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2024

CA-AFCS CONFERENCE

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Apocalypse: An Activist Design Collaboration
(funded by a CA-AFCS Extended Education Grant)

Amy Dorie, Edward Lopez, Andre Aberin, and Justin Burnett
San Francisco State University

ABSTRACT

Apocalypse is a menswear collection that was the result of activist design research and collaboration between faculty and students that was funded by a grant from the California Association of Family & Consumer Sciences. Undergraduate research opportunities provide valuable experiences for students across disciplines (Lei & Chuang, 2009). Research projects provide undergraduate students with mentoring and critical thinking and skill development, and students who develop relationships with faculty through research mentoring are more likely to report interest in and enroll in further graduate education (Carter, 2001; Chandrasekaran, 2021). The relationship between undergraduate research experiences and graduate education is particularly significant for students from underrepresented racial minorities (URM) (Carter, 2002) who increase their self-efficacy, career intentions, and graduate school enrollment by engaging in faculty-mentored research opportunities (Capri et al., 2018). Industry partners have further indicated that extracurricular activities, like out-of-class research projects, showing the dedication of students to their field of interest, increases the probability that students will be hired by apparel brands upon graduation (P. Regaldo, I. Hasan, & B. Eisenberg, personal communication, 2022). Thus, this project provided research opportunities in climate-related activist design for students in an apparel design program at a four-year university.

Three junior apparel students were trained on how to conduct research on climate-related impacts for use in an activist apparel design collection. Activist designs aim to stimulate awareness of issues related to sustainability and social justice (Fuad-Luke, 2009). Faculty and students met and discussed issues related to climate-change and were particularly drawn to the inspiration of the metaphorical Doomsday Clock, a timer created by scientists to predict the end of the Earth, which is only 90 seconds away from midnight (Chappell, 2023), due to their personal experiences of living through California's recent devastating wildfire seasons. In experiencing dark orange and red skies filled with ash, the team was able to imagine the disarray of doomsday with climate change bringing civilization to the brink of its end.

Mentored by faculty, the students created design journals communicating climate-change doomsday through mood boards, trend boards, color stories, and illustrations using the elements and principles of design. After selecting three illustrated looks to create, the students investigated and employed textile design techniques to further communicate the doomsday theme with digitally created artwork, screen printing, textile printing and dyeing, weaving, and textile distressing. Patterns for the looks were draped and flat patterned. The completed collection includes three menswear looks of shirts, jackets, pants, and skirts with oversized silhouettes. The collection stands out for its screen-printed custom artwork, custom woven wool plaid, hand-dyed textiles, and heavily distressed textiles created through a burning process. It is also unique in conveying the theme through functionality – the poncho of one look was patterned specifically to also be used as a blanket in times of need.

The activist collection was presented to hundreds of community members at the annual fashion show of the apparel program, along with a standing exhibit at the university's undergraduate research showcase. The students were also mentored on how to write submissions to scholarly conferences and juried apparel exhibitions and garments from the collection have been presented nationally and are under consideration for an international juried exhibit.

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Exploring Silk: Fiber, Fabric and Flighty Kimono Fashions

LynDee Lombardo

Washington Affiliate of American Association of Family and Consumer Sciences

ABSTRACT

In the spring of 2023, the presenter visited Japan and the Yokohama Silk Museum. She took extensive photographs of the permanent exhibit on growing and harvesting *Bombyx mori*, the domesticated mulberry silkworm, showing how the silk can be spun, dyed and woven, and how the silk is used as fiber and as fabric. On the upper level of the museum, an extensive display of over 40 silk garments and household textiles highlighted the use of bird images and motifs. This overview of the exhibit includes at least fourteen kimono, several obis, and one wedding kimono embellished with various types of dyeing and printing techniques, and exquisite embroidery. The presentation will also show how cocoons can be used to create craft items, tips on how to prepare silk fabric to be sewn into ornaments, and provide information on how to access cocoons and various types of silk in the United States. A traditional silk tomesode decorated with birds and three contemporary obis will also be available for closer examination.

The Cultural Appropriation of Pocahontas in the Fashion Industry

Ivana Markova
San Francisco State University

ABSTRACT

The objective of this presentation is to explain how a native woman, Pocahontas, has been continuously culturally misappropriated by the fashion industry. “Pocahontas chic” is a fashion that draws on a nostalgic view of a fantasy interaction. The mythical Pocahontas is relegated to a fantasy of simplicity, purity, and wholeness, a static Disney rendition of a vibrant, complex culture. Pocahontas chic is both sexy and submissive, a distorted concept of what and how Native women actually were (and are) that reinforces both their savageness and their femininity (MacInnis, 2014).

The oversexualization of Indigenous women in this Pocahontas chic fashion is exacerbated by the coexistence of media and fashion, wherein the images of Indigenous women are objectified. Static historical “costumes” are considered authentic and ensure that colonialism maintains its hold on Indigenous women through their dehumanization and use as sexual conveniences (Bird, 1999; Merskin, 2010). Sex sells, so the fashion industry and other capitalist enterprises (e. g., films, television, and magazines) use bodies and clothes strategically to foster desire (Kaiser & Green, 2021). For example, the oversexualized short, brown dress with fringes that Disney’s Pocahontas wore was transformed by Victoria’s Secret into a brown bikini. One of the most outrageous uses of cultural artifacts was when the Indigenous headdress was worn by a half-naked model at a Victoria’s Secret fashion show, watched by millions of people.

It is imperative for young and upcoming fashion designers to be aware of the fact that appropriation and thus commodification of Indigenous culture harms Indigenous people. Indigenous dress being owned by Indigenous people alone is crucial for their cultural survival. Moreover, as sovereign nations, tribes have the legal right of control over both tangible and intangible aspects of their culture (Tsosie, 2002). This control is essential for Indigenous people to continue to thrive many generations from now (Nihipali, 2002).

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Clothing Connections: Designing for Yourself While Designing for Others Using Community Collaboration Within the Circular Economy

Nancy Martin
San Francisco State University

ABSTRACT

Introduction: Between 2022 and 2023, junior-level students from the Apparel Design and Merchandising (ADM) at San Francisco State University participated in a Goodwill ReDesign project. With a donation from Goodwill Industries, students were tasked to redesign or upcycle lightly damaged garments for sale through the online Goodwill store. One outcome of the project was the realization that Goodwill merchandisers found it difficult in an online environment, for the entire story, from raw material to a finished textile product, to be told to the potential customer. The redesign was apparent, but not the way the garment originally looked. Student participants also described a missing connection to their projects due to the requirement that they be returned to Goodwill for potential sale.

