

Janet Tietzen Mullins, Ph.D., R.D., L.D.
Professor, Extension Specialist in Food and Nutrition
Department of Dietetics and Human Nutrition
Family and Consumer Sciences Extension
University of Kentucky

EDUCATION:

- Ph.D. in Nutrition and Food Science, Department of Grain Science & Industry
Kansas State University, Manhattan, Kansas, 1993
- M.S. in Food Science, Department of Food Science
University of California, Davis, California, 1990
- B.S. in Dietetics with High Distinction, Department of Nutrition and Food Science
University of Kentucky, Lexington, Kentucky, 1982

CAREER:

2015-present Professor, Extension Specialist, University of Kentucky

Signature Program: Sustainable Eating, a curriculum to promote earth-friendly food choices

Specializing in policy, systems, and environmental interventions to improve food systems; nationally recognized for leadership and expertise in Extension program evaluation and reporting; use of qualitative research methods to inform social marketing and other community-level interventions promoting equitable and sustainable food systems.

2003-2015 Associate Professor, Extension Specialist, University of Kentucky

Signature Program: Weight ~ The Reality Series, a comprehensive curriculum

Specializing in program evaluation and reporting; curriculum development for adult weight management; state, national, and international hunger issues; social marketing approaches to individual, systems, environmental, and policy changes for promotion of healthy living.

1997-2003 Assistant Professor, Extension Specialist, University of Kentucky

Signature Program: The Wildcat Way to Wellness, a multi-disciplinary program

Specializing in a wellness approach integrating eating, physical activity, and good mental health practices. Program design guided by a socio-ecological framework and grounded in human behavioral theories coupled with demographic statistics about the target population.

1994-1996 Nutrition Scientist, Kellogg Company, Battle Creek, Michigan

Worked in the company world headquarters with 17 countries to leverage nutrition research on dietary fiber and breakfast consumption to augment product development and promotion.

1989 Summer Intern, USDA Agricultural Research Service, Berkeley, California

Laboratory assistant worked with USDA scientists to analyze dietary fiber samples.

1985-1987 Clinical Research Dietitian, College of Medicine, University of Kentucky

Worked with an endocrinologist-led team of health professionals to develop and implement research protocols, collect data and prepare manuscripts, and provide continuing education for clinicians.

1983-1985 Nutrition Clinic Manager, Kentucky Diabetes Foundation, Lexington, Kentucky

Responsible for patient education and counseling in a diabetes clinic for Kentuckians of all ages.

1982-1983 Clinical Dietitian, Humana Hospital Suburban, Louisville, Kentucky

One of three Registered Dietitians working in a 200-bed hospital to provide patient education

CREDENTIALS:

- American Academy of Nutrition and Dietetics, Commission on Dietetic Registration, R629751, Certificate in Adult Weight Management
- Kentucky Board of Licensure and Certification, Licensed Dietitian, KY-1370

SIGNIFICANT CAREER HONORS, ELECTED POSITIONS, AND APPOINTMENTS:

International

- 2011 Co-Founder, School Feeding Program, The Kentucky Academy Kindergarten, Ghana
- 2005 Founding Faculty Member, Universities Fighting World Hunger, Partnership of the World Food Programme and Auburn University

National

2016-Present Extension Multi-State Project (NC2169)

EFNEP Related Research, Program Evaluation, and Outreach

Objectives: to test reliability and validity of 24-hour recall methods and evaluation surveys, to determine if EFNEP participation influences Quality of Life and is associated with sustained positive behavior changes, to examine the cost effectiveness of the program to participants and communities.

2013-2015 USDA Southern Region, Multi-State Project (S_temp3262)
Landscapes for Better Living

Chaired by Richard Durham, UK Horticulture Department, this multi-state project addresses growing consumer and community interest in gardening food horticulture issues.

2011 – 2015 USDA National Institute of Food and Agriculture
Food Nutrition and Health Committee on Program Planning and Guidance
Chairman, Evaluation Subcommittee

Membership in this USDA NIFA Committee is by application. Applications are peer-reviewed by Food and Nutrition Specialists and USDA Program Leaders before selection to join the committee. Food, Nutrition, and Health Specialists with faculty appointments from Land-Grant Universities are eligible to apply. My role has been leadership of the subcommittee on development and usage of national Extension evaluation outcomes and indicators. If widely implemented, this system would aggregate data from Extension programs around the nation to report program impact on common indicators (like fruit and vegetable consumption).

2010 USDA Food & Nutrition Service, Technical Panel, Hunger-Free Communities
Grants, Phase 1: Panel Member, Phase 2: Panel Chairman

State

2017 Planning with Partners to Improve Kentucky's Health, invited participant
Frankfort, Kentucky, March 22, 2017

- 2013-2017 Advisory Council, Kentucky Sustainable Agriculture Research & Education (KY-SARE)
 KY-SARE is part of the Southern Region SARE and is supported by USDA NIFA to disseminate information about sustainable agriculture through grants and professional development programs. This council position facilitates my work to integrate sustainable eating and consumer education into a food systems approach with agricultural production and economics. In early 2014, we offered a multi-disciplinary Extension in-service training to seven teams who applied to attend.
- 2014 Chairman, Kentucky Academy of Nutrition and Dietetics Annual Conference
- 2013-2014 Advisory Board, Exploring Formation of a Kentucky Food Policy Council
 USDA Agriculture and Food Research Initiative Grant, Community Farm Alliance
 Community Farm Alliance, a state advocacy non-profit organization, received a USDA AFRI Community Food Project Grant to develop sustainable solutions to Kentucky food system needs.
- 2009-2012 Kentucky Public Policy Coordinator, American Academy of Nutrition and Dietetics
 Dietetics
 The Public Policy Coordinator is appointed by the state affiliate President and serves on the Board of Directors. A panel of three other members plus organization lobbyist works with this position to facilitate data collection or position paper development as needed for state policy considerations.
- 2004-2006 Board of Directors, Partners for Family Farms
- 2003-2004 President, Kentucky Academy of Nutrition and Dietetics
- 2002 Chairman, Kentucky Academy of Nutrition and Dietetics Annual Conference
- 1998-2000 Treasurer, Kentucky Academy of Nutrition and Dietetics
- 1986 Kentucky Recognized Young Dietitian of the Year
- Local
- 2015-2017 FoodChain, Board of Directors
- 2014-2015 Good Foods Cooperative, Board of Directors

