

Janet Tietyen Mullins, PhD, RDN

Professor, Extension Specialist in Food and Nutrition
Department of Dietetics and Human Nutrition
Family and Consumer Sciences Extension
University of Kentucky

EDUCATION:

- Ph.D. in Nutrition and Food Science, Department of Grain Science & Industry
Kansas State University, Manhattan, Kansas, 1993
- M.S. in Food Science, Department of Food Science
University of California, Davis, California, 1990
- B.S. in Dietetics with High Distinction, Department of Nutrition and Food Science
University of Kentucky, Lexington, Kentucky, 1982

PROFESSIONAL EXPERIENCE:

2021-Present Professor, Extension Specialist in Food and Nutrition, University of Kentucky
2018-2021 Interim Chair, Department of Dietetics and Human Nutrition, University of Kentucky
2015-2018 Professor, Extension Specialist in Food and Nutrition, University of Kentucky
2003-2015 Associate Professor, Extension Specialist, University of Kentucky
1997-2003 Assistant Professor, Extension Specialist, University of Kentucky

GRANTS AND CONTRACTS (Selected):

International:

- Mullins, J., Reed, M., Williams, M., Sulemana, N., Tackie-Oforu, V., and Osei-Kwertang, M. *Feeding the Future in Rural Ghana: Opportunities for Women Smallholders, Legumes and Maize for School Feeding Programs*, USDA Foreign Agriculture Service, 2015-2017, **\$40,000**. (5% DOE)

National:

- Cardarelli, K, Mullins, J, Barr, M, Luecking, C, Brewer, D, Swanson, M, and Slone, S. *Laurel HARVEST: Helping Appalachia Restore A Vibrant Food Environment For Self Sufficiency Together*, USDA NIFA, **\$969,720**, 2022-2026 (5% DOE).
- Schoenberg, N, **Mullins, J**, Westneat, S, Vos, S, Bush, H, Studts, C, Chih, M-Y, Waters, T, and Arthur, A. *Implementing an Evidence-Based mHealth Diet and Activity Intervention*, NHLBI, **\$789,243**, 2020-2025 (5% DOE)
- Baker S, Franck K, **Mullins J**, Cunningham-Sabo L, Tucker E. *Core Competencies for Land-Grant Nutrition Education*. USDA NIFA, **\$100,000** 2019-2020 (5% DOE).
- Hunter J, Gustafson A, Cardarelli K, Kurzynske J, **Mullins J**, Liankehammy J, Carman A, Norman-Burgdolf H, Jones N, Koo J, Aull M, Knappage J, McQuerry K, Congleton S. *Healthy Eating and Active Living to Reduce Rural Obesity through Extension (HEALRROE)*, Centers for Disease Control and Prevention, 1809 High Obesity Program, **\$2.99 million** 2018-2023. (5% DOE).
- Sandberg, T., **Mullins, J.**, and Gustafson, A. Farms to Food Banks Capacity-Building Project, Kentucky Association of Food Banks, USDA AFRI, **\$800,000**, 2017-2021 (5% DOE).
- Swanson, M., Schoenberg, N., Bryant, C., Brancato, C., Grossardt, T., Ison, V., Mays, G., and **Mullins, J.** NIH U01, Appalachians Together Restoring the Eating Environment (Appal-TREE), **\$509,142**, 2016-2021 (5% DOE through 2019).

