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# COLLEGE STUDENTS' OVERALL HEALTH CONSCIOUSNESS TOWARDS ORGANIC FOOD CONSUMPTION

Hoda Akhondan, Karen Johnson-Carroll, and Nancy J. Rabolt  
San Francisco State University

## ABSTRACT

Consumer interest in organic foods has exhibited continued growth over the past two decades. The market for organic food has increased considerably in the U.S. and is frequently regarded by many experts as one of the largest growing markets in the food industry. The aim of the present study is to obtain understanding of U.S. college students' consumption behavior with regard to organic food products. According to the USDA in 2011, the United States organic industry grew by 9.5% to reach \$31.5 billion in sales. Prospects for 2012 and 2013 indicate that organic food and non-food sales will continue to sustain growth levels of 9% or higher (OTA, 2012). As American consumers are very concerned about personal health, the relationship between individuals' health consciousness and their organic food consumption behavior is examined. The participants in this study are a convenience sample of college students at San Francisco State University. A paper survey was administered to 202 students, with questions on individuals' overall health consciousness, consumption behavior, and demographic characteristics. Results indicated that there was a significant correlation between students' health consciousness and their organic food consumption. There was a significant difference found between male and female organic food consumption, both at food service settings, and non-food service settings. Furthermore, it was found women seem to be more prone to consume organic food. The results of this study may provide a direction for marketing strategies in the food industry.

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Organic Trade Association. (2012). *2012 press releases: Consumer-driven U.S. organic market surpasses \$31 billion in 2011*. Retrieved from [http://www.organicnewsroom.com/2012/04/us\\_consumerdriven\\_organic\\_mark.html](http://www.organicnewsroom.com/2012/04/us_consumerdriven_organic_mark.html)

# FRANKLIN SQUARE

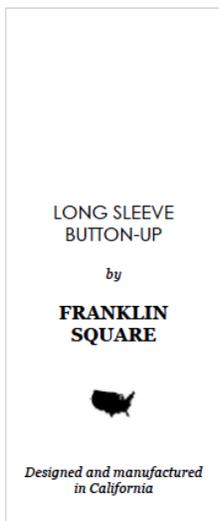


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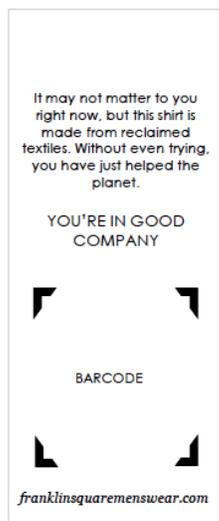
Russell Allen  
San Francisco State University

## ABSTRACT

Franklin Square San Francisco is a men's lifestyle brand specializing in shirts. Franklin Square incorporates reclaimed textiles into the product offering. The marketing and products are geared to men 25-40 who work in a professional setting and look for clothing that easily transitions from the office to happy hour.



FRONT



BACK



sewn product

sample hang tag

# APPLYING THE HUMAN ECOLOGICAL PERSPECTIVE TO PROVIDING COMPREHENSIVE CARE TO FAMILIES OF DIABETIC OLDER ADULT PATIENTS

Frankline Augustin and Uma Krishnan  
California State University, Northridge

## ABSTRACT

Traditional curative approaches to diabetes promote the individualistic, self-management methodology that can make coping with diabetes a lonesome disease potentially leading to noncompliance (Funnell & Anderson, 2004). Collectivistic cultures, such as the Latino population, may find the traditional self-management approach culturally incongruent as it clashes with cultural values, beliefs and norms, creating a lack of belief in diabetes treatment (Delamater, 2006). "Healthier Living," a pilot diabetes management program implemented at a San Fernando Valley senior center utilizes Bronfenbrenner's (1995) human ecological lens to examine the provision of care for older adult diabetic patients. "Healthier Living" is presented as a multi-pronged response to coping with diabetes. The "management" includes the family in context (teaching lifestyle, behavioral change) and collaborative efforts (partnerships) at the micro-, meso, exo- and macrosystem levels, to develop culture specific and culturally relevant program planning that include exercise, diet, and monitoring blood glucose levels.

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# **A FAMILY SYSTEMS APPROACH FOR WORKING WITH THE AGING POPULATION IN RESIDENTIAL CARE**

Jessica Beck  
California State University, Sacramento

## **ABSTRACT**

This poster will describe the benefits of applying Family Systems Theory when working with an aging population in an assisted living facility. The information shared in the poster session comes as a result of reflective practice through weekly journaling during a 30-week undergraduate internship. Reflective practice as part of the journaling process was a central aspect of the fieldwork experience. Grounding the fieldwork experience in a strong theoretical foundation, in this case, Family Systems Theory, was also an essential component of the fieldwork.

The purpose of this presentation will be to demonstrate the benefit of drawing upon Family Systems Theory during the planning and implementation of family-centered practices, particularly those practices employed when assisting those moving into and living within the environment of assisted living. The poster will spotlight the field experience which included both one-on-one support to aging individuals as well as the implementation of a family-based support group. Through the practice of weekly reflective journaling, I was able to chronicle the process by which my fieldwork supported and enhanced my knowledge and skills in working with this population. I will highlight the central role of family-centered care in supporting the individual's transition into assisted living and the ways in which this transition impacts the family structure and the dynamics of family functioning, such as role reversals, transformations in regards to power, altered boundaries, coping strategies to encompass self-care, and the impact of support systems or the lack thereof.

# **THE ROLE OF REPAIR IN SUSTAINABLE CLOTHING SYSTEMS**

Margot Bennett and Margaret Rucker  
University of California at Davis

## **ABSTRACT**

In recent years, both consumers and companies have become increasingly interested in sustainability. Campaigns in support of sustainability encourage people to reduce, reuse, and recycle. Only rarely is “repair” mentioned in ad campaigns or academic literature. The current project began with exploratory studies of consumers’ perceptions of clothing repair. While the majority of respondents indicated they had not repaired their own clothes, interest was expressed in locating a service that charged reasonable prices and provided some indication of the sewer’s level of expertise.

The main study consisted of twenty-one interviews with repair service providers. A marketing mix framework was used for data collection including questions about price, promotion, place, and product/service quality. Pricing was described as especially challenging due to the low cost of new garments. There was general agreement that word-of-mouth was the best form of promotion for repair services. As for place, areas with high foot traffic were mentioned as desirable; the importance of being in an area where customers shared your values about sustainability was also noted by a few respondents. Finally, in the absence of standards and certifications, providing samples of the provider’s work was suggested as a way of showing consumers the level of quality they could expect.

# FIXED INCOME ELDERS LEARN HOW TO STAY HEALTHY AND BE ACTIVE

Mary L. Blackburn  
University of California Cooperative Extension

## ABSTRACT

**The issue:** Seniors over age 65 in California is increasing at a rate greater than the national average, coupled with an increase in nutrition/lifestyle chronic conditions, Alzheimer's, and dementia (CDA, 2003). In this age group 53.5% have hypertension; 23.7% heart disease; 17.3% cancer; 14.8% diabetes, and 10.3% asthma. In one County 40% of elders from 22 sites had multiple conditions – 20% over four (Blackburn, 2010).

**Significance:** Obstacles to understanding wellness information affect all ages, but literacy, income/poverty exacerbate the problem of some seniors (Weimer, 1998).

**Purpose:** Help improve the quality of life of seniors living in low income housing.

**Objectives:** Increase chronic disease reduction skills and physical activity of seniors.

**Program Description:** Conducted nutrition education series and pre/post evaluations.

**Audiences:** Chinese, Vietnamese, Japanese, Lao, Latinos, and African Americans.

**Outcomes:** Of the 267 seniors, 247 graduated with 6/7 hours of instruction; 200 wrote and shared personal stay healthy stories. Pre/post found 98% more active, 97% drank more water, 80% handling food safer; and 70% increased vegetable and fruit intakes.

## REFERENCES

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- Weimer J. P. (1997, January/April). Many elderly at nutritional risk. *Food and Consumer Economics Division, Economic Research Service USDA Food Review*, pp. 42-48.

