

# Ardyth Gillespie

## Web Bio

## Information

### Biography

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#### Biographical Statement

Through collaborative engaged research (CER), Gillespie and collaborators are building capacity for generating and applying new knowledge about family and community food decision-making systems and improving understanding of the complex relationships and dynamics of changing food systems to improve health and well-being across generations. Gillespie achieves her mission of creating learning environments to expand human potential and build family and community capacity through the integration of research, education, and extension/outreach. She consults with and mentors family and community change agents, students, and scholars to develop leadership capacity for nourishing and nurturing children. The long-term goal of her scholarly activities is to improve the health and well-being of children/youth and their families through transdisciplinary research, inquiry and innovation. To achieve this goal, she has developed an asset-based collaborative engaged research (CER) approach in collaboration with scholars, change agents, and community food system stakeholders. CER engages people in creating personal, family, and community change through collaborative leadership to build capacity for sustainable improvements in family and community food decision-making. Using asset-based methodology, CER offers an alternative to the dominant intervention research paradigm by engaging food system stakeholders and change agents in identifying priority research questions, sharing leadership and decision-making, and interpreting and applying findings within their particular community context.

Current projects which integrate research with education (on and off campus) and change initiatives include CER for *Cooking Together for Family Meals (CCE HATCH)*; *Connecting Family, Community, and Health from a Food Systems Perspective* (Kim Greder, ISU, PI, Leopold Center); *Leveraging the Locavore Movement: Exploring Family and Community Food Decision making* (Paul Curtis and Keith Tidball PI's); *CER Change Leadership: Building Capacity for Nurturing and Nourishing Children & their families. Food system, health, and well-being: understanding complex relationships and dynamics of change* (NC1196) .

### Professional

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#### Current Professional Activities

- Cornell Graduate Field Membership: Nutrition
- Fellow, Cornell Center for Sustainable Futures
- Chair, CHE taskforce to re-imagine undergraduate leadership program
- Fellow, Leadership Institute of the Kappa Omicron Nu honorary Society
- Society for Nutrition Education
- Family and Community Food Decision-making Program leadership
- American Society for Nutritional Sciences
- American Dietetics Association
- Agriculture, Food, and Human Values Society

- American Association of Family and Consumer Sciences
- Kappa Omicron Nu
- American Association of University Women
- Women, Food, and Agriculture Network

## Research

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### Current Research Activities

Gillespie's current research activities include: studying the Family Food Decision-making System (FFDS) and related family dynamics, the interactions and intersections between the FFDS and community food-related systems, and developing methods for Collaborative Engaged Research (CER) and collaborative leadership development.

In collaboration with social scientists and community-based partners (including CER teams NC-1033 multi-state research team, Family and Community Food Decision-making interdisciplinary university-community team, multi-institutional community and leadership development collaboration). Gillespie is studying components of the family food decision-making system. With collaborators, she has developed a conceptual framework which describes the pathways and critical decision-junctures and impetuses for engaging in rethinking eating practices and food choices (Gillespie & Johnson-Askew, 2009). She is currently studying family dynamics of the system including food and eating roles and interactions as well as components of the thoughtful family food decision-making pathway. She is working with a team of undergraduate researchers to study family food and eating roles across generations and cultures and a campus-based research group studying change leadership.

Collaborative Engaged Research emphasizes methods for the collaborative generation of grounded theory which focuses upon conducting research with rather than on people and thereby increasing the validity and value of the research. At the same time, this approach facilitates the application of the research in community-led programs. Her research and application of the family food decision-making framework is an example of CER. She consults with national funding agencies, academic colleagues, and community-based change agents on CER and collaborative food system leadership development.

## Extension

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### Current Extension Activities

Gillespie achieves her mission of creating learning environments to develop human potential and build family and community capacity for fostering health and well-being through the integration of research, education, and extension/outreach. The long-term goal of these scholarly activities is to build family and community capacity for nourishing and nurturing children. She pursues three overlapping and mutually supportive areas of extension/outreach: food decision-making with an ecosystems perspective, collaborative leadership development, and developing Collaborative Engaged Research (CER) methodology with community-based CCE colleagues.