SERVICE TO THE DEPARTMENT, SCHOOL, AND COLLEGE:

- College of Agriculture, Food, and Environment Education Abroad Committee, August 2017-present.
- The Food Connection, Food Systems Initiative, April 2016 – present. Working through The Food Connection and a team representing the UK campus, this initiative seeks to integrate a multi-disciplinary approach to teaching, research, and Extension programs related to food systems.
- Extension Strategic Interdisciplinary Overarching Initiative, Local Food Systems, January-August 2016. (Lead author of initiative logic model.) This team developed an integrated logic model for food systems Extension work and identified available resources.
- Extension Biotechnology Initiative, Team Member, January – September 2016. Led by Dr. Paul Vincelli, this team assessed Agent and programming needs related to biotechnology and developed resources.

- *2010-2017t, School of Human Environmental Sciences Education Abroad Committee*

In 2005, I attended the first Universities Fighting World Hunger Summit and returned to UK determined to engage our faculty, staff, students, and volunteers on food security, globally and locally. In 2010, I accompanied Dr. Kwaku Addo on a study tour to Ghana in West Africa. With Dr. Ann Vail, Dr. Kim Spillman, UK students, and Kentucky Extension Homemakers, we established a kindergarten school feeding program and an annual education abroad course through UK. Service on this committee includes review and ranking of HES Scholarship applications for international courses offered through the School.

- *2006-2014, Chairman or Member of Nine Faculty Search and Screening Committees*

I served on faculty search and screening committees for two department chairmen, four tenure-track assistant professors, two lecturers, and a program evaluation specialist. We have been able to recruit excellent candidates and successfully hire and retain talented professionals who enhance and expand our teaching, research, and outreach work.

- *2013, Dietetics and Human Nutrition, Periodic Program Review Committee*

My role on this committee included data collection, presentation, and development of recommendations for the department in Extension programs. We were able to document FCS program impact and justify the need for additional Extension resources.

2011-2012 President, Gamma Sigma Delta Agriculture Honor Society, UK Chapter

2011-2012 College of Agriculture Faculty Appeals Committee (Annual Performance Reviews)

2010-2011 College of Agriculture Barnhart Fund for Excellence Committee

2009 Advisory Committee to the Dean, Merger of Hospitality Management and Tourism and Merchandising, Apparel, and Textiles Programs (current Department of Retailing and Tourism Management)

- 2009-2011 Editorial Content Review Board, UK Family and Consumer Sciences Extension
- 2006-2009 Co-Chair, School of Human Environmental Sciences, Healthy Weight Task Force
- 2007 Centennial Future 100 Award for recognition as a leader for the next 100 years, School of Human Environmental Sciences
- 2005-2007 College of Agriculture Advisory Committee on Promotion and Tenure
- 2005-2007 Agriculture Faculty Council, UK College of Agriculture, Food, and Environment
- 2002-2004 Board of Directors, Kentucky Association of State Extension Professionals
- 2002 Outstanding New Specialist, Kentucky Association of State Extension Professionals
- 2000 Outstanding New Kentucky Extension Project Award, *The Wildcat Way to Wellness*

PEER-REVIEWED EXTENSION PUBLICATIONS:

Extension Curricula:

2013-Present ***Sustainable Eating Curriculum (2017)***

This three-lesson curriculum has been peer-reviewed and includes background information for Agents, learning outcomes and activities, evaluation and reporting tools, and these three publications:

- Food and Community
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3587/FCS3587.pdf>
- Eating from the Earth
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3588/FCS3588.pdf>
- Sustainable Community Food Systems
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3589/FCS3589.pdf>

2005-Present ***Weight ~ The Reality Series Curricula (2017)***

This 22-lesson set consists of two series: Becoming Weight Wise and Becoming Body Wise. The first series of 11 lessons was introduced in 2005. The second series was introduced in 2008. Thanks to colleagues in Agricultural Communications and Family and Consumer Sciences Extension, the entire curricula set has been edited, designed, and posted on an internal web page accessible by County Extension Agents for Family and Consumer Sciences. Each lesson includes a leader's guide, presentations, recipes, activities, participant monitoring forms, and program evaluation and reporting tools. These are links to the publicly available publications:

Becoming Weight Wise:

Each publication in this curriculum was issued 2005, revised 2008, revised 2010, revised 2017.

- Mullins, J.T. Build Your Strength, FCS 3-526 (10 pages)
<http://www2.ca.uky.edu/agcomm/pubs/fcs3/fcs3526/fcs3526.pdf>
- Mullins, J.T. Design Your Plan: Keys to Success – Designing a Plan of Your Own FCS 3-534 (3 pages), <http://www.ca.uky.edu/agc/pubs/fcs3/fcs3534/fcs3534.pdf>
- Mullins, J.T. Why We Eat What We Eat, FCS 3-535 (7 pages)
<http://www.ca.uky.edu/agc/pubs/fcs3/fcs3535/fcs3535.pdf>
- Mullins, J.T. Bodies in Motion, FCS3-536 (4 pages)
<http://www.ca.uky.edu/agc/pubs/fcs3/fcs3536/fcs3536.pdf>
- Mullins, J.T. Feeling Good About Food, FCS3-537 (8 pages)
<http://www.ca.uky.edu/agc/pubs/fcs3/fcs3537/fcs3537.pdf>

Becoming Body Wise:

Publications written by Kim Spillman, Ph.D. and Pam Sigler, M.S., edited and incorporated into the curricula set by Janet Mullins, Ph.D., R.D., L.D. to include leader's guides, recipes, activities, participant monitoring forms, and program evaluation and reporting tools. Each publication was issued 2008 and revised 2010.

