methodology, instrument, data collection, analysis, and report. 1pp., 2014, 2013, 2012, 2011, 2010.
- Scruggs, P.W., Paul, D.R., Goc Karp, G., Brown, H., Vella, C.A., Davis, C.A. & Jensen, K. 2013, 2012. Statewide Prevalence and Correlates of Physical Education Physical Activity in Idaho.
- Jensen, K. 2012. Focus Questions to assess the supports and barriers of the Kick Your Bootcamp program in a rural setting: methodology, instrument, data collection, analysis, and report. 1pp.
- Beezley, T., Beck, T., Jones, S., Jensen, K., Barbieri, R., and Scruggs, P.W. 2012. Evaluation tool design for Mobile Computer App and Waist Mounted Pedometer Accuracy Project: methodology, instrument, data collection, analysis, and report.
- Jensen, K, and K. Richel. 2011. Beyond Surviving to Thriving Post-Evaluation Survey, Informed Consent Form, 3- month Follow-Up Survey (mailed), IRB Approved: methodology, instrument, data collection, analysis, and report. 8pp.
- Jensen, K. 2011. Metabolism & Me 3-month Follow-up Survey (mailed), IRB Approved: initiated, data collection, analysis, and report. 7pp.
- Jensen, K. 2011. Taking Control of Your Cholesterol – The Good, The Bad, & The Ugly Post-Evaluation: methodology, instrument, data collection, analysis, and report. 1pp.

#### Professional Meeting Papers, Workshops:

- Northern District University of Idaho Extension Community Listening Session, Lewiston, ID., January 5, 2017.
- Idaho/Lewis County Economic Development Meeting, Grangeville, ID., October 23, 2017, February, 23, 2017, December 1, 2016; October 13, August 31, 2016.
- 4H Food Smart Families Training, Coeur d'Alene, ID., August 4<sup>th</sup>, 2015.
- OSU Grow Healthy Kids & Communities, HEAL Mapps Training, Boise, ID., April 30 – May 1, 2014.
- Healthy Eating, Active Living (HEAL) Idaho, Nutrition and Physical Activity Framework 2011 – 2013, Idaho Department of Labor development workshops: Moscow, ID., April 9, 2014; Boise, ID., October 3, 2013; Meridian, ID., January 25, 2012; Boise, ID., November 9, 2011; Moscow, ID., September 14, 2011; Boise, ID., May 18, 2011, January 12, 2011; Lewiston, ID., November 10, 2010.
- McCurdy, S., Jensen, K., Johnson, S., and J. Peutz. Ready, Set, Food Safe, Professional Technical Education Conference, Boise, ID., June 15, 2010.
- Jensen, K. Office 10-minute Fitness Quickies. University of Idaho Extension Annual Conference, Family and Consumer Science In-Service, Burley, ID., April 14, 2010.

#### Grants and Contracts Awarded:

- Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2018-2019. **\$350.00.**
- Jensen, K. University of Idaho, CALS Critical Issues Funds, Support to travel and attend Joint Council of Extension Professionals, Orland, FL., February 12-16, 2018. **\$300.**
- Jensen, K., Toomey, M. University of Idaho, CALS Innovation Project Award, 4-H Yoga for Kids, 2017-2018. **\$7500.00.**
- Jensen, K. Umpqua Bank, PICH Extreme Advenutre Club, 2017-2018. **\$100.00**
- Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2017-2018. **\$200.00.**

Johnson, S., Principal Investigator, and K. Jensen. USDA Food & Nutrition Services, Idaho Supplemental Nutrition Assistance Program – Education (SNAP-Ed), Idaho Department of Health and Welfare, Northern District, Idaho and Lewis County, 2017 - **\$9856.85**, 2016 - **\$9856.85**, 2015 - **\$9856.85**, 2014 - **\$9856.85**, 2013 - **\$9856.85**, 2012 – **\$9,856.85**, 2011- **\$9,856.85**, 2010 – **\$9,856.85**, 2009 – **\$22,712.29**.

Jensen, K. University of Idaho, CALS Critical Issues Funds, Support to travel and attend NEAFCS Annual Conference, Big Sky, MT., September 12-15, 2016. **\$975.00**

Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2016-2017. **\$500.00**.

Jensen, K. University of Idaho, CALS Critical Issues Funds, Support to attend Epsilon Sigma Phi (ESP) National Conference, Coeur d'Alene, ID., October 4-7, 2015. **\$500.00**

Jensen, K. Idaho Community Foundation, PICH Extreme Adventure Club, 2015-2016. **\$1200.00**

Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2014-2015. **\$500.00**

Jensen, K. University of Idaho, CALS Critical Issues Funds, Support to travel to attend Joint Council of Extension Professionals Galaxy IV Conference, Pittsburgh, Pennsylvania, September 16-20, 2013. **\$500**.

Jensen, K., and K. Richel. University of Idaho, CALS Critical Issues Funds, Beyond Surviving to Thriving, 2012-2013. **\$1743.00**

Jensen, K. University of Idaho, CALS Critical Issues Funds, Support to travel to attend Childhood Obesity Task Force Workshop, 2012. **\$380.80**.

### Honors and Awards:

Jensen, K., & Tift, K. National Extension Association of Family and Consumer Sciences, 2<sup>nd</sup> Place Western Region Winner - Family Health and Wellness Award, 2018.

Jensen, K., & Toomey, M. University of Idaho, CALS Innovation Project Award, 4-H Yoga for Kids, 2017-2018,

**\$7500.00**

Jensen, K. Mildred Haberly Extension Professional Endowment, School of Family and Consumer Sciences, Attend the National Extension Association of Family and Consumer Sciences Annual Conference, San Antonio, TX., 2018. **\$2452.00**

Jensen, K. Mildred Haberly Extension Professional Endowment, School of Family and Consumer Sciences, Attend the National Health Outreach Conference, Annapolis, MD., 2017. **\$2000.00**.

