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FASHION COMMUNICATIONS AMONG BABY BOOMERS IN SOCIAL NETWORKING SITES

Hira Cho, Associate Professor & Dana Gossman, Adjunct Faculty
California State University, Northridge & The Art Institute of California

ABSTRACT

Social networking sites (SNSs) such as Facebook, Twitter, and Instagram have become a part of many individuals’ lives today. The main interest of this study was to understand the motivations and behaviors of fashion communication through SNSs among baby boomers. Recent statistics identified a substantial number of baby boomers, born in between 1946 and 1964, engaged in SNSs (Ahmad, 2017); however, little studies focused their usage of the media for fashion communication. Previous studies suggested individuals’ SNS engagement is evolving from passive participation to more active participation which is depicted by three distinctive areas, consumption, participation, and production (Shao, 2009). These three levels of fashion communication were concerned in an online survey. A professional marketing company assisted in the distribution of the surveys through email to their registered panels. The participants were offered compensation in the amount of $2.00 upon completion of the survey. The survey questions were developed based on the previous studies to measure the variables of two types of fashion communication (content production and consumption), attitude, and behavioral intention. Additional, the general usage of SNSs and demographic information were questioned. The used data was the sample of 242 male and females. Descriptive statistics, regression, and t-test were applied to analyze the data. The results indicated baby boomers may utilize SNSs actively for their fashion communications and those activities may influence the intention and purchase of fashion products.

References

TEXTILES FROM ANCIENT TRADE ROUTES TO QUILT MARKET 2017: TERMS AND TRENDS

LynDee Larson Lombardo, MA, University of Nebraska in Textile History & Quilt Studies

ABSTRACT

In the world of textiles, fibers and fabric constructions trend, flowing in and out of use with the fashion and fads of the day. By periodically refreshing our general knowledge of textile history, we are reminded of the origin stories contained in the warp and weft of every textile.

Can you name and locate the cities claiming the first production of denim or damask? United States citizens are frequently accused of lacking a basic knowledge of world geography. Personal review of a textile’s historical and geographical background followed by inclusion of that information into your work or instruction can add important connections between world geography and the industries and technologies that developed during the first and recurring uses of a textile. Wise use of textile history can add a needed depth and breadth to our understanding of how goods and people continue to move from region to region and across continents.

This presentation offers a brief textile history review of the origins of six commonly used fabrics followed by how these fabrics were showcased and used in quilts, garments, and accessories displayed and promoted at the International Quilt Market in St. Louis, Missouri, in May 2017. Lose yourself in the fabulous world of fabric – past and present – and find new relevance for integrating the history of textiles into your instruction and writing.

References

ENTERTAINMENT AND SOCIAL MEDIA EXPOSURE: IN THIS GENDER BLURRING ERA DOES GENDER MATTER WHEN IT COMES TO MILLENNIALS’ BODY IMAGE AND SOCIAL COMPARISON?

Ivana Markova and Cristina Azocar
San Francisco State University

ABSTRACT

Social media and entertainment media make up a large part of the overall media landscape in the United States (Statista, 2017; Wallace, 2015). Combined, their influence has been well researched within influences, uses and cultivation (Gerbner, 1969; Potter & Riddle, 2007), and social comparison theories (Festinger, 1954). Fashion magazines have been recognized as an important source of unrealistic body types and body ideals (Harper & Tiggemann, 2008). The purpose of this study was to examine differences in millennials’ social comparison and body image when exposed to entertainment media (fashion magazines) and social media. Sample pool consisted of 1,391 participants with the majority between 20 and 23 years of age. Results indicated that young females were significantly more dissatisfied with their bodies than their male counterparts. The findings of this study fully aligned with the cultivation theory as exposure to both social and entertainment media had an effect on body dissatisfaction in females.

Additional gender differences indicated that if more females’ diverse body types (vs. males) were represented in the media they would be more likely to purchase fashion items.

References


CREATION OF LABELS TO INFORM CONSUMERS REGARDING ENVIRONMENTAL FACTS CONCERNING THEIR APPAREL

Leticia Miranda
San Francisco State University

ABSTRACT

“Going Green” is a term and slogan that has surrounded us heavily over the last decade or so by companies and advertisement departments of all industries to try to convince consumers they are “socially responsible” with their products and their manufacturing practices, while making strides towards taking environmental responsibility. This has appeared to be a fad heavily pursued within the fashion industry in order to stay competitive with consumers whom are demanding more social and environmental responsibility from these corporate giants. Although, overall consumers are starting to demand better quality sustainable apparel produced responsibly, many consumers still lack awareness regarding sustainable fashion which is due to lack of education and knowledge (Morgan & Birtwistle, 2009).

By potentially developing and designing labels that would inform relevant environmental facts pertaining to each piece of apparel bought this would enable consumers to have the knowledge regarding their newly purchased apparel and how to dispose of it responsibly. The labels would also possess information regarding the fiber content of the apparel and its environmental impact from the manufacturing stages to the home wash and dry care impact. Similarly, to how the Food and Drug Administration requires by law for public restaurant’s to display calorie and other nutrition content and percentages to the public so they are aware of what they are consuming; apparel companies would also be required to have label to essentially inform consumers what they are ‘consuming’ too with their purchases. The motion is to have information accessible to consumers physically present before and after their purchases to enable to make educated, informed decisions regarding how their purchasing choices affects sustainability and providing the consumer with the ultimate purchasing power.

Reference

SENTINELS OF CHANGE

Amy Dorie, Assistant Professor
San Francisco State University

ABSTRACT

Sentinels of Change is an apparel and footwear design inspired by the current global issue of climate change. Melting freshwater ice in the Arctic, Antarctic, and Greenland is known by NASA as a 'sentinel of change' because it is a preliminary indicator of rising sea levels (Tenenbaum & Jackson, n.d.). Rising sea levels, due to increasing climates and melting ice, will drastically impact coastal areas worldwide and will cause many global cities to become uninhabitable within the next century (Mackintosh, 2017). Given the importance of climate change to future generations, this apparel and footwear design is inspired by melting ice in the Arctic, Antarctic, and Greenland to draw attention to the issue of climate change, an issue that the Bulletin of Atomic Scientists called one of two "most pressing existential threats" of our time (Mecklin, 2017, para. 1).

The apparel and footwear were created using a method of patternmaking known as subtraction cutting. In this method, designs are created by removing fabric, rather than stitching together pattern pieces (Roberts, 2013). Subtraction cutting starts with a block of fabric, then, the designer envisions the body moving through the fabric and shapes are removed from the textile to accommodate the movement of the body. This method of subtraction patternmaking was chosen for the apparel and footwear design to reflect the subtraction of ice from the planet and the movement of melted ice through glaciers to the sea.

