

Alison C. Berg, PHD, RDN, LD  
Associate Professor and Extension Nutrition and Health Specialist

75% Extension, 25% Research

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## 1. Academic History

### 1.1 Education

- 2015      **Doctor of Philosophy (PhD)** in Foods and Nutrition, University of Georgia, Athens, GA. Major Professor: Dr. Mary Ann Johnson. Dissertation project: Psychological Constructs, Measures of Adiposity and Weight Loss Following Intervention in Older Women
- 2009      **Master of Science (MS)** in Foods and Nutrition, University of Georgia, Athens, GA. Major Professor: Dr. Dorothy Hausman. Thesis project: “Prevalence and Predictors of Recommendations to Lose Weight in Overweight and Obese Older Adults in Georgia Senior Centers.”
- 2007      **Bachelor of Science in Family and Consumer Sciences (BSFCS)** in Dietetics, University of Georgia, Athens, GA. *Magna cum Laude*

### 1.2 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)

### 1.3 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

## 2. Instruction

### 2.1 Courses Taught

Semesters	Course Information
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.

### 2.1.2 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
- 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
- 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 – 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

## 2.2 Supervision of Graduate Student Research as Major Professor or Co-Major professor

Student	Dept.	Program	Status	Job Placement
Dianna Thomas	NUTR	MS	Enrolle	
Hannah Wilson*	NUTR	PhD	Graduated	Concordia College, Coordinator, Combined Dietetic Internship/Master of Science in Nutrition
Emily Selph*	NUTR	MS/DI	Graduated	Clinical Dietitian, Crisp Regional Hospital
Olivia Taylor**	NUTR	MS/DI	Graduated	Clinical Dietitian, Children’s Health Care of Atlanta
Emily Unwin**	NUTR	MS/DI	Graduated	Dietitian and Writer, self-employed, private practice

\*Denotes graduate committee chair; \*\*Denotes Co-Major Professor

## 2.3 Graduate Student Advisory Committee Membership

Student	Dept.	Program	Status	Job Placement
Katherine Ingerson	NUTR	PhD	Enrolled	
Darci Bell	NUTR	PhD	Enrolled	
Liliana Gomez	NUTR	PhD	Enrolled	
Savannah Moore	ALEC	MAEE	Enrolled	
Ann Centner	FDST	MFT	Enrolled	FSU Doctoral Student
Jordan Meredith	NUTR	MS	Graduated	Dietetic Internship
Kelly Dunagan	FNDS	MS/DI	Graduated	Medical Nutrition Specialist, Lincare Holdings, Inc
Christina Garner	ALEC	MAEE	Graduated	UGA Extension, Pickens County

## 2.4 Internship Supervision

Student	Dept.	Program	Semesters	Job Placement
Jacey Leonard	NUTR	MS/DI	F’ 21, SP’ 22	Enrolled Student
Hsuan-Mein Yang	NUTR	MS	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

## 2.5 Student Recognitions and Outstanding Achievements

Student	Award
Emily Selph, MS, BSFCS	June and Bill Flatt Nutrition Excellence Graduate Scholarship, College of Family and Consumer Sciences, UGA
Hannah Wilson, BS	Emily Quinn & J.W. (Joe) Pou Scholarship, College of Family and Consumer Sciences 2018, UGA Outstanding Dietetics Student, Georgia Academy of Nutrition and Dietetics, Northeast Georgia 2019, Society for Nutrition Education and Behavior, Student Conference Scholarship Recipient, July 2019

## 2.6 Professional Development

Qualitative Research Summer Institute, Research Talk, University of North Carolina Chapel Hill, Mixed Methods and Synthesizing Qualitative Data, Jul, 2020

Qualitative Research Summer Institute, Research Talk, University of North Carolina Chapel Hill, Mixed Methods and Synthesizing Qualitative Data, Jul 25 – Jul 27, 2018

Writing Winning Grant Proposals, Grant writer's seminar and workshop, Presenter: Dr. John D. Robertson, one of eight faculty selected in college by Dean Fox to attend, Athens, GA, Mar 19, 2018

Society for Nutrition Education and Behavior, San Diego, CA Jul, 2016, Washington DC, Jul 2017, Minneapolis, MN, Jul 2018, Orlando, FL, Jul 2019. 35 hrs. RDN continuing education (CPE).

Next Steps in PSE: Effective Evaluation Methods in Policies, Systems and Environmental Interventions, Pre-Conference Workshop, Society for Nutrition Education and Behavior Annual Conference, July 2017, Washington, DC, 8 hrs RDN continuing education credit (CPE)

FNEE Pre-Conference Session: Using Policy Systems and Environmental Change (PSE) Interventions to Build Healthy Communities, Society for Nutrition Education and Behavior Annual Conference, July 2016, San Diego, CA, 8 hrs RDN continuing education credit (CPE)

Academy of Nutrition and Dietetics, Food Nutrition Conference and Expo, (FNCE), Nashville, TN, Oct 3 – 6, 2015. 10 hrs. continuing professional education (CPE) units for RDN credential obtained.

UGA Extension specialist trainings attended, 6 hrs.

## 1. Scholarly Activities and Creative Works

### 3.1 Publications

**3.1.1 Refereed Journal articles** - \*indicates graduate student supervised research; Last author is senior author in Nutritional Science field

- \*Randall N, \*Dobbins K, **Berg A**, Lamm A. Qualitative Exploration of Cultural Influence on a Rural Health Promotion Initiative. *Journal of Nutrition Education and Behavior*. Accepted October 10, 2022.
- Berg A**, Padilla H, Dobbins C, Garner C, Southall H, Holmes G, Ashley S, Crosson L, Twilley B, Everson D, Hubbard R, Brown C, Lamm A, Johnson L, Davis M. Community Gardens: A Catalyst for Community Change. *Health Promotion Practice: Special supplement for CDC funded community research*. Invited. Accepted September 2022 for publication in March 2023.
- Borron, 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 resiliency and rural health during COVID-19. *Health Promotion Practice: Special supplement for CDC funded community research*. Invited. Accepted September 2022 for publication in March 2023.
- Berg A.**, \*Taylor, NO., Brown C., & Giraudo, S. (2022). "Time, Money, or Knowledge: What Factors Are Associated with Implementing Youth Cooking Programs?". *Journal of Extension*. (Accepted Jul 2022).
- \*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>
- Kim, T., Deng, Y., Hwang, Y., Hernandez, L., Patel, M., Kirk, N., **Berg, A.**, Yli-Piipari, S. (2022). BRAVO! remote lifestyle intervention to increase physical activity and improve healthy eating among Hispanic children: Feasibility pilot study. *Journal of Teaching, Research, and Media in Kinesiology*, 18, 1-9. <http://www.sports-media.org/index.php/jtrm-in-kinesiology/50-bravo-remote-lifestyle-intervention-to-increase-physical-activity-and-improve-healthy-eating-among-hispanic-children-feasibility-pilot-study/file>
- Wilson, H.\*, Averill, B., Cook, G., Campbell, C., Dallas, J., Evans, E., . . . **Berg, A.** (Accepted – Dec 2021). 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*. Retrieved from <https://www.aafcs.org/resources/publications-products/journal-consumer-sciences>
- Rafie, C., Johnson, N., Jarvandi, S., **Berg, A.**, da Silva, V., Morrisroe-Aman, B., & Welshons, K. (Accepted – Dec 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>
- Pickett, A., Bowie, M., **Berg, A.**, Towne, S., Hollifield, S., & Smith, M. (Accepted – Dec 2021). Rural–Urban Differences in Physical Activity Tracking and Engagement in a Web-Based Platform. *Public Health Reports*. doi:10.1177/003335492111065522
- 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>