**\$200.00**

Jensen, K. Joint Council of Extension Professionals, Professional Improvement Scholarship, 2017, **\$200.00** 2016, 2015, **\$300.00** 2014, **\$300.00** 2013, **\$300.00** 2011, **\$300.00**.

Jensen, K. Mildred Haberly Extension Professional Endowment, School of Family and Consumer Sciences, Attend the Society of Nutrition Education & Behavior National Meeting, San Diego, CA., 2016. **\$1700.00**.

Jensen, K. Mildred Haberly Extension Professional Endowment, School of Family and Consumer Sciences, Attend the National Extension Association of Family and Consumer Sciences Annual Conference, Big Sky, MT., 2016. **\$450.00**; Lexington, KY., 2014. **\$2035.00**.

Jensen, K. Mildred Haberly Extension Professional Endowment, School of Family and Consumer Sciences, Attend the National Health Outreach Conference, Atlanta, GA., 2015. **\$1070.00**.

Jensen, K. Idaho Affiliate of National Extension Association of Family and Consumer Sciences Scholarship, 2014. **\$200.00**.

Hart, K., Williams, C., Church, J., Richel, K., Tift, K., Jensen, K., Brooks, R., and Steele, V. (2014). Search for Excellence in Farm and Ranch Management National Finalist: Keeping the Legacy Alive.

Jensen, K. Mildred Haberly Extension Professional Endowment, School of Family and Consumer Sciences, Attend the National Extension Association of Family and Consumer Sciences Annual Conference, Albuquerque, NM, 2011. **\$1,500.00**

Jensen, K. National Extension Association of Family & Consumer Sciences, 1<sup>st</sup> Place Western Region Winner – Newsletter, 2011.

Jensen, K. G. Elbert McProud Memorial Scholarship, University of Idaho Extension, Professional development support for attending the National Extension Association Family & Consumer Sciences Conference, 2010, **\$300**.

Jensen, K. New Professional Award, Idaho Extension Association of Family & Consumer Sciences, 2010.

### SERVICE:

#### Major Committee Assignments:

**National:**

Epsilon Sigma Phi (ESP) National Scholarship, Grants & Recognition Committee, 2015 - Present.  
National Extension Association Family & Consumer Sciences (NEAFCS), JNEAFCS Editorial Subcommittee, 2010 – present.  
National Association of Intercollegiate Athletics (NAIA) Cal-Pac Region II Rater, Softball, 2003-2004.

**Regional:**

Western Region Family & Consumer Sciences Physical Activity Collaborative, University of Idaho Lead, 2018

**State:**

Idaho Extension Association of Family & Consumer Sciences, President -Elect, 2018; Affiliate Secretary, 2017, 2009 – 2011; VP of Professional Development, 2013 – 2015; VP of Awards & Recognition, 2012.  
Healthy Eating, Active Living (HEAL) Idaho, Nutrition and Physical Activity Framework 2011 – 2013 Workgroup, 2010 – present.  
Epsilon Sigma Phi, National Conference Planning Committee, 2014-2015; Secretary, 2013 - 2014.

**North Central Idaho:**

Idaho/Lewis County Economic Development Committee, 2016 – present.  
Idaho Forest Group Wellness Plan Advisory Committee, 2009 - present.  
Mountain View School District Wellness Policy and Procedure Planning Advisory Committee, 2009 - present.  
Beyond Surviving to Thriving Interagency Workgroup, 2010 - 2014.  
Nez Perce Tribal Senior Center Wellness Committee, 2012.  
Clearwater Valley Elementary School, School Health Improvement Plan Advisory Committee, 2009 – 2010

**University:**

**College:**

Highline Community College Athletic Commissioner, 2001-2003.  
Highline Community College Softball Commissioner, 2001-2003.

**University of Idaho:**

**College:**

Priority Extension Theme (PET) Health, Nutrition, and Wellness Committee, 2018.  
Annual Conference Planning Committee, Awards Banquet, 2018, 2017, 2015, 2014, 2013, 2012.  
Family & Consumer Sciences In-Service Planning Committee, 2010 – present.  
GROW Healthy Kids Healthy Communities Geomapping Project Committee, 2015 – present.  
Dietary Guidelines for Americans Curriculum Committee, 2016 – present.  
Family & Consumer Sciences Haberly Award Committee, 2014 – present.  
Healthy Food, Healthy Communities Program of Distinction Committee, 2014-2016.  
University of Idaho Family & Consumer Science Social Media Content Contributor, 2015, 2014.  
Childhood Obesity Task Team, 2012 - 2014.  
Small Steps to Health and Wealth Curriculum Committee, 2011.  
Ready, Set, Food, Safe Curriculum Revision Committee, 2009 – 2010.  
Healthy Diabetes Plate Curriculum Committee, 2010.

**District:**

3<sup>rd</sup> Year Review for Promotion and Tenure Committee, 2018, 2017.  
Search Committee, Eat Smart Idaho, Idaho and Lewis County Extension Nutrition Program Advisor, 2015, 2009.  
Keeping the Legacy Alive Committee, 2014, 2013, 2012, 2011.

**County:**

Junior Golf Committee Member, 2018.  
 Partners Inspiring Community Health (PICH) Board Member, 2012 - present.  
 Kids Klub (After-school program) Healthy Lifestyles Advisor, 2011 - present.  
 Syringa General Hospital & Clinics Wellness Plan Advisory Committee, 2009 - present.  
 Our Health Our Community Board Member, 2008-2012.  
 Rural Health Works, National Association of Counties, Steering Committee, 2009.