Methods: With the collaboration of Goodwill and the ADM program established and considered invaluable, a new pilot project was launched as an independent study project targeting five to six students who demonstrated dedication to the goal of using second-hand textiles as raw material. The project was framed to be collaborative, with students designing five coordinating outfits using donated apparel items from Goodwill. The Garments and accessories that make up the look should be interchangeable with other student submissions to ensure cohesion. Students will be asked to explore alternative production methods that use made garments as raw material by upcycling, repairing, and redesigning.

Results: The project is scheduled for Spring 2024. The results are projections, but the parameters of the projected results have been confirmed. Goodwill defined its parameters in list form and confirmed they would critique the redesign work in periodic posts via the online message board Pinterest. The student products will be critiqued to adhere to product quality control standards. As is common in the apparel industry, students will work individually and collectively. They will develop a large number of sketches, which will be reduced to five. Though they will individually formulate the initial construction information, the whole group will participate in the deconstruction and reconstruction of the garments. Final designs are planned by Goodwill for window display. They will include imagery and interviews documenting the students' work to entice shoppers into the store.

Discussion: As the mission of the American Association of Family and Consumer Sciences is to improve the lives of individuals and communities by demonstrating innovation in education that harnesses community collaboration and develops new ways to use resources, this project is at its core (AAFCS, 2024). Our ADM students develop skills in new ways of making that embrace the circular economy by using existing textiles as raw materials.

Reference

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Undergraduate Students Perceptions of Eurocentric Focused Fashion History and Cultural Appropriation in Design

Germaina Powell
San Francisco State University

ABSTRACT

A deficiency of cultural exposure and knowledge can contribute to cultural appropriation and racial insensitivities. A more culturally diverse fashion history curriculum, cultural discourse, and research methodologies would be a beneficial addition to fashion undergraduate programs. “It is critical for students to understand cultures different from their own and be able to appreciate—not appropriate—them” (Papallo & DeWald, 2016, p.8). Scafidi (as cited by Papallo & Dewald, 2016, p.1) defines cultural appropriation as “taking intellectual property, traditional knowledge, cultural expressions, or artifacts from someone else’s culture without permission.” Pozzo (2020, p.1) states “fashion is considered an element of ‘cultural identity.’” With a well-versed understanding and sensitivity developed through multicultural education in fashion history and methodology, students can avoid missteps, honor the cultures that inspire them, and celebrate diversity.

The purpose of this study is twofold. The primary purpose is to examine undergraduate students’ perceptions of Eurocentric fashion curricula. The secondary purpose is to examine how the inclusion of African, Asian, Native American, and Latino cultures could help students avoid appropriating design ideas. Social learning theory (Bandura, 1977) will be applied in this study. This theory holds that human beliefs and feelings are developed and altered by social influences present in learners’ environments. This is a mixed methods study which will use both qualitative and quantitative approaches to inquiry. Results and implications will be discussed at the time of the conference.

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Consumer Attitudes Towards Purchasing Footwear

Victoria Reyes
San Francisco State University

ABSTRACT

In today's dynamic retail landscape, understanding consumer behavior is essential for businesses seeking to thrive in the competitive footwear market. This study examines the intricate dynamics of consumer attitudes and behaviors towards purchasing footwear, exploring the influences of gender and age on decision-making processes. Through a structured survey methodology, insights were gathered from 148 respondents, predominantly representing Millennials and Gen Z individuals.

Key findings reveal distinct preferences between genders, with men prioritizing brand familiarity and comfort, while women emphasize style-centric considerations. Additionally, age-related nuances underscore the importance of adaptive strategies to cater to evolving consumer needs. These insights hold significant implications for businesses, highlighting the necessity for tailored marketing endeavors and flexible approaches to meet the diverse preferences of consumers across different demographics. By leveraging these insights, businesses can enhance their competitive edge and foster stronger connections with their customer base, ensuring sustained success in the ever-evolving footwear market.

Undergraduate Student Attitudes Towards Streetwear Fashion Trends

Kai Stephens
San Francisco State University

ABSTRACT

Being that streetwear has become one of the leading genres in fashion, it sparks an interest in research (Mendez & Axel, 2019). Streetwear is based on a rich cultural background with ties to urban communities and Hip Hop culture. The youngest generation of adults today are (Generation Z, born between the years 1996-2012) has taken a noticeable interest in streetwear trends that were popular in the late 1990's and early 2000's. The circulation of trends has become more effective and easily accessible compared to the previous generations, due to social media (McNeal, 2022).

The intent of this study is to gauge San Francisco State University (SFSU) undergraduate students' attitudes towards streetwear fashion and trends. A sample of 180 undergraduate students from SFSU, between the ages of 18-26, were surveyed. Through the process, it is expected to uncover the students' willingness to be educated upon trends that they partake in. Young adult consumers are partaking in trends without knowing the history or origin behind them (Shaboo, 2020). This has put the streetwear culture at risk of being diluted, thus losing its authenticity and strong cultural ties to the black and brown communities that they originated from (Johnson, et al., 2020). Leaving partakers of the trends at risk for cultural appropriation, solely because they are unaware of the history of the trends that they are interested in. Through education and telling the stories of the innovators of the culture, participants can evolve from appropriation to appreciation. Platforms for these discussions and teaching opportunities should be prioritized, especially in the field of academia. Results and implications will be discussed.

