

# **Katherine Dickin**

## **Web Bio**

### **Information**

#### **Biography**

##### **Biographical Statement**

I conduct translational research to enhance the effectiveness of community-based programs for improving nutritional status and reducing health disparities in the US and globally. This includes interventions promoting healthy food and activity practices, responsive child feeding, food security, micronutrient supplementation, and community engagement in nutrition action. My work translates research into programs, using quantitative and qualitative approaches to formative research and evaluation, and implementation research methods to examine program processes. A central focus is the interface between programs and communities, to identify contextual factors that influence motivation, self-efficacy, and behaviors of both providers and participants and to enhance utilization and effectiveness of interventions for low-income families.

#### **Teaching**

#### **Professional**

#### **Research**

##### **Current Research Activities**

Formative and pilot study research in Ethiopia and Kenya on feasibility, acceptability and implementation of recommendations to provide calcium supplementation during pregnancy to prevent pre-eclampsia and eclampsia. Assessment of adherence to recommended supplementation regimens and factors that influence adherence.

Participatory assessment of the scope of practice, work context, nutrition knowledge and capacity of Tanzanian government cadres in sectors relevant to nutrition (e.g. agriculture, community development, and health) to guide development of an innovative in-service curriculum to strengthen capacity to deliver intersectoral nutrition programs at the community level.

Impacts of food insecurity experiences on subsequent parenting and child feeding practices. Identification of successful parental strategies in the context of psychosocial, economic, health, and environmental barriers to adopting healthful practices.

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.

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## **Extension**

### **Current Extension Activities**

The Collaboration for Health, Activity, and Nutrition in Children's Environments (CHANCE): an initiative 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](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 was designed with input from Extension educators involved in CHANCE and it consists of a series of 8 workshops for low-income parents and care-givers of 3-11 year-old children. [http://www.fnec.cornell.edu/Our\\_Initiatives/CHANCE\\_HCHF.cfm](http://www.fnec.cornell.edu/Our_Initiatives/CHANCE_HCHF.cfm)

Multi-state collaboration to conduct systematic reviews of the impact of interventions to prevent childhood obesity through nutrition education addressing dietary quality, physical activity, and parenting education.

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](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 4000 Directed Readings

NS 4010 Empirical Research

NS 6980 International Nutrition Seminar

NS 9990 Doctoral 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](http://www.fnec.cornell.edu/Our_Initiatives/CHANCE.cfm)

## **Administration**

### **Administrative Responsibilities**

Director, Program in International Nutrition

## **Publications**

### **Selected Publications**

Lu A, **Dickin KL**, Dollahite J. Development and application of a framework to assess community nutritionists' use of environmental strategies to prevent obesity. *Journal of Nutrition Education and Behavior* 2014; 46(6), 475-483. doi: 10.1016/j.jneb.2014.05.014

Mena N, Gorman K, **Dickin K**, Greene G, Tovar A. Contextual and cultural influences on parental feeding practices and involvement in child-care centers among Hispanic parents. *Childhood Obesity* (in press).

**Dickin KL**, Hill TF, and Dollahite JS. Practice-based evidence of effectiveness in an integrated nutrition and parenting education intervention for low-income parents. *Journal of the Academy of Nutrition and Dietetics* 2013 (10.1016/j.jand.2013.09.029).

**Dickin KL** and Seim, G. Adapting the Trials of Improved Practices approach to explore the acceptability and feasibility of nutrition and parenting recommendations: What works for low-income families? *Maternal and Child Nutrition* 2013 (DOI: 10.1111/mcn.12078).

**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: Kolsteren P, Hoeree T, Perez-Cueto E.) Antwerp: ITG Press. 2002. pp. 222-232.