**Professional and Scholarly Organizations:****National:**

Society of Health and Physical Educators, 2012 – present, 1999 – 2008.  
 Epsilon Sigma Phi, 2011 – present, Secretary, 2013 - 2014.  
 Society for Nutrition Education and Behavior, 2010 - present.  
 National Extension Association of Family & Consumer Sciences, November 2008 – present.

**State:**

Idaho Extension Association of Family & Consumer Sciences, 2009 – present, President-Elect, 2018;  
 Secretary, 2017, 2009 – 2011., VP of Professional Development, 2014 - 2015; VP Awards &  
 Recognition, 2012.

**Community Service:**

Syringa Hospital and Clinics Fun Run Committee, 2018.  
 Mountain View School District Wellness Policy and Procedure Planning Advisory Committee, 2009 –  
 present.  
 Clearwater Valley Elementary School, School Health Improvement Plan Advisory Committee, 2009 –  
 2010.

**Outreach Service:****Classes, Workshops, Seminars, Share Fairs and Tours Organized:****Healthy Lifestyle Promotion & Nutrition:**

Jensen, K. Wind Down Wednesdays. Presentations given first Wednesday of each month, May 2018 to  
 present, Grangeville, ID.  
 Jensen, K. Body Fat Percentage/Body Mass Index testing, Healthy Nutrition Choices, myPlate, Physical  
 Activity Guidelines. Idaho Forest Group Health Fair, Grangeville, ID., October 3, 2018; October 12,  
 2016. October 14, 2015. September 26, 2013. September 20, 2012. October 27, 2011. October 21,  
 2009.  
 Jensen, K. PICH Extreme Adventure Club Events: Snowshoeing, Mt. Idaho Fish Creek Recreation Area,  
 Grangeville, ID., February 10<sup>th</sup>, 2018; Bowling, Camas Bowling, Grangeville, ID., March 3<sup>rd</sup>, 2018;  
 Bike Safety & Maintenance, Grangeville Elementary & Middle School, Grangeville, ID., March  
 17<sup>th</sup>,  
 2018; JUMP at The Gym, Grangeville, ID., April 14<sup>th</sup>, 2018; Outdoor Adventure Day, Grangeville  
 Golf and Country Club, Grangeville, ID., May 12<sup>th</sup>, 2018; Disc Golf and Pizza Party, Lions Park,  
 Grangeville, ID., June 2<sup>nd</sup>, 2018. Snowshoeing, Mt. Idaho Fish Creek Recreation Area, Grangeville,  
 ID., January 28<sup>th</sup>, 2017; Bowling, Camas Bowling, Grangeville, ID., February 25<sup>th</sup>, 2017;  
 Bike Safety & Maintenance, Grangeville Elementary & Middle School, Grangeville, ID., March  
 25<sup>th</sup>, 2017; Fitness & Dance, The Gym, Grangeville, ID., May 20<sup>th</sup>, 2017; Disc Golf, Lions Park,  
 Grangeville, ID., June 17<sup>th</sup>, 2017; Geocaching, Grangeville, ID., April 16<sup>th</sup>, 2016; Disc  
 Golf, Lions Park, Grangeville, ID., June 11<sup>th</sup>, 2016. Cooking & Nutrition with Chef Nancy, The  
 Gallery, Grangeville, ID., April 25<sup>th</sup>, 2015; Pickleball, Grangeville High School, Grangeville, ID.,  
 May 30<sup>th</sup>, 2015; Disc Golf, Lions Park, Grangeville, ID., June 13<sup>th</sup>, 2015; Day at The Gym,

Grangeville, ID., July 18<sup>th</sup>, 2015; Disc Golf & Pizza Party, City Park, Grangeville, ID., September 27<sup>th</sup>, 2015.

Jensen, K. Healthy Holidays Cooking Class. Presentations given: Grangeville, ID., December 12, 2017; Grangeville, ID., November 15, 2017.

Jensen, K. Nutrition Matters. Presentations given: Kamiah, ID., Kooskia, ID., February 9, 2017.

Jensen, K. Healthy Nutrition at all Ages. Presentation given to: Idaho County Extension Club, Grangeville, ID., February 2, 2017.

Jensen, K. Body Fat Percentage/Body Mass Index testing, Healthy Nutrition Choices, myPlate, Physical Activity Guidelines. Syringa General Hospital Employee Health Fair, Grangeville, ID., May 21,

2016.

March 26, 2015.

Jensen, K. Healthy Lifestyle Promotion. Syringa General Hospital Wellness Fair for Community, Grangeville, ID., May 16, 2015. May 17, 2014. February 26, 2014. August 14, 2013. May 18, 2013. May 12, 2012. May 14, 2011. March 17, 2010. May 15-16, 2009.

Jensen, K. Nutrition Talk. Clearwater Valley Elementary/Middle School. Kooskia, ID., May 8, 2014.

Allen-Johnson, C., ARNP, and K. Jensen. Our Health Our Community, Bioidentical Hormone Therapy Presentation, Grangeville, ID., October 18, 2010.

Muench, A., M.D., and K. Jensen. Our Health Our Community, Varicose Vein Therapy Presentation, Grangeville, ID., April 22, 2010.

Jensen, K. Clearwater Valley Elementary/Middle School Health Fair. Kooskia, ID., February 24, 2010.

Osterander, J., M.D., and K. Jensen. Our Health Our Community, Acupuncture Presentation, Grangeville, ID., November 19, 2009.

