

SANDRA B. PROCTER
PhD, RD, LD

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Education

1977	B.S.	Dietetics	Kansas State University
1991	M.S.	Institution Management	Kansas State University
2006	Ph.D.	Human Nutrition	Kansas State University

Dissertation title: *Reasons Affecting Breastfeeding Duration, and its Association with Childhood Overweight, in a Kansas WIC Population*

Supporting doctoral course work:

Johns Hopkins University – Bloomberg School of Public Health – 2003

Wichita State University – School of Nursing – 2004

Certification

Registered Dietitian, American Dietetic Association (486263)

Licensed Dietitian, State of Kansas (no. 510)

Registered *ServSafe* (food safety) instructor/proctor – 2006

Professional Experience

2007 to present

Assistant Professor, Human Nutrition, Kansas State University
Specialist, Maternal and Child Nutrition, K-State Research and Extension (KSRE)

- Provide statewide leadership in nutrition programming addressing needs of pregnancy, infancy and childhood
 - Identify, develop, deliver training opportunities for county faculty
 - Evaluate program impacts
 - Design, identify curricula and education pieces for agents
- Coordinator, Kansas Expanded Food and Nutrition Education Program (EFNEP)
- Identify, develop and evaluate programming efforts for young families with limited resources
 - Lead EFNEP program across state
 - Evaluate program impact
 - Plan and conduct quarterly nutrition assistant training
 - Lead quarterly EFNEP agent planning meetings
 - Develop, manage annual budget of ~ \$680,000
 - Directly supervise two employees, indirectly supervise county EFNEP agents and assistants
 - Promote, represent EFNEP at local, state, regional and national levels

- 2002 - 2006 Associate Specialist, Maternal and child nutrition, KSRE
- 1998 to present EFNEP Coordinator, KSRE
- 2000 - 2001 Instructor, Highland Community College, Wamego, KS
- Taught Basic Nutrition course for 3 semesters
 - Developed syllabus for course taught at multiple sites
 - Received strong student evaluation ratings
- 1987 - 1998 Dietitian Manager, Dining Services, Kansas State University
Service manager, Derby Dining Service 8/87 - 8/89
- Directed, facilitated cafeteria service for 1600 students
 - Assisted with meal management for athletes' training table
 - Developed point-of-service nutrition information
 - Developed peer-selection method of student supervisor selection
- Service/sanitation manager, Kramer Dining Service, 8/89 - 8/90
- Directed, evaluated cafeteria service for 1200 students
 - Planned, organized and directed set-up service for special dinners and catered events
 - Co-chaired nutrition education committee
- Production manager, Kramer Dining Service 8/90 - 1/98
- Trained, evaluated, supervised and directed 14-member production staff and 85 student employees
 - Trained staff on food safety and HACCP (hazard analysis critical control point) processes
 - Served on nutrition education committee
 - Forecasted menu items for 900-student dining center
 - Ordered and maintained inventory of meats, produce, frozen food
 - Supervised, directed and evaluated quality production of entrees, vegetables, salads, breads and desserts
 - Assisted teaching Foodservice Systems (HRIMD 455)
 - Assisted teaching Management in Dietetics (HRIMD 560)
- 1983 - 1987 Food Service Director and Clinical Dietitian, Good Samaritan Village, Hastings, NE
Director of Dietary Department 8/83 - 8/87
- Managed 65 employees in four kitchens
 - Wrote, budgeted and scheduled 375,000 meals annually
 - Created and conducted monthly in-service training sessions for dietary staff, occasionally all-staff including nursing

- Wrote specifications for and purchased food items, equipment and furnishings
- Continued all clinical tasks below

Clinical Dietitian, Good Samaritan Village 1/80 - 11/83

- Prepared clinical assessment and nutritional management of 360 skilled and intermediate care nursing home residents
- Wrote and modified diets for 40 per cent of nursing home residents
- Prepared and presented “Dietary Digest,” a weekly 30-minute nutrition and health-center TV program to 1,100 residents
- Wrote and implemented a long-term care practicum for dietetic technician students attending Central Community College, Hastings, NE
- Wrote monthly nutrition articles for the *Village Voice*, the newspaper of Good Samaritan Village

