

Alison C. Berg, PHD, RDN, LD

Updated Jan 2024

Current Position

Associate Professor and Extension Nutrition and Health Specialist

75% Extension, 25% Research

Family and Consumer Sciences

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Education

2015 **Doctor of Philosophy (PhD)** in Foods and Nutrition, University of Georgia, Athens, GA.

2009 **Master of Science (MS)** in Foods and Nutrition, University of Georgia, Athens, GA.

2007 **Bachelor of Science in Family and Consumer Sciences (BSFCS)** in Dietetics, University of Georgia, Athens, GA. *Magna cum Laude*

Licensures and Certifications

2009-Present **Registered Dietitian Nutritionist (RDN)**, Commission on Dietetic Registration,
2009-Present **Licensed Dietitian (LD)**, Georgia Board of Examiners of Licensed Dietitians, (LD003484)

2019-Present **National Diabetes Prevention Program Trained Lifestyle Coach**, Diabetes Training and Technical Assistance Center, Emory University

2021-Present **National Diabetes Prevention Program, Master Trainer Select**, Diabetes Training and Technical Assistance Center, Emory University

2010 – 2015 **(S-5) School Nutrition Director Certified**, Georgia Professional Standards Commission, GaDOE, (#940055)

Professional and Work Experience

2020-Present **Associate Professor, Tenured, Extension Nutrition and Health Specialist**, University of Georgia—Department of Nutritional Sciences, Athens, GA; 75% Extension, 25% Research

2015-2020 **Assistant Professor, Extension Nutrition and Health Specialist**, University of Georgia—Department of Nutritional Sciences, Athens, GA; 75% Extension, 25% Research

2012-2015 **Graduate Assistant, Research Dietitian**, University of Georgia, Department of Nutritional Sciences, Department of Kinesiology, Athens, GA; Under the direction of Dr. Mary Ann Johnson and Dr. Ellen M. Evans.

2010-2012 **School Nutrition Area Supervisor**, Cobb County School District, Marietta, GA.

2009-2010 **Special Supplemental Nutrition Program for Women Infants and Children (WIC)** - East Metro Health District, Lilburn, GA

2007-2009 **Graduate Teaching Assistant**, University of Georgia, Department of Nutritional Sciences, Department of Kinesiology, Athens, GA; Under the direction of Dr. Dorothy B. Hausman, Teaching Supervisor: Tracey Brigman

Honors and Awards

Berg is sole recipient unless otherwise noted (“Team” or authors listed)

D.W. Brooks, Excellence in Extension, College of Agriculture and Environmental Sciences, University of Georgia, 2023.

Excellence in Multi-State Collaboration Award – 3rd Place National – Team, 1st Place Southern Region-Team, "Healthy Georgia Wellness". National Extension Association of Family & Consumer Sciences (NEAFCS). September 2023.

Human Development and Family Relations Award - First Place National - Team, First Place Southern Region. "Healthy Georgia Wellness". National Extension Association of Family & Consumer Sciences (NEAFCS). September 2022.

Educational Publication Award. Third Place National - Team. "Healthy Georgia Wellness". National Extension Association of Family & Consumer Sciences (NEAFCS). September 2022.

Marketing Package Team Award - First Place State - Team. "Healthy Georgia Wellness". Georgia Extension Association of Family and Consumer Sciences (GEAFCS), Athens, GA. Ellijay, GA. August 2022.

Poster Presentation Awards- 1st Place. Team award – **Berg A**, Padilla H, Sanders K, Lamm A, Garner C, Southall H, Ashley S, Crosson L, Everson D, Hubbard R, Brown C, Davis M, Johnson L. Annual Meeting of the Georgia Extension Association for Family and Consumer Sciences. Ellijay, GA. August, 2022.

Poster Presentation Awards – 3rd Place. Annual Meeting of the Georgia Extension Association for Family and Consumer Sciences. Ellijay, GA. August, 2022. Berg A., Wilson H., Averill B., Campbell C., Castillo-Hernandez I., Cook G., Dallas J., Moore J., Moore S., Roberts A., Soltanmammedova Z., Stackhouse B, Sweda C., Thomas R., Tucker C., Williams E., Evans E. Quality of Life Remains Stable Among Extension DPP Participants During the COVID-19 Pandemic.

Distinguished Service by a Researcher. Georgia Academy of Nutrition and Dietetics. March 17, 2022.

Family Health and Wellness Team Award: "Healthy Georgia Wellness" - 1st Place National, National Extension Association of Family & Consumer Sciences (NEAFCS), November 2021.

Educational Curriculum Package Team Award: "Healthy Georgia Wellness" - 1st Place National, National Extension Association of Family & Consumer Sciences (NEAFCS), September 14, 2020.

Educational Curriculum Package Team Award: "Healthy Georgia Wellness" - 1st Place Southern Region, September 14, 2020, National Extension Association of Family & Consumer Sciences (NEAFCS),

Excellence in Multi State Collaboration Team Award - 1st Place National, September 16, 2020
National Extension Association of Family and Consumer Sciences

Bill and June Flatt Outstanding Extension and Outreach Faculty Award, March 6, 2020
College of Family and Consumer Sciences, University of Georgia.

Mary W. Wells Diversity Award (Beltran I and **Berg A**) – 3rd Place in Southern Extension Region, National Extension Association for Family and Consumer Sciences, 1st place in Georgia, Georgia Extension Association for Family and Consumer Sciences, 2019.

Educational Curriculum Package Award (Beltran I and **Berg A**) – 3rd Place in Southern Extension Region, National Extension Association for Family and Consumer Sciences, 1st place in Georgia, Georgia Extension Association for Family and Consumer Sciences, 2019.

Family Health and Wellness Award (**Berg A** and 34 Extension team members) – 3rd Place, Georgia Extension Association for Family and Consumer Sciences, 2019.

Outstanding Support by Family and Consumer Sciences State Faculty/Staff, Georgia Association of Extension 4-H Agents, 2019.

Excellence in Healthy Living Programs, Georgia Association of Extension 4-H Agents, 2018.

Community Partnership Award (Rupured M, Aaron LA, Andress E, Bales D, **Berg A**, Bentley R, et al.) – 1st Place Georgia Extension Association for Family and Consumer Sciences, 2018.

School Wellness Award (Holland K, Davis S, Parker M, Hubbard R, Price R, **Berg A**) - 2nd Place, Georgia Extension Association for Family and Consumer Sciences, 2017.

Family Health and Wellness Team Award (Holland K, Davis S, Parker M, Hubbard R, Price R, **Berg A**) - 1st Place, Georgia Extension Association of Family and Consumer Sciences, 2017.

Educational Curriculum Package Team Award - 2nd Place, Georgia Extension Association for Family and Consumer Sciences, 2017.

Georgia Academy of Nutrition and Dietetics, Emerging Dietetic Leader Award, 2014 – 2015.

Research Activities

Grants and Cooperative Agreements Received

Federal

1. Padilla H, **Berg A**, Longenecker. Healthier Together: High Obesity Program in Georgia 2023-2028, Centers for Disease Control and Prevention, Award ID pending, *October 1, 2023–September 30, 2028*
Amount: \$5 million proposed. Year 1 awarded: \$804,000. Role: Co-Investigator of, Credit: 25%
2. Lee JS, Shannon J, **Berg A**, Borron A. Georgia Hunger Study. US Department of Agriculture, 427000400000107951, *October 1, 2022–September 30, 2023*
Amount: \$ 300,000 (US), Role: Co-investigator of, Credit: 33%.
3. Taylor R, Phillips B, Ofili E, Garcia A, et. al. Georgia Clinical Translational Science Alliance, Community Engagement Core. 2022 – 2027. NIH-NCATS. Amount awarded to UGA from Georgia CTSA, FY 22-23: \$ 7,186,208. **Berg** Role: Co-investigator of, Credit: 10%.
4. Padilla H, Longenecker D, Lamm A, **Berg A**, Ashely S, Crosson L. A Transdisciplinary Approach to Addressing Chronic Disease in Calhoun County. University of Georgia, Rural Engagement Workshop for Academic Faculty Seed Grant, 01 Jul 2022–30 Jun 2023. Amount: \$ 8,868 (US), Role: Co-investigator
5. Padilla H, Thapa J, **Berg A**. Exploring Capacity for Family Based Weight Management in Southwest Georgia. Centers for Disease Control and Prevention, 01 Sep 2022–31 Aug 2023. Amount: \$ 97,400 (US), Role: Co-Investigator
6. Brown V, Bowie M, Johnson LP, Scarrow A. Building Vaccine Confidence in Rural Georgia, Phase I. Extension Collaborative on Immunization Teaching and Engagement (EXCITE) program. USDA NIFA, CDC, Extension Foundation. Amount: \$21,178. Role: Consultant/Advisor
7. Brown V, Bowie M, Johnson LP, Scarrow A. Building Vaccine Confidence in Rural Georgia, Phase II. Extension Collaborative on Immunization Teaching and Engagement (EXCITE) program. USDA NIFA, CDC, Extension Foundation. Amount: \$192,540. Role: Consultant/Advisor
8. Akintobi T, Murray D, Elliot R, **Berg A**, et. al. Georgia Clinical Translational Science Alliance, Community Engagement Core (Community Engagement Core Committee Member, 10% time). 2017 – 2022 (Berg joined as Co-I in Oct 2018). NIH-NCATS. Amount awarded to UGA from Georgia CTSA: \$5,141,584.
9. Davis M, **Berg A**, Corso P, Lamm A, Scarrow A, Everson D, Miller M, Parker A. Healthier Together: High Obesity Program in Georgia (Project Director, 5% time). 2018 – 2023. CDC-RFA-DP18-1809. Total for 5 years proposed: \$4,978,988, Year 1 installment to UGA: \$905,777.
10. **Berg A**, Chatterjee S, Koonce J, Turner P. Cancer Prevention: Empowering Communities in the Rural South (Principal Investigator, 15.5% time). 2016 – 2019. USDA-NIFA – RHSE-005756, \$359,487

Non-Federal, External

11. **Berg A**. Changing the Culture of Peanut Introduction in Georgia: A collaborative pilot Southern Peanut Growers, NA, 01 Dec 2021–30 Jun 2024
Amount: \$180,000 (notification of award received, pending final review) (US), Role: Principal investigator
12. **Berg A**, Dallas J. Diabetes Prevention Program for UGA Faculty and Staff, Board of Regents, University System of Georgia, 98000-000519013A, 01 Apr 2020–30 Jun 2024, Amount: \$ 18,000 (US), Role: Principal investigator)
13. da Silva V, **Berg A**, Jarvandi S, Edwards Z, Rafie C. An Extension Implementation Toolkit for the Diabetes Prevention Program. New Technologies for Ag Extension Program Acceleration Awards. 2021-2022. Amount: \$16,000. Role: Key Personnel.
14. Brown C., Daniels J, Hobbs K, Jordan L, Penn A, **Berg A**. Wave 3 Well Connected Communities Initiative. Robert Wood Johnson Foundations (Role: Key Personnel). 2022 – 2024. \$40,000. Matched internally by College of Agriculture and Environmental Sciences, \$40,000.
15. Brown C., Daniels J, Hobbs K, Jordan L, Penn A, **Berg A**. Wave 2 Well Connected Communities Initiative. Robert Wood Johnson Foundations (Role: Key Personnel). 2020 – 2022. \$65,000.
16. Berg A. Team Up: Cooking for a Lifetime of Cancer Prevention (Renewal). 2018 – 2019. American Cancer Society, \$25,000.
17. Berg A. Team Up: Cooking for a Lifetime of Cancer Prevention (Renewal). 2017 – 2018. American Cancer Society, \$15,000.
18. Berg A. Team Up: Cooking for a Lifetime of Cancer Prevention (Renewal). 2016 – 2017. American Cancer Society, \$15,000.

19. Berg A. Team Up: Cooking for a Lifetime of Cancer Prevention (Renewal). 2015 – 2016. American Cancer Society, \$15,000.