References


AN INVESTIGATION OF TEXTILE RECYCLING AND TEXTILE WASTE

Connie Ulasewicz, Chair, Family Interiors Nutrition & Apparel Department
Russell Esmus, MA Graduate, Family & Consumer Sciences
Kinsey Anne Thomas, Orisa Fonseca, Apparel Design & Merchandising students
San Francisco State University

ABSTRACT

At the core of this textile waste research investigation, is the Family and Consumer Sciences concept of the human ecosystem, examining individuals and families in relation to their environments (Nickols, Ralston, Anderson, Browne, Schroeder, Thomas, Wild, 2009). The city of San Francisco is part of the Zero Waste Initiative, sending nothing to landfill or incineration by 2020. Textiles are 5% of this waste, 4500 pounds every hour (SF environment, 2017). At the time of this study, January 2017, San Francisco had no regular collection system for pre-sorted, discarded textiles at the consumer or industry level. The city was experimenting with the collection of textiles in the blue recycle bin, along with plastic bottles, cans, glass, canned goods and paper products. The purpose of this investigative project was to find usable textile products that may have been incorrectly discarded into the recycle bin. The process included six hours and seven individuals sorting, counting and documenting what had been previously placed in a one-ton bale at the Recology Recycle Central Location at Pier 96 in San Francisco. The findings revealed nothing was reusable as the clothing, shoes and other items were stuck together with food products or dried liquids. The category count of highest discard was denim pants sized from infant to adult. Implications from this study suggest this method of recycling is not effective for textile products or for those who assume these goods would be recycled.

References


If you can name five African American designers, besides Sean Diddy Combs, Russell Simmons, Daymond John, then you probably figure out that there are not many fashion designers who are African Americans in the fashion industry in the United States. The lack of African American fashion designers in the United States still exists because of racism and discrimination presented silently. Like runway models, black designers have been working much harder to break in the industry (retail, mass media and runway presentations); the industry often ignores them. In the 1970s, there were more high profile African American designers than today. From the 1980s to 2000s, it slowly declined. There were ready-to-wear collections in major department stores made by African Americans in the 1990s and 2000s: FUBU, Sean John, and Baby Phat. Today, there are only a few ready-to-wear and streetwear. The New York Times indicated that in 2015 less than four percent of designers in New York Fashion Week were African American. Today, there are black fashion designers who own their own fashion business and promote more of their work on social media but not much mass media. According to Ellington (2017), 20% of the time, black designers were mentioned with a piece shown, small 30-50 word write-up and image of the designer...64% of the time Black designers were given a ¼ page feature. To conclude, lack of African American fashion designers in the fashion industry is caused by racism and discrimination. The fashion industry doesn’t mention race issues to not feel attacked. Honestly, racism still exists in the fashion industry today.

Reference

LET'S EAT ACTIVELY TOGETHER: A FAMILY FOCUSED PILOT INTERVENTION

Gretchen Lynn George, Ph.D., R.D., Assistant Professor & Jeff Cookston, Ph.D., Professor
San Francisco State University

ABSTRACT

**Background** During separation and divorce, family routines are interrupted (Bakker, Karsten, & Mulder, 2015). Family routines, defined as frequently occurring positive interactions that allow for efficiency in accomplishing tasks, play a key role in the development and maintenance of healthy eating behaviors among children and adolescents (Biehl et al., 2014).

**Purpose** In response to evidence linking separation, divorce, and obesity (Fiese et al., 2015; Mauskopf, O’Leary, Banhashimini, Weiner, & Cookston, 2015) Let’s Eat Actively Together (Let’s EAT), a pilot study intervention (n=3 families; 4 youth, 3 parents), was developed to (a) intervene in family routines common to divorcing families and to (b) reduce the risk for overweight and obesity by focusing on nutritious eating habits and cooking skills within the new family dynamic.

**Methodology** This six-week intervention program consisted of six individual two-hour lessons for parent-child dyads, focused on teaching the parents about divorce risk, interparental conflict, and family routines associated with mealtime. The program also constructed parallels to cooking skills and nutrition-based choices for the dyads. Families were recruited through recent court records. The evaluation included pre- and post- commonly used measures with divorcing families, through an on-line 100 question validated survey. Trained research assistants collected self-reported anthropometric data and Block Food Frequency Questionnaires.

**Findings/Conclusion** Immediate program outcomes targeted motivation to foster family routines and healthy eating habits, knowledge of skills to plan and prepare meals, self-efficacy regarding meal preparation, and improved nutritional knowledge. Both parents and children provided positive and encouraging subjective feedback relating to attendance and material learned during both the parent course and co-cooking activity. Future plans to host this study with a larger sample will provide statistical power to support the hypothesized outcomes.

**References**


THE ASSOCIATION BETWEEN ADDED SUGAR CONSUMPTION AND MAJOR DEPRESSION IN ADULT WOMEN

Adi Fish, Karen Johnson-Carrol Ph.D., Gretchen George Ph.D., R.D.
San Francisco State University

ABSTRACT

The purpose of this study was to examine the association between added sugar consumption and levels of major depression in adult women. The Patient Health Questionnaire-9 depression scale and the Block Fat/Sugar/Fruit/Vegetable Screener were used to collect data, along with knowledge questions about added sugar, and a question regarding nutrition support when seeking mental health treatment. Data was collected from a sample of 74 women ages 18-55 living in the United States through a Facebook link. The main findings of the study were an association between added sugar consumption and levels of depression, $r=.389, p<.05$. Results of the knowledge portion of the survey show that participants did not have a strong understanding of added sugar, as 48.6% received a “low” score. The self reported surveys reveal that 67.5% of participants who sought mental health treatment were not given specific nutrition recommendations. The findings in this specific study provide evidence that of an association between levels of added sugar intake and major depression levels in women.
**TRENDY HEALTH FOOD CONSUMPTION AND BODY MASS INDEX IN UNIVERSITY STUDENTS**

Krista Winchester, RDN  
San Francisco State University

**ABSTRACT**

*Background:* Nutrition research surrounding obesity prevention is often focused on overall dietary patterns and is useful in comparing and contrasting groups. While these studies are helpful for establishing eating patterns based on Body Mass Index (BMI), they are often focused on food intake, not necessarily on the decision-making process driving food choice. Concepts surrounding food and nutrition are easily accessible via the internet, social media, and television, and are not always based on sound nutrition science. Top trending functional food searches on Google from August 2015 through February 2016 were turmeric, apple cider vinegar, jackfruit, Manuka honey, kefir, and coconut milk (Chi et al., 2016). The claims regarding many functional foods, or foods which promote health and can reduce disease risk as defined by Zeratsky (2015), can seem nearly magical according to many websites. Considering obesity trends, and the dependence on Google in seeking out health food information, it would be worthwhile to explore whether any relationship exists between perceptions and regular consumption of trendy health foods and normal BMI.

*Methods:* The study will be a cross-sectional design and will consist of approximately 275 14-question surveys distributed in hard copy during the Spring 2018 semester at San Francisco State University (SFSU). Permission to conduct the surveys will be granted by professors teaching large general education core classes offered in each of the six colleges at SFSU: Business, Education, Ethnic Studies, Health & Social Sciences, Liberal & Creative Arts, and Science & Engineering. Students must be over 18 years of age and agree to the Implied Consent statement in order to participate in the survey. Participation is voluntary and there are no benefits. The 14-question survey contains questions about five foods, how healthy they are, and how often they are consumed in a usual week. There are also questions regarding nutrition knowledge, weight, height, age, class standing, race/ethnicity, gender, and income.

