

BIOGRAPHICAL SKETCH

NAME Carol A. Smathers		POSITION TITLE Associate Professor, Field Specialist in Youth Nutrition and Wellness	
eRA COMMONS USER NAME			
EDUCATION/TRAINING (<i>Begin with baccalaureate or other initial professional education, and include postdoctoral training.</i>)			
INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
Oregon State University, Corvallis, OR	BS	06/1987	Health, Education
Western Oregon University, Monmouth, OR	MS	12/1990	Education
Ohio State University, Columbus, OH	MPH	06/2009	Public Health

PROFESSIONAL EXPERIENCE

2013-present	Ohio State University Extension College of Public Health and College of Human Ecology	Columbus, OH	Associate Professor Adjunct Faculty
2009-2013	Ohio State University College of Public Health, Prevention Research Center	Columbus, OH	Research Manager
2007-2009	Ohio State University College of Public Health, Center for Health Outcomes	Columbus, OH	Center Manager, Admin. Associate 1
2004-2007	Ohio State University Extension Children, Youth, and Families At-Risk (CYFAR) Project	Columbus, OH	Program Coordinator
2002	Upper Arlington Schools UA High School	Columbus, OH	Health Teacher (Summer Session; full semester equiv.)

EXTENSION RESPONSIBILITIES, RESEARCH EMPHASIS, AND PROFESSIONAL SERVICE

I hold a 12-month Extension faculty appointment within the College of Food, Agriculture and Environmental Sciences. My responsibilities involve planning, teaching, and evaluating programs, including conducting applied research and translating and integrating research findings into curriculum and educational programs. My research focus areas are:

FOODS IN SCHOOLS – *Farm to School, procurement, school food service, school gardens.*

As the director of Ohio Farm to School, I develop, present, and oversee the provision of information and resources to promote procuring, serving, and educating about local foods (including school gardens) and help create sustained, improved nutrition behaviors at schools. I represent Ohio to the National Farm to School Network and led efforts in OSU serving as state host for the network's 2018 national conference. I facilitate a statewide advisory group; direct program staff and interns; oversee state-level distribution of information through workshops, websites, and social media; and work with districts on innovative farm to school initiatives.

COMMUNITY-BASED YOUTH WELLNESS – *public health, community health strategies and partnerships, social ecological models, policy/environment change strategies, coalitions.*

As co-chair of an obesity prevention coalition of 40+ programs, I develop health promotion curricula and resources to support collective impact. As state-level director of a 5-year, multi-state project, I assessed Extension's involvement with community coalitions, evaluated a coalition coaching model, and co-developed curriculum materials to support coalitions,

Biographical Sketch

including a coalition toolkit and a game widely-used to teach about social ecological models. I teach best practices through academic presentations and professional development trainings.

CHILD AND ADOLESCENT HEALTH ISSUES –positive youth development, health and nutrition trends, youth advocacy, youth leadership, and community partnerships addressing adolescent health.

I co-lead the Ohio 4-H Healthy Living Advocate Program that empowers youth to create healthier environments in their communities. As a member of the Ohio Adolescent Health Partnership and Ohio Early Childhood Health Network, and past chair of the national-level Positive Youth Development for Health team of Extension's Committee on Organization and Policy, I help lead efforts to improve youth nutrition and wellness at state and national levels.

TEACHING RESPONSIBILITIES

I teach individuals and groups including education and public health professionals, Extension professionals, students, and youth and adult community members through consultation, classes, workshops, and seminars. I have taught over 7,500 individuals total in this role.

HONORS AND AWARDS

2018 - Denise Miller 4-H Innovator Award (national and regional awards presented to a 3-member team), National Association of Extension 4-H Agents (NAE4HA).

2017 - Excellence in Teamwork (for the 4-H Healthy Living Advocate Program), State and North Central Region awards, North Central Region, NAE4HA.

2016 - Team Teaching, Multidisciplinary, 2nd Place (for the 4-H Healthy Living Advocate Program), Joint Council of Extension Professionals (JCEP); and, Excellence in Teamwork, North Central Region, NAE4HA.

2015 - Distinguished Team, JCEP; Team Teaching Award - 3rd Place, JCEP; and, Team Teaching Award; Multi-disciplinary, All Extension (3 team members) – 1st Place, JCEP.

RESEARCH SUPPORT

CURRENT:

1. Principal Investigator: "Growing Teachers throughout the Seasons" (USDA-NIFA) (2020-2024) \$299,805.

PAST:

1. Principal Investigator: "Farm to School Core Partner" (Tides Center) (2017-2019) \$4000.
2. Principal Investigator: "Mobilizing Rural Low-Income Communities to Improve the Ecological Environment to Prevent Child Obesity". (USDA-NIFA; Kansas State Univ.)(2013-17) \$655,742.
3. Co-Principal Investigator: (2015-2018) Ohio Youth Voice: Youth Choice - Advocates for Healthy Living. WalMart Foundation. Research Contracts, \$35,000 and \$15,000.
4. Co-Investigator, Key Personnel: "Foundations for Healthy Living - Prevention Research Center" (Centers for Disease Control) (2009-2014) \$167,570.
5. Co-Principal Investigator: "Water First for Thirst: Promoting Healthier Beverage Consumption through Youth Advocacy. OSU CARES/OSU Extension, (2014) \$16,000.
6. Key Personnel: "Engaging Urban and Rural Appalachian Communities in Clinical Research" (2014) (National Institutes of Health), (2009-2012) \$100,000.

