Greetings from Illinois State University and the Department of Family and Consumer Sciences.

I will begin my letter on a sad note. Illinois State University and the Department of Family and Consumer Sciences (FCS) mourn the passing of Dr. Tricia Johnson. Tricia died very unexpectedly on June 3, 2011. Her enthusiasm and passion for excellence are greatly missed.

On a happier note, this fall we welcomed Dr. Angela Fontes to the department. Dr. Fontes has her Ph.D. from the University of Wisconsin and her B.S. and M.S. from the University of Utah. She has previous academic experience with Northwestern University and the University of Chicago. She provides leadership for the consumer economics area within the department.

Kim Burke also joined the department as the Jumpstart site manager. Kim provides oversight and leadership for this early childhood literacy program that is supported by an annual grant and is affiliated with the AmeriCorps program.

We are currently conducting national searches for faculty members in Human Development/Family Resources and Interior and Environmental Design. The Department is also participating in a national search for the next Department Chairperson. The goal is to welcome all of these new colleagues at the beginning of fall 2012.

Like all public universities in Illinois, state support as a percentage of the total budget is declining at Illinois State University. State appropriations now represent about 21% of the university’s budget. The direct result of this declining state support is that students and their families are faced with higher costs such that the estimated cost of attendance for new freshmen is over $24,000 per year. In this economic environment, external gifts and scholarships take on added importance. We welcome your support—a form for making a contribution to the department is included in this newsletter.

FCS continues to be a “high demand” department with strong enrollments in all of our undergraduate programs. We now have over 600 undergraduate and graduate students. As part of the college goal of “Going Global,” we continue to develop opportunities for international experiences for our students. This past summer, students in Apparel Merchandising and Design and Interior and Environmental Design travelled to France and Spain. For summer 2012, we are planning programs in Italy for our Food, Nutrition and Dietetics students and China for Human Development/Family Resources.

There is much more that I could share with you. The department has many good stories to tell about dedicated faculty, enthusiastic students and organizations, curricular advancements, facility and equipment enhancements, and on and on. Feel free to stop by the department whenever you have the opportunity to be in Bloomington-Normal. We enjoy hearing from our alumni.

Sincerely,

J. Randy Winter
Focus on

Nutrition Mission

By Kelsey Ahlers and Michela Fyler

My name is Kelsey Ahlers and I am a first-year graduate student/dietetic intern at Illinois State University. With my graduate assistantship at ISU it is my responsibility to manage the Nutrition Mission service on campus. Nutrition Mission is a campus-wide service that provides students, staff and faculty with an opportunity to have their current dietary intake analyzed and compared to the current dietary recommendations. This information can be used by the individual to help them make changes to improve their diet and reach their health goals. Upper-level students in the Food, Nutrition and Dietetics program perform the analysis with a program called the Food Processor. This program allows us to enter everything that an individual eats and determine their intake of carbohydrates, protein, fat, cholesterol, vitamins, minerals, dietary fiber, and much more! Entering the height, weight and activity level of participants allows the program to customize goals for them and lets individuals see how they compare to the established standards. The program identifies areas where diets can be improved to meet the goals. A Nutrition Mission student is available to meet with the student, staff or faculty member to present the results of the recall analysis and offer suggestions for healthier eating.

Utilizing the Nutrition Mission service and having your diet evaluated is easy. Just fill out a 24 hour dietary recall form and drop it off at the Nutrition Mission office in 176 McCormick Hall. Our office is located just outside the Exercise Physiology Lab. Enter McCormick from the Quad entrance and we are immediately to the right. You could also email your recall to nutritionmission@hotmail.com for analysis. The form you need is available on our Nutrition Mission webpage accessible by searching Nutrition Mission from the Illinois State University homepage. The form is easy to use and instructions on the form will guide you in completing the form.

This is a great service for the campus community of Illinois State University because it allows a person to obtain a better understanding of all areas of their diet. The Nutrition Mission service also provides our undergraduate dietetics students experience in using the latest dietary software to analyze dietary intakes and interacting with individuals who are interested in their dietary intakes and health. This is important experience on their path to becoming registered dietitians after graduation.
Dr. Julie Schumacher, RD - Julie Raeder Schumacher joined the faculty of Family and Consumer Sciences in 2005. Dr. Schumacher is a Registered Dietitian and Licensed Dietitian Nutritionist and serves as Director of the Dietetic Internship & Master's Degree program for the Department. Dr. Schumacher has taught courses in Advanced Medical Nutrition Therapy, Foodservice Management, Nutrition in the Lifespan, and Experimental Food Science Lecture and Lab. Her research interests include educational technology with application to dietetics education programs and professional development for dietitians.