Jensen, K. Healthy Nutrition for Seniors. Syringa Thrift Shop, Grangeville, ID., December 16, 2008.

#### Wellness/Physical Fitness/Activity:

Jensen, K. Walk and Talk – Community Walking Program. Program offered three times/week, June 2018 – present, Grangeville, ID.

Jensen, K. Kids Klub Outdoor Fitness Day, Lions Park, Grangeville, ID., July 12, 2018. Grangeville Elementary/Middle School, Grangeville, ID., July 12, 2016. Lions Park, Grangeville, ID., July 9,

2015.

Grangeville High School, June 23, 2014. June 24, 2013. June 25, 2012.

Jensen, K. Junior Golf Summer Session, Grangeville Golf & Country Club, Grangeville, ID., June 11-16, 2018.

Jensen, K. 207 Fitness Grand Opening and Orientation, 207 Fitness, Grangeville, ID., May 31, 2018.

Jensen, K. New Member Gym Orientations, The Gym & Groaners Fitness Center, Grangeville, ID., 2017, 2016, 2015.

Jensen, K. Strength Training & Conditioning, Plyometrics/Agility Exercises. Grangeville Elementary/Middle

School Health Fair, Grangeville, ID., May 17, 2016. Healthy Hygiene and Ultimate Frisbee.

Grangeville Elementary/Middle School Health Fair, Grangeville, ID., March 19 & 21, 2013.

Jensen, K. Family Fitness Fun, seven 1-hour classes, Grangeville, ID. December 2014 – April 2015.

Jensen, K. Just for the Health of It Community Presentation, Lewiston, ID., May 3, 2014.

Jensen, K. Partners Inspiring Community Health (PICH), Biggest Loser (2 month event), Grangeville & Kooskia, ID., January – March, 2014.

Jensen, K. Our Health Our Community, Biggest Loser (2 month event), Grangeville, ID. January – March, 2013, 2012, 2011, 2010.

Jensen, K. Bootcamp For Kids (conducted ten – 15 min. classes). Grangeville Elementary/Middle School Health Fair Day, Grangeville, ID., May 5, 2011.

Jensen, K. Our Health Our Community Adult/Child Triathlon (two day event), Grangeville, ID., August 14-15, 2009.

Jensen, K. Our Health Our Community Physical Challenge Class (conducted three-30 min. classes), Grangeville, ID., February 7, January 24, January 5, 2009.

#### Miscellaneous Extension Publications:

2009-present Healthy Lifestyles Newsletter, Published bi-monthly. Circulation: emailed to 500 regional and multi-state recipients, mailed to 60 Idaho, Lewis, and Latah County recipients. 3-4 pages.

Jensen, K. 2013 Healthy Habits 8 Week Challenge. Weekly Healthy Habits publications: emailed to 20 regional Recipients. 1 page.

**Popular Press:**

Jensen, K. Getting Fit – A Winning Combination, Idaho Forest Group Newsletter “The Bark”, February, 2011.

**Idaho County Free Press, Circulation: 3200**

Jensen, K. Partners Inspiring Community Health (PICH) Extreme Adventure Club, January 10, 2018.

Jensen, K. GROW Healthy Kids, Communities, November 11, 2015.

Jensen, K. Kick Your Bootcamp – 8 Week Challenge!, November 4, 2015.

Jensen, K. Fitness boot camp to take off October 21, October 15, 2014.

Jensen, K. ‘Kick Your Bootcamp’ to start June 3, May 28, 2014.

Jensen, K. Beyond Surviving 2 Thriving coming to Cottonwood – June 20, June 5/12, 2013.

Jensen, K. Kick Your Bootcamp will start June 11, June 5, 2013.

Jensen, K. Kick Your Bootcamp will start October 9, October 3, 2012.

Jensen, K. Kick Your Bootcamp to begin summer session June 5, May 30, 2012.

Jensen, K. Family Boot Camp to Start July 18, July 13, 2011.

Jensen, K. Kooskia sweeps ‘Biggest Loser’ prizes, April 19, 2011.

Jensen, K. Freeze Your Fresh Food Items – The Right Way – To Last, April 13, 2011.

Jensen, K. Kick Your Bootcamp set to begin June 1, May 26, 2010.

Jensen, K. Think clean – and safe – this spring!, April 7, 2010.

Jensen, K. Fitness & Nutrition Tips to Stay Healthy During the Fall, Winter Months, October 28, 2009.

Jensen, K. Kick Your Bootcamp A Success, August 11, 2009.

Jensen, K. Preparing Your Own Home-Grown Foods, April 22, 2009.

**Clearwater Progress, Kamiah, ID., Circulation:3500**

Jensen, K. Beyond Surviving 2 Thriving coming to Cottonwood – June 20, June 5/12, 2013.

Jensen, K. Kick Your Bootcamp will start June 11, June 5, 2013.

**Cottonwood Chronicle, Cottonwood, ID., Circulation: 700**

Jensen, K. Beyond Surviving 2 Thriving coming to Cottonwood – June 20, June 5/12, 2013.

Jensen, K. Kick Your Bootcamp will start June 11, June 5, 2013.

**Lewis County Herald, Circulation: 600**

Jensen, K. Beyond Surviving 2 Thriving coming to Cottonwood – June 20, June 5/12, 2013.

**The Current News, Riggins, ID., Circulation:6000**

Jensen, K. Beyond Surviving to Thriving Coming to Riggins!, July 26<sup>th</sup>, 2011.

Jensen, K. Kick Your Bootcamp begins June 7<sup>th</sup>!, May 31<sup>st</sup>, 2011.