- 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
- 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
- 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>.
- 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).
- King 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>.
- Rivera-Gonzalez N, **Berg A**, Grossman B, Hartzell D, Giraudo 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.
- 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.
- 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.
- 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.
- 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>.
- 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.
- 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.
- 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.

### 3.1.1.1 Manuscripts Under Review:

Wilson H, Castillo-Hernandez I, Williams E, Evans E, Berg A. Diet Quality Outcomes of a Cooperative Extension Diabetes Prevention Program. *Journal of Nutrition Education and Behavior*. (Submitted Dec 2022)

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).

Wilson H, Weiler 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. Submitted to *Prevention Science* (Revisions submitted Dec 2022).

### 3.1.2 Chapters in Books (in print or accepted)

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, editors, 2015: 355-374.

### 3.1.3 Published Educational Resource Reviews

Berg A. Healthy Weight. [New Resources for Nutrition Educators]. *Journal of Nutrition Education and Behavior* (accepted Jun 2019). <https://doi.org/10.1016/j.jneb.2019.06.013>.

### 3.1.4 Significant Extension Publications and Creative Works

#### 3.1.4.1 Extension Bulletins – peer reviewed

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>

#### 3.1.4.2 Newsletters – peer reviewed

**Diabetes Life Lines Newsletters** – Quarterly newsletter for families living with diabetes. Each issue includes 2 – 4 articles. All coauthors are graduate students and/or dietetic interns (exception: J Harrison, Vol. 31, No. 3). All newsletters are published online at: <http://www.fcs.uga.edu/news/tag/diabetes+life+lines>

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**).

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**).

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**).

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**).

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**).

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**).

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?

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.

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.

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.

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.

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?.

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.

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

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

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

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

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



- 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
- 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?
- 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
- 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
- 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)
- 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
- 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
- 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
- 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
- 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

#### 3.1.4.3 Extension Factsheets - \*indicates graduate student coauthor

##### General Nutrition

- 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](https://www.fcs.uga.edu/docs/Understanding_the_Food_Label.pdf)
- 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](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](https://www.fcs.uga.edu/extension_private/food-eat-right)
- 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](https://www.fcs.uga.edu/docs/Food_Label_Fats_2020.pdf)
- 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>
- 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>
- 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](https://secure.caes.uga.edu/extension/publications/files/pdf/TP%20109_2.PDF)

- 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](http://www.fcs.uga.edu/extension_private/health-prevent-and-control-disease)
- 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](http://www.fcs.uga.edu/extension_private/health-prevent-and-control-disease)
- 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](http://www.fcs.uga.edu/extension_private/health-prevent-and-control-disease)
- 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](https://www.fcs.uga.edu/docs/What_to_Know_About_Added_Sugar_NUTR-E-173-37_7.15.16.pdf)
- Berg A** (2016) Body Weight in Older People (NUTR-E-89-112) 3 p. [www.fcs.uga.edu/docs/BodyWeightandYouHandout\\_Level2.pdf](http://www.fcs.uga.edu/docs/BodyWeightandYouHandout_Level2.pdf)
- 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](http://www.fcs.uga.edu/docs/BodyWeightandYouHandout_Level1_FNDS-E-89-112.pdf)

**Cancer Prevention** - All available at: [https://www.fcs.uga.edu/extension\\_private/health-prevent-and-control-disease-cancer-prevention-cooking-school](https://www.fcs.uga.edu/extension_private/health-prevent-and-control-disease-cancer-prevention-cooking-school). Spanish versions available.

- Berg A**, Wilson H\*. (2016, Revised 2018). BMI and Cancer (NUTR-E-170-1). 2 p.
- Wilson H\*, Kindamo B, **Berg A.** (2018, revised 2022) Reduce Your Cancer Risk: Eat Plants (NUTR-170-9). 2 p.
- Wilson H\*, Kindamo B, **Berg A.**(2018, revised 2022) Cancer Prevention Lifestyle Guidelines (NUTR-E-170-10). 1 p.
- 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.
- 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.
- 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.
- 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.

**Farm Fresh and Fast** - Publications on Georgia grown commodities. All available at: <https://www.fcs.uga.edu/extension/food-select-and-prepare-healthier-food>

- Farm Fresh and Fast: Corn (NUTR-E-167-7a). (2017) Everson D, Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).
- Farm Fresh and Fast: Figs (NUTR-E-167-8a). (2017) Howington S, Everson D, Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).
- Farm Fresh and Fast: Spinach (NUTR-E-167-10a). (2017) Everson D, Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).
- Farm Fresh and Fast: Watermelon (NUTR-E-167-12a). (2017) Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).
- Farm Fresh and Fast: Tomatoes (NUTR-E-167-11a). (2017) Everson D, Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).
- 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).
- Farm Fresh and Fast: Snap Beans (NUTR-E-167-6a). (213, Revised 2017) Jordan L, Hollingsworth J (Editors: **Berg A**, Harrison J).

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).  
Farm Fresh and Fast: Cabbage (NUTR-E-167-4a). (2013, Revised 2017) Jordan L, Hollingsworth J (Editors: **Berg A**, Hanula G, Harrison J).  
Farm Fresh and Fast: Blueberries (NUTR-E-167-1a). (2011, Revised 2017) Jordan L, Hollingsworth J (Editors: **Berg A**, Hanula G, Harrison J).