- Extending Your Wardrobe Investment -
<http://www.ca.uky.edu/agc/pubs/fcs2/fcs2843/fcs2843.PDF>
- Color Is Key - <http://www.ca.uky.edu/agc/pubs/fcs2/fcs2844/fcs2844.pdf>
- Finding the Right Bra - <http://www.ca.uky.edu/agc/pubs/fcs2/fcs2845/fcs2845.pdf>
- How Do You See Your Body? -
<http://www.ca.uky.edu/agc/pubs/fcs2/fcs2846/fcs2846.pdf>
- Face Shape and Hair Care - <http://www.ca.uky.edu/agc/pubs/fcs2/fcs2847/fcs2847.pdf>
- Shed 5 Pounds with Wardrobe Basics -
<http://www.ca.uky.edu/agc/pubs/fcs2/fcs2848/fcs2848.pdf>
- Selecting Active Wear - <http://www.ca.uky.edu/agc/pubs/fcs2/fcs2849/fcs2849.pdf>

Other Extension Publications:

Mason, D. and Mullins, J. *Vegetarian 101: History, Help, and Tips*. FN-AP.041,
<http://www2.ca.uky.edu/hes/fcs/factshts/FN-AP-041.pdf>, 2017.

Mullins, J., Adams, I., Buchanan, N., and Cockerham, B. *Seafood ~ Reeling in the Benefits*,
Leader's guide, presentation, recipes, and program evaluation resources. FCS3-590,
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3590/FCS3590.pdf>, 2015.

Bastin, S., Mullins, J., Workman, L., and White, L. *The Gluten-Free Choice: Is it for me?*
Leader's guide, presentation, recipes, and program evaluation resources.,
<http://www.ca.uky.edu/agc/pubs/FCS3/FCS3564/FCS3564.pdf>, FCS 3-564 (5 pages), 2013.

Bastin, S. and Tietyen, J. *Milk Matters – 206 Reasons to Bone Up on Calcium*. FN-SSB-128, Significant Revisions (2008 Dietary Guidelines update), 2009.

Carlin, W., Donica, B., Greenwell, V., Hayek, K., Miller, M., Tietyen, J. *Growing Healthy Kids in Kentucky, Creating Communities to Reduce Childhood Overweight 2001-2004*, 3000 copies printed, November 2004. (supported by Kentucky Department of Education)

Tietyen, J.L. and Mason, K. *Growing Healthy Kids in Kentucky, Creating Communities to Reduce Childhood Overweight*. FCS3-533, 2002.

- Tietyen, J.T., *The Clover Cat Way to Wellness*, 2002:
 - Teaching Guide, 41B-01LO, <http://www2.ca.uky.edu/agc/pubs/4ib/4ib01lo/4ib01lo.pdf>
 - Introductory (5th Grade) <http://www2.ca.uky.edu/agc/pubs/4ib/4ib01po/4ib01po.pdf>
 - Intermediate (Middle School), 41B-02PO, <http://www2.ca.uky.edu/agc/pubs/4ib/4ib02po/4ib02po.pdf>
 - Advanced (High School) <http://www2.ca.uky.edu/agc/pubs/4ib/4ib03po/4ib03po.pdf>

- *The Wildcat Way to Wellness*, <http://www2.ca.uky.edu/hes/fcs/wildcat/pubs.htm>:
 - Tietyen, J. and Hughes, N. *Dash to Better Health*. FCS3-532, 2002.
 - Tietyen, J. and Fillman, D. *Control Your Diabetes for Life*. FCS3-529, 2001.
 - Tietyen, J. and Wyatt, C. *Walk Across Kentucky*. FCS3- 531, 2000.
 - Tietyen, J.L. and Dowell, L. *CATskills for Healthy Holidays*. FN-JLT.149, 2000.
 - Tietyen, J.L. *Kentucky Farms and Foods*. FCS3-528, 2000.
 - Tietyen, J.L. *Kentucky Food Heritage*. FCS3-527, 2000.
 - Tietyen, J.L. *Build Your Strength*. FCS3-526, 2000.

- *The Wildcat Way to Wellness*, edited by Janet Tietyen (2000):
 - Heaton, L. *Looking Great, Feeling Good*. <http://www2.ca.uky.edu/agc/pubs/fcs2/fcs2841/fcs2841.pdf>
 - Henken, K.D. *Water is the Liquid of Life*. <http://www2.ca.uky.edu/agc/pubs/fcs3/fcs3530/FCS3530.PDF>
 - Bastin, S. *Getting More from Dietary Supplements*. <http://www2.ca.uky.edu/agc/pubs/fcs7/fcs7177/fcs7177.pdf>
 - Quick, S. and Hesseldenz, P. *Writing for Insight and Well-Being*. <http://www2.ca.uky.edu/agc/pubs/fcs7/fcs7177/fcs7177.pdf>
 - Quick, S., Clore, D., and Hesseldenz, P. *Nourishing Our Bodies and Souls with Circles of Wisdom and Love*. <http://www2.ca.uky.edu/agc/pubs/fcs7/fcs7176/fcs7176.pdf>
 - Quick, S. and Flashman, R. *Choosing the Simply Beautiful Life*. <http://www2.ca.uky.edu/agc/pubs/fcs7/fcs7178/fcs7178.pdf>

- King, B., Tietzen, J, and Vickner, S. *Food and Agriculture: Consumer Trends and Opportunities*:
 - *An Overview*. IP-58A, 2000.
 - *Building a Base*. IP-58B, 2000.
 - *Vegetables*. IP-58C, 2000.
 - *Fruits*. IP-58D, 2000.
 - *Dairy*. IP-58E, 2000.
 - *Protein Foods*. IP-58F, 2000.
 - *Fats, Oils, and Sweets*. IP-58G, 2000.