Non-Federal, Internal

20. Baldwin A, **Berg A**, Johnson B, Escoffery N. Expanding Capacity of Extension Agents to Reduce Georgia's Cancer Burden. University of Georgia, Rural Engagement Workshop for Academic Faculty Seed Grant, 01 Jul 2022–30 Jun 2023. Amount: \$ 10,000 (US), Role: Co-investigator
21. **Berg A**, Evans E, Koonce J. Creating a Healthier Georgia Through Diabetes Preventions (Principal Investigator). 2019 – 2021. UGA Interdisciplinary Seed Grant Program, \$145,799.
22. **Berg A**, Bales D, Mull C. Mini Grant Extension to Enhancing the Scholarship in UGA Extension. (Co-Principal Investigator, 0% time, all funding for direct costs). 2018. UGA Extension, \$2000.
23. **Berg A**, Bales D, Mull C. Enhancing Scholarship in Extension: Developing county faculty to conduct an research project (Co-Principal Investigator, all direct costs). 2017 – 2018. UGA Extension, \$10,000.

Publications (last author is senior author in Nutritional Science field)

Book Chapters

1. Brady A, **Berg A**, Johnson M, Evans E. Physical activity and exercise in older adults, Invited Chapter in: *Handbook of Clinical Nutrition and Aging*, 3rd. ed. Bales CW, Locher J, and Saltzman E, ed, 2015: 355-374.

Journal Articles (peer-reviewed)

1. Wilson HK, Castillo-Hernandez IM, Evans EM, Williams ER, **Berg AC**. Diet Quality Outcomes of a Cooperative Extension Diabetes Prevention Program. *J Nutr Educ Behav*. 2023 Jul 19:S1499-4046(23)00394-9. <https://doi.org/10.1016/j.jneb.2023.06.005> . Epub ahead of print. PMID: 37480887.
2. Wilson H, Wieler C, Bell D, Bhattarai A, Castillo-Hernandez I, Williams E, Evans E, **Berg A**. Implementation of the Diabetes Prevention Program in Georgia Cooperative Extension according to RE-AIM and the Consolidated Framework for Implementation Research. *Prev Sci*. 2023 Mar 17:1–12. <https://doi.org/10.1007/s1121-023-01518-0> . Epub ahead of print. PMID: 36930404; PMCID: PMC10021035.
3. Sanders CE, Randall NL, Lamm AJ, **Berg AC**. Qualitative Exploration of Cultural Influence on a Rural Health-Promotion Initiative. *J Nutr Educ Behav*. 2023 Jan 18:S1499-4046(22)00595-4. <https://doi.org/10.1016/j.jneb.2022.10.011> . Epub ahead of print. PMID: 36670027.
4. **Berg AC**, Padilla HM, Sanders CE, et al. Community Gardens: A Catalyst for Community Change. *Health Promotion Practice*. 2023;24(1_suppl):92S-107S. <https://doi.org/10.1177/15248399221120808>. *Special supplement for CDC funded community research*.
5. Borrón A, **Berg A**, Jones C, Lamm A, Sanders C, Southall H, Holmes G, Brown C, Davis M, Walker B.. Examining the Relationship Between Existing Community Resources and Community Leaders' Perceptions of Resilience and Rural Health During COVID-19. *Health Promotion Practice*. 2023;24(1_suppl):56S-67S. <https://doi.org/10.1177/15248399221124596>. *Special supplement for CDC funded community research*.
6. **Berg A.**, *Taylor, NO., Brown C., & Giraudo, S. (2023). "Time, Money, or Knowledge: What Factors Are Associated with Implementing Youth Cooking Programs?". *Journal of Extension*. 61(2), Article 8. <https://doi.org/10.34068/joe.61.02.08>
7. Pickett, A., Bowie, M., **Berg, A.**, Towne, S., Hollifield, S., & Smith, M. (2023; note manuscript accepted in 2021). Rural–Urban Differences in Physical Activity Tracking and Engagement in a Web-Based Platform. *Public Health Reports*. 2023;138(1):76-84.. <https://doi:10.1177/00333549211065522>.
8. Greteman BB, Rollins L, Penn A, **Berg A**, Nehl E, Llewellyn N, Weber A, George M, Sabbs, D, Mubasher M, and Akintobi TH. (2022) "Identifying Community-Engaged Translational Research Collaboration Experience and Health Interests of Community-Based Organizations Outside of Metropolitan Atlanta," *Journal of the Georgia Public Health Association*: Vol. 8: No. 3, Article 18. Available at: <https://digitalcommons.georgiasouthern.edu/jgpha/vol8/iss3/18>
9. Wilson, H.*, Averill, B., Cook, G., Campbell, C., Dallas, J., Evans, E., . . . **Berg, A.** (2022). Implementation of the National Diabetes Prevention Program in FCS Extension during the COVID-19 Pandemic: Participant

- Experiences and Lessons Learned. *Journal of Family and Consumer Sciences*. 2022 Sep 1;114(3):11-9. <https://doi.org/10.14307/JFCS114.3.11>
10. Rafie, C., Johnson, N., Jarvandi, S., **Berg, A.**, da Silva, V., Morrisroe-Aman, B., & Welshons, K. (2021). Distance Learning for Delivery of the Diabetes Prevention Program: Experiences of the Cooperative Extension National Diabetes Prevention Program Working Group (CE-NDPP). *Journal of the National Extension Association for Family and Consumer Sciences*. Retrieved from <https://www.neafcs.org/journal-of-neafcs>
 11. **Berg, A.**, Bales, D., & Mull, C. (2021). Perceptions of Scholarship Among County-Based Extension Faculty. *Journal of Higher Education Outreach and Engagement*, 25, 75-97. Retrieved from <https://openjournals.libs.uga.edu/jheoe/article/view/2814/2698>
 12. Evans, E. M., Straight, C. R., Reed, R. A., **Berg, A. C.**, Rowe, D. A., & Johnson, M. A. (2021). Exercise and Protein Effects on Strength and Function with Weight Loss in Older Women.. *Med Sci Sports Exerc*, 53(1), 183-191. doi:10.1249/MSS.0000000000002429
 13. **Berg, A.** (2020). Healthy Weight. [New Resources for Nutrition Educators]. *Journal of Nutrition Education and Behavior*, 52(5), P570-P571. doi:10.1016/j.jneb.2019.06.013
 14. Harden S, Washburn L, **Berg A**, Pena-Purcell N, Norman-Burgdolf H, Franz N. (2020) A Brief Report on a Facilitated Approach to Connect Cooperative Extension Southern Region State-Level Health Specialists. *Journal of Human Sciences in Extension*, 8, 191-205. Retrieved from <https://www.jhseonline.com/article/view/1007>.
 15. **Stewart R, Bales D, Mull C, **Berg A**, Price R. Extension Programs Are Not a One Size Fits All: Child Passenger Safety in Culturally Diverse Audience. *Journal of the National Extension Association for Family and Consumer Sciences*. (Accepted July 2019).
 16. *King (Selph) E, Moore C, Wilson H, Harden S, Davis M, **Berg A** (2019). Mixed methods evaluation of implementation and outcomes in a community-based cancer prevention intervention. *BMC Public Health*, 19(1):1051. <https://doi.org/10.1186/s12889-019-7315-y>.
 17. Rivera-Gonzalez N, **Berg A**, Grossman B, Hartzell D, Giraud S (2019). Nutrition Intervention to Hispanic Groups: Pilot Studies of Children and Families. *Ecology of Food and Nutrition*. <https://doi.org/10.1080/03670244.2019.1591954>. PubMed PMID: 30905188.
 18. Moore C, Williams T, **Berg A**, Durward C (2019). An evaluation of inter-coder and intra-coder reliability for 24-hour dietary recall data. *Journal of Nutrition Education and Behavior*. <https://doi.org/10.1016/j.jneb.2019.01.005>. PubMed PMID: 30737095.
 19. **Berg A**, Johnson K, Straight C, Reed R, O'Connor P, Evans E, Johnson M. (2018). Flexible Eating Behavior Predicts Greater Weight Loss Following a Diet and Exercise Intervention in Older Women. *Journal of Nutrition in Gerontology and Geriatrics*;37(1):14-29. doi: 10.1080/21551197.2018.1435433. Epub 2018 Mar 1. PubMed PMID: 29494790.
 20. Straight C, **Berg A**, Reed R, Johnson MA, Evans EM. (2018). Reduced body weight or increased muscle quality: which is more important for improving physical function following exercise and weight loss in overweight and obese older women? *Experimental Gerontology*;108:159-165. doi: 10.1016/j.exger.2018.04.011.
 21. Smith M, Durrett N, Bowie M, **Berg A**, McCullick B, LoPilato A, Murray D. (2018). Individual- versus group-based engagement in an online physical activity monitoring program in Georgia. *Preventing Chronic Disease*, 15:170223. DOI: <http://dx.doi.org/10.5888/pcd15.170223>.
 22. Yli-Piipari S, **Berg A**, Laing E, Hartzell D, Parris K, Udwardia J, Lewis R (Epub 2017; 2018). A Twelve-Week Lifestyle Program to Improve Cardiometabolic, Behavioral, and Psychological Health in Hispanic Children and Adolescents. *Journal of Alternative Complementary Medicine*, 24(2):132-138. doi: 10.1089/acm.2017.0130. Epub 2017 Oct 10. PubMed PMID: 29017015.
 23. Lay W, Ward-Ritacco C, Johnson K, **Berg A**, Evans E, Johnson MA. (2016). Comparison of intake of animal and plant foods and related nutrients in postmenopausal breast cancer survivors and controls. *Journal of Nutrition in Gerontology and Geriatrics*. 2016;35(1):15-31. doi: 10.1080/21551197.2015.1084258.
 24. **Clune A (Berg)**, Fischer JG, Lee JS, Reddy S, Johnson MA, Hausman DB. (2015). Prevalence and predictors of recommendations to lose weight in overweight and obese older adults in Georgia senior centers. *Preventive Medicine*. 2010;51(1):27-30. Epub 2010 Apr 9.

1. Castillo-Hernandez I., Wilson H., Williams E, Evans E, Berg A. Exercise Benefits and Barriers and Physical Activity Behavior Change in Response to the Diabetes Prevention Program. Submitted to *The Science of Diabetes Self-Management and Care* (Revisions submitted Nov 2022).

Scholarly Presentations

Invited Presentations, Symposiums and Workshops

1. Brown V, Guerin A, **Berg A**. UGA FACS Needs Assessment: Overview, Key Findings, Path Forward. UGA Family and Consumer Sciences Program Development Conference. January 24, 2023, Athens, GA.
2. **Berg A**, Lee JS, Baker V, Collins B, Culpepper S, Dallas J, Smith L. Food Equity: Extension's place at the table. Invited Plenary Session Presentation at the annual meeting of the Georgia Extension of Family and Consumer Sciences. September 1, 2022. Ellijay, GA.
3. Brown J, **Berg A**, da Silva V, Rafie C, Jarvandi S. An Extension Diabetes Prevention Implementation Toolkit, National Extension Association of Family and Consumer Sciences (NEAFCS) Webinar. August 24, 2022. Virtual. *Invited*.
4. **Berg A**, Jimenez O, McCray G. Building on Community Collaborations: Georgia Cooperative Extension and Georgia Community Health Workers, April 6, 2021. Georgia Community Health Worker Webinar Series, Georgia Department of Public Health.
5. **Berg A**, Liggett S, Jones S. Research Matchmaking and Community Needs, April 6, 2021. Research Matters Live: Community Based Participatory Research Webinar Series, University of Georgia, Office of Research.
6. **Berg A**, Penn A. Logic Models in Practice, February 10, 2021. Georgia CTSA Community Grant Writing Academy, Session I. GACTSA Community Engagement Core.
7. **Berg, AC**, Henes, ST, Turner PR, Futris T, Bales DW. Extension Blue Sky Group, Georgia Clinical and Translational Science Alliance (GACTSA). Workshop. January 21, 2021.
8. **Berg A**, Piper S. Delivering from a Distance, December 8, 2020. Emory Diabetes Training and Technical Assistance (DTTAC) National Advanced Training Webinar Series, Emory University, Diabetes Training and Technical Assistance Center, Atlanta, GA, United States
9. **Berg A**, Rafie C. Cancer Preventative Lifestyle Behaviors: Why You Should Talk to Your Clients Now, May 27, 2020. Military Families Learning Network Professional Development Webinar Series. United States Department of Agriculture, Department of Defense, National Institute of Food and Agriculture, Washington D.C., United States
10. **Berg A**, Henes S, Moore J, Hornbeck MB. Nutrition and Meal Planning, May 21, 2020. UGA Extension Public Webinar Series. Participants: 284. <https://www.youtube.com/user/ugaExtension/search?query=meal%20planning>
11. **Berg A**, Brown C, Averill B. Health and Wellness During the COVID-19 Public Health Emergency, April 23, 2020. UGA Extension Public Webinar Series. <https://youtu.be/7HVSiojncoE> . Participants: 192.
12. **Berg, A.**, Akintobi, T., Jacobs, T., & Sabbs, D. (2020). Community Engagement in the Era of COVID-19: Opportunities, Challenges, and Lessons Being Learned. In *Georgia CTSA Special Webinar*. Retrieved from <https://georgiaactsa.org/> National, Invited
13. Rafie C, **Berg AC**, Preventing Cancer: Two Extension Programs that make a difference. Feb 8, 2019. Invited presentation for Virginia Cooperative Extension Agent Training.
14. **Berg A**, Bowie M, Crosby J, Smith M. CDC Promoting Physical Activity in Worksites Peer Networking Call; "Walk Georgia- Going Strong – Georgia and Beyond" Apr 24, 2018, Online. Sponsored by CDC, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity, Physical Activity in Worksites Workgroup
15. **Berg, A**. Scholarship in UGA Extension: Collaboration is Key, Southwest District Applied Research and Demonstration Symposium, Tifton, GA, Dec 12, 2017. Estimated attendance: 100 Extension Professionals.
16. **Berg A**, Andress E, Bales D. Stepping Up to Scholarship. Invited presentation at the UGA Family and Consumer Sciences Extension Program Development Conference, Athens, GA, Jan 20, 2017. Estimated attendance: 100 Extension professionals
17. **Berg, A**. The Scholarship of Engagement, Southwest District Applied Research and Demonstration Symposium, Nov 12, 2016. Estimated attendance: 100 Extension professionals.

