

CURRICULUM VITAE

University of Idaho

NAME: Kirstin D. Jensen

DATE: October 31, 2022

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

DEPARTMENT: University of Idaho Extension, Northern District

OFFICE LOCATION: 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:

National Council for Mental Wellbeing, Mental Health First Aid Instructor, 2020-present

Washington State Department of Education, Teaching Certificate, K-12, 1999-present.

American Red Cross, CPR/First Aid/AED Instructor, 2000-present.

EXPERIENCE:

Teaching, Extension and Research Appointments:

Associate Extension Professor and Health & Fitness/Nutrition Extension Educator, University of Idaho Extension, Idaho County, Idaho, 2014 – present.

Assistant Extension Professor and Health & Nutrition and Food Safety Extension Educator, University of Idaho Extension, Idaho County, Idaho, 2008 – 2014.

Instructor, Physical Education/CPR & First Aid/Study Skills/Weight Training, Highline Community College, Des Moines, Washington, 2001 – 2003.

Academic Administrative Appointments:

County Chair, University of Idaho Extension, Idaho County, Grangeville, Idaho, 2022.

Non-Academic Employment including Armed Forces:

Teacher, Physical Education/Health/Science – 7th-9th grades, Aylen/Ferrucci Junior High Schools, Puyallup School District, Puyallup, Washington, 2005-07.

Personal Trainer/Health & Wellness Instructor, Washington Athletic Club, Seattle, Washington, 2004 – 2005.

Wellness Program Coordinator/Head Fastpitch Coach, Dominican University, San Rafael, California, 2003 – 2004.

Teacher, Physical Education – 9th-12th grades, Enumclaw High School, Enumclaw School District, Enumclaw, Washington, 1999-01.

Teacher, Physical Education/Health – 7th-9th grades, Spanaway Junior High School, Bethel School District, Tacoma, Washington, 1998-99.

Teacher, Physical Education/Health – 6th-12th grades, The Northwest School, Seattle, Washington, 1997-98.

Weight Room Coordinator, North Seattle YMCA, Seattle, Washington, 1996 – 1997.

Health & Fitness Specialist/Recreation Coordinator, Seattle Central Community College, Seattle, Washington, 1995.

TEACHING ACCOMPLISHMENTS:**Areas of Specialization:**

Healthy Lifestyle Promotion & Nutrition
Wellness/Physical Fitness/Activity

Courses Taught:

Jensen, K. Integrating Technology Applications with Healthy Active Lifestyles, PE 504, 2015.

Materials Developed:**Workbooks, Manuals:**

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

Web Pages:

Jensen, K. Idaho County Employee Wellness Challenge. Facebook Private Group. <https://www.facebook.com/groups/1103764173786639/about>
Created 2022 (14 members).

Jensen, K. University of Idaho Extension/St. Mary's Hospital/Clearwater Valley Hospital & Clinics present "Walk the Prairie & Beyond – HD!" Facebook Page. <https://www.facebook.com/groups/1176298089406522/about>.
Updated 2022. Updated 2021. Created 2020 (347 followers).

Jensen, K. Stuck at Home? Fun Learning Activities for Families! Facebook Page. <https://www.facebook.com/groups/505182093721860/about>. Updated 2022. Updated 2021. Created 2020 (142 followers).

Jensen, K. & J. Bruegeman. Idaho County Facebook Page. <https://www.facebook.com/UIExtensionIdaho?ref=hl>.
Updated 2022. Updated 2021. Updated 2020. Updated 2019. Updated 2018. Updated 2017. Updated 2016. Updated 2015. Created 2014 (189 followers).

Jensen, K. Extreme Adventure Club Facebook Page. https://www.facebook.com/Extreme-Adventure-Club-Est-2015-110859117118541/?ref=page_internal.
Updated 2022. Updated 2021. Created 2020 (182 Followers).

Jensen, K. University of Idaho– Idaho County Website. <https://www.uidaho.edu/extension/county/idaho>
Updated 2022.

Jensen, K. Dietary Guidelines for Americans 2015-2020. Facebook Page. <https://www.facebook.com/UofI2015DietaryGuidelines/>. Updated 2019. Updated 2018. Updated 2017. Created 2016.

Jensen, K. Roadmap to Healthy Eating – Dietary Guidelines for Americans 2015-202. https://bblearn.uidaho.edu/webapps/blackboard/content/listContent.jsp?course_id=75184_1&content_id=1404173_1 Blackboard Learn. 2017

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

Jensen, K. Idaho County Extension website. <http://www.idahocounty.org/family-science-home.html>
Updated 2012. Updated 2011. Updated 2010. Updated 2009. Updated 2008.

Video Productions:

Jensen, K. and L. Sant. Handwashing the Right Way (In progress). You Tube video. <https://youtu.be/bWA6G1Kj5fo>
2022.

TEACHING ACCOMPLISHMENTS (cont.):**Displays and Posters:**

- Jensen, K., C. Bruynis, S. Hansen, and J. Shukaitis. Make Every Second Count When Communicating with Elected Officials. Epsilon Sigma Phi National Conference, Branson, MO., September 26-29, 2022.
- Toomey, M. and K. Jensen. Implementing 4-H Yoga 4 Kids. Pacific Northwest Tri-State 4-H Conference, Bend, OR., April 16-18, 2019.
- West, T., K. Jensen., D. Culbert, L. Chandler, M.B. Albright, C. Meadows, and G. Wittman. 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:

- Tift, K. and K. Jensen. AIM: Aging with Intent and Meaning (Who Get's Grandma's Yellow Pie Plate? Senior Exercise & Nutrition, for Prairie Mountain Nutrition Senior Meal Program. 2022.
- Hart, K., K. Jensen, and K. Tift. Head, Heart, and Health for Successful Retirement Planning, for Epsilon Sigma Phi National Conference. 2022.
- Wulforth, P., K. Jensen, and S. Hansen. "Got a Minute?" How to Make Every Second Count when Communicating with Elected Officials, for Epsilon Sigma Phi National Conference. 2022.
- Jensen, K., and S. Johnson. Five for Five – 5 Minutes to Better Health, for Margaret Ritchie School of Family and Consumer Sciences 120th Anniversary Symposium. 2022.
- Jensen, K., S. Johnson, M. Toomey, J. Buck, L. Blanch, S.G. Lee, and K. Tift. Five for Five – 5 Minutes to Better Health, for University of Idaho CALS Annual Conference. 2022.
- Jensen, K. and S. Johnson. Five for Five – 5 Minutes to Better Health, for University of Idaho CALS Annual Conference, FCS Inservice. 2021.
- Jensen, K. and K. Tift. Using Participatory Photomapping and Community Conversation to Address Obesity in Rural Residents, for National Extension Association of Family Consumer Sciences National Conference. 2020.
- Jensen, K. and K. Tift. Using Participatory Photomapping and Community Conversation to Address Obesity in Rural Residents, for National Health Outreach Conference. 2019.
- Jensen, K. and K. Tift. GROW Healthy Kids Healthy Communities, for GROW HKHC curriculum. 2019.
- Jensen, K. Walk and Talk – Community Walking Program. 2018.
- Jensen, K. Running a Successful Fitness Program. University of Idaho CALS Annual Conference. 2017.
- Jensen, K. Nutrition Matters. 2017.
- Jensen, K. and K. Tift. GROW Healthy Kids Healthy Communities Community Conversation/Focus Group Meeting. 2016.
- Jensen, K. Using Facebook & Twitter. Latah County Extension Training. 2014.
- Jensen, K., Fitness @ Your Level. Syringa Hospital and Clinics. 2014.
- Jensen, K., and K. Richel. Beyond Surviving to Thriving. Ignite Extension, University of Idaho CALS Annual Conference. 2014.
- Jensen, K. Physical Activity & Fitness. Eat Smart Idaho Statewide Training (video-conference). 2014.
- Jensen, K. Kick Your Bootcamp. University of Idaho CALS Annual Conference, FCS In-service. 2013.
- Jensen, K. Creating a Facebook Page for Marketing Your Programs, Workshops, and Events. University of Idaho, CALS Annual Conference. 2012.
- Jensen, K. Organizing a Community Biggest Loser Weight Loss Challenge. Ignite Extension, University of Idaho, CALS Annual Conference. 2012.
- Jensen, K. Taking Control of Your Cholesterol – The Good, The Bad, and The Ugly. Idaho Forest Group. 2011.
- Jensen, K. You Are What You Eat: Healthy Meal Planning and Food Budgeting. Beyond Surviving To Thriving Workshop Series. 2011.
- Jensen, K. Healthy Lifestyles for a Healthy Legacy for Keeping the Legacy Alive curriculum. 2011.
- Jensen, K. Fitness & Health. Extension Nutrition Program Mini-Conference. 2010.

TEACHING ACCOMPLISHMENTS (cont.):**PowerPoint/Slide Presentations (cont.):**

- Jensen, K. Healthy Nutrition For Athletes, for Mountain View School District coaches training. 2010.
 Jensen, K. Triathlon Training. Our Health Our Community Lecture Series. 2010.
 Jensen, K. Healthy Meal Planning. Beyond Surviving To Thriving Workshop Series. 2010.
 Jensen, K. Cooking Light. Our Health Our Community Lecture Series. 2010.
 Jensen, K. Healthy Lifestyles for Seniors. 2009.
 Jensen, K. Healthy Lifestyles for Teens for Prairie High School Wellness Day. 2009.
 Jensen, K. Healthy Lifestyles – Teachers, Students, Families for Mountain View School District In-service. 2009.
 Jensen, K. Metabolism & Me, Our Health Our Community Lecture Series. 2009.
 Jensen, K. Healthy Nutrition for Healthy Lifestyles. 2009.
 Jensen, K. Assessing the Educational Needs of Idaho County, for University of Idaho Interview. 2008.

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc.:**Healthy Lifestyle Promotion & Nutrition:**