*Results and Conclusions:* Data analysis will likely be Chi square, Pearson's correlation, and possibly ANOVA tests using R Studio version 3.4.3, and SPSS version 24. Data will be analyzed in order to find any statistically significant correlations (p < 0.05) that exist between health perception and regular consumption of five foods and BMI in SFSU students. Analysis will include any relevant data that reveal differences between groups. Any correlations found in this study may help to improve the understanding of health food trends and their relationship with BMI in university students.

**References**


ABSTRACT

Many Americans are food insecure, which means they do not have an adequate and reliable supply of food for healthy, active living. At the same time, it is well-documented that 40% of the edible food in the US is thrown away, with much of it being diverted to landfills as waste.

Project Background and Description

In San Diego County, more than 400,000 children and adults (14% of the population) are food insecure. At the same time, many privately-owned San Diego backyard orchards produce more fruit than owners need, want, or can share with others. A local nonprofit identified the orchards as an untapped source of produce that could be given to those in need.

This poster describes the economic and nutritional value of fruit gleaned from residential orchards in San Diego County by volunteers for a local nonprofit. Volunteers harvested the fruit and delivered it to local food banks for distribution to community organizations such as food pantries and homeless shelters that served the fruit in meals and/or gave it to their clients.

Findings

Preliminary analysis of gleaning data from 2010-2016, indicate volunteers collected over 100,000 pounds of fruit (mostly citrus) with a market value of more than $31,000. Based on production yield factors (PYF) published by the USDA, the harvest yielded almost 50,000 pounds of edible fruit or 29,500 cups of fruit. The recommended amount of fruits in the Healthy U.S.-Style Eating Pattern at the 2,000-calorie level is 2 cup-equivalents per day.
FOOD AND HOUSING SECURITY AMONG COLLEGE STUDENTS: RESULTS FROM TWO SURVEYS

Lynn A Hanna PhD, Associate Professor; Patrick Dorsey BA, Graduate student; Virgil Rambeau BA, Graduate student; Arturo Baiocchi, Assistant Professor; Reva Wittenberg MPA, Associate Director for Campus Wellness; Nadine Braunstein PhD, Assistant Professor California State University, Sacramento

ABSTRACT

The proposed workshop will review ongoing research being conducted at Sacramento State as it relates to food and housing insecurity. A 2013 survey found that 69.7% of Pell Grant eligible students at Sacramento State met the USDA definition of food insecurity. Among these food insecure students, 24.5% reported that they sometimes or often did not have enough to eat, indicating food insufficiency. When correlating food insecurity to academic performance, it was found that students who regularly reported not eating for a full day had significantly lower grade point averages (GPA) compared to students who were food secure (2.78 vs. 2.93, respectively p=0.029). In fall of 2017, food insecurity was assessed again with the addition of survey questions about housing security. A stratified sample of the entire CSUS student population resulted in 1,176 responses. Preliminary data indicate that 62.2% of students were food insecure with 23.9% of them classified with food insufficiency in the past 12 months. The most common reasons for food insecurity were not having enough money (39.4%) or not enough time (29.8%). Sixteen percent of students were housing insecure, with 2.3% indicating that they sometimes or often did not have a place to sleep in the past 12 months. Among these students 20.3% indicated that they slept in a vehicle or abandoned building at least once in the past 12 months. Insufficient finances were the most common reason for difficulty with housing (42.4%) with an additional 15.8% indicating they lost housing due to a disagreement with someone with whom they were living. In the most recent sample, we expect to correlate food and housing experiences with markers of student success, such as GPA.
OUR HEALTH IS ALL CONNECTED

Leon Sheets
National Pork Board

ABSTRACT

With growing concerns about antibiotic resistance, public perception about the use of antibiotics in food animals has called into question what’s best for the animal and our food supply. This presentation will demonstrate how responsible antibiotic use is essential to protecting human health and animal health, and how farmers who raise pigs are using science-based practices to reduce the need for medicines, while ensuring today’s exceptionally nutrition, lean and safe pork products.

This presentation has been authored and approved by the National Pork Board and the U.S. Department of Agriculture.
FOOD FOR THOUGHT: TEACHING FOOD SUSTAINABILITY

Cathy Schmelter, Registered Dietitian Nutritionist
An Ounce of Nutrition, LLC

ABSTRACT

Nowadays, students want to know about more about food than just basic nutrition. They want to understand where their food comes from, how it’s made and how the food choices they make not only impact their personal health, but also the word around them – in other words, food sustainability. This session covers how best to instruct students on all the steps that food takes to go from farm to table and how you can actively engage students in the process of creating a healthier food system for us all! We look at An Ounce of Nutrition’s 4 pillars of sustainability and explore “hot topics” related to them including; benefits and challenges of small vs. large-scale food production and processing, food labeling, reducing food waste, healthy soil, the future of organics, local food distribution, food justice and gardens and greenhouses. We will explore how you can present this to students in a way that allows them to come to their own conclusions about the future direction of our food system. We will share the progress of our grant-funded “Youth Food Leadership and Advocacy” program and disclose ways you can engage your FCCLA students in this type of work. We will also discuss the future of careers in food sustainability and how you can prepare interested students for this type of career path.
ALAMEDA COUNTY DEVELOPS WELLNESS POLICIES FOR PRESCHOOLS

Mary L. Blackburn, PhD, Nutrition Family and Consumer Sciences Advisor and
MaryAnn A. Lagura, MPA, Nutrition Education Obesity Prevention Manager
University of California Agriculture and Natural Resources

ABSTRACT

The Issue: From 2007-2010 sixty percent of children age 2-18 had fruit intakes, and 93 percent vegetables intakes below daily recommendations (CDC, 2014). The early years of life are critical times for physical and mental growth and development of the young child. Children at very early ages form eating and lifestyle habits that may last a lifetime. Preschools are in position to promote healthy lifestyles. Many preschool sites do not have wellness policies.

The Need: The prevalence rates of childhood obesity are at crises levels in limited income families and communities. Negative health consequences - - Type 2 adult diabetes, high blood pressure, heart and vascular disease contribute to a shortened life span. The alarming rates of obesity and its negative consequences is the basis for Cooperative Extension’s Early Childhood policy development Initiative underway in five cities. As of 2017, about three hundred preschools in Alameda County serving about 11,000 children were operating without site wellness policies.

The Program: The early childhood obesity prevention initiative was launched in 2014 to develop wellness policies at 20 preschools in Alameda County, California. Environmental conditions were assessed at sites and food behaviors of one hundred twenty two (122) caregivers -- teachers, aides, and parent advocates. Baseline results informed policies to promote healthy lifestyles and fruit and vegetable intake and physical activity in the classroom and in the home. Two or more of twelve policy goals were selected to achieve by year one. In 2017, eighteen sites had wellness policies and two sites lost funding.