18. Invited panel member on scholarly work in UGA Extension, Jan 13, 2016. Invited by the Associate Extension Director, Laura Perry Johnson, speaker: UGA Provost Whitton. Target audience: Extension faculty and administration. Estimated attendance: 275.

Oral Abstracts & Conference Presentations

19. Brown V, Golson A, **Berg A**, Childs A, Averill B, Durham J, Faulk K, Aaron LA, et. Al. Emerging adults: Health and wellbeing needs of an underserved community. Annual Meeting of the American Public Health Association, Accepted for Presentation on November 12, 2023.
20. Brown, C., **Berg, A.**, Kindamo, E., & Henes, S. (2023). UGA Extension and the Georgia Clinical and Translational Science Alliance: Community Engagement and Partnerships to Advance Health Equity. In State of The Public's Health Conference. Athens, Georgia
21. Brown, C., Cook, G., Fennell-Burley, C., Daniel, J., **Berg, A.**, Hobbs, K., & Sheram, C. (2023). Leveraging Intra-University Partnerships to Engage Communities and Improve Health. In Georgia Extension Association of Family and Consumer Sciences. Waycross, Georgia
22. Appelbaum, M., Padilla, H., Southall, H., Lamm, A., Longenecker, D., Dobbins, K., Garner, C., Ashley, S., Smith, H., Lester, K., Peavy, K., Marty, C., **Berg, A.** Implementing Policy, Systems, and Environmental Obesity Prevention Interventions in Rural Georgia: The High Obesity Program. Oral Abstract presented at the 2023 Society for Nutrition Education and Behavior Conference, Washington D.C., July 20, 2023. <https://doi.org/10.1016/j.jneb.2023.05.177>
23. **Berg A**, Jarvandi S, Brown J, Da Silva V, Dunn C, Edwards Z. Extension Diabetes Prevention Programs Help Participants Reach Weight Loss Goals and Reduce Diabetes Risk Across the Nation. Oral presentation at the National Health Outreach Conference, 2023, Ithaca, NY, May 22, 2023.
24. **Berg A**, Futris T, Fuhrman N, Durham J, Penn M, Brown V. Community Engagement Through Cooperative Extension: A Statewide Needs Assessment Reveals Emerging Adults and Rural Georgians in Greatest Need. Oral Presentation, Concurrent Session at the Southeast Regional Clinical and Translational Sciences Annual Meeting. February 24, 2023, Pine Mountain, GA.
25. **Berg A**, Lee JS, Baker V, Collins B, Culpepper S, Dallas J, Smith L. Food Equity: Extension's place at the table. Invited Plenary Session Presentation at the annual meeting of the Georgia Extension of Family and Consumer Sciences. September 1, 2022. Ellijay, GA.
26. **Berg A**, Jimenez O, McCray G. Building on Community Collaborations: Georgia Cooperative Extension and Georgia Community Health Workers, April 6, 2021. Georgia Community Health Worker Webinar Series, Georgia Department of Public Health.
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28. **Berg A**, Penn A. Logic Models in Practice, February 10, 2021. Georgia CTSA Community Grant Writing Academy, Session I. GACTSA Community Engagement Core.
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31. **Berg A**, Rafie C. Cancer Preventative Lifestyle Behaviors: Why You Should Talk to Your Clients Now, May 27, 2020. Military Families Learning Network Professional Development Webinar Series. United States Department of Agriculture, Department of Defense, National Institute of Food and Agriculture, Washington D.C., United States
32. **Berg A**, Henes S, Moore J, Hornbeck MB. Nutrition and Meal Planning, May 21, 2020. UGA Extension Public Webinar Series. Participants: 284. <https://www.youtube.com/user/ugaExtension/search?query=meal%20planning>
33. **Berg A**, Brown C, Averill B. Health and Wellness During the COVID-19 Public Health Emergency, April 23, 2020. UGA Extension Public Webinar Series. <https://youtu.be/7HVSiojncoE> . Participants: 192.
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35. Rafie C, **Berg AC**, Preventing Cancer: Two Extension Programs that make a difference. Feb 8, 2019. Invited presentation for Virginia Cooperative Extension Agent Training.
36. **Berg A**, Bowie M, Crosby J, Smith M. CDC Promoting Physical Activity in Worksites Peer Networking Call; “Walk Georgia- Going Strong – Georgia and Beyond” Apr 24, 2018, Online. Sponsored by CDC, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity, Physical Activity in Worksites Workgroup
37. **Berg, A**. Scholarship in UGA Extension: Collaboration is Key, Southwest District Applied Research and Demonstration Symposium, Tifton, GA, Dec 12, 2017. Estimated attendance: 100 Extension Professionals.
38. **Berg A**, Andress E, Bales D. Stepping Up to Scholarship. Invited presentation at the UGA Family and Consumer Sciences Extension Program Development Conference, Athens, GA, Jan 20, 2017. Estimated attendance: 100 Extension professionals
39. **Berg, A**. The Scholarship of Engagement, Southwest District Applied Research and Demonstration Symposium, Nov 12, 2016. Estimated attendance: 100 Extension professionals.
40. Invited panel member on scholarly work in UGA Extension, Jan 13, 2016. Invited by the Associate Extension Director, Laura Perry Johnson, speaker: UGA Provost Whitton. Target audience: Extension faculty and administration. Estimated attendance: 275.

Posters

41. Berman S, Levi LK, Williams T, Tucker L, **Berg A**, Brigman T, Yli-Piipari S, Henes ST. Feasibility of Adding Weekly Goal Setting Activities to an Adolescent Nutrition Curriculum for UGA EFNEP Youth Programming. *Journal of Nutrition Education and Behavior*. 2023 Jul 1;55(7):77. <https://doi.org/10.1016/j.jneb.2023.05.168>
42. Berman S, Williams T, **Berg A**, Brigman T, Yli-Piipari S, Henes ST. Comparison of Two Nutrition Curricula in Promoting Nutrition Behavior Change in Teens Participating in UGA EFNEP. *Journal of Nutrition Education and Behavior*. 2023 Jul 1;55(7):95. DOI: <https://doi.org/10.1016/j.jneb.2023.05.205>
43. Sanders, C., Lamm, A., **Berg, A.**, Padilla, H., Gibson, K., Garner, C., Hubbard, R., Southall, H., Longenecker, D., Loedding, E., Marksoyan, T., Ashley, S., Johnson, L. P., & Davis, M. Hybrid evaluation approaches for promoting equity in rural obesity interventions. 2022 American Public Health Association Annual Meeting, November 6, 2023. Poster presentation. Boston, MA.
44. **Berg A**, Escoffery C, Petagna C, Johnson B, Hsu E, Hailu E, Bankey A, Baldwin A. Coming Together For HPV Elimination: Expanding capacity of extension agents to reduce Georgia’s cancer burden. 36th International Papillomavirus Conference, Washington, DC. 19 Apr 2023
45. Thomas D, **Berg A**. Relationships among sources of social support and health outcomes within a Cooperative Extension Diabetes Prevention Program. Southeast Regional Clinical and Translational Sciences Annual Meeting. February 24, 2023, Pine Mountain, GA.
46. **Berg A**, Wilson H, Bentley R, Chatterjee S, Koonce J, Turner P, Burton D, Bentley R, Aguirre M, Beltran I, Campbell C, Centner A, Collins B, Cook G, Davis S, Dekle M¹, Faulk K, Holland K, Hubbard R, Moore J, Moore S, Parker M, Sanders M, Shelton K, Smith L, Stewart R. Cooperative Extension Cancer Prevention Education Program Increases Cancer Screening and Intention to be Screened for Cancer Among Rural Georgians and Texans. International Federation of Home Economics, 2022 World Congress. September 7, 2022. Atlanta, GA. Poster Presentation.
47. **Berg A**, Padilla H, Sanders K, Lamm A, Garner C, Southall H, Ashley S, Crosson L, Everson D, Hubbard R, Brown C, Davis M, Johnson L. Healthier Together Community Gardens: Reach, Integration, and Lessons Learned. Poster presentation at the annual meeting of the Georgia Extension of Family and Consumer Sciences. August 30 – September 1, 2022. Ellijay, GA. *First place poster presentation*.
48. **Berg A**, Wilson H, Evans E, Averill B, Beltran I, Cook G, Campbell C, Castillo-Hernandez I, Dallas J, Moore J, Moore S, Roberts A, Soltanmammedova Z, Stackhouse B, Sweda C, Thomas R, Tucker C, and Worley B. Quality of Life Remains Stable Among Extension DPP Participants During the COVID-19 Pandemic. Georgia Extension Association for Family and Consumer Sciences Annual Meeting. Ellijay, GA. August 30, 2022. Poster presentation. *3rd place poster winner*.
49. **Berg A.**, Wilson H., Averill B., Campbell C., Castillo-Hernandez I., Cook G., Dallas J., Moore J., Moore S., Roberts A., Soltanmammedova Z., Stackhouse B, Sweda C., Thomas R., Tucker C., Williams E., Evans E. Georgians Lose Weight and Prevent Diabetes with UGA Extension. University of Georgia Extension conference