**3.1.4.4 Popular Media - Notes for the Road: Walk Georgia Blog** – blog for statewide Extension physical activity program distributed via weekly email to approximately 3,000 readers. All coauthors are supervised graduate or undergraduate students or dietetic interns. Available online: <http://blog.extension.uga.edu/walkgeorgia/>

Selph E. (2017) (Editor: **Berg A**). *Navigating Holiday Parties*.  
Wilson H & **Berg A**. (2017). *Swapping Ground Turkey for Beef: is it the best choice?*  
Wilson, H. (Editor: **Berg A**) (2017). *Put a Healthy Spin on Game Day*.  
Berg A. (2017) *Five Tips to a Healthier You in 2017*.  
Gordon J & **Berg A**. (2016) *Who to Trust About Nutrition?*  
Gordon J & **Berg A**. (2016). *No Shame in No Change*.  
Gordon J (Editor: **Berg**). (2016). *Give the Gift of Good Food*.  
Berg A. (2016) *New Nutrition Labels at a Store Near You – what you need to know*.  
Lord J & **Berg A**. (2016). *Beware the Health Halo*.  
Berg A. (2016). *Paleo Diets: The good, the bad, and the ugly*.  
Berg A. (2015). *Should I Really Avoid All Processed Food?*  
**Berg A**, Cawthon, C. (2015). *Staying on Track Through the Holidays*  
Berg A. (2015). *Coconut Oil: Friend or Foe? Maybe a little bit of both*.

**3.1.4.5 Extension Magazine Articles**

Crawley C, Hanula G, **Berg A**. (2016). Breastfeeding: A Mother's Special Gift, Article in: Futris, T. G. *A Guide for New Parents* (Publication No. CHFD-E-86). Available at: <https://www.fcs.uga.edu/extension/guide-for-new-parents>

**3.1.4.6 Articles Published in Extension Newsletters - Senior Sense Newsletter** – Quarterly Statewide distribution, discontinued upon newsletter editor retirement in 2017. Published in print and online: <http://www.fcs.uga.edu/news/tag/senior+sense>

Berg A. (2017) Five Tips to a Healthier You in 2017. Vol 25, No. 1.  
Gordon J & **Berg A**. (2016) What's the Harm in Not Feeling Hungry? Vol 24, No. 4.  
Berg A. (2016) Staying on Track While Traveling. Vol 24, No. 3.  
Berg A. (2016) Staying Hydrated for Health. Vol 24, No. 2.  
Cawthon C & **Berg A** (2015). Should I be worried about Vitamin D? Vol 23, No. 4.

**3.1.4.7 Newspaper and Media Contributions** – authored, edited or feature and provided expert review of content. \*Coauthors are supervised graduate or undergraduate students.

Montgomery S, Berg A. (Sep 8, 2020) UGA Extension collaborates with USG to offer employees virtual diabetes prevention, UGA Extension News, Featured. ([Interview URL](#))  
Berg, A. (2020). Cooperative Extension- National Diabetes Prevention Program Interest Group. Connect Extension, Health and Well Being Subgroup Blog. Retrieved from <https://connect.extension.org/>  
Powell C. (May 12, 2020) With school out, access to dairy critical for children. Healthy Georgia Connections Newsletter, UGA Extension, Featured. ([Interview URL](#))

- Powell C. (April 24, 2020) Access to dairy critical for children during school closures. Dairy Business. ([Interview URL](#))
- Powell C. (April 24, 2020) *Kids out of school may not be getting enough milk*. Albany Herald, Featured. ([Interview URL](#))
- Powell C. (April 20, 2020). *Tips to Prevent Weight Gain While at Home During Pandemic*. NewsMax Health. Featured. ([Interview URL](#))
- Preidt R. (April 18, 2020). *Tips to Keeping Slim When You're Stuck at Home*. US News & World Report. Featured. ([Interview URL](#))
- Powell C. (April 18, 2020) *Tips to Keeping Slim When You're Stuck at Home*. Brigham Health Women's Hospital, HealthDay. Featured ([Interview URL](#))
- Powell C. April 18, 2020) *Tips to Keeping Slim When You're Stuck at Home*. Doctor's Lounge. Featured. ([Interview URL](#))
- Powell C. (April 15, 2020). *Tips to avoid overeating while working from home*. UGA Extension, CAES Media Newswire. Featured and provided expert review. ([Interview URL](#))
- Paine J. (March 23, 2020). *Boost your physical activity during social distancing*. . UGA Extension, CAES Media Newswire. Featured and provided expert review. ([Interview URL](#))
- Hallman E (Nov 16, 2018). *Avoid holiday weight gain by adding regular exercise to your routine*. CAES Media Newswire, Featured and provided expert review. <http://newswire.caes.uga.edu/story.html?storyid=7791&story=Holiday-Exercise>
- Bernard, S. (Oct 19, 2018). *Parents, it's time for a plan: Operation Candy Ration*. CAES Media Newswire. Featured and provided expert review. <http://newswire.caes.uga.edu/story.html?storyid=7749&story=Too-Many-Treats>
- Dowdy S, Thompson C. (Jul 27, 2018). *Extension gives rural residents access to life-saving health education*. Thomasville Times-Enterprise. Featured and expert reviewed. [https://www.timesenterprise.com/news/lifestyles/extension-gives-rural-residents-access-to-life-saving-health-education/article\\_0c4616af-7c97-5363-9248e50e53e28ec8.html](https://www.timesenterprise.com/news/lifestyles/extension-gives-rural-residents-access-to-life-saving-health-education/article_0c4616af-7c97-5363-9248e50e53e28ec8.html)
- Melancon, M. (Jul 5, 2018). *Vegetables don't have to be scary*. CAES Media Newswire. Featured and expert reviewed. <http://newswire.caes.uga.edu/story.html?storyid=7640&story=Vegetable-Fun>
- Conner, C. (May 24, 2018). *"Clean eating" can be a good start to a healthier diet but not a cure-all*. CAES Media Newswire. Featured and provided expert review. <http://newswire.caes.uga.edu/story.html?storyid=7585&story=Clean-Eating>
- Jernigan, J. (Feb 15, 2018). *UGA Extension experts say hand-washing is key to fighting the flu*. CAES Media Newswire. Featured and provided expert review. <http://newswire.caes.uga.edu/story.html?storyid=6494&story=Flu-Prevention>
- Wilson H\*, **Berg A** (Jan 2, 2018). *Turkey or Beef: There are pros and cons to both meat choices*. CAES Media Newswire. Adapted from Walk GA blog. <http://newswire.caes.uga.edu/story.html?storyid=6424&story=Turkey-or-Beef?>
- Berg A. (2017). *Five Tips to a Healthier You in 2017*. *Athens Banner Herald, Lifestyle*. <http://onlineathens.com/features/2017-01-09/five-tips-healthier-you-new-year>
- Berg A. (Dec 28, 2017). *Small changes have the best chance of sticking during resolution season*. CAES Media Newswire. Adapted from Five Tips to a Healthier You in 2017 published in *Athens Banner Herald, Lifestyle*. <http://newswire.caes.uga.edu/story.html?storyid=6448&story=Healthy-Changes>
- Selph E\* (Editor: **Berg A**). (Dec 21, 2017). *Navigating holiday party treats*. CAES Media Newswire. Adapted from Walk GA blog. See section 7a. <http://newswire.caes.uga.edu/story.html?storyid=6444&story=Holiday-Food>
- Wilson H\* (Editor: **Berg A**). (Oct 25, 2017). *UGA Extension offers tips on healthy, nutritious game day foods*. CAES Newswire. Adapted from Walk GA blog.