# ELDERS, CAREGIVERS, AND FOOD HANDLERS NEED NUTRITION AND FOOD SAFETY EDUCATION

Mary L. Blackburn  
University of California Cooperative Extension

## ABSTRACT

**The Issue:** The coming of age of the Baby Boomers accelerated the rate at which California's population is turning gray. The University of California published a special issue of California Agriculture – (*The Graying of California*, 2010). Safe food handling in the home and community is integral to families and adults over 50 (US DHHS, 2010).

**Significance:** Increasing numbers of older Californians are at greater risk for foodborne illness and nutrition education is needed to promote healthy aging (Blackburn, 2010).

**Purpose:** Develop a multi-county approach to food safety education needs of elders.

**Objective:** Assess education needs and train food handlers, caregivers and seniors.

**Program description:** Two workgroups (Aging Californians and Food Safety) with nine NFCS advisors assessed food safety needs and trained 706 in ten counties.

**Audience:** Fixed income seniors, food handlers, and in-home caregivers.

**Outcome:** Knowledge gain in total group was 18.1% (p=0.4930); in-home caregivers 23.4% (p=0.9045); food handlers 18.1% (p=0.7195); and seniors 10.4% (p=0.0404).

## REFERENCES

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# HOW FIELDWORK WITH REFUGEE FAMILIES ENHANCED MY CULTURAL COMPETENCE AND IGNITED MY DRIVE TOWARD GRADUATE STUDIES

Lina Farhat  
California State University, Sacramento

## ABSTRACT

In this poster session I will share the link between my fieldwork experience with international refugee families, my enhanced cultural competence, and my goal to further my studies beyond the bachelor's degree.

During my internship with the **International Rescue Committee** I had the opportunity to work with and learn from families who were struggling with adjusting to a new culture, often without benefit of understanding the language. Through this experience I was able to develop several areas of cultural competence, which I will share in the poster session. The fieldwork experience also played a significant role in leading me to pursue graduate studies. My poster session will share with others the link between fieldwork, increased cultural competence and aspirations for advanced studies. I hope to inspire faculty to seek community partners who represent diverse populations and I hope to inspire students to seek opportunities to work with these families through fieldwork and internships.

# SUSTAINABLE DESIGN + CREATIVITY

Marcelia Fosse and Gus Vouchilas  
San Francisco State University

## ABSTRACT

Creativity is not just a measurement of ingenuity, but a process that develops solutions. The ways in which people plan projects and communicate ideas affect how people interact (Cennamo et al., 2011). To better understand problem-solving styles, Kirton (1976) identified levels of creativity on an adaptor-innovator continuum. Group dynamics is also an integral part of interpreting creativity (Chung & Mennely, 2012). Sustainable housing was developed to reduce energy costs and the positive impacts of this creative design process will positively benefit societies for centuries (Carter & Easton, 2011). Students within studio-based classrooms are being influenced by sustainable design practices and the way in which design problems are analyzed, approached, and resolved (Mendler, Odell, & Lazarus, 2006). Environmentally beneficial design will continue to develop evidence-based research about creativity and sustainability in academia.

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# SCHOOL'S OUT: OBESITY REDUCTION IN LOW SOCIOECONOMIC YOUTH THROUGH SUMMER INTERVENTIONS

Gretchen Lynn George  
San Francisco State University

## ABSTRACT

Childhood overweight prevalence exceeds 30% and is disproportionately higher in minority groups (Ogden, Carroll, & Kit, 2012). Many successful school year and clinic-based programs exist, intervening in the lives of overweight and obese youth (Foster et al., 2010). Children gain weight over the summer months, with overweight children gaining significantly more during this period (von Hippel, Powell, & Downey, 2007). Few summer programs focus on nutrition education and fitness and also are free. During summer 2011 and 2012, 135 adolescents, participated in the Fresno Parks and Recreation, Healthy Lifestyle Fitness Camp (HLFC). This free six-week camp included three hours daily physical activity and weekly nutrition education. Trained staff collected anthropometrics, diet, and physical activity data from youth. A comparison group was followed for the same period without HLFC exposure. Significant differences were observed in pre-post waist circumference and waist to height ratio between HLFC and the comparison group. Nutrition- and fitness- themed summer camps may play a role in reducing excess body weight and waist circumference in low-income youth.

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## **SUPERFOODS ACADEMY: A HEALTHY DIETARY ADDITION TO COMPUTER THEMED SUMMER CAMPS**

Gretchen Lynn George, Rosavida Cruz, Christina In, Stefany Iraheta, SuperFoods Team  
San Francisco State University

### **ABSTRACT**

The prevalence of adolescent obesity has tripled over the past 30 years (Ogden, Carroll, & Kit, 2010). Youth currently spend a daily average of seven hours in front of a screen (e.g. computers, televisions, and smart phones), and potentially more time during the unstructured summer months. Excessive screen time in adolescents is associated with health risks; weight gain (Strasburger, Jordan, & Donerstein, 2008) and low nutrient food intake, regardless of appetite (Chaput et al., 2011). Summer is an excellent time to incorporate healthy messaging into camps, because children of all weights tend to gain during this time (Moreno, Johnston, & Woehler, 2012). The purpose of this pilot study is to determine if SuperFoods Academy, a nutrition education module geared for adolescents participating in technology themed summer programs, improves the food choices during and one month post camp. Understanding the acceptance of nutrition education into a technology focused camp, and also the ability to improve dietary choices in congruence with unavoidable increases in screen time is essential for the future health of youth.

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# REFLECTIVE PRACTICE AS RELATED TO INCREASED CIVIC IDENTITY AND CIVIC ENGAGEMENT

Dulce Guzman  
California State University, Sacramento

## ABSTRACT

This poster will depict the important role that **Reflective Practice** during fieldwork has on increasing students' **civic identify** and **civic engagement**. **Reflective Practice** in this context refers to the students' journaling of *actions, thoughts* and *feelings* in relation to the ongoing fieldwork experience. The poster will include a visual model that represents the implicit connection between **reflective fieldwork practice, increased awareness of community needs,** and **increased civic identity and civic engagement**.

The purpose of this project is to highlight the important connection between reflective practice, civic identity and civic engagement. Reflective practice has increasingly been embraced as the standard practice for professionals in family studies, social work, and other human service fields. The connection between reflective practice, civic identity and civic engagement is an emerging area of study.

# ASSESSMENT OF FOOD SECURITY AMONG STUDENTS AT INSTITUTIONS OF HIGHER EDUCATION

Lynn A. Hanna  
California State University, Sacramento

## ABSTRACT

In the U.S. it is estimated that 14.7% of households struggled at least once in 2012 with getting enough food (USDA, 2013). This has increased from the 11.9% of households in 2004. Nearly every demographic contains some people who are struggling from time to time. While anecdotal evidence of individual stories have appeared in the popular media over the years, research on the extent to which college students experience food insecurity has been limited. This project was based on the hypothesis that food insecurity is an issue among students at institutions of higher education. In the spring semester of 2013, 67 students at Sacramento State completed a survey on their experiences with food. A larger scale survey has been scheduled for release in the fall of 2013. Preliminary results indicate that half the students in the initial sample felt food insecure at some point in the past year. These students cited lack of money as the most common reason for food insecurity. As a result, 60% of the food insecure students indicated that they cut the size of a meal or skipped a meal more than a few months in the previous year. A small number of students reported not eating for a full day at some point in the previous year. As California universities are seeking ways to improve graduation rates, these data may provide impetus for campuses to consider proactive solutions to the distraction of hunger among its student body.

## REFERENCE

Coleman-Jensen, A., Nord, M., & Singh, A. (2013, September). Household food security in the United States in 2012, *USDA Economic Research Service*. Economic Research Report No. (ERR-155), 41 pp. Retrieved from <http://www.ers.usda.gov/publications/err-economic-research-report/err155.aspx>

# EARLY METAPHORS IN FAITH DEVELOPMENT: MYSTICS, ACTIVISTS, SAGES, AND HOLY FOOLS

Kendra Henderson, Kathryn Carruthers, and Jody Roubanis  
Point Loma Nazarene University

## ABSTRACT

Metaphors of faith development have been identified as useful in the counseling setting (Mercer, 2006). Yet relatively little, if any, research has been conducted to determine the existence of early metaphors of faith development and relate them to higher levels of spirituality and religiosity (RS). Using the Faith Development Scale (FDS) and open ended questions, the present study implemented an electronic survey. Respondents were students at a Christian college. Preliminary findings suggest that appropriate early metaphors in faith development include mystics, activists, sages, and holy fools in college students who have attained higher levels of RS. Multiple authors have identified RS as an important antecedent for individual wellness (Nickols, Roubanis, Anderson, Ralston & Connors, 2012). Because individual wellbeing is central to the FCS Body of Knowledge, this study has implications for the practice family and consumer sciences in professional settings.

