

CONTEMPO

CONNECTING PROFESSIONALS. TOUCHING LIVES.



CA-AFCS Members:

WELCOME TO 2021!

We are so pleased to bring you our first issue of Contempo this New Year. Many things are happening within AAFCS which also impacts our affiliate. The search for our new **Executive Director** is currently underway and we are ready to embrace and advance the vision that comes with this position.

Planning is underway for the AAFCS **Annual Conference** which will be held remotely on June 25-27, 2021. This is sure to be an event not to miss. The 2020 event was a tremendous success and replete with wonderful speakers. We look forward to hearing FCS news in this new year. Proposals are accepted through February 16th so there is still time to submit. To submit a proposal, visit <https://www.aafcs.org/home> and select the proposal option which requires AAFCS sign in.

The **#fcssuccess** initiative to increase visibility of our organization, the work of our members, our mission to impact lives and the greater significance of FCS to our communities continues and will surely make a difference to those whom we serve.

We welcome this new year and look forward to advancing our organization and making a difference in the quality of life for individuals, families, and communities.

The Contempo Team offers our **special thanks** to our Tri-Chairs who are working diligently with the Family & Consumer Sciences Teachers Association of California and California FCS Leadership and Management to bring to you our first ever joint conference.

The theme for the event is “**FCS—Strong & Resilient**” and program speakers will bring stories of resilience that help underscore the important work of FCS Professionals. **Thank you:**

Mindy Trisko—VP Programs
Nancy Rabolt—Past President
Gus Vouchilas—President

— IN MEMORIAM —



Gail G. Fonosch/Bogdanoff was born October 17, 1946 in Erie PA to parents Barbara Burns and Robert Burns and passed December 29, 2020 in Tucson. Gail attended San Fernando Valley State College earning her BS in Home Economics. Always eager to further her education, she then went to Ohio State University earning her Master of Science and finished at Nebraska University with a

Doctor of Philosophy degree and co-authoring a book Meal Management, Concepts and Applications. She loved helping, teaching and learning new things.

Gail is survived by her sister Christy Andrews (David) of Wyoming; Nephew Jeremy Andrews (Hope) of Colorado; Niece Kriquette Andrews/Garcia (Chris) of Oregon; Ron Cochran (partner) of Arizona; stepchildren Barbara M. Samuels, Michael G. Bogdanoff, Lee R. Bogdanoff, and Debra Spellman all of California; 6 step grandchildren and 2 step great grandchildren.

Due to the severe Covid-19 danger, no services will be held at this time. A memorial will be announced at a later date. Instead of flowers, donations to the educational institution of the donor's choice would be a lasting memorial to Gail.



FCS Professional Development Package

The AAFCS Professional Development Package is for learners seeking relevant, research-based content and the opportunity to obtain high-quality family and consumer sciences (FCS) professional development. When you purchase the Professional Development Package by **February 28, 2021** you will receive:

- Unlimited access to LIVE webinars and a library of on-demand recordings
- Online access to the Journal of Family and Consumer Sciences
- \$25 registration discount for the 2021 AAFCS Annual Conference
- Complimentary 2021 Professional Membership

ABOUT OUR VIRTUAL PROFESSIONAL DEVELOPMENT

- Timely, research-based content presented by FCS content specialists
- Webinars are presented live, with on-demand recordings available in 48 hours
- Eligible for AAFCS Professional Development Units
- Professionally moderated with open chat
- Provides downloadable resources and tool

SPRING 2021 WEBINAR SERIES

- Building Leadership Competencies for FCS Professionals
- Tech Talk with Virtual FCS
- Improving Sleep: The Latest Research
- Using Food Pantries to Address Food Insecurity
- Providing Taxpayer Assistance to Communities
- 35 Useful Personal Finance Websites

Fall 2021 Webinar Series is coming soon!



How does it work?

Start by asking your organization or employer to pay for the Professional Development Package! The package benefits will be activated upon payment and are valid until December 31, 2021. To gain access to the live and on-demand webinars, the Journal of Family and Consumer Sciences, and the discount for the 2021 AAFCS Annual Conference, you must order the package by February 28, 2021. The special price for this package is \$129 and you can purchase it here.

How do I purchase?

PAYING BY PURCHASE ORDER? Upon check out, click on Pay By Check (even if you do not have a Purchase Order #). Your invoice will be generated and located under Pay Open Invoices. To access it at any time when you are logged in to your [MyAAFCS account](#), click on Pay Open Invoices.

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For more information, contact staff@aaafcs.org.

MEMBER SCHOLARSHIP

Title: Living in a Digital World: A Pilot Study for Improving Body Image in College Students

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Has body image become a public health issue for college students?