- <http://newswire.caes.uga.edu/story.html?storyid=6388&story=Game-Day-Food>  
Cooke E. (Jul 13, 2017). *Kids can handle after-school snacks with a little help and planning from parents*. Featured and provided expert review. CAES Media Newswire.
- <http://newswire.caes.uga.edu/story.html?storyid=6271&story=After-school-Snacks>  
Cooke E. (Jul 13, 2017). *Planning helps take the stress out of feeding the family on the run*. Featured and provided expert review. CAES Newswire.
- Berg A (Jan 3, 2017). *Five Tips for a Healthier You in the New Year*. CAES Newswire. Adapted from Walk GA blog. See section 7a. Notes for the Road: WalkGeorgia Blog. <http://newswire.caes.uga.edu/story.html?storyid=6049&story=Healthy-Resolutions>
- Lord J\*, **Berg A.** (Aug 1, 2016). *Watch out: Potato chips from the health food store are still potato chips*. CAES Newswire. Adapted from WalkGeorgia Blog: *Beware the Health Halo*. <http://newswire.caes.uga.edu/story.html?storyid=5887&story=Hidden-Calories>
- Melancon, M (Jul 7, 2016). *Bento box lunches offer kids a fun way to try a larger variety of new foods*. CAES Newswire. <http://newswire.caes.uga.edu/story.html?storyid=5865&story=Bento-Boxes> Also featured in Athens Banner Herald, online Athens, on Jul 23, 2016: <https://www.onlineathens.com/features/2016-07-23/bento-box-lunches-offer-kids-fun-way-try-larger-variety-new-foods>
- Melancon, M (Jul 2, 2016). *America's school lunch makeover starting to make positive changes in students' eating habits*. CAES Newswire. Featured and provided expert review. <http://newswire.caes.uga.edu/story.html?storyid=5866&story=Healthy-School-Lunch> Also featured in Athens Banner Herald, Online Athens, on Jul 26, 2016. <https://www.onlineathens.com/food/2016-07-26/americas-school-lunch-makeover-starting-make-positive-changes-students-eating-habits>
- Powell C (Jan 14, 2016). *UGA nutrition expert applauds latest federal dietary guidelines*. CAES Newsier. Featured and provided expert review. <http://newswire.caes.uga.edu/story.html?storyid=5709&story=Federal-dietary-guidelines>
- Lacuesta H. (Nov 18, 2015). *Healthy holiday favorites help families indulge without feeling guilty*. CAES Newswire. Featured and provided expert review. <http://newswire.caes.uga.edu/story.html?storyid=5663&story=Healthy-Holidays>
- Odom I. (Jul 15, 2015). *Going but not gone: Trans fats still lurk in many processed foods*. CAES Newswire. Featured and provided expert review. <http://newswire.caes.uga.edu/story.html?storyid=5523&story=Hidden-Trans-Fats>

### 3.1.4.8 Extension Training Manuals

- Berg, A. (2020). UGA FACS Extension Agent Perceptions of Peanut Introduction Educational Materials. Submitted to: Southern Peanut Growers.
- Dobbins, C., Southall, H., Lamm, A., & **Berg, A.** (2020). Healthier Together Clay Annual Evaluation Report 2019-2020: Executive Summary. Submitted to: CDC DNPAO, Clay County Health Coalition
- Dobbins, C., Southall, H., Lamm, A., & **Berg, A.** (2020). Annual Evaluation Report for Healthier Together Clay: Coalition Member Interview Results. Submitted to: CDC DNPAO, Clay County Health Coalition
- Dobbins, C., Southall, H., Lamm, A., & **Berg, A.** (2020). Annual Evaluation Report for Healthier Together Dooly: Coalition Member Interview Results: Annual Evaluation Report for Healthier Together Dooly: Coalition Member Interview Results. Submitted to: CDC DNPAO, Dooly County Health Coalition
- Dobbins, C., Southall, H., Lamm, A., & **Berg, A.** (2020). Healthier Together Dooly Annual Evaluation Report 2019-2020: Executive Summary. Submitted to: CDC DNPAO, Dooly County Health Coalition

- Dobbins, C., Southall, H., Lamm, A., & **Berg, A.** (2020). Annual Evaluation Report for Healthier Together Stewart: Coalition Member Interview Results. Submitted to: CDC DNPAO, Stewart County Health Coalition
- Dobbins, C., Southall, H., Lamm, A., & **Berg, A.** (2020). Healthier Together Stewart Annual Evaluation Report 2019-2020: Executive Summary. Submitted to: CDC DNPAO, Stewart County Health Coalition
- Dobbins, C., Southall, H., Lamm, A., & **Berg, A.** (2020). Annual Evaluation Report for Healthier Together Taliaferro: Coalition Member Interview Results. Submitted to: CDC DNPAO, Taliaferro County Health Coalition
- Dobbins, C., Southall, H., Lamm, A., & **Berg, A.** (2020). Healthier Together Taliaferro Annual Evaluation Report 2019-2020: Executive Summary. Submitted to: CDC DNPAO, Taliaferro County Health Coalition
- Dobbins, C., Southall, H., Lamm, A., & **Berg, A.** (2020). Healthier Together Calhoun Annual Evaluation Report 2019-2020: Executive Summary. Submitted to: CDC DNPAO, Calhoun County Health Coalition
- Dobbins, C., Southall, H., Lamm, A., & **Berg, A.** (2020). Annual Evaluation Report for Healthier Together Calhoun: Coalition Member Interview Results. Submitted to: CDC DNPAO, Calhoun County Health Coalition
- Berg A. (2018) Annual Report for the Team Up: Cooking for a Lifetime of Cancer Prevention Cooking Schools, 2017-2018. Submitted to: O Jimenez, American Cancer Society, Georgia Chapter.
- Berg A. (2017) Annual Report for the Team Up: Cooking for a Lifetime of Cancer Prevention Cooking Schools, 2016-2017. Submitted to: O Jimenez, American Cancer Society, Georgia Chapter.
- Berg A. (2016) Annual Report for the Team Up: Cooking for a Lifetime of Cancer Prevention Cooking Schools, 2015-2016. Submitted to: O Jimenez, American Cancer Society, Georgia Chapter.