- Tietzen, J. *Nutrition 2000*:
 - *Dietary Guidelines for the New Millennium*. FN-JLT.153, 2001.
 - *Feeling Good About Food*. FN-JLT.147, 2000.
 - *Foods for the 21st Century*. FN-JLT.141, 1999.
 - *Foods for Successful Aging*. FN-JLT.140, 1999.
 - *Nutrition 2000 for Men*. FN-JLT.139, 1999.
 - *Nutrition 2000 for Women*. UK-CES FN-JLT.138, 1999.

- Tietzen, J. *Kentucky Kitchens*:
 - *Holiday Help for the Hungry: Food Security in Your Community*. FN-JLT.143, 2000
 - *Tea Time ~ The Health Benefits of Tea*. FN-JLT.148, 2000.
 - *Sharing Your Skills*. A Kentucky Extension Homemakers Association Food and Nutrition mentoring project. FN-JLT.133, 1999.
 - *Kentucky Kitchen Kits*. A Kentucky Extension Homemakers Association Community Service project. FN-JLT.134, 1999.

- Extension Program Planning, Evaluation and Reporting Resources:
 - Tietzen, J. and Rennekamp, R. *Food and Nutrition Impact (FANI): A Guide to Program Planning, Evaluation , and Reporting*. FN-JLT.121, revised 2000.
 - Tietzen, J. *Evaluating Extension Food and Nutrition Programs*. FN-JLT.122, 1998.
 - Tietzen, J. and Rennekamp, R. *A Guide to Food and Nutrition Programs: Planning, Evaluation, and Reporting*. FN-JLT.121, 1998.
 - Tietzen, J., Bastin, S. and Forester, D. *The Value of Extension Food and Nutrition Programs*. FN-JLT.120, 1998.

EXTENSION IN-SERVICE TRAINING PROGRAMS (Selected):

2017 **Vegetarian 101, Weight ~ The Reality Series, and Sustainable Eating**
 Presented with Diane Mason, Denise Wooley, Jody Paver, and Jennifer Bridge

- 2016 **Lessons Learned from the CDC Obesity Prevention Grant**
Presented with Nicole Peritore
- 2015 **Cook Together, Eat Together – A Social Marketing Campaign for SNAP Families**
Presented with Anita Courtney, Becky Freeman, and Jackie Walters
- 2015 **GMOs – What do we know?**
Presented with Paul Vincelli
- 2014 **The New Nutrition Fact Panel: Coming in 2016**
Weight ~ The Reality Series Overview and Update
Families, Consumers, and Food Systems: Farms Feeding Kentucky*
*Presenting with FCS Agents Jennifer Howard, Kenna Knight, Mindy McCully
- 2014 **Strengthening Community Food Systems**
Lee Meyer, Marion Simon, and Janet Mullins
- 2013 **Community Food Assessments**
Janet Mullins, Heather Hyden and Alexa Johnson (Community Farm Alliance)
- 2013 **A Fresh Take on Program Evaluation**
Janet Mullins and Jackie Walters
- 2012 **Weight ~ The Reality Series, Becoming Body Wise**
Kim Spillman, Debra Cotterill, Pam Sigler, and Janet Mullins
All-School Conference, School of Human Environmental Sciences
- 2012 **Bees, Honey, and Biscuits**
Janet Mullins and Ann Hollon
Program for Kentucky third graders, pilot test conducted in Wolfe County
Supported by Kentucky Department of Agriculture, USDA Specialty Crops Grant
- 2012 **Building Evaluation Capacity Among FCS County Extension Agents (All Agents)**
Laura Stephenson, Ken Jones, Pam Sigler, and Janet Mullins
Family and Consumer Sciences Extension, Training for all Extension Districts
Plan of Work Template, Logic Models, Evaluation and Reporting Grid
- 2010 **Farm to School Webinar** (150 participating)
Farm to School Team Training (12 Teams Attending)
Janet Mullins with Elaine Russell, Kentucky Department for Public Health & Tina Garland, Kentucky Department of Agriculture
- 2008 **Weight ~ The Reality Series, Becoming Weight Wise, Significant Revisions**
Janet Tietyen and Pam Sigler

- 2007 **Food, Society, and a Healthy Weight**
Janet Tietyen and Janet Kurzynske
- 2005 **Weight ~ The Reality Series, Becoming Weight Wise**, Introduction
Janet Tietyen and Zaida Belendez
- 2004 **May Food & Nutrition Workshop**
Janet Tietyen, Sandra Bastin, and Janet Kurzynske
- 2002-2012 Chairman, Growing Healthy Kids in Kentucky Conference

EXTERNAL GRANTS AND CONTRACTS:

International:

- Mullins, J., Reed, M., Williams, M., Sulemana, N., Tackie-Ofosu, V., and Osei-Kwertang, M. *Feeding the Future in Rural Ghana: Opportunities for Women Smallholders, Legumes and Maize for School Feeding Programs*, USDA Foreign Agriculture Service, 2015-2017, **\$40,000**. (5% DOE)

National:

- Sandberg, T., Mullins, J., and Gustafson, A. Farms to Food Banks Capacity-Building Project, Kentucky Association of Food Banks, USDA AFRI, **\$800,000**, 2017-2021 (5% DOE).
- Swanson, M., Schoenberg, N., Bryant, C., Brancato, C., Grossardt, T., Ison, V., Mays, G., and **Mullins, J.** NIH U01, Appalachians Together Restoring the Eating Environment (Appal-TREE), **\$509,142**, 2016-2021 (4-6% DOE).
- Gustafson, A, Vail, A, Bush, B, **Mullins, J.** *Smart Shopping – Adolescent Intervention to Improve Food Shopping Practices*, USDA AFRI, **\$746,827**, 2016-2018 (8% DOE).
- Vail, A. (PI), **Mullins, J.**, Kurzynske, J., Bastin, S., Brewer, D., Cardarelli, K., Carmen, A., Davis, A., Gustafson, A., McGladrey, M., Peritore, N., Smith, C.K., Stephenson, T., Webber, K. *Collaborative Environmental Approaches to Reduce Obesity Disparities in Kentucky*. Centers for Disease Control and Prevention, **\$2.6 million**, 2014-2018 (10% DOE).
- Vail, A. (PI), Kurzynske, J., Brewer, D., **Mullins, J.**, *University of Kentucky proposal for National Coordination Center, Regional Nutrition Education Centers of Excellence*. USDA 2014-2017, **\$175,000**. (4.5% DOE)
- Vail, A. (Principal Investigator) and **Mullins, J.** (Co-Investigator). *University of Kentucky Supplemental Nutrition Assistance Program Education*. USDA Food and Nutrition Service through Kentucky Cabinet for Health and Family Services, 2014-2016, **\$10,576,639**. (15% DOE)
- Vail, A. (PI), Cotterill, D. (Administrator), Walters, J. (Nutrition Education Programs), and **Mullins, J. (Co-PI)** A social marketing campaign to increase preparation of home-cooked family meals among Kentucky SNAP-Ed audiences, USDA Food and Nutrition Service, Supplemental Nutrition Assistance Program Education, 2012-2014, **\$619,037**. (15% DOE)

- Swanson M. (PI), Schoenberg N., **Mullins J.**, Davis A, Gustafson A. National Institutes of Health R24 Community Based Participatory Research Planning Grant. Appalachians Together Restoring the Eating Environment (Appal-TREE) 2013-2015, **\$750,000**. (4-10% DOE).
- Stephenson, L., Bruckner, E., Walters, J., Swanson, M., and **Mullins, J. (Co-PI)** *'Literacy, Eating, and Activity for Primary' Direct Education Intervention in Rural Appalachia*, USDA Food & Nutrition Service, Office of Research & Analysis, 2010, **\$100,000**. (5% DOE)
- Kurzynske, J., Rennekamp, R., Stivers, W., **Tietyen, J.L.**, Broadwater, G. *Building Family-Based Assets for Health and Wellness in Kentucky*. USDA-CSREES New Communities Program, 2001-2005, **\$750,000**.
- Kurzynske, J. (PI), Bessin, R., Durborow, B., Mikel, B., Newman, M., Nokes, S., **Tietyen, J.**, and Woods, T. (Multi-Disciplinary Team) *Statewide Food Safety Campaign from Farm to Table*. USDA-CSREES, EFSQ-POW, 1999-2000, **\$30,000**.

State:

- Stephenson, L. (PI), Johnson, J., Stephenson, T., Brandl, S., and **Mullins, J. (Co-PI)** *Specialty Crop Recipe Development with Nutrient Analysis*, Kentucky Department of Agriculture, 2010-2014, **\$244,858**. (.05-1.12% DOE)
- **Mullins, J. (Project Director)**, *Kentucky Chefs Move to Schools*, Chef-hosted event featuring Kentucky Proud products for 10th Annual *Growing Healthy Kids in Kentucky*, Kentucky Department of Agriculture, **\$5,000**. (Contract)
- **Mullins, J.T. (Project Director)**, *Survey of Kentucky Food Consumers' Knowledge and Attitudes on Calories in Quick Serve Menu Items*, Foundation for a Healthy Kentucky, 2010, **\$5,000**.
- **Tietyen, J. (Project Director)**, *Food, Activity, and Wellness Survey of Kentucky Schools*, Foundation for a Healthy Kentucky, 2006 – 2007, **\$5,000**. (Student Funding)
- **Tietyen, J. (Project Director)** *Growing Healthy Kids in Kentucky, Healthy Weight Consensus Document*, Kentucky Health Services Cabinet, 2004, **\$10,000**. (Contract)

INTERNAL FUNDING:

- **Mullins, J.T.** *College of Agriculture Research Activity Award*, graduate student travel to Adjeikrom, Ghana for evaluation of school feeding program at The Kentucky Academy Kindergarten, 2012, **\$3,000**.
- **Mullins, J.T.** *HES Research Activity Award*, graduate student travel to Adjeikrom, Ghana for initiation of school feeding program at The Kentucky Academy Kindergarten, 2011, **\$2,700**.
- Barnhart Fund for Excellence, UK College of Agriculture, 2003-2004:
 - New Kentucky Foods video, **\$1,000**
 - Betting Against Diabetes, **\$1,200**
- **Tietyen, J. (Faculty Mentor)** *Growing Healthy Kids in Kentucky*. Kentucky Public Health Leadership Institute, Changemaster Project, 2002-2003, **\$3,500**. (5% DOE)
- Tomlinson, K.K. (Undergraduate Student) and **Tietyen, J.L. (Faculty Mentor)** *Exploring the relationship between poverty and overweight in Kentucky adults*, University of Kentucky Undergraduate Research & Creativity Scholarship, 1999, **\$2,500**. (Competitive Internal Funding, 1 of 10 awarded on campus)

INSTRUCTION AND ADVISING:

- HES 300-710 *Food, Families & Women in Ghana, West Africa, Summer I, 2015 and 2017* (with Drs. Kim Spillman and Kwaku Addo – Prairie View A&M, Texas)

- **DHN 603 *Advanced Community Program Development*, Fall 2005, 2006, 2008, 2011, 2012, 2014, 2016**

This course focuses on concepts and theories of program development, use of planned goals and objectives such as Healthy Communities goals and objectives, use of data from national monitoring, survey and surveillance programs, CDC and community assessment to guide decision making for program development. Program planning, social marketing, and formative, process, and outcomes evaluation are examined and applied to community program development. We learn much from each other. Every student is encouraged to be an engaged participant. The course employs a variety of teaching strategies; we use experience, active learning, and reflection to enhance the learning process.

