

Jamie Dollahite

Web Bio

Information

Biography

Biographical Statement

My expertise is in the area of nutrition education for limited-resource audiences that is designed to prevent obesity and chronic disease. I lead the Expanded Food and Nutrition Education Program for New York State and provide program leadership for Cornell Cooperative Extension's Supplemental Nutrition Assistance Program--Education. I have been active in national leadership for both programs. My research is closely integrated with the outreach provided by these programs. We have recently been named a Regional Nutrition Education Center of Excellence, funded by USDA National Institute for Food and Agriculture and the Food and Nutrition Services. The signature research program for this center is to investigate the additive effect of skill-based nutrition education in combination with changes in policy, systems, and environmental changes, designed to make healthy choices easier, on nutrition and physical activity behaviors in low-income populations.

In addition, we have developed an innovative staff training model and I have conducted research regarding program management that supports staff effectiveness. Several current projects are guided by the socio-ecological model in bringing about changes at various levels of the environment that are conducive to healthy food and activity choices. We developed and tested a curriculum that targets low-income parents of 3-11 year olds, integrating parenting practices with skills to promote healthy food choice and active play both at home and where children learn and play. A second, related project aimed to build the capacity of local Cooperative Extension staff to collaborate with agency partners to make community-level environmental changes. A third area of current research is the development a school-based intervention that includes changes in the lunchroom and parent engagement.

Teaching

Professional

Current Professional Activities

Member of the Cornell Graduate Field of Nutrition

International advisor for the project, "Towards Sustainable Healthy Lifestyles Interventions for Migrants in Denmark," Denmark Board for Strategic Research

Expert advisor for "Go! Eat! Grow!" a USDA/AFRI project at Texas A&M University

Member of the USDA/National Institutes of Food and Agriculture Program Development Team for the Supplemental Nutrition Assistance Program - Education (SNAP-Ed)

Research

Current Research Activities

My research falls into two broad categories of projects: (1) use of the socio-ecological model in research and practice and (2) program effectiveness

In the first category, current projects include:

- A new multi-site study that aims to build and test models of behavior change that include wrap-around approaches whereby direct nutrition education is complemented by incorporating sustained, synergistic organizational and community implementation of policy systems, and environmental changes designed to underpin attitude and behavior changes.
- A study of the development of environmental change efforts in nine counties with very different contexts in terms of coalition work focused on healthy food and activity environments for children. This research seeks to understand what is necessary to build the capacity of local nutrition educators to lead environmental change efforts conducive to the healthy food and activity choices that will prevent childhood obesity.
- A school-based intervention to change cafeteria environments and provide messages to parents to facilitate their support of healthy food choices in their children.

In the second category, current projects include

- a study to assess the social costs of two recent major reductions in funding for the New York SNAP-Ed program;
- a mobile technology study which aims to develop and pilot an intervention that provides text-messaging and/or social media as an enhancement to face-to-face education in EFNEP and SNAP-Ed.

In addition, I am currently an advisor on two research projects outside of Cornell. One is an early childhood sub-study of a project in Denmark aimed at developing sustainable healthy lifestyle changes targeted to immigrants. The other is with Texas A&M University and focuses on using family-focused garden, nutrition, and physical activity programs to reduce childhood obesity.

Extension

Current Extension Activities

I lead programs conducted through the Food and Nutrition Education in Communities programs of Cornell Cooperative Extension, including the Expanded Food and Nutrition Education Program and the Supplemental Nutrition Assistance Program--Education. These USDA funded programs are aimed at enabling participants and their families to improve food choices and health in the context

of limited resources and associated barriers.

Current efforts include (1) ongoing site visits to local sites that inform technical assistance and training needs; (2) development of training for local Cooperative Extension staff that supports their programming and evaluation efforts; (3) development of new curricular resources identified as gaps in our portfolio with the current focus being on a curriculum for diabetics and family members of diabetics; (4) a research/extension integrated project to develop a pilot intervention using social media; and (5) ongoing work with the Collaboration for Health, Activity, and Nutrition in Children's Environments project, a childhood obesity prevention program that includes both direct parent education and environmental change efforts.

Education

Education

PhD, 1990 - University of Texas at Austin

MS, 1974 - University of Iowa

RD, 1971 - University of Iowa

BS, 1970 - University of Texas at Austin

Courses

Websites

Related Websites

www.fnec.cornell.edu/Our_Initiatives/CHANCE.cfm

<https://www.facebook.com/AdoptingHealthyHabits>

www.fnec.cornell.edu

www.nutritionworks.cornell.edu

http://www.extension.org/healthy_food_choices_in_schools

Administration

Administrative Responsibilities

I provide leadership to the Food and Nutrition Education in Communities (FNEC) group in the Division of Nutritional Sciences. This group is currently made up of eight professional staff and one support staff, as well as part-time student staff. Administration of the program includes strategic and fiscal planning for \$3.4 million per year of Smith-Lever Federal Formula Funds for the Expanded Food and Nutrition Education Program (EFNEP), as well as other funding. I supervise the FNEC group that provides leadership to Cornell Cooperative Extension educators in 34 counties who deliver nutrition education programs for low-income

audiences, and work with the NYS Office of Temporary and Disability Assistance leadership of the Supplemental Nutrition Assistance Program - Education (SNAP-Ed). The Food and Nutrition Education in Communities campus staff train professional staff; assist with training of paraprofessional staff; review and develop educational resources; conduct regular site-visits to provide technical assistance and ensure program compliance; and conduct program evaluation.