Dr. Robert Cullen, RD – Dr. Cullen received his Ph.D. in Nutritional Sciences from the University of California Berkeley. He has previously taught at Winthrop University in Rock Hill, SC and the University of California, Berkeley before joining the faculty at Illinois State University. He is currently the Director of the Undergraduate Didactic Program in Dietetics as well as the Graduate Coordinator for the Department of Family and Consumer Sciences and he has received both the outstanding teaching and outstanding research awards from the ISU FCS department. Dr. Cullen specializes in the biochemical and physiologic aspects of nutrition, metabolism, health, and disease, and is interested in research in nutrition and food consumption patterns in health and disease. He is a member of the American Dietetic Association and the Dietetic Educators of Practitioners.

Dr. Nweze Nnakwe, RD - Dr. Nnakwe is a Full Professor of metabolic nutrition at Illinois State University. She has taught several nutrition courses for over 25 years, has established and is directing a Service Learning Program which serves Bloomington-Normal at risk communities, and is the founder and President of Merciful Hearts Foundation, INC., NFP that provides preventive nutrition and health care to poor pregnant women and children in Nigeria. She previously served as the director of Dietetic Internship Program here at ISU. Dr. Nnakwe has received the department’s outstanding research award, is the sole author of several peer reviewed research articles in professional journals, and has recently published a textbook entitled, “Community Nutrition Planning Health Promotion and Disease Prevention”. She is also a Women’s Health Educator; educating women on various health issues such as heart disease, osteoporosis, cancer, stress management, the consequences of menopause, and weight management. She appeared twice on CNN Headline Television News local edition for her outreach programs.

Nancy Koch, RD – Nancy Koch is an Instructional Assistant Professor in the Food, Nutrition, & Dietetics sequence in the Department of Family & Consumer Sciences at Illinois State University. Nancy has a Master’s Degree in Family & Consumer Sciences from ISU, and specializes in food and nutrition classes.

Brittney Junker, RD – Brittney Junker is in her first semester teaching at ISU. She has a Master’s Degree in Family & Consumer Sciences from Illinois State, and teaches our Nutrition in the Lifespan course.
Our program just went through re-accreditation –

but what does that mean?

**Accreditation in the FND Sequence**

The Department of Family and Consumer Sciences offers two dietetic programs accredited by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA). Graduation from an accredited program is necessary to move to the next step in becoming a registered dietitian (R.D.).

From the earliest years of our department, food and nutrition courses have been important components of the curriculum for teachers. Beginning in 1975, an undergraduate dietetics program was offered for the first time by the department, and in December 1996 approval was received to begin a combined master’s degree dietetic internship. Both programs received their initial CADE accreditation in July 2000. A second reaccreditation site visit for both programs occurred earlier this year.

Three CADE site visitors, professionals in dietetic education and practice, came to campus in April and conducted a 2½ day survey of our programs. The site visitors met with our program directors, students, alumni, faculty, advisory board members, and administrators at the department, college and university levels. The team also toured facilities and met staff at several local healthcare organizations. The site visit team thoroughly reviewed our programs and provided the national CADE Board with their recommendations on how well our programs are meeting the national standards. Our programs will receive notification of the CADE Board’s recommendations and suggestions for improvement late in the fall.

Accreditation requires constant gathering of data, assessment, and updating of our programs and their activities to meet the latest national standards. Our undergraduates are eligible to begin an accredited dietetic internship following graduation, while our master’s degree dietetic internship graduates are eligible to take the national registration exam, the last step in becoming a registered dietitian (R.D.). Our undergraduate food, nutrition and dietetics (DPD) program has been directed by Dr. Robert Cullen since 1995 and Dr. Julie Schumacher began directing our graduate dietetic internship in 2006, succeeding Dr. Mardell Wilson who moved into university administration.

**FCS Departmental Accreditation**

The goal of accreditation is to ensure that education provided by institutions of higher education meets acceptable levels of quality. Accrediting agencies, which are private educational associations of regional or national scope, develop evaluation criteria and conduct peer evaluations to assess whether or not those criteria are met. Accredited programs provide assurance to students that the program meets the standards of the discipline that have been established by the accrediting agency.