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Single Time Use

Hikari Nakatani
San Francisco State University

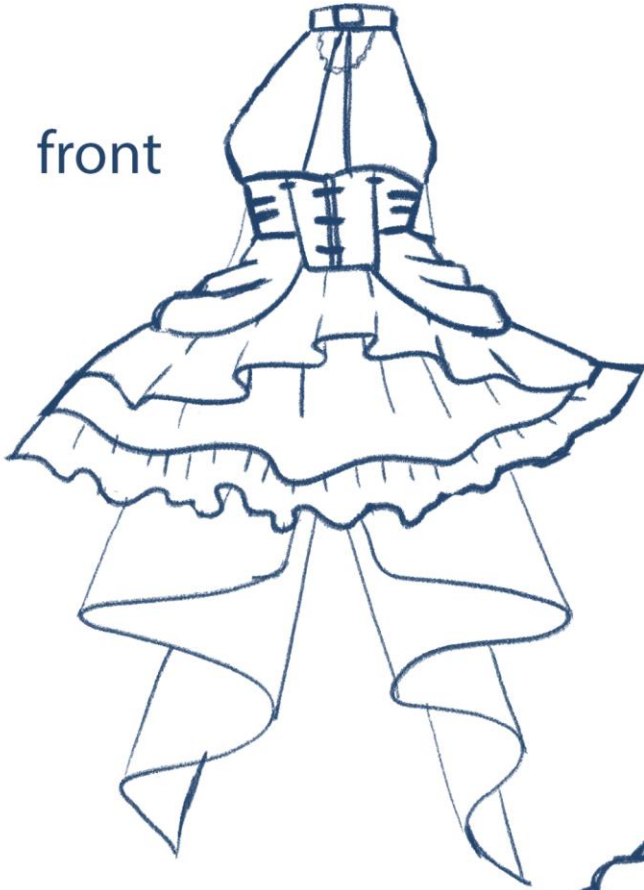
ABSTRACT

My project centers around apparel waste and how most garments we use ultimately become "single-time use." With landfills filling up in both America and third-world countries, textile waste is one of the main waste producers in the world. Marques who wrote "From waste to fashion-a fashion upcycling contest" talked about how the industry needed to focus on sustainability, "For a long time, the main approach at waste's sustainability was focused in the three "R's": Reduce, Reuse; Recycle, in order to minimize damages" (Marques, et al., 2019). I connected this to my dress, focusing on how to alter my community textile waste and make it into a garment. In this case, I focused on the idea of wedding and prom dresses and how they can be seen as also "single-time use". Although holding sentimental value, the meaning behind my project is that beautifully and skillfully made garments ultimately face the fact that the hours put into the labor are longer than the hours they are worn and held together as a garment.

Reference

Marques, Antonio Dinis, et al. (September 4, 2019). *From Waste to Fashion – A Fashion Upcycling Contest*. Research Gate, Elsevier, www.sciencedirect.com/science/article/pii/S2212827119308613.

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Combatting Ageism in the Modeling Industry: A Call for Change

San Francisco State University
Mickey Olivas

ABSTRACT

The journey of body image perception among mature women appears to be embarking on a multi-faceted journey, evolving throughout our lives and bearing considerable influence on our sense of self-worth as highlighted in Lewis, Medvedev, and Seponski's groundbreaking work (2011). Societal biases against aging women echo through the pages of popular fashion magazines. These biases, combined with the fashion industry's persistent disregard for the stylistic preferences of female baby boomers, contribute to a systemic denigration of the natural aging process, reinforcing the damaging notion that growing older equates to diminished attractiveness. Societal attitudes toward the elderly exert a profound influence on self-perception. Despite advancements in promoting diversity, ageism often remains an overlooked facet of discrimination discourse, thriving in a culture that predominantly venerates youthfulness (Datta, 2021).

For me, this issue resonates deeply. Navigating the intricate organics of aging in a society that glorifies youth, I keenly feel the weight of societal expectations pressing down upon me, even as an aging male. The images plastered across magazine spreads and billboards seem to scream that beauty is the domain of the young, leaving limited space for mature women who are gracefully navigating the complexities of aging.

Examining the causes of ageism within the modeling industry reveals that societal norms, media portrayal, and industry standards intersect to perpetuate discriminatory practices. Yet, amidst these challenges there is hope. Drawing from Lewis et al.'s (2011) seminal work and other scholarly sources, along with personal anecdotes and Qualtrics survey data, this presentation seeks to shed light on the adverse effects of ageism within the modeling industry. By amplifying diverse voices and challenging antiquated beauty standards, I endeavor to foster a more inclusive and equitable environment within the fashion industry. Together, we can rewrite the narrative surrounding aging and beauty, embracing the richness and diversity of experience that comes with each passing year.

References

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Leading Student Organization's Fundraising Activities

Joanna Patterson, Marlene Mendoza, and Calico Reyes
San Francisco State University

ABSTRACT

Many student organizations do not have the experience to plan and execute fundraising activities. This proposed presentation will examine how student organizations can revise their mission and restart their vision regarding fundraising. Adapting a generic fundraising framework is the first step to planning a fundraising event. Important internal influences that a nonprofit organization is to review the past performance of each form of fundraising undertaken. If enough revenue was generated than it would be possible to repeat the fundraising activity each semester. The Fashion Network Organization which is a student club active on the SFSU campus, has successfully fundraised enough funds to support a fashion show event. The two major fundraising events that will be discussed on this poster are: Poshmark fundraiser and Giants fundraiser.

Findings Behind the Influence of Music in Fashion

Leslie Hernandez
San Francisco State University

ABSTRACT

It is important to see how fashion works with other forms of creative media to further expand the possibilities of creating new clothing to reflect society's interests. In my research project, I analyzed how music affects people's personal dress. Kaiser (2012) wrote “Fashion, like culture, is both a social process and a material practice” (p. 12). I found that since music and fashion are easily accessible, people can incorporate their inspirations into how they dress. I then chose to narrow down my research into a single music genre. Elements of Rock music have continued to stay relevant in fashion, so I decided to focus on how Rock music influences consumer's fashion styles. I wondered if consumers thought that Rock music had either positively or negatively impacted their styles, and since my research demographic centered on Gen Z as consumers, I proposed the question: Do Gen Z consumers feel that Rock music has a positive or negative effect on their style-fashion-dress? To find out whether Gen Z consumers feel that Rock music has a positive or negative effect on their style-fashion-dress, I administered a survey. The survey focused on questions about consumers' feelings over specific Rock styling choices, personal fashion inspiration, and participants' styling choices (Hernandez, 2023). Based on my research and the findings of my survey, I concluded that the influence of Rock music in fashion positively affects Gen Z consumers' style-fashion-dress because it allows them to express different parts of themselves as they integrate music into their style choices.

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Festival Redone: A Case Study in Redesign

Avalon Owens, Bryce Harris, Antoinette Montano, Melissa Martinez, Jake Ferrigno,
and Stella Smith
San Francisco State University

ABSTRACT

The Goodwill Redesign project is a collaborative effort among five junior Apparel Design and Merchandising students enrolled at San Francisco State University and Goodwill Industries. It aims to raise awareness of sustainability in the fashion world. In this project, we have worked to break down the concept of redesigning post-consumer textile waste into the core processes of selection, design, construction, and collaboration among other artists. Through hands-on design, we are in the process of creating a collection of reworked pieces using donated articles from Goodwill Industries. We carefully selected pieces from the Goodwill bins that fit into our upcoming collection and have been tasked with three modes of extending the life of textiles. These include repair, moderate redesign, and finally, a complete redesign. These techniques help us to understand what the application of redesigning used garments looks like from the lens of both consumers and designers.

This is an ongoing project so in place of our final garments, we will offer a visual representation in the form of a poster. It will consist of visual themes or "moods" of our project, illustrations of designs, and completed samples. The poster will illustrate the group design aesthetic and visually illustrate our processes as a team. As a team, we assert that this project goes beyond merely beautiful design work but also brings attention to a larger concern in the fashion world- addressing the alarming amount of textile waste that threatens to impact the lives of communities, individuals, and families. We are proud to be a part of the sustainable fashion movement and would be honored to share our work with the participants of the American Association of Consumer and Family Sciences.

