

NEAFCS Network Newsletter
October 2023

President's Message

Rick Griffiths (NM), NEAFCS President



Please click the image above or visit https://youtu.be/F_V-iZ4llaA to watch this month's President's Message. Email Rick at rickgrif@nmsu.edu.

Be entered to win conference registration by answering the question:

According to the NEAFCS Bylaws, Section 3. One of the ways NEAFCS promotes professional growth and development is by "exchanging effective educational

FILL IN THE BLANK"

**Unscramble the letters to the word hidden in the newsletter
& email your answer to Rick Griffiths. The letters for the
answer are hidden throughout the newsletter in orange.**

What YOU Need to Know NOW in NEAFCS!

National Office Staff

- **Now Open:** [NEAFCS Endowment Grant](#) (deadline May 15)
- **October 18 -** [NEAFCS Impact Portal](#) Open. Closes February 1.
- **Mid-October:** JCEP ELC Scholarship Portal Opens
- **Early November:** JCEP PILD Scholarship Portal Opens
- **November 15 -** 2024 NEAFCS Awards Program Guidance Documents Published
- **December 1 -** 2024 NEAFCS Awards Application Portal Opens
- **December 1 -** 2024 Annual Session Proposal System (deadline Jan 31)

Meet Your 2023-2024 NEAFCS Executive Board

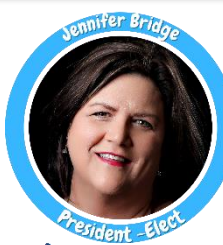
Lisa Peterson (IL), Secretary

I am thrilled to help introduce the membership to our new National Extension Association of Family and Consumer Sciences Executive Board! Some names and faces may be familiar; more in-depth graphics will be shared throughout the year to learn more about our newest board members. To help introduce the board, I asked each member to share:

What is your favorite part of being a member of NEAFCS?



Getting to make friends with inspiring people from around the country.



The multiple opportunities to meet and learn from colleagues across the country and to reach beyond my comfort zone to expand my viewpoint.



Getting to know people from across the U.S. who share a common mission.



The opportunity to make new friends and the chance to network and share programs and ideas.



Connecting with FCS professionals who also love what they do and share a passion to make an impact at a local, state & national level.



Being able to meet and work with people across the state and nation. I love belonging to an organization where everyone is passionate about making a difference in people's lives.



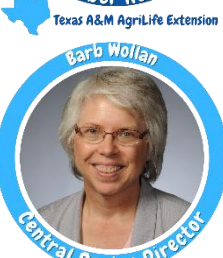
Professional growth. This organization provides us as professionals with the opportunity to receive continuous learning, skill development, and the ability to stay updated with the latest trends and research in our field.



The many colleagues who have shared what has or has not worked for them. I have gained many beneficial ideas from networking with NEAFCS members.



The comradery – everyone is so welcoming and supportive of one another, and it makes being a member a pleasure!



Getting to know people from other states and getting to know people from my own state better.



The networking opportunities with my colleagues throughout the country.



The opportunity to learn from colleagues across the country and to support the FCS profession through leadership, scholarship, and networking.



NEAFCS provides a wonderful opportunity to grow professionally at a national level, submit awards, serve in leadership roles, and give presentations while building relationships with great colleagues in the process.

Recharged by Annual Meeting

Marcia Parcell (IN), VP Professional Development

The Professional Development Committee gathered many ideas from Exploring Oceans of Opportunities in Providence, RI. The Affiliate Vice Presidents narrowed their meeting discussion down to five potential action focuses:



1. Promising Practices
2. Questions submitted via Qualtrics, which would be answered in a podcast
3. Technology to audiences ages 18-35 years old,
4. Subject matter question and answer
5. Gold star organizations to help address current topics

Then, they voted on these actions. **The actions that were voted the popular next steps were Promising Practices and questions that would be answered in podcasts.** The Program Development and Webinars subcommittees will discuss ways to develop these ideas for you, our NEAFCS members, in the year ahead. Our subcommittees may even create an additional subcommittee to bring these ideas to life.

If you are interested in being part of building the capacity of the Professional Development Committee, please contact Marcia Parcell, so you can be involved in innovative ways to expand professional development for our NEAFCS members. Our professional development needs range from training new agents to preventing burnout and/or staying relevant in changing times. We also have professionals with varying degrees, so we bring a wide variety of skill sets to share with our colleagues.

Make sure to look for webinars that were requested by NEAFCS members who could not attend conference, as well as the webinar designated as the webinar to attend if you were to annual meeting. There are webinars scheduled for October. I look forward to members joining these webinars.

Celebrating our Award Winners!