Publications

Selected Publications

Islam S, Paddock J, **Dollahite J**. Navigating for Success: Quality staff training translates into improved program participant outcomes. *J Nutr Educ Behav*. In press.

Auld, G., Baker, S., Conway, L., **Dollahite, J.**, Lambia, M. C., McGirr, K. Outcome effectiveness of a widely adopted EFNEP curriculum. *J Nutr Educ Behav*. 2015;47:19-27.

Lu A, Dickin KL, **Dollahite J**. Development and Application of a Framework to Assess Community Nutritionists' Use of Environmental Strategies to Prevent Obesity. *J Nutr Educ Behav*. 2014;46:475-83.

Dickin KL, Hill TF, **Dollahite JS**. Practice-based evidence of effectiveness in an integrated nutrition and parenting education intervention for low-income parents. *J Acad Nutr Diet*. 2014;114:945-50

Dollahite JS, Pijai EI, Scott-Pierce ML, Parker CM, Trochim WM. A randomized controlled trial of a community-based nutrition education program for low-income parents. *J Nutr Educ Behav*. 2014;46:102-109.

Paddock JD, **Dollahite JS**. Nutrition program quality assurance through a formalized process of on-site program review. *J Nutr Educ Behav*. 2012;44:183-188

Dickin KL, Lent M, Lu A, Sequeira J, **Dollahite J**. Assessing outcomes in an integrated parenting nutrition education curriculum: Development and validation of a behavioral checklist. *J Nutr Educ Behav*. 2012;44:12-21.

Lent M, Hill TF, **Dollahite JS**, Wolfe WS, Dickin KL, Healthy Children, Healthy Families: Parents Making a Difference! A curriculum integrating key nutrition, physical activity, and parenting practices to help prevent childhood obesity. *J Nutr Educ Behav*. 2012;44:90-92.

Carroll JD, Demment MM, Stiles SF, Devine CM, **Dollahite JS**, Sobal J, Olson CM. Overcoming barriers to vegetable consumption by preschool children: A child care center buying club. *J Hunger Environmental Nutr*. 2011;6:153-165,

Stark C, Graham-Kiefer M, Devine C, **Dollahite J**, Olson C. Online course increases nutrition professionals' knowledge, skills, and self-efficacy in using an ecological approach to prevent childhood obesity. *J Nutr Educ Behav*, 2011;43:316-322.

Dickin KL, **Dollahite JS**, Habicht JP. Enhancing the intrinsic work motivation of

community nutrition educators: How supportive supervision and job design foster autonomy. *J Ambulatory Care Management* 2011;34:260-273.

Webber CB, Sobal J, **Dollahite JS**. Shopping for fruits and vegetables: food and retail qualities valued by low-income households at the grocery store. *Appetite*. 2010;54:297-303.

Webber CB, Sobal J, **Dollahite JS**. Shopping for fruits and vegetables: food and retail qualities valued by low-income households at the grocery store. *Appetite*. 2010;54:297-303.

Lu A, **Dollahite J**. Assessment of dietitians' nutrition counselling self-efficacy and its positive relationship to reported skill usage. *J Human Nutr Dietetics*. 2010;23:

Dickin KL, **Dollahite JS**, Habicht JP. Job satisfaction and retention of community nutrition educators: the importance of perceived value of the program, consultative supervision and work relationships. *J Nutr Educ Behav*. 2010;42:337-344..

Dollahite J, Kenkel D, Thompson CS. An economic evaluation of the Expanded Food and Nutrition Education Program. *J Nutr Educ Behav* 2008;40:134-143.

Webber CB, **Dollahite JS**. Attitudes and behaviors of low-income food heads of households towards sustainable food systems concepts. *J Hunger Environmental Nutr*. 2008;3:186-205.

Webber CB, Sobal J, **Dollahite JS**. Physical disabilities and food access among limited resource households. *Disability Studies Quarterly* 2007;27(3)
www.dsqsds.org.

Dickin KL, **Dollahite JS**, Habicht JP. Behavior change among EFNEP beneficiaries is higher in well-managed sites where front-line nutrition educators value the program. *J Nutr*. 2005;135:2199-2205.

Dollahite J, Nelson J, Frongillo E, Griffin M. Building Community Capacity Through Enhanced Collaboration in the Farmers' Market Nutrition Program. *J. Agriculture and Human Values*. 2005;22:339-354.