The Department of Family and Consumer Sciences has several accredited programs. First, the entire undergraduate program is accredited by the American Association of Family and Consumer Sciences (AAFCS). In addition, several of our individual programs are accredited separately. Both the graduate and undergraduate Food, Nutrition and Dietetics programs are accredited by the Commission for Accreditation of Dietetic Education (CADE). The Interior and Environmental Design program is accredited by the Council for Interior Design Accreditation (CIDA). And finally, the teacher education program is accredited by the National Council for Accreditation of Teacher Education (NCATE). These accreditations serve as external validation of the quality of the programs within the Department of Family and Consumer Sciences.

Accreditation is an on-going and continuous activity. This past spring, we had full accreditation reviews and site visits from both AAFCS and CADE. This October, we have an interim accreditation review and site visit from CIDA. And the university is in the process of an NCATE accreditation review for all teacher education programs on campus.
The Dietetic Internship program at Illinois State University is a 21-month experience offered in conjunction with a Master of Science degree in Family and Consumer Sciences. The program is designed to provide the opportunity to develop skills in the areas of clinical nutrition therapy, community nutrition, and food service management with a concentration in Leadership & Project Management. In addition, graduates of our program earn a Master of Science degree in Family and Consumer Sciences. The Dietetic Internship program is currently granted accreditation by the Commission on Accreditation for Dietetic Education of the American Dietetic Association. Acceptance into the dietetic internship is a computer-matching process. Ten students are accepted each year to our program.

As part of the community nutrition experience, the students spend a week during the summer at Camp Granada - a diabetes camp for kids ages 8 - 16 in Central Illinois. The camp has a full medical team of physicians, nurses, and dietitians and provides a safe environment for kids to learn about living with diabetes while having fun in a camp setting.

Here’s what some interns had to say about their favorite experiences working at Camp Granada summer 2011.

“My favorite part about diabetes camp was putting in my own site insulin pump!” – Stephanie

“The highlight of diabetes camp was being given the opportunity to work as a team with the physicians, and counselors. I really enjoyed meeting as a team and discussing each camper and the goals or challenges we had with their medical care.” – Michela

“A highlight of summer was the week which all the interns went to Diabetes camp. I was lucky to have 8 and 9 year old boys. It was a great feeling at the end of the week seeing them make healthier choices and listening to all the carbohydrate information they have learned over that week.” – Kevin

“I had a blast at Diabetes Camp. One important thing I learned very quickly was how differently diabetes affects all the campers. I had a great time playing sand volleyball, jumping through the inflatable water slide, teaching, and educating the campers on healthy eating habits.” – Amanda
Upcoming FCS Events

CAST Hall of Fame Induction & Reception…….2pm November 4, 2011 Marriott
Family Weekend Open House........................................ November 5, 2011
HDFR faculty search application deadline..........................November 7, 2011
ICEA annual meeting/conference.............8am - 5pm November 7, 2011 Alumni 116
WW II Vets Panel..................................................................7pm November 10, 2011 Alumni 118
CAST Winter Commencement........................................December 17, 2011 Redbird

Study Abroad

This summer, students from our Apparel, Merchandising & Design and our Interior & Environmental Design sequences took the opportunity to conduct a study tour in Paris, Avignon, and Barcelona accompanied by FCS faculty Connie Dyar, Hae Jin Gam, and Tricia Johnson. The study tour group was abroad for ten days in May, and was able to see first-hand fashion and architecture that they had studied in their classes here at Illinois State University.
Congratulations to all of our 2011 Family and Consumer Sciences Departmental Scholarship winners.

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Barbara R. Clauser Endowed Scholarship .......................................................... Kelsey Demetrailis
Barbara R. Clauser Endowed Scholarship .......................................................... Karissa Stewart
Sommer Scholarship .......................................................................................... Tifannie Howard

The department wishes to thank alumna, Kathleen Ann Embry, who recently signed an agreement to fund a new scholarship in FCS. The new scholarship targets an incoming transfer student. Selection will be based on prior academic achievement and financial need. The first recipient of the scholarship will be identified later this fall. Thanks Kathleen for your continuing support of the Department of Family and Consumer Sciences and our students.
Thanks so much!

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