- 2022 *First place poster presentation*. Also presented at University of Georgia, Public Service and Outreach Annual Meeting and Luncheon. April 18, 2022
50. Brown V, Bowie M, Neither T, **Berg A**, Scarrow A, Brown V. Comparison of county focus groups and agent listening sessions. Southeastern Regional Clinical and Translational Science Alliance Conference. March 3, 2022.
 51. Wilson H*, Bell D., **Berg A**. (2021) Translation of the National Diabetes Prevention Program into Cooperative Extension: Barriers and Facilitators. In *Society for Nutrition Education and Behavior Annual Conference* Vol. 53(7), pp. S2-S4. Virtual due to COVID-19 Public Health Emergency, Elsevier. DOI: <https://doi.org/10.1016/j.jneb.2021.04.017>
 52. Stewart R., **Berg A**, Jordan L, Black T, Vanderver C, Collins B, Moore S., Smith L, Cook G, Ogden J, Dekle M, Hubbard R, Everson D., Faulk K, Bales D, Koonce J, Andress E, Rupured M, Turner P. (2021). Healthy Georgia Wellness. Georgia Clinical and Translational Science Alliance, Community Engagement Research Forum. Virtual. April 1, 2021.
 53. Rollins, L., George, M., Proeller, A., Sandhu, K., Henry, A., Conerly, R., Blaess, B., King Gordon, T., Penn, A., Inan, O., **Berg, A.**, Sabbs, D., Johnson, N., & Henry Akintobi, T. (2021). Assessment of Community and Academic Leaders to Inform the Facilitation of Community Engagement Translational Research in the State of Georgia. Southeast Regional Clinical and Translational Science Conference, March 4, 2021. Virtual. Poster Presentation.
 54. Dobbins CE, **Berg AC**, Lamm AJ, Southall HG. (2021). P#30 Community Coalitions for Translating Science into Action: A Case of Five Counties in Rural Georgia. Southeast Regional Clinical and Translational Science Conference, March 4, 2021. Poster Presentation.
 55. Wilson H*, Averill B, Bell D, Campbell C, Cook G, Dallas , Moore J, Moore S, Roberts A, Soltanmammedova Z, Stackhouse R, Sweda C, Thomas R, Tucker C, Worley B, **Berg A**. (2021). P#58 Translation of the National Diabetes Prevention Program in Extension: Barriers and Facilitators. Southeast Regional Clinical and Translational Science Conference, March 4, 2021. Poster Presentation.
 56. Stewart R, **Berg A**, Jordan L, Black T, Collins B, Cook G, Dekle M, Moore S, Ogden J, Smith L, Vanderver C. Healthy Georgia Wellness. (2020) Annual Meeting of the National Extension Association for Family and Consumer Sciences. Virtual due to COVID-19 Public Health Emergency, Planned for Grand Rapids, MI. Poster Presentation.
 57. Wilson, H*, Averill, B*, Cook, G.*, Dallas, J.*, Campbell, C., . . . **Berg, A.** (2020). P167 Feasibility of ASA-24 in Community-Based Settings. In *Society for Nutrition Education and Behavior Annual Conference* Vol. 52 (pp. S95-S96). Virtual due to COVID-19 Public Health Emergency, Planned for San Diego, CA: Elsevier. doi:[10.1016/j.jneb.2020.04.215](https://doi.org/10.1016/j.jneb.2020.04.215)
 58. Ingerson, K*, McDaniel, M., Renzi-Hammond, L., Padilla, H., Rajbhandari-Thapa, J., **Berg, A.**, & Cox, G. (2020). P66 The ‘Healthy’ Dining Hall: How Does Student Perception Influence Eating Behaviors and Perceived Healthiness of College Dining Halls?. In *Society of Nutrition Education and Behavior Annual Conference* Vol. 52 (pp. S47). Virtual due to COVID-19 Public Health Emergency, Planned for San Diego, CA: Elsevier. doi:[10.1016/j.jneb.2020.04.112](https://doi.org/10.1016/j.jneb.2020.04.112)
 59. Wilson H*, Averill, B, Dallas, J, Moore, J, Soltanmammedova Z, Stackhouse R. Sweda, C Thomas R, Worley B, **Berg, A.** (2020) Recruitment Considerations for the National Diabetes Prevention Program in Extension, Georgia Extension Association of Family and Consumer Sciences (GEAFCS) Annual Meeting
 60. Stackhouse R*, Tucker C, Wilson H*, Averill, B, Dallas, J, Moore, J, Soltanmammedova Z, Sweda, C Thomas R, Worley B, **Berg, A.** (2020) Lessons learned for virtual series programming during COVID-19 and beyond, UGA Extension Southwest District Conference and Research Symposium.
 61. Hornbeck M*, Price R*, **Berg A**. Fun with Fresh Food Rainbow Nutrition Program Helps Families Improve Attitudes and Behavior Around Fruits and Vegetables. Society for Nutrition Education and Behavior Annual Conference, Jul 2019, Orlando, FL. Abstract: *Journal of Nutrition Education and Behavior*, 51(7):S63-64. <https://doi.org/10.1016/j.jneb.2019.05.445>
 62. Wilson H*, Chatterjee S, Koonce J, Turner P, Burton D, Aguirre M. . . **Berg A**. Community-based Nutrition Education Intervention Increases Likelihood of Cancer Preventative Lifestyle Behaviors. Society for Nutrition Education and Behavior, Jul 2019, Orlando, FL. Abstract: *Journal of Nutrition Education and Behavior*, 51(7):102. <https://doi.org/10.1016/j.jneb.2019.05.531>

63. Wilson H*, Aaron LA, Beltran I, Dallas J, Hornbeck M, Sweda C, Worley B, **Berg A.** Community-based weight management strategies: UGA Extension's Walk-a-Weigh Program. Georgia Academy of Nutrition and Dietetics, Annual Conference, Mar 2019, Athens, GA.
64. Beltran I*, Aaron LA, Bentley R, Black T, Booth C, Campbell C...**Berg A.** UGA Extension: Committed to saving lives through cancer prevention education. Presented at: 1) Epsilon Sigma Phi Alpha Beta Chapter Annual meeting, Sep 2018, Athens, GA. 2nd place winner, category: Family and Consumer Sciences Extension, 2) Georgia Extension Association for Family and Consumer Sciences, Aug, 2018, Madison, GA, 3) Urban Agriculture Annual Meeting, Chattanooga, TN, Jul 2018.
65. **Berg A,** Yli-Piipari S, Selph E, Lewis R, Laing E, Hollingsworth T, Parris K, Hartzell D. Improving dietary behaviors among guardians of overweight Hispanic adolescents: an evaluation of the CORE nutrition education program. Society for Nutrition Education and Behavior Annual conference, Jul 2018, Minneapolis, MN. Abstract: *Journal of Nutrition Education and Behavior*, 50(7):S63-64. <https://doi.org/10.1016/j.jneb.2018.04.100>
66. Selph E* and **Berg A.** Relationship Between Educator Experience and Participant Outcomes in a Cancer Prevention Educational Intervention. Society for Nutrition Education and Behavior Annual conference, Jul 2018, Minneapolis, MN. Abstract: *Journal of Nutrition Education and Behavior*, 50(7):S165 <https://doi.org/10.1016/j.jneb.2018.04.211>
67. Salyer R, Frederick G, Reed R, **Berg A,** Straight C, Johnson M, O'Connor P, Evans E. (2018) Weight Loss Involving Exercise Increases Older Women's Perceived Ability to Accomplish Their Physical Roles. American College of Sports Medicine, Minneapolis, MN. May 2018. Abstract: *Medicine & Science in Sports & Exercise*, [50\(5S\):207](https://doi.org/10.1016/j.jneb.2018.04.211).
68. Selph E*, Wilson H, **Berg A.** Factors Affecting Extension Professionals' Implementation of a Cancer Prevention Educational Intervention. Georgia Academy of Nutrition and Dietetics Annual Conference and Exhibition, Mar 2018.
69. Wilson H*, Bentley R, Chatterjee S, Cook G, Davis S, Dekle M, Holland K, Hubbard R, Koonce J, Selph E, Smith L, Stewart R, Turner P, **Berg A.** Nutrition Education for Cancer Prevention in Rural Georgia Counties: Barriers and facilitators. Georgia Academy of Nutrition and Dietetics Annual Conference and Exhibition, Mar 2018.
70. Beltran I*, Thomas K, Black T, Ogden J, Dallas J, Cotto-Rivera E, Culpepper S, Worley B, Sumpter K, Howington S, Aaron LA, Hornbeck MB, Sweda C, **Berg A.** Increasing Cancer Screening and Changing Cancer Prevention Behaviors for Women in Georgia. UGA Extension Conference 2018, Eatonton, GA. Jan 2018. Family and Consumer Sciences - 1st place winner.
71. **Berg A,** Chatterjee S, Wilson H, Koonce J, Turner P. Community-Based Educational Intervention May Improve Cancer Screening Compliance in Rural Georgia. Georgia Clinical and Translational Science Alliance Inaugural Conference, Brasletton, GA, Feb 23, 2018. Abstract: georgiactsa.org/documents/aii-conference/AbstractBooklet.pdf
72. **Berg A,** Chatterjee S. Do Race and Insurance Matter? Exploring differences in response to an educational intervention on cancer prevention. Society for Nutrition Education and Behavior Annual Conference, Washington, DC, July 2017. Abstract: *Journal of Nutrition Education and Behavior*, 49(7):S1;S34-S35. <https://doi.org/10.1016/j.jneb.2017.05.317>
73. **Berg A,** Davis S, Holland K, Hubbard R., Parker M., Price R. Prevention Chronic Disease Through Physical Activity Education. UGA Family and Consumer Sciences Extension, Program Development Conference, Athens, GA, Jan 2017.
74. **Berg A,** Centner A, Craft K. The Power to Prevent: Choose a healthy lifestyle. Southwest (SW) Extension District Research Symposium, Mar 2017.
75. **Berg A,** Davis S, Holland K, Hubbard R., Parker M., Price R. Preventing Chronic Disease Through Physical Activity Education. SW Extension District Research Symposium, Mar 2017.
76. Evans E, Acitelli R, Straight C, **Berg A,** Johnson M, (2016). Associations of body composition and muscle strength with lower extremity physical function in older overweight women before and after weight loss. International Society of Behavioral Nutrition and Physical Activity, Cape Town, South Africa. Jun 2016. Abstract: 237. ISBN: 978-0-692-77667-4: https://www.isbnpa.org/files/annual_meetings/2016/08/31/19/attachments/57c72823e3fda.pdf
77. Evans E, **Berg A,** Acitelli R, Straight C, Johnson M, (2016). Effects of a higher protein weight loss diet and exercise training on body composition and strength in overweight older women. International Society of Behavioral Nutrition and Physical Activity Cape Town, South Africa. Jun 2016. Abstract: 356. ISBN: 978-0-692-77667-4:

www.isbnpa.org/files/annual_meetings/2016/08/31/19/attachments/57c72823e3fda.pdf

78. Shollenberger K*, Bignell W, Johnson M, **Berg A**. Changes in Knowledge and Attitudes about Nutrition and Obesity in an Interdisciplinary Graduate Course. Georgia Academy of Nutrition and Dietetics Annual Conference and Exhibition, Atlanta, GA, Mar 2016.
79. **Berg A**, Bignell W, Shollenberger K, Johnson M. Changes in Perceptions of Nutrition and Obesity in an Interdisciplinary Graduate Course. Experimental Biology, San Diego, CA. Apr 2016. Abstract: *The FASEB Journal*, 30(1):S675.6. https://www.fasebj.org/doi/abs/10.1096/fasebj.30.1_supplement.675.6
80. Straight C, Acitelli R, **Berg A**, Johnson M, Evans E. Intermuscular adipose tissue, muscle quality and physical function following weight loss in overweight older women. American College of Sports Medicine, Boston, MA. May 2016. Abstract: *Medicine & Science in Sports and Exercise*, 48(5):S156.
81. Acitelli R, Straight C, Rees E, **Berg A**, Johnson K, Johnson M, Evans E, O'Connor P. Vitality after intentional weight loss in older women is associated with exercise and improved sleep. American College of Sports Medicine, Boston, MA. May 2016. Abstract: *Medicine & Science in Sports and Exercise*, 48(5):S662.
82. **Berg A**, Johnson K, Acitelli R, Straight C, Johnson M, Evans E. Weight Management for Older Adults: A collaboration of the Departments of Kinesiology and Foods and Nutrition. Georgia Academy of Nutrition and Dietetics Annual Conference and Exhibition, Atlanta, GA. Mar 2015.

Community-Engaged Research Leadership

All of Us Research Program Partnership with UGA FACS Extension, *January 1, 2023–Present*. Co-contributor(s): Brown C; Berg A. PI: T Rosser, Emory University
Maternal Health Disparities Webinar Series, Georgia Clinical and Translational Science Alliance Special Populations Core, Partnering with Cooperative Extension to Engage Communities: Examples and Opportunities in Maternal Health, Invited lecture – September 11, 2023. Attendance: 30. Virtual. 1 hours.
Rural Maternal Health Workgroup Member. Georgia Clinical and Translational Science Alliance. , *September 1, 2023–Present*
Community Grant Writing Academy, Georgia Clinical Translational Science Alliance, Apr 28 &29, 2022 and June 9, 10, 2022. Attendance: 75. Virtual. 16 hours.
Community Grant Writing Academy, Georgia Clinical Translational Science Alliance, Feb 11 & 12, 2021 and April 29, 30, 2021. Attendance: 45. Virtual. 16 hours.
Georgia Clinical Translational Science Alliance, Abstract review and poster presentation Chair, Community Forum – One Georgia: Building Bridges, 2021, (Virtual, Regional) Attendance: 175.
Georgia Clinical Translational Science Alliance, Abstract review and poster presentation Chair, Community Forum – One Georgia: Building Bridges, 2019 (In Person, Atlanta, GA) Attendance: 175.

Extension Activities

Extension Program Leadership-

Major statewide programming; either series programs or a significant one-time effort (i.e. greater than 1 hour with complex implementation and/or collaboration with external organization).

National Diabetes Prevention Program.