Donna Jung (OK), VP Awards & Recognition

I am excited to follow in Samantha Kennedy's footsteps as the new Vice President for Awards and Recognition. What a great Annual Session!



During the Regional Award Luncheon, 186 awards were presented to winners.

On Thursday evening:

- * **124 award winners were recognized.**
- * **A total of 83 scholarships totaling over \$20,000 were awarded to National winners.**

Congratulations again to all 2023 applicants and recipients! Thank you to all the volunteers helping with the award ceremonies/behind-the-scenes as well as the silent auction. **The award programs were a success because of you!**

I will be sharing some news from our awards and recognition subcommittees in the coming months as we prepare for our upcoming recognition program. If you have input for me, please send me a note at donna.stangl@okstate.edu

NEWS FLASH: WE WON! LET NEAFCS HELP YOU SHARE YOUR ACCOMPLISHMENTS!

Did you know we have press release forms that you can use to share the news about you and your team's accomplishments? They've been updated for 2023 and can be found [here](#) or visit neafcs.org, and under the awards tab, click other awards information.



Are you following NEAFCS on Facebook and X (formally Twitter)?



Visit facebook.com/groups/NEAFCS/ and [@Tweet_NEAFCS](https://twitter.com/Tweet_NEAFCS). We will highlight national award recipients this Fall/Winter, so be sure to "like" and share the content!

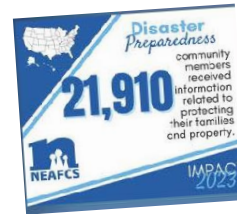


National Extension Association
of Family and Consumer Sciences

HELP! How are you using the Public Affair Committee Resources?

Christine Zellers (NJ), VP Public Affairs

This summer the Public Affairs Committee developed a survey to get member input on the three **d**ivisions of the committee. We would like to know how members and affiliates are using the resources developed by the committee and would greatly appreciate your input.



Member responses will assist the committee with developing new materials and freshening up existing resources to meet member needs.



The survey deadline has been extended to **November 1, 2023**, and the link is:

<https://www.surveymonkey.com/r/3N7SWHY>

Please take a few minutes to give us your thoughts.

Granite-Diamond-Gold-How do we celebrate NEAFCS's 90th birthday?

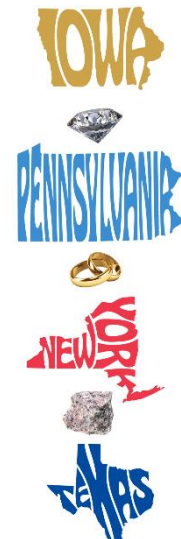
Christine Kniep (WI), Historian

Another milestone in our organization's history is about to be reached. **Annual Session 2023 begins our 90th year as an organization, and a celebration of this birthday is scheduled for Annual Session 2024.** Reaching this milestone is something to be proud of and recognize and celebrate!

Immediate Past President Julie Garden-Robinson and President Rick Griffiths have jointly appointed a special committee that initially convened in Providence to begin work on the celebration. Committee members include:



Leslee Blanch, ID
Ivelisse Colon, NC
Hayley Cowell, NC
Cindy Davies, NM
Donna Donald, IA
Julie Garden-Robinson, ND
Anna Mae Kobbe, PA
Terri Mayhew, NY
Cindy Thompson, IA
Linda Wells, TX
Danielle Day, IA
Christine Kniep, WI chair



If NEAFCS were a person or a couple, granite, diamonds, or gold would be traditional gifts to share at the celebration. **As an organization, how would you like to celebrate this special birthday?**

Please contact one of the committee members and let us know your thoughts! Watch the newsletter for both plans and ideas for celebrating in your affiliate.



National Extension Association
of Family and Consumer Sciences

New DATE for NEAFCS Impact Statements

Amanda Dame (KY), Public Affairs Education Committee Chair

WHAT DOES THE PUBLIC AFFAIRS EDUCATION COMMITTEE DO?

The Public Affairs Education Committee's key responsibility is to create Impact Statements that showcase the outstanding work of our members. These statements are then shared with congressional leaders and NIFA program leaders to support PILD.

To ensure the accuracy of our data, each affiliate Vice President of Public Affairs, or designated contact, is responsible for gathering their affiliate data. Once compiled, each VP or contact will submit their data through the NEAFCS Impact portal.



The portal will open this year on **October 18, 2023, and close on **February 1, 2024**.**

You will receive an email from Christine Zellers, NEAFCS VP of Public Affairs, and the national office with comprehensive instructions on submitting your data.

We deeply appreciate your contributions to this process and kindly request that you inform your local contact of your achievements during the past program year. The Education Committee eagerly awaits hearing about the remarkable work happening across the nation!