Understanding Consumer Attitudes Towards Androgynous Clothing

Sarah Shahbazian
San Francisco State University

ABSTRACT

Fashion is an ambivalent form of self-expression, and the ability to dress expressing art, self, and gender identity is a privilege (Kaiser et al., 1991). This study explores the relationship between young adults' gender identity and their consumption behaviors, particularly focusing on the influence of biological, social, and cognitive factors on attitudes toward gender-related content. After analyzing the influences on consumer behaviors regarding gendered clothing, we will uncover how these concepts impact the societal construct of gender.

With this market and consumer analysis, vendors can use this data to improve the current state of brands and advertisements. The sample included 52 participants between the ages of 18 to 56. Implications include store adjustments, changes in target marketing audiences, and overall improvements in clothing design. This research will enhance the state of in-store clothing purchases and make consumers feel more comfortable purchasing clothing to their liking, not just based on gender.

Reference

Kaiser, S. B., Nagasawa, R. H., & Hutton, S. S. (1991). Fashion, postmodernity and personal appearance: A symbolic interactionist formulation. *Symbolic Interaction*, 14(2), 165–185. <https://doi.org/10.1525/si.1991.14.2.16>

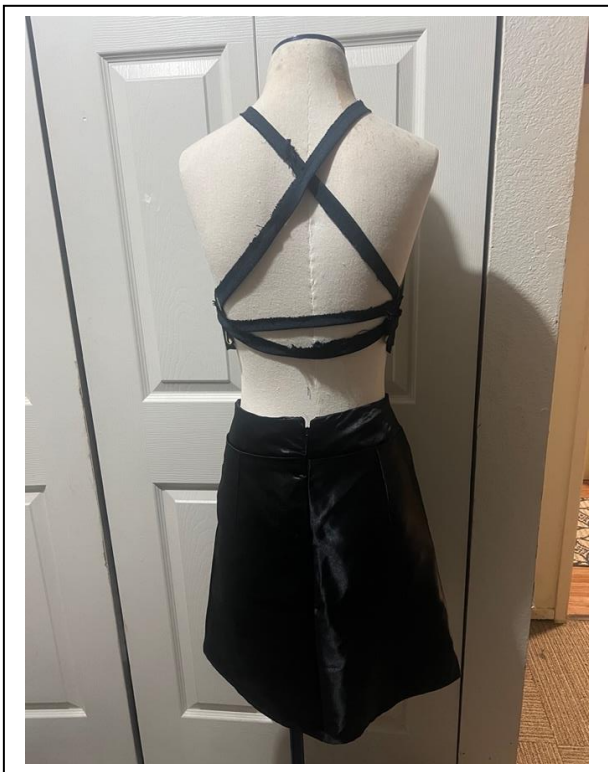
Second Life Style

Isaiah Kidd
San Francisco State University

ABSTRACT

Second life" or "second-hand" lifestyle in garments means to purchase or wear pre-owned clothing items and transform them into something new. Transforming pre owned garments has gained more popularity in the last several years for good reasons, including sustainability, affordability, reducing waste, ethical consideration, and unique style opportunities. I demonstrate giving a “second life” to a garment I thrifted by turning it from a frumpy romper into a stylish two piece set. By embracing a “second life” this garment shows the benefits of sustainability, affordability, and a unique style. As awareness of the fashion industry’s social and environmental impact continues to grow, we are seeing the popularity of second-hand clothing rising as well.

Following are some photos the romper and of mock ups of the two-piece set.



**Grandma's Hope for Kaylita:
Designing Mexican-American Values with Regional Materials**

Kayley Kirkaldie
California State University, Sacramento

ABSTRACT

With the continued rise of mass production and the ever-increasing speed of fast fashion, the apparel available in the global fashion market has become void of cultural nuances (Fletcher & Grose, 2012). This project aimed to center the designer's relationship with their Mexican-American heritage. Through this process, they actively negotiated this part of their identity that was long muted following the grandmother's passing. The design process prompted deep reflections on familiar relationships and religious beliefs. The garments were heavily inspired by the Lady of Guadalupe, a central figure in her household and matriarchal figures in her life.

The final garments, a poncho-style blusa and wrapped trouser, were designed to be professional women's wear. Both garments were crafted with locally sourced climate-beneficial Rambouillet wool and natural dyestuffs. Zero-waste pattern cutting technique were employed to reduce textile waste (McQuillan & Rissanen, 2016).

The blusa is dyed with marigolds, a design decision representing grandmother's use of the flower in medical teas. This practice has been passed down. These pieces were dyed in the designer's mother's tamale pot. The blusa's white and yellow center front panel was crafted using an itajime (fold and clamp) shibori technique (Iwamoto Wada, et al. 2012). The design is referential to the sunburst shapes of the Lady of Guadalupe's veil.

Familiar influences informed the decision to create the wrapped trousers. Within the personal household, trousers are perceived as a symbol of an independent and professional woman. Curves, referencing the shape of rose petals found in imagery of the Lady of Guadalupe, were incorporated into the lower edge of the garment's pattern. The trousers were naturally dyed with indigo, which achieved a pale blue, also referential to the imagery of the saint.

The final garments are the result of personal and cultural practices. (See next page for images)



Textiles (California wool) and dyestuffs (marigold and indigo) provided by Fibershed.

The garments fit well on a size 12 dress form, because of adjustability they can also be shown on a size 10 or 14.

