CURRENT RESEARCH PROJECTS
Summer 2015

1. **Right to Know: Is Your Food Safe?**
   Funding Source: Agricultural Research Institute
   
   *Agricultural Water Collection and Testing Training: Does Online Video Training Improve Grower Knowledge, Self-Efficacy, and Practical Application?*
   
   Graduate Student: Naomi Stamper
   Faculty Members: Stephanie Bianco, MS, RD (Chair), Patrick Doyle, PhD, Patricia Edelmann, PhD

   Development of a local farmer training program on agricultural water safety to assess the effectiveness of online training on farmer food safety document development and agricultural water testing protocols. A survey will assess pre and post knowledge, self-efficacy, and attitudes. Farmers will develop an on-farm food safety document and obtain a water sample to help assess the effectiveness of the online training.

2. **Colusa County PhotoVoice**
   Funding Source: USDA - SNAP-Ed
   
   *Combining Photovoice and Focus Group to Engage Latino Youth in Community Assessment of Healthy Food Access in the Retail Environment*
   
   Graduate Student: Ryan Santanna-Hart
   Faculty Members: Keiko Goto, PhD (Chair), Cindy Wolff, MPA, PhD, RD, Marsha Vernoga, MS, RD

   A needs assessment for store front marketing and food environment was conducted. Participatory photography is being used to analyze lived environment and come up with themes for barriers and access to healthy food.

3. **Colusa County Retail Market Make-Over**
   Funding Source: USDA - SNAP-Ed
   
   *The Effects of Social Marketing, Behavioral Economics, and Youth led In-store Cooking Demonstrations on Low-Income Families’ Selection of Fruits and Vegetables.*
   
   Graduate Student: Meagan Maggiore
   Faculty Members: Keiko Goto, PhD (Chair), Tim Heinz, PhD, Marsha Vernoga, MS, RD, Melissa Sterns, MS

   A needs assessment for store front marketing and food environment in a corner market has been conducted. The results were used to provide a store “makeover” to create easily visible displays of healthier foods. Local middle school students provided assistance in the process of the store makeover. Focus groups are being used to assess the effectiveness of the store makeover on food choices.
4. **School Farm Stand Pilot Project**  
Funding Source: USDA - Farmer’s Market Promotion Program

*The Effect of a Farm Stand on Fruit and Vegetable Preferences and Self-Efficacy among Students from a Low-Income School*  
Graduate Student: Xotchil Medina  
Faculty Members: Joan Giampaoli, PhD, RD (Chair), Keiko Goto, PhD

Produce from local farmers will be purchased and sold to students and parents at a middle school in Colusa County. Simple recipes using produce from the farm stand will be made and offered as tastings. The purpose of this study is to evaluate the effectiveness of a bi-monthly Farm Stand on student’s fruit and vegetable preferences and self-efficacy. A pre and post-test survey is being used to assess fruit and vegetable preferences and self-efficacy. Furthermore, a focus group will be conducted with students to assess the incorporation of fruits and vegetables from the Farm Stand into family meals.

5. **Foodie U Mindful Eating in School Children**  
Funding Source: USDA - Agriculture and Food Research Initiative

*a. Cultural Influences on Mindful Eating Among Parents of Elementary School Children.*  
Graduate Student: Rocio Mendez  
Faculty Members: Keiko Goto, PhD (Chair), Chunyan Song, PhD, Joan Giampaoli, PhD, RD

Focus groups with parents of elementary school students to understand socio-cultural perceptions of mindful eating among Hispanic and non-Hispanic white parents.

*b. Factors Associated with Mindful Eating Behaviors Among Elementary School Children: A Pilot Study*  
Graduate Student: Jennifer Joyce  
Faculty Members: Joan Giampaoli, PhD, RD (Chair), Keiko Goto, PhD, Ben Seipel PhD, Kevin Buffardi, PhD

This is a cross sectional baseline study to investigate factors associated with mindful eating behaviors including food consumption, demographics, mindful eating, and emotional eating.

*c. Impacts of a Mindful Eating Intervention Among Elementary School Children on Healthy Food-Related Behaviors and Mindful Eating Practices: A Pilot Study*  
Graduate Student: Shannon Pierson  
Faculty Members: Keiko Goto, PhD (Chair), Joan Giampaoli, PhD, RD, Ben Seipel, PhD, Kevin Buffardi, PhD

Curriculum development and implementation of a pilot mindful eating intervention that promotes mindful eating practices and healthy food-related behaviors among elementary school children and their families. Post test will assess the effectiveness of the curriculum on children’s mindful eating practices, food related behaviors and food intake. The role of ethnicity and family will also be examined when assessing intervention outcomes.

