



NOMINATION FOR
Southern Region Distinguished Service Award
Epsilon Sigma Phi, Alpha Zeta Chapter – Texas

Nominee's Name: Dolores Sandmann
Title: County Extension Agent - Nutrition & Health
Address: 1600- B Smith Road
City, State Zip: Austin, Texas 78721
E-Mail: d-sandmann@tamu.edu

Position and Dates of Extension Employment:

County Extension Agent - Nutrition & Health, Texas Cooperative Extension, Travis County (Austin, TX), 2001 – present
County Extension Agent - Family and Consumer Sciences, Texas Cooperative Extension, Travis County (Austin, TX), 1998 – 2001
County Extension Agent - Family and Consumer Sciences, Texas Agricultural Extension Service, Johnson County (Cleburne, TX) 1996 – 1998
County Extension Agent - Family and Consumer Sciences, Texas Agricultural Extension Service, Comanche County (Comanche, TX) 1991 – 1996
County Extension Agent - Home Economics, Texas Agricultural Extension Service, Denton County (Denton, TX) 1986 – 1991
County Extension Agent - Home Economics, Texas Agricultural Extension Service, Parker County (Weatherford, TX) 1983 – 1986

Education: M.S. (Clothing and Textiles), Texas Woman's University, Denton, Texas, 1987
B.S. (Home Economics Education), Texas Woman's University, Denton, Texas, 1982
Certified Ethics in the Workplace Instructor, Josephson Institute, 2001
Certified Food Protection Manager Instructor, Texas Dept. of Health Services, 2006
Certified IS-00700 National Incident Management System through FEMA, 2006.

Outstanding Professional Accomplishments:

Texas Cooperative Extension Superior Service Award - County Agent, 2007
National and Texas Extension Association of Family and Consumer Sciences - 23 year member
NEAFCS & TEAFCS Educational Curriculum Package - 2nd Place at National, 2006
NEAFCS & TEAFCS Educational Technology - 3rd Place at National, 2006
NEAFCS Communication Award - Newsletter - 3rd Place at Southern Region, 2006
NEAFCS & TEAFCS Continued Excellence Award, 2006
TEAFCS, Past-President's Council - Chair, 2004-2006
NEAFCS Distinguished Service Award, 2004
TEAFCS, President, 2000-2001
NEAFCS, Awards and Recognition Training Task Force Chair, 1999-2000
Epsilon Sigma Phi - 18 year member
Epsilon Sigma Phi State Distinguished Service Award, 2006
Epsilon Sigma Phi State Mid-Career Award, 1996
Epsilon Sigma Phi State Early-Career Award, 1990
National and Texas Association of Extension 4-H Agents - 23 year member
NAE4-HA & TAE4-HA Distinguished Service Award, 1992
NAE4-HA & TAE4-HA Achievement in Service Award, 1990

Outstanding Programmatic Accomplishments: Due to limited space only one of the many outstanding programs developed and conducted by Dolores will be highlighted.

EAT SMART - Chronic Disease Prevention – (2005-2007) 601 programs reaching 11,842 seniors were conducted by the County Extension Agent and/or 27 Volunteer Instructors using the **EAT SMART** chronic disease prevention 12-lesson curriculum developed by Sandmann and reviewed by Texas Cooperative Extension Specialists. In addition, over 500 newsletters (English/Spanish) are distributed each month to provide targeted clientele with additional information on the **EAT SMART** topics presented each month. 192 participants were evaluated after participating in the **EAT SMART** series with the following results:

- 169 participants (88%) indicated that they would consume 2 ½ or more cups of vegetables each day, which resulted in a **55% increase** in dietary recommendations.
- 169 participants (88%) indicated that they would consume 3 or more whole grain foods each day, which resulted in a **70% increase** in dietary recommendations.
- 177 participants (92%) indicated that they would consume 2 or more cups of whole fruit each day, which resulted in a **53% increase** in dietary recommendations.
- 175 participants (91%) indicated that they would use the “Nutrition Facts” on the food label to make food choices, which resulted in a **53% increase** in practicing concepts learned.

As a result of the success of the **EAT SMART** program, Sandmann presented sessions at the National Urban Symposium-Youth and Family Wellness in Dallas, Texas, in December 2005; and the National Extension Association of Family and Consumer Science Annual Session in Denver, Colorado, in October 2006.

The **EAT SMART** curriculum is currently being sold on the Texas Cooperative Extension Bookstore website. A total of 68 copies have been purchased by 26 states resulting in \$2,336 being directed to additional programming for Travis County.

Dr. Judith Warren, Associate Director-Human Sciences has provided each county in Texas with a CD copy of **EAT SMART** and in 2007, the curriculum was included in the Model Outcome Plans for Texas Cooperative Extension.

Since 2005, trained volunteers have given 1,104 hours to the **EAT SMART** program at a value of \$19,869.12 (Source: Independent Sector, 2006).

Sandmann also writes a monthly nutrition/wellness column (2004-2007) for the *Senior Advocate* which has an estimated readership of 40,000.

Support Statement:

Dolores is one of the most professional educators that Extension is fortunate enough to have in Texas. Her programs are innovative and targeted with impressive documented outcomes. The Nutrition and Wellness program she developed for Seniors has been made available to every FCS Agent in the State. The curriculum has also been purchased and used by Agents in other States. She is very deserving of this recognition.