**Symbiotic Connections:
Visualizing the Relationship between Split-Gill Mushrooms and Oak Trees
with Mokume Shibori**

Andrea Armstrong
California State University, Sacramento

ABSTRACT

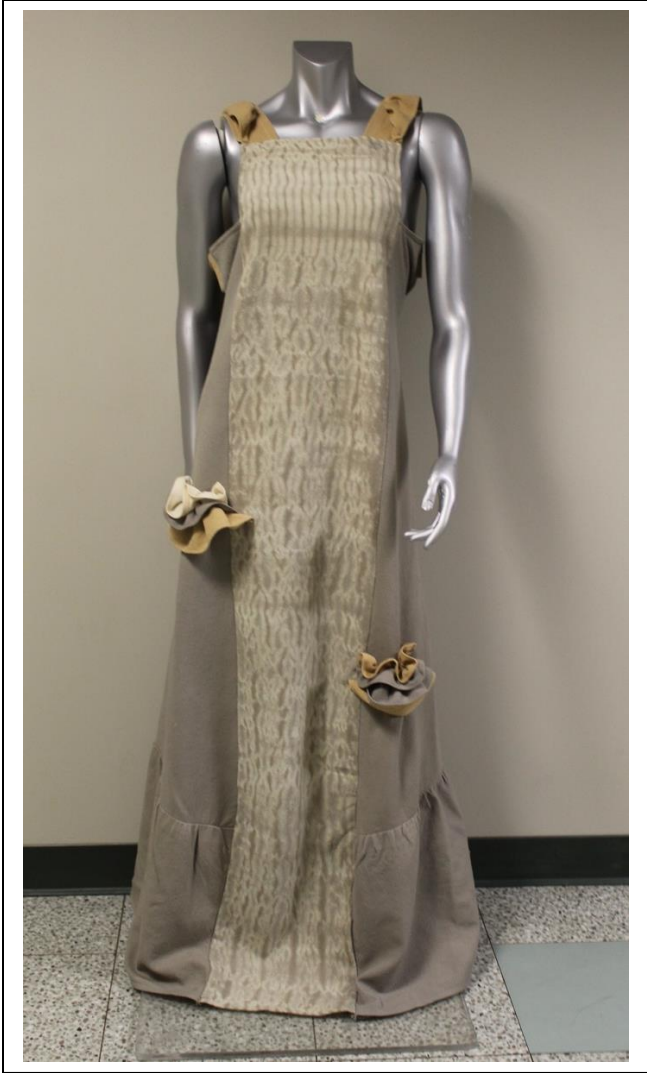
The global fashion industry is one of the biggest pollution networks on the planet. The lack of consideration for the end-of-life cycle of garments is a design flaw. Most textiles in the industry are synthetic and cannot degrade in nature (Fletcher & Grose, 2012). Therefore, strategies that consider the garment's entire lifecycle are imperative for the planet's future.

The apparel design approach was influenced by design for longevity and composability (Fletcher, 2012). The garment's design was inspired by fungus, specifically the split-gill mushroom and its thriving lifecycle on perishing oak trees. This natural symbiotic connection prompted deep reflection about a garment's lifecycle and environmental impact. This relationship was a key source of inspiration while striving to visualize the beauty of death and decomposition.

To decrease waste in the production process, the garment's design was guided by a geometric cutting technique (McQuillan & Rissanen, 2016). The dress is crafted from triangle and square-shaped pattern pieces. This strategy preserved the climate-beneficial rambouillet wool used in the project. The textile was first dyed a light brown using oak galls foraged in West Sacramento. Then, the pieces were put into an additional dye bath with ferrous sulfate (iron), modifying the color to gray. This process decays the fibers representing the rotting oak.

The textile design on the garment's elongated center front panel was achieved with a Mokume (wood grain) Shibori technique (Iwamoto Wada, et al. 2012). Many lines of hand-stitching were sewn horizontally across the panel, then gathered, to create a dye resist. The technique was used to evoke an oak tree. Applications of ruffles on the garment represent the blooming split-gill mushrooms and the start of their life on new lifecycle.

See next page for images.



Reading Aloud with Generation Alpha: A Review of the Literature

Dr. Kellye Carroll
Point Loma Nazarene University

ABSTRACT

This workshop is for anyone who is interested in optimizing the development of children and strengthening families through the practice of reading aloud together. The workshop will first introduce the current generations of children (Generation Alpha and Generation Z) and parents (Millennials and Generation Z), including their unique characteristics and reading behaviors. Research and anecdotal experience will be cited. Next, the benefits of reading aloud will be shared. Well-known benefits will be briefly mentioned first, followed by a deeper look into the most recent discoveries about the benefits of reading aloud. Finally, gaps in the literature will be discussed and ideas for future research will be provided. Book recommendations will also be shared.

Learning Outcomes:

- 1: Participants will identify characteristics and reading behaviors of the current generations of children and parents.
- 2: Participants will learn how reading aloud benefits the cognitive and social-emotional development of children.
- 3: Participants will learn how incorporating reading aloud into a family's regular routine can strengthen the entire family.
- 4: Participants will learn how reading aloud can provide children with the opportunity to learn about their world and recover from pandemic-related learning losses.
- 5: Participants will identify populations (including parents and grandparents) that need to be studied more to gain a more accurate understanding of reading aloud in the home.

Equipping Students to Serve Diverse Families through Strategic Course Design and Parent Education Workshops

Dr. Kellye Carroll
Point Loma Nazarene University

ABSTRACT

This poster will provide a visual demonstration of undergraduate work and course design aimed at preparing students for work serving families and children from a variety of family types. Project descriptions and samples will be provided. The highlighted project will be a comprehensive parent education workshop, including samples of every stage of the project, from the initial proposal to the final workshop presentations. Other elements of the course will be provided, including a course schedule with topics, activities and guest speakers.

Goals:

- 1: Participants will be provided with student work samples that highlight the many components of a comprehensive project aimed at simulating facilitating a parent education workshop.
- 2: Participants will be provided with key components of course design aimed at equipping students to serve diverse families, including topics, activities, and guest speakers.
- 3: Participants will have the opportunity to dialogue with colleagues regarding the applicability of this course and project in their profession within the consumer and family sciences umbrella.

Family Resource Cart
(CA-AFCS EEF funded)

Drs. Nancy Dayne and Roudi Roy
California State University Long Beach

ABSTRACT

This video will discuss the 2020 grant for a Family Resource Cart at California State University Long Beach. The video will introduce the authors, discuss the purpose of the project, background, organization and planning, meetings during the pandemic, post pandemic meetings, and the future of the project.

Grant Information and why it is important to FCS

Child Development faculty at an institution on the West Coast would like to start a family resource mobile space, that will eventually turn into a center for student parents on our campus. It is important to have a space available for student parents on campus to check out resources for their children, attend workshops on child development, parenting and relationships, bring their children for opportunities to connect with others and participate in activities, and learn about on campus and off campus resources. This grant would assist with the purchase of start-up items and materials needed for this Family Resource mobile space, to set the foundation for a Family Resource Center on campus.

The profession of Family and Consumer Sciences (FCS) focuses on the wellbeing of individuals as a core concept (JFCS, 2009). Student parents are a silent population on college campuses whose wellbeing need to be a central focus, so they can meet their full potential. As FCS professionals, we can inform our practice and professional endeavors toward this unique population and their basic human needs. The core concept of basic human needs is central in the teaching and practice for FSC and related disciplines (Anderson & Nickols, 2001) and the achievement of basic needs are measured by quality of life, standard of living, and distress (Nickols et. al 2009). Student parents often describe their experience of navigating academia as a struggle, in which time-related, financial, health and emotional problems prevail (Moreau & Kerner, 2013). The opportunity to come to a space that is catered for them will help them feel more connected with campus and have their well-being and the well-being of their family supported in a multitude of ways.