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**CHILDHOOD OBESITY:  
A COLLABORATIVE STUDY OF CHILDHOOD NUTRITION AND PARENTAL  
PRACTICES OF CHILDREN AND FAMILIES PARTICIPATING IN SAN FRANCISCO  
HEAD START PROGRAMS**

Sarah Josef, Karen Johnson-Carroll, Ivana Markova, Nancy J. Rabolt, Wanda Siu-Chan,  
Patricia Lee, and Alisa Elb, San Francisco State University

ABSTRACT

According to the Centers for Disease Control (CDC), approximately 17% of children and adolescents were classified as obese in 2009-2010 (Ogden, Carroll, Kit, & Flegal, 2012). Since one in seven of obese children are pre-school aged from low-income families, Head Start enrollees and their parents were chosen as the target population for a collaborative research study on factors affecting childhood obesity (CDC, 2012). Five graduate students developed a survey to capture data on: breast feeding practices and maternal self-efficacy, parental weight perceptions, perceived barriers to fruit and vegetable intake, and parental knowledge of childhood nutrition. The survey was distributed to several hundred parents of children who attend Head Start programs. Data was captured for 86 children, revealing 34.9% were overweight and obese. While study findings indicated there was no difference between parental nutrition knowledge and children's weight status, it indicated that parents had difficulty identifying foods high in fat or sugar and recommended serving amounts were unknown. Other study findings indicated children who were breast fed had lower rates of overweight and obesity, although the data was not statistically significant. Data from other study components is undergoing analysis and may reveal a relationship between parental nutrition practice and childhood obesity.

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## **MAKING HISTORIC FASHION CURRENT**

Minjeong Kang  
California State University, Sacramento

### **ABSTRACT**

The purpose of this abstract is to share effective teaching strategies used in the History of Fashion class, a survey class that covers history of dress in Western civilization from ancient times through the present. Due to the nature of history contents that trace back over 5000 years, it is a key to keep the course contents relevant and current to keep student interests.

I use two related teaching strategies specifically to accomplish this goal. First, at the end of each historic period covered (e.g., Ancient Greece, Byzantine Empire), I provide comparisons between historic dress examples from the studied period (e.g., Byzantine Empire) and matching contemporary dress examples and/or short fashion collection videos (e.g., Dolce & Gabbana's Fall 2013 collection) that show direct inspiration from the historic dress and time period. Second, I developed a course assignment titled "Historic & Contemporary Dress Analysis" to further help students realize historic dress and fashion have been continually revived over time and influencing current fashion. I would like to discuss more details about this assignment at the conference.

These teaching strategies have been proven every effective to make the history course contents more relevant to my students, which in turn increased their interest in the course topics. Many students commented on the value of these teaching efforts. In addition, numeric scores for student course evaluations in the relevant items such as "the instructor presented current information and recent developments about topics covered in this class," "The instructor used examples that were relevant to course material" showed very high (e.g., above 4.5 out of 5.0).

## POST-SECONDARY MEETING

Barbara Kilborn

Conclusion of Grant from CA-AFCS, Extended Education Fund

After introductions there was discussion about introducing more students to AAFCS and getting them involved.

Gus Vouchilas (SFSU) the millennial group study showed that students need to feel involved and doing something positive at the grass roots level.

More collaboration needs to happen between the CSU and Community Colleges (CCC). Forming student groups on campuses is necessary.

Diane Lewis-Goldstein (CSUN) FCS is growing on their campus especially in Home Economics Education. She is giving professional development credit to students who attend meeting in LA instead of extra credit.

TrendsInFashion.org is popular for students. Make the courses and meetings more fun will attract more students. Include multi-media and U-tube projects and they can be imbedded in the website. CSUN has course in dietetics, Food & Nutrition, Apparel & Fashion, FACS is growing as is the pre-credentialing program.

LA District is paying 1/2 student membership dues.

Roger Gerard (Shasta) the CCC advisory board has been disbanded as has Joanne Driggers position as the FACS coordinator, but website still has some contact information.

He has found funding for his culinary program elsewhere, because there is funding for "Retail and Hospitality" We need to educate college administrators about the value of FCS in families and community.

Jody Roubanis (Pt. Loma) Educating students and faculty about the FCS Body of Knowledge and the service the FCS brings to society. Teaching needs to be fun and courses need more interesting titles. "Kitchen Design for the Family who cooks"

Pt. Loma still has a teacher educator program and can coordinate with other colleges for courses to be shared.

Ann Moylan (CSUS) said FACS has more students than ever and not just in Foods & Nutrition. They have a dietetic internship program and teacher education as well. Four of their students are displaying posters at the conference.

# CULTURAL ANTECEDENTS AND PARENT-CHILD CONFLICT MANAGEMENT IN FAMILIES OF MEXICAN ORIGIN

Uma D. Krishnan  
California State University, Northridge

## ABSTRACT

Culture has a profound effect on individuals and family relationships because the perceptions, expectancies and meanings of relationships are steeped in shared cultural values. In different cultural groups, different values are internalized, and encourage different interaction patterns which eventually lead to different outcomes (Triandis & Gelfand, 1995). Despite the relevance of culture, a major limitation in cultural studies is methodological, mainly assuming heterogeneity in the classification of groups. Most studies on families of Mexican origin have been comparative (between group comparisons) and few that have studied within group differences, and fewer still have measured for the cultural syndromes “individualism” and “collectivism” (I/C) which are commonly used to classify cultures (Yu et al., 2008). This study examines the experience and management of conflict in families of Mexican origin. Data were collected from 102 adolescents. To examine more accurately the within group differences as well as the role of culture as an antecedent and consequence of behaviors, the horizontal/vertical (H/V) elements within the individualism/collectivism constructs (independent variables) and conflict experience (frequency, intensity) as well as conflict management (resolution styles) were studied. Data analyses are in progress. Significant within group differences in cultural orientation and the management is expected.

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# HOME MODIFICATIONS: BABY BOOMER INTENTIONS FOR AGING IN PLACE

Merijane Lee and Gus Vouchilas  
San Francisco State University

## ABSTRACT

Aging in place means the ability to live in one's home as long as possible, preferably to the end of life, and avoiding institutionalization. To age comfortably in one's own home improves perceived health (Fänge & Ivanoff, 2009). However, as a person ages and loses the capacity to adapt to the environment, the design or furnishings in the home may no longer fit that person's abilities, effectively limiting activities (Iwarsson et al., 2007). Regardless, less than 15% of older adults undertake recommended home modifications (Yuen & Carter, 2006).

The goal of this research was to characterize those who had purposefully undertaken efforts to age in place through either home modifications or relocation to more appropriate housing. In an anonymous online survey of 225 participants, 24% of boomers (aged 50 to 64) and 38% of non-boomers (aged 65+) had made modifications, and overall, 12% had relocated. The strongest motivators for home modifications were staying independent (81%) and in the community (70%), whereas anticipating declining health was the least motivator (35%). Designers need to be creative to accommodate aging while emphasizing independent living.

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# EVALUATION OF INSUFFICIENT VITAMIN B12 INTAKE OF ELDERLY INDEPENDENT LIVING SAN FRANCISCANS

Yvonne Leung and Gretchen Lynn George  
San Francisco State University

## ABSTRACT

The elderly population is consistently growing in the United States and especially in the San Francisco region (Bay Area Census, 2010). There is a high risk of developing Vitamin B12 deficiency in older adults due to malabsorption and inadequate intake (Pawlak, James, Raj, Cullum-Dugan, & Lucus, 2013). Vitamin B12 deficiency is an important health concern due to the severe irreversible neurologic effects that impact quality of life (Evatt, Mersereau, Bobo, Kimmons & Williams, 2009). It is important to determine whether the elderly population is consuming adequate intake. A bilingual, modified food frequency questionnaire and demographic survey was administered to Chinese San Francisco residents over the age of 60 years. Results revealed an indirect relationship exists between increasing age and decreased consumption of vitamin B12 rich foods. Therefore, trends of this study may indicate inadequate intake of vitamin B12 in the study population.