Biographical Sketch

REFEREED PUBLICATIONS

- Smathers, C.A. and Graffagnino, C. (2020). Offering Self-Serve Sliced Apples in Bulk Increases Students' Consumption and Decreases Apple Waste in Elementary School Cafeterias. *Journal of Child Nutrition and Management*, 44(1).
- Gold, A. L., Bennett, K., Jansen, R. J., Mobley, A. R., Procter, S. B., Smathers, C., ... Oscarson, R. (2020). Ripple Effects of the Communities Preventing Childhood Obesity Project. *Health Promotion Practice*, 21(2), 308–318.
<https://doi.org/10.1177/1524839918788581>
- Lee, E., Smathers, C., Zubieta, A. C., Ginnetti, S., Shah, A., & Freedman, D. A. (2019). Identifying indicators of readiness and capacity for implementing farm to school interventions. *Journal of School Health*, 89(5), 373-381. DOI: 10.1111/josh.12747
- Smathers, C., Toomey, M., Washburn, L., Johnson, K., Iaccopucci, A., Johannes, E., and Ravola, M. (2019). "Positive Youth Development for Health: Extension's Readiness for Multi-Level, Public Health Approaches." *Journal of Extension*, 57(1), FEAv57-1a1.
- Gold, A., Bennett, K., Jansen, R., Mobley, A., Procter, S., Smathers, C., Contreras, D., Peters, P., Keim, A., & Oscarson, R. (2018). "Ripple Effects of the Communities Preventing Childhood Obesity Project." *Health Promotion Practice*.
<https://doi.org/10.1177/1524839918788581>
- Toomey, M., Smathers, C., Iaccopucci, A., Johnston, K., and Johannes, E. "Youth Workers' Role in Youth Health Advocacy." (2018). *Journal of Youth Development*,
<http://jyd.pitt.edu/ojs/jyd/article/view/18-13-03-TLC-01>
- Smathers, C., Washburn, L., Toomey, M., Johannes, E., Iaccopucci, A., and Johnston, K., (2018). "Organizational Readiness to Engage in Policy, System, and Environment Changes Supporting Positive Youth Development for Health: Case Studies from the Cooperative Extension System framed by the Transtheoretical Model." *Journal of Human Sciences and Extension*, 6(2): 81-101.
- Smathers, C., and Ferrari, T., (2018). "Levels of Community Change: A Game to Teach About Policy, System, and Environment Change". *Journal of Nutrition Education and Behavior*. Vol. 50(3), 311- 314.e1.
- Smathers, C., and Lobb, J., (2018). "Practicing What We Teach: Adherence to Healthy Meeting Guidelines at Extension Meetings and Events". *Journal of Human Sciences and Extension*. Vol. 6(1), ISSN 2325-5226.
- Ferrari, T, and Smathers, C., (2018) "Blender Bikes: Blending Nutrition and Physical Activity". *Journal of Extension*, 56(2), 2TOT5.
- Lee, E, Dalton, J, Ngendahimana, D, Bebo, P, Davis, A, Remley, D, Smathers, C, & Freedman, D., (2017). Consensus Modeling to Develop the Farmers' Market Readiness Assessment and Decision Instrument. *Translational Behavioral Medicine*, 7(3) 506–516, <https://doi.org/10.1007/s13142-017-0504-2>.

Biographical Sketch

Smathers, C and Lobb, J, (2017). "Mobilizing Rural Communities to Prevent Childhood Obesity: A Tool Kit". *Journal of Extension*, 55(6), 6TOT1.

Peters P, Gold A, Abbott, A, Contreras D, Keim A, Oscarson R, Procter S, Remig V, Smathers C, and Mobley, A., (2016)."A quasi-experimental study to mobilize rural low-income communities to assess and improve the ecological environment to prevent childhood obesity". *BioMed Central Public Health*,16(376): 1-7.

Lobb J, Smathers C, and Hashiguchi E, (2016)."An assessment of beverage-related policies among organizations in a multisector community coalition". *Journal of Science Policy and Governance*. Vol. 8, no.1:7.

Smathers, C and Lobb, J, (2015). "Extension Professionals and Community Coalitions: Professional Development Opportunities Related to Leadership and Policy, System, and Environment Change". *Journal of Extension*. 53(6).

Buro, B, Gold, A, Contreras, D, Keim, A, Mobley, A, Oscarson, R, Peters, P, Procter, S, Smathers, C, (2015). "An Ecological Approach to Exploring Rural Food Access and Active Living for Families with Preschoolers ". *Journal of Nutrition Education and Behavior*, 47(6): 548-554.

Foster JS, Contreras D, Gold A, Keim A, Oscarson R, Peters P, Procter S, Remig V, Smathers C, Mobley AR, (2015)."Evaluation of nutrition and physical activity policies and practices in childcare centers within rural communities". *Childhood Obesity*, 11(5): 506-12.

Anderson, S, Kaye, G, Andridge, R, Smathers, C, Peng, J, and Pirie, P, (2015). "Interrelationships of more healthful and less healthful aspects of diet quality in a low-income community sample of preschool-aged children". *Maternal and Child Health*. Online, SpringerLink.