- Tiftt, K. and K. Jensen. AIM: Aging with Intent and Meaning (Who Gets Grandma's Yellow Pie Plate? Senior Exercise & Nutrition, for Prairie Mountain Nutrition Senior Meal Program, Cottonwood/Winchester, Idaho, October 25/26, 2022.
- Hart, K., K. Jensen, and K. Tiftt. Head, Heart, and Health for Successful Retirement Planning, for Epsilon Sigma Phi National Conference, Branson, Missouri, September 27, 2022.
- Jensen, K. and K. Tiftt. Mental Health First Aid Course – Law Enforcement, Corrections, and Public Safety, Grangeville, Idaho, July 22, 2022.
- Jensen, K. and I. Mayes. Mental Health First Aid Course, Lewiston, Idaho. January 14, 2022.
- Jensen, K. Idaho County Employee Wellness Program, 4-week virtual challenge, video presentations given first Sunday of each week, Grangeville, Idaho. January 1 – 31, 2022.
- Jensen, K. and K. Tiftt. Mental Health First Aid Course, Lewiston, Idaho. November 12, 2021.
- Jensen, K. and K. Tiftt. Mental Health First Aid Course, Grangeville, Idaho, March 12 & 13, 2021.
- Jensen, K. Wind Down Wednesdays. Presentations given first Wednesday of each month, Grangeville, Idaho. May 2018 – 2019.
- Jensen, K. Healthy Meal Prep. Presentations given: Grangeville, Idaho, September 24 & 25, 2019; Grangeville, Idaho, August 15, 2019.
- Jensen, K. Healthy Holidays Cooking Class. Presentations given: Grangeville, Idaho, December 12, 2017; Grangeville, Idaho, November 15, 2017.
- Jensen, K. Nutrition Matters. Presentations given: Kamiah, Idaho, Kooskia, Idaho, February 9, 2017.
- Jensen, K. Healthy Nutrition at all Ages. Presentation given to: Idaho County Extension Club, Grangeville, Idaho, February 2, 2017.
- Jensen, K. Metabolism & Me. Presentations given to: Biggest Loser Challenge Event, Kooskia, Idaho, March 19, 2014, Grangeville, Idaho, January 11, 2014; Grangeville Elementary/Middle School Staff Health Fair, April 24, 2013; Biggest Loser Challenge Event, Kooskia, Idaho (via live video streaming) January 31, 2013, Grangeville, Idaho, January 12, 2013; Kooskia, Idaho, January 14, 2012, Grangeville, Idaho, January 12, 2012; Grangeville, Idaho, January 13, 2011, Kooskia, Idaho, January 20, 2011; Grangeville, Idaho, January 28, 2010; Extension Nutrition Program Nutrition Advisor Mini-Conference, Coeur d'Alene, Idaho, October 1, 2009; Syringa General Hospital Wellness Program Kick-off 2 sessions, Grangeville, Idaho, September 9, 2009; Nez Perce Senior Center, Nez Perce, Idaho, May 11, 2009; Take Off Pounds Sensibly (TOPS), Grangeville, Idaho, April 20, 2009; Our Health Our Community, Grangeville, Idaho, 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, 3 sessions, Cottonwood, Idaho, Kendrick, Idaho, Kamiah, Idaho, 2013; Orofino Correctional Institute, Orofino, Idaho, 2011; Extension Nutrition Program Nutrition Advisor Mini-Conference, Coeur d'Alene, Idaho, July 8, 2010; Lewis & Clark State College, Lewiston, Idaho, May 4, 2010; 5 sessions, Lewiston, Idaho, Cottonwood, Idaho, Orofino, Idaho, Grangeville, Idaho, Moscow, Idaho, 2010.

TEACHING ACCOMPLISHMENTS (cont.):**Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):****Healthy Lifestyle Promotion & Nutrition (cont.):**

- Jensen, K. Healthy Lifestyles for a Healthy Legacy, for Keeping the Legacy Alive curriculum, Lewiston, Idaho, March 13, 2013; Moscow, Idaho, March 13, 2012; Craigmont, Idaho, January 23, 2012; University of Idaho CALS Annual Conference, Boise, Idaho, April 5, 2012.
- Jensen, K. Taking Control of Your Cholesterol – The Good, The Bad, and The Ugly, 10 sessions, Idaho Forest Group, Chilco, Idaho, September 8-9, 2011; Idaho County Title Company, Grangeville, Idaho, June 15, 2011; Syringa General Hospital, Grangeville, Idaho, May 26, 2011; Idaho Forest Group, Grangeville, Idaho, May 11, 2011; Extension Nutrition Program Nutrition Advisor Mini-Conference, Moscow, Idaho, May 12, 2011.
- Jensen, K. Cooking Light. Padge's Place, Grangeville, Idaho, May 13, 2011; Our Health Our Community Lecture Series, The Gallery, Grangeville, Idaho, January 14, 2010.
- Jensen, K. Healthy Nutrition for Healthy Lifestyles, Idaho Forest Group, Grangeville, Idaho, February 17, 2010; Grangeville Senior Center, Grangeville, Idaho, December 14, 2010; September 28, 2009; Take Off Pounds Sensibly (TOPS), Grangeville, Idaho, July 13, 2009; Grangeville Senior Extension Club, Grangeville, Idaho, June 11, 2009; Grangeville High School Staff, Grangeville, Idaho, May 29, 2009; NCIA 4-H Leaders Training, Lewiston, Idaho, February 21, 2009.
- Jensen, K. MyPyramid Nutrition Lesson, Grangeville Elementary School – 1st Grade, Grangeville, Idaho, November 16, 2009.
- Jensen, K. Healthy Lifestyles for Teens, 7 sessions, Prairie High School Wellness Day, Cottonwood, Idaho, October 28, 2009.
- Jensen, K. Healthy Lifestyles – Teachers, Students, Families, Mountain View School District Staff In-service Day, Kooskia, Idaho, 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 the Prairie & Beyond. Community walking program in 7 different locations, April 2, 9, 23, 30 2022; May 7, 14, 21, 2022.
- Jensen, K. Walk the Prairie & Beyond – HD! A Community Walking program offered virtually (4 and 8 week challenges), October 24 – December 18, 2021; February 1– 28, 2021; October 18 – December 12, 2020; August 16 – October 10, 2020.
- Jensen, K. Walk and Talk – Community Walking Program. Program offered two times/week 2021 – present; (affected by COVID-19 for 2018 – 2020), Grangeville, Idaho.
- Jensen, K. “Five for Five”, 3 sessions, PICH Extreme Adventure Club, Grangeville Country Club, Grangeville, Idaho, June 5, 2021; 6 sessions, 4H Youth Animal Feed Day – Zoom live presentations, April 3, March 20 & 27, 2021.
- Jensen, K. Running a Successful Fitness Program. University of Idaho CALS Annual Conference, Burley, Idaho, April 5, 2017.
- Jensen, K. Kick Your Bootcamp: Program offered twice/week, Grangeville, Idaho, 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 at The Gym, Grangeville, Idaho, March 28, 2016.
- Jensen, K. Fitness @ Your Level. Syringa General Hospital and Clinics, Grangeville, Idaho, April 23, 2014.
- Jensen, K. Physical Activity & Fitness. Eat Smart Idaho Statewide Training (via live video streaming). Grangeville, Idaho, February 3, 2014.
- Jensen, K. Wellness Training at Gold's Gym, Lewiston, Idaho, January 16, 2014.
- Jensen, K. Partners Inspiring Community Health (PICH), Biggest Loser Kick-Off Event, Grangeville High School, Grangeville, Idaho, January 11, 2014; January 7, 2012; January 8, 2011; January 9, 2010; Biggest Loser Challenge Wrap-Up Event, Grangeville High School, Grangeville, Idaho, March 8, 2014; April 14, 2012; April 9, 2011; April 10, 2010.

TEACHING ACCOMPLISHMENTS (cont.):**Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):****Wellness/Physical Fitness/Activity (cont.):**

- Jensen, K. Kick Your Bootcamp. University of Idaho CALS Annual Conference, FCS In-service, Moscow, Idaho, April 10, 2013.
- Jensen, K. Organizing a Community Biggest Loser Weight Loss Challenge. Ignite Extension, University of Idaho CALS Annual Conference, Boise, Idaho, April 4, 2012.
- Jensen, K. Fitness & Nutrition. Biggest Loser Weight Loss Challenge, Grangeville High School, Grangeville, Idaho, February 16, 2012; Extension Nutrition Program Nutrition Advisor Mini-Conference, Moscow, Idaho, October 14, 2010.
- Jensen, K. Family Bootcamp, six 2-hour sessions, Grangeville, Idaho, July 18 – 29, 2011.
- Jensen, K. Triathlon Training. Our Health Our Community Lecture Series, Grangeville, Idaho, June 8, 2010.
- Jensen, K. Strength & Balance: Program offered once/week - Groaners Fitness Club, Grangeville, Idaho, November – April 2010; January-May, and September-December 2009, December 2008.

Consulting:

- Fitness Consultations, sixty-eight, one-on-one consultations totaling sixty-two hours. Grangeville, Idaho, 2022.
- Nutrition and Healthy Lifestyle Consultations, nineteen, one-on-one consultations totaling sixteen hours. Grangeville, Idaho, 2022.
- Fitness Consultations, thirty, one-on-one consultations totaling thirty hours. Grangeville, Idaho, 2021.
- Nutrition and Healthy Lifestyle Consultations, forty-six, one-on-one consultations totaling twenty-six hours. Grangeville, Idaho, 2021.
- Fitness Consultations, ninety-four, one-on-one consultations totaling eighty-seven hours. Grangeville, Idaho, 2020.
- Nutrition and Healthy Lifestyle Consultations, fifty-eight, one-on-one consultations totaling twenty-two hours. Grangeville, Idaho, 2020.
- Fitness Consultations, sixty-seven, one-on-one consultations totaling sixty-two and one-half hours. Grangeville, Idaho, 2019.
- Nutrition and Healthy Lifestyle Consultations, forty-seven, one-on-one consultations totaling thirty hours. Grangeville, Idaho, 2019.
- Fitness Consultations, one hundred, one-on-one consultations totaling one hundred twenty-two and one-half hours. Grangeville, Idaho, 2018.
- Nutrition and Healthy Lifestyle Consultations, seventy-one, one-on-one consultations totaling forty and one-half hours. Grangeville, Idaho, 2018.
- Fitness Consultations, one hundred seventeen, one-on-one consultations totaling one hundred fifty-three and one-half hours. Grangeville, Idaho, 2017.
- Nutrition and Healthy Lifestyle Consultations, forty-seven, one-on-one consultations totaling thirty-nine hours. Grangeville, Idaho, 2017.
- Fitness Consultations, one hundred fifty-one, one-on-one consultations totaling one hundred forty-one hours. Grangeville, Idaho, 2016.
- Nutrition and Healthy Lifestyle Consultations, twenty-four, one-on-one consultations totaling twenty-three hours. Grangeville, Idaho, 2016.
- Fitness Consultations, two hundred four, one-on-one consultations totaling one hundred ninety-one hours. Grangeville, Idaho, 2015.
- Nutrition and Healthy Lifestyle Consultations, twenty-seven, one-on-one consultations totaling seventeen hours. Grangeville, Idaho, 2015.
- Fitness Consultations, one hundred eighty-six, one-on-one consultations totaling one hundred forty-two hours. Grangeville, Idaho, 2014.
- Nutrition Consultations, seven, one-on-one consultations totaling five and one-half hours. Grangeville, Idaho, 2014.
- Healthy Lifestyle Consultations, nineteen, one-on-one consultations totaling twelve hours. Grangeville, Idaho, 2014.
- County Jail Meal Evaluations, Idaho County, Lewis County, 2014.

TEACHING ACCOMPLISHMENTS (cont.):**Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):****Wellness/Physical Fitness/Activity (cont.):****Consulting (cont.):**

- Fitness Consultations, seventy-eight, one-on-one consultations totaling thirty-three hours. Grangeville, Idaho, 2013.
- Nutrition Consultations, three, one-on-one consultations totaling four hours. Grangeville, Idaho, 2013.
- Healthy Lifestyle Consultations, four, one-on-one consultations totaling six hours. Grangeville, Idaho, 2013.
- Fitness Consultations, twenty-two, one-on-one consultations totaling eight hours. Grangeville, Idaho, 2012.
- Nutrition Consultations, sixty-three, one-on-one consultations totaling thirty-nine hours. Grangeville, Idaho, 2012.
- Healthy Lifestyle Consultations, sixteen, one-on-one consultations totaling seventeen hours. Grangeville, Idaho, 2012.
- Fitness Consultations, thirteen, one-on-one consultations totaling fifteen hours. Grangeville, Idaho, 2011.
- Nutrition Consultations, twenty-eight, one-on-one consultations totaling thirty-two hours. Grangeville, Idaho, 2011.
- Healthy Lifestyle Consultations, sixteen, one-on-one consultations totaling fifteen hours. Grangeville, Idaho, 2011.
- Fitness Consultations, twenty, one-on-one consultations totaling twenty-two hours. Grangeville, Idaho, 2010.
- Nutrition Consultations, twenty-seven, one-on-one consultations totaling thirty-six hours. Grangeville, Idaho, 2010.
- Healthy Lifestyle Consultations, fourteen, one-on-one consultations totaling nine hours. Grangeville, Idaho, 2010.
- Fitness Consultations, eighteen, one-on-one consultations totaling twenty-four hours. Grangeville, Idaho, 2009.
- Nutrition Consultations, twenty-eight, one-on-one consultations totaling thirty-one hours. Grangeville, Idaho, 2009.
- Healthy Lifestyle Consultations, twenty-seven, one-on-one consultations totaling forty hours. Grangeville, Idaho, 2009.