Outcome: Preliminary evaluations of site progress found achievements overall exceeded the total goals sites selected for year one completion by a ratio of 2:1. The need for this initiative is well established and more than eleven thousands more children could benefit. Funding is needed to expand to about 300 sites.

References
FOOD AND NUTRITION POLICIES IN ITALY

Nadine S. Braunstein, PhD, RD, CDE, FAND, Assistant Professor
Family and Consumer Sciences Department
California State University, Sacramento

ABSTRACT

Food and nutrition policies take many forms in Italy. The recent influx of refugees in Italy has led to increased utilization of emergency food programs and shelters throughout Rome. Community/urban gardens have been increasing, even while current policies, enacted after WWII, were established to eliminate urban agriculture. Funding from the European Union has expanded opportunities relating to community gardens that support community resilience for these projects. Children in Rome are served healthy meals, including organic and locally sourced products for their school meals because of government policies. The UN has designated 2016-25 as the decade of action in nutrition, which has been the catalyst for projects that address malnutrition. International food and nutrition policies are overseen by the UN Food and Agriculture Organization and the World Food Programme, headquartered in Rome. The author of this abstract went to Rome, Italy in June 2017 as a summer visiting faculty fellow sponsored by Richmond University, the American International University.

References


Research shows that low-income Hispanic adults and children have a higher risk for childhood obesity and overweight conditions than other ethnic groups. Unhealthy eating habits and lack of access to fresh fruits and vegetables are two contributing factors identified to increase the risk of chronic conditions (e.g., obesity, diabetes, cardiovascular disease). There is a great need for primary prevention programs that can increase basic nutrition knowledge and can create access to fresh fruits and vegetables. One program that is showing great potential and having great impact in the community of Canoga Park is the Champions for Change program. This program is taking a holistic approach using the Social Ecological Model as a framework targeting all three levels of a person’s life (e.g., individual, institutional, and environmental). Using edible gardens as teaching platforms and connecting the environment to overall health, this program provides nutrition education (individual level). Students and parents are engaged in building edible gardens at school sites and community centers (institutional). Furthermore, the program engages parents, community leaders, and school representatives in collaboration and resource sharing with the goal of increasing availability of fresh fruits and vegetables at the community’s food pantry (environmental level). Children are an easy target and the most targeted population by fast food chains. It is imperative to educate this young population to empower to make healthy food choices. Prevention strategies must include the entire family to ensure that the concepts a child learns in a classroom setting and in the garden are reinforced at home. The Champions for Change program engages parents and provides them with education in order to create a connection between a child and parent and support a switch to a healthy behavior for the entire family.
FINANCIAL SOCIALIZATION AND CREDIT CARD BEHAVIOR AMONG COLLEGE STUDENTS

Soo Hyun Cho
California State University, Long Beach

ABSTRACT

While owning credit cards is useful in building one’s credit, Millennials are reportedly engaging harmful credit card behavior, including taking out cash advances, carrying a balance, and not making payments on time (Harrow, 2016). Children that learn positive financial behaviors from their parents usually exhibit better financial skills later in life. For example, individuals that received extensive amounts of money-management teachings from their parents were found to have higher credit scores and lower credit card debt in adulthood (Grinstein-Weiss, Spader, Yeo, Taylor & Freeze, 2011). This study examined how parental financial socialization affects credit card behavior for college students. Forms of credit card behavior included total credit card balance and students’ card balance payment strategies. The data came from a subset of the National Student Financial Wellness Study, administered by the Ohio State University during 2014-2015. In general, responsible credit card behavior was found to be more likely exhibited by students who said their parents encouraged them to invest and students who thought their parents were good financial role models.

References


USING MONEY TALKS RESOURCES TO PROMOTE HOUSEHOLD ECONOMIC SELF-SUFFICIENCY OF YOUTH AND YOUNG ADULTS LIVING INDEPENDENTLY

Derrick Robinson, PhD; Money Talks Program Academic Coordinator, Youth, Families and Communities Statewide Program
Patti Wooten Swanson, PhD; Nutrition, Family and Consumer Sciences Advisor, San Diego County
Katherine E. Soule, PhD; Director of Cooperative Extension and Youth, Families, Communities Advisor, San Luis Obispo & Santa Barbara Counties

University of California, Division of Agriculture and Natural Resources

ABSTRACT

Key Points:
1. Introduce CA-AFCS/Western Region Biennial conference participants to UCANR Money Talks program resources and how these resources could be incorporated into programmatic activities.
2. Illustrate how Money Talks program can be used to increase food and housing security of conference participants’ clientele using concepts related to household budgeting and resource management meant to promote economic self-sufficiency.

Walk Away Points:
1. The availability of MT resources and how these resources address issues of financial resource management, especially as it relates to making food choices.
2. Knowledge and confidence on facilitating an interactive activity that engages participants’ decision making capacity for food choices.
3. Development of partnerships to promote outreach, extension, and resource evaluation between workshop participants and the MT Workgroup and program.

Workshop Outline:
- Introduce MT Resources (available at: www.moneytalks.ucanr.edu)
- Engage conference participants with interactive web/mobile based activity that illustrates how MT resources can be used to increase decision making of individuals responsible for household resource management.
  - This activity engages participants in making household consumption choices facing budget constraints, extend information related to employment, taxes, and financial well-being.
  - Introduce strategies meant to actively engage community clientele and deliver information of optimizing financial decisions, specifically related to living independently.
- Present participants with opportunities for future engagement, collaboration and partnership.
  - These opportunities could be for future trainings, workshop offerings, extension of MT resources into CA-AFCS/Western Region Biennial conference participants’ communities.

Examples of engagement and collaboration currently being administered in California communities
LIVING A REWARDING RETIREMENT

Nancy Rabolt, Professor Emerita, San Francisco State University
Sue Chelini, retired from Tamalpais Union High School District
Barbara Kilborn, retired from Sierra Community College

ABSTRACT

1. Start planning early: Attend workshops
2. Unexpected things can happen
3. Finances
   a. Investigate your benefits/income sources: Pension, Social Security, Investments (taxable or tax-deferred such as 401K, 403b, TSP; RMD from qualified funds)
   b. How much do I need to save? Do I need an IRA? Traditional vs Roth IRA
   c. Should I count on Social Security? When should I start taking it? Spousal benefits?
   d. When should I start saving? Will I have enough money?
   e. Update financial information in your Will or Trust
4. Am I ready emotionally?
   a. What will I do with my time?
   b. Should I/we move?
   c. Loss of meaning, purpose, self-worth, depression
   d. Rigid expectations for self
   e. Boredom/social withdrawals
   f. Marital conflicts
5. Health
   a. Medicare and Supplemental Health Insurance/Long-term Care Insurance
   b. Fitness/joining a gym, yoga: check with healthcare provider (e.g., Kaiser’s Silver&Fit)
   c. Living with own or spouses’ declining health
   d. Living independently/Aging in Place
   e. Declare “end of life plans”/Will or Trust/Power of Attorney/Advanced Health Care
6. Activities
   a. Continue working: same job, new direction
   b. Volunteer/join groups
   c. Travel/leisure activities
   d. Garden/home activities
   e. Take classes: free online, community college, etc.
   f. Opportunity to do what you always wanted to do