**Interview Articles:**

**Extension Trends – University of Idaho**

Jensen, K. 2012. Biggest Loser, Kick Your Bootcamp encouraging healthy living in Idaho County.

**The Lewiston Tribune, Circulation: 50,000**

Jensen, K. Winning for losing: Competition modeled after TV’s ‘Biggest Loser’ gives Camas Prairie participants extra motivation to shape up, March 7, 2010

**Idaho County Free Press:**

Jensen, K. PICH Extreme Adventure Club for Youth! May 6, 2015  
 Jensen, K. 2013 Biggest Loser Challenge! January 12<sup>th</sup>, 2013.  
 Jensen, K. Syringa Hospital & Clinic, U of I Extension 2012 Biggest Loser Challenge!, January 4, 2012.  
 Jensen, K. Biggest Loser Challenge Winners!, April 19<sup>th</sup>, 2011.  
 Jensen, K. Syringa's 'Biggest Loser Challenge' set to begin Jan. 9<sup>th</sup>, January 5<sup>th</sup>, 2011.  
 Jensen, K. Students Work On Decision-Making Awareness Skills, November 3, 2009.  
 Jensen, K. "Kick Your Boot Camp" To Begin June 16, June 16, 2009.

#### Media Presentations:

Jensen, K. Love to Grill and Rules for Picnic Packing. The KSL Greenhouse Show – 50,000 watt station, Salt Lake City, UT., August 29, 2014.  
 Jensen, K. Kick Your Bootcamp – Get Fired Up! KORT Radio Station – 15,000 listeners (three-minute spot played for two weeks), Grangeville, ID., May, 2014. May, 2013. May, 2012. April, 2011, 2010.  
 Jensen, K. Biggest Loser Weight Loss Challenge. KORT Radio Station – 15,000 listeners (30 second spot played for two weeks), Grangeville, ID., January 2012.  
 Jensen, K. Beyond Surviving To Thriving – Workshops Offered in Grangeville and Riggins. KORT Radio Station – 15,000 listeners (three-minute spot played for one week), Grangeville, ID., August 2011.  
 Jensen, K. Family Kick Your Bootcamp – New Program Starting! KORT Radio Station – 15,000 listeners (two-minute spot played for two week), Grangeville, ID., July 2011.  
 Jensen, K. Biggest Loser Challenge - Announcing winners! KORT Radio Station – 15,000 listeners (30 second spot played for one week), Grangeville, ID., April 2011.  
 Jensen, K. Metabolism & Me. Between Friends Television Program (30 min. spot), Lewiston, ID., June 22, 2009.  
 Jensen, K. Healthy Nutrition for Healthy Lifestyles. KORT Radio Station-15,000 listeners (eight min. spot played for two weeks), Grangeville, ID., June, 2009.  
 Jensen, K. Metabolism & Me. KORT Radio Station-15,000 listeners (four min. spot played for two weeks), Grangeville, ID., March 2009

#### Web Pages:

**Dietary Guidelines for Americans 2015-2020. Facebook Page. Updated 2018.** Updated 2017. Created 2016  
<https://www.facebook.com/UofI2015DietaryGuidelines/>  
**Idaho County Facebook Page. Updated 2018.** Updated 2017. Updated 2016. Updated 2015. Created 2014 (181 likes).  
<https://www.facebook.com/UIExtensionIdaho?ref=hl>  
 Kick Your Bootcamp Facebook Page. Updated 2017. Updated 2016. Updated 2015 (104 likes), 2014, 2013, 2012, 2011, 2010.  
<http://www.facebook.com/pages/Kick-Your-Bootcamp/109778959050695>  
 University of Idaho– Idaho County Website. Updated 2014. Created 2013.  
<http://extension.uidaho.edu/idaho/tag/healthy-lifestyles/>  
 Idaho County Extension website. Updated 2012, 2011, 2010, 2009, 2008.  
<http://www.idahocounty.org/family-science-home.html>

#### Applied Research/Demonstration Trials:

Jensen, K. Interviews with local physical education teachers to assess the Acceptability and Effectiveness of Mobile Technology to Change Behavior and Increase Levels of Physical Activity Amongst Adolescents, 2018.  
 Jensen, K., Toomey, M. 4-H Yoga for Kids Pre-Post Survey, 3-month and 6-month Follow-Up Surveys, 2017-2018.  
 Jensen, K. PICH Extreme Adventure Club Post Survey, 2018, 2017, 2016, 2015.  
 Jensen, K. Personal Fitness Consultations Focus Questions, 2015.  
 Jensen, K., Kauffman, K., Walsh, C. Understanding how Technology is Utilized to Enhance Physical Activity Amongst Adolescents Project, 2015.  
 Jensen, K. Metabolism & Me Workshop Pre-Post Survey, 2014, 2013, 2012, 2011, 2010.



- Scruggs, P.W., Paul, D.R., Goc Karp, G., Brown, H., Vella, C.A., Davis, C.A. & Jensen, K. Statewide Prevalence and Correlates of Physical Education Physical Activity in Idaho, 2013, 2012.
- Jensen, K. Kick Your Bootcamp Focus Questions, 2012.
- Beezley, T., Beck, T., Jones, S., Jensen, K., Barbieri, R., and Scruggs, P.W. Evaluation tool design for Mobile Computer App and Waist Mounted Pedometer Accuracy Project, 2012.
- Jensen, K. Idaho County Extension, Family and Consumer Sciences Program Needs Internet Survey, 2008-2012.
- Jensen, K. Taking Control of Your Cholesterol – The Good, The Bad, & The Ugly Post-Evaluation, 2011.
- Jensen, K, K. Richel, Beyond Surviving to Thriving Post-Evaluation Survey, 3-month Follow-Up Survey (mailed), IRB Approved, August, 2011.
- Jensen, K. Metabolism & Me 3-month Follow-up Survey (mailed), IRB Approved, May 2011.