Eat Smart Idaho Nutrition Advisor Trainings:

- Jensen, K. Physical Activity & Fitness. Eat Smart Idaho Statewide Training (via live video streaming), Grangeville, Idaho, 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, Idaho, May 12, 2011.
- Jensen, K. Fitness & Nutrition. Extension Nutrition Program Nutrition Advisor Mini-Conference, Moscow, Idaho, October 14, 2010.
- Jensen, K. You Are What You Eat: Healthy Meal Planning. Extension Nutrition Program Nutrition Advisor Mini-Conference, Coeur d'Alene, Idaho, July 8, 2010.
- Jensen, K. Metabolism & Me. Extension Nutrition Program Nutrition Advisor Mini-Conference, Coeur d'Alene, Idaho, October 1, 2009.
- Johnson, S. and **K. Jensen**. Expectations of an Extension Nutrition Program Nutrition Advisor. Extension Nutrition Plan new employee training, Coeur d'Alene, Idaho, July 6-8, 2009.

Food Safety:

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

TEACHING ACCOMPLISHMENTS (cont.):**Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):****Youth Development:**

- Jensen, K. Junior Golf Summer Session, Grangeville Golf & Country Club, Grangeville, Idaho, July 11-15, 2022; July 12-16, 2021, July 6-10, 2020, June 10-14, 2019. June 11-16, 2018.
- Jensen, K. PICH Extreme Adventure Club Events: Bowling & Rock Painting, Camas Lanes/Trails Restaurant, Grangeville, Idaho, April 9, 2022, Tie-dyeing & Ambulance Tour, Syringa General Hospital EMS, Grangeville, Idaho, April 30, 2022, Hiking/Exploring the White Bird Battlefield, White Bird, Idaho, June 4, 2022, Idaho Fish & Game Survival Guide Day, Grangeville, Idaho, June 25, 2022, Mini-Golf/Watermelon & Pizza Party, Jungle Gyms, Grangeville, Idaho, July 9, 2022; Bowling & Healthy Wrap Making, Camas Lanes/The Gallery, Grangeville, Idaho, March 20, 2021, Hiking/Exploring the White Bird Battlefield, White Bird, Idaho, April 10, 2021, Derby Day Golf Tournament, Grangeville Country Club, Grangeville, Idaho, May 1, 2021, Do You Wanna Dance? Lions Park/Grangeville Health & Rehab, Grangeville, Idaho, May 15, 2021, Birdhouse Building/Outdoor Games, Grangeville Country Club, Grangeville, Idaho, June 5, 2021, Mini-Golf/Watermelon & Pizza Party, Jungle Gyms, Grangeville, Idaho, July 10, 2021; Tubing and Campfire Building, Snowhaven Ski Hill, Grangeville, Idaho, February 8, 2020; Snowshoeing, Mt. Idaho Fish Creek Recreation Area, Grangeville, Idaho, February 9, 2019, Bowling, Camas Lanes, Grangeville, Idaho, March 9, 2019, Bike Safety & Maintenance, Soltman Center, Grangeville, Idaho, March 16, 2019, Outdoor Adventure Day, Grangeville Golf and Country Club, Grangeville, Idaho, May 11, 2019, Disc Golf, Lyons Park, Grangeville, Idaho, June 8, 2019; Snowshoeing, Mt. Idaho Fish Creek Recreation Area, Grangeville, Idaho, February 10, 2018, Bowling, Camas Lanes, Grangeville, Idaho, March 3, 2018, Bike Safety & Maintenance, Grangeville Elementary/Middle School, Grangeville, Idaho, March 17, 2018, Jump at the Gym, The Gym, Grangeville, Idaho, April 14, 2018, Outdoor Adventure Day at the Golf Course, Grangeville Country Club, Grangeville, Idaho, May 12, 2018, Disc Golf & Pizza Party, Lions Park, Grangeville, Idaho, June 2, 2018; Snowshoeing, Mt. Idaho Fish Creek Recreation Area, Grangeville, Idaho, January 28, 2017; Bowling, Camas Lanes, Grangeville, Idaho, February 25, 2017, Bike Safety & Maintenance, Grangeville Elementary & Middle School, Grangeville, Idaho, March 25, 2017, Fitness & Dance, The Gym, Grangeville, Idaho, May 20, 2017, Disc Golf, Lions Park, Grangeville, Idaho, June 17, 2017; Geocaching, Grangeville, Idaho, April 16, 2016, Disc Golf, Lions Park, Grangeville, Idaho, June 11, 2016; Cooking & Nutrition with Chef Nancy, The Gallery, Grangeville, Idaho, April 25, 2015, Pickleball, Grangeville High School, Grangeville, Idaho, May 30, 2015, Disc Golf, Lions Park, Grangeville, Idaho, June 13, 2015, Day at The Gym, Grangeville, Idaho, July 18, 2015, Disc Golf & Pizza Party, City Park, Grangeville, Idaho, September 27, 2015.
- Jensen, K. Kids Klub Outdoor Fitness Day. Lions Park, Grangeville, Idaho, July 12, 2018; Grangeville Elementary/Middle School, Grangeville, Idaho, July 12, 2016; Lions Park, Grangeville, Idaho, July 9, 2015; Grangeville High School, Grangeville, Idaho, June 24, 2013; June 25, 2012.
- Jensen, K. Train the 'Fitness' Trainer. 4H State Teen Conference. Moscow, Idaho, June 27, 2018; June 27, 2017.
- Jensen, K. and M. Toomey. 4-H Yoga for Kids. Boise, Idaho, June 5, 2018.
- Jensen, K. Searching for Athletic Scholarships. Mountain View School District, Grangeville High School, Grangeville, Idaho, April 12, 2017; April 15, 2015.
- Jensen, K. Family Fitness Fun, 7 sessions, Grangeville, Idaho, December 2014 – April 2015.
- Jensen, K. Kids Klub Bootcamp. Grangeville Elementary/Middle School, Grangeville, Idaho, June 23, 2014; August 1, 2013; May 11, 2012; May 25, 2011.
- Jensen, K. Fitness & Health 101. 4H State Teen Conference. Moscow, Idaho, June 10, 2014.
- Jensen, K. Healthy Hygiene and Ultimate Frisbee. Grangeville Elementary/Middle School Health Fair, Grangeville, Idaho, March 19 & 21, 2013.
- Jensen, K. Germ City. Grangeville Elementary/Middle School Health Fair. Grangeville, Idaho, May 24, 2012; March 25, 2010; April 13-17, 2009; Clearwater Valley Elementary/Middle School Health Fair, 6 sessions, Kooskia, Idaho, February 24, 2010.
- Jensen, K. Family Bootcamp, six 2-hour classes, Grangeville, Idaho, July 18 – 29, 2011.
- Jensen, K. Bootcamp For Kids (conducted ten – 15 min. classes). Grangeville Elementary/Middle School Health Fair Day, Grangeville, Idaho, May 5, 2011.
- Jensen, K. Healthy Nutrition For Athletes. Rogers High School Health Fair, Puyallup, Washington, October 19, 2010; Grangeville High School, Grangeville, Idaho, August 16, 2010.
- Jensen, K. Healthy Team Building Activities. Idaho County 4-H Camp, Donnelly, Idaho, July 20, 2010; July 20-22, 2009.

TEACHING ACCOMPLISHMENTS (cont.):**Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):****Youth Development (cont.):**

- Jensen, K. Healthy Lifestyles for Teens. Prairie High School Wellness Day, Cottonwood, Idaho, October 28, 2009.
- Jensen, K. Idaho County Fair, Cottonwood, Idaho, August 17-21, 2009.
- Jensen, K. Healthy Nutrition for Healthy Lifestyles. NCIA 4-H Leaders Training, Lewiston, Idaho, February 21, 2009.

University of Idaho Miscellaneous Extension Presentations:

- Wulforth, P., K. Jensen, and S. Hansen. "Got a Minute?" How to Make Every Second Count when Communicating with Elected Officials, for Epsilon Sigma Phi National Conference, Branson, Missouri, September 28, 2022.
- Jensen, K., and S. Johnson. Five for Five – 5 Minutes to Better Health, for Margaret Ritchie School of Family and Consumer Sciences 120th Anniversary Symposium, Moscow, Idaho, September 16, 2022.
- Jensen, K., S. Johnson, M. Toomey, J. Buck, L. Blanch, S.G. Lee, and K. Tift. Five for Five – 5 Minutes to Better Health, for University of Idaho CALS Annual Conference, April 13, 2022.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, March 16, 2022.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County, Employee Wellness Program/Mental Health First Aid, Board of Commissioners for Idaho County, Grangeville, Idaho, March 15, 2022.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County, Employee Wellness Program, Board of Commissioners for Idaho County, Grangeville, Idaho, November 16, 2021.
- Jensen, K. and S. Johnson. Five for Five – Five Minutes For Better Health, for University of Idaho CALS Annual Conference, FCS Inservice. 2021.
- Jensen, K. CALS Networking Night – Preparing for a career as an Extension Educator. Zoom, March 2, 2021.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, February 16, 2021.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, October 13, 2020.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, September 10, January 31, 2019.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, September 12, 2017.
- Jensen, K. Running a Successful Fitness Program. University of Idaho CALS Annual Conference, Burley, Idaho, April 5, 2017.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, October 7, 2016.
- Jensen, K. Train the Trainer Events for Bootcamp. The Gym, Grangeville, Idaho, April 14, February 11, 2016.
- Jensen, K. Using Facebook & Twitter. Latah County Extension Training, Moscow, Idaho, August 19, 2014.
- Jensen, K. Using Facebook & Twitter Within Extension. University of Idaho CALS Annual Conference, FCS Inservice, Moscow, Idaho, March 12, 2014.
- Jensen, K. Kick Your Bootcamp Training. University of Idaho, CALS Annual Conference, Moscow, Idaho, April 10, 2013.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, March 20, 2013.
- Jensen, K. Creating a Facebook Page for Marketing Your Programs, Workshops, and Events. University of Idaho CALS Annual Conference, Boise, Idaho, April 5, 2012.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, March 14, 2012.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, February 3, 2011.

TEACHING ACCOMPLISHMENTS (cont.):**Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):****University of Idaho Miscellaneous Extension Presentations (cont.):**

- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, January 14, February 1, 2010.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, May 19, February 17, 2009.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Board of Commissioners for Idaho County, Grangeville, Idaho, January 26, 2009.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Extension Office Annual Meeting, Grangeville, Idaho, January 23, 2009.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, January 14, 2009.
- Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, December 1, 2008.

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Refereed:****Journals:**

- Jensen, K., K. Tift, T. Winfield, K. Gunter, G. Goc Karp, and D.H. John. 2019. Engaging Residents in Participatory Photomapping and Readiness Conversation to Address the Rural Obesogenic Context. *Journal of Extension* [On-line], 57(5), 5FEA1. Available at: <https://joe.org/joe/2019october/a1.php>. (*2,3,4,5,6)
- Jensen, K., K. Tift, T. Winfield, K. Gunter, D.H. John, and G. Goc Karp. 2017. Mapping attributes using participatory photography: Exploring healthy active living in rural Idaho. *Journal of Extension* [On-line], Submitted July 12, 2017. (*2,3,4,5,6)
- Scruggs, P.W., D.R. Paul, G.G. Karp, H.B. Brown, C.A. Vella, C.A. Davis, and **K. Jensen**. 2014. Surveillance of physical education physical activity in Idaho: 2416 board #121 may 30, 9. *Medicine & Science in Sports & Exercise*, 46, 651-651. <https://doi.org/10.1249/01.mss.0000495422.59342.96>. (3,4)
- 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>.