Resources
https://www.aarp.org/
https://www.forbes.com/sites/advisor/2014/05/07/biggest-retirement-planning-mistakes/2/#521308272959
http://www.mylifematters.us/
https://www.usa.gov/retirement

Financial sources: Money magazine, Forbes Magazine, Kiplingers, Consumer Reports
MILLENNIAL EXPLORATION OF COMMUNITY VITALITY THROUGH THE IMAGE

Gus Vouchilas, EdD, Associate Professor, Interior Design
Connie Ulasewicz, PhD, Professor, Apparel Design & Merchandising
San Francisco State University

ABSTRACT

According to the American Association of Family & Consumer Sciences (2001), “Community is individuals and families having common interests and connections via ownership and/or participation in meeting basic human needs and caring for and about one another.” Vitality can be described as the dynamic through which communities can exist, grow, and thrive. According to Scott (2009), “the concept of community vitality has been used to describe the presence of institutional linkages and relationships, group and individual interaction, and community membership or social citizenship” (p. 3).

In order to understand how the largest generation in history, the millennials, perceives community vitality, this study examines perceptions through the lens of the image. A convenience sample of 113 young adult millennials in FCS programs was asked to photograph an image representing community vitality to them. Through content analysis, the researchers developed a theoretical construct based on image content. The prevalent community vitality themes which emerged were groups of people (n = 27), school/school groups (n = 20), and nature or the environment (n = 10). The act of belonging to a group surfaced as a key component for the respondents. Understanding this generation’s perception of community vitality, vis á vis community membership, is essential for family & consumer sciences professionals as they begin to work more closely with millennials and serving the millennial community.

References


THE CHILDCARE EXPERIENCES AND CAMPUS SUPPORT SERVICES OF COLLEGE STUDENTS WHO ARE PARENTS AT A 4-YEAR INSTITUTION

Nancy Dayne, EdD, Roudi Roy, PhD, Abby Bradecich, PhD, Assistant Professors
California State University, Long Beach

ABSTRACT

College students who are parents are a unique population whose voices are not often represented in research or on college campuses. They must balance family, college, and work obligations simultaneously and many do so without any support services. There are many obstacles that can stand in their way. One of those obstacles is childcare for their young children, so they can complete their assignments, study, attend class, and work. This study set out to look at childcare needs of college students who are parents at a large 4-year institution on the West Coast, which is also a Hispanic Serving Institution. Through an online survey, with over 750 respondents who were either expecting or parents of children under 8 years old, the researchers were able hear their voices, perspectives, and daily struggles. Though the research interest started with childcare availability on campus, many common themes emerged regarding campus resources and support. We will present the theoretical and practical tensions of college students who are parents and their struggle with support services desperately needed to succeed at an institution of higher education. The results and recommendations from this study can assist campus administrators with the development of support services and resources needed for the retention and success of this unique population.

References

CHINA’S ONE CHILD POLICY: IMPLICATIONS FOR CHILDREN, YOUTH AND FAMILIES

J. Ann Moylan, PhD, CCLS, CFLE, Professor
Family and Consumer Sciences Department
California State University, Sacramento

ABSTRACT

From September 1980 until October 2015 Chinese families living in China largely operated under the One Child Policy. This policy resulted in a dramatic drop in fertility. Enforcement of the policy involved a combination of forced abortions, forced sterilizations, infanticide, and child abandonment, particularly of female fetuses and infants. Discussion will include implications of the policy’s lasting impact, including: the gender imbalance of now marriage-age adults, the imbalanced ratio of workers to elders, the imbalance of caregivers to elders, and the generation without siblings.

References


THE PERFECT PROFESSION FOR A PASSIONATE FCS GRAD

Mona Loy Klein
Legislative Liaison,
Family and Consumer Sciences Teachers Association of California

ABSTRACT

The Demand for FCS Teachers Exceeds the Supply! Be an FCS Superhero…Become a Teacher!

For more than twenty years, in California and nationwide, there has been a shortage of teachers who hold the FCS/Home Economics Single Subjects credential for teaching grades 7 through 12. The three industry sectors related to FCS career technical education were explained.

Data were presented to describe the situation, the resulting loss of programs, the drop in professional development and participation, and the loss of quality control in curricula and instruction.

Information was given on current university programs for FCS/Home Economics credentials and fulfilling, high-paying teaching positions.

A slide show of high school student work was shown.
OUTCOMES ASSESSMENT AND A CONFESSION OF GRADE INFLATION

Kathleen Dyer, PhD, CFLE, Associate Professor and Department Chair
Department of Child, Family, and Consumer Sciences; California State University, Fresno

ABSTRACT

Grade inflation has been documented since the 1960s (Astin, 1998). In 1960, college courses awarded A to an average of 15% of students. By 2008, it was greater than 40% (Rojstaczer & Healy, 2010). Faculty in our Child and Family Science program did not worry about this larger social trend, or even think about it. But as demand for our program grew in the early 2000s, we started to notice that students in upper-division classes appeared to be unaware of foundational knowledge that should have been acquired in lower division classes. High fail rates were causing our classes to be impacted due to multiple retakes.

The push toward outcomes assessment provided a mechanism for us to explore what was causing this problem. We started requiring a comprehensive exam of graduating seniors to measure their basic knowledge in the discipline. We also systematically reviewed the grade distributions in our classes and anonymously surveyed students in all classes. There is a widespread perception that student ratings fuel grade inflation, and this cycle is considered problematic for many reasons (Germain & Scandura, 2005; Redding, 1998). Therefore, we explored the relationship between grade distributions and student ratings of instruction.

What we discovered forced us to face the uncomfortable conclusion that grade inflation (and/or content deflation) in our coursework has produced an alarming lack of foundational knowledge in the discipline among our graduating seniors. I will share the data, our reflections on it, and what we are trying to do to combat this problem.

References


FAMILY & CONSUMER SCIENCES (FCS) EDUCATION: EMPOWERING FCS SUPERHEROES!

Melissa Webb
Education Programs Consultant, California Department of Education
Career and College Transition Division
Agriculture Education and Family and Consumer Sciences Office

ABSTRACT

We have a statewide secondary Family and Consumer Sciences (FCS) teacher shortage in California as well as the nation. This presentation provides an overview of FCS Education career pathway programs which provides skills and training for middle and high school students to get and keep high skill, high wage jobs in important industries vital to California’s economy in the following Career Technical Education (CTE) industry sectors: Education, Child Development, and Family Services; Fashion and Interior Design; and Hospitality, Tourism, and Recreation. Information will also be provided about the Career Technical Student Organization - Family, Career and Community Leaders of America (FCCLA).