Gillespie seeks to understand and strengthen the connections among sustainable food systems, food decision-making, and health and well-being through presentations and publications to scholars interested in integrating extension/outreach activities with useful research. She was co-editor of the special issue of the *Annals of Behavioral Medicine* on Decision-making in Eating Behavior - one outcome of the national NIH conference which she co-chaired. She presented one of four empirical papers for the invitational workshop on social science and obesity for the National Institute for Child Health and Development, NIH, and the national meeting of researchers and extension faculty at the 1890 colleges. She consults with cooperative extension and other community-based group in planning and evaluating family food decision-making programs. One such project is a family cooking

workshop series, Cooking Together for Family Meals, which engages families in rethinking their eating practices and food choices as they develop their family's human, social, and cultural capital for improving their food decision-making system. This program is one application of the family food decision-making system research on understanding the impetuses to rethinking eating practices and food choices, i.e. engaging in a thought decision-making pathway and the transition in this pathway from behavioral intention to implementation.

Through leadership development projects, Gillespie connects community-based educators, leaders, and decision-makers and food system stakeholders with researchers and students (graduate and undergraduate students) for mutual learning and knowledge creation. This network for co-learning and co-creating includes Food Decision-making Learning Groups on campus, in communities, and among scholars around the world. These projects apply local knowledge and research findings to identify and implement effective locally-driven change strategies. She is collaborating with Cornell Cooperative Extension leaders in Building Leadership Capacity for Community Food System Collaborations, with CCE directors and nutrition program leaders in Greene, Onondaga, Tompkins, and Wayne Counties. Gillespie's vision is community stakeholders engaged with each other and with external resources working toward an equitable, just, and healthy food system which contributes to the health and well-being of all community members. Besides CCE, she supports projects with other community-based organizations and initiatives including the Center for Local Food and Farming, Harrisdale Homestead, Cass County Cultivators, and New York Coalition for Healthy School Food.

Through her scholarly work and national leadership, Gillespie is contributing to the shifting the paradigm for community intervention toward more engagement of families and community leaders, i.e. those whom we would change, in the change process and balancing their goals with those of interveners and researchers.

## Education

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### Education

- Ph.D. 1978 - Iowa State University, Nutritional science and Communication
- M.S. 1975 - Iowa State University, Nutrition
- B.S. 1967 - Iowa State University, Food and Nutrition and Related (biophysical) Sciences

## Courses

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### Courses Taught

NS 4010 Empirical Research  
[NS 4000 Directed Readings](#)  
[NS 6440](#) Community Nutrition Research Seminar  
NS 6600 Special Topics in Nutrition  
NS 9990 Doctoral Thesis and Research

## Websites

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### Related Websites

[Family and Community Food Decision-Making Program](http://familyfood.human.cornell.edu)  
familyfood.human.cornell.edu

## Administration

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### Administrative Responsibilities

Taskforce to re-envision College of Human Ecology undergraduate leadership program (current)  
Family and Community Food Decision-making Program Work Team, chair (2006-present)  
Extension Leader, Division of Nutritional Sciences, Cornell University (2007-2010).  
Statewide Program Committee on Health, Nutrition and Food Systems, Chair (1997-2006)  
Division of Nutritional Sciences Research Committee (multiple terms)  
College of Human Ecology Research Committee (multiple terms)  
Food, Diet and Health Statewide Program Committee, Chair (1993-97)  
Extension Leader, Division of Nutritional Sciences, Cornell University (1987-1989)

## Publications

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### Selected Publications

Gillespie, Ardyth M.H. (2013). Enhancing Interdisciplinary Communication in Collaborative Engaged Research: Sustainable of Food Systems for Health and Well-Being. Accepted for Publication in: *Enhancing Interdisciplinary Communication*, S. Crowley, S. Eigenbrode, M. O'Rourke, and J. Wulforst.

Gillespie, Ardyth H. and Wendy Johnson-Askew (2009), Changing Family Food and Eating Practices: The Family Food Decision-making System. *Annals of Behavioral Medicine*, <http://www.springerlink.com/openurl.asp?genre=article&id=doi:10.1007/s12160-009-9122-7>

Flora, Cornelia and Ardyth Gillespie. (2009) Making Healthy Choices to Reduce Childhood Obesity: Community Capitals and Food and Fitness. *Community Development*, 40:114-122.