Extension Publications:**Curricula:**

- Jensen, K., M. Toomey, S. Johnson, J. Buck, L. Blanch, K. Tift, and S.G. Lee. 2022. *Five for Five: 5 Minutes to Better Health*, ECS 018. University of Idaho Extension Publishing. (*1,2,3,4,5,6)

Videos/Educational Media:

- Jensen, K. and L. Sant. 2022. Handwashing the Right Way. University of Idaho Extension, You Tube video. <https://youtu.be/bWA6G1Kj5fo> (*1,2,5)

Professional Meeting Abstracts and Proceedings:

- McNealy, I., J. Johnson, P. Damann, S. Hansen, **K. Jensen**, and J. Shukaitis. 2022. *Understanding Personality Traits Can Improve Your Leadership and Advocacy Skills*. Public Issues Leadership Development Conference, Arlington, Virginia. (6)

SCHOLARSHIP ACCOMPLISHMENTS (cont.):**Publications, Exhibitions, Performances, Recitals (cont.):****Refereed (cont.):****Professional Meeting Abstracts and Proceedings (cont.):**

- Scruggs, P.W., D.R. Paul, G. Goc Karp, H.B. Brown, C.A. Vella, C.A. Davis, and **K. Jensen**. 2014. *Surveillance of Physical Education Physical Activity in Idaho*. American College of Sports Medicine Annual Meeting, Orlando, Florida. (3,4)
- Beezley, T., T. Beck, S. Jones, **K. Jensen**, R. Barbieri, and P.W. Scruggs. 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. (a,1,3,4,5,6)

Peer Reviewed/Evaluated Publications:**Professional Meeting Abstracts and Proceedings:**

- Hart, K., **K. Jensen**, and K. Tift. 2022. Head, Heart, and Health for Successful Retirement Planning, for Epsilon Sigma Phi National Conference, Branson, Missouri. (*1,5,6)
- Wulfhorst, P., **K. Jensen**, and S. Hansen. 2022. "Got a Minute?" How to Make Every Second Count when Communicating with Elected Officials, for Epsilon Sigma Phi National Conference, Branson, Missouri. (*1,2,3,4,5,6)
- Jensen, K., and S. Johnson. 2022. Five for Five – 5 Minutes to Better Health, for Margaret Ritchie School of Family and Consumer Sciences 120th Anniversary Symposium, Moscow, Idaho. (*1,2,3,4,5,6)
- Jensen, K., S. Johnson, M. Toomey, J. Buck, L. Blanch, S.G. Lee, and K. Tift. 2022. Five for Five – 5 Minutes to Better Health, for University of Idaho CALS Annual Conference, Moscow, Idaho. (*1,2,3,4,5,6)
- Jensen, K. and K. Tift. 2020. Using Participatory Photomapping and Community Conversation to Address Obesity in Rural Residents, National Extension Association of Family Consumer Sciences National Conference, Virtual Presentation. (*1,2,3,4,5,6)
- Tift, K. and **K. Jensen**. 2020. Using Photomapping to Assess the Environmental Supports and Barriers to Physical Activity and Eating Healthfully in Rural Communities, Association of Natural Resource Extension Professionals Annual Conference, Virtual – Video Recording. (1,2,3,4,5,6)
- Jensen, K. and K. Tift. 2019. Using Participatory Photomapping and Community Conversation to Address Obesity in Rural Residents, National Urban Extension Conference, Seattle, Washington. (*1,2,3,4,5,6)
- Jensen, K. and K. Tift. 2019. Using Participatory Photomapping and Community Conversation to Address Obesity in Rural Residents, National Health Outreach Conference, Fort Worth, Texas. (*1,2,3,4,5,6)
- Jensen, K. and M. Toomey. 2019. Lifelong Well-being through 4-H Yoga for Kids, Ignite Presentation, National Health Outreach Conference, Fort Worth, Texas. (1,2,3,4,5,6)
- Toomey, M. and **K. Jensen**. 2019. Implementing 4-H Yoga 4 Kids, Poster, Pacific Northwest Tri-State 4-H Conference, Bend, Oregon. (3,4,5,6)
- Jensen, K. 2017. Running a Successful Fitness Program. University of Idaho CALS Annual Conference, Burley, Idaho.
- Jensen, K. 2014. Beyond Surviving 2 Thriving. Ignite Extension, University of Idaho CALS Annual Conference, Moscow, Idaho.
- Jensen, K. 2013. Organizing a Community 'Biggest Loser' Weight Loss Challenge. Joint Council of Extension Professionals Galaxy IV Conference, Pittsburgh, Pennsylvania.
- Jensen, K. 2013. Kick Your Bootcamp Training. University of Idaho CALS Annual Conference, Moscow, Idaho.
- Jensen, K. 2012. Creating a Facebook Page for Marketing Your Programs, Workshops, and Events. University of Idaho CALS Annual Conference, Boise, Idaho.
- Jensen, K. 2012. Organizing a Community Biggest Loser Weight Loss Challenge. Ignite Extension, University of Idaho CALS Annual Conference, Boise, Idaho.

SCHOLARSHIP ACCOMPLISHMENTS (cont.):**Publications, Exhibitions, Performances, Recitals (cont.):****Peer Reviewed/Evaluated Publications (cont.):****Research Reports:**

- Jensen, K., K. Tiffit, T. Winfield, D. John, and K. Gunter. 2016. Grangeville, ID. HEAL MAPPS™ Community Report. Oregon State University, College of Public Health and Human Sciences, and University of Idaho Extension. Report on the Grangeville, Idaho's community's initiative to prevent childhood obesity. (2,3,4,5,6)
- Jensen, K., K. Kauffman, and C. Walsh. 2015. Understanding how Technology is Utilized to Enhance Physical Activity Amongst Adolescents. University of Idaho Department of Movement Sciences. (1,5,6)
- Scruggs, P.W., D.R. Paul, G. Goc Karp, H. Brown, C.A. Vella, C.A. Davis, and **K. Jensen**. 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. (3,4)
- Beezley, T., T. Beck, S. Jones, **K. Jensen**, R. Barbieri, and P.W. Scruggs. 2012. Mobile Computer App and Waist Mounted Pedometer Accuracy. University of Idaho Department of Movement Sciences. (a,1,3,4,5,6)

New Curricula Developed/Revised:

- Jensen, K., M. Raidl, M. Spencer, L. Sant, J. Buck, and S. Greenway. 2015–2018. Dietary Guidelines for Americans 2015-2020 Online Curriculum, University of Idaho College of Agriculture and Life Sciences Education Communications. (1,3,4,5,6)
- 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., B. Abo, L. Dye, K. **Jensen**, S. Johnson, C. Hampton, J. Peutz, L. Sant, and G. Whittman. 2010. Ready, Set, Food Safe, 3rd Edition. (3,4,5,6)

Other:**University of Idaho Extension Impact Statements:****Jensen, K. 2022.**

- Jensen, K. 2021. Partners inspiring community health (PICH).
<https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2021/32-21-kjensen-physical-activity.pdf?la=en&hash=A4847F355C63E5099C23BF397C3DA03F32786B88>
- Jensen, K. 2020. Community walking program goes virtual!
<https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2020/41-20-kjensen-walking-program.pdf?la=en&hash=E5683CAAC4E042AC53FD692CF88F50386BBD7E0D>
- Mayes, I., K. Tiffit, and **K. Jensen**. 2020. UI Extension provides community development activities in Troy, Idaho.
<https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2020/45-20-imayes-community-garden.pdf?la=en&hash=9CB958B54F617A5F7C228E44C897F803ADC4211F>
- Toomey, M. and **K. Jensen**. 2019. Extension professionals deliver 4-H Yoga for Kids improving youth wellness.
<https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2019/43-19-mtoomey-yoga.pdf?la=en&hash=A8A39CF758DB2F3827B36D76408C253E02E3B1F0>
- Jensen, K. and K. Tiffit. 2018. Multiple counties implement community walking programs.
<https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2018/47-18-kjensen-walking-programs.pdf?la=en&hash=1FC99095B6F34FF45762FA40D99FFD412DC773E5>
- Jensen, K. and K. Tiffit. 2017. Exploring healthy active living in rural Idaho using participatory photography.
<https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2017/33-17kjensen-photography.pdf?la=en&hash=26FD7B7BDDC19043A07199D1ABE98CB30C3F95CC>
- Jensen, K. 2016. Extreme Adventure Club introduces life-long activities to youth.
<https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2016/26-16kjensen-adventure.pdf?la=en&hash=017DE406139DADBE7E567F4DC4F506C3CE3BD1A1>

SCHOLARSHIP ACCOMPLISHMENTS (cont.):**Publications, Exhibitions, Performances, Recitals (cont.):****Other (cont.):****University of Idaho Extension Impact Statements (cont.):**

- Jensen, K. 2015. Personal fitness consultations improve participants overall motivation.
<https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2015/20-15kjensen-fitness.pdf?la=en&hash=DF9945FC0B197CB6EC192FE0ACC2DFC4CCFEB088>
- Jensen, K. 2014. Idaho County residents learn how metabolism affects weight loss. 35-14.
- Jensen, K. 2013. Idaho County residents 'Take control of their cholesterol'. 29-13.
- Jensen, K. 2012. Focus groups provide feedback on "Kick Your Bootcamp" fitness program. 34-12.
- Jensen, K. 2011. 'Biggest Loser' weight loss challenge shrinks a rural community! 26-11.
- Jensen, K. and K. Richel. 2010. Beyond Surviving to Thriving; Increasing public awareness of life skills. 33-10.
- Jensen, K. 2009. Healthy lifestyles programs improve overall health & fitness of participants. 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.

Thesis and Dissertations:

- Jensen, K. 1999. How to get our students to strive for life-long health & fitness at Pacific Lutheran University. Master of Education thesis.

Scholarly Presentations and Other Creative Activities:**Displays and Posters:**

- Jensen, K., C. Bruynis, S. Hansen, and J. Shukaitis. 2022. Make Every Second Count When Communicating with Elected Officials. Epsilon Sigma Phi National Conference, Branson, Missouri.
- Toomey, M. and K. Jensen. 2019. Implementing 4-H Yoga 4 Kids. Pacific Northwest Tri-State 4-H Conference, Bend, Oregon.
- West, T., K. Jensen., D. Culbert, L. Chandler, M.B. Albright, C. Meadows, and G. Wittman. 2015. ESP Scholarship, Grants, and Recognition State Awards. ESP National Conference, Coeur d'Alene, Idaho.
- Jensen, K. 2013. Organizing a Community 'Biggest Loser' Weight Loss Challenge. JCEP Galaxy IV Conference, Pittsburgh, Pennsylvania.
- Jensen, K. 2010-2012. Germ City Display. 7 sessions, Grangeville Elementary/Middle School Health Fair. Grangeville, Idaho; Clearwater Valley Elementary/Middle School Health Fair. Kooskia, Idaho.
- Jensen, K. 2009-2011. Healthy Diabetes Plate Display, Healthy Lifestyles Display. 3 sessions, Syringa General Hospital Wellness Fair, Grangeville, Idaho; Idaho Forest Group Health Fair, Grangeville, Idaho.