Be a Part of It!
EDUCATING STUDENTS FOR A SUSTAINABLE WORLD

Lauren Gerig, Teacher and Doctoral Candidate
East Bay Waldorf School

ABSTRACT

Since today's teens were born, there are a billion more people on the planet, and significantly more public concern about the health of our global environment. Interesting curricula that addresses these issues and provides opportunities for analysis and problem-solving can engage and empower students. Sustainability education cuts across several disciplines, providing for integrative curriculum that builds critical thinking and process skills in science, social studies and math. Its relevance to Family and Consumer Sciences is rooted in individual actions within the household and community.

In this hands-on workshop, participants will engage in several inquiry-based activities that build understanding of sustainability issues and how they relate to individuals, families and the global family. Presented strategies include cooperative group problem solving, role-playing simulations, budget creation and concept mapping. Participants will receive activity instructions, data charts and background reading on a user-friendly, electronic media. Activities will be followed by discussion about how to best fit these lessons into the curriculum for Family and Consumer Sciences.

Reference

ABSTRACT

Join us for this presentation to explore how ePortfolios add value to both the student and faculty experience. We’ll discuss and demonstrate how the development of and reflection on various ePortfolio components facilitates faculty’s program and competency assessments, enhances student learning, and prepares graduates for professional experiences. You’ll learn how ePortfolios can effectively showcase students’ professional voice and brand, and you’ll hear, from a student’s perspective, how creating and using an ePortfolio helped reflect upon their educational experiences and develop their professional voice.
SAY YES TO FCS – GET ONBOARD!

Donna Graham, Public Information Director, WAFCS and Rene Ketchum, FCS Educator, Toledo High School, Toledo, WA

ABSTRACT

The intent of the presentation would be to introduce elements of the Say Yes to FCS Campaign:

1. Introduce the national campaign and the Filling the Educator Pipeline Summits.

There is an established and growing shortage of family and consumer sciences professionals to serve in educator positions in secondary education, higher education, and Extension education (Werhan, 2013). Issues and possible strategies impacting resolution of the family and consumer sciences educator supply/demand imbalance was the focus of three Filling the FCS Educator Pipeline Summits and resulting AAFCS national educator recruitment campaign.

2. Emphasize how Social Media participation has a positive impact on the campaign.

Participation in social media outlets is a big part in the Say Yes to FCS Campaign. It is felt that the campaign will be most effective if “youth (and their network of peers) become involved, the dynamic, exciting, and valued nature of family and consumer sciences programs are emphasized, and the importance of family and consumer sciences educators is underscored” (AAFCS, 2017).

3. Share what Washington State is doing to promote FCS and recruit new educators.

FCS organizations in Washington are working together to enlist educators to participate in a campaign to recruit students who have demonstrated an interest in FCS careers.

Resources


WHAT IS FAMILY & CONSUMER SCIENCES?

Jody L. Roubanis, EdD, CFCS, Lecturer
Point Loma Nazarene University

ABSTRACT

During this interactive workshop investigate what defines the broad field of family and consumer sciences. A new model for ethical decision making in the profession is revealed based on the family and consumer sciences body of knowledge. Participants will use the model to resolve common issues faced by FCS professionals and use is to define the profession.
CONSUMER ATTITUDES TOWARD ANDROGYNOUS FASHION BASED ON MEDIA EXPOSURE AND SHOPPING BEHAVIOR

Alex DaSilva and Victoria Lo
San Francisco State University

ABSTRACT

The fashion industry is constantly changing and evolving. Like the fashion industry, gender has evolved to a non-binary topic (Meyerhoff, Holmes, & Talbot, 2008). But today, the lines that divide males and females in relation to shopping have become blurred. There has been a huge market shift in categorizing fashion and beauty products through gender. The topic of sexuality and gender equality has been two constant stimulating topics politically, medically, and socio-culturally. The market for apparel is not strictly binary of men and women, but a category of androgyny (Schmidt, 2017). The purpose of this study was to examine consumers’ attitudes and behaviors toward binary gender stereotypes and androgynous fashion and advertisements. Gerbner’s Cultivation Theory (Gerbner, Gross, Morgan, & Signorielli, 1986), the more time a person is exposed to media the more they believe their social reality aligns with what is portrayed in the media, was applied to our study. Quantitative research methods were used in this study with an online survey that consisted of androgynous fashion and advertisements. The sample consisted of 150 men, women, and non-gender specific individuals.

In this study, there were two working hypotheses. Hypothesis 1 stated that there is a relationship between a consumer’s exposure to traditional media (Movie, TV, and Print) and their attitudes toward androgynous advertisements. The correlation matrix results indicated media influences gender roles and stereotypes. The respondents felt that media is skewed toward specific stereotypical gender roles, which affect their knowledge and opinions on androgyny. Hypothesis 2 stated that shoppers are more inclined to purchase clothing designated for their gender identity. The chi-square testing results indicated that there was a significant relationship between consumers’ attitudes toward androgynous shopping and their gender identification. The findings fully aligned with the Cultivation Theory, which demonstrates that media exposure does affect one’s attitudes toward androgynous fashion and their shopping behaviors.

References


FACILITATING COMMUNICATION FOR ON-CAMPUS DINING FACILITY

Aimee Flores
Point Loma Nazarene University

ABSTRACT

With ever more diverse dietary requirements and restrictions of students, college dining services need to be informed about their student populations. Serving on the marketing team (internship), I was the student ambassador and reported at the monthly management meetings. The major goal of this project was to develop structures for greater communication between the Point Loma Nazarene University (PLNU) dining services administrators and students.

Using comments that students had submitted, I sorted recommendations by categories. From these categories several information exchange meetings were conducted. Although attendance was low for the first two meetings (n=32), student interest in better understanding the food opportunities seems to be growing.

We got very positive feedback for those who did attend and interest expressed for future meetings. These meetings also provide a structure for feedback to the dining services to better understand student needs. An outcome of this process was to provide more information about the sources of foods, if antibiotics were used, or if the food contains gluten. Many students want to be more informed about their foods and are finding that the PLNU dining services is a willing partner in trying to meet many of those needs.
CONSUMERS BEHAVIORS TOWARD BUYING ACTIVE WEAR ONLINE

Ilana Goldstein
San Francisco State University

ABSTRACT

The increase in active wear popularity for both women and men is undeniable (Hoang, 2016). Men and women are continuing to wear active wear for physical activity as well as incorporating it more and more into their daily wardrobe. The purpose of this study was to examine consumers’ attitudes and behaviors toward buying active wear clothing online based on gender and exposure to active wear ads (online vs. social media). Cultivation theory (Gerbner, 1998) was used in this study to determine whether consumers would be more prone to purchase active wear when exposed to active wear ads (online vs. social media). Quantitative research method was used in this study. Survey was distributed to 200 men and women via Qualtrics software. Independent samples t-test results indicated a significant difference between men and women and their behavior toward purchasing athletic wear online. Correlation results indicated a significant relationship between exposure to active wear ads (online vs. social media platforms) and purchasing active wear online.