In a society obsessed with dieting and images of thin women and masculine men, pressure to achieve an “ideal” body weight constantly surrounds our environment. Visually-based social media platforms have become part of our daily lives and the influx of screen time has negatively impacted body image (Hawkins et al, 2010). Body dissatisfaction leads to impaired psychological health and eating/weight problems which are significant public health concerns (Bucchianeri & Neumark-Sztainer, 2014). Instagram began in 2010, meaning traditional undergraduate college students were roughly 7-11 years old and have grown up with social media. Females ages 18-24 represent 15% of Instagram users worldwide (The Statistics Portal, 2019) and fifty percent of college students report they’re attempting to lose weight, yet only 28% were classified as overweight (Warton, Adams, & Hampl, 2008). Peer pressure to uphold an ideal body weight results in disordered eating patterns and poor body image in college students (Gaines & Burnett, 2014). Negative body image is one of the strongest predictors of disordered eating, therefore, addressing barriers to body appreciation is key for prevention. Without properly addressing these issues, risk for developing an eating disorder is significantly higher.

How can we leverage social media to improve body image? A pilot study

Few intervention studies have been conducted on body image in relation to social media, however, enough evidence supports pilot research to address the growing public health issue. The purpose of the Ditch the Diets pilot study was to evaluate the effectiveness of promoting Intuitive Eating (IE) (Ribole & Resch, 2012) and Health at Every Size (HAES) (Carbonneau et al, 2017) to reduce disordered eating and improve body image. We hypothesized participation in the 7-week pilot project would result in reduced disordered eating and improved body image. Sixteen female undergraduate students (20.1 ± 0.9 years old) from a wide-range of disciplines (e.g. computer science, child and adolescent development, literature, Spanish) participated in the pilot study: Ditch the Diets, which used Instagram as the primary method of the intervention. During the 7-weeks, daily Instagram posts related to IE and HAES challenged participants to improve their relationships with their body and food. In addition, we held three face-to-face sessions which involved group activities promoting nutrition, movement, and body positivity.

The group of females had relatively low risk of disordered eating (9.7 ± 9.8) and low to moderate body appreciation (3.6 ± 0.4) based on the validated questionnaires Eating Attitudes Test – 26 (EAT26; Gleaves et al, 2014) and Body Appreciation Scale -2 (BAS-2; Tylka & Wood-Barcalow, 2014), respectively. The majority of the participants had low to moderate body appreciation before the intervention (93.8%). At the end of the intervention, EAT26 (5.1 ± 6.6) improved and 15/16 females were classified with “normal eating”, but was not significant ($p = .11$). BAS-2 (4.0 ± 0.4) significantly improved ($p = .007$) based on a paired sample t-test. Frequency of relative body appreciation also improved as participants reported 50% high, 43.8% moderate, and 6.3% low body appreciation at the end of the intervention.

We also found a strong, negative relationship between BAS-2 and EAT26 ($r = -.660; p = .005$). Meaning as body image improves, disordered eating declines. One-year after participation, a follow-up survey was sent to the original participants, 50% responded and BAS-2 remained high (4.0 ± 0.25).

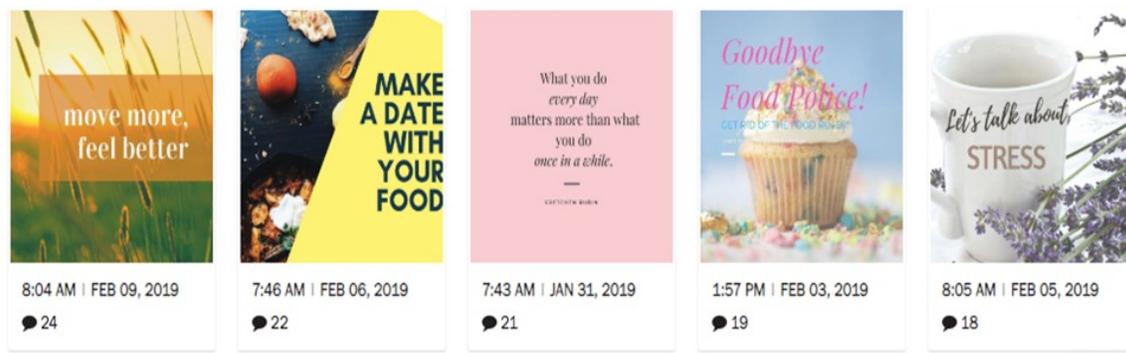
What did we learn from the pilot project?