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Repartnering after Loss: Gender Differences in Older Adults

Kathleen Flachmeier
California State University, Long Beach

ABSTRACT

Widowhood is a life-altering experience. The death of a spouse or partner changes the future in a moment. People suddenly find themselves alone and striving to cope with a life they had not planned for. How older people cope with this loss may be reflected in their desire, or lack of desire, to repartner. There is an unspoken assumption that widows and widowers wish to repartner. Due to the skewed demographics of aging, women, more than men, find themselves facing the prospect of aging alone. This demographic imbalance is suggested as one of the major reasons that more men repartner than women. This study examines if there are other gender differences in the desire to repartner after widowhood (loss of a partner through death) in heterosexual couples and explores those contributing factors. It also explores the range of repartnering arrangements and factors that influence repartnering choices among older widows and widowers. Multiple focus groups in different age ranges were employed to gather thoughts, ideas, emotions and beliefs about these concepts. The focus groups were analyzed for consistent themes and how they did or did not support the current assumptions

Shared Book Reading and Children's Social-Emotional Development

Michelle Taylor, Ph.D.
California State University, Long Beach

ABSTRACT

Significance: Promoting social-emotional development during the preschool years increases children's connections to others and academic achievement, providing a strong foundation for lifelong learning. One important way parents help their children develop these skills is via shared book reading, which provides an important context for learning about emotions. Parents' literacy beliefs influence the quantity and quality of shared book reading experiences for children. While parental emotion coaching during shared book reading promotes children's prosocial behavior and development of emotion knowledge. The current study had two primary research aims: 1) Examine the direct effects of parental emotion coaching and literacy beliefs in the fall of the school year on children's self-regulation and emotion knowledge in the spring; 2) Investigate the potential role of children's prosocial behavior as a mechanism linking parental emotion coaching and literacy beliefs to children's later self-regulation and emotion knowledge.

Sample: Data on 115 parents and their preschool-age child participating in a larger public library program evaluation study were used. Parents completed a demographic questionnaire, and parent-child dyads were observed reading a story together in the fall of the school year (T1). Parents reported on children's behavior in the winter (T2). Children's self-regulation and emotion knowledge were directly assessed in the spring of the same year (T3).

Planned Analyses: Using path analyses, two models were examined. Direct effects of parents' T1 emotion coaching and literacy beliefs on children's T3 self-regulation and emotion knowledge. Mediating effects of children's T2 prosocial behavior on their T3 self-regulation and emotion knowledge.

Results: Path models revealed no direct effects of parental emotion coaching or literacy beliefs on children's later self-regulation or emotion knowledge. However, indirect effects were detected; fall parental literacy beliefs were related to increased prosocial behavior in the winter, which was related to increased emotion knowledge in spring

Let's Get Physical: Health & Wellness in Aging

Jody Roubanis
Point Loma Nazarene University

ABSTRACT

Individual wellness is central to the family and consumer sciences body of knowledge, and physical health can have a profound influence. Exercise habits started earlier in life can have implications for one's ability and desire to continue with healthy physical activities later. Understand your exercise "personality" and explore options to build a base for healthy exercising that can be continued into later life. Learn what physical practices other professionals have developed later in life and supporting resources

Maximizing Your Research Time, Resources and Energy for FCS Education

LynDee Lombardo

Washington Affiliate of American Association of Family and Consumer Sciences

ABSTRACT

This presentation is directed toward both Family and Consumer Sciences educators and students. The goal is to share some of the knowledge and skills the presenter has learned over the last twenty years while locating and shaping FCS-related information into well-researched and fast-paced presentations on the topics of clothing, textiles, food, child development, and the history of Home Economics in Washington State and the United States. Information will be included on where to access reliable resources and how to get the most out of your research resources. The presentation gives personal tips on pacing and time management to avoid burnout while researching, supplemented with guidance from LinkedIn materials. Establishing a research point-of-view and maintaining quality control can be shaped by advisor or mentor input. Today research resources are abundant, whether located in print media or accessed through electronic means at home, school or in a library setting. Books and magazines are time-tested sources of information, with zines, the Library of Congress, the Smithsonian, and state and university documents making up the many sources which are now best accessed by electronic means. For the survival of our profession, there has never been a more important time to create written and oral presentations that show a meaningful and accurate history of Home Economics. An outline form suitable for note taking will be available for attendees.

Designing Their Future

Gianna Wiley
San Francisco State University

ABSTRACT

This research reimagines how the grammar school experience can be developed to reflect modern-day thoughts on learning and school design compared to traditional ways of thinking. This includes an in-depth investigation into the design of both the interior and exterior space of a California-based public elementary school, Pre-Kindergarten through 5th grade. Children can be less aware of social cues and unfamiliar with expected physical interaction within the classroom. This can potentially lead to difficulties in students' active attention, retention, and increased distraction (Allen & Kelly, 2015). Elementary schools have been constructed the same way for the past five decades. Their cold, outdated, and uniform looks can present an unwelcoming place for students and staff. Schools must become more welcoming, inviting, and valuable for modern-day students and teachers. Their design should reflect how students of today learn in a modern world.

This undergraduate senior thesis project required students enrolled in an Advanced Interior Design Solutions course to integrate evidence-based design findings within the process of creating a school design that captures family and consumer sciences tenets while creating inspiring and fun spaces where children can grow. Use of the FCS body of knowledge core concepts of basic human needs, individual well-being, and community vitality (Anderson, et. al., 2016, p.3) provided a foundation for this process.

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The Effects of Nutrition and Food Education Early in Life

Eleanor Hulse
San Francisco State University

ABSTRACT

My thesis, entitled *The Effects of Nutrition and Food Education Early in Life*, contains my work to discover the impact of nutrition and cooking education. As a registered dietitian, I see in many of my patients a lack of knowledge and skills around cooking. As someone who taught herself to cook as a child, I noticed during my education in nutrition that the skills I had in the kitchen helped me implement and understand what I learned in school about how food impacts the body. I wanted to discover several things in my research. Firstly, I wanted to learn about where, and how, SFSU students learned about nutrition and/or cooking. Secondly, I sought to discover if they felt that their education, or lack thereof, had contributed to their current state of general health or feelings of self-efficacy in managing their nutrition and meal preparation. My participants, all SFSU students in the FINA department (excluding dietetics students) will be given a survey to collect demographic information. After this, I will interview each participant in February to collect their answers about these subjects. I will then analyze my data and determine the results and implications of my study. In my background research and literature review, I have discovered that there have been changes in recent decades to how nutrition and cooking are taught, both in schools and at home. I hope that the results of my research can help highlight the importance of continuing to teach young people about both the implications of what they eat as well as the technical skills needed to implement what they learn. I'm passionate about the importance of FCS classes, and I believe that my research project helps highlight the need to keep inspiring children to learn about food.