References


ABSTRACT

**Purpose** Targeting preschool children, the Reggio Emilia approach focuses on the importance of relationship-driven learning environments that are student-centered and experiential. The Early Childhood Learning Center (ECLC) at Point Loma Nazarene University (PLNU) implements this approach in its philosophy and curricula.

**Method** As part of a program of study in the Child and Adolescent Development major at PLNU, a lesson module was developed based on the Reggio philosophy appropriate for a portion of the ECLC curriculum. All materials to accompany the module were created. The completed lesson module was presented to a focus group for feedback. Revisions to the lesson module were made before the researcher implemented the lesson module in the 4-5 year-old classroom at the ECLC. Using the 360 method, the researcher reflected on improving the lesson module.

**Findings** Although the lesson module was only presented in one setting, feedback would be improved if the lesson module had been presented several times with different groups of children. The Reggio approach profoundly engages the child in her learning and encourages constructivist pedagogy that is student-centered and experiential. An insight is the amount of preparation necessary to create and implement and lesson, and the needed aptitude of being flexible.
REDESIGNED OFFICE SPACE ELEVATION PRESENTATION

Lauren Horstkamp
San Francisco State University

ABSTRACT

My presentation consists of elevations I produced during a group project to redesign a space in a residential floor plan for another use. My group and I decided to redesign the space into an office. This set of completed elevations is what I most enjoyed creating during my junior year at San Francisco State University and also what I am most proud of for that year. My group wanted to create a functional work environment that could also serve as an escape space if need be. Instead of creating an office area that was designed solely for the purpose of function, we wanted to add modern and younger elements to the design to reflect our own personal styles. Whenever I am working with a team, I enjoy bouncing ideas off of my group mates and progressing ideas until we reach a result, but there is also a certain pride I take in producing work on my own. My favorite aspect of this design is the hanging chair because it is a minor adjustment that took the space from a regular office into something specially designed for the group’s client. I believe this design is important due to the fact that it further cemented my desire to become an Interior Designer because of how much I enjoyed working on this project.
IMMIGRANT CONSUMERS AND ACCULTURATION

Divjot Kaur
California State University, Northridge

ABSTRACT

As mass immigration occurs daily, it brings along a wave of acculturation. Acculturation is explicitly defined as the modification or adaptation of an individual, group, or people in the perspective of borrowing traditions and traits from another culture (Merriam-Webster, 2017). When a person is being acculturated he or she travels through a journey composed of seven steps. First is movement, which refers to the circumstances or motives that encourage people to uproot themselves from one location to another, followed by translation, their introduction into a completely new environment. During this process, many immigrants will adopt products, habits, and values that identify to the mainstream culture; this is referred to as assimilation. Adaptation comes next, when they choose to merge themselves into their new surroundings and adapt to their new lives, leading to maintenance, figuring out how to keep their homeland traditions alive, and put them upon an equal pedestal as the new traditions they are learning. Immigrants gradually find the balance by learning to resent the pressure of submerging their identities in an effort to take on new roles, and they often resort to segregation, where they begin to live and shop in places physically separated from mainstream Anglo consumers. During the presentation, each step of the acculturation process will be presented using examples of different products consumers purchase or use while undergoing the levels of change. The examples will help represent the changes in the consuming behavior of immigrants.
DARE 2 LOVE HOODED TOP AND SKIRT

Design Student: Stephanie Jo Langford, California State University, Long Beach
Design Mentor: MyungHee Sohn, California State University, Long Beach

ABSTRACT

Design Statement: The purpose of this project was to create a unique design that incorporates draping techniques. The design was created based on a chosen concept, target customer, and FEA design criteria. The FEA consumer means model incorporates functional, expressive, and aesthetic preferences for a specific consumer.

The inspiration for this design is based on my relationship with my husband and is part of a collection titled Dare 2 Love. My husband was born and raised in Nigeria and I in southern California. I wanted to share the way we bring our cultures together with happiness and love. We believe that we are all one and want to encourage people to be loving and accepting of each other. This message is communicated by combining the colorful wax print fabrics he brings me from his home country with a denim street wear vibe familiar to the California lifestyle.

The target market for this collection is a 25-35 year old woman who lives in a major city. She makes 60K-80K a year working as a creative professional. She might be part of an artist collective in downtown LA. She embraces the diversity of people living in the city. She enjoys going to different cultural celebrations and street fairs. She is an advocate for love and community. She participated in the 2017 Women’s March and is eager to protest for something she believes in. She’s an optimist and likes to wear bold colors. She dresses to be comfortable and expressive.

The front of the top and hood was draped and pleated from a continuous piece of cotton wax print fabric. I added a contrasting stripe of denim and silk charmeuse to this fabric in order to emphasize the direction of the drape. I started draping this piece from the wearer’s right side. I pleated the fabric to follow the form over the shoulder and sculpt the hood. The draped pleats continue from the hood over the left shoulder and are shaped to cover the front of the body. I then added flattened tubes of the cotton wax print fabric to finish the back. I wove the strips together and fastened them to one side with hidden snaps for the closure. The skirt is a separate piece so the consumer can mix and match with other items from their closet. The straight skirt is made from cotton denim. I topstitched flattened tubes of the cotton wax print lengthwise on the back of the skirt to continue the lines from the weaving in the back of the top.
DARE 2 LOVE JUMPSUIT

Design Student: Stephanie Jo Langford, California State University, Long Beach
Design Mentor: MyungHee Sohn, California State University, Long Beach

ABSTRACT

Design Statement: The purpose of this project was to create a corset based design that also incorporates draping techniques. The design was created based on a chosen concept, target customer, and FEA design criteria. The FEA consumer means model incorporates functional, expressive, and aesthetic preferences for a specific consumer.

The inspiration for this design is based on my relationship with my husband and is part of a collection titled Dare 2 Love. My husband was born and raised in Nigeria and I in southern California. I wanted to share the way we bring our cultures together with happiness and love. We believe that we are all one and want to encourage people to be loving and accepting of each other. This message is communicated by combining the colorful wax print fabrics he brings me from his home country with a denim street wear vibe familiar to the California lifestyle.

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The corset base was constructed with coutil and boning to give structure to the garment. The outside of the corset is covered with cotton denim and the inside is lined with lightweight cotton woven. The jumpsuit has a denim jogger leg to compliment the street wear style. The jumpsuit has a stripe of cotton wax print fabric as well as a narrower stripe of green silk charmeuse that lengthens the wearer and adds an interesting detail. Finally the cotton wax print fabric is pleated over the corset and drapes down to the floor. The draping utilizes the full width of the fabric so the variations in the print design can be fully appreciated.
PERCEPTIONS OF INCORPORATING VISUAL AIDES INTO THE NUTRITION FACTS LABEL AMONG COLLEGE STUDENTS