### Review Activities:

- Jensen, K. 2014. Expert Reviewer – EFNEP Physical Activity Behavior Checklist to Evaluate Adult EFNEP Program.
- The Art of Communicating With Twitter, JNEAFCS, February, 2011.
- Defining an Effective Social Media Strategy for FCS Educators, JNEAFCS, February, 2011.
- Idaho Forest Group Wellness Program Start-up Publication, October, 2009.

## PROFESSIONAL DEVELOPMENT:

### Scholarship:

- Society of Nutrition Education & Behavior, A plate waste evaluation of the Farm to School program, October, 22, 2018.
- National Extension Association of Family and Consumer Sciences Annual Conference, San Antonio, TX., September 24-28, 2018.
- Society of Nutrition Education & Behavior, Daily and seasonal influences on dietary self-monitoring using a smartphone application, September 10, 2018.
- Society of Nutrition Education & Behavior, Developing high impact research poster presentations, April, 19, 2018.
- Society of Nutrition Education & Behavior, The low FODMAP diet for IBS: From evidence to practice, March 29, 2018.
- Society of Nutrition Education & Behavior, Overweight and obesity, weight perception, and weight management practices among supplemental nutrition assistance program-education (SNAPed) participants in Georgia: A needs assessment, March 26, 2018.
- Society of Health and Physical Educators National Convention, Nashville, TN., March 19-23, 2018.
- Society of Nutrition Education & Behavior, Clearing up the confusion: Using the ingredients list as a tool for nutrition educators, March 6, 2018.
- Joint Council of Extension Professionals National Convention, Orlando, FL., February 12-16, 2018.
- Society of Nutrition Education & Behavior, From millennials to boomers: Digital communication for nutrition educators across generations, October 18, 2017.
- Society of Nutrition Education & Behavior, A point-of-purchase intervention using grocery store tour podcasts about Omega-3s, September 25, 2017.
- Society of Nutrition Education & Behavior, Cracking the code on breakfast: Research roundup and practical solutions, August 1, 2017.
- National Health Outreach Conference, Annapolis, MD., April 1 – 5, 2017.
- Society of Nutrition Education & Behavior, Scientific Evidence for the Mediterranean Style Diet, April 12, 2017.
- National Extension Association of Family & Consumer Sciences, Documenting community outcomes with surveys:
- A how-to on designing questions and collecting data, February 6, 2017.
- University of Idaho, Safety and Security Awareness Certificate, December 16, 2016.
- University of Idaho, Diversity and Inclusion Certificate, December 16, 2016.
- University of Idaho, IT Security Certificate, December 14, 2016.
- Society of Nutrition Education & Behavior, Probiotics: Understanding the microbiome and the role of probiotics

in

- long term health, December 7, 2016.
- Society of Nutrition Education & Behavior, Self-weighting throughout adolescence and young adulthood: Implications for well-being, November 7, 2016.
- Extension Campus, Impact Statement Reporting Course, October 31, 2016.
- Collaborative Institutional Training Initiative (CITI Program), Investigator Course, September 22, 2016.
- National Extension Association of Family and Consumer Sciences Annual Conference, Big Sky, MT., September 12-15, 2016.
- Society of Nutrition Education and Behavior Annual Session – National Conference, San Diego, CA., July 30-August 2, 2016.
- Society for Nutrition Education & Behavior, The Power of Protein: Quality and Quantity in Healthy Eating Patterns, Webinar, August 23, 2016.
- Society for Nutrition Education & Behavior, Aging Well: Understanding the role of protein to maintain muscle mass and function, Webinar, June 21, 2016.
- Society for Nutrition Education & Behavior, Writing and reviewing research methods papers for JNEB, Webinar, April 26, 2016.
- Society for Nutrition Education & Behavior, Using a systematic approach and theoretical framework to design a healthy eating curriculum, Webinar, March 21, 2016.
- Epsilon Sigma Phi National Conference, Coeur d'Alene, ID., October 4-7, 2015.
- Society of Health and Physical Educators, PE Plus! Ways to Make a Difference Beyond the Gymnasium, Webinar, September 29, 2015.
- Society for Nutrition Education & Behavior, Weighing In: High Quality Protein for Weight Management, Webinar, September 23, 2015.
- Society for Nutrition Education & Behavior, Mobilizing Nutrition Communications to Improve Americans' Consumption Patterns, Webinar, July 16, 2015.
- American Heart Association, Making Sense of The Science of Sodium, Webinar, June 25, 2015.
- National Health Outreach Conference, Atlanta, GA., May 5-8, 2015.
- Society of Health and Physical Educators, Blended Learning: Creating a Balanced Curriculum of Kinetics and Academics – Is This the Next Big Thing in Physical Education? Webinar, April 14, 2015.
- Society for Nutrition Education & Behavior, The Effect of Goal Setting on Fruit and Vegetable Consumption and Physical Activity Levels in a Web-based Intervention, Webinar, March 23, 2015.
- National Dairy Council, Using Images in Social Media Activities to Increase Engagement and Outreach, Webinar, March 4, 2015.
- National Extension Association of Family and Consumer Sciences Annual Session - National Conference, Lexington, KY., September 15-19, 2014.
- National Extension Association of Family & Consumer Sciences, Using Social Media for NEAFCS, July 24, 2014.
- American Heart Association, A Candid Conversation About Childhood Obesity, Online Chat, July 22, 2014.
- Society for Nutrition Education & Behavior, Aging and Muscle Loss: Too Young to Worry? Think Again! Webinar, June 19, 2014.
- Action for Healthy Kids: Resources to Support Local School Wellness Policy Revision and Implementation, Webinar, May 16, 2014.
- Society for Nutrition Education & Behavior, The Power of Protein: Separating Hype from Reality, Webinar, May 6, 2014.
- Society for Nutrition Education & Behavior, Social Media & Nutrition Education: The Food Hero Experience Part II, Webinar, March 24, 2014.
- Society for Nutrition Education & Behavior, Do Food Blogs Serve as a Source of Nutritionally Balanced Recipes? An Analysis of 6 Popular Food Blogs, Webinar, March 17, 2014.
- Society for Nutrition Education & Behavior, Social Media and Nutrition Education: The Food Hero Experience, Webinar, March 3, 2014.
- Society for Nutrition Education & Behavior, 8 Steps to Becoming a Reporting Rock star, Webinar, December 19, 2013.
- Society for Nutrition Education & Behavior, Is Lactose Intolerance Stopping Your Dairy Intake? Webinar, December 5, 2013.
- National Dairy Council, From Weekend Warrior to Elite Athlete: How those with lactose intolerance can fuel their performance, Webinar, November 20, 2013.
- National Extension Association of Family & Consumer Sciences, Celebrating Excellence – Prepare Award Winning Applications, Webinar, November 14, 2013.
- Society for Nutrition Education & Behavior, Disruption of the Usual – Rethinking Behavior Change and