PowerPoint Presentations:

- Hart, K., K. Jensen, and K. Tift. 2022. Head, Heart, and Health for Successful Retirement Planning, for Epsilon Sigma Phi National Conference, Branson, Missouri.
- Wulfhorst, P., K. Jensen, and S. Hansen. 2022. "Got a Minute?" How to Make Every Second Count when Communicating with Elected Officials, for Epsilon Sigma Phi National Conference, Branson, Missouri.
- Jensen, K., and S. Johnson. 2022. Five for Five – 5 Minutes to Better Health, for Margaret Ritchie School of Family and Consumer Sciences 120th Anniversary Symposium, Moscow, Idaho.
- Jensen, K., S. Johnson, M. Toomey, J. Buck, L. Blanch, S.G. Lee, and K. Tift. 2022. "Five for Five" – 5 Minutes to Better Health, for University of Idaho CALS Annual Conference, Moscow, Idaho.
- Jensen, K. 2022. Promotion to Full Professor, Northern District Meeting, Moscow, Idaho.
- Jensen, K. and S. Johnson. 2021. Five for Five – 5 Minutes to Better Health, for University of Idaho CALS Annual Conference, FCS Inservice.

SCHOLARSHIP ACCOMPLISHMENTS (cont.):**Publications, Exhibitions, Performances, Recitals (cont.):****Scholarly Presentations and Other Creative Activities (cont.):****PowerPoint Presentations (cont.):**

- Jensen, K. and K. Tift. 2020. Using Participatory Photomapping and Community Conversation to Address Obesity in Rural Residents, for National Extension Association of Family Consumer Sciences National Conference, Virtual Presentation.
- Jensen, K. and K. Tift. 2019. Using Participatory Photomapping and Community Conversation to Address Obesity in Rural Residents, for National Health Outreach Conference, Fort Worth, Texas.
- Jensen, K. 2019. Effects of a Technology-Based Intervention on Adolescents' Physical Activity Levels and Their Perceptions of Mobile Technology Use in Physical Activity Programs for University of Idaho, Department of Education, PhD. – Research Proposal Defense, University of Idaho, Moscow, Idaho.
- Jensen, K. 2017. Running a Successful Fitness Program, for University of Idaho CALS Annual Conference, Burley, Idaho.
- Jensen, K. and K. Tift. 2016. GROW Healthy Kids Healthy Communities, for Community Conversation/Focus Group Meetings, Grangeville, Idaho.
- Jensen, K. 2014. Using Facebook & Twitter within Extension, for University of Idaho CALS Annual Conference, FCS In-service, Moscow, Idaho.
- Jensen, K. 2014. Using Facebook & Twitter, for Latah County Extension Training, Moscow, Idaho.
- Jensen, K., and K. Richel. 2014. Beyond Surviving to Thriving for Ignite Extension, University of Idaho CALS Annual Conference, Moscow, Idaho.
- Jensen, K. 2014. Physical Activity & Fitness, for Eat Smart Idaho Statewide Training (via live video streaming). Grangeville, Idaho.
- Jensen, K. 2013. Kick Your Bootcamp Training, for University of Idaho CALS Annual Conference, Moscow, Idaho.
- Jensen, K. 2012. Creating a Facebook Page for Marketing Your Programs, Workshops, and Events, for University of Idaho CALS Annual Conference, Boise, Idaho.
- Jensen, K. 2012. Organizing a Community Biggest Loser Weight Loss Challenge, for Ignite Extension, University of Idaho, CALS Annual Conference, Boise, Idaho.
- 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. Office 10-minute Fitness Quickies. University of Idaho Extension Annual Conference, Family and Consumer Science In-Service, Burley, Idaho.
- 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).
- Jensen, K. 2009. Healthy Lifestyles – Teachers, Students, Families for Mountain View School District Staff In-service, Grangeville, Idaho.
- Jensen, K. 2008. Assessing the Educational Needs of Idaho County, for University of Idaho Extension Educator Interview, Grangeville, Idaho.

Professional Meeting Papers, Workshops:

- Innovia Foundation Region 7 Leadership Council Workshop. 2022. 2 sessions, virtual.
- Behavioral Health Crisis and Recovery Services, Idaho County Meeting, Grangeville, Idaho, April 7, 2022.
- Healthy Eating, Active Living (HEAL) Idaho, Nutrition and Physical Activity Framework Steering Committee meetings and workgroups, virtual, 1 session/month, 2021 – present.
- Western Region Physical Activity Collaborative meetings and workshops. 2019-2022. 6 sessions, virtual.
- Innovia Foundation Community Data Walk meetings and workshops. 2019 – 2021. 9 sessions, virtual.
- Mental Health First Aid Instructor Training. 2020. Virtual.
- Northern District University of Idaho Extension Community Listening Session. 2017. Lewiston, Idaho.
- Idaho/Lewis County Economic Development Meeting. 2016-2017. 5 sessions, Grangeville, Idaho.
- 4H Food Smart Families Training. 2015. Coeur d'Alene, Idaho.
- Oregon State University Grow Healthy Kids & Communities, HEAL Mapps Training. 2014. Boise, Idaho.

SCHOLARSHIP ACCOMPLISHMENTS (cont.):**Publications, Exhibitions, Performances, Recitals (cont.):****Scholarly Presentations and Other Creative Activities (cont.):****Professional Meeting Papers, Workshops (cont.):**

Healthy Eating, Active Living (HEAL) Idaho, Nutrition and Physical Activity Framework 2011 – 2013, Idaho Department of Labor development workshops. 2010-2014. 8 sessions, Moscow, Idaho; Boise, Idaho, Meridian, Idaho, January 25, 2012; Boise, Idaho, November 9, 2011; Moscow, Idaho, Lewiston, Idaho.

McCurdy, S., **K. Jensen**, S. Johnson and J. Peutz. 2010. Ready, Set, Food Safe, Professional Technical Education Conference, Boise, Idaho.

Grants and Contracts Awarded:

Jensen, K. Thrivent Financial, PICH Extreme Adventure Club, 2022 (\$500 spending authority).

Jensen, K. Umpqua Bank, PICH Extreme Adventure Club, 2022 (\$100 spending authority).

Jensen, K. Grangeville Country Club, PICH – Junior Golf Program, 2021 (\$1000 spending authority).

Jensen, K. Thrivent Financial, PICH Extreme Adventure Club, 2020-2021 (\$500 spending authority).

Jensen, K. Umpqua Bank, PICH Extreme Adventure Club, 2020-2021 (\$100 spending authority).

Jensen, K. Thrivent Financial, PICH Extreme Adventure Club, 2019-2020 (\$500 spending authority).

Jensen, K. Umpqua Bank, PICH Extreme Adventure Club, 2019-2020 (\$100 spending authority).

Jensen, K. Umpqua Bank, PICH Extreme Adventure Club, 2018-2019 (\$100 spending authority).

Jensen, K. Trails Restaurant, PICH Extreme Adventure Club, 2018-2019 (\$300 spending authority).

Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2018-2019 (\$350 spending authority).

Jensen, K. Umpqua Bank, PICH Extreme Adventure Club, 2017-2018 (\$100 spending authority).

Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2017-2018 (\$200 spending authority).

Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2016-2017 (\$500 spending authority).

Jensen, K. Idaho Community Foundation, PICH Extreme Adventure Club, 2015-2016 (\$1200 spending authority).

Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2014-2015 (\$500 spending authority).

Internal Funding Awarded:

Jensen, K., S. Johnson, M. Toomey, J. Buck, L. Blanch, S.G. Lee, and K. Tiftt. University of Idaho, CALS Innovation Project Award, Five for Five, 2022, \$10,000.

Jensen, K. Joint Council of Extension Professionals Scholarship, 2022, \$300; 2021, \$300; 2019, \$300; 2017, \$200; 2016, \$200; 2015, \$300; 2014, \$300; 2013, \$300; 2011, \$300.

Jensen, K. Mildred Haberly Extension Professional Endowment Award, School of Family and Consumer Sciences, Attend the Epsilon Sigma Phi National Conference, Branson, Missouri, 2022, \$2931.

Jensen, K. University of Idaho, Smith Lever Federal Funds, Support to teach Mental Health First Aid classes, 2021, \$1300; 2020, \$1000.

Jensen, K. Mildred Haberly Extension Professional Endowment Award, School of Family and Consumer Sciences, Attend the Epsilon Sigma Phi National Conference, Savannah, Georgia, 2021, \$2644.08.

Jensen, K. and L. Sant. University of Idaho, Extension Video Funds, Hand Washing Video, 2021, \$550.

Jensen, K. Idaho Affiliate of National Extension Association of Family and Consumer Sciences Scholarship to attend Public Issues Leadership Development Conference, Washington D.C., 2019, \$500.

Jensen, K. University of Idaho, CALS Critical Issues Funds, Support to travel and attend Public Issues Leadership Development Conference, Washington D.C., 2019, \$500.

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, Hershey, Pennsylvania, 2019, \$1836.

Jensen, K. National Extension Association of Family and Consumer Sciences Affiliate Award – Complimentary Registration for Affiliate Leadership, Hershey, Pennsylvania, 2019, \$500.

SCHOLARSHIP ACCOMPLISHMENTS (cont.):**Internal Funding Awarded (cont.):**

- Tift, K., **K. Jensen**, and I. Mayes. University of Idaho, CALS Innovation Project Award, Healthy Troy, 2018-2019, \$1762.
- Jensen, K. University of Idaho, CALS Critical Issues Funds, Support to travel and attend Joint Council of Extension Professionals, Orland, Florida, 2018, \$300.
- Jensen, K. and M. Toomey. University of Idaho, CALS Innovation Project Award, 4-H Yoga for Kids, 2017-2018, \$7500.
- Jensen, K. Mildred Haberly Extension Professional Endowment, School of Family and Consumer Sciences, Attend the National Health Outreach Conference, Annapolis, Maryland, 2017, \$2000.
- Jensen, K. Mildred Haberly Extension Professional Endowment, School of Family and Consumer Sciences, Attend the Society of Nutrition Education & Behavior National Meeting, San Diego, California, 2016, \$1700.
- Jensen, K. University of Idaho, CALS Critical Issues Funds, Support to travel and attend National Extension Association Family and Consumer Science Annual Conference, Big Sky, Montana, 2016, \$975.
- 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, Montana, 2016, \$450.
- Jensen, K. University of Idaho, CALS Critical Issues Funds, Support to attend Epsilon Sigma Phi (ESP) National Conference, Coeur d'Alene, Idaho, 2015, \$500.
- Jensen, K. Mildred Haberly Extension Professional Endowment, School of Family and Consumer Sciences, Attend the National Health Outreach Conference, Atlanta, Georgia, 2015, \$1070.
- 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, Lexington, Kentucky, 2014, \$2035.
- Jensen, K. Idaho Affiliate of National Extension Association of Family and Consumer Sciences Scholarship, 2014, \$200.
- Jensen, K. University of Idaho, CALS Critical Issues Funds, Support to travel to attend Joint Council of Extension Professionals Galaxy IV Conference, Pittsburgh, Pennsylvania, 2013, \$500.
- 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, New Mexico, 2013, \$1,500.
- Jensen, K. and K. Richel. University of Idaho, CALS Critical Issues Funds, Beyond Surviving to Thriving, 2013, \$1743.
- Jensen, K. University of Idaho, CALS Critical Issues Funds, Support to travel to attend Childhood Obesity Task Force Workshop, 2012, \$380.
- 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.