Diversity, Inclusion, and the NEAFCS Family

Darlene Minniefield (AL), Diversity Committee Member

When I think of diversity and inclusion, one definition says “the practice or quality of including or involving people from a range of different social and ethnic backgrounds and of different genders, sexual orientations, etc., not exclude or exclusion which means to deny (someone) access to a place, group, or event. For too long, people, society, and groups have been denied or refused access because of their color, race, gender, or disability. **Have you ever been denied, excluded, or**



refused access because of....what? I’m sure “what” does not matter, just the fact that you were denied something can be devastating to a person, group, or people.

I am so glad we here at the diversity team, leadership team, and the NEAFCS Family are here to improve the lives of all our communities. We value you, our team, our community, and our families to build a stronger community, develop programs that reach a wide range or group of underrepresented populations, and make all feel welcome to join us in our extension programs. I know that everyone will feel included and a part of this great organization, especially during the Extension Week in your state (Oct 23-27, 2023, AL). That is why we would like to invite our NEAFCS family to join us for upcoming webinars. **The webinar for 1994s Tribal Colleges and Universities will be November 30th at 2pm CST.**



Building Excitement for the Be NEAFCS Strong Campaign To Raise \$90,000

Theresa Mayhew (NY), *Endowment Fund Committee Chair*

It was wonderful seeing so many of you in Providence! Hope you enjoyed your time seeking oceans of opportunities! We plan to continue building upon the great response to our Be NEAFCS Strong Endowment Campaign as we look forward to celebrating our 90th anniversary in Tucson next year!

For those of you that couldn't join us at Annual Session, we have some exciting challenges to help us jump-start this two-year campaign involving both individual donors and affiliates. They are as follows:



The first 90 first-time donors donating \$90 and the first 90 repeat donors also donating \$90 will be entered into separate drawings where one donor in each category will win a \$50 Home Depot card.

In addition, affiliates with 25 or fewer members that donate \$50 or more to the campaign AND affiliates with more than 25 members that donate \$100 or more will be **entered into a drawing to receive special reserved seating at next year's Awards Banquet in Tucson.** Just think! No more queuing up at the ballroom doors to rush in to grab tables for your affiliate members!

The start date for all three challenges is retroactive to the beginning of 2023. Learn more about the endowment and access a donation form by visiting [endowment-for-the-future \(neafcs.org\)](https://neafcs.org/endowment-for-the-future).

**Remember – all we need to achieve our \$90,000 goal by next year's Annual Session is for 1,000 members to give \$90 each!
We can do it!**

Join Us in Arizona for the 2024 NEAFCS Annual Session

*Hope Wilson (AZ), 2024 Annual Session Invitation,
Marketing and Promotion Subcommittee Chair*

On behalf of the Arizona affiliate, I am pleased to invite you all to Tucson, Arizona for the 2024 NEAFCS Annual Session scheduled for September 16-19, 2024.



Next year's conference theme is "Under One Sky: Thriving in an Ever-Changing World." We look forward to hosting you next year and sharing all our beautiful state has to offer. The Grand Canyon State features diverse



Annual Session 2024
September 16-19, 2024 • Tucson, AZ

colors, landscapes, and cultures. You can reach the heights of 12,000 feet in the snowcapped San Francisco Peaks or descend to sea level at the Colorado River along the Sonora border. Our desert state is covered in the color green of mighty saguaros of the Sonoran Desert and up to the towering Ponderosa Pines of the Colorado Plateau. Spend time traveling our state, relaxing among the red rocks of Sedona or exploring the blue clay of the Painted Desert.

We are thrilled to showcase all the elements of Arizona life with all of you – joining us from across the country – under one sky.



National Extension Association
of Family and Consumer Sciences

AHA ranks 10 popular eating plans based on heart-healthy guidelines

The DASH, pescetarian, Mediterranean and vegetarian eating patterns strongly align with heart-healthy eating guidelines, according to the American Heart Association.

The AHA, which published the findings in its [Circulation](#) journal, also concluded that the popular paleo and ketogenic diets don't adhere well with the guidelines.