- **DHN 605 *Food Systems and Society*, Fall 2015**

This course follows food from farm to table, including growing, harvesting, processing, packaging, transporting, marketing, consumption, and disposal. Policy and culture determine who eats what and who benefits and loses in any given food system. As a result food systems vary considerably across the world with each evolving to affect overall health. The course will assess sustainability of food systems and explore the ethical, economical, socio-ecological, and environmental factors that affect local, regional, national, and global food system development. Content includes case study evaluations and current research in the field.

- *Globalizing Agriculture Education, College of Agriculture Initiative, 2010-2013*

Development of teaching modules on World Hunger and Food Justice in collaboration with Keiko Tanaka, Mike Reed, Krista Jacobson, Mark Williams, Alison Davis, Michael Goodin, and Carol Hanley. Created and populated a Blackboard shell for use by high school and undergraduate instructors. Provided an in-service training for Kentucky high school teachers.

- *DSP 110 Discovery Seminar: Food, Society, and a Healthy Weight, Fall 2006*

(with Dr. Janet Kurzynske) Course topics range from hunger to obesity with particular attention to political, social, and environmental influences on body weight. Teaching methods include active learning, structured deliberations, and service learning.

- *DHN 808 Community Nutrition Practicum, Spring 1998-2014*

Preceptor for Dietetics Community Rotation Student, 6-7 week rotation of 1 student annually

- Graduate Student Thesis Advising:

- Brooke Butterworth, 2015, advisor (Nutrition and Food Systems)
- Mollie Dawahare, 2015, advisor (Dietetics Administration)
- Jean Najor, 2014, advisor (Dietetics Administration)

Thesis: *Promoting Healthy, Home-Cooked Family Meals: Formative Research*

- *for a Social Marketing Campaign Targeting SNAP-Ed Audiences.*
 - Monica Fowler, M.S., 2012, advisor (Dietetics Administration)
Thesis: *Local Stakeholder Perceptions of a New School Feeding Program in Adjeikrom, Ghana.*
 - Kate Perkins, M.S., 2012, advisor (Dietetics Administration)
Thesis: *Nutrition Knowledge of Consumers and Health Professionals and Usage of Menu Calorie Labeling.*
 - Yolanda Jackson, M.S., 2012, advisor (Dietetics Administration)
Thesis: *Cross-Cultural Comparison of Perceptions about School Feeding Programs from Ghanaian and U.S. Adults.*
 - Maggie Murphy, M.S., 2009, advisor (Dietetics Administration)
Thesis: *Efficacy and Federal Compliance of Kentucky School Wellness Policies.*
- Graduate Committee Service:
 - Liz Combs, 2014, Doctoral Committee (Ed.D. Health Promotion)
 - Camenisch, Amy, M.S., 2013 (Dietetics Administration)
 - Laura Walters, M.S., 2009 (Dietetics Administration)
 - Melissa Zack, Ph.D., 2007 (Nutritional Sciences)
 - Jeanette Valdez, M.S., 2006, co-advisor (Dietetics Administration)
 - Laryessa England, M.S., 2006, co-advisor (Dietetics Administration)
 - Marlene Whitis, M.S., 2005, co-advisor (Dietetics Administration)
 - Owen Johnson, Dr.P.H., 2005, co-advisor (Public Health)

INVITED PRESENTATIONS:

- Mullins, J., *Kentucky Hunger Dialogue*, UK College of Agriculture, Food, and Environment, 2016.
- Mullins, J. *Family Impact Seminar*, UK School of Human Environmental Sciences for Kentucky Legislators and Staff, 2015.
- Mullins, J. *Universities Fighting World Hunger – Ghana*, Columbus State University, Columbus, Georgia, 2014.
- Howell, M., Hyden, H., and Mullins, J. *Building Community Around Food*, Kentucky Public Health Association, 2014.
- Mullins, J.T. and Walters, J.R. *Introduction to Social Marketing to Promote Healthy Eating*, February Continuing Education Seminar, Bluegrass Academy of Nutrition and Dietetics, 2014.
- Mullins, J.T. *Trends in Fruit and Vegetable Consumption*, Kentucky Fruit and Vegetable Conference, 2013.
- Mullins, J. *Rural Food Deserts*, Kentucky Legislature, Interim Joint Committee on Agriculture, Legislative Research Commission, 2012.
- Mullins, J., Addo, K, and Vail, A. *Global Hunger and Health*, UK College of Medicine Inaugural Global Health Seminar, 2012.
- Mullins, J. *Kentucky Food Deserts*, First Friday, UK Sustainable Agriculture and Food Systems Working Group, 2011.

- Cox, T., Jackson, Y., Fowler, M. (Undergraduate and Graduate Students), and Mullins, J. HES Research Luncheon Presentation, *The Kentucky Academy School Feeding Program*, 2011.
- Mullins J, Fowler M, Jackson Y. *Universities Fighting World Hunger*, Kentucky Academy of Nutrition and Dietetics Annual Meeting, 2011.
- Mullins, J.T. *Access to Healthy Food in Kentucky*, Kentucky Legislative Task Force on Childhood Obesity, Expert Testimony, August 16, 2011.
- Mullins, J.T. and Fowler, M.E. *Universities Fighting World Hunger, Models for Success*, Fifth Annual Hunger Summit, Auburn University, 2010.
- Mullins, J.T., Thomas, M.B., and Wuchner, A. *Passion for policy*, Kentucky Dietetic Association, Bowling Green, Kentucky, 2010.
- Kingsland, L., Tietyen, J, Remley, D., *Body size diversity and health*, Tri-State Diversity Conference, Covington, Kentucky, 2009.
- Tietyen, J. Wellness Resources. Foundation for a Healthy Kentucky, Coordinated School Health Institute, Bowling Green, KY, July 2006.
- Tietyen, J. A healthy weight and cardiovascular health. Area Health Education Center, Cardiovascular Medical Continuing Education Conference, London, KY, February 2005.
- Tietyen, J. Community programs to promote a healthy weight. University of Louisville, Health Sciences Center Research Office, Louisville, KY, March 2005.
- Tietyen, J. *Healthy You – Healthy Kids*, Kentucky School Food Service Association, Owensboro, KY, June 2005.
- Tietyen, J. and Scorsone, E. Economic burden of obesity in the rural South. Southern Rural Development Center, ERS Food Assistance Grantees, Nashville, Tennessee, June 2004.
- Tietyen, J. *The Wildcat Way to Wellness ~ Control Your Diabetes for Life*, National Volunteer Organization Network, on behalf of Kentucky Extension Homemakers Association, Springfield, Illinois, 2002.
- Tietyen, J. Expert Testimony, Kentucky State Legislature, House of Representatives, HB 553: Child Nutrition Bill, Frankfort, Kentucky, 2002.