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**MAKING A DIFFERENCE IN GUATEMALA:  
PRENATAL AND INFANT NUTRITION AND ORAL HYGIENE EDUCATION TO THE  
INDIGENOUS WOMEN AND CHILDREN ALONG THE RIO DULCE**

Terri Lisagor, Hissa Alsudairy, Jocceline Hernandez, and Silvia Juarez-Viveros  
California State University, Northridge

**ABSTRACT**

Worldwide prevalence of chronic childhood undernutrition is estimated at 25% (Schwekendiek, 2010). Prenatal malnutrition is especially distressing, as it is associated with *preventable* chronic conditions. According to UNICEF, 50% of Guatemala's children are chronically under-nourished; it is 80% among the indigenous Mayan population (*Anonymous*, 2009). Registered Dietitians (RDs) can work with relief groups to provide nutrition education to families, emphasizing the importance of prenatal and childhood nutrition. Since total nutrition also affects oral health, oral hygiene education is an important part of the nutrition message. International Health Emissaries (IHE), a non-governmental organization, brings dental healthcare, and nutrition and oral hygiene education to Guatemala villagers. For the past 17 years, IHE has traveled to a remote area along the Rio Dulce, home to the indigenous Q'eqchi, who are Mayan descendants. IHE's healthcare team includes an RD; it often includes a nutritional science student from Family and Consumer Sciences. This year, three of CSUN's Dietetic Interns (DI), are going into outlying villages (*aldeas*) to meet with pregnant women and their younger children – in an attempt to *prevent* some of the devastating health outcomes through our unique nutritional message. These three students are bilingual and for the last three years have brought nutrition lessons to low-income parents and first and second grade children.

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# INJUSTICES THROUGH DESIGN

Imani Maddox  
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## ABSTRACT

The purpose of this garment was to reflect on the social injustices that African- American women face. African-American women experience a significant amount of sexual abuse, but only one in 15 will report rape (Domestic and Sexual Violence, n.d.). Studies show that this may be due to the stereotype that Black women are overly sexual, *Jezebels*. Many women fear that they will be blamed for the abuse that they are exposed to. In everyday life, Black women are subjected to stereotypes that attempt to justify different injustices. Other stereotypes include ideas that Black women are angry and loud, "sapphires," that emasculate men and that they refuse to conform to, "female roles." These views about Black woman began during times of slavery, but they are still prevalent today, even in our youth.

While thinking about how I would create the design of the dress, I reflected on what I had read about African-American women. Some of the words that stood out to me included, Jezebel and emasculating. I have always felt that many African-American women felt the need to conform in order to be accepted by society. This idea was enforced by another woman's statement. She said, "Not only are we women, but then we have to be Black women. And, it's hard. It's hard 'cause women already make less than men anyway but then you have to be Black and have to enter the workforce. And all the stereotypes we have to face as Black women. We're loud, we're welfare queens, you know. All we do is have kids, we can't take care of our kids, we mistreat our men. So, yeah, it's hard" (Thomas, Hacker, & Hoxha, 2011). These women feel stuck, and this is what I attempted to portray through my garment.

The tight fit of the garment and the pleating represent the hardships these women face. The longer side of the asymmetrical bottom represents Black women's desire to conform, but it is fighting the shorter side of the dress, which represents the stereotype of the overly sexualized Jezebel.

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# WILLOW FIBERS: ENVIRONMENTAL SOLUTIONS

Ivana Markova  
San Francisco State University

## ABSTRACT

Environmental concerns have been generating an interest and search for alternative sustainable fibers which will ultimately replace the less environmentally friendly synthetic or natural fibers. With this quest for sustainable fibers, new alternative fiber – the willow fiber – is explored in this fiber analysis. Fiber morphology is discussed including the fiber length, fiber weight, absorbency, and structure. Both ASTM D5332 Standard Test for fiber length and ASTM D1909 Standard Test for moisture regain are included in this fiber analysis. The appeal of the willow tree is its dual environmental purpose. Willows (*Salix*) are well known for their bioremediation abilities. Overwhelming evidence indicates that willow crops have been able to effectively take up nutrients and heavy metals (Dimitriou & Aronsson, 2011; Klang-Westin & Eriksson, 2003). According to Murphy, Devlin, and McDonnell (2013), “cultivation of willow can be used to treat a number of waste sources; wastewater, municipal waste, sewage sludge, distillery effluent” (p. 2). Suggestions for end uses of willow fibers in nanotechnology will be incorporated in this fiber analysis.

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# EFFECTS OF ACADEMIC AND NON-ACADEMIC INSTRUCTIONAL APPROACHES IN EARLY CHILDHOOD DEVELOPMENT: THE APPLICATION OF VYGOTSKY'S SOCIAL LEARNING THEORY

Ivana Markova  
San Francisco State University

## ABSTRACT

The focus of this study was to explore to what extent the growing number of English language learners (California Department of Education, 2013) was engaging in two different types of preschool activities, academic and non-academic. According to Whitehurst (2001), preschools need to get children ready for schools in an academic sense. Elkind (2007) suggests that social interactions that occur in children's play are missing from the academic preschool curriculum and are so essential for children's academic development. Data sources included 285 observations and teacher and parent surveys/interviews. Data analysis consisted of descriptive statistics that included frequencies/percentages, means, and standard deviations. In addition, children's observed scores were also analyzed by normative scales using standardized z-scores. The findings indicated that preschool children engaged and interacted dramatically more during non-academic preschool classroom activities. These results imply unstructured free-play activities served as an affordance for building academic skills and cultural capital.

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# SELF-EFFICACY AND COLLEGE STUDENTS' PERCEPTIONS OF ONLINE LEARNING

Ivana Markova  
San Francisco State University

## ABSTRACT

The purpose of this study was to investigate the extent to which college students feel confident in their learning abilities to utilize online learning technology to complete assignment requirements of undergraduate college courses. First, this research hypothesized that college students' self-efficacy is affected by a mediated model of several antecedent variables (previous experience, anxiety, peer connection, and instructor feedback). Second, self-efficacy perceptions of non-native English language speakers' were examined. A quantitative research method was employed in this study. To collect the data, a self-efficacy instrument, which was validated and developed by Bates and Khasawneh (2007), was distributed to 206 Consumer and Family Studies college students at SF State. Findings indicated that students' previous experience with online learning was significantly associated with higher mastery perceptions and with self-efficacy. Surprisingly, peer connection showed no correlations with either of the factors. Online learning system anxiety showed negative correlations with mastery perceptions and self-efficacy, which aligns with Bates and Khasawneh (2007) findings. Finally, college students who were non-native English speakers showed lower self-efficacy perceptions of online learning than their native English speaking counterparts.

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# AN EXPLORATION OF CULTURAL CAPITAL ATTAINMENT IN MULTICULTURAL COMMUNITIES: A STUDY OF URBAN FAMILY CENTERS

Ivana Markova  
San Francisco State University

## ABSTRACT

The role of family centers and their effect on the growth of cultural capital was explored in this study. It is suggested that within the multicultural communities, it is not the socioeconomic status that determines access to cultural capital, but it is the culturally defined values towards the activities. According to Kalmijn and Kraaykamp (1996), cultural capital can be more beneficial for less privileged groups. However, Aschaffenburg and Maas (1997) stressed that children from higher socioeconomic backgrounds profit more from their cultural capital (access and their participation in cultural classes) than do children from lower socioeconomic backgrounds. Cultural capital theory proposes that families involve their children in these activities based on their socioeconomic status. According to Bourdieu (2010), there are distinctive mechanisms of inheritance through which cultural capital is transmitted from one generation to the next.

A mixed research method was employed in this study. Data were collected via interviews at family centers in the San Francisco Bay Area in months of February and March, 2014. The findings indicated a shortage of cultural capital at San Francisco family centers. Only the Japanese, Russian, and Vietnamese family centers provided activities for families that would enhance cultural capital in children.