*d. Foodie University: Mindful Eating in the Classroom and at Home*  
Graduate Student: Alyson Wylie  
Faculty Members: Keiko Goto, PhD (Chair), Cindy Wolff, MPA, PhD, RD, Stephanie Bianco
Teacher surveys will be used to assess, from a teacher’s perspective, if families are able and willing to adopt mindful eating practices at home based on information and materials provided via lessons taught in school. Additionally, data will be collected regarding teachers’ willingness to incorporate the mindful eating curriculum into their classroom activities and their level of support for the lessons being taught.

6. **Connecting Agriculture to Schools**  
   Funding Source: California Department of Food and Agriculture
   
   *Title: TBD*
   
   Graduate Student: TBD  
   Faculty Members: Stephanie Bianco, MS
   
   This is a three year study that will measure the volume of California Specialty Crops purchased and sold by Northern California school districts. Baseline data will be collected on California Specialty Crop purchases and sales within districts along with the identification of barriers to purchasing California-grown crops. School Foodservice Directors will be provided guidance and assistance with purchasing California Specialty Crops. Pre to post changes in procurement practices and changes in California Specialty Crop purchases and sales by school districts will be assessed. This project will also include student tastings of California Grown Specialty Crops Parent and teacher surveys will be used to assess the effectiveness of the student curriculum and tastings provided.

7. **Butte County Senior Nutrition Program**  
   Funding Source: California Department of Aging
   
   *Senior Meals Participation: Barriers in Butte County*  
   Graduate Student: Amy Ray  
   Faculty Members: Stephanie Bianco, MS, RD (Chair), Richard Gitelson, PhD, Michele Buran, MA
   
   Through the use of a participant survey, this study will identify intrapersonal, interpersonal and structural barriers to participation in the Butte County congregate meal program by means of a perceived constraints survey. Overall participant satisfaction with the program will be measured. The study examines the relationship between participation and perceived barriers to participation with assessment of the emotional and social well-being of participants.

8. **Marketing Food Safety: Expanding Capacity to Support Local Food System Development in Rural Northern California**  
   Funding Source: USDA - National Institute of Food and Agriculture
   
   a. **Food Safety Barrier Analysis and Verification to Decrease Food-Borne Illness Risk in the Local Food Market**  
   Graduate Student: Josh Case  
   Faculty Members: Stephanie Bianco, MS, RD (Chair), Keiko Goto, PhD, Jacob Brimlow, PhD.
   
   Examination of perceived barriers to the acquisition of food safety certificates among farmers using farmer survey and focus groups and assessment of the gap in perception of food safety requirements between farmers and buyers.
b. Identifying Food Safety Requirements of Intermediary Food Buyers in Northern California.
Graduate Student: Nicole Moore
Faculty Members: Stephanie Bianco, MS, RD (Chair), Jacob Brimlow PhD, Keiko Goto, PhD

This study will identify current purchasing requirements of intermediary food buyers including restaurants, school food service, hospitals, grocery stores, and specialty retail stores in the Tri-county region (Butte, Tehama, Glenn) of Northern California, assess food safety requirements of intermediary food buyers of both distributors and growers, and evaluate intermediary buyers’ attitudes and beliefs regarding food safety.

9. Local Food & Nutrition Education
Funding Source: USDA - SNAP-Ed

Get Cookin’: The Effects of a Hands-on Cooking and Nutrition Education Intervention on Attitudes and Behaviors Toward Cooking and Diet Choices Among Low-Income Adults
Graduate Student: Emily McMillen
Faculty Members: Keiko Goto, PhD (Chair), Cindy Wolff, MPA, PhD, RD, Aurelia Samonte, MS, RD

This study is examining the effects of an adult community-based hands-on cooking and nutrition education program on attitudes and behaviors toward purchasing and preparing healthy meals at home and the impact it has on diet quality among participating low-income adults.

10. CHC Weight Management Research
Funding Source: Varies

Food Trigger Scale
Graduate Student: Afshan Ahmad
Faculty members: Stephanie Bianco, MS, RD (Chair)

This study will build on the current evidence for food addiction to create a tool that will help individuals become aware of specific foods that are problematic for them and serve as trigger foods. The tool will allow individuals to identify these foods relative to others, and narrow down which specific foods are trigger foods for individuals diagnosed with food addiction.