- Communication in Nutrition Education, Webinar, November 13, 2013.
- Epsilon Sigma Phi, Scholarships and Grants, Webinar, November 5, 2013.
- Joint Council of Extension Professionals Galaxy IV Conference, Pittsburgh, Pennsylvania, September 16-20, 2013.
- Society for Nutrition Education & Behavior, Statistics for Survey Design: Solutions for Success, Webinar, September 11, 2013.
- Center for Science in the Public Interest (CSPI), National School Nutrition Standards for All Foods Sold in Schools, Webinar, September 5, 2013.
- National Extension Association of Family & Consumer Sciences, There's an App for That: Finding Health & Nutrition Apps to Meet Your Needs, Webinar, May 29, 2013.
- National Extension Association of Family & Consumer Sciences, History, Science & Current Practice in Home Food Preservation, Webinar, February 27, 2013.
- Center for Disease Control & Prevention, Walk of the Nation: how communities can build on encouraging trends in walking, Webinar, October 2, 2012.
- Food Research and Action Center, Affordable, Healthy Food = Good Public Health: Promising Practices & Systems Change Strategies to Improve Access to Healthy Food, Webinar, September 28, 2012.
- Education Insights (CBSA), Local School Wellness Policy, Webinar, September 27, 2012.
- National Dairy Council, Managing Lactose Intolerance, Webinar, September 13, 2012.
- Environmental Working Group (Share Our Strength's Cooking Matters), Good Food on a Tight Budget, Webinar, August 22, 2012.
- Society for Nutrition Education & Behavior, Understanding Consumer Behaviors from Mindset to Meal, Webinar, June 20, 2012.
- National Extension Association of Family & Consumer Sciences, Farm to School – Engaging Participants from 'Seed to Table', Webinar, June 12, 2012.
- Childhood Obesity Task Team – meeting, Boise, ID., May 31, 2012.
- National Extension Association of Family & Consumer Sciences, Browsing the Science of Gluten-Free Diets, Webinar, May 22, 2012.
- Food to Plate Workshop, Coeur d'Alene, ID., May 18, 2012.
- Society for Nutrition Education & Behavior, The Way We Eat: Looking Beyond Nutrients to Help Clients Build Better Diets, Webinar, May 14, 2012.
- CYFERnet, Developing Healthy Eating Habits & Physical Activity Patterns in Early Childhood, Webinar, April 19, 2012.
- National Extension Association of Family & Consumer Sciences, How to use Pinterest & other hot forms of Social Media to promote Extension Programming, Webinar, March 27, 2012.
- Extension PowerPoint Presentation: Improve Learning with Instructionally Sound PowerPoint Presentations, March 20, 2012.
- Food Research and Action Center, New Healthier School Meal Standards: What you need to know, Webinar, February 2, 2012.
- National Extension Association of Family & Consumer Sciences, Presenting an NEAFCS Webinar: Simple Steps to Get Started, Webinar, January 25, 2012.
- Iowa Nutrition Network, Listening to the Audience: Social Marketing for 2012 & Beyond, Webinar, December 6, 2011.
- National Extension Association of Family & Consumer Sciences, Writing & Reviewing for a Peer-Reviewed Journal, Webinar, November 29, 2011.
- Society for Nutrition Education & Behavior, What JNEB looks for in Qualitative Papers, Webinar, November 16, 2011.
- Center for Disease Control & Prevention, Idaho Department of Health & Welfare: Change Tool Train the Trainer Workshop, Boise, ID., November 9, 2011.
- Public Health Law Network, Public Health Policy Change: Promoting Recreational Use of School Property After-hours, Webinar, October 19, 2011.
- Food Research and Action Center, School Year 2011-2012 – New Opportunities to Increase Nutrition Resources for Low-Income School-Age Children, Webinar, October 11, 2011.
- National Extension Association of Family and Consumer Sciences Annual Session - National Conference, Albuquerque, NM, September 26-30, 2011.
- International Food Information Council Foundation, 2011 Food & Health Survey – Consumer Attitudes Toward Food Safety, Nutrition & Health, Webinar, July 21, 2011.
- Food Research and Action Center, Healthy Choices for School Children: Getting the Junk Foods Out of Schools, Webinar, June 16, 2011.
- ConAgra Foods Science Institute, Seafood and the 2010 Dietary Guidelines, Webinar, June 7, 2011.