1978 - 1979

Clinical Dietitian, St. Joseph Medical Center, Wichita, KS

- Provided nutrition instruction to hospital outpatients as sole outpatient dietitian in 500-bed hospital
- Conducted prenatal nutrition classes for the public
- Co-formed oncology team that provided nutritional assessment and support of cancer patients
- Assisted with authoring grant proposal seeking funding for nutritional support of cancer outpatients
- Mentored dietetic students and medical residents

1973, 1974

Extension summer intern, Harvey County (KS) KSRE – Newton, KS

Publications

Juried research.

- **Procter, SB**; Holcomb, CA: 2007. Increased breastfeeding duration is protective against childhood overweight among non-Hispanic participants in the Kansas WIC program. *American Journal of Public Health*. In press.
- **Procter, S**; Gregoire, M; Holcomb, CA; Reeves, R. 1992. Eating habits and activity levels of university students. *NACUFS*, 16:61.

Electronic publications.

- EFNEP National Promotional DVD. 11/2005. Served as writer and content advisor. Produced with support of EFNEP Task Force of NASULGC.
- KSRE. Co-creator, nutrition consultant, content author *Kids a Cookin'* programs 1-12, 2002.

Extension publications.

- Curriculum. Kansas Nutrition Network. Contributing writer, *Toddler Nutrition Time*, 2004.

- **Procter, S.** *Trans Fat: What's a Consumer to Know, and Do?* KSRE Publication, July 2005.
- Regular nutrition column contributor to *Young Families Newsletter*, a quarterly publication of KSRE, 1998 - present.
- Redlinger, P. and Penner, K. P. Revised by **Procter, S.** and Fisher, S.D. *Judge's guide for foods and nutrition exhibits.* KSU AES and CES 4-H 488 (Revised). 7/2001.
- **Procter, S.** *Basic Foods and Nutrition* (curriculum). KSU AES and CES S-134b, July 2001. Part of *Basic Living Skills* series.
- **Procter, S.** *Feeding Our Youngest* newsletters, issues 1-12. Originally published 1998; revised 2003.
- Walsten, K. and **Procter, S.** Curriculum. *Book in a Bag.* 2000 – present. Co-creator, writer. Children's food, nutrition and literacy curriculum used across Kansas and in other states.

Book reviews.

- **Procter, S.**, Toy, N. and Mercado, N. 2002. Guide to common cultural foods. *J Nut Ed and Behavior*, 34 no.4, 234-235.
- Löest, H. and **Procter, S.** 2002. Annual Editions: Nutrition 01/02. *J Nut Ed and Behavior*, 34 no.3, 177-178.
- Stotts, J.; Noh, S.; **Procter, S.**; Griffith, L.; and Knous, B.L. 2001. The health professional's guide to popular dietary supplements. *J Nut Ed and Behavior*, 33 no. 6, 357-358.
- Sultan, W.J. 1990. Practical baking. *School Food Service Research Review*, 14, 61.

Leadership

Co-facilitated Nutrition, Food Safety and Health focus team in Extension Professional Development efforts – February 2007

LEADS (Leadership Excellence and Dynamic Solutions), K-State Research and Extension, 2005-2006 class

NACUFS (National Association of College and University Food Services) Professional Development Institute – Arkansas, 1994

Awards and Honoraries

2004 KSRE **Team** Award – Awarded to Family Nutrition Program (FNP) state team

2001 KSRE **Diversity** Award – Awarded to EFNEP team

1977 NACUFS/ACUHO (Association of College and University Housing Officers) Summer Management Internship – University of Michigan

Phi Upsilon Omicron – National Family and Consumer Sciences Honorary – Life member

Professional Organization Affiliations (present membership)

American Dietetic Association and Kansas Dietetic Association

American Public Health Association

Society for Nutrition Education

Kansas Nutrition Council – past officer
Kaw Valley Dietetic Association – past officer
Early Childhood Action Team – A statewide team promoting good nutrition in childcare settings
Kansas Nutrition Network