- Gustafson, A, Vail, A, Bush, H, **Mullins, J.** *Smart Shopping – Adolescent Intervention to Improve Food Shopping Practices*, USDA AFRI, **\$746,827**, 2016-2019 (8% DOE).
- Vail, A. (PI), **Mullins, J.**, Kurzynske, J., Bastin, S., Brewer, D., Cardarelli, K., Carmen, A., Davis, A., Gustafson, A., McGladrey, M., Peritore, N., Smith, C.K., Stephenson, T., Webber, K. *Collaborative Environmental Approaches to Reduce Obesity Disparities in Kentucky*. Centers for Disease Control and Prevention, **\$2.6 million**, 2014-2018 (10% DOE).
- Vail, A. (PI), Kurzynske, J., Brewer, D., **Mullins, J.**, *University of Kentucky proposal for National Coordination Center, Regional Nutrition Education Centers of Excellence*. USDA 2014-2017, **\$175,000**. (4.5% DOE)
- Vail, A. (Principal Investigator) and **Mullins, J.** (Co-Investigator). *University of Kentucky Supplemental Nutrition Assistance Program Education*. USDA Food and Nutrition Service through Kentucky Cabinet for Health and Family Services, 2014-2016, **\$10,576,639**. (15% DOE)
- Vail, A. (PI), Cotterill, D. (Administrator), Walters, J. (Nutrition Education Programs), and **Mullins, J. (Co-PI)** A social marketing campaign to increase preparation of home-cooked family meals among Kentucky SNAP-Ed audiences, USDA Food and Nutrition Service, Supplemental Nutrition Assistance Program Education, 2012-2014, **\$619,037**. (15% DOE)
- Swanson M. (PI), Schoenberg N., **Mullins J.**, Davis A, Gustafson A. National Institutes of Health R24 Community Based Participatory Research Planning Grant. Appalachians Together Restoring the Eating Environment (Appal-TREE) 2013-2015, **\$750,000**. (4-10% DOE).
- Stephenson, L. (PI), Johnson, J., Stephenson, T., Brandl, S., and **Mullins, J. (Co-PI)** *Specialty Crop Recipe Development with Nutrient Analysis*, Kentucky Department of Agriculture, 2010-2014, **\$244,858**. (.05-1.12% DOE).

JURIED AND INVITED PRESENTATIONS (Selected):

- Baker, Susan S., Cunningham-Sabo, Leslie, Franck, Karen, McGirr, Kathryn, Mullins, Janet, Tucker, Easter, *Strengthening Your Core: Tools for Recruitment, Hiring, Training & Evaluation-Core Competencies for Land Grant EFNEP & SNAP-Ed*, January 28, 2021 (webinar sponsored by the national SNAP-Ed Professional Development Team).
- Baker, S., Aragon, C., Mullins, J., Procter, S. *Rooted in Communities: The Scholarship, Practice and Engagement of EFNEP*, Engagement Scholarship Consortium, Denver, CO, 2019. (oral)
- Barale, K., Baker, S., Auld, G., Franck, K., Keenan, D., Mullins, J., and Wardlaw, M.K. *EFNEP Evaluation – Learning from the Past, Moving to the Future*, Society for Nutrition Education and Behavior, 2017. (oral)
- Vail, A, Kurzynske, J, Brewer, D, and Mullins, J. *Connecting the Pieces: Regional Nutrition Education Centers of Excellence*, National Expanded Food and Nutrition Education Program Conference, March 2016. (poster)
- Mullins, J, Vail, A, Kurzynske, J, and Brewer, D. *Regional Nutrition Education Centers of Excellence*, Association of SNAP-Ed Nutrition Networks and Other Implementing Agencies, February 2016. (oral)
- Vail, A, Kurzynske, J, Brewer, D, and Mullins, J. *Regional Nutrition Education Centers of Excellence*, USDA Interagency Partner Briefing, December 2015. (oral)
- Brewer, D, Kurzynske, J, Mullins, J, Ammerman, A, Baker, S, Dollahite, J, Savaiano, D, and Vail, A. *Improving Health through USDA’s EFNEP and SNAP-Ed: Regional Nutrition Education and Obesity Prevention Centers of Excellence (RNECE)*. Foods and Nutrition Conference and Exposition, Academy of Nutrition and Dietetics, October 2015. (poster)
- Cotterill, D., Walters, J., Freeman, R., Najor, J., and Mullins, J. *A social marketing campaign to promote healthy cooking*. National Extension Association of Family and Consumer Sciences, 2014. (oral)

PEER-REVIEWED JOURNAL PUBLICATIONS:

- Cardarelli, KM, DeWitt, E, Gillespie, R, Graham, R, Norman-Burgdolf, H, Mullins JT. Policy Implications of the COVID-19 Pandemic on Food Insecurity in Rural America: Evidence from Appalachia, *International Journal of Environmental Research and Public Health*, 18, x. <https://doi.org/10.3390/xxxxx>, 2021.
- Tietyen Mullins, J, Walters, J, Najor, J, Mikuksa, J, Courtney, A, Norman-Burgdolf, H. Evaluation of a social marketing approach to healthy, home-cooked family meals for low-income mothers of young children, *Translational Behavioral Medicine*, 10:1312–1321, doi: 10.1093/tbm/ibaa037, 2020.
- Cardarelli, K, DeWitt, E, Gillespie, R, Norman-Burgdolf, H, Jones, N, and Tietyen Mullins, J. “We’re, Like, the Most Unhealthy People in the Country”: Using an Equity Lens to Reduce Barriers to Healthy Food Access in Rural Appalachia, *Preventing Chronic Disease*, ;17:200340. DOI: <https://doi.org/10.5888/pcd17.200340>, 2020.
- Sneed, CT, Franck, KL, Norman, H, Washburn, L, Kennedy, LE, Jarvandi, S, and Mullins, J. Two States, One Mission: Building Policy, Systems, and Environmental Change Capacity of County Extension Educators, *Journal of Extension*, 58(4): v58-4iw1, 2020.
- Kennedy, LE, Sneed, CT, Franck, KL, Norman, H, Washburn, L, Jarvandi, S, and Mullins, J. Policy, Systems, and Environmental Change: A Planning Tool for Community Health Implementation, *Journal of Extension*, 58(4): #v58-4tt1, 2020.
- Durr, A.C., Norman-Burgdolf, H., Mullins, J.T., Plasencia, J. P197 Cultural Sensitivity in Cooperative Extension Nutrition Education Programming in Kentucky, *Journal of Nutrition Education and Behavior* 51(7): S121, 2019.
- Gustafson, A, McGladrey, M, Stephenson, T, Kursynske, J, Mullins, J, Peritore, N, Cardarelli, K, Vail, A. Community-wide efforts to improve the consumer food environment and physical activity resources as a way to improve dietary intake and physical activity in rural obese counties, Kentucky 2015-2017, *Preventing Chronic Disease*, 16(E07):1-7, 2019.
- Gustafson, A, Jilcott Pitts, S, McQuerry, K, Babatunde, OT, Mullins, J. A randomized control trial peer-led text messaging intervention increases intake of fruits and vegetables, and goal setting for healthier dietary consumption among rural adolescents in Kentucky and North Carolina, 2017, *Nutrients*, 11, 593; doi:10.3390/nu11030593, 2019.
- Owusu-Amankwah, G, Kusunose, Y, Mullins, JT, Sulemana, N, Yussif, K, Tackie-Ofosu, V. Willingness of Rural and Peri-Urban Women Smallholder Farmers to Participate in Home-Grown School Feeding Farming Contracts in Ghana, *Journal of Business Diversity* 18(2):15-32, 2018.
- Gustafson, A., Jilcott-Pitts, S., McDonald, J., Ford, H., Connelly, P., Gillespie, R., Liu, E., Bush, H., Brancato, C., Babatande, T., and Mullins, J. Direct effects of the home, school, and consumer food environments on the association between food shopping patterns and dietary intake among rural adolescents in Kentucky and North Carolina, 2016. *International Journal of Environmental Research and Public Health*, 14 (10): 1255, 2017.
- Mullins, J., Franck, K., Chapman-Novakofski, K., Wong, S.S., Townsend, M., Serrano, E., and Olson, B. Food and Nutrition Extension Programs: Next Generation Impact Evaluation. *Journal of Extension*, 53(4) 2015.
- Mullins, J., Sigler, P., and Spillman, K. An effective weight management curriculum for adults delivered by Extension educators. *Journal of Extension*, 52(1):TOT6, 2014.

PEER-REVIEWED EXTENSION PUBLICATIONS:

Cook Together, Eat Together (2021) University Press of Kentucky.