### 3.1.4.9 Extension Training Manuals & Materials

- Andress, E., **Berg, A.**, Brown, C., Dunn, L., Henes, S., Jordan, L., & Penn, M. (2020). *Extension Food Handling During COVID-19 - Meals and Refreshments*. UGA Extension. 2p. publication and associated training video (11 min). Retrieved from <https://intranet.caes.uga.edu/extension-resources/>
- Andress, E., **Berg, A.**, Brown, C., Dunn, L., Henes, S., Jordan, L., & Penn, M. (2020). *Extension Food Handling – Educational Programs*. UGA Extension. 2p. publication and associated training video (11 min). Retrieved from <https://intranet.caes.uga.edu/extension-resources/>,
- Berg A**, Koonce J, Turner P, Chatterjee S. *Cancer Prevention: Empowering Communities in the Rural South*. (2016) Training Manual for FACS Extension Agents implementing USDA Grant funded Extension and Research project. Includes program and training presentations, implementation guidelines, evaluations, forms for data submission, background paper, 160 pages. Available at: [https://www.fcs.uga.edu/docs/USDA\\_RHSE\\_Training\\_Binder\\_Final.pdf](https://www.fcs.uga.edu/docs/USDA_RHSE_Training_Binder_Final.pdf)
- Berg A. *Cooking for a Lifetime of Cancer Prevention Training Manual*. (2015, 2016, 2017, 2018) Training Manual for FACS Extension Agents implementing American Cancer Society Grant funded Extension and Research project. 138 pages. Available at: [https://www.fcs.uga.edu/extension\\_private/health-prevent-and-control-disease-cancer-prevention-cooking-school](https://www.fcs.uga.edu/extension_private/health-prevent-and-control-disease-cancer-prevention-cooking-school) Includes: Selph E, **Berg A.** *Nutrition and Cancer Prevention*

*Agent Background Paper*. (2016, revised 2018). Background paper on the relationship between twelve foods, nutrients, and supplements and cancer risk. Included in training manual. Available at: [https://www.fcs.uga.edu/docs/CCS\\_Agent\\_Cheat\\_Sheet\\_Final.pdf](https://www.fcs.uga.edu/docs/CCS_Agent_Cheat_Sheet_Final.pdf)

### 3.2 Grants and Contracts Received or Completed

- 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%. Contract verbally awarded; terms pending.
- 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
- 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
- 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
- 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
- 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
- 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.
- 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
- 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
- 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.
- 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.
- Berg A**, Evans E, Koonce J. Creating a Healthier Georgia Through Diabetes Preventions (Principal Investigator). 2019 – 2021. UGA Interdisciplinary Seed Grant Program, \$145,799.
- 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. NIH-NCATS. Amount awarded to UGA from Georgia CTSA: \$5,141,584.
- 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.
- Berg A. Team Up: Cooking for a Lifetime of Cancer Prevention (Renewal). 2018 – 2019. American Cancer Society, \$25,000.
- 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.
- 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.
- Berg A. Team Up: Cooking for a Lifetime of Cancer Prevention (Renewal). 2017 – 2018. American Cancer Society, \$15,000.
- 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.
- Davis M, **Berg A**, Ashley S, Brown C, Corso P, Everson D, Ingels J, Johnson L, Miller M, Moore C, Murray A, Parker A, Scarrow A. Childhood Obesity Prevention Challenge Area (Project Director, 10% time). 2016 – 2018. CDC-RFA-DP16-1613, \$1,249,223.
- Berg A. Team Up: Cooking for a Lifetime of Cancer Prevention (Renewal). 2016 – 2017. American Cancer Society, \$15,000.
- Berg A. Team Up: Cooking for a Lifetime of Cancer Prevention (Renewal). 2015 – 2016. American Cancer Society, \$15,000.

### 3.3 **Recognitions and Awards** – Berg is sole recipient unless otherwise noted (“Team” or authors listed)

- Human Development and Family Relations Award - First Place National, First Place Southern Region. "Healthy Georgia Wellness". National Extension Association of Family & Consumer Sciences (NEAFCS). September 2022.
- Educational Publication Award. Third Place National. "Healthy Georgia Wellness". National Extension Association of Family & Consumer Sciences (NEAFCS). September 2022.
- Marketing Package Team Award - First Place State. "Healthy Georgia Wellness". Georgia Extension Association of Family and Consumer Sciences (GEAFCS), Athens, GA. Ellijay, GA. August 2022.
- Poster Presentation Awards- 1<sup>st</sup> 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 – 3<sup>rd</sup> 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**) – 3<sup>rd</sup> Place in Southern Extension Region, National Extension Association for Family and Consumer Sciences, 1<sup>st</sup> place in Georgia, Georgia Extension Association for Family and Consumer Sciences, 2019.

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

Family Health and Wellness Award (**Berg A** and 34 Extension team members) – 3<sup>rd</sup> 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.

### 3.4 Supervision of Student Research

**Appelbaum M.** To be determined. Current project: feasibility and acceptability of family based weight management in rural SW Georgia. Degree: PhD/DI. In-progress, anticipated graduation: Aug 2026, pending research project and progress. Committee: TBD

**Whitson Q.** Parent and caregiver knowledge and attitudes on early introduction of peanut to reduce risk for allergy. Degree: MS/DI. In-progress, anticipated graduation Aug 2024. Committee: Berg A, Cotwright C, Henes S.

**Thomas D.** Social support in a Cooperative Extension Delivered Diabetes Prevention Program. Degree: MS. In-progress, anticipated graduation Aug 2023. Committee: Berg A, Cooper J, Evans E.