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# ABCs OF POWERPOINT

Nancy K. Murray  
Point Loma Nazarene University

## ABSTRACT

The purpose of this session is to discuss the basics of a superior PowerPoint or Keynote presentation. It only takes a few minutes to improve your use of presentation software and increase your audience's attention span!

The presenter will share the basic ABCs she has learned in 20 years and now teaches all her students to use with ease for all their courses. She often hears from PLNU faculty that her students make the best PowerPoints!

She will share tips on the

- a) DESIGN – look of slides to capture the audience's attention,
- b) CONTENT – how to include just enough content to make the slide interesting and
- c) PRESENTATION – how to use the slides with your oral presentation or voice-over

to ensure your audience listens to what you have to say as well. How often have you looked out at your audience and been disappointed at their lack of attention? Do you use publisher PowerPoints and wonder why they aren't better?

Learn a few simple rules and stick to them. The presenter is confident you will be pleased with the result and your audience will be more attentive.

## COMMUNITY BUILDING

Nancy K. Murray  
Point Loma Nazarene University

### ABSTRACT

The purpose of this session is to discuss the many ways the presenter works to build community on her campus and in her classroom. Communication is essential for serving and building communities. Facebook has taken over where BlackBoard or Canvas leaves off. Facebook photo albums can be large and posted swiftly while allowing them to remain online long after the course is completed. Knowledge of and contact with alumni is now extensive. In decades of teaching, the presenter has never known so much about her alums nor had such easy access to them. **Alumni outcomes are increasingly essential to documenting program assessment and even supporting rationales for maintaining programs.**

Campus-wide the presenter is known as Madame Commissioner as she is active in organizing over 100 faculty and staff who participate in Fantasy Football on the PLNU campus. While we don't gamble, fantasy football has dramatically increased friendly interaction on campus among workers. **As a result, the presenter is well-known on campus and the profile of family and consumer sciences has increased** with the participation of all FCS full-time faculty and staff as well as some adjuncts. The commissioners have been commended by the Provost for our community building success in campus-wide faculty meeting.

This type of communication is free to individuals and groups. Building community is only a click away. Serving or building community can be expanded and enriched via many technology tools and social media. Whether online or onsite, technology can ease reaching your audience as well as enrich your content

## THE NEW SYLLABUS

Nancy K. Murray  
Point Loma Nazarene University

### ABSTRACT

The purpose of this session is to share ideas for the creation of a 21<sup>st</sup> C. syllabus. The syllabus has changed dramatically in recent years. Syllabi are now a combination of a legal contract and a selling tool. This evolution has largely been driven by the dramatic growth in online courses and the increasing amount of information required for a variety of educational and legal reasons. Online courses make their first impression largely with the syllabus. Suddenly the need to truly turn it into a selling tool became vital to the course and professor's success. The appearance of the syllabus is important to delivering the information as well as capturing the student's attention. While it is essential to follow the "rules" for your institution, it is also important to personalize it to your needs.

Gone are the days of the simple syllabus with a list of course objectives and a schedule for reading assignments. As we moved to including mission statements, student learning outcomes, disclaimers for everything from registering a learning disability to the FERPA policy, clip art and detailed lists of the expectations of student behavior in the classroom, the presenter's syllabi have gone from 4 pages 10 or 12 pages in less than 10 years.

**Viewed at PLNU as having excellent syllabi and used as a resource by the Center for Teaching and Learning: For Faculty By Faculty**, she is one of five mentors to others to create a syllabus that meets the requirements at PLNU while creating a syllabus to suit the professor's individual needs. The syllabus is your voice when you are not present. Give as much time and effort to its development as any other integral element in your course.

# THE EFFECTS OF PLANNING AND IMPLEMENTING A HIGH SCHOOL CLOTHING DRIVE ON STUDENT CLOTHING DISPOSAL HABITS

Trista Okuda and Connie Ulasewicz  
San Francisco State University

## ABSTRACT

According to the U.S. Environmental Protection Agency Office of Solid Waste (2011), thirteen million tons of textile waste was generated in the United States in 2010, and only fourteen percent of clothing and footwear were recovered for further use. The reality of sustainable consumption and disposal behaviors of the future is affected by the emphasis that is placed on sustainable choices made today. As the term sustainability becomes more prevalent in society, it becomes important to educate and promote key attitudes and values with today's youth (Gottlieb, Vigoda-Gadot, Haim, & Kissinger, 2012). The children of today are the consumers of tomorrow, and need to understand their personal contribution to the waste process.

The purpose of this research project was to explore the clothing disposal habits of high school students before and after their participation in the planning and implementation of a campus clothing drive, a service-learning project. The researcher's goal was to educate a high school student population in Fremont, California on the environmental impacts of the fast fashion industry, and compare clothing disposal behaviors before and after participation in the student run clothing drive. Sixty students in a Leadership class participated in the planning and implementation of the campus clothing drive and took the pre- and post-test surveys. The total campus population had the option to participate by donating clothing to the drive. Results highlighted that participation in the clothing drive was not an influencing factor in creating sustainable clothing disposal habits for the future. Consumer behaviors regarding clothing disposal were discussed to supplement and further support sustainability education. Enhanced educational tools for trash alternatives need to become incorporated into existing curricula at the high school level.

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## NEEDLE ARTS WITH VISION LOSS

Shireen Irvine Perry  
Orientation Center for the Blind

### ABSTRACT

Having vision loss does not need to keep a person from enjoying hands-on creativity in Needle Arts, such as machine sewing, needle felting and knitting. With a good working knowledge of adaptive blind techniques, a visually impaired person can produce beautiful projects competently and safely.

Adaptive techniques with resources have been gleaned from colleagues, students and personal experience with 34 years of teaching at the Orientation Center for the Blind. These techniques may be used in teaching or as a resource for newly blind experienced needle artists. I encourage my students to ask themselves, “How can I make this work safely?” instead of “I can’t do this because I can’t see.”

It has been a joy to observe my many students grow in their self-confidence and skill as a visually impaired individual. *Needle Arts with Vision Loss* will give teachers and those with a visual impairment the means to tackle needle arts projects otherwise thought impossible.

### REFERENCE

[www.needleartswithvisionloss.wordpress.com](http://www.needleartswithvisionloss.wordpress.com)

## **FOODS AND NUTRITION CULTURE AND CUISINE EVENT**

Michelle Pecchenino  
Merced Community College

### **ABSTRACT**

The Merced College Foods and Nutrition Department has hosted a Culture & Cuisine Event for the past three years. It has featured various countries including Japan, Mexico and Italy. The event was targeted primarily for Merced area high school culinary students. The Foods and Nutrition Department at Merced College worked on reaching out to new students and increasing participation in their program. About 150 students from local high schools attend this educational experience yearly. The students walk the Merced Campus and not only get acquainted with campus, they hear specially designed lectures from college professors. For example the college Spanish Professor presented a lecture on the culture of the country with specific focus on geographical features and architecture. An Adjunct Professor who is a Registered Dietitian presented how to make healthy choices among traditional foods and when dining at restaurants. Students participate in two hands on workshops where they learn about successful gardening of herbs and vegetables from a Horticulture Professor. Students have the opportunity to pot and take home a vegetable plant to grow. Finally, students cook a traditional dish with a chef instructor. This is truly an interdisciplinary event where Business students are involved with designing the artwork for the event. Foods and nutrition students were responsible for planning the lunch menu, preparing the foods and assembling them. The menu includes a balanced healthful offering. At the conclusion students gather at the campus amphitheater where they view chef demonstrations and taste delicious samples from local restaurants. The event has been quite successful and is slated to continue each spring semester featuring various countries.

## HOW TO BE A GOOD MENTEE; HOW TO FIND A MENTOR

Nancy J. Rabolt  
San Francisco State University

### ABSTRACT

There is an abundance of advice today on how to mentor, how to find a good mentor, and even how to be a good mentee. Many companies, professions, and educational institutions have formal mentoring programs where older, more experienced mentors are matched up with new mentees. There has been a significant increase in formally mentored at-risk young since the early 1990s; but it is projected that 16 million young people (including 9 million at-risk) will reach adulthood without connecting with a mentor of any kind (“the Mentoring Effect”). Findings from a recent study of 1109 young people indicate that the more risk factors, the less likely they will connect with a mentor, the more they aspired to attend college, more likely to participate in sports, more likely to hold a leadership position, and more likely to volunteer. So mentoring our youth is important!