T. T. Lor, M. Sakoda, and M. O. Spaulding
California State University, Northridge

ABSTRACT

In 2016, the Food and Drug Administration (FDA) published the first major changes to the Nutrition Facts label in over 20 years. Promising effects of the update coupled with the ever changing field of nutritional science suggests further improvement to the label will facilitate healthy meal management and chronic disease prevention. This qualitative study investigates the efficacy of an adapted label which utilizes color coordination and synergizes two public nutrition education tools; the Nutrition Facts label and MyPlate. Focus group participants were composed of students from California State University, Northridge, including the deaf population on campus. Participants were asked to complete a questionnaire about their pre-existing knowledge of the Nutrition Facts label and general nutritional knowledge and background. Focus groups were held to obtain the participants’ interpretations of the current Nutrition Facts label, the new label that will be enacted in July 2018, and an adapted Nutrition Facts label that has been visually modified. Focus groups were recorded and transcribed using Nvivo by the three researchers to perform a thematic analysis of the adapted design’s practical application in food buying decisions. Concerns related to color schema were raised as the deaf community are more likely to have other disabilities, such as color blindness. This study provides greater understanding of how consumers interpret the Nutrition Facts label and will enable the development of effective nutrition tools, which have potential to improve human health. The study also provides insight into the hard of hearing population, which is largely underrepresented in health studies.
MODERNISM AND SUSTAINABILITY IN DEVELOPING AFRICA

Chrysalyn Morehead-Tucker
San Francisco State University

ABSTRACT

I am a current senior in the Apparel Design and Merchandising program at San Francisco State University. My goal in this major is to promote sustainability and ethical business practices that can help developing countries in Africa to rebuild their economy via the textile and apparel industry.

I created a coat that would represent the developing ideas of modernism in countries like Kenya, Uganda, Sierra Leone, and Nigeria, with the traditional spiritual systems that were practice by a variation of tribes before imperialism took place. I also incorporated elements of sustainable practices when constructing the coat. I used recycled denim and thread as the materials for the coat because having materials that were recycled and reused falls in line with the ancient practice of the Ifa spiritual system. Ifa was practiced by the Yoruba people in West Africa before they were colonized. Ifa believes that everyone in the community is spiritually connected to one another, even the living environment. This spiritual system practiced sustainability before it was a Western “phenomena.”

Personally, as someone that is part of the African diaspora, I strongly feel the importance of rebuilding the broken communities that were stripped of their resources, people, and spirituality due colonization and imperialism. African countries are still being hindered to grow economically and socially because of the policies put in place by Western countries. If there could be one thing I would like to accomplish, in my entire life, it would be part of the rebuilding of my ancestors’ homeland.
SYMBOLES TO TEACH GARDEN TO BODY NUTRITION AWARENESS WITH CHILDREN

Amanda Murphy
Point Loma Nazarene University

ABSTRACT

Background: Olivewood Gardens and Learning Center is a non-profit organization and its mission is to empower school aged children from diverse backgrounds to be healthy and active citizens through organic gardening, environmental stewardship, and nutrition education. Trepanier-Street (2000) identified the garden setting as ideal for promoting the development of representational thinking in children. Edwards and Willis (2000) found that the use of symbols is a powerful strategy for promoting literacy in emergent curriculum. The purpose of this project was to develop nutrition education symbols to be used in a garden setting with elementary to middle school aged children to link plant nutrients with nutritional function in the human body.

Methodology: Using a variety of sources, symbols to represent different nutritional functions where developed. See Figure. Starting fall 2017 the developed curriculum was implemented to use the symbols in the garden, in nutrition education classroom and the tasting lab with elementary aged children who participated in the program.

Findings: The symbols were a useful tool to help children connect foods grown in the garden to body functions and bring about nutritional awareness. Because the symbols seem to be effect, other educators at Olivewood Gardens are using them to bring about garden to body nutrition awareness. For a future project, using these symbols with the families of the children would reinforce this nutrition education program.

References
UNDERSTANDING EATING PATTERNS AND INFLUENCERS TO CREATE EFFECTIVE DIETARY INTERVENTIONS

Kaitlyn Offhaus
Point Loma Nazarene University

ABSTRACT

Obesity has become an epidemic in the United States and now affects one in three Americans. Diet intervention plays a key role in the promotion of a healthy lifestyle and the prevention of obesity and other chronic diseases. College students are at a stage in life which puts them at an increased risk for weight gain and the development of unhealthy eating habits. For this reason, it is essential to provide nutrition interventions to college students which specifically target the needs of this age group. To better understand these needs it is essential to understand the current eating patterns and influences on the diet of college students.

Data was gathered through examination of the current literature, administration of a campus wide survey asking questions relating to all aspects of health, and a pretest and post- test given during a nutrition intervention. The researcher determined that college students’ diets are in need of improvement and that there is a possible connection between nutrition knowledge and eating habits. This connection makes effective nutrition interventions even more important as it suggests that proper nutrition education and knowledge is tied to healthier behavior.

A twenty minute nutrition lesson providing practical tips for healthy eating in the school cafeteria using MyPlate and proper portions resulted in students answering significantly more questions correctly in regards to portion size and the number of portions that should be consumed. This demonstrated that effectively designed nutrition interventions yield positive results in regards to student education. Examination of the influencers on eating habits determined that convince, health and flavor are three of the most important factors in determining what students eat. Therefore effective interventions will incorporate information addressing these influences in order to make the greatest impact on students. This research is part of the USDA funded Fruved campaign which strives to help create and promote healthy lifestyles in college students.
MAKING NATURE
Dariana Serrano
Point Loma Nazarene University

ABSTRACT
The proposed presentation is a lesson module inspired by the Reggio Emilia Approach in Early Childhood Education. Titled “Making Nature,” the presentation incorporates natural elements to stimulate the senses of not only children but adults as well. Presented on the board will be the documentation of a three day long project which involved setting up natural provocations for the children to explore. The project was deeply rooted in nature and intricately planned for the children to utilize their sensory and motor skills, incorporating essential oils for the children to indulge in each day. On the first day, lavender was provided, to which the children reacted in a calm manner, taking time to explore within themselves and begin creating with very little conversation. On the second day, the children were given Rosemary which awoke their senses and they soon began recalling past memories and creating based on those memories. Lastly, lemon was introduced into the water and clay on the third day, stimulating all cognitive areas of the children’s development.
DENIM UP-CYCLE FROCK COAT

Aureolus Stetzel
San Francisco State University

ABSTRACT

I have long been inspired by variations of the 18th century frock coat and executed its construction with my values of sustainable design in mind. This coat is a good example of fabric re-use and cutting down on waste. While I did use some new denim for the bodice and sleeves, I used pant legs, pockets, waistbands, pocket-flaps and buttons from some of my old jeans for the collar, skirt and add-ons. I also used the selvedges of the new denim for the stripes on the front – cutting down on scrap waste. For the lining, I used yellow cotton.

I care deeply about sustainability in the fashion industry and this piece may serve as an example of up-cycling old clothing to create new garments, rather than adding to the over-burdened landfills or second-hand garments that flood apparel markets in poorer countries. There are many sides to sustainable design which have the potential to positively influence the markets of fibers, textiles and apparel, including positively affecting garment workers as well as residents of toxified regions near factories and landfills. By implementing more circular garment-consuming habits, we may begin to slow the harmful processes and effects of fast fashion on the people and environment of the world.