Administer the CDC recognized National Diabetes Prevention Program. Coordinate 14 lifestyle coaches across 16 counties to deliver to general community, workplace, and University System of Georgia Audiences. Applied for pending recognition in 2019, achieved full recognition (highest status) in 2021, and full PLUS recognition in 2022 (highest; new status in 2022). Thus, far, the program has graduated more than 150 participants who have lost more than 2,000 pounds.

Evaluation and Impact:

- Twenty-three FACS Extension Agents trained
- Berg received DTTAC Master Trainer Select status in 2021

- Grant received to establish the program (\$145,000, President's Interdisciplinary Seed Grant)
- Grant from University System of Georgia (\$18,000) received to establish programs for UGA Faculty and Staff (programs have now extended to University of North Georgia)
- Maintain CDC registration status through biannual data submission and audit
- Two doctoral dissertations embedded in the startup project (Wilson H., Castillo-Hernandez I.)
- Achieved pending recognition status from the CDC Diabetes Prevention Program Recognition Program (CDC DPRP) in August 2019 for in-person programs
- Achieved full recognition (highest) status from CDC DPRP in April 2021 for in-person programs
- Achieved pending recognition status for from CDC DPRP in August 2020 for distance learning programs
- Achieved full PLUS recognition status from the CDC Diabetes Prevention Program Recognition Program (CDC DPRP) for both in-person and distance learning programs through 2027. Full PLUS was established as a new recognition status, and the highest available in 2021 with the release of the new 2021 CDC Diabetes Prevention Program Recognition Program (CDC DPRP) standards.
- One manuscript published in *Prevention Science* (Wilson et al. 2023)
- One manuscript published in the *Journal of the National Extension Association* for Family and Consumer Sciences (Rafie et. al, 2021).
- One manuscript published the *Journal of Family and Consumer Sciences* (Wilson et al. 2022)
- One manuscript published in the *Journal of Nutrition Education and Behavior* (Wilson et al. 2022, under review)
- One manuscript submitted to the *The Science of Diabetes Self-Management and Care* (Castillo-Hernandez et al. 2022, under review)
- Program success lead to Extension Foundation Award (NTAE Grant – see grants) to establish the Extension Diabetes Prevention Program Implementation Toolkit –<https://preventdiabetes.extension.org/>.
- Next steps include 1) exploring funding for Extension Foundation to serve as umbrella hub for Extension DPP providers and establish a reimbursement model for Medicare and private insurance, 2) Berg publishing manuscript with National Extension DPP data as lead author for submission to *Preventing Chronic Disease*.

Cooking for a Lifetime of Cancer Prevention Cooking School (C4L).

Curricula to teach women without insurance (21 – 65 y) the American Cancer Society (ACS) nutrition and physical activity guidelines for cancer prevention and adult screening guidelines for breast, cervical, and colorectal cancer, and to connect eligible women with screenings through the Georgia Breast and Cervical Cancer Early Detection Program. Three hour workshop includes lecture with script for agent (73 slides), activities, handouts, cooking demonstration and tasting. Original author: C Crawley and O Jimenez. Significantly revised by A Berg and EL Selph (2016), and updated annually by A Berg and O Jimenez (2015-2018).

Evaluation and Impact:

- Over 30 FACS Extension Agents and 15 ACS Client Navigators trained
- 1466 Georgians reached since 2015
- Significant ($P < 0.001$) changes observed in cancer preventive behaviors
- One Extension training manual developed
- Four original fact sheets developed; 3 fact sheets revised; all available in English/Spanish
- Six state and national poster presentations and one published abstract
- Featured as a Showcase of Excellence (poster and oral presentation) at the National Extension Association of Family and Consumer Sciences in San Antonio, TX, 2018.
- Manuscript from graduate student thesis published (King et. al, *BMC Public Health*)
- Funding renewed annually (\$15,000 per year) and increased to \$25,000 in 2018-2019.
- Program lead to the development of a funded USDA grant (\$359k) to expand the program to men and women in rural Georgia and Texas. See *Cancer Prevention: Empowering Communities in the Rural South*

Cancer Prevention: Empowering communities in the Rural South.

Adaptation of the *Cooking for a Lifetime of Cancer Prevention (C4L)* program for rural Georgia and Texas, to include males and females, to follow participants over time, and to conduct needs assessment for cancer prevention and preventative health insurance education nationally. Texas programs delivered by Prairie View A&M University (PVAMU) Extension. See grants section 2a. Includes adapted C4L workshop: lecture with script (78 slides), activities,

handouts, cooking demonstration. Follow-up programs conducted 10 – 12 weeks post C4L program to evaluate behavior change over time. Sample follow-up program topics: prostate cancer prevention, health insurance for preventative care, and green cleaning.

Evaluation and Impact:

- 21 GA agents and the Health Coordinator at PVAMU trained
- PVAMU Health Coordinator trained 6 PVAMU FACS Extension Agents
- More than 1220 Georgians and 200 Texans attended the C4L program and 900 Georgians and 100 Texans attended follow-up programs
- Data collection ongoing; preliminary analyses suggest significant changes in intention to implement cancer preventive behaviors from pre- to post-program and maintenance at follow-up above baseline
- Preliminary analyses suggest program participants are more likely than non-participants to have had some, but not all, cancer screenings discussed in the program
- One training manual developed
- One peer-reviewed Extension bulletin published
- Four state and national poster presentations with one published abstract
- Three conference oral sessions (two national and one international)
- Two first author manuscripts in preparation

Confidence, Ownership, Reliability, and Exercise (CORE) Family Nutrition Program.

Twelve-week program to improve nutrition and physical activity behavior among parents/guardians of overweight and obese Hispanic Adolescents. 10 educational lessons include interactive lecture, activities, handouts, and child snacks and tasting. Sample topics: Go Whole with Grains, Reducing Sugary Beverage Intake, Fats: knowing the types.

Evaluation and Impact

- Original curriculum developed including English and Spanish script by **Berg A**, Cawthon C (intern), Hollingsworth T (intern), and Everson D (FACS Extension faculty)
- Curriculum adapted for use with general Extension audiences as series or standalone sessions with evaluation. 50 FACS Extension agents trained
- Four cohorts of families educated by Berg and trained graduate students and interns
- Significant ($P < 0.05$) changes in weight management behaviors
- One national conference poster presentation with published abstract
- Two peer reviewed publications (Yli-Pippari S et. al., 2017; Rivera-Gonzalez N et. al., 2019).

Extension Publications

Extension publications and newsletters (Peer-reviewed)

1. Diabetes Life Lines Newsletter, Vol 37, No. 4 (2023): Kindamo, E & **Berg, A**. Erythritol and heart health: what you need to know. Kindamo, E & **Berg, A** Walkin' in a winter wonderland. Kindamo, E & **Berg, A**. Make your food drive go the extra mile. (Editor: **Berg A**).
2. Diabetes Life Lines Newsletter, Vol 37, No. 3 (2023): May M., Kindamo, E & **Berg, A**. Nutrition and Arthritis Control. Kindamo, E & **Berg, A**. Make it a Habit.. Kindamo, E. Is an Air Fryer Worth Your Counterspace? (Editor: **Berg A**).
3. Diabetes Life Lines Newsletter, Vol 37, No. 2 (2023): Averill B., Kindamo, E & **Berg, A**. #30for30 Walk-a-Weigh. Kindamo, E & **Berg, A**. Playing an active role on your diabetes care team.. Kindamo, E. FDA issues final ruling on partially hydrogenated oils. (Editor: **Berg A**).
4. Diabetes Life Lines Newsletter, Vol 37, No. 1 (2023): Mercer S., Kindamo, E & **Berg, A**. Intermittent Fasting and Diabetes.. Kindamo, E. Safe and fun in the summer sun. Kindamo, E. Spring Vegetable Spotlight: Asparagus. (Editor: **Berg A**).
5. Diabetes Life Lines Newsletter, Vol 36, No. 4 (2022): Appelbaum M, Kindamo, E.. Picking fruits and veggies that last. Whitson Q, **Berg A**. The Power of Peanuts. McDaniel, M. Refresh Your Goals for the New Year. (Editor: **Berg A**).

6. Diabetes Life Lines Newsletter, Vol 36, No. 3 (2022): Kindamo, E.. Stand Up for Your Health. McDaniel, M. Five tips for navigating the holidays. Kindamo E. Defining Remission in Type 2 Diabetes. (Editor: **Berg A**).
7. Diabetes Life Lines Newsletter, Vol 36, No. 2 (2022): Kindamo, E.. Preserving Your Garden Produce. Kindamo E. Emergency preparedness for diabetes and beyond. Kindamo E, **Berg A**. Updated PreventT2 lessons released. (Editor: **Berg A**).
8. Diabetes Life Lines Newsletter, Vol 36, No. 1. (2022): Kindamo, E., Thomas, D., & **Berg, A**. Nutritious Menu Choices Made Easy. **Berg A**, Leonard J, Kindamo E. Diabetes and the Brain. Kindamo E, **Berg A**. Water Enhancers. Berg A: Tips for Holiday Meals (Editor: **Berg A**).
9. Diabetes Life Lines Newsletter, Vol 35, No. 4. (2021): Crawley C, **Berg A**. Winter time is still exercise time; Selph E, **Berg A**. Get “SMART” with tracking your diabetes (Original release 2018; revised 2021) Berg A: Tips for Holiday Meals (Editor: **Berg A**).
10. Diabetes Life Lines Newsletter, Vol 35, No. 3. (2021): Rautmann A, **Berg A**. Spotlight on Flexibility and Balance; Rautmann A, **Berg A**. Neuropathy: What is it; Rautmann A, Berg A: What is gastroparesis? (Editor: **Berg A**).
11. Diabetes Life Lines Newsletter, Vol 35, No. 2. (2021): Sanville L, **Berg A**. Type 2 Diabetes: When Insulin Might Be Needed; Sanville L, **Berg A**. Insulin Bootcamp; Sanville L, (Editor: **Berg A**). Why is Sleep Important?
12. Diabetes Life Lines Newsletter, Vol 35, No. 1. (2021): Wilson H (Editor: **Berg A**), The new dietary guidelines for Americans, 2020-2025. Wilson H (Editor: **Berg A**), Use Your Plate to Plan Meals. Tucker C (Editor: **Berg A**), Communicating with your Healthcare Provider.
13. Diabetes Life Lines Newsletter, Vol 34, No. 3. (2020): Duffy S, Berg A, Managing Stress and Diabetes. Wilson H (Editor: **Berg A**), Prediabetes and the National Diabetes Prevention Program. Hsuan-Mein Y, Wilson H, **Berg A**. Food Label Lingo.
14. Diabetes Life Lines Newsletter, Vol 34, No. 2. (2020): Childs A, Stackhouse B, Wilson H, **Berg A**. Eat Home: Save Money and Save Your Health. Duffy S, **Berg A**. The Mediterranean Diet. Duffy S, **Berg A**. Antioxidants: Eat the Rainbow.
15. Diabetes Life Lines Newsletter, Vol 34, No. 1. (2020): Laing E, **Berg A**. Beware of Claims of “immune boosting: diets and pills; Tucker C, **Berg A**. COVID-19: Why are People with Diabetes at Greater Risk? Worley B, **Berg A**. Make a Healthy Pantry with Fewer Trips to the Store.
16. Diabetes Life Lines Newsletter, Vol 33, No. 4. (2019): Rautmann A, Hornbeck M, **Berg A**. Sugar Science; Rautmann A, **Berg A**. Sugar Substitutes: An update; Rautmann A, Wilson H, **Berg A**. Sugar: How Much is Too Much?.
17. Diabetes Life Lines Newsletter, Vol 33, No. 3. (2019): Wilson H (Editor: **Berg A**). Meal Prepping with Diabetes; Wilson H (Editor: **Berg A**). Probiotics and Prebiotics: Should I take them?; Wilson H (Editor: **Berg A**). Navigating Supplement Shakes with Diabetes.
18. Diabetes Life Lines Newsletter, Vol 33, No. 2. (2019): Ragan T & **Berg A**. Write It Down to Lose It - Weight That Is!; Sanders H & **Berg A**. Way 2 Go H2O!; Wilson H (Editor: **Berg A**). Setting SMART Goals to Improve Health Behaviors
19. Diabetes Life Lines Newsletter, Vol 33, No. 1. (2019): Sanders H & **Berg A**. Sticking to Your New Year’s Resolutions; Sanders H & **Berg A**. New Physical Activity Guidelines for Americans, 2018; Wilson H (Editor: **Berg A**). Protecting Your Feet
20. Diabetes Life Lines Newsletter, Vol 32, No. 4. (2018): Sanders H & **Berg A**. Weight Loss Surgery and Diabetes: Is it right for you?; Sanders H & **Berg A**. Diet After Weight Loss Surgery; Sanders H (Editor: **Berg A**). Traveling with Diabetes
21. Diabetes Life Lines Newsletter, Vol 32, No. 3. (2018): Wilson H & **Berg A**. New Blood Pressure Guidelines; Wilson H (Editor: **Berg A**). Back to School: Guidance for parents of children with diabetes; Wilson H (Editor: **Berg A**). American Diabetes Association Resources
22. Diabetes Life Lines Newsletter, Vol 32, No. 2. (2018): Wilson H (Editor: **Berg A**). Take Advantage of the SP Season by Being Active; Wilson H & **Berg A**. The Keto Diet Could Mean Danger for People with Diabetes; Wilson H & **Berg A**. Ways to Minimize Blood Sugar Spikes When Eating Carbohydrates
23. Diabetes Life Lines Newsletter, Vol 32, No. 1. (2018): Wilson H & **Berg A**. The Many Roles of Fiber and Diabetes; Wilson H & **Berg A**. Whole Grains: A Best Friend for Anyone with Diabetes; Wilson H & **Berg A**. Tips for Getting More Fiber When Eating Out