Effects of Weight Bias Body Messaging Assignment for Nutrition and Dietetic Students

Hillary Roberts, EdD, RDN, LD; Kate Burt, PhD, RDN; Gretchen George, PhD, RDN, ACUE;
Madison Clemens, RDN, LD; and Kristin Rose, RDN
San Francisco State University

ABSTRACT

Background

Weight stigma and bias among pre-health professionals can contribute to reduced quality of future care, leading to decreased patient health and wellness. Early educational integration of weight-inclusive interventions can cultivate better patient-practitioner relationships and improve the care received by patients.

Purpose and Research Question

The purpose of this project is to evaluate the impact of a brief weight bias assignment on awareness and attitudes toward body size.

Methods

Students from three different DPD programs (n=40) were recruited for a pedagogical intervention. A pre-and post-survey was disseminated including demographics and the FAAT toolkit, composed of 49 items measuring individuals' attitudes toward people in larger bodies by assessing constructs which include empathy, activism orientation, size acceptance, among others. Students took a minimum of 10 pictures of body messages observed in their day-to-day activities then answered questions about each picture they took: (1) Do you find the message/image to be weight inclusive or weight stigmatizing?, (2) Describe what you think or feel when you see this image, and (3) Where is the message/image located?

Results

A paired *t*-test and Wilcoxon-Signed rank test revealed an increase in participants' scores in the Critical Health subsection of the FAAT Scale. The participants' scores increased post intervention (t-test: $t(39)=-3.23$, $p = .003$, $d = -0.51$) (Wilcoxon-Signed: $z = -2.85$, $p = .004$, $rrb = -0.71$) which means the intervention changed the participant's view of how health and fatness are related and help increase their understanding of the various factors that contribute to fatness.

Conclusion

Advocating for weight-inclusive care is becoming more commonplace. There needs to be more research on the best practices to apply this advocacy into the curriculum of pre-health professionals. This study helps reinforce that idea, but more research needs to be done.

**Addressing Food Access on College Campus Through Assessment of SNAP Participation
An Observational Study Evaluating of SNAP Participation on College Campus
Evaluating Food Security on College Campus Through SNAP Participation**

Monique Scott, MPHc, BA, MPH student, and Zubaida Qamar, PhD, RDN
San Francisco State University

ABSTRACT

Background: Food security is associated with higher academic performance and expanding students' access to their SNAP benefits, also known in California as the CalFresh Electronic Benefit Card (EBT). Food insecurity (FI) negatively impacts college students' academics and health (Ahmad et al., 2021). Assembly bills recently passed in California have focused on increasing college students' access to CalFresh benefits. (Chavarin-Rivas et al., 2021) (*AB 396 - California Assembly (20212022) - Open States*, n.d.) (*AB 612 - California Assembly (20192020) - Open States*, n.d.). Studies have found that campus faculty, staff, and administrators are not aware of the eligibility criteria and waivers allowed for college students regarding the Supplemental Nutrition Assistance Program (SNAP) (Freudenberg et al., 2019; Hagedorn-Hatfield et al., 2023).

Objective: Expanding participation in using CalFresh's EBT card on campus can increase food security among college students. Assembly bills passed in the last few years in California have focused on increasing college students' access to CalFresh benefits. Other bills and campaigns have also advocated for CalFresh EBT cards to be approved as payment on college campuses to combat the growing trend of food insecurity among low-income college students.

Program Description: The goal of the CalFresh Program is to assist low-income individuals in purchasing the food they need to maintain adequate nutritional levels.

Theory: The observational study used the Social Ecological Model framework to identify how community-level intervention of the CalFresh program impacted the individual-level food security of low-income college students in an urban campus setting.

Target Audience: For this study, data collected has been used to evaluate participation in the Cal Fresh program within 0.5 miles of campus.

Evaluation Methods: Descriptive statistics have been used to assess participation in the Cal Fresh program.

Results: In the overall sample of 30 food establishments that met the criteria, cafes comprised (36.7 %) markets (30%), and restaurants (33.3%). Of the markets, 20% accept CalFresh EBT card, of which 3.3 % of markets were on campus and 16.7% off campus. Of the cafes and restaurants on campus, none accepted CalFresh EBT. The campus has two dining halls that do not accept Cal Fresh EBT card; however, they accept meal plans but were included in the restaurant sample.

Conclusion: Most establishments on campus do not accept CalFresh EBT card, which suggests that students have yet to increase food security for low-income students eligible for CalFresh benefits. Data collected from this study will be used to guide future programs and report assessment

outcomes. Improving access to food can be acquired by educating the campus community about the CalFresh program for students, increasing food security by educating food vendors about the CalFresh Program, and how to apply to be a CalFresh EBT retailer.

**@Nutrition4myfriends:
Empowering Young Adults through Science-Based Nutrition on Social Media**

Hayoung Kim
San Francisco State University

The goal of my community engagement social media project is to share reliable information regarding nutrition and develop healthier eating habits among young adults and college students. Through informative posts on social media platforms like Instagram, I strive to provide evidence-based insights into various aspects of nutrition, empowering my target audience to make informed choices about their diet. By utilizing a platform that's popular with my target age group, I aim to change how people think about food and help them understand why nutrition matters for staying healthy. This project originated as part of my senior-level course, NUTR 551: Nutrition Education and Communication, under the guidance of Dr. Zubaida Qamar. I've chosen to continue this work independently to deepen my understanding of nutrition and positively influence the dietary habits of my peers.

I've tackled significant subjects like processed meat, sparkling water, and energy drinks in my social media posts, offering valuable insights to aid individuals in making informed dietary decisions. Currently, my social media platform features nine posts relevant to college nutrition. Over the past six months, I've garnered approximately 46 followers, with my stories typically receiving between 15 to 20 views. In the future, I plan to involve more nutrition students to post more often and reach more people. By expanding my social media project, I seek to make a real difference in how my peers think about food and health. For the presentation poster, I plan to showcase my social media posts along with detailed information extracted from the research articles I've utilized. This will provide attendees with a comprehensive understanding of the topics covered and the evidence supporting them. Additionally, I intend to include engagement tools on the poster, allowing

Promoting Intuitive Eating Awareness on a College Campus

Leah Skrzyniecki and Danika Bendo
Point Loma Nazarene University

ABSTRACT

BACKGROUND: According to the National Eating Disorders Association, intuitive eating (IE) is premised on trusting of and listening to one's own body to make food choices, and importantly is without self-judging and influence of diet culture (Flores, 2021). For college students, IE is linked with a higher quality of dietary intake (Lopez, Hernandez, Bode & Ledoux, 2023) and is a successful preventative intervention for eating disorders (Burnette, Davies, & Mazzeo, 2022).