*My Top 8 List on How to Be a Good Mentee* sifted from the literature is: 1. Identify the goals you want to achieve; 2. be professional, honest and open; 3. take advantage of opportunities; 4. be proactive/take the initiative; 5. be focused; 6. work on the relationship with your mentor; 7. thank your mentor; and 8. other, including be open-minded, focus on the future, accept criticism, learn from your mistakes, be a good listener, and strive to do your best.

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ABSTRACT



The proposed presentation is a design that was created to raise the awareness of racial discrimination faced by Sikhs in the United States. In particular, I highlight the discrimination faced by males due to their facial hair and turbans after September 11 attacks. Male Sikhs are commonly profiled as terrorists and are treated unfairly. This design contributes to the stories, emotions, and anguish of adults as well as teens that go to school wearing their topknot turbans.

The asymmetrical design represents the unbalanced discrimination in our society. The draped part of the dress signifies the turban, which has been a proud symbol of Sikhs from about 500 years with the birth of Sikh religion. Some strings that are attached at the shoulder hang loosely down to the hem, while others are sewn into the side seam. These strings represent the attachment and de-attachment to cultural identity that some of the Sikh men navigate. Some Sikhs have detached themselves from their identity and assimilated into American culture completely. This is represented in the detached strings that are hanging freely from the garment. Knots in these strings indicate some cultural depiction.

## **TEXTILE ART**

Kamal Ragbotra  
San Francisco State University

### **ABSTRACT**

The presentation will be a design that will be rendered to show the contemporary designs of fabrics inspired by traditional designs of historical period. These designs will be rendered on paper with mixed media such as watercolor, colored pencils, gouache, and markers. These designs could be printed, embroidered, or woven onto textile fabrics using a variety of methods and processes. The purpose of this presentation is to promote cross-cultural influence and appreciation of the textile arts.

**MAN ENOUGH: SOMATOFORM AND EATING DISORDER SYMPTOMOLOGY  
AMONG AFRICAN AMERICAN, CAUCASIAN, AND HISPANIC/LATINO  
VARSITY/NCAA DIVISION 1 MALE ATHLETES**

John Ramos  
California State University, Sacramento

**ABSTRACT**

Individuals with eating and somatoform disorders are dissatisfied with the appearance of a body part or organ system, leading to obsessive body modification behaviors. Individuals with muscle dysmorphia, a somatoform disorder subtype that involves a preoccupation with muscle mass, practice weight gain mechanisms to increase muscle mass (excessive strength training exercises, caloric bulking, anabolic steroids, etc.) and weight loss mechanisms to decrease fat (excessive exercise, starvation, pharmaceutical treatments like laxatives, diuretics, enemas, and appetite suppressants). Prior research indicates that there are significant differences in the prevalence of eating and somatoform disorder symptomology between nonathletic Caucasian and non-Caucasian males. There is a scarcity of research on eating and somatoform disorders in the athletic male community. A survey was distributed to 119 male NCAA Division 1 and Varsity male athletes in March and April, 2013. Contrary to prior research, data suggest differences in the prevalence of symptomology among African American and Hispanic athletes compared to Caucasian athletes. In general, the data indicate inadequate nutrition education among athletes, as well as the manifestation of restrictive food habits and time-consuming exercise routines to decrease adiposity and increase muscularity. This research is significant to the family and consumer science community as it directly relates to nutrition and eating disorder pathology in athletic male populations of multiple ethnicities.

# **SUSTAINABLE FASHION: DIFFERENCES IN CONSUMER BEHAVIORS AND ATTITUDES**

Johanna Renkvist and Bo Seo  
San Francisco State University

## **ABSTRACT**

As the current fashion system leaves a heavy pollution footprint while generating a costly social and environmental impact, it is important to develop and support more sustainable practices in the fashion industry. To succeed in this, professionals need to gain a better understanding of consumer's attitudes and behaviors toward sustainable fashion. This study focused on the understanding of these and analyzed their relationship with the respondents' knowledge of sustainability, their gender, generational differences, education level, etc. The research was based off of a survey including questions that measured attitudes, behaviors, level of knowledge, and other variables. There were a total of 200 respondents, whereof most consisted of Generation Y college students. The responses were measured using different tests which, for example, showed that there was a significant positive relationship between the consumer's knowledge of sustainability and their behaviors toward sustainable fashion but no generational difference in their attitudes. The findings of this study are important as they can be used by fashion industry professionals who are looking to better understand their target market in order to succeed in supporting a sustainable fashion system.

# THE ROLE OF THE MENTOR

Wendy Reiboldt  
California State University, Long Beach

Mentoring is a concept which is receiving increased interest in the professional world. Part of the interest, for women, has been the presence of high level women in business, including Sheryl Sandberg and her book *Lean In*. To get started, some commonly agreed upon definitions are provided: “Someone who teaches or gives help and advice to a less experienced and often younger person” (Merriam-Webster, 2014); and “an intense developmental relationship whereby advice, counseling and developmental opportunities are provided to a protégé’s career experiences” (Eby, 1997).

Depending on the relationship, mentoring can be formal (i.e. at work, in school, in the discipline, or in the community), or informal (i.e. a relative, friend, supervisor, professor), both of which can be beneficial to the mentee. The formality of the mentoring relationship can define the type of support provided. For example, formal mentors provide instrumental or career support for the advancement and education of a mentee, while informal mentors offer more psychosocial support such as life skills and relationship advice. Both types of mentoring are important, and if a mentee is lucky enough to have a few mentors, the support will certainly be more broad and inclusive.

The mentoring research is rich with studies looking at mentoring in a variety of contexts. Overall, there is agreement on some of the best characteristics of a mentor. Some of the recurring characteristics of a good mentor include: being an active listener, focusing on the positive, providing constructive feedback, maintaining confidentiality, being a positive role model, exhibiting a learning attitude, encouraging of independence (not dependence), opening doors and creating opportunities, among others. While the mentoring role can be time consuming, it is fulfilling. It is also a way for mentors to “pay back” into the discipline or community. It is truly a win-win for both the mentor and the mentee.

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## **IMPLICATIONS FOR THE RESTRUCTURING OF CA-AFCS: WHAT IS IN IT FOR ME?**

Riley Rozenboom and Jody Roubanis  
Point Loma Nazarene University

### **ABSTRACT**

As Baby Boomer and Gen X volunteers are aging out, family focused organizations such as PTA and CA-AFCS want younger members to fill vacated service/leadership roles in their organizations. A challenge to both organizations has been that persons from the Millennial generation have not been rushing to fill these vacated roles. In 2013 a survey was conducted that targeted why people become PTA members and factors that influence their participation (or lack of participation) in the organization (n=1,321). The findings revealed that Millennial volunteers are most likely to be concerned with “What is in it for me?” as compared to previous generations. In regards to their service and volunteer work, Millennials reported the following: short on time, need to see how participation directly benefits my situation, and need to be heard in organization. To be a viable organization under the academy structure, an implication for CA-AFCS is that it needs to be a “connector” between its members and FCS issues.

## ETHICS: IT'S ALL IN THE CODE!

Jody L. Roubanis, Point Loma Nazarene University

### ABSTRACT

During this interactive session, participants use the Ethical Perspectives Model to consider ethical dilemmas that can challenge new or seasoned FCS professionals. The major changes to the revised AAFCS Code of Ethics are highlighted in the professional scenarios that are investigated. Besides being able to implement the model, a goal of the session is to help participants reflect on their own decision-making tendencies and enable them to broaden their deliberation strategies. The AAFCS Ethics Committee endorsed the Ethical Perspectives Model as the prefer model for teaching professional decision-making, and identified it as a viable link between professional practice and the FCS Body of Knowledge. Dr. Roubanis was chair of the AAFCS Ethics Committee when it led the charge to revise the AAFCS Code of Ethics.