National Institutes of Health (NIH) Office of Extramural Research, "Protecting Human Research Participants", Certificate #670166, April 14, 2011.

American Dietetic Association, Teaching Students, Interns and Paraprofessionals Non-Diet Approaches to Weight Management, Webinar, April 1, 2011.

International Food Information Council Foundation, Bridging the Gap between Consumer Behavior and Heart Health, Webinar, March 16, 2011.

Society of Nutrition Educators, Healthy Eating Advice: New Dietary Guidelines for Americans 2010, March 8, 2011

Food Research and Action Center, School Nutrition and Wellness Improvements, Webinar, February 10, 2011.

American Dietetic Association, Food Intolerances: How to Distinguish between Fad & Reality, Webinar, January 20, 2011.

International Food Information Council Foundation, Confusion on All Sides of the calorie Equation: Consumer Insights and Potential Solutions, Webcast, December 14, 2010.

Society of Nutrition Educators, Feet To Streets, Webinar, October 21, 2010.

North Central Idaho Health District, Combatting Childhood Obesity Forum, Grangeville, ID., October 13, 2010.

Society of Nutrition Educators, School Nutrition Foundation Training, Webinar, October 13, 2010.

National Extension Association of Family and Consumer Sciences Annual Session - National Conference, Portland, ME., September 20-24, 2010.

American Dietetic Association, Communication Nutrition: Working with the Media, Webinar, September 8, 2010.

Bright Stars Consultants Grant seeking For Horizons Communities, Moscow, ID., June 2-4, 2010.

University of Idaho Extension, Oregon State University, Preserve @ Home, February – March, 2010.

Civil Rights Diversity Training, Lewiston, ID., June 2, 2009.

Rural Leadership Training, Grangeville, ID., April 1, 2009.

Idaho State Department of Education Wellness Forum, Lewiston, ID., January 28, 2009.

#### **Outreach:**

Northern Extension District Faculty and Staff Meeting, Cottonwood, ID., 2018.

Northern Extension District Faculty and Staff Meeting, Moscow, ID., 2018.

Topic Team Planning Meetings, Health & Nutrition Topic Team, Boise, ID., 2017.

Northern Extension District Faculty and Staff Meeting, Sandpoint, ID., 2017

University of Idaho College of Agriculture and Life Sciences Annual Conference, Burley, ID., 2017.

Northern Extension District Faculty and Staff Meeting, Moscow, ID., 2016

University of Idaho College of Agriculture and Life Sciences Annual Conference, Moscow, ID., 2016.

Northern Extension District Faculty and Staff Meeting, Cottonwood, ID., 2015

Northern Extension District Faculty and Staff Meeting, Moscow, ID., 2015

University of Idaho College of Agriculture and Life Sciences Annual Conference, Boise, ID., 2015.

University of Idaho Healthy Families Healthy Communities Program of Distinction Meeting, Boise, ID., 2015

Topic Team Planning Meetings, Health & Nutrition Topic Team, Boise, ID., 2014.

Northern District Promotion & Tenure Presentation and Meeting, Moscow, ID., 2014.

Northern Extension District Faculty and Staff Meeting, Moscow, ID., 2014.

University of Idaho College of Agriculture and Life Sciences Annual Conference, Moscow, ID., 2014.

Northern District Promotion & Tenure Presentation and Meeting, Orofino, ID., 2013.

University of Idaho College of Agriculture and Life Sciences Annual Conference, Moscow, ID., 2013.

Northern Extension District Faculty and Staff Meeting, Moscow, ID., 2012.

University of Idaho College of Agriculture and Life Sciences Annual Conference, Boise, ID., 2012.

Northern Extension District Faculty and Staff Meeting, Palouse Divide Lodge, Princeton, ID., 2011.

Northern District 3<sup>rd</sup> Year Review Meeting, Moscow, ID., 2011.

University of Idaho College of Agriculture and Life Sciences Annual Conference, Moscow, ID., 2011.

Topic Team Planning Meetings, Health & Nutrition Topic Team, Food Safety Topic Team, Boise, ID., 2010.

District 1 Faculty Meeting, Moscow, ID., 2010.

District 1 Extension Nutrition Program Annual Mini-Conference, Moscow, ID., Coeur d'Alene, ID., 2010.

University of Idaho College of Agriculture and Life Sciences Annual Conference, Burley, ID., 2010.

District 1 Extension Nutrition Program Annual Mini-Conference, Coeur d'Alene, ID., 2009.

District 1 Extension Retreat, Coeur d'Alene, ID., 2009.

New Extension Faculty Orientation, Boise, ID., 2009.

University of Idaho College of Agriculture and Life Sciences Annual Conference, Moscow, ID., 2009.

District 1 Faculty Meeting, Moscow, ID., 2009.

#### **In-Service Education:**

Family & Consumer Sciences In-Service Training, Burley, ID., 2017.  
Family & Consumer Sciences In-Service Training, Moscow, ID., 2016.  
Family & Consumer Sciences In-Service Training, Boise, ID., 2015.  
Family & Consumer Sciences In-Service Training, Moscow, ID., 2014.  
Family & Consumer Sciences In-Service Training, Moscow, ID., 2013.  
Family & Consumer Sciences In-Service Training, Boise, ID., 2012.  
Family & Consumer Sciences In-Service Training, Moscow, ID., 2011.  
Family & Consumer Sciences In-Service Training, Burley, ID., 2010.  
Family & Consumer Sciences In-Service Training, Moscow, ID., 2009.