24. Koonce, J, **Berg A**, Chatterjee S, Turner P, (2017). *Health Insurance: What You Should Know About Preventative Health Care* (Circular 1120). Athens, GA: UGA Extension. Retrieved from: <http://extension.uga.edu/publications/detail.html?number=C1120>
25. Diabetes Life Lines Newsletter, Vol 31, No. 4. (2017): Winston H & **Berg A**. Diabetes and Your Heart; Winston H & **Berg A**. You Can Take Control; Winston H & **Berg A**. Heart Healthy Holidays; Winston H, Wilson H, & **Berg A**. Coconut Oil: Health or hype?
26. Diabetes Life Lines Newsletter, Vol 31, No. 3. (2017): Gordon J & **Berg A**. Let's Dance; Urban H & Harrison J. (Editor: **Berg A**). Be Food Safe with Diabetes; Gordon J & **Berg A**. Staying Hydrated for Health
27. Diabetes Life Lines Newsletter, Vol 31, No. 2. (2017): Gordon J & **Berg A**. The Supplement Story: What's it all about?; Gordon J & **Berg A**. The Supplement Story: Supplements and Diabetes; Gordon J & **Berg A**. The Supplement Story: Be Supplement Safe
28. Diabetes Life Lines Newsletter, Vol 31, No. 1. (2017): Gordon J & **Berg A**. Getting it Under Control in 2017; Gordon J & **Berg A**. Back to Basics: Carbohydrate Counting; Gordon J & **Berg A**. "Can You Hear Me Now?" (Diabetes and Hearing Loss)
29. Diabetes Life Lines Newsletter, Vol 30, No. 3. (2016): Gordon J & **Berg A**. Move It, Every Month! **Berg A**. Tips for Holiday Meals; Selph E & **Berg A**. Get "Smart" About Tracking Your Diabetes
30. Diabetes Life Lines Newsletter, Vol 30, No. 2. (2016): Norris K & **Berg A**. How Diabetes Affects Your Kidneys; Norris K & **Berg A**. Sweeten Up Your Life With Artificial Sweeteners; Coheley L. (Editor: **Berg**). Spotlight on New Diabetes Treatments
31. Diabetes Life Lines Newsletter, Vol 30, No. 1. (2016); **Berg A**. The New Dietary Guidelines for Americans; **Berg A**. Getting The Exercise You Need with Physical Limitations
32. Diabetes Life Lines Newsletter, Vol 29, No. 6. (2015); **Berg A**. Diabetic Eye Disease Will Reach 11 Million People by 2030; **Berg A**. Diabetes and Going Gluten Free
33. Diabetes Life Lines Newsletter, Vol 29, No.5. (2015) **Berg A**. Affordable Care Act Update and What it Means for You; **Berg A**. Heading Back to School with Diabetes

Extension Fact Sheets (Internally Peer-Reviewed)

1. Berg, A., & Wilson, H. (2020). Understanding the Nutrition Facts Label (NUTR-E-89-11). UGA Extension. Retrieved from https://www.fcs.uga.edu/docs/Understanding_the_Food_Label.pdf
2. Berg, A., Wilson, H., & Crawley, C. (2020). Understanding the Nutrition Facts Label - Calories and Portions: https://www.fcs.uga.edu/docs/Food_Label_Calories_and_Portions.pdf (NUTR-E-89-95). UGA Extension. Retrieved from https://www.fcs.uga.edu/extension_private/food-eat-right
3. Berg, A., Wilson, H., & Crawley, C. (2020). Understanding the Nutrition Facts Label - Fats and Cholesterol (NUTR-E-89-96a). UGA Extension. Retrieved from https://www.fcs.uga.edu/docs/Food_Label_Fats_2020.pdf
4. Duffy, S., & Berg, A. (2020). Supplements and Immunity (Temporary Publication 114). Athens, GA: UGA Extension. Retrieved from <https://extension.uga.edu/publications/detail.html?number=TP114>
5. Campbell, C., & Berg, A. (2020). Eating Healthier for Less (Temporary Publication 113). Athens, GA: UGA Extension. Retrieved from <https://extension.uga.edu/publications/detail.html?number=TP113>
6. Worley, B., & Berg, A. (2020). Using Non-Perishable Items to Build a Healthy Plate (Temporary Publication 109). Athens, GA: UGA Extension. Retrieved from https://secure.caes.uga.edu/extension/publications/files/pdf/TP%20109_2.PDF
7. **Berg, A**, Wilson H, Crawley, C. (2019). *Seven Ways To Control High Blood Pressure* (NUTR-E-58). 2p. www.fcs.uga.edu/extension_private/health-prevent-and-control-disease
8. Crawley, C., **Berg, A**, & Wilson, H. (2019). Cutting the Salt: NUTR-NE-59a. 2p. www.fcs.uga.edu/extension_private/health-prevent-and-control-disease
9. Winston H*, Wilson H*, **Berg A**. (2018) Everything you need to know about coconut oil. (NUTR-E-175-3). 2 p. www.fcs.uga.edu/extension_private/health-prevent-and-control-disease
10. Norris K*, **Berg A**. (2016) What to Know About Added Sugars (NUTR-E-173-37). 1 p. https://www.fcs.uga.edu/docs/What_to_Know_About_Added_Sugar_NUTR-E-173-37_7.15.16.pdf
11. **Berg A** (2016) Body Weight in Older People (NUTR-E-89-112) 3 p. www.fcs.uga.edu/docs/BodyWeightandYouHandout_Level2.pdf

12. Lower literacy version: **Berg A** (2016) Body Weight in Older People (NUTR-E-89-112a). 2 p.
www.fcs.uga.edu/docs/BodyWeightandYouHandout_Level1_FNDS-E-89-112.pdf
13. **Berg A**, Wilson H*. (2016, Revised 2018). BMI and Cancer (NUTR-E-170-1). 2 p.
14. Wilson H*, Kindamo B, **Berg A**. (2018, revised 2022) Reduce Your Cancer Risk: Eat Plants (NUTR-170-9). 2 p.
15. Wilson H*, Kindamo B, **Berg A**. (2018, rev 2022) Cancer Prevention Lifestyle Guidelines (NUTR-E-170-10). 1 p.
16. Selph E*, Wilson H*, Kindamo B, **Berg A**. (2016, revised 2018, revised 2022). Choosing the Best Whole Grain Bread (NUTR –E-170-4). 2 p.
17. Selph E*, Wilson H*, Kindamo B, **Berg A**. (2016, revised 2018, revised 2022). Choosing the Best Whole Grain Tortilla (NUTR –E-170-5). 2 p.
18. Crawley C, Selph E*, **Berg A**. (significant revisions 2016, 2018). Let’s Get Cooking: Slim down on salt and sugar and trim the fat (NUTR-E-170-2). 1 p.
19. Crawley C, Selph E*, **Berg A**. (significant revisions 2016, 2018). Let’s Get Moving: How to start being more physically active (NUTR-E-170-3). 1 p.
20. Farm Fresh and Fast: Corn (NUTR-E-167-7a). (2017) Everson D, Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).
21. Farm Fresh and Fast: Figs (NUTR-E-167-8a). (2017) Howington S, Everson D, Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).
22. Farm Fresh and Fast: Spinach (NUTR-E-167-10a). (2017) Everson D, Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).
23. Farm Fresh and Fast: Watermelon (NUTR-E-167-12a). (2017) Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).
24. Farm Fresh and Fast: Tomatoes (NUTR-E-167-11a). (2017) Everson D, Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).
25. Farm Fresh and Fast: Strawberries (NUTR-E-167-3a). (2102, Revised 2017) ShaneCurry D, Jordan L, Hollingsworth J (Editors: **Berg A**, Hanula G, Harrison J).
26. Farm Fresh and Fast: Snap Beans (NUTR-E-167-6a). (213, Revised 2017) Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).
27. Farm Fresh and Fast: Pears (NUTR-E-167-9a). (2017) Howington S, Everson D, Jordan L, Hollingsworth J, Hancock F (Editors: **Berg A**, Harrison J).
28. Farm Fresh and Fast: Cabbage (NUTR-E-167-4a). (2013, Revised 2017) Jordan L, Hollingsworth J (Editors: **Berg A**, Hanula G, Harrison J).
29. Farm Fresh and Fast: Blueberries (NUTR-E-167-1a). (2011, Revised 2017) Jordan L, Hollingsworth J (Editors: **Berg A**, Hanula G, Harrison J)

Extension Publications (in-progress or under review)

1. Campbell, C., Tucker, C., Kindamo B, & Berg, A. (2021). Right Bite Diabetes Cooking School - Modifying Recipes. Athens, GA: UGA Extension, Under Review
2. Campbell, C., Tucker, C., Kindamo B, & Berg, A. (2020). Right Bite Diabetes Cooking School - Filling up on Fiber. Athens, GA: UGA Extension, Under Review
3. Tucker, C., Campbell, C., Kindamo B, & Berg, A. (2020). Right Bite Diabetes Cooking School - Glycemic Index & Glycemic Load, Under Review
4. Black, T., Cook, G., & Berg, A. (2020). Right Bite Diabetes Cooking School - Portion Control, Under Review
5. Berg, A., Booth, C., Kindamo B, & Campbell, C. (2020). Right Bite Diabetes Cooking School - Consuming the Right Fats. Athens, GA: UGA Extension, Under Review
6. Berg, A., & Duffy, S. (2020). Right Bite Diabetes Cooking School - Lower Your Blood Pressure. Athens, GA: UGA Extension, Under Review

Extension Trainings and Workshops

In-Service Trainings for Extension Agents, Educators, and Program Assistants

1. Whitson Q, Berg A. Understanding and Preventing Food Allergy – Part 3: Strategies for early introduction of peanuts into the infant diet and peanut nutrition for parents. May 15, 2023 (virtual, state), Role: Author and co-presenter. Total participants: 6, 2 hours.