PURPOSE: The purpose of this action research project was to promote awareness about IE and to provide resources that encourage IE to college students at a week-long eating disorder awareness event on a college campus.

METHODOLOGY: Information about IE was gathered and an informational flier was developed. The flier was reviewed by the on-campus wellness dietitian and suggested revisions were made. For the five days of the eating disorder awareness event, the flier was distributed in both a digital and a hard copy format. The points of distribution were at two different locations: the Rec Room and the ARC. As the fliers were distributed, recipients were encouraged to dialog about IE.

FINDINGS: Approximately one third of the students who engaged in conversation were already familiar with IE. Another third had heard of IE, and the last third was not familiar. Anecdotally, the majority of students who were already familiar with IE were female. Students seemed more comfortable dialoguing at that ARC location. In the future, the distribution of the informational flier should be accompanied by the opportunity for interested students to also participate in a workshop series about IE.

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A Case for Affordable Senior Housing in the Castro Street District of San Francisco

Clark Bennett and Gus Vouchilas
San Francisco State University

ABSTRACT

The Castro Street district has a rich history in the Eureka Valley area of San Francisco. Prior to World War II it had been an Irish family neighborhood. Post World War II, it became a magnet for the gay community which brought major changes to the neighborhood and its community. In recent times, the neighborhood has become more gentrified which can impact the community, and in particular, the senior population. This proposed research investigates the impact of the neighborhood environment on the health and social participation of LGBTQ+ adults over 50, a group often facing unique challenges such as social isolation and health disparities (Emlet, 2016).

While environmental factors influence older adults' well-being significantly, there is a gap in understanding these effects specifically on LGBTQ+ seniors (Fredriksen-Goldsen & Espinoza, 2014). Prevailing gerontology and environmental psychology theories highlight the importance of inclusive and supportive neighborhoods for healthy aging, yet the intersectionality of aging, sexual orientation, and environmental factors is underexplored (Kerr, Rosenberg, & Frank, 2012). This study aims to bridge this gap by examining the impact of neighborhood inclusivity, safety, and resources on the physical and social health of LGBTQ+ adults over 50, contributing to a more nuanced understanding of these fields, with the end goal of ensuring that senior housing is factored into further district development in order to ensure quality of life for individuals who call this district home.

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Integrating Rudolf Steiner's Design Philosophies into Hospital Emergency Waiting Rooms for Stress Reduction

Perla Pelayo and Gus Vouchilas
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Abstract

This project explores the application of Rudolf Steiner's design philosophies to hospital emergency waiting rooms with the aim of mitigating stress and anxiety experienced by patients. The research is grounded in the following key questions: 1) Are Rudolf Steiner's guidelines effective in reducing stress and anxiety in hospital waiting rooms? 2) To what extent are these design principles noticed by students? 3) What elements of Steiner's design philosophy are most apparent in student perceptions?

The study involves the integration of five essential elements derived from Steiner's theories, each incrementally added to the hospital emergency waiting room's design. Through a pictorial representation, each image showcases a new component introduced, culminating in the incorporation of all key elements in the final photo.

The methodology employs a mixed-methods approach, combining qualitative analysis of student perceptions with quantitative measurements of stress and anxiety levels in the waiting room environment. Participants include both patients and students, allowing for a comprehensive evaluation of the impact of Steiner's design principles.

The findings of this research contribute valuable insights into the effectiveness of Steiner's philosophies in healthcare environments and shed light on the extent to which these principles are perceptible to users. By identifying the most prominent elements in student perceptions, the study aims to provide practical recommendations for the design of hospital waiting rooms to enhance the well-being of individuals in stressful situations.

This thesis not only bridges the realms of architecture, interior design, and healthcare but also offers a novel perspective on creating healing environments informed by Rudolf Steiner's holistic design principles.

Climate Resiliency through Food Justice: An Urban Agriculture Pilot Study

Monique Scott, MPHc, BA and Zubaida Qamar, PhD, RDN
San Francisco State University

ABSTRACT

Background

Climate change will likely affect global, regional, and local food security, disrupting food availability, reducing access to food, and making its utilization more challenging (*Climate et al., and the U.S. Food System*, n.d.). Due to rising temperatures and altered precipitation patterns, extreme weather events have already affected agricultural yields, the geographical distribution of food- and water-borne diseases, and trade patterns (Schmidhuber & Tubiello, 2007). Sustainable gardening techniques in urban agriculture can slow global warming by reducing carbon emissions (*Sustainable et al.*), improving soil health, heat-tolerant vegetable crops, and stormwater management practices can increase resilience to climate change (*Sustainable et al.*) while adding social benefits through increasing access, availability, and utilization of food products (Nosowitz, 2020).

Galena et al. (2013) found that home gardens increased resilience in Cuba, ensuring food security after experiencing recurring food shortages while facing an economic crisis and political isolation. Expanding access to affordable healthy food is critical to decreasing barriers to healthy food consumption that can potentially prevent adverse health outcomes. Research supports evidence that urban agriculture saves households money by supplementing some of their produce consumption (K. et al., 2003; Corrigan, 2011; Gray et al., 2013). Hagey, Rice, & Flournoy (2012) found that families in Seattle who supplement their produce through gardening reduced their store produce needs by 30-20%. Addressing global warming through home gardening approaches can lessen the harm to our ecosystem while improving food security by reducing the carbon footprint.

Study Purpose

This paper aims to explore if increasing community resilience in the face of climate change through community mutual aid program intervention has the potential to mitigate the climate disruption caused by industrial agriculture; communities can increase food production and local food security through mutual aid and community agriculture. Mutual Aid (in the form of urban agriculture and produce exchange) is solidarity-based support where communities unite against a common struggle, taking on the responsibility of caring for each other rather than leaving individuals to fend for themselves (*What Is Mutual Aid, Why It is Important & How to Get Involved – ETHICAL UNICORN*, 2021). Creating a Mutual Aid program to create resiliency for minoritized and marginalized communities has the added benefit of connecting communities and assets to provide nutrition sustainability.

Methods

I plan to conduct a pilot study intervention to increase food security and nutrition knowledge by creating green spaces in marginalized communities. I will use a mixed methods approach to identify the community's needs and to learn how to assist them in reducing the barriers to eating healthier. Participants will receive a free gardening kit after attending the workshop on setting up their home container garden. Participants will attend monthly participant-guided workshops that will include discussions about health, nutrition, climate change, and gardening tips.