#### Objectives:

1. Explain the premises for each perspective in the Ethical Perspective Model: ethic of justice, ethic(s) of care, ethic of critique, and ethic of the profession.
2. Relate the ethic of the profession to the newly revised AAFCS Code of Ethics, and recall the importance of all of the ethical perspectives in the model.
3. Resolve an ethical dilemma using the model.
4. Reflect on own preference towards ethical perspectives when resolving an issue, and consider strategies to also consider the issue from the other ethical perspective (metacognitive).
5. Formulate a morally defensible decision to a professional dilemma.

#### Learning activities:

1. Lecture – Introduce model and (briefly) identify changes to the revised AAFCS Code of Ethics
2. Small groups – Using the model, resolve one of four scenarios.
3. Group discussion – Discussion each scenario and identify which ethical perspectives were implemented and what aspect of the revised AAFCS Code of Ethics is relevant (if any).
4. Conclusion – Reflect on which ethical perspectives each of us is most likely to first use, and for future issue encourage participant to consider the dilemma from the other ethical perspectives.

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## **NUTRITION COMMUNITY OUT-REACH PROJECT**

Shyana Sadiq  
San Francisco State University

### **ABSTRACT**

This is a proposal for a poster display describing the creation of a successful, non-profit community workshop that focuses on increasing wellbeing during pregnancy, by lowering the instance of constipation. For our DFM 451 community outreach project, my group and I agreed that our efforts would focus on creating a workshop targeted for low-income families who have less accessibility to educational resources. We found that there was a lack of accessibility to in-depth workshops focusing on the prevalence and implications of constipation during pregnancy. This may be due to embarrassment felt while participating in a workshop focusing on a personal topic. We tailored our workshop to ensure our participants felt comfortable by focusing on common topics such as diet and exercise to increase health and combat constipation at the same time. Constipation is a common symptom associated with pregnancy, and by decreasing its instance, it may contribute to an improved mental and physical wellbeing for the pregnant mom.

Our outreach workshop was conducted at Wu Yee Children's Services, a non-profit program that provides pre-natal services for low-income families in San Francisco. A pre and post assessment was conducted to adequately assess the participants learning and understanding of the topic. Topics discussed included overall diet needs during pregnancy, increasing fiber in the diet, recommended water consumption, and appropriate exercises that may be practiced.

The poster will essentially contain these main points in addition to the pre and post assessment results highlighting learning outcomes of this program. This workshop was created as part of a class project, but has ventured into being a continuing workshop that my group conducts for Wu Yee Children's Services. We plan to conduct our next workshop this coming June and hope that it continues to be a helpful resource for pregnant moms in San Francisco.

## A COMPARATIVE STUDY OF CHILDHOOD DISCIPLINE WITH ADULT LIFE SATISFACTION

Billie Lou Sands and Patty F. Lee  
San Francisco State University

### ABSTRACT

The purpose of the study was to examine the relationship between a) corporal punishment by parents and life satisfaction of the adult children, b) psychological aggression by parents and life satisfaction of their adult children; c) variance in adult life satisfaction between the non-psychological aggression, minor psychological aggression, and severe psychological aggression groups at the age of 10. The sample consisted of 188 university students from 18 through 48 years of age, who were asked to recall the prevalence of corporal punishment and psychological aggression used by both parents and/or step-parents at the age of 10, and to indicate their current life satisfaction. The results did not find a significant relationship between corporal punishment of children and life satisfaction later in life, but a significant relationship existed between parental psychological aggression of children and their adult life satisfaction. Findings indicated that participants who experienced minor or severe psychological aggression, showed lower levels of life satisfaction than participants who did not experience parental psychological aggression.

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# NUTRITION KNOWLEDGE, FRUIT AND VEGETABLE CONSUMPTION, AND WEIGHT PERCEPTION AMONG CAMPUS LIVING FRESHMEN

Sienna Sanjaya, Gretchen Lynn George, and Sarah Josef  
San Francisco State University

## ABSTRACT

According to the National College Health Assessment II (NCHA II), 21.9% of college students are considered overweight and 11.8% obese (American College Health Association, 2013, p. 13). A diet rich with fruits and vegetables is strongly associated with a reduced risk of cardiovascular diseases and improved weight management (Centers for Disease Control and Prevention, 2010, p. 1125), yet according to the NCHAI, only 6.3% of college students consume the recommended five or more servings of fruits and vegetables a day. A classroom-based nutrition education is an effective intervention in increasing fruit and vegetable intake among college aged students (Ha & Caine-Bish, 2009); however, most college students receive no formal nutrition education. The purpose of this study is to assess fruit and vegetable consumption and the relationship to nutrition knowledge in a sample of college freshmen living on-campus. Additionally, this study will explore if knowledge have a relationship with individual weight perception and Body Mass Index. Understanding this relationship is important to determine if nutrition education should be mandatory in general education on college campuses.

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# HELPING SEXUALLY EXPLOITED/HUMAN TRAFFIC VICTIMS ACQUIRE SOUND FINANCIAL MANAGEMENT SKILLS

Nanci Schindler, San Diego Community College District

## ABSTRACT

Results from action research focused on delivering Financial Literacy content to victims of Sexual Exploitation /Human Trafficking (SE/HT) are revealed. Services to help SE/HT survivors regain independence and re-enter society with the capacity to meet the demands of daily living are critical as trafficked victims characteristically retain a limited personal decision-making ability (Postmus, 2010). Financial literacy training is one vehicle that often is promoted to provide economic empowerment (Postmus, 2010; Shared Hope International, 2009). But is the combination of a stellar financial literacy program and practiced educator, enough to engender optimal learning among SE/HT victims in a non-profit, survivor oriented, educational setting? This question was examined through critical reflection by this educator/researcher serving as a community volunteer educator working with a local SE/HT NGO (non-governmental organization). The results provide insight into working educationally with victim/survivor type groups and interesting interactive complexities between intimacy, financial matters, and educational receptivity.

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# CHILDHOOD OBESITY: PARENTAL PERCEPTIONS AND CONCERNS

Kathrin Spoeck, Sarah Josef, Wanda Siu-Chan, and Nancy J. Rabolt  
San Francisco State University

## ABSTRACT

In 2011 a survey was used to collect data on parental knowledge and perceptions of childhood obesity. The sample consisted of 80 parents with children between the ages of 6 months to 5 years who attended a toddler/preschool program in San Francisco. The survey included questions on parental perceptions of their child's current weight status, parental concern about their child's future weight status, and parental perceptions of the national problem of childhood obesity. Results indicated that most parents, including parents of overweight and obese children, perceived their child to be at a normal weight; however, parents of obese children were significantly more concerned about their child's future weight status than parents of non-obese children. These results are consistent with findings by Carnell et al. (2005) who reported that few parents perceived their child as overweight; however, compared to parents of underweight and normal weight children, more parents of overweight children were concerned about their child becoming overweight in the future. Parents' concern increased progressively as children's weight status increased (Carnell et al., 2005). Although there was an overall low level of parental concern about their child's future weight status in the current study, the majority of parents thought that childhood obesity was a national problem. Jones et al. (2011) interviewed parents about the national problem of childhood obesity in England and also found that the majority of parents thought that childhood obesity was or was becoming a national problem.

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# **INCREASING THE NON-POVERTY WAGE TO IMPROVE LIVES WITHIN THE APPAREL AND TEXTILE INDUSTRY: A COMPARATIVE CASE STUDY BETWEEN SAN FRANCISCO'S AND MILWAUKEE'S SWEATFREE ORDINANCES**

Alexandria Swanson  
San Francisco State University

## **ABSTRACT**

The presences of sweatshops in the apparel and textile industry have been referenced in history as far back as the 1800s. The term was coined to bring public attention to factories and workshops that were using “sweated labor.” According to Micheletti & Stolle (2007) “sweaters” were known to employ vulnerable and exploited workers. As early as 1898 anti-sweatshop reforms have placed pressure on governments to purchase “no-sweat” for its employees (Sklar, 1998). Claeson (2009) states, “responsible public purchasing practices can improve standards in an apparel industry where the race to the bottom is the norm” (p. 1).