2. Whitson Q, Berg A. Understanding and Preventing Food Allergy – Part 2: Food Allergen Introduction guidelines - Public health recommendations for all infants and specific recommendations for high-risk infants. May 1, 2023 (virtual, state), Role: Author and co-presenter. Total participants: 6, 2 hours.
3. Whitson Q, Berg A. Understanding and Preventing Food Allergy – Part 1: Peanut and other food allergies - the science, the risk factors, and the trends. April 17, 2023 (virtual, state), Role: Author and co-presenter. Total participants: 5, 2 hours.
4. Brown C, Berg A. Health Equity. April 11, 2023 (virtual, state), Role: Author and co-presenter. Total participants: 45, 1.5 hours.
5. Berg A, Kindamo B. Diabetes Prevention Program - Lifestyle Coach and Research Training, March 21, 2023– March 23, 2023. UGA FACS Extension, Athens, GA Role: Co-presenters, Target audience: Faculty/Staff. Number of participants: 7, Sessions: 3, Contact hours: 20.0 (Face-to-face)
6. Berg A, Kindamo B, Henes S, Tucker L. Understanding the Nutrition Facts Label. January 17th, 2023 (virtual, state), Role: Author and co-presenter.
7. Berg A, Kindamo B. Diabetes 101 – physical activity, medical management and Extension resources. March 13, 2023. Participants: 25. Role: Author and co-presenter.
8. Berg A, Kindamo B. Diabetes 101 – nutritional management of diabetes for Extension professionals. March 6, 2023. Participants: 25. Role: Author and Co-presenter.
9. Berg A, Kindamo B. Diabetes 101 – prevalence, risk factors, physiology, and types. February 27, 2023. Participants: 25. Role: Author and Co-presenter.
10. Berg A, Kindamo B, Henes S, Tucker L. The Dietary Guidelines for Americans. January 10th, 2023 (virtual, state), Role: Author and co-presenter.
11. Virginia Cooperative Extension - Cooking for a Lifetime of Cancer Prevention, *September 28, 2022*. Agent Training - Virginia Cooperative Extension - Cooking for a Lifetime of Cancer Prevention. Carlin Rafie, Virginia Cooperative Extension, Blacksburg, United States. Invited, Keynote, Role: Presenter, Target audience: Professionals
Number of participants: 5, Sessions: 1, Contact hours: 6.0 (Hybrid (<=50%))
12. Updates in Cervical Cancer, HPV Vaccination, and Nutrition. (2022) Target audience: Faculty/Staff, Number of participants: 51, Sessions: 2, Contact hours: 4.0
13. Nutrition Programming in Chronic Disease and Healthy Lifestyles FACS Fall Foundations: Target audience: Faculty/Staff, Number of participants: 12, Sessions: 1, Contact hours: 3.0. Foundations training for new UGA FACS County Agents
14. Extension's Role in Health and Wellness. CDC High Obesity Prevention Grant - Year 5 Kickoff. Target audience: Faculty/Staff, Number of participants: 25, Sessions: 1, Contact hours: 1.0
15. Food, Nutrition, and Fun: Nutrition Education for Youth, April 14, 2022. Role: Co-presenters, Target audience: Faculty/Staff. Number of participants: 31, Sessions: 1, Contact hours: 1.5 (Fully at a distance)
16. Diabetes Prevention Program - Lifestyle Coach and Research Training, March 22, 2022–March 24, 2022. UGA FACS Extension, Athens, GA Role: Co-presenters, Target audience: Faculty/Staff. Number of participants: 7, Sessions: 3, Contact hours: 20.0 (Face-to-face)
17. Preview of the Diabetes Prevention Program New Lifestyle Coach Training, Participant Eligibility and Recruitment, February 16, 2022. Role: Co-presenters, Target audience: Faculty/Staff. Number of participants: 11, Sessions: 1, Contact hours: 2.0 (Fully at a distance)
18. Peanuts: a great part of healthy eating patterns, even for infants!, January 12, 2022. Extension Conference, 2022UGA Extension, Athens, GA. Role: Co-presenters, Target audience: Faculty/Staff. Number of participants: 11, Sessions: 1, Contact hours: 1.5 (Face-to-face)
19. Cooking Up Success in 4-H Foods Labs, January 14, 2022. Target audience: Faculty/Staff, Number of participants: 20, Sessions: 1, Contact hours: 1.5
20. Have it Your Way - Cooking for a Lifetime of Cancer Prevention (two periods required), January 12, 2022. Extension Conference, 2022UGA Extension, Athens, GA
21. Role: Presenter, Target audience: Faculty/Staff Number of participants: 19, Sessions: 1, Contact hours: 3.0 (Face-to-face) What is Policy Systems and Environmental Change, June 10, 2021. Well Connected Communities Master Volunteer Training. Total Participants: 12, 1 hour. In-person.
22. What is A Culture of Health, June 10, 2021. Well Connected Communities Master Volunteer Training. Total Participants: 12, 1 hour. In-person.

23. Physical Activity for Health and Wellness, April 26 & 27, 2021. Total participants: 48, 2 hours per session. Synchronous, online.
24. New Dietary Guidelines for Americans, Feb 17 and 22, 2021. Total participants: 47, 2 hours per session. Synchronous, online.
25. Food, Nutrition, and Fun: Nutrition Education for Youth, April 6, 2021. Total participants: 49, 1.5 hours. Synchronous, online.
26. In-Depth Diabetes Training. November 12, 2020. Total participants 17. 6 hours, Synchronous, online.
27. Advances in Nutrition and Health Content Training: Gut Health, Probiotics, and Prebiotics. September 9 and 10, 2020. Total participants 77. 2 hours per session, Synchronous, online.
28. Advances in Nutrition and Health Content Training: COVID-19, Nutrition and Immunity, Supplements. April 28 and 29, 2020. Total participants 90. 2 hours per session, Synchronous, online.
29. Foundations in Chronic Disease and Healthy Lifestyles for New Family and Consumer Sciences Extension Agents, New course prep in 2015. Revised annually. 8 participants, 1 session, 3 hrs., face-to-face and synchronous online, Athens, GA, Oct 21, 2019; Teaching evaluations: 4.9/5.0.
30. Nutrition & Weight Management: Spotlight on Fad Diets, 4 Extension Districts, 2.5 hours per district (10 hours), total participants: 60, Feb 26, Feb 28, May 14, May 23, 2019.
31. Enhancing the Scholarship in Extension. Collaboration with D Bales and C Mull. Each training 16 hours. Participants: cohort of 8 selected 4-H and FACS Extension Agents per training.
32. Publishing Your Work. Eatonton, GA, March 27 – 29, 2019.
33. Preparing Manuscripts, reporting to stakeholders. Eatonton, GA, Sep 18 – Sep 20, 2018.
34. Literature review, creating manuscripts. Eatonton, GA, Jun 4 – Jun 8, 2018.
35. Analyzing quantitative and qualitative data. Eatonton, GA, Mar 26 – Mar 28, 2018.
36. Introduction to the research process and methodology. Athens, GA, Sep 18 - 20, 2017.
37. Cancer Prevention: Two Extension programs that work. (Invited). Coordinator/Co-Presenter: C Rafie, PhD, RDN, Virginia Cooperative Extension. 31 participants, 0.75 hrs, online, Feb 7, 2019.
38. Program Development in Chronic Disease and Healthy Lifestyles for Family and Consumer Sciences Agents, 50 participants, 1.5 hrs. Athens, GA, Jan 16, 2019.
39. Foundations in Chronic Disease and Healthy Lifestyles for New Family and Consumer Sciences Extension Agents, New course prep in 2015. Revised annually. 6 participants, 2 sessions, 5 hrs., face-to-face and synchronous online, Athens, GA, Oct 23, 2018; Teaching evaluations: 4.9/5.0.
40. Cooking for a Lifetime of Cancer Prevention Agent Training, 27 participants (UGA Extension Agents and American Cancer Society Client Navigators), 6 hrs., McDonough, GA, Sep 6, 2018.
41. Trends and Updates in Nutrition and Health: New Blood Pressure Guidelines, Whole Milk Dairy: health or hype, and updates in colorectal cancer prevention. State, 41 participants, 2 hrs. per session, online. Aug 16 17, 2018.
42. Great and Glorious Grains. Collaboration with E Andress, PhD, Extension Food Safety Specialist, 31 participants, 3 hrs., Eatonton, GA, Jan 24, 2018.
43. Foundations in Chronic Disease and Healthy Lifestyles for New FACS Extension Agents. 13 participants, 2 sessions, 5 hrs., face-to-face and synchronous online, Athens, GA, Oct 5, 2017; Teaching evaluations: 5.0/5.0.
44. Cooking for a Lifetime of Cancer Prevention Agent Training, 25 participants (UGA Extension Agents and American Cancer Society Client Navigators), 6 hrs., McDonough, GA, Sep 13, 2017.
45. Cardiovascular Disease and Dietary Fats. 4 Extension Districts, 2 hours per district (8 hours), total participants for four trainings: 60, Aug 10, Aug 22, Sep 7, Sep 28, 2017.
46. Trends and Updates in Nutrition and Health, Dietary Fats: Spotlight on Coconut Oil, 42 participants, 2 hrs., online, Aug 2, 2017.
47. Cancer Prevention: Empowering Communities in the Rural South Agent and Supervisors Training, 20 participants, 2 sessions, 8 hrs., Athens, GA, Jan 31 and Feb 1, 2017.
48. Chronic Disease Prevention and Healthy Lifestyles Program Development for Family and Consumer Sciences Agents, 50 participants, 1.5 hrs., Athens, GA, Jan 19, 2017.
49. Cooking for a Lifetime of Cancer Prevention Agent Training, 26 participants (UGA Extension Agents and American Cancer Society Client Navigators), 6 hrs., Macon, GA, Nov 9, 2016.
50. Foundations in Chronic Disease and Healthy Lifestyles for New Family and Consumer Sciences Extension Agents. 6 participants, 3 hrs., face-to-face and synchronous online, Athens, GA, Oct 26, 2016; teaching evaluations: 5.0/5.0.

51. Trends and Updates in Nutrition and Health, The New Nutrition Labels, 36 participants, 1.5 hrs., online, Jun 8, 2016; teaching evaluations: 4.9/5.0.
52. The 2015 -2020 Dietary Guidelines: Consistencies and Controversies, 36 participants, 1.5 hrs., Eatonton, GA, Jan 13, 2016; teaching evaluation results: 4.7/5.0.
53. Weight Management for Older Adults, 30 participants, 1.5 hrs., Eatonton, GA, Jan 13, 2016; teaching evaluations: 4.9/5.0.
54. Cooking for a Lifetime of Cancer Prevention Agent Training, 20 participants (UGA Extension agents and American Cancer Society Client Navigators), 6 hrs, Macon, GA, Nov 9, 2015; teaching evaluations: 4.9/5.0.
55. Foundations in Chronic Disease and Healthy Lifestyles for New Family and Consumer Sciences Extension Agents, 9 participants, 3 hrs., Athens, GA, Oct 14, 2015.
56. Improving Dietary Recalls in the Expanded Food and Nutrition Education Program, Invited, 15 participants, 1.5 hrs. Athens, GA, Sep 3, 2015; teaching evaluations: 4.9/5.0.

Training Materials for Other Public and Professional Audiences

57. Whitson, Q., & Berg, A. (2023). Creating a Safe Childcare Environment: Food Allergies. Early Childhood Education Training material. Approved by the Georgia Department of Early Care and Learning. 2 hours.
58. Whitson, Q., & Berg, A. (2023). First Bites – Starting Infants Off Right with Complementary Feeding. Early Childhood Education Training material. Approved by the Georgia Department of Early Care and Learning. 2 hours.
59. Whiston Q, Garner C, Adkins T, **Berg A**. An Overview Of Food Allergies And Best Practices. Prepared for Summer School Nutrition Professional Training, SW Georgia. July 2023 – August 2023. Estimated participation ~300.
60. What is A Culture of Health, June 23, 2022. Well Connected Communities Master Volunteer Training. Total Participants: 12, 1 hour. In-person.
61. Policy, Systems, and Environmental Change. June 23, 2022. Well Connected Communities Master Volunteer Training. Total Participants: 12, 1 hour. In-person.
62. Still C, **Berg A** (2018). Smarter Lunchrooms Training. Introduction to behavioral economic techniques to improve food choices among school meals consumers. Presented to Taliaferro Co Schools School Nutrition Employees, 45 min, face-to-face, Crawfordville, GA, Mar 21, 2018.
63. Price R. (Editor: **Berg A**) (2018). Nutrition and Cardiovascular Disease. Adapted from Trends and Updates Training and Choosing the Right Fats for training of Georgia Family and Consumer Sciences Teachers, 8 – 12th grade. Presented at GATFACS 2018, Jan, Atlanta, GA.
64. Roberts A (Editor: **Berg A**) (2017). What's Sweet about the New Nutrition Label? Adapted from Changes Nutrition Label (Berg A, 2016) for training of Georgia FACS Teachers, 8 – 12th grade. Presented at GACTE 2017, Jul, Atlanta, GA and GATFACS, 2018, Jan, Atlanta, GA.
65. **Berg, A**, Lee J, Sattler E, Walker T (2016). Applying Dietary Guidelines and Maximizing Nutrition Assistance for Improved Medication Adherence in Older Patients. Professional Continuing Education developed for Georgia Pharmacist and Pharmacy Technician Continuing Education Training (1 hour CE credit). Medium: Distance (online) education. Retrieved from <https://www.rxugace.com/programs/details/999-DGA-SNAP>
66. Centner A, Craft K, Holland K, **Berg A** (2016). Power to Prevent. Dietary Guidelines for Americans, 2015, relationships of nutrition and obesity with most common chronic diseases, and steps to adopt a healthy eating pattern for chronic disease prevention. 1 session, 2 hrs. Target audience: School Nutrition Professionals to fulfill continuing education requirements. Program reached 94 school nutrition employees in Jul 2016.
67. Hubbard R, Davis S, Holland K, Parker M, Price R, **Berg A** (2016). Move More Live More. Health benefits of physical activity, PA guidelines, and tips for implementation. 1 session, 2 hrs. Participants: 181 School Nutrition Professionals to fulfill continuing education requirements.