- Wilson H.** Implementation and Outcomes of a Social Media Enhanced Diabetes Prevention Program in Cooperative Extension. Degree: PhD. Complete, Aug 2021. Committee: Berg A, Andress E, Chatterjee S, Moore C, Koonce J.
- Taylor O.** A Survey of Cooperative Extension Youth Hands-On Cooking Programs in Georgia and Related Affecting Factors. Degree: MS. Complete, Aug 2020. Co-Major Professors: Giraudo S and Berg A, Committee: Brown CS, Cox G
- Unwin E.** Considerations for Adapting the Adult Food Talk Curriculum to Meet the Learning, Behavioral, and Resource Needs of Older Adolescents. Degree: MS. Complete, Aug 2019. Co-Major Professors: Moore C and Berg A, Committee: Mullis R.
- Selph E.** Process Evaluation of UGA Extension's Cooking for a Lifetime Cancer Prevention. Degree: MS. Complete, Aug 2018. Committee: Berg A, Davis M, Moore C.
- Meredith J.** Thesis: Barriers and Facilitators to Organized Physical Activity in Summer Campers. Degree MS. Complete, Aug 2018. Major Professor: Giraudo S. Committee: Berg A, Cotwright C.
- Ingerson K.** Impact of a Mobile Nutrition Counseling Video on College Freshman Attitudes and Behaviors Towards Healthy Food Choices in Dining Halls. Degree: PhD. In progress. Major Professor: Cox G. Committee: Berg A, Moore CJ, Johnson MA, Renzi-Hammond L, Padilla H.

### 3.5 Presentations

#### 3.5.1 Invited Seminars/Lectures

- 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.
- Berg, AC,** Henes, ST, Turner PR, Futris T, Bales DW. Extension Blue Sky Group, Georgia Clinical and Translational Science Alliance (GACTSA). Workshop. January 21, 2022.
- 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.
- 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.
- Berg A,** Penn A. Logic Models in Practice, February 10, 2021. Georgia CTSA Community Grant Writing Academy, Session I. GACTSA Community Engagement Core.
- 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
- 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
- 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>

- 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.
- 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://georgiactsa.org/> National, Invited
- Rafie C, **Berg AC**, Preventing Cancer: Two Extension Programs that make a difference. Feb 8, 2019. Invited presentation for Virginia Cooperative Extension Agent Training.
- 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
- 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.
- 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
- Berg, A.** The Scholarship of Engagement, Southwest District Applied Research and Demonstration Symposium, Nov 12, 2016. Estimated attendance: 100 Extension professionals.
- 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.

### 3.5.2 Conference Presentations

\*Indicates student or agent project supervised by Berg

†Indicates invited presentation

- Berg A & Averill B.** Extension Delivered Diabetes Prevention Program Supports Quality of Life during the COVID-19 Pandemic. Oral concurrent session at the International Federation of Home Economics, 2022 World Congress. Atlanta, GA. September 8, 2022.
- Berg A**, Garner C, Padilla H, Sanders K, Lamm A, Southall H, Ashley S, Crosson L, Everson D, Hubbard R, Parker A, Miller M, Loedding E, Brown C, Johnson L, Davis M. Healthier Together: A University-community approach to improving food and physical activity access in rural Georgia. Oral Ignite presentation at the annual meeting of the *Georgia Extension of Family and Consumer Sciences*. September 1, 2022. Ellijay, GA.
- 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. 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. 2020
- Francis, S., Dahl, W., & **Berg, A.** Nutrition and Aging Services: Screening, Innovating, Collaborating and Best Practices on Evaluating Impact. In *Society for Nutrition Education and Behavior Annual Conference*. Virtual due to COVID-19 Public Health Emergency: Society for Nutrition Education and Behavior, Healthy Aging Division Sponsored Session. July 24, 2020.
- Nodvin J, Elliot R, Akintobi T, **Berg A**, Johnson LV. Building Better University-Community Partnerships, UGA College of Public Health, State of The Public's Health Conference,

Athens, GA. October 22, 2019. [http://publichealth.uga.edu/wp-content/uploads/2019/10/2019-SOPH-program\\_final\\_10.18.19.pdf](http://publichealth.uga.edu/wp-content/uploads/2019/10/2019-SOPH-program_final_10.18.19.pdf)

- Berg A, Rafie C.** Food and Physical Activity Choices for Cancer Prevention: an opportunity for nutrition educators. Oral session, Society for Nutrition Education and Behavior, Orlando, FL, Jul 30, 2019.
- Berg A, Turner P, Chatterjee S, Koonce J, Wilson H.** Cancer Prevention and Health Insurance Education Needs Assessment of Extension Professionals. Oral session, National Health Outreach Conference 2019, Fort Worth, TX, May 2, 2019.
- Brown C, Davis M, Everson D, Scarrow A, Miller M, Ashley S, **Berg A.** Making PSE Practical: Engaging Rural Communities Around Policy, Systems, and Environmental Change. Oral session, National Health Outreach Conference 2019, Fort Worth, TX, May 2, 2019.
- Norman-Burgdolf H, Rafie C, da Silva V, Jarvandi J, O'Neal L, **Berg A.** Diabetes Prevention Education in the Diabetes Belt: Accomplishments of the Southern Region National Diabetes Prevention Program Extension Work Group. Oral session, National Health Outreach Conference 2019, Fort Worth, TX, May 2, 2019.
- Berg A, Turner P, Koonce J, Chatterjee S, Wilson H, Burton D.** Innovative Two-Stage Program to Increase Cancer Awareness and Screenings in Rural Communities. Paper presentation, International Federation for Home Economics Conference, University of the West Indies Resource Centre, Trinidad, W.I., March 22, 2019.
- Beltran I, Thomas K, Bentley R, Aaron LA, Black T, Cotto-Rivera E, Culpepper S, Dallas J, Hornbeck MB, Howington S, Ogden J, Sumpter K, Sweda C, Worley B, **Berg A.** Increasing Cancer Screening and Changing Cancer Prevention Behaviors for Women in Georgia. Oral session, NEAFCS 2018, San Antonio, TX, Sep 2018.
- Berg A, Burton D, Chatterjee S, Koonce J, Turner P, White J, Wilson H.** Cancer Prevention: Promoting a Culture of Health in the Rural South Through the C4L Program. Oral session presented at National Health Outreach Conference, Bloomington, MN, May 3, 2018.
- Mull C, **Berg A, Bales D.** Examining Perceptions of Scholarship among Field-Based Faculty. Roundtable presentation, Engagement Scholarship Consortium, Sep 26, 2017, Birmingham, AL.

### 3.5.3 Seminars, Workshops, and Other Non-Conference Scholarly Presentations

- 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.*
- Berg A, Garner C, Padilla H, Lamm A, Southall H, Longenecker D, Holmes G, Ashley S, Crosson L, Walton C, Everson D, Hubbard R, Parker A, Miller M, Dobbins C, Loedding E, Brown C, Perry Johnson L, Davis M.** Healthier Together (HT): A university-community collaboration to create a healthier rural Georgia. Trending Topics Outreach Presentations. University of Georgia, College of Family and Consumer Sciences. Virtual. April 22, 2022. Attendees: 35.

