

Katherine Dickin

Web Bio

Information

Biography

Biographical Statement

My primary interest is in the effectiveness of programs to improve well-being and reduce health disparities in the US and globally. I conduct formative research to guide program design, study program implementation to examine how contextual factors influence effectiveness, and develop evaluation approaches to monitor program success. My work in the US involves Cooperative Extension nutrition education programs, paraprofessional community educators, community-based participatory research, and the promotion of healthy eating and physical activity through behavioral and environmental change. My international work has focused on young child feeding, undernutrition, micronutrient malnutrition, and primary health care in Africa and Asia.

Professional

Current Professional Activities

National EFNEP Behavior Checklist Nutrition Subcommittee advising on national program evaluation system assessing nutritional behavior change

Collaborator and advisor on food security research in campus-wide initiative on Nonviolence, Justice, and Food Security at Cornell and in the Tompkins County Community, sponsored by the Martin Luther King, Jr. Commemoration Committee (2011/2012).

Society for Nutrition Education

International Society for Behavioral Nutrition and Physical Activity

Research

Current Research Activities

Applied research on the implementation, management, and evaluation of community nutrition programs for low-income populations.

Formative research and process evaluation on interventions to prevent unhealthy weight gain among low-income children, delivered through educational programs for parents and community collaborations to promote environmental change.

Development and testing of instruments to assess the effectiveness of nutrition education in promoting behavior change.

Mixed-methods research engaging low-income families in trials of nutrition and parenting practices following an intervention designed to help them improve children's food and activity choices. Identification of successful parental strategies in the context of psycho-social, economic, health, and environmental barriers to adopting healthful practices.

Evaluation of the experiences of students participating in global health internships and service learning.

Mixed methods assessment of social costs of rescission of funds for nutrition programming;

CSREES Multi-State Research Project W1005: An integrated approach to prevention of obesity in high risk families. Coordinating data collection in 12 states on parenting styles, feeding practices, and weight status in low-income families; leading data analysis and manuscript preparation.

Randomized controlled trials of low- or no-cost changes in school cafeteria environments to lead children to choose healthier meals and of school-based outreach efforts to inform parents about child nutritional behavior and strategies for influencing child food choice.

Extension

Current Extension Activities

The Collaboration for Health, Activity, and Nutrition in Children's Environments (CHANCE): an initiative working to prevent unhealthy weight gain among children by addressing family, behavioral and environmental factors. CHANCE is implemented through the Expanded Food and Nutrition Education Program (EFNEP) in 11 Cornell Cooperative Extension (CCE) sites in New York State. http://www.fnec.cornell.edu/Our_Initiatives/CHANCE.cfm

Healthy Children, Healthy Families: Parents Making a Difference! (HCHF) is a newly developed and tested behavioral curriculum integrating education on nutrition, physical activity, and parenting practices. This curriculum is used to deliver workshops to low-income parents participating in CHANCE. http://www.fnec.cornell.edu/Our_Initiatives/CHANCE_HCHF.cfm

Process and outcome evaluation of CHANCE activities, including parent workshops and community collaborations to promote environmental change.

Preparing the HCHF curriculum for wider distribution, developing training guides, and adapting the curriculum for use with individuals as well as small groups.

Collaboration with county Extension associations and local partner organizations to assess and enhance community readiness for making environmental changes to create community environments that support healthy eating and active play among low-income children.

Development of a series of Food & Nutrition Education in Communities (FNEC) **Research-to-Action Briefs** for Extension staff and other stakeholders. These 2-page summaries are designed to translate FNEC research findings into an accessible format highlighting key implications for programs.

http://www.fnec.cornell.edu/Our_Research/Home.cfm

Dickin K, Lent M, Lu A, Sequeira J, Dollahite J. Are we making a difference? Developing a programmatic measure of change in eating, activity, and parenting behaviors. Research-to-Action Brief No. 11-01, 2011.

Dickin K, Dollahite J, Habicht J-P. *Community Nutrition Educators' work attitudes: Job satisfaction and Intention to leave.* Research-to-Action Brief No. 09-01, 2009.

Dickin K, Dollahite J, Habicht J-P. *Better EFNEP outcomes where Community Nutrition Educators believe in the value of EFNEP and rate their supervisors highly.* Research-to-Action Brief No. 08-01, 2008.

Education

Education

Ph.D. 2003 - Cornell University, Nutrition

M.S. 1986 - Cornell University, Nutrition

B.A.Sc. 1982 - University of Guelph (Canada), Child Studies

Courses

Courses Taught

NS 4010 Empirical Research

Websites

Related Websites

Food and Nutrition Education in Communities (FNEC) <http://www.fnec.cornell.edu/>

Collaboration for Health, Activity, and Nutrition in Children's Environments (CHANCE)
www.fnec.cornell.edu/Our_Initiatives/CHANCE.cfm

Administration

Publications

Selected Publications

Dickin KL, Lent M, Lu AH, Sequeira J, Dollahite JS. Developing a measure of behavior change in a program to help low-income parents prevent unhealthy weight gain in children. *Journal of Nutrition Education and Behavior* 2012; 44:12-21.

Lent M, Hill TF, Dollahite JS, Wolfe W, **Dickin KL**. Healthy Children, Healthy Families: Parents Making a Difference! A curriculum integrating key nutrition, physical activity, and parenting practices to help prevent childhood obesity *Journal of Nutrition Education and Behavior* 2012; 44:90-92.

Dickin KL, Dollahite JS, Habicht J-P. Enhancing the intrinsic work motivation of Community Nutrition Educators: How supportive supervision and job design foster autonomy. *Journal of Ambulatory Care Management* 2011; 34(3):260-273.

Dickin KL, Dollahite JS, Habicht J-P. Job satisfaction and retention of Community Nutrition Educators: The importance of perceived value of the program, consultative supervision, and work relationships. *Journal of Nutrition Education and Behavior* 2010; 42:337-344.

Hirschl TA and **Dickin KL**. Poverty and Food Insecurity in the United States. *Research & Policy Brief Series* 2010; 35 (May).Community and Regional Development Institute, Cornell University.

Paul KH, **Dickin KL**, Ali NS, Monterrosa EC, and Stoltzfus, RJ. Soy-rice based processed complementary food improves nutrient intakes in infants and is equally acceptable with or without added milk powder. *Journal of Nutrition* 2008; 138: 1963-1968.

Dickin KL, Dollahite JS, Habicht J-P. Nutrition behavior change among EFNEP participants is higher in well-managed sites and where front-line nutrition educators value the program. *Journal of Nutrition* 2005; 135: 2199-2205.

Pelto GH, **Dickin K**, and Engle P. Promoting child well-being: the case for integrated growth and development interventions. In *Promoting Growth and Development in Under Fives*. (eds: P. Kolsteren, T. Hoeree, A. Perez-Cueto E.) Antwerp: ITG Press. 2002. pp. 222-232.