Scholarship Honors and Awards:

- Tift, K. and **K. Jensen**. National Association of Community Development Extension Professionals, National & Western Regional Winners – Educational Technology: Team – Engaging Residents in Participatory Photomapping, 2020.
- Jensen, K. and K. Tift. National Extension Association of Family and Consumer Sciences, 2nd Place Western Region Winner - Family Health and Wellness Award, 2018.
- Hart, K., C. Williams, J. Church, K. Richel, K. Tift, K. Jensen, R. Brooks, and V. Steele. National Association of County Agricultural Agents, Search for Excellence in Farm and Ranch Management National Finalist: Keeping the Legacy Alive, 2014.
- Jensen, K. National Extension Association of Family & Consumer Sciences, 1st Place Western Region Winner – Newsletter, 2011.
- Jensen, K. New Professional Award, Idaho Extension Association of Family & Consumer Sciences, 2010.

SERVICE:**Major Committee Assignments:****National:**

National Association of Intercollegiate Athletics (NAIA) Cal-Pac Region II Rater, Softball, 2003-2004

SERVICE (cont.):

Major Committee Assignments (cont.):

Regional:

Innovia Foundation Regional Leadership Council, 2019 – present
Western Region Family & Consumer Sciences Physical Activity Collaborative, University of Idaho Lead, 2018-present

State:

Idaho Family & Consumer Sciences Physical Activity Collaborative, Lead, 2019 – present
Healthy Eating, Active Living (HEAL) Idaho, Nutrition and Physical Activity Framework Steering Committee, 2010 – present
Idaho/Lewis County Economic Development Committee, 2016 – present
Idaho Forest Group Wellness Plan Advisory Committee, 2009 - present
Beyond Surviving to Thriving Interagency Workgroup, 2010 - 2014
Nez Perce Tribal Senior Center Wellness Committee, 2012

University:

College:

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

University of Idaho:

Student Conduct Board University Committee, 2019 - present

College:

College of Agricultural and Life Sciences Suicide Awareness & Prevention Committee, 2020 – present
College of Agricultural and Life Sciences Mental Health Coordinator Search Committee, 2021

Extension:

University of Idaho Extension Educator Search Committee, Idaho County, 2022
University of Idaho Extension Health and Wellness Priority Extension Theme Committee, 2018-present
University of Idaho Joint Council of Extension Professionals Scholarship Committee, 2022, 2021, 2020, 2019
University of Idaho Extension Annual Conference Planning Committee (Awards Chair), 2022, 2021, 2020, 2019, 2018, 2017, 2015, 2014, 2013, 2012
University of Idaho Extension Advisory Committee, 2021, 2020
University of Idaho Extension Dietary Guidelines for Americans Curriculum Committee, 2016-2018
University of Idaho Extension Healthy Food, Healthy Communities Program of Distinction Committee, 2014-2016
University of Idaho Extension Family & Consumer Science Social Media Content Contributor, 2015, 2014
University of Idaho Extension Childhood Obesity Task Team, 2012 - 2014
University of Idaho Extension Small Steps to Health and Wealth Curriculum Committee, 2011
University of Idaho Extension Ready, Set, Food, Safe Curriculum Revision Committee, 2009 – 2010
University of Idaho Extension Healthy Diabetes Plate Curriculum Committee, 2010

District:

GROW Healthy Kids Healthy Communities Geomapping Project Committee, 2015 – present
Northern District Promotion and Tenure Committee, 2019, 2018, 2017
Northern District Extension Nutrition Program Advisor Search Committee, Eat Smart Idaho, Idaho and Lewis County, 2015, 2009

SERVICE (cont.):**Major Committee Assignments (cont.):****District (cont.):**

Northern District Keeping the Legacy Alive Committee, 2014, 2013, 2012, 2011

County:

Junior Golf Committee Lead, 2022, 2021; Member, 2018 - 2020
 Partners Inspiring Community Health (PICH) Board Member (chair), 2012 - present
 Syringa General Hospital & Clinics Wellness Plan Advisory Committee, 2009 – present
 St. Mary's Hospital and Clinics/Clearwater Valley Hospital & Clinics Partnership for Healthy Communities
 Committee Member, 2019 – present
 Mountain View School District Wellness Policy and Procedure Planning Advisory Committee, 2009 - present
 Syringa General Hospital & Clinics Community Health Needs Assessment Committee – 2019-2021
 Mountain View School District School Board Recruitment Committee, 2019.
 Kids Klub (After-school program) Healthy Lifestyles Advisor, 2011 - 2019
 Syringa Hospital and Clinics Fun Run Committee, 2018.
 Our Health Our Community Board Member, 2008-2012
 Clearwater Valley Elementary School, School Health Improvement Plan Advisory Committee, 2009 – 2010
 Rural Health Works, National Association of Counties, Steering Committee, 2009

Professional and Scholarly Organizations:

Society of Health and Physical Educators, 2012 – present, 1999 – 2008
 Epsilon Sigma Phi, 2011 – present
 Chapter President, 2022
 National Marketing Committee, 2022
 National Public Issues Committee, 2021 – 2022
 Chapter President Elect, 2020-2022
 National Scholarship, Grants & Recognition Committee, 2015 - 2019
 National Conference Planning Committee, 2014-2015
 Chapter Secretary, 2013 - 2014
 Society for Nutrition Education and Behavior, 2010 - present
 National Extension Association of Family & Consumer Sciences, 2008 – present
 National Program Development Subcommittee, 2019 – present
 JNEAFCS Editorial Subcommittee, 2010 – present
 Idaho Extension Association of Family & Consumer Sciences, 2009 – present
 Past-President, 2021-2022
 Family & Consumer Sciences In-Service Planning Committee, 2010 – present
 Family & Consumer Sciences Haberly Award Committee, 2014 – present
 President, 2019-2020
 President-Elect, 2018-2019
 Secretary, 2017, 2009 – 2011
 VP of Professional Development, 2013 – 2015
 VP Awards & Recognition, 2012

Outreach Service:**Classes, Workshops, Seminars, Share Fairs and Tours Organized:**

Idaho forest Group Health Fair, Grangeville, Idaho, 2022, 2019, 2018, 2016, 2015, 2013, 2012, 2011, 2009.
 Partnership for Healthy Communities (Partner with St. Mary's Health): Walk the Prairie and Beyond.
 Program/Walks offered: St. Gertrude's Monastery, Cottonwood, Idaho, May 21, 2022; Ferdinand, Idaho,
 May 14, 2022; Nez Perce, Idaho, May 7, 2022; Orofino, Idaho, April 30, 2022; Greencreek, Idaho, April
 23, 2022; Kamiah, Idaho, April 9, 2022; Stites, Idaho, April 2, 2022. Nez Perce, Idaho, May 1, 2021;
 Salmon River (Graves Creek), Idaho, April 6, 2019; Grangeville, Idaho, April 27, 2019; Craigmont, Idaho,

SERVICE (cont.):**Outreach Service (cont.):****Classes, Workshops, Seminars, Share Fairs and Tours Organized (cont.):**

May 11, 2019; Cottonwood Butte, Cottonwood, Idaho, May 18, 2019; St. Gertrude Monastery, Cottonwood, Idaho, May 25, 2019; Keuterville, Idaho, June 1, 2019; Ferdinand, Idaho, June 8, 2019; Winchester Lake, Winchester, Idaho, June 15, 2019; Kamiah, Idaho, June 29, 2019.

Healthy Troy Community Walk and Talk, Garden Adventure, Troy, Idaho, April 8, May 10, September 28, and October 26, 2019.

Healthy Meal Prep Workshop. Grangeville, Idaho, September 24, 25; August 15, 2019.

Community Action Partnership Health Fair presentations: Grangeville, Idaho, September 19, 2019; Kooskia, Idaho, January 29, 2019; Kamiah, Idaho, January 23, 2019; Kamiah, Idaho and Kooskia, Idaho, February 9, 2017.

Syringa General Hospital Employee Health Fair, Grangeville, Idaho, 2019, 2016, 2015.

207 Fitness Grand Opening and Orientation, 207 Fitness, Grangeville, Idaho, May 31, 2018.

Healthy Holidays Cooking Class, Grangeville, Idaho, December 12 and November 15, 2017.

New Member Gym Orientations, The Gym & Groaners Fitness Center, Grangeville, Idaho, 2017, 2016, 2015.

Grangeville Elementary/Middle School Health Fair, Grangeville, Idaho, May 17, 2016; March 19 & 21, 2013.

Syringa General Hospital Wellness Fair for Community, Grangeville, Idaho, 2015, 2014, 2013, 2012, 2011, 2010, 2009.

Nutrition Talk. Clearwater Valley Elementary/Middle School. Kooskia, Idaho, May 8, 2014.

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

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

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

Clearwater Valley Elementary/Middle School Health Fair. Kooskia, Idaho, February 24, 2010.

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

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

Our Health Our Community Physical Challenge, Grangeville, Idaho, February 7, January 24, January 5, 2009.

Healthy Nutrition for Seniors. Syringa Thrift Shop, Grangeville, Idaho, December 16, 2008.

Miscellaneous Extension Publications:

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. 2009 – 2019.

Healthy Habits 8 Week Challenge. Weekly Healthy Habits publications: emailed to 20 regional recipients, 2013.

Popular Press:

Partners Inspiring Community Health (PICH) Extreme Adventure Club, Idaho County Free Press, February 2, 2022.

‘Best Practices’ for Freezing Your Garden Bounty, Idaho County Free Press, January 27, 2021.

Time to Grill! Idaho County Free Press, July 1, 2020.

Tips for Online Grocery Shopping, Idaho County Free Press, June 3, 2020.

Stay Hydrated! Idaho County Free Press, May 20, 2020.

Foods to Boost Your Immune System, Idaho County Free Press, May, 13, 2020.

Staying Active During COVID! Idaho County Free Press, April 29, 2020.

Understanding Carbohydrates, Idaho County Free Press, April 22, 2020.

Liver, the Body’s Natural Cleanser, Idaho County Free Press, April, 15, 2020.

Fun Activities to Do at Home With Your Kids, Idaho County Free Press, April 8, 2020.

Partners Inspiring Community Health (PICH) Extreme Adventure Club, Idaho County Free Press, January 22, 2020.

SERVICE (cont.):**Outreach Service (cont.):****Popular Press (cont.):**

Partners Inspiring Community Health (PICH) Extreme Adventure Club, Idaho County Free Press, January 10, 2018.
 GROW Healthy Kids, Communities, Idaho County Free Press, November 11, 2015.
 Kick Your Bootcamp – 8 Week Challenge! Idaho County Free Press, November 4, 2015.
 Fitness boot camp to take off October 21, Idaho County Free Press, October 15, 2014.
 Beyond Surviving 2 Thriving coming to Cottonwood – June 20, Idaho County Free Press, June 5/12, 2013.
 Kick Your Bootcamp to begin summer session June 5, Idaho County Free Press, May 30, 2012.
 Beyond Surviving to Thriving Coming to Riggins! The Current News, July 26th, 2011.
 Family Boot Camp to Start July 18, Idaho County Free Press, July 13, 2011.
 Kooskia sweeps ‘Biggest Loser’ prizes, Idaho County Free Press, April 19, 2011.
 Freeze Your Fresh Food Items – The Right Way – To Last, Idaho County Free Press, April 13, 2011.
 Getting Fit – A Winning Combination, Idaho Forest Group Newsletter “The Bark”, February 2011.
 Think clean – and safe – this spring! Idaho County Free Press, April 7, 2010.
 Fitness & Nutrition Tips to Stay Healthy During the Fall, Winter Months, Idaho County Free Press, October 28, 2009.
 Kick Your Bootcamp A Success, Idaho County Free Press, August 11, 2009.
 Preparing Your Own Home-Grown Foods, Idaho County Free Press, April 22, 2009.