### 3.5.4 Poster presentations - \*indicates graduate student supervised research or collaborative work with Extension agent on project lead by Berg. If applicable, published abstracts documented.

- 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. American Public Health Association Annual Meeting, Boston, MA.
- 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 M<sup>1</sup>, 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.
- 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*.
- 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. *3<sup>rd</sup> place poster winner*.
- 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
- 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.
- 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>
- 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.
- 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.
- 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.
- 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.
- 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.
- 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)
- 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)
- 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
- 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.
- 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>
- 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>
- 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.
- 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. 2<sup>nd</sup> 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.
- 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>

- 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. doi: <https://doi.org/10.1016/j.jneb.2018.04.211>
- Salzer 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.
- 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.
- 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.
- 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 - 1<sup>st</sup> place winner.
- 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, Brasleton, GA, Feb 23, 2018. Abstract: [georgiactsa.org/documents/aii-conference/AbstractBooklet.pdf](http://georgiactsa.org/documents/aii-conference/AbstractBooklet.pdf)
- 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>
- 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.
- Berg A**, Centner A, Craft K. The Power to Prevent: Choose a healthy lifestyle. Southwest (SW) Extension District Research Symposium, Mar 2017.
- 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.
- 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](https://www.isbnpa.org/files/annual_meetings/2016/08/31/19/attachments/57c72823e3fda.pdf)
- 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](https://www.isbnpa.org/files/annual_meetings/2016/08/31/19/attachments/57c72823e3fda.pdf)

- 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.
- 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](https://www.fasebj.org/doi/abs/10.1096/fasebj.30.1_supplement.675.6)
- 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.
- 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.
- 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.

## 2. Extension

**4.1 Significant Extension Programs and Curricula** - 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).

**4.1.1 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 100 participants who have lost more than 2,000 pounds.

### **Evaluation and Impact:**

- Sixteen 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
- 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 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 submitted to the *Journal of Nutrition Education and Behavior* (Wilson et al. 2022, under review)
- One manuscript submitted to the *Prevention Science* (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 – [www.https://preventdiabetes.extension.org/](https://preventdiabetes.extension.org/).
- Next steps include exploring funding for Extension Foundation to serve as umbrella hub for Extension DPP providers and establish a reimbursement model for Medicare and private insurance.

**4.1.2 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*

**4.1.3 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

#### **4.1.4 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-Pippiari S et. al., 2017; Rivera-Gonzalez N et. al., 2019).

#### **4.2 Extension Lesson Plans** –*Include scripted power point presentation, activities, handouts and evaluation. Several used for professional continuing education (i.e. child care providers, FACS teachers). Coauthors are graduate students, dietetic interns, or Extension agents (exception: Connie Crawley, MS, RD, former Extension specialist). Available at: [https://www.fcs.uga.edu/extension\\_private/health-prevent-and-control-disease](https://www.fcs.uga.edu/extension_private/health-prevent-and-control-disease), unless noted.*

Beltran I, Crawley C, Tran A. (Editor: **Berg A**) (2018). *A Healthy Start for Infants*.

Description: Evidence-based feeding guidelines for 0 to 2 years of age, food safety for breast and formula feeding, feeding developmental milestones and introduction of major allergens. 1 session, 2.0 hrs. Target audience: child care providers.

Beltran I, Crawley C. (Editor: **Berg A**). (2018). *Ageing with a Healthy Brain*, Description:

Overview of Alzheimer's and other dementias, and current research on the relationship between nutrition and dementia. 1 session, 0.5 – 1.5 hrs. Target audience: adults, older adults.

- Winston H, Selph E, Winston H, **Berg A.** (2017). *Coconut Oil: Health or Hype*. Description: Nutritional value of coconut oil, current evidence on medium chain triglycerides, weight management, and heart health. 1 session, 1.0 hr. Target audience: adults.
- Berg A. (2017). *Choosing the Right Fats*, Description: Overview on dietary fats, public health recommendations for consumption, relationship of dietary fats and cardiovascular disease, and changes in intake to meet public health guidelines. 1 session, 1.0 hr. Target audience: adults.
- Berg A. *Changes to the Nutrition Label*, (2016). Description: FDA authorized changes to the nutrition label published in the Federal Register on May 27, 2016. 1 session, 1.5 hrs. Target audience: teens and adults. Available at: [https://www.fcs.uga.edu/extension\\_private/food-eat-right](https://www.fcs.uga.edu/extension_private/food-eat-right) Program has been adapted for delivery to Georgia FACS secondary teachers and presented at three annual training conferences by Alexis Roberts, Bartow County FACS agent.
- Berg A. *Body Weight and You, Levels 1 & 2* (2016). Description: Health effects of overweight and obesity and weight loss in older adults. Two levels of program available – Level 1: lower education, Level 2: higher education. 1 session, 1.0 hr. Target audience: older adults.

#### 4.3 **Training and Resource Materials in Support of 4-H Youth Programming – Coauthors are graduate students or dietetic interns (exceptions: Kasey Christian, Extension Staff Support, Elizabeth Andress, Extension Specialist)**

- 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).
- 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).
- 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>
- 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.
- Cawthon C, **Berg A.** (2016) *Making the Healthy Choice: smoothies*. 4-H Consumer Judging reference material, exercises, and competition scenarios. 15 pages.
- 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.
- Berg A**, Cawthon, C. (2015). Nutrition for 4-H Foods Projects: MyPlate.
- Berg A**, Cawthon C. (2015). Nutrition for 4-H Foods Projects: Recipe Selection and Menus.
- Berg A**, Cawthon C. (2015). Nutrition for 4-H Foods Projects: Dairy Foods Project.

#### 4.4 **Training Materials for Other Professional Audiences**

- 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.
- 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 – 12<sup>th</sup> grade. Presented at GATFACS 2018, Jan, Atlanta, GA.
- 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 – 12<sup>th</sup> grade. Presented at GACTE 2017, Jul, Atlanta, GA and GATFACS, 2018, Jan, Atlanta, GA.
- 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>
- 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.
- 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. Target audience: School Nutrition Professionals to fulfill continuing education requirements. Program reached 181 school nutrition employees in Jul 2016.