Service

Dietetics Profession

- **Review** of GEM “A Family Bookbag Program Reaches Parents with Messages about Healthy Eating and Physical Activity and Improves Family Reading Time” *J Nut Ed and Behavior*, 2007.
- **Review** of GEM “A Learn and Serve Nutrition Program: The Food Literacy Partners” *J Nut Ed and Behavior*, 2006.
- **Review** of GEM “Teaching Nutrition Concepts through Service Learning” *J Nut Ed and Behavior*, submitted 2005.
- **Review** of GEM “Cooking Classes Increase Fruit and Vegetable Intake and Food Safety Behaviors in Youth and Adults,” *J Nut Ed and Behavior*, 37 no.2, 104-105.
- Served as dietetics registration exam item writer for American Dietetic Association Commission on Dietetic Registration, 1993; 1996 – 1999, 2006.
- Edited national newsletter for ADA Practice Group #41 – Managers in Food and Nutrition Systems, 1997 - 2000
- NACUFS Professional Standards Visitor, Miami University, 1996.
- Wrote script for NACUFS Professional Standards manual videotape, 1992.

Extension/EFNEP

- Co-designed, prepared and staffed EFNEP exhibit at NASULGC’s Science on the Hill exhibit, Washington, D.C., 2/2006
- Co- developed national EFNEP promotional video – 2005
- Edit *Nutrition Spotlight* issues quarterly, 1999 - present
- Annual foods judging at county fairs and state fair – 1999 to present
- Edited and revised “*Judge’s Guide for Foods and Nutrition Exhibits*,” 2001
- Co-host, and later host, World Food Day at KSU, October each year – 2000 to present

State

- 2007 – Appointed to Kansas Governor’s Council on Fitness by Gov. Sebelius

College

- Edit research articles and marketing pieces for graduate students, faculty and alumni

Departmental

- Served on committee for 5-year review of department chair, 2004
- Edited alumni newsletters for Human Nutrition department

Selected Professional Presentations

“Duration of Breastfeeding is Associated with Lower Incidence of Overweight in Low-Income 4-year-olds in Kansas” – Poster session presented at American Public Health Association Annual Meeting and Exposition, Boston – November 2006

“Healthy Foods, Healthy Families”(on child overweight) presented to Shawnee County United Way Home Visitation Action Team – July 2006

“Healthy Foods, Healthy Families” presented to Healthy Foods, Healthy Farms conference – February 2006

Panel member – “K-State Research and Extension’s Role with Underserved Populations” – Extension Annual Update – October 2005

“What’s NEW in Child Nutrition?” presented to Lyon Co. (KS) childcare providers – April 2005

“Writing for Low Literacy Audiences” presented to undergraduate dietetics and human services students – 2001 to present

“Shaping Children’s Healthy Weight” with T. Kidd – FCS Training – August 2004

“Weigh to Diet” multicounty programs in Iola, KS, and Parson, KS – April 2004

“Toddler Nutrition Time” KSRE statewide training – March - May, 2004

Recent Relevant Interviews/News Releases

E/The Environmental Magazine, in “The Facts on Fats,” by B. Burmeier, March, 2006.

Parenting magazine, in “Sit Down and Eat!” by R. Kavanaugh. November 2004, p. 278.

“Regular Meal Planning Benefits Parents and Children” in *Grass & Grain*, July 2004.

“Reduce Soft Drink Serving Size to Improve Children’s Health” by N. Peterson in *Manhattan Free Press*, May, 2004

Community Involvement

- United Methodist Campus Ministry at KSU
 - board member 2001 - present
 - secretary 2002 - present
- College Avenue United Methodist Church
 - Sunday School teacher, elementary 1992 -1995, 1997 - 1998
 - Education commission 1999 - 2001
 - Member 1999
 - Chair 2000 - 2001
- Volunteer, Flint Hills Breadbasket 1999 - present
- CROP Walk (Community-wide hunger response of Church World Service)
 - participant/fund raiser – 1999 - present
- Cub Scout leader – Pack 281, Manhattan, KS – 1992 - 1998
- Adult member, Boy Scout Troop 284, Manhattan, KS 1994 - 2004

References

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