Current research on body image and eating patterns in relation to social media is mostly based on observational data. We found an intervention-based study using Instagram teaching IE and HAES principles benefited body image in female college students. While this study was a pilot project, we saw significant improvements in body appreciation after 7-weeks. Further, we saw this as a lasting effect 1-year later with moderate to high body appreciation remaining. The findings from the pilot study suggest using social media to encourage IE and HAES can improve body image. Instagram can be a promising tool for helping college females improve their body image if used correctly. After quantitative data was analyzed, we asked “Which IE/HAES Instagram post had the most engagement during the 7-week intervention?” (engagement was measured by number of likes and comments using a software program Planoly). The analysis revealed the top 5 photos commented on during the 7-week were: 1) Move more, Feel Better, 2) Make a Date With Your Food, 3) What you do every day matters more than what you do once in a while- Gretchen Rubin, 4) Goodbye Food Police, and 5) Let’s Talk About Stress (see image). A theme within the photo captions focused on teaching participants to shift their perspective about food and body image. For example, the “Goodbye Food Police” post challenged them to change their internal dialogue regarding “bad” food or “off-limit” foods and giving themselves permission to enjoy those “forbidden foods”. Positive language and messaging with food and movement likely contributed to improving ones’ body image, which are tenets of IE and HAES. Body images, eating patterns, weight, and social influences are more complex than a black and white and research studies are needed for further investigation. Limitations within the study include: 1. Results are based on a small sample size from a private university, 2. The study intervention was only 7-week, and 3. Photos and captions were created by a research team based on IE and HAES principles which might not have the same impact in other groups of people. Future research should conduct similar interventions with larger sample sizes, different age groups, and include males. Media posts should be tailored to these gender differences.

What is our duty as Family Consumer Science professionals?

There is a clear correlation between time spent on social media and body satisfaction. There are currently no public policies for controlling social media. The overwhelming empirical data is a call to action to consider body image as a public health issue and begin developing preventative measures. Organizations can develop Instagram accounts teaching IE and HAES to promote body appreciation and healthy food relationships. Creating a community of support using Instagram can be a promising tool to start the conversation around healthy food and body relationships.

TOP 5 commented



References

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2021 SCHOLARSHIPS



CA-AFCS districts are pleased to be able to offer scholarships to qualified students. Please carefully review the various scholarships and the specific requirements. It is the applicant's responsibility to clarify questions and deadlines and to submit completed application forms and required materials by the various deadlines. [Membership information](#) may be found on the AAFCS website.

If you have questions or need help, please contact the specific person listed in each district.

[District Scholarships](#)

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[CA-AFCS](#)

[Extended Education Fund Scholarships](#)

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LEADERSHIP AND MANAGEMENT VIRTUAL CONFERENCE MARCH 19-20, 2021



FAMILY AND CONSUMER SCIENCES

(FCS Professional Development Project and
California Association of Family & Consumer
Sciences)



Registration Form



Preliminary Program

2021 CA-AFCS Grants Approved



Congratulations to the following members whose grant proposals were approved. We look forward to future presentations to hear the results of these projects. See list of recent grants and the 2022 application (due Dec 1, 2021) on our website at Grants - California Affiliate (aafcs-ca.org).

Nancy Dayne: FCS Family Resource Mobile Space for Student Parents, \$1300

Ivana Markova: Changing Fundamental Properties of Silk and Linen Textile Fibers by Recycling: An Analysis of Yarn Strength, \$1300

Letitia Miranda: The Impact of Sustainable Indicators on Generational Purchase Intentions, \$400

UPCOMING EVENTS

FEB

24

Virtual Professional Development (VPD) Webinar
Series: Tech Talk with Virtual FCS
When: Feb 24, 2021 from 4:00 PM to 5:00 PM (ET)

FEB

25

Affiliate Leader Zoom Conference
When: Feb 25, 2021 from 4:00 PM to 5:30 PM (ET)
Community: Affiliate Leadership Forum

MAR

10

Virtual Professional Development (VPD) Webinar
Series: Improving Sleep: The Latest Research
When: Mar 10, 2021 from 4:00 PM to 5:00 PM (ET)

MAR

19-20

2021 CA-Affiliate Joint Conference
Mar 19, 2021, Mar 20, 2021
Community: North Carolina Affiliate

APR

07

Virtual Professional Development (VPD) Webinar
Series: How to Provide Taxpayer Assistance to
Communities
When: Apr 7, 2021 from 4:00 PM to 5:00 PM (ET)

To read more about an event, please click [here](#). To register for a particular event(s) click on the "Register Now" box of the event(s) for which you wish to register.

Ask district leaders for more information on activities specific to your district!

PLEASE NOTE that the new mailing address for AAFCS is 107 S. West Street #816 Alexandria, VA 22314

