



**NOMINATION FOR
Southern Region Diversity Award - Individual**
Epsilon Sigma Phi, Alpha Zeta Chapter – Texas

Nominee's Name: Dolores Sandmann
Title: County Extension Agent - Nutrition & Health
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Position and Dates of Extension Employment: with the Texas AgriLife Extension Service
County Extension Agent - Nutrition & Health, Travis County, 2001 – present
County Extension Agent - Family and Consumer Sciences, Travis County, 1998 – 2001
County Extension Agent - Family and Consumer Sciences, Johnson County, 1996 – 1998
County Extension Agent - Family and Consumer Sciences, Comanche County, 1991 – 1996
County Extension Agent - Home Economics, Denton County, 1986 – 1991
County Extension Agent - Home Economics, Parker County, 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 Food Protection Manager Instructor, Texas Dept. of Health Services, 2008
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 - 25 year member
NEAFCS & TEAFCS Educational Curriculum Package - 2nd Place at National, 2006
NEAFCS & TEAFCS Continued Excellence Award, 2006
Epsilon Sigma Phi - 19 year member
Epsilon Sigma Phi State Diversity Individual Award, 2008
Epsilon Sigma Phi State Distinguished Service Award, 2007
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 - 25 year member
NAE4-HA & TAE4-HA Distinguished Service Award, 1992

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

Approximately 13% of the Travis County population (84,539) is over the age of 55 (U.S. Census Bureau 2002 Summary File). Increased life expectancy has created a need for a healthier lifestyle to reduce the risk for chronic diseases and illness. Two-thirds of all illnesses are related to lifestyle choices - such as poor eating habits, insufficient exercise, obesity, and lack of responsibility for individual health.

EAT SMART - Chronic Disease Prevention (2005-2008) – 663 programs reaching 11,842 seniors were conducted by Dolores and/or 27 Volunteer Instructors . Those participating in the program included a diverse audience make-up of 46% White; 29% Hispanic; 21.5% African-American; 2.5% Asian/Pacific Islander; and 1% Native American. 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.

Dolores has provided nutrition/health educational programs to seniors at the Senior Support Services of Austin/Travis County sites monthly since 2001. The program grew from an initial two (2) sites per month to twenty-one (21) sites per month in 2008. In 2004, with the guidance of the Senior Nutrition Task Force, it was determined that a volunteer based delivery program was needed in order to meet the growing clientele need. The committee made up of Senior Support Services Supervisors, Senior Support Services of Austin/Travis County site managers, and senior clientele developed a survey listing nutrition, wellness, and health topics of interest to targeted clientele. The survey was administered to targeted program participants in January of 2004. After compiling the results of the survey, the committee selected the following health/wellness topics to be developed into lesson plans that volunteers would be trained to teach: Cardiovascular Disease, Osteoporosis, Cancer Prevention, and Food Safety. Dolores met with Extension Specialists from the following departments - Nutrition and Food Sciences; Family Development and Resource Management; Organization Development; and AgriLife Communications to determine the content of the lessons for each health/wellness topic. This meeting gave birth to the **EAT SMART: Chronic Disease Awareness Program**. The 12-part lesson series features a specific health/wellness topic — Heart Health; Bone Health; Lowering Cancer Risk; and Food Safety — each quarter with three lessons provided for each topic.

The comprehensive **EAT SMART** curriculum included the following educational pieces that Dolores researched, developed, wrote and/or adapted : 1) Marketing flyer; 2) **EAT SMART** logo in English/Spanish; 3) 12 lesson content sheets (includes lesson summary, goals, corresponding BLT proposal objective, and National health/nutrition celebration events); 4) 12 complete volunteer instructor lessons; 5) 12 power point presentations; 6) 12 curriculum flip charts; 7) 12 **EAT SMART** newsletters in English; 8) 12 **COMA BIEN** newsletters in Spanish; 9) 12 additional handouts/fact sheets/activities in English/Spanish to supplement lessons; 10) 4 Retrospective Post Evaluations in English/Spanish; 11) Resource List; and 12) 4 **EAT SMART: Chronic Disease Awareness Quarterly Reports**.

As a result of the success of the **EAT SMART** program, Dolores 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 AgriLife Extension Service Bookstore website. A total of 70 copies have been purchased by 26 states.

Dr. Judith Warren, Associate Director-Human Sciences provided each county in Texas with a CD copy of **EAT SMART**, and it is currently included on the Texas AgriLife Extension Service Family and Consumer Sciences web-page as a downloadable curriculum. In 2007 thru 2009, the curriculum was included in the Model Outcome Plans for the Texas AgriLife Extension Service- TExAS (Texas Extension Accountability System) online reporting, with 24 counties implementing **EAT SMART** as an Outcome Program Plan.

Since 2005, twenty-seven trained volunteers have given 1,464 hours to the **EAT SMART** program at a value of \$28,563 (Source: Independent Sector, 2007). Volunteers were recruited by site managers and included retired nurses, doctors, teachers, and retired Extension EFNEP personnel. Collaborations have included the City of Austin Parks and Recreation Department, Austin/Travis County Senior Support Services, the Meal on Wheels and More program, and the STEPS to a Healthier Austin Coalition.

Dolores also writes a monthly nutrition/wellness column for the Senior Advocate, a Central Texas monthly newspaper, which has an estimated readership of 40,000. Sixty-one (61) columns have been written from 2004-2008.

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 **EAT SMART** program she developed for Seniors has been made available to every Family and Consumer Science Agent in the State. The curriculum has also been purchased and used by Agents in other States. She is very deserving of this recognition.