Interview Articles:

Rauzi, D. Clinic instructs kids in golf. Idaho County Free Press, July 20, 2022.
 Hedburg, K. Group seeks to establish mental health resource center in Idaho County. The Lewiston Tribune, April 26, 2022.
 Calabretta, A. Going for a walk – University of Idaho Extension is helping Idaho citizens get out and move through community walking programs. University of Idaho Extension Express, March 2019.
 Palmer, L. PICH Extreme Adventure Club for Youth! Idaho County Free Press, May 6, 2015.
 Palmer, L. 2013 Biggest Loser Challenge! Idaho County Free Press, January 12th, 2013.
 Palmer, L. Syringa Hospital & Clinic, U of I Extension 2012 Biggest Loser Challenge! Idaho County Free Press, January 4, 2012.
 Biggest Loser, Kick Your Bootcamp encouraging healthy living in Idaho County. University of Idaho Extension Trends, 2012.
 Palmer, L. Biggest Loser Challenge Winners! Idaho County Free Press, April 19th, 2011.
 Palmer, L. Syringa’s ‘Biggest Loser Challenge’ set to begin Jan. 9th, Idaho County Free Press, January 5th, 2011.
 Hedburg, K. Winning for losing: Competition modeled after TV’s ‘Biggest Loser’ gives Camas Prairie participants extra motivation to shape up, The Lewiston Tribune, March 7, 2010.
 Palmer, L. Students Work On Decision-Making Awareness Skills, Idaho County Free Press, November 3, 2009.
 Palmer, L. “Kick Your Boot Camp” To Begin June 16, Idaho County Free Press, June 16, 2009.

Media Presentations:

Jensen, K. Heart Health – Move More and Sit Less! online video, January 19, 2022, 2018 Physical Activity Guidelines online video, January 11, 2022, Be Active Everyday and Journal online video, January 4, 2022, Idaho County Employee Wellness Challenge. <https://www.facebook.com/groups/1103764173786639/about>
 Jensen, K. Mindfulness – Balance/Flexibility online video, November 1, 2021, Cardio Health online video, February 7, 2021; Journaling – Be Active Everyday online video, October 18, 2020, 2018 Physical Activity Guidelines online video, August 23, 2020, Map My Walk & Other Ways to Monitor Steps online video, August 16, 2020; Walk the Prairie & Beyond – HD! Facebook Group (340 followers). <https://www.facebook.com/groups/1176298089406522/about>
 Jensen, K. Keeping Idaho Healthy video. University of Idaho Extension Facebook (2165 likes). <https://www.facebook.com/UIdahoExtension/>
 Jensen, K. Love to Grill and Rules for Picnic Packing. The KSL Greenhouse Show – 50,000-watt station, Salt Lake City, Utah, August 29, 2014.

SERVICE (cont.):**Outreach Service (cont.):****Media Presentations (cont.):**

- Jensen, K. Kick Your Bootcamp – Get Fired Up! KORT Radio Station – 15,000 listeners, Grangeville, Idaho, May 2014. May 2013. May 2012. April 2011, 2010.
- Jensen, K. Biggest Loser Weight Loss Challenge. KORT Radio Station – 15,000 listeners, Grangeville, Idaho, January 2012.
- Jensen, K. Family Kick Your Bootcamp – New Program Starting! KORT Radio Station – 15,000 listeners Grangeville, Idaho, July 2011.
- Jensen, K. Metabolism & Me. Between Friends Television Program (30 min. spot), Lewiston, Idaho, June 22, 2009.
- Jensen, K. Healthy Nutrition for Healthy Lifestyles. KORT Radio Station-15,000 listeners, Grangeville, Idaho, June 2009.
- Jensen, K. Metabolism & Me. KORT Radio Station-15,000 listeners (four min. spot played for two weeks), Grangeville, Idaho, March 2009.

Web Pages:

- Idaho County Employee Wellness Challenge. Facebook Private Group, 2022.
- University of Idaho Extension/St. Mary's Hospital/Clearwater Valley Hospital & Clinics present "Walk the Prairie & Beyond – HD!" Facebook page, 2020 – present.
- Stuck at Home? Fun Learning Activities for Families! Facebook page, 2020-present.
- Idaho County Facebook page, 2014-present.
- Extreme Adventure Club Facebook page, 2020-present.
- Dietary Guidelines for Americans 2015-2020. Facebook page, 2016-2019.
- Kick Your Bootcamp Facebook page, 2010-2017.
- University of Idaho– Idaho County website, 2013-2014.
- Idaho County Extension website, 2008-2012.

Applied Research/Demonstration Trials:

- PICH Extreme Adventure Club Post Survey, 2015-present.
- Jensen, K. and M. Toomey. 4-H Yoga for Kids Pre-Post Survey, 3-month and 6-month Follow-Up Surveys, 2018-2019, 2017-2018.
- 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, 2018.
- Personal Fitness Consultations Focus Questions, 2015.
- Jensen, K., K. Kauffman, and C. Walsh. Understanding how Technology is Utilized to Enhance Physical Activity Amongst Adolescents Project, 2015.
- Metabolism & Me Workshop Pre-Post Survey, 2010-2014.
- Scruggs, P.W., D.R. Paul, G. Goc Karp, H. Brown, C.A. Vella, C.A. Davis and **K. Jensen**. Statewide Prevalence and Correlates of Physical Education Physical Activity in Idaho, 2012-2013.
- Kick Your Bootcamp Focus Questions, 2012.
- Beezley, T., T. Beck, S. Jones, **K. Jensen**, R. Barbieri, and P.W. Scruggs. Evaluation tool design for Mobile Computer App and Waist Mounted Pedometer Accuracy Project, 2012.
- Idaho County Extension, Family and Consumer Sciences Program Needs Internet Survey, 2008-2012.
- Taking Control of Your Cholesterol – The Good, The Bad, & The Ugly Post-Evaluation, 2011.
- Jensen, K and K. Richel. Beyond Surviving to Thriving Post-Evaluation Survey, 3-month Follow-Up Survey (mailed), IRB Approved, August 2011.
- Metabolism & Me 3-month Follow-up Survey (mailed), IRB Approved, May 2011.

Review Activities:

- Concurrent session proposals, University of Idaho College of Agriculture and Life Sciences Annual Conference, 2022.

SERVICE (cont.):**Outreach Service (cont.):****Review Activities (cont.):**

Promotion and tenure review, S. Hansen, Utah State University, 2022.
 Promotion to Senior Instructor II, K. Ahern, Oregon State University, 2022.
 University of Idaho Extension Publishing FastTrack reviewer. 2022, one publication.
 Promotion and tenure review, S. Russell, Oregon State University, 2020.
 Promotion and tenure review, S. Wilson, University of Idaho, 2018.
 Promotion review, I. Mayes, University of Idaho, 2017.
 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.

Community Service:

Grangeville County Club, Junior Golf coach, 2018-present.
 Youth baseball league coach, Grangeville Youth Sports, 2018-2020.

PROFESSIONAL DEVELOPMENT:**Teaching:**

Protecting Minors – Protecting Children: Hiring Staff Who Work With Minors; Identifying and Reporting Sexual Misconduct; Shine a Light Certificates, University of Idaho, Risk Management, online training, October 5,6 2022.
 Extension Listening Session – Health Equity and Wellbeing, August 2, 2022.
 Innovia Community Leadership Summit – This is Why This is How, Spokane, Washington, May 16-17, 2022.
 Innovia Community Leadership Summit – Moving Towards Equity in Rural & Urban Communities, online training, September 8, 2021.
 Society of Nutrition Education & Behavior, Adapting Nutrition Education for Diverse Populations During COVID-19, March 4, 2021.
 Video Script Development Training, University of Idaho Extension Educator – Jason Thomas, November 10, 2020.
 Mental Health First Aid Training (Virtual), September 28-30, 2020.
 Title 9 – Education Amendment of 1972 Certificate, University of Idaho, online training, December 11, 2020.
 Title 6 – Civil Rights Act of 1964 Certificate, University of Idaho, online training, December 11, 2020.
 All Employees Required Training, University of Idaho, December 4, 2018.
 Safety and Security Awareness Certificate, University of Idaho, online training, December 16, 2016.
 Diversity and Inclusion Certificate, University of Idaho, online training, December 16, 2016.
 IT Security Certificate, University of Idaho, online training, December 14, 2016.
 University of Idaho Mission and Goals Certificate, online training, April 6, 2016.
 University of Idaho Stewardship of Resources Certificate, online training, January 12, 2016.
 Childhood Obesity Task Team – meeting, Boise, Idaho, May 31, 2012.
 Extension PowerPoint Presentation: Improve Learning with Instructionally Sound PowerPoint Presentations, March 20, 2012.
 Center for Disease Control & Prevention, Idaho Department of Health & Welfare: Change Tool Train the Trainer Workshop, Boise, Idaho, November 9, 2011.
 Civil Rights Diversity Training, Lewiston, Idaho, June 2, 2009.
 Rural Leadership Training, Grangeville, Idaho, April 1, 2009.

Scholarship:

Minimizing Unconscious Bias On Committees, University of Idaho, online training, May 11, 2022.
 UI Search Committee Training, University of Idaho, online training, May 11, 2022.
 Society of Nutrition Education & Behavior, Utilizing story mapping for community engagement and as a novel way to present qualitative data, online training, May 16, 2019.

PROFESSIONAL DEVELOPMENT (cont.):**Scholarship (cont.):**

Society of Nutrition Education & Behavior, Using Mendeley as a citation manager, May 7, 2019.

Promotion and Tenure Training, University of Idaho College of Agriculture and Life Science, online training, April 8, 2019.

Society of Nutrition Education & Behavior, Developing high impact research poster presentations, April 19, 2018.

National Extension Association of Family & Consumer Sciences, Documenting community outcomes with surveys: A how-to on designing questions and collecting data, online training, February 6, 2017.

Impact Statement Reporting Course, University of Idaho Extension, Moscow, Idaho, October 31, 2016.

Collaborative Institutional Training Initiative (CITI Program), Investigator Course, September 22, 2016.

National Extension Association of Family & Consumer Sciences, Celebrating Excellence – Prepare Award Winning Applications, online training, November 14, 2013.

Epsilon Sigma Phi, Scholarships and Grants, online training, November 5, 2013.

National Extension Association of Family & Consumer Sciences, Presenting an NEAFCS Webinar: Simple Steps to Get Started, online training, January 25, 2012.

National Extension Association of Family & Consumer Sciences, Writing & Reviewing for a Peer-Reviewed Journal, online training, November 29, 2011.

Society for Nutrition Education & Behavior, What JNEB looks for in Qualitative Papers, online training, November 16, 2011.

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

Bright Stars Consultants Grant seeking For Horizons Communities, grant writing workshop, Moscow, Idaho, June 2-4, 2010.

Outreach:

Society of Nutrition Education & Behavior, Virtual Avatar Coaching with Community Context for Adult-Child Dyads with Low Income, October 24, 2022.

Epsilon Sigma Phi National Conference, Branson, Missouri, September 26-29, 2022.

Mental Health First Aid Law Enforcement, Corrections, and Public Safety Supplement Instructor Training, July 12, 2022.

Society of Nutrition Education & Behavior, Promoting Healthy Movement Behaviors in Early Childhood Settings, webinar, April 7, 2022.

National Extension Association of Family and Consumer Sciences, How Families and Communities Can Use the Monday Fresh Start to Get Moving for Health, webinar, March 15, 2022.

Society of Nutrition Education & Behavior, Low-Income Parent’s Use of Front-of-Package Nutrition Labels in a Virtual Supermarket, webinar, March 14, 2022.

Society of Health and Physical Educators National Convention, New Orleans, Louisiana, April 25-29, 2022.