Authors of the statement evaluated 10 popular diets or eating patterns to determine if they aligned with AHA dietary guidance* that recommends people:

- Consume a wide variety of fruits and vegetables.
- Eat foods made mostly with whole grains rather than refined grains.
- Use liquid plant oils rather than tropical oils, animal fats and partially hydrogenated fats.
- Eat healthy sources of protein, including plant, fish/seafood, lean meats and fat-free/low-fat dairy products.
- Minimize the intake of beverages and foods with added sugars.
- Choose and prepare foods with little or no salt.
- Limit alcohol intake (if used).
- Choose minimally processed foods instead of ultra-processed foods.
- Adhere to this guidance regardless of where food is prepared or consumed

**The component on energy balance needed to maintain a healthy weight was not included in the scoring because it's influenced by factors other than dietary choices, such as physical activity levels.*

How the diets stack up

The AHA rated the diets/eating patterns on a scale of 1 to 100. They divided the scores, which ranged from 31 to 100, into four tiers:

Tier 1

- Only the **DASH (Dietary Approaches to Stop Hypertension)** diet received a perfect score. The eating pattern is low in salt, added sugar, tropical oil, alcohol and processed foods and high in nonstarchy vegetables, fruits, whole grains and legumes. Proteins mostly come from plant sources, such as legumes, beans or nuts, fish/seafood, lean poultry and meats, and low-fat or fat-free dairy products.
- The **pescetarian** diet, which scored a 92, allows for seafood in addition to plant-based foods.
- The **Mediterranean** eating pattern had a slightly lower score (89). Unlike the DASH diet, it allows for moderate alcohol consumption and doesn't address added salt.
- The **vegetarian** diet scored an 86. The cost savings and environmental benefits of eating a vegetarian diet versus meat products is desired by some people.

Tier 2

Vegan and **low-fat** diets scored a 78. Both emphasize fruits, vegetables, whole grains, legumes and nuts, while limiting alcohol and added sugars. But because the vegan diet is restrictive, it could be challenging to follow long term or when eating out and may increase the risk of vitamin B12 deficiency. However, vegans can get heart-healthy cholesterol.

“We concluded that the plant-protein sources like beans and nuts should be the primary source of protein,” said [Christopher D. Gardner, PhD](#), first author of the statement, director of nutrition studies at the Stanford Prevention Research Center and the Rehnborg Farquhar Professor of Medicine at Stanford University.

“These come with fiber and other healthy nutrients tend to be low in saturated fat, and they do not have dietary cholesterol. Just keep in mind there are two vegan diets. One type is very low in fat: the Ornish, McDougal, Esselstyn, Greger and Pritikin diets. The other type isn’t as specific about fat and can be higher in fat, similar to the Mediterranean.”

These diets have other drawbacks, Dr. Gardner said. “Many vegan products use coconut oil, a tropical oil.”

The AHA does not recommend tropical oils as part of healthy eating pattern.

Gardner also said “very few of the diet patterns were found to be explicit about lowering salt intake. Only two did this: the DASH and very low-fat diets. Like many of the other diets, the vegan high fat lost a portion of the points for this category.

“For the eighth category regarding minimally processed foods, the vegan high-fat diet didn’t get points, because a lot of vegan products sold commercially are highly processed.”

Tier 3

Very low-fat diets scored a 72 and **low-carb** diets scored a 64. Both restrict foods emphasized in the AHA’s dietary guidance. For example, very low-fat diets restrict nuts and healthy plant oils, and low-carb diets restrict consumption of fruits, grains and beans.

“The American Heart Association has concluded there is strong evidence that healthy unsaturated fats from avocados, nuts and seeds, vegetable oils, and fatty fish are all good for heart health, and all of these are limited or avoided in a very low-fat diet,” Dr. Gardner said.

Both diets lost points because they can be low in protein. They also omit plant oils.

“The AHA recommends healthy plant fats, including vegetable oils,” Dr. Gardner said.

Also, many of the products used in these diets aren’t whole foods, and they can be too restrictive to follow when dining out.

Tier 4

The **paleolithic** diet scored a 53 and the **very low-carb/ketogenic** diet scored a 31. Both, which are used for weight loss, align poorly with heart-healthy eating guidelines and aren't more effective for weight loss than less restrictive diets over the long term.

The AHA also recommends high-fiber, carbohydrate-rich foods to support heart health. "That includes whole grains, legumes and fruits," Dr. Gardner said. "Most low-carb diets recommend limiting whole grains, legumes and fruits, and some low-carb diets recommend avoiding and eliminating these foods."

Aramark and the American Heart Association created these Healthy for Life Educational Experiences as part of [Healthy for Life](#)®, our evidence-based community nutrition and well-being program that empowers people to make healthy food, nutrition and lifestyle choices.

Additional News & Opportunities for NEAFCS Members

- [Home Baking Association - Annual Membership Meeting](#). October 22-24, 2023, Sunriver, Oregon.
- 2024 National Child Nutrition Conference April 22-26, 2024, Orlando, Florida. [Call for Proposals link](#).



[Maurice Hartman](#) (IN), father of Marcia Parcell (IN)

Future issues of the NEAFCS Network will include recognition of members who have passed. If you would like to report the death of a NEAFCS member, [please click here](#).