Gillespie, A. (2008). Family Food Decision-making: An Ecosystems Approach. *Decision Making in Eating Behavior: Interacting Perspectives from the Individual, Family, and Environment*, Bethesda, MD, National Institutes of Health. [www.videocast.nih.gov](http://www.videocast.nih.gov).

Gillespie, A. H. (2008). "Family Food Decision-making and Obesity." Invited empirical paper for NIH National Institute for Child Health and Development Invited workshop on Feeding Families: Bridging Social Sciences and Social Epidemiology Approaches to Obesity Research, July 9, Rockville, MD.

Gillespie A, Smith L. Food Decision-making Framework (2008), *Connecting Food Systems to Health and Well-being*. *Journal of Hunger and Environmental Nutrition* 3:328-346.

Gillespie A, Gillespie G. 'Family Food Decision Making: An Ecological Systems Framework. *Journal of Family and Consumer Sciences* 99/2:22-28, 2007

Gillespie A. Generating grounded theory with community partners. *Journal of Community Nutrition*, 81:16, 2006.

Achterberg, C. L., J. D. Novak, et al. (1985). "Theory-Driven Research as a Means to Improve Nutrition Education." *Journal of Nutrition Education* 17(5): 179 - 184.

Gillespie, A. H., L. Ganter, et al. (2003). "Productive Partnerships for Food: Principles and Strategies." *Journal of Extension* 41(No. 2).

Gillespie, A. H. (2003). "The Evolution of Community Nutrition in the U.S." *Journal of Community Nutrition* 5(4): 195-208.

Son, S. M., A. Gillespie, et al. (2002). "Diet Related Factors Influencing BMI Changes for Korean-Americans Residing in Eastern Area of America." *Journal of Community Nutrition* 4(2):

90-98.

Park, D.-Y., S.-G. Rhie, et al. (2002). "A Survey on Korean Families' Food Decision Making: Purchase of Fresh Fruits and Vegetables." *Journal of Food Science and Nutrition* 7(1): 95-104.

Gillespie, A. H. (2002). "Neighborhood Watch: How Your Community Affects Your Food Choices." *Journal of Family and Consumer Sciences* 94(4): 66-67.

Gillespie, A. H. (1998). "Developing a University-Community Partnership Model Integrating Research and Intervention to Improve Food Decisions in Families and Communities." *Korean Journal of Community Nutrition* 3(1): 120-132.

Gillespie, A. (1997). "President's Message: On Community Empowerment." *Journal of Nutrition Education* 29(2): 55-56.

Shafer, L., A. Gillespie, et al. (1996). "Position of the American Dietetic Association: Nutrition Education for the Public." *Journal of the American Dietetic Association* 96(11): 1183-1187.  
Gillespie, Ardyth M.H. (2013). Enhancing Interdisciplinary Communication in Collaborative Engaged Research: Sustainable of Food Systems for Health and Well-Being. Accepted for Publication in: *Enhancing Interdisciplinary Communication*, S. Crowley, S. Eigenbrode, M. O'Rourke, and J. Wulfhorst.

Gillespie, A. H. (1996). "Leadership through Diversity: Gateway to Change (President's Column)." *Journal of Nutrition Education* 28(5): 247.

Gillespie, A. H. and J. K. Brun (1992). "Trends and Challenges for Nutrition Education Research." *Journal of Nutrition Education* 24(5): 222-226.

Brun, J. K. and A. H. Gillespie (1992). "Nutrition Education Research: Past, Present and Future." *Journal of Nutrition Education* 24(5): 220-221.

Kirk, M. and A. Gillespie (1990). "Factors Affecting Food Choices of Working Mothers with Young Families." *Journal of Nutrition Education* 22(4): 161-168.

Gillespie, A. and L. Shafer (1990). "Position of The American Dietetic Association: Nutrition Education for the Public." *Journal of the American Dietetic Association* 90(1): 107-110.

Gillespie, A. H., G. W. Gillespie Jr., et al. (1989). "Family Roles in Food Decision-making: Continuity in an E