Society of Nutrition Education & Behavior, Building Healthier Communities: The Power of Technology to Facilitate Community Investment by social Current: Activating the Power of the Social Sector, webinar, February 10, 2022.

Society of Nutrition Education & Behavior, School Lunch Environmental Factors Impacting Fruit and Vegetable Consumption, webinar, November 8, 2021.

Society of Nutrition Education & Behavior, A randomized mHealth Trail to Promote Vegetable Intake Through County and Goal Setting, webinar, November 1, 2021.

Epsilon Sigma Phi National Conference, Savannah, Georgia, October 25-28, 2021.

Idaho Hunger Summit & Food Insecurity Workshop Day, online training, October 21, 2021.

Mental Health First Aid Connect Onboarding webinar, September 28, 2021.

National Extension Association of Family and Consumer Sciences, Diagnosing Online Local Visibility Problems, webinar, September 16, 2021.

Society of Nutrition Education & Behavior, Reliance & Resilience: Virtuosity for a Virtual World, webinar, August 5, 2021.

Epsilon Sigma Phi, Smoking & Grilling Foods, webinar, July 27, 2021.

Military Families Network, Understanding the Hype: Emerging Evidence for the Use of the Ketogenic Diet in Chronic Disease, webinar, July 20, 2021.

National Extension Association of Family and Consumer Sciences, American Heart Association - Healthy for Life Grant, webinar, June 29, 2021.

PROFESSIONAL DEVELOPMENT (cont.):**Outreach (cont.):**

- Society of Nutrition Education & Behavior, Leveraging Local Food Systems for Healthy Food Access, webinar, May 19, 2021.
- National Health Outreach Conference, virtual, May 3-5, 2021.
- Digital Meetup – Virtual Event Planning & Classroom Management: The Role of a Virtual Conference Host, webinar, March 23, 2021.
- Society of Nutrition Education & Behavior, What’s New with the Nutrition Facts Label: Updates for Nutrition Educators, webinar, March 11, 2021.
- Society of Nutrition Education & Behavior, Facebook: The Use of Social Media to Engage Parents in a Preschool Obesity Prevention Curriculum, webinar, November 23, 2020.
- Society of Nutrition Education & Behavior, Design and Implementation of a 5-year School-Based Nutrition Education Intervention, webinar, November 16, 2020.
- Society of Nutrition Education & Behavior, Characterizing and Assessing the Quality of State K-12 Share Table Policies as a Potential Mechanism to Reduce Food Waste & Promote Food Security, webinar, October 26, 2020.
- Society of Nutrition Education & Behavior, “Healthy, Unhealthy” Food Brands Influence Health, Calorie, and Price Ratings of Food, webinar, October 12, 2020.
- Epsilon Sigma Phi Annual Conference, virtual, October 5-7, 2020.
- National Extension Association of Family and Consumer Sciences Annual Conference, virtual, September 14-17, 2020.
- Epsilon Sigma Phi, Social Marketing Principles to Increase Behavior Change Among Extension Clients, webinar, August 25, 2020.
- Society of Nutrition Education & Behavior Division Meetings (virtual): Digital Technology in Nutrition Education and Behavior Change, July 31, 2020; Nutrition Education for Children, July 28, 2020; Nutrition Education Beyond Weight, July 27, 2020.
- Society of Nutrition Education & Behavior Annual Conference, virtual, July 20-24, 2020.
- Society of Nutrition Education & Behavior, Vigorous and Virtual, online training, June 22, 2020.
- Society of Nutrition Education & Behavior, Process Evaluation of Strong Hearts, Healthy Communities: A Rural Community-Based Cardiovascular Disease Prevention Program, webinar, March 30, 2020.
- eXtension, Virtual Culture: The Way We Work Doesn’t Work Anymore, How to Embrace the Virtual Culture in Your Team, webinar, March 24, 2020.
- Society of Nutrition Education & Behavior, Research to Support the Development of a Campaign to increase Physical Activity Among Low-Income, Urban, Diverse, Inactive Teens, webinar, March 23, 2020.
- Society of Nutrition Education & Behavior, Diet Dilemmas (webinars): Inflammation and Chronic Disease, April 21, 2020; Anti-Inflammatory Diets, March 17, 2020; Hot Topics in Inflammation and Disease, February 19, 2020.
- Military Families Learning Network, Exploring the Research on Fad Diets, webinar, February 12, 2020.
- National Extension Association of Family and Consumer Sciences Annual Conference, Hershey, Pennsylvania, September 30-October 4, 2019.
- Society of Nutrition Education & Behavior, Beyond nutrient intake: Use of digital food photography methodology to examine family dinnertime, webinar, September 16, 2019.
- Society of Nutrition Education & Behavior, Feasibility of online nutrition education in the workplace: Working toward healthy lifestyles, webinar, September 9, 2019.
- American Public Health Association: Nothing about us without us: Authentic youth engagement in public health, webinar, July 16, 2019.
- Epsilon Sigma Phi (ESP) – The basics for international collaborations, webinar, June 20, 2019.
- American Public Health Association: Walking the walk: Applying positive youth development approaches to adolescent health, webinar, June 18, 2019.
- National Urban Extension Conference, Seattle, Washington, May 19-23, 2019.
- National Extension Association of Family and Consumer Sciences, Vegetarian, vegan, and raw diets, webinar, May 14, 2019.
- National Health Outreach Conference, Fort Worth, Texas, April 30-May 3, 2019.
- Public Issues Leadership Development Annual Conference, Washington D.C., April 14-17, 2019.
- Society of Nutrition Education & Behavior, Digital Technology in nutrition education and behavior change division, webinar, April 10, 2019.
- National Extension Association of Family and Consumer Sciences, Gluten-free and alkaline diets, webinar, April 9, 2019.
- National Extension Association of Family and Consumer Sciences, High protein and ketogenic diets; Intermittent Fasting, webinar, March 12, 2019.

PROFESSIONAL DEVELOPMENT (cont.):**Outreach (cont.):**

- Military Families Learning Network, The Ketogenic Diet – Is it another fad? webinar, February 26, 2019.
- National Extension Association of Family and Consumer Sciences, Diet composition: Tipping the balance of carbs, fat and protein, webinar, February 12, 2019.
- Society of Nutrition Education & Behavior, A plate waste evaluation of the Farm to School program, webinar, October, 22, 2018.
- National Extension Association of Family and Consumer Sciences Annual Conference, San Antonio, Texas, September 24-28, 2018.
- Society of Nutrition Education & Behavior, Daily and seasonal influences on dietary self-monitoring using a smartphone application, webinar, September 10, 2018.
- Society of Nutrition Education & Behavior, The low FODMAP diet for IBS: From evidence to practice, webinar, 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, webinar, March 26, 2018.
- Society of Health and Physical Educators National Convention, Nashville, Tennessee, March 19-23, 2018.
- Society of Nutrition Education & Behavior, Clearing up the confusion: Using the ingredients list as a tool for nutrition educators, webinar, March 6, 2018.
- Joint Council of Extension Professionals National Convention, Orlando, Florida, 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, webinar, September 25, 2017.
- Society of Nutrition Education & Behavior, Cracking the code on breakfast: Research roundup and practical solutions, webinar, August 1, 2017.
- National Health Outreach Conference, Annapolis, Maryland, April 1 – 5, 2017.
- Society of Nutrition Education & Behavior, Scientific Evidence for the Mediterranean Style Diet, webinar, April 12, 2017.
- Society of Nutrition Education & Behavior, Probiotics: Understanding the microbiome and the role of probiotics in long term health, webinar, December 7, 2016.
- Society of Nutrition Education & Behavior, Self-weighting throughout adolescence and young adulthood: Implications for well-being, webinar, November 7, 2016.
- National Extension Association of Family and Consumer Sciences Annual Conference, Big Sky, Montana, September 12-15, 2016.
- Society of Nutrition Education and Behavior Annual Session – National Conference, San Diego, California, 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, Idaho, 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, Georgia, 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

PROFESSIONAL DEVELOPMENT (cont.):**Outreach (cont.):**

- 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, Kentucky, 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.
- Society for Nutrition Education & Behavior, Disruption of the Usual – Rethinking Behavior Change and Communication in Nutrition Education, webinar, November 13, 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.
- 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, Idaho, 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.

PROFESSIONAL DEVELOPMENT (cont.):**Outreach (cont.):**

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.

Food Research and Action Center, New Healthier School Meal Standards: What you need to know, webinar, February 2, 2012.

Iowa Nutrition Network, Listening to the Audience: Social Marketing for 2012 & Beyond, Webinar, December 6, 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, New Mexico, 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.

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, webinar, 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, webinar, December 14, 2010.

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

North Central Idaho Health District, Combatting Childhood Obesity Forum, Grangeville, Idaho, 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, Maine, September 20-24, 2010.

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

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

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

University of Idaho Extension:

University of Idaho Extension Health and Wellness Priority Extension Theme Meeting, Zoom, October 4, 2022.

Northern District Promotion to Full Professor Presentation, Moscow, Idaho, July 27, 2022.

Northern Extension District Faculty and Staff Meeting, Moscow, Idaho, July 27, 2022.

University of Idaho College of Agriculture and Life Sciences Annual Conference, April 11-15, 2022.

Northern Extension District Faculty and Staff Meeting, Moscow, Idaho, February 11, 2022.

University of Idaho Extension Health and Wellness Priority Extension Theme Meeting, March 10, 2022.

Northern Extension District Faculty and Staff Meeting, Moscow, Idaho, September 29 & 30, 2021.

University of Idaho Extension Health and Wellness Priority Extension Theme Meeting, Zoom, September 15, 2021.

University of Idaho College of Agriculture and Life Sciences Annual Conference, virtual, April 12-15, 2021.

University of Idaho Extension Health and Wellness Priority Extension Theme Meeting, Zoom, April 14, 2021.

Northern Extension District Faculty and Staff Meeting, Zoom, May 17, 2021; October 7, July 28, April 8, April 1, 2020.

University of Idaho College of Agriculture and Life Sciences Annual Conference, Virtual, April 13-16, 2020.

University of Idaho Extension All Extension, Zoom, October 4, September 13, August 2, June 7, May 3, April 5, March 1, February 1, January 4, 2021; December 7, November 2, October 5, September 14, August 3, July 6, June 15, June 1, May 19, May 4, April 20, April 13, April 6, March 30, March 23, 2020.

PROFESSIONAL DEVELOPMENT (cont.):**Outreach (cont.):****University of Idaho Extension (cont.):**

Northern Extension District Faculty and Staff Meeting, Moscow, Idaho, 2019.
 University of Idaho Extension All Extension Zoom, May 6, 2019.
 University of Idaho College of Agriculture and Life Sciences Annual Conference, Idaho Falls, Idaho, 2019.
 Northern Extension District Faculty and Staff Meeting, Cottonwood, Idaho, 2018.
 Northern Extension District Faculty and Staff Meeting, Moscow, Idaho, 2018.
 Topic Team Planning Meetings, Health & Nutrition Topic Team, Boise, Idaho, 2017.
 Northern Extension District Faculty and Staff Meeting, Sandpoint, Idaho, 2017
 University of Idaho College of Agriculture and Life Sciences Annual Conference, Burley, Idaho, 2017.
 Northern Extension District Faculty and Staff Meeting, Moscow, Idaho, 2016
 University of Idaho College of Agriculture and Life Sciences Annual Conference, Moscow, Idaho, 2016.
 Northern Extension District Faculty and Staff Meeting, Cottonwood, Idaho, 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 3rd 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, 2022; virtual, 2021; virtual, 2020; 2019; 2017; 2016; 2015; 2014; 2013; 2012; 2011; 2010; 2009.