Training and Resource Materials in Support of 4-H Youth Programming

1. Wilson H, Duffy S, (Editor: **Berg A**). (2020). *Making the Healthy Choice: vending machine snacks*. 4-H Consumer Judging reference material, exercises, and competition scenarios. Study materials (5 pages).
2. Gould R, Wilson H, **Berg A**. (2019) *Making the Healthy Choice: breakfast cereal*. 4-H Consumer Judging reference material, exercises, and competition scenarios. 22 pages. Study materials (10 pages).

3. Winston H, Wilson H, Selph E, **Berg A.** (2018) *Making the Healthy Choice: fast food meals*. 4-H Consumer Judging reference material, exercises, and competition scenarios. 19 pages. Study materials (7 p) <http://georgia4h.org/wp-content/uploads/2018/08/Fast-Food-Meals-Study-Guide-2018.pdf>
4. Selph E, Winston H, Wilson H, **Berg A.** (2017) *Making the Healthy Choice: granola and breakfast bars*. 4-H Consumer Judging reference material, exercises, and competition scenarios 18 pages.
5. Cawthon C, **Berg A.** (2016) *Making the Healthy Choice: smoothies*. 4-H Consumer Judging reference material, exercises, and competition scenarios. 15 pages.
6. Christian K, Andress E, **Berg A** (2015). *Making the Healthy Choice: trail mix*. 4-H Consumer Judging reference material, exercises, and competition scenarios. 17 pages.
7. **Berg A**, Cawthon, C. (2015). Nutrition for 4-H Foods Projects: MyPlate.
8. **Berg A**, Cawthon C. (2015). Nutrition for 4-H Foods Projects: Recipe Selection and Menus.
9. **Berg A**, Cawthon C. (2015). Nutrition for 4-H Foods Projects: Dairy Foods Project.

Formal Teaching, Mentoring, and Instructional Activities

Courses – Instructor of Record (Research Mentoring)

<u>Semesters</u>	<u>Course Information</u>
Fall 2016 – Spring 2019, Fall 2021 – Fall 2022	NUTR 7000. Masters Research. Department of Nutritional Sciences. Total credits: 20. Enrollment: 4.
Fall 2017 – Spring 2021, Fall 2022	NUTR 9000. Doctoral Research. Department of Nutritional Sciences. Total credits: 16. Enrollment: 2.
Spring 2017, Spring 2019	NUTR 8580. Special Topics in Foods and Nutrition. Department of Nutritional Sciences. 1 credit. Enrollment: 2.
Spring 2018, Spring 2019	NUTR 7300. Master’s Thesis. Department of Nutritional Sciences. 3 credits. Enrollment 2.
Spring 2021, Summer 2021	NUTR 9300. Doctoral Dissertation. Department of Nutritional Sciences. Total credits: 9. Enrollment: 1.

Guest Lectures

- NUTR 8530, Nutrition and Disease Process I. Lecture title: “Nutrition for Cancer Prevention.” 1 hr. per semester. Enrollment: 12, Fall 2018, Fall 2020, Fall 2022
- NUTR 4660/6660, Food and Nutrition Education Methods. Lecture title, “Nutrition Education for Older Adults” 1 hr per semester. Enrollment: 25-40, Fall and Spring Semesters, 2015 – 2023
- FHCS 8900, Doctoral Seminar, Panelist for: The Role of Extension in Higher Education, Outreach, and Applied Research. Enrollment: 15, Spring, 2020.
- HDFS 3900 Prenatal and Infant Development. Lecture title: “Research and practice of infant and toddler feeding.” Enrollment 45, Spring 2020.
- NUTR 2100, Human Nutrition and Food. Lecture title: “100+ years of education, research, service and outreach. Introduction to Foods and Nutrition.” 2 hrs per semester. Enrollment: 75-125. Fall and Spring Semesters, 2016 – 2019
- FHCE 1110, Consumers in Our Society. Lecture title: “Consumer Issues in Food.” 1 hr per semester 1. Enrollment: 50, Fall 2018
- NUTR 4540/6540, Public Health Dietetics. Lecture title, “Nutrition and Health Education and Research.” 1 hr. per semester. Enrollment: 50, Spring 2018
- NUTR/KINS 4700/6700, Weight Management Coaching. Lecture titles, “Dietary Guidelines,” “Fads and Resources,” and “Evidence-based nutrition strategies for weight management.” 3 hrs. per semester: 3. Enrollment: 25-40, Fall 2017
- NUTR/TXMI/CHFD/HACE/FACS 2000, Introduction to Family and Consumer Sciences. Lecture title: “Using Technology in Nutrition Education, Communication, and Research.” 1 hr per semester. Enrollment: 125, Fall 2017
- KINS 2500, Exercise is Medicine. Lecture title: “General Nutrition for Health Professionals; Dietary Supplements.” 2 hrs. per semester. Enrollment: 31, Fall 2015
- FYOS 1001, Fast Food – Views and Perceptions of Millennial Students. Lecture title, “Nutritional contributions of fast foods.” 1 hr. per semester: 1. Enrollment: 15, Fall 2015

ANTH 3541, Anthropology of Eating. Lecture title, “Nutrition Education for Obesity and Diabetes Prevention and Treatment.” 1 hr per semester: 1. Enrollment: 75, Fall 2015

Supervision of Graduate Research

Student	Dept.	Program	Role	Grad. Date	Job Placement
Megan Appelbaum	NUTR	PhD /DI	Major Professor	Enrolled	
Quadarius Whitson	NUTR	MS/DI	Major Professor	Enrolled	
Regina Yang	NUTR	PhD/DI	Committee Member	Enrolled	
Christina Garner	ALEC	PhD	Committee Member	Enrolled	Extension Agent, Stewart County, GA
Katherine Ingerson	NUTR	PhD	Committee Member	Enrolled	Registered Dietitian, UGA Dining Services
Abbie Klinker	NUTR	MS/DI	Committee Member	Aug ‘23	Seeking Employment
Darci Bell	NUTR	PhD	Committee Member	May ‘23	Lecturer, Texas Tech University
Sydnee Berman	NUTR	MS/DI	Committee Member	Aug ‘23	Seeking Employment
Dianna Thomas	NUTR	MS	Major Professor	Aug ‘23	Dietetic Internship, Emory University
Liliana Guarneiri	NUTR	PhD	Committee Member	May ‘22	Clinical Scientist, Midwest Biomedical Research,
Hannah Wilson*	NUTR	PhD/DI	Major Professor	Aug 21’	Assistant Professor, Coordinator, MS/DI, Concordia College
Isaura Castillo-Hernandez	KINS	PhD	Committee Member	Aug ‘21	Assistant Professor, University of Costa Rica, San Juan
Olivia Taylor	NUTR	MS/DI	Co- Major Professor	Aug ‘20	Clinical Dietitian, Children’s Health Care of Atlanta
Emily Selph	NUTR	MS/DI	Major Professor	Aug ‘19	Clinical Dietitian, Crisp Regional Hospital
Emily Unwin**	NUTR	MS/DI	Co- Major Professor	Aug ‘19	Dietitian and Writer, self-employed, private practice
Jordan Meridith	NUTR	MS/DI	Committee Member	Aug ‘18	Unknown
Kelly Dunagan	NUTR	MS/DI	Committee Member	Aug ‘17	Nutrition Specialist, Lincare Holdings, Inc

Supervision of Dietetic Interns

Student	Dept.	Program	Semesters	Job Placement
Skyler Mercer	NUTR	MS/DI	F’ 22, SP’ 23	Enrolled Student
Jacey Leonard	NUTR	MS/DI	F’ 21, SP’ 22	Enrolled Student
Hsuan-Mein Yang	NUTR	PhD/DI	F’ 20, SP 21	Enrolled Student
Allison Rautman	NUTR	MS/DI	F’19, SP 20	Clinical Dietitian, ProHealth Care, Wisconsin
Hayley Sanders	NUTR	MS/DI	F ‘18, SP ‘19	Registered Dietitian, Eating Recovery Center, Plano, TX
Taylor Ragan	NUTR	MS/DI	SP ‘19	Registered Dietitian, Sodexo, Erlanger Baroness Hospital
Hannah Wilson	NUTR	PhD/DI	F ‘17, SP ‘18	Concordia College, Coordinator, Combined Dietetic Internship/Master of Science in Nutrition
Emily Selph	NUTR	MS/DI	F ‘16 – SP ‘18	Clinical Dietitian, Crisp Regional Hospital
Hannah Winston	NUTR	MS/DI	F ‘17, SP ‘18	Clinical Dietitian, Bon Secours Mercy Health
Jenissa Gordon	NUTR	MS/DI	SP ‘17, F ‘16	Dietitian, Wellstar Health System
Katie Norris	NUTR	MS/DI	SUM ‘16	Healthy Goat, LLC

Carolina Cawthon	FNDS	PhD/DI	F '15, SP '16	Enrolled student
Jordan Lord	NUTR	BSFCS	SUM '16	Oncology Dietitian, WellStar West Georgia Medical Center

Professional Service

Society for Nutrition Education and Behavior, Healthy Aging Committee Member 2016 – Present
 Georgia Clinical Translational Science Alliance Community Engagement Core, Committee Member, January 2019 – Present
 Georgia Clinical Translational Science Alliance Community Engagement Core, Interim Co-Director: July 2019 – Sep 2019, Committee Member, January 2019 – Present
 Georgia Clinical Translational Science Alliance, Abstract review and poster presentation Chair, Community Forum – One Georgia: Building Bridges, 2019
 Extension Health Metrics Workgroup, Extension Foundation; Extension Committee on Organizational Policy, Member, March 1, 2023–Present
 Cooperative Extension National Diabetes Prevention Program (CE-NDPP) Interest Group - Evaluation Committee (Chair), August 1, 2021–Present
 Cooperative Extension National Diabetes Prevention Program (CE-NDPP) Interest Group (Member), February 1, 2017–Present
 Master Trainer Select™ Advisory Board (Board member), Diabetes Training and Technical Assistance Center (DTTAC), Emory Centers for Public Health Training and Technical Assistance, October 1, 2023–Present
 Connect Extension Health and Well Being Group (Other), March 12, 2020–Present
 Connect Extension
 Emory Cancer Prevention Stakeholder Advisory Board for Research Translation (Board member), Emory Prevention Research Center, Emory University, Atlanta, GA. March 25, 2020–Present.
 Society for Nutrition Education and Behavior, Conference Program Committee, 2021 – 2023.
 Society for Nutrition Education and Behavior, Conference Abstract Reviewer, 2017 – 2023
 Society for Nutrition Education and Behavior, Healthy Aging Committee Past Chair, 2021 – 2022.
 Society for Nutrition Education and Behavior, Healthy Aging Committee Chair, 2020 – 2021,
 Society for Nutrition Education and Behavior, Healthy Aging Committee Chair-Elect, 2019 – 2020.
Journal of Nutrition Education and Behavior, Resource Reviewer, 2019 – Present
Health Education and Behavior, Manuscript Reviewer, 2018 – Present
Translational Journal of the American College of Sports Medicine, Manuscript Reviewer, 2017 – Present
Journal of Extension, Manuscript Reviewer, 2020 – Present
Journal of Human Sciences in Extension, Manuscript Reviewer, 2020 – Present
Health Promotion Practice, Manuscript Reviewer, 2020 – Present
 Georgia Academy of Nutrition and Dietetics (GAND), Treasurer, 2016 – 2018
 Georgia Academy of Nutrition and Dietetics (GAND), Treasurer-elect, 2015 – 2016
 Northeast Georgia Dietetic Association (NEGDA), Immediate Past-President, 2015 – 2016
 Northeast Georgia Dietetic Association (NEGDA), President, 2014 – 2015