#### 4.5 **Trainings, Workshops, and In-Services Conducted for Extension Professionals – conducted face-to-face, unless otherwise noted; sole author and presenter, unless otherwise noted**

- 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%))
- Updates in Cervical Cancer, HPV Vaccination, and Nutrition. (2022) Target audience: Faculty/Staff, Number of participants: 51, Sessions: 2, Contact hours: 4.0
- 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
- 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
- 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)
- 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)
- 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)

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)

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

Have it Your Way - Cooking for a Lifetime of Cancer Prevention (two periods required), January 12, 2022. Extension Conference, 2022UGA Extension, Athens, GA  
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.

What is A Culture of Health, June 10, 2021. Well Connected Communities Master Volunteer Training. Total Participants: 12, 1 hour. In-person.

Physical Activity for Health and Wellness, April 26 & 27, 2021. Total participants: 48, 2 hours per session. Synchronous, online.

New Dietary Guidelines for Americans, Feb 17 and 22, 2021. Total participants: 47, 2 hours per session. Synchronous, online.

Food, Nutrition, and Fun: Nutrition Education for Youth, April 6, 2021. Total participants: 49, 1.5 hours. Synchronous, online.

In-Depth Diabetes Training. November 12, 2020. Total participants 17. 6 hours, Synchronous, online.

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.

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.

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.

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.

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.

- Publishing Your Work. Eatonton, GA, March 27 – 29, 2019.
- Preparing Manuscripts, reporting to stakeholders. Eatonton, GA, Sep 18 – Sep 20, 2018.
- Literature review, creating manuscripts. Eatonton, GA, Jun 4 – Jun 8, 2018.
- Analyzing quantitative and qualitative data. Eatonton, GA, Mar 26 – Mar 28, 2018.
- Introduction to the research process and methodology. Athens, GA, Sep 18 - 20, 2017.

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.

Program Development in Chronic Disease and Healthy Lifestyles for Family and Consumer Sciences Agents, 50 participants, 1.5 hrs. Athens, GA, Jan 16, 2019.

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.

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.

Trends and Updates in Nutrition and Health: New Blood Pressure Guidelines, Whole Milk Dairy: health or hype, and updates in colorectal cancer prevention. Scope: State, 41 participants, 2 hrs. per session, online. Aug 16 and 17, 2018.

Great and Glorious Grains. Collaboration with E Andress, PhD, Extension Food Safety Specialist, 31 participants, 3 hrs., Eatonton, GA, Jan 24, 2018.

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.

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.

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.

Trends and Updates in Nutrition and Health, Dietary Fats: Spotlight on Coconut Oil, 42 participants, 2 hrs., online, Aug 2, 2017.

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.

Chronic Disease Prevention and Healthy Lifestyles Program Development for Family and Consumer Sciences Agents, 50 participants, 1.5 hrs., Athens, GA, Jan 19, 2017.

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.

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.

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.

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.

Weight Management for Older Adults, 30 participants, 1.5 hrs., Eatonton, GA, Jan 13, 2016; teaching evaluations: 4.9/5.0.

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.

Foundations in Chronic Disease and Healthy Lifestyles for New Family and Consumer Sciences Extension Agents, 9 participants, 3 hrs., Athens, GA, Oct 14, 2015.

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.

#### **4.6 Trainings and workshops provided for public audiences**

What is A Culture of Health, June 23, 2022. Well Connected Communities Master Volunteer Training. Total Participants: 12, 1 hour. In-person.

Policy, Systems, and Environmental Change. June 23, 2022. Well Connected Communities Master Volunteer Training. Total Participants: 12, 1 hour. In-person.

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.  
Nutrition, Literacy, and Academic Achievement, Elbert County Family Connections Annual Board Meeting, Invited presentation, Attendance: 20, Elberton, GA, Jun 27, 2018.  
Diabetes and You, Invited, General public audience, Attendance: 40, Forsyth, GA, Nov 11, 2015.

### 3. Service

#### 5.1. University Service

Georgia Clinical and Translational Science Alliance, Community Engagement Core, 2018 - Present  
Alumni Engagement Committee, Department of Nutritional Sciences, 2015 – Present  
Awards Committee, Department of Nutritional Sciences, 2015 – 2018  
Graduate Student Recruitment Committee, Department of Nutritional Sciences, 2015 – 2018  
College of Family and Consumer Sciences, Alumni Board, 2015 – 2017

#### Faculty/Staff Search Committees:

Assistant/Associate Professor, Extension Nutrition and Health Specialist, Department of Nutritional Sciences, 2022. Role: Chair, anticipated hire Aug 2023  
Community Health Engagement Coordinator, Biomedical Sciences Institute, University of Georgia, 2022. Role: Chair. Hired: Courtney Brown, Nov 2022.  
Extension Evaluation Specialist, Department of Agricultural Leadership, Education, and Communication, UGA Extension, 2019, Hired: V Brown, Aug 2021.  
Assistant Professor, Extension Nutrition and Health Specialist, Department of Nutritional Sciences, 2019, Hired: S Henes, Aug 2019.  
Southwest District Program Development Coordinator, UGA Extension, 2018, hired Jan 2019  
Extension Evaluation Specialist, Department of Agricultural Leadership, Education, and Communication, UGA Extension, 2018, hired: A Lamm Jul 2018.  
4-H Healthy Living Specialist, UGA Extension/4-H, search 2018, hired July 2018.

#### 5.2. Professional Service

Society for Nutrition Education and Behavior, Conference Program Committee, 2021 – 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.  
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  
*Journal of Nutrition Education and Behavior*, Resource Reviewer, 2019 – Present  
Society for Nutrition Education and Behavior, Conference Abstract Reviewer, 2017 – 2023

Georgia HPV Prevention Workgroup, Georgia Department of Public Health, 2017 – Nov 2018

*Health Education and Behavior*, Manuscript Reviewer, 2018 – Present

*Journal of Nutrition in Gerontology and Geriatrics*, Manuscript Reviewer, 2015 – Present

*Translational Journal of the American College of Sports Medicine*, Manuscript Reviewer, 2017 – 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

### **5.3 4-H Service**

District and State Project Achievement Competitions. 2015 – Present. Develop and review training and judging materials, supervise district and state competitions, recruit, train, and supervise professional and student judges, and provide ongoing support to Extension/4-H faculty. Judging/training materials reviewed/revised annually. See section 4) Extension, 3, Training and Resource Materials in Support of 4-H Youth Programming, for more information.

Cotton Boll and Consumer Judging. 2015 – Present. Develop competition materials and training/study guides annually. See section 4) Extension, 3, Training and Resource Materials in Support of 4-H Youth Programming, for more information.

Friends Healthy Living Magazine. 2015 – Present. Periodically review new issues of *4-H Friends Magazine* healthy living content for accuracy and appropriateness for 4-H audiences.