The purpose of this study is to show how government entities practice sweatfree procurement of apparel and apparel related items and how non-government organizations (NGO's) support sweatfree purchasing. The City of San Francisco, California and Milwaukee, Wisconsin sweatfree purchasing ordinances are discussed in order to show how responsible public purchasing is accomplished. This study is justified by showing that government spending should not contributed to sweatshop conditions. Incorporating sweatfree ordinances in cities not only ensures improved working conditions for workers in apparel and textile manufacturing, but it also ensures taxpayers dollars are not spent supporting sweatshops.

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# ACCESSIBLE TO MOM: MAKING A HOUSE A HOME FOR AN AGING PARENT

Danielle Sylvia and Toni Myers  
Point Loma Nazarene University

## ABSTRACT

Universal Design is the design of environments to be used by all ages and all abilities (McGowen, 2010). Principles of Universal Design are premised on four elements: accessibility, adaptability, aesthetics, and affordability (Calmenson, 1995). The purpose of this project was to develop a plan to retrofit a residential home, enabling an aging parent to transition into her daughter's home. An assessment of the residence was made based on the four elements of Universal Design. Most of the recommendations focused on increasing accessibility through implementing the use of products with more adaptable functions.

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# MADE IN SAN FRANCISCO: SUPPORTING OUR SEWN PRODUCTS INDUSTRY

Connie Ulasewicz and Gail Baugh  
San Francisco State University

## ABSTRACT

As the benefits for producing products offshore have decreased, the global desire for products “Made in America” has increased (Muir, Noll, & Francis, 2012). The purpose of this study was to identify key factors that influence the decision makers in the garment and sewn products manufacturing industry in the San Francisco Bay Area, as a context for understanding where the industry is today, and as a foundation for making projections for its future. With a rich history of product houses and companies from the 1920s, this region was the original west coast hub of millinery, fur, leisure wear and suiting for men and women (Lai & Jeung, 2008).

Findings of this initial 2012 qualitative study and continual research support that the S.F. Bay Area has and continues to be a vital manufacturing region. Of the 51 companies interviewed, 26 had been in business for 11-94 years, with 7 in their 6<sup>th</sup>-10<sup>th</sup> year, and 18 in their 1<sup>st</sup>-5<sup>th</sup> year of business, supporting the historic and continual growth of the industry. Recurring challenges, iterated by over 60% of the respondents included; the average age of the sewers estimated at late 1940s to early 50s, the lack of training programs, old or lacking manufacturing machinery, and missing local resources. Research implications revealed implicit needs to address workforce development and resource issues for the future sustainability of domestic or onshore manufacturing and its global distribution channels.

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# YOUNG ADULT MILLENNIAL CONSUMER METHODS: A DEFINING GENERATION

Gus Vouchilas and Connie Ulasewicz  
San Francisco State University

## ABSTRACT

The Millennial generation appears to be segmenting as a result of recent events (Debevec, Schewe, Madden, & Diamond, 2013). Among groups are the young adult Millennials who are defining their own approach to the consumption of goods. The extent to which Millennials are presumed to rely on the Internet and other technologies to acquire lifestyle products helped guide this research which examined choice of retail outlet among online retailers, first-hand retail stores or second-hand stores when shopping either for oneself or for someone else as a gift. The study also explored young adult perceptions of second-hand retailers and merchandise as well as their expectations of retailers as they relate to community involvement. The sample consisted of 486 college and university students born between the ages of 1982 and 1992 as the 21–31 year age range in the United States is approximately 15% of the total population (U.S. Census Bureau, 2012). The survey sought information through both quantitative and qualitative means. Among the findings, the sample largely prefers to shop from first-hand brick and mortar retail outlets. Additionally, they are not inclined to tell their friends where they shop unless asked, indicating that this older segment of the cohort may not be as inclined to communicate their preferences online as younger Millennials. The sample shows some concern toward the environment and cleanliness when purchase decisions are made and is largely concerned about the extent to which retailers are giving back to their communities.

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**CALIFORNIA HOME ECONOMICS CAREERS AND TECHNOLOGY SECONDARY  
EDUCATION: ACHIEVING EXCELLENCE BY CONNECTING THE DOTS FOR  
TEACHERS AND STUDENTS!**

Melissa Webb and Tanya Wright  
California Department of Education  
Agriculture and Home Economics Education Unit

**ABSTRACT**

This presentation provided an overview of Home Economics Careers and Technology (HECT) Education career pathway programs that provides skills and training for students to get-and keep-high skill, high wage jobs in important industries vital to California's economy such as hospitality, food service, fashion, child development and education. Information and resources also were provided on the *new* HECT approved CTE Standards and FHA-HERO: The California Affiliate of FCCLA. This presentation demonstrated how an effective Career Technical Student Organization (CTSO) is an excellent promotional tool to showcase your HECT program.

# **AHHA! PROVIDING AFFORDABLE, HEALTHY, HEARTY, AND ACCESSIBLE FOOD OPTIONS**

Lindsay Wengler  
San Francisco State University

## **ABSTRACT**

One in four San Franciscans are currently food insecure. With the reduction of SNAP benefits, access to healthy food for many continues to become more challenging. Many shoppers frequently choose processed, cheaper foods with longer shelf lives in order to stretch their food dollars. While these foods may sate hunger in the short-term, recurrent consumption can often lead to overweight or obesity, and their costly comorbidities: hypertension, type 2 diabetes, stroke, and cardiovascular disease. In order to better assist those with ever-tightening food budgets maintain a healthy diet, thus a healthier lifestyle, a comprehensive planning tool was devised.

The “AHHA! Plan” (AHHA) sets to ease confusion, while educating consumers, on which foods are both the most economical and nutritional. AHHA is an acronym for the four points of food information it provides: affordable, healthy, hearty, and accessible. The plan provides a list of affordable and healthy food options, according to USDA MyPlate guidelines. To compliment the food catalog, a series of quick, easy, and hearty recipes that use the affordable and healthy food options, is included. The recipes will be used as an educational tool, by highlighting certain ingredients used in the recipe and describing why they are part of a healthy diet. To better facilitate accessibility, the plan is concluded with a list of stores and farmers markets in San Francisco to purchase the food, with annotations on which accept EBT cards. Those with limited time and budgets will benefit from AHHA. The comprehensive plan streamlines the often-complicated process of affordable, healthy eating.

# MORALLY CONSCIOUS CONSUMERISM: DO WE THINK BEFORE WE BUY?

Madison White, Payton Planiden, and Jody Roubanis  
Point Loma Nazarene University

## ABSTRACT

Does the increased rhetoric about acting locally to have a global impact translate into more informed consumer choices? Do college students regularly deliberate over the moral implications of their consumption choices? Data on morally conscious consumerism were gathered by measuring for previous consumer behaviors of students attending a Christian college in the United States. Based on a study that Iwata conducted (2006), a questionnaire was developed that assessed for voluntary simplicity lifestyle (VSL), environmentally responsible consumerism (ERC), and morally conscious consumerism. Preliminary findings from the present study indicate that students are more likely to practice pro-environmental consumer behavior, if they are reflective of the implications of their consumer choices. The findings also reveal that students are much more likely to be cognizant of and practice aspects of VSL, when compared to similar previously conducted studies (Iwata, 2006; Roubanis, 2008).

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# DIETARY RESTRAINT, FOOD PREOCCUPATIONS, WEIGHT LOSS SUCCESS, AND BMI OF COLLEGE FEMALES

Elena Zidaru, Nancy J. Rabolt, Sarah Josef, Wanda Siu-Chan, and Ivana Markova  
San Francisco State University

## ABSTRACT

The purpose of this study was to gather information on the two types of dietary restraint, food cravings related to preoccupations with food, perceived weight loss success, and current weight status of college females. A survey was used to collect data from 188 college women with ages between 19 to 39 years. Both rigid and flexible dietary control patterns (“all or nothing” approach to eating such as avoiding tempting foods versus a more balanced approach to eating such as allowing the consumption of pleasurable foods in reasonable quantities) were positively correlated with food cravings related to food preoccupations. However, the two types of dietary restraint (rigid versus flexible) were not correlated with BMI. Furthermore, perceived weight loss success was positively related to some of the components of rigid control and flexible control. The study also showed that in a primarily normal weight college women sample with relatively limited dietary restrictive patterns there is a tendency of increased overweight perception.

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