JURIED PRESENTATIONS:

- Barale, K., Baker, S., Auld, G., Franck, K., Keenan, D., Mullins, J., and Wardlaw, M.K. EFNEP Evaluation – Learning from the Past, Moving to the Future, Society for Nutrition Education and Behavior, 2017. (oral presentation)
- Vail, A, Kurzynske, J, Brewer, D, and Mullins, J. Connecting the Pieces: Regional Nutrition Education Centers of Excellence, National Expanded Food and Nutrition Education Program Conference, March 2016. (poster)
- Mullins, J , Vail, A, Kurzynske, J, and Brewer, D. Regional Nutrition Education Centers of Excellence, Association of SNAP-Ed Nutrition Networks and Other Implementing Agencies, February 2016. (oral presentation)
- Vail, A, Kurzynske, J, Brewer, D, and Mullins, J. Regional Nutrition Education Centers of Excellence, USDA Interagency Partner Briefing, December 2015. (oral presentation)
- Vail, A, Kurzynske, J, Brewer, D, and Mullins, J. Regional Nutrition Education Centers of Excellence, American Association of SNAP Directors Annual Conference, November 2015. (oral presentation)

- Brewer, D, Kurzynske, J, Mullins, J, Ammerman, A, Baker, S, Dollahite, J, Savaiano, D, and Vail, A. Improving Health through USDA's EFNEP and SNAP-Ed: Regional Nutrition Education and Obesity Prevention Centers of Excellence (RNECE). Foods and Nutrition Conference and Exposition, Academy of Nutrition and Dietetics, October 2015. (poster)
- Cotterill, D., Walters, J., Freeman, R., Najor, J., and Mullins, J. A social marketing campaign to promote healthy cooking. National Extension Association of Family and Consumer Sciences, 2014. (oral presentation)
- Mullins, J., Franck, K., Chapman-Novakofski, K., Wong, S.S., Townsend, M., Serrano, E., and Clary Loveless, J. A new era for national Extension impact indicators. Galaxy Extension Conference, 2013. (poster)
- Stephenson, L, Parrett, D., and Mullins, J. Bridging the gap between implementation and accountability: Perspectives from an administrator, agent, and specialist. Galaxy Extension Conference, 2013. (poster)
- Mullins, J.T., Stephenson, T, and Cox, T. Engaging dietetic and human nutrition students in fighting hunger. Food and Nutrition Conference and Exhibition, American Academy of Nutrition and Dietetics, 2011. (poster)
- Murphy, M., Webber, K., and Mullins, J. Do wellness policies create a healthier school environment? A Kentucky policy analysis. Food and Nutrition Conference and Exhibition, American Academy of Nutrition and Dietetics, 2010. (poster)
- Tietzen, J. and Gnatuk, C. Healthy Weight: A Human Sciences Approach, University of Kentucky Healthy Weight Task Force. National Extension Family Life Specialists Conference, July 2007.
- Tietzen, J. Translating diabetes and weight control research into community based interventions. University of Kentucky, College of Medicine, Clinical and Translational Science Spring Conference, June 2006. (poster)
- Tietzen, J. Weight ~ The Reality Series. Social Marketing in Public Health Conference, University of South Florida, June 2006. (poster)
- King, B.S. and Tietzen, J. Spreading the word about where to find local foods. Campus-Community Partnerships for Sustainability, Berea College, April 2006. (poster)
- Tietzen, J., Coleman, H., Newman, M, and Kurzynske, J. Communicating food safety information to target audiences. Society for Nutrition Education, 2001. (poster)
- Kurzynske, J., Coleman, H., Newman, M., and Tietzen, J. Consumer acceptance of format and logos for printed food safety information. Society for Nutrition Education, 2001. (poster)
- Tietzen, J.L. and Bessin, R.T. Assessing and meeting the biotechnology education needs of food consumers. Engaged Institutions' Role in Biotechnology Education, Iowa State University, 2000. (workshop)
- Tietzen, J.L., McGough, S., and Kurzynske, J.S. Consumer perceptions of food-related health risks. Society for Nutrition Education, Oral Paper Presentation, 2000.
- Kurzynske, J.S., McGough, S., and Tietzen, J.L. Trends in attitudes and perceptions about food safety in Kentucky. Society for Nutrition Education, 2000. (poster)
- Bastin, S.S., King, B.S., and Tietzen, J.L. Commonwealth Food Connections: Strengthening Kentucky's local food systems. Society for Nutrition Education, 2000. (poster)
- Tietzen, J. and Lee, M. An alternative approach to accountability. American Dietetic

Association, 1999. (poster)

- Tietyen, J., Forester, D., and Bastin, S. A guide to planning, evaluation, and reporting of Kentucky Extension food and nutrition programs. Society for Nutrition Education, Oral Paper Presentation, 1999.
- Wheeler, C., Kingsland, E., and Tietyen, J. Partners in Hope: Families fighting breast cancer. National Extension Association of Family and Consumer Sciences, Oral Program Presentation, 1999.