2020-2025 U.S. Dietary Guidelines for Americans (2021)

- Luecking, C, Mullins, J, Walters, J, Valdez, L. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS 3-631; pp. 7 (Peer-Reviewed, Original Content)

Savor the Flavor Series (2019-2022)

- Norman-Burgdolf, H., Mullins, J., Norris, A. (2019). Savor the Flavor: Building Flavor with Herbs. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-629; pp.4. (Peer-Reviewed, Original Content)
- Norman-Burgdolf, H., Mullins, J., Norris, A. (2019). Savor the Flavor: Seasoning with Spices. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-630; pp.4. (Peer-Reviewed, Original Content)
- Norman-Burgdolf, H., Mullins, J., Norris, A. (2019). Savor the Flavor: Cooking with Oils and Vinegars. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FCS3-628; pp.6. (Peer Reviewed, Original Content)

Sustainable Eating Curriculum (2017)

This three-lesson curriculum has been peer-reviewed and includes background information for Agents, learning outcomes and activities, evaluation and reporting tools, and these three publications:

- Food and Community
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3587/FCS3587.pdf>
- Eating from the Earth
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3588/FCS3588.pdf>
- Sustainable Community Food Systems
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3589/FCS3589.pdf>

Weight ~ The Reality Series Curricula (2017)

This 22-lesson set consists of two series: Becoming Weight Wise and Becoming Body Wise. The first series of 11 lessons was introduced in 2005. The second series was introduced in 2008. Thanks to colleagues in Agricultural Communications and Family and Consumer Sciences Extension, the entire curricula set has been edited, designed, and posted on an internal web page accessible by County Extension Agents for Family and Consumer Sciences. Each lesson includes a leader's guide, presentations, recipes, activities, participant monitoring forms, and program evaluation and reporting tools.

INSTRUCTION AND ADVISING:

- **DHN 300 Agriculture, Food, & Health in Ghana, West Africa, Summer I, 2015 -2019**
(with Ms. Yolanda Jackson and Dr. Kwaku Addo, Prairie View A&M, Texas) Education abroad course traveling to Ghana with focus on food, health, and nutrition.

- **DHN 603 Advanced Community Program Development, Fall 2005- present**

This course focuses on concepts and theories of program development, use of planned goals and objectives, use of data from national monitoring, survey and surveillance programs, and community assessment to guide decision making for program development. Program planning, social marketing, and formative, process, and outcome evaluation are examined and applied to community program development. We learn much from each other. Every student is encouraged to be an engaged participant. The course employs a variety of teaching strategies; we use experience, active learning, and reflection to enhance the learning process.

- **DHN 605 Food Systems and Society, Fall 2015-2018**

This course follows food from farm to table, including growing, harvesting, processing, packaging, transporting, marketing, consumption, and disposal. Policy and culture determine who eats what and who

benefits and losses in any given food system. As result, food systems vary considerably across the world with each evolving to affect overall health. The course will assess sustainability of food systems and explore the ethical, economical, socio-ecological, and environmental factors that affect local, regional, national, and global food system development. Content includes case study evaluations and current research in the field.

CREDENTIALS:

- American Academy of Nutrition and Dietetics, Commission on Dietetic Registration, R629751, Certificate in Adult Weight Management
- Kentucky Board of Licensure and Certification, Licensed Dietitian, KY-1370

SIGNIFICANT CAREER HONORS, ELECTED POSITIONS, AND APPOINTMENTS:

International

2020 Chair, 15th Anniversary Universities Fighting World Hunger Summit
2011 Co-Founder, School Feeding Program, The Kentucky Academy Kindergarten, Ghana

National

- 2020-2021 Academy of Nutrition & Dietetics, Hunger and Environmental Nutrition Practice Group
New Resources on Sustainable Food Systems Working Group
- 2016-2021 Extension Multi-State Project (NC3169)
EFNEP Related Research, Program Evaluation, and Outreach

State

2009-2012 Kentucky Public Policy Coordinator, American Academy of Nutrition and Dietetics
2005-2007 Agriculture Faculty Council, UK College of Agriculture, Food, and Environment
2002-2004 Board of Directors, Kentucky Association of State Extension Professionals
2002 Outstanding New Specialist, Kentucky Association of State Extension Professionals
2003-2004 President, Kentucky Academy of Nutrition and Dietetics
1998-2000 Treasurer, Kentucky Academy of Nutrition and Dietetics
1986 Kentucky Recognized Young Dietitian of the Year

CONTACT INFORMATION:

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