PEER-REVIEWED JOURNAL PUBLICATIONS:

- Kurzynske, J.S., McGladrey, M., **Mullins, J.T.**, Peritore, N. and Vail, A. Using a Socio-Ecological Framework for Community-Based Obesity Disparity Reduction Strategies, Athens: ATINER'S Conference Paper Series, No: SOC2016-1927, 2016.
- **Mullins, J.**, Franck, K., Chapman-Novakofski, K., Wong, S.S., Townsend, M., Serrano, E., Lindsey, A., and Olson, B. National Extension outcomes and indicators for food, nutrition, and health programs. *Journal of Extension*, August 2015.
- **Mullins, J.T.**, Sigler, P., and Spillman, K. An effective weight management curriculum for adults delivered by Extension educators. *Journal of Extension*, 52(1):TOT6, 2014.
- Gustafson, A., Lewis, S., Perkins, S., Damewood, M., Buckner, E., Vail, A., **Mullins, J.**, and Jillcott-Pitts, S.B. Association between the retail food environment, neighborhood deprivation, and county-level dietary outcomes among Supplemental Nutrition Assistance Program-Education (SNAP-Ed) recipients in Kentucky 2010-2011. *Journal of Hunger & Environmental Nutrition* 8:362-377, 2013.
- Roseman, M, Kurzynske, J, and **Tietyen, J.** Consumer confidence regarding the safety of the U.S. food supply. *International Journal of Hospitality and Tourism Administration*, 6(4): 71-90, 2006.
- **Tietyen, J.**, Prewitt, G., Pruitt, G., and Pollack, L. Developing a marketing plan for public health. *Leadership in Public Health* 7(1), pp. 57-62, 2005.
- **Tietyen, J.** and Forsythe, H. U.S. Food Consumers: Growing Concerns about Weight and Health. *Proceedings of the 57th American Meat Science Association*, pp. 31- 34, 2004.
- Henry, S.L., Courtney, A., **Tietyen, J.**, Jenkin, T., Sowders, L., Clasey, J. and Boosalis, M.G. Prevalence of childhood obesity in Kentucky 2003. *Journal of the Kentucky Medical Association*, 102(2): 48-52, 2004.
- **Tietyen, J.** and Lee, M. An alternative approach to accountability. *Journal of the American Dietetic Association*, 99 (9): A-53, 1999. (Abstract)
- **Tietyen, J.** and Fleming, K. Healthy People 2000: Nutrient intake of breakfast vs. non-breakfast eaters. *Journal of the American Dietetic Association*, 95 (9): A-55, 1995. (Abstract)
- **Tietyen, J.**, Nevins, D.J., Shoemaker, C.F., and Schneeman, B.O. Cholesterol response to oat bran hydrolyzed with an endobetabluacanase. *Journal of Food Science*, 60 (3): 558-560, 1995.
- Anderson, J.W., Spencer, D.B., Hamilton, C.C., Smith, S.F., **Tietyen, J.**, Bryant, C.A., and Oeltgen, P. Oat-bran cereal lowers serum total and LDL-cholesterol in hypercholesterolemic men. *American Journal of Clinical Nutrition*, 52: 495-499, 1990.
- Anderson, J.W., Gustafson, N.J., Spencer, D.B., **Tietyen, J.**, and Bryant, C. Serum lipid response of hypercholesterolemic men to single and divided doses of canned beans. *American Journal*

of Clinical Nutrition, 51: 1013-1019, 1990.

- **Tietyen, J.L.** Dietary fiber in foods: Options for diabetes education. *The Diabetes Educator*, 15 (6): 523-528, 1989.
 - Anderson, J.W., Bridges, S.R., **Tietyen, J.L.**, and Gustafson, N.J. Dietary fiber content of a simulated American diet. *American Journal of Clinical Nutrition*, 49 (2): 352- 357, 1989.
 - Anderson, J.W., Zettwoch, N.J., Feldman, T., **Tietyen-Clark, J.**, Oeltgen, P., and Bishop, C.W. Cholesterol-lowering effects of psyllium mucilloid for hypercholesterolemic men. *Archives of Internal Medicine*, 148: 292-296, 1988.
 - Anderson, J.W., Gustafson, N.J., Bryant, C.A., and **Tietyen-Clark, J.** Dietary fiber and diabetes: A comprehensive review and practical application. *Journal of the American Dietetic Association*, 87: 1189-1197, 1987.
 - **Tietyen, J.** Diet, cardiovascular disease, and diabetes. *The Diabetes Educator*, 13 (4): 415-416, 1987.
 - Anderson, J.W. and **Tietyen, J.L.** Dietary fiber: Hyperlipidemia, hypertension, and coronary heart disease. *American Journal of Gastroenterology*, 81 (10): 907-919, 1986.
 - Floch, M.H., Maryniuk, M.D., Bryant, C., Franz, M.J., **Tietyen, J.**, Marotta, R.B., Wolever, T., O'Sullivan Mallet, J., and Jenkins, A. Practical aspects of implementing increased dietary fiber intake. *American Journal of Gastroenterology*, 81 (10): 936-939, 1986. (Reprinted: *Nutrition Today*, 6: 27-30, 1986.)
 - **Tietyen, J.L.** and Anderson, J.W. High-fiber, hypocaloric diets vs. very-low-calorie diets for obese diabetic subjects. *Diabetes*, 35 (Supp 1): 217A, 1986. (Abstract)
 - **Tietyen, J.L.**, Jones, S.E., and Leichter, S.B. Flexible diets for diabetes care. *The Diabetes Educator*, 11 (2): 49-62, 1985.
- BOOK CHAPTERS:
- Schneeman, B.O. and **Tietyen, J.L.** Dietary fiber. In: *Modern Nutrition in Health and Disease*, Shils, M.E., Olsen, J.A., and Shike, J. (Eds.) Eighth Edition, Volume I. Philadelphia: Lee and Febiger, pp.89-100, 1994.
 - **Tietyen, J.L.** and Klopfenstein, C.F. Soluble, insoluble, and total dietary fibers. In: *Analyzing Food for Nutrition Labeling and Hazardous Contaminants*. Ikins, W.G. and Jeon, I.J. (Eds.) New York: Marcel Dekker, pp. 109-136, 1994.