



1. ORIGINS

Susan Welsh, Ph.D., RD

US Department of Agriculture



Multistate Research Fund Projects Are:

- **5 yr. team research projects**
- **Funding: Congress → USDA → State Agriculture Experiment Station (SAES) at land-grant universities**
- **Accountability: SAES → USDA → Congress**
 - **Projects competitively approved by Regional Associations of SAES Administration**
 - **SAES Administrative Advisors and CSREES liaison to ensure productivity**
 - **Annual reports (CRIS) publically available through (<http://cris.crees.usda.gov>)**
 - **Mid-term and final review by Regional Association**

Advantages of Multistate Research Fund Projects

- **Continuing professional network**
- **Synergy**
- **Efficient & Productive**
- **Mistake Insurance**
- **Professional Development (disciplinary & administrative)**
- **Graduate Education**
- **Competitive Advantages for grants—large diverse samples, experienced team, broad expertise, preliminary work.**

Multistate Research Fund Projects

- **'91-'96 NC200: Behavioral and health factors that influence the food consumption of young adults**
- **'96-'01 NC219 Using stages of change model to promote consumption of grains, vegetables and fruits by young adults**
- **'01-'06 NC219 Renewal: Using stage-based interventions to increase fruit and vegetable intake in young adults**
- **'06-'11 NC1028: Promoting healthful eating to prevent excessive weight gain in young adults**

USDA COMPETITIVE Grants

- **'01 –'04 Using the Stages of Change Model to Increase Fruit and Vegetable Intake**
- **'01 –'06 A stage-based intervention to increase fruit and vegetable intakes of young adults**
- **'05-'10 Behavior change for obesity prevention in young adults (Web Health)**
- **'09 –'12 Development of a randomized trial, guided by the process of PRECEDE-PROCEED for prevention of excessive weight gain in communities of young adults**

Web Health Successes

- \$5M in major grants + other small grants
- At least 60 publications
- 14 Doctoral and 40 Masters students
- Numerous presentations at SNE, ADA, AAAS, APHA, EB, ISBNPA, NASULGC, International Congress of Behavioral Medicine, International Congress of Obesity

Web Health Successes Cont'd

The success of the multistate project was helpful in professional advancement:

- Promotion to associate professor (1)
- Promotion to full professor (5)
- Selection as department chair/head (2)
- Selection as program director (4)
- Selection as associate dean (1)

Team Members

- Alabama, Tuskegee University: Beatrice Phillips*
- University of Arizona: Anne Tinsley, Beth Stewart
- George Southern University: Wanda Koszewski
- University of Idaho: Kathy Keim
- Iowa State University: Rosalie Amos, Mary Jane Oakand, Onikia Esters
- Kansas State University: Paula Peters, Barbara Lohse, Tanda Kidd
- University of Maine: Adrienne White*
- Michigan State University: Sharon Hoerr*
- University of Nebraska: Nancy Betts, Jamie Ruud, Linda Boeckner
- Pennsylvania State University: Barbara Lohse, Jill Patterson
- New Jersey, Rutgers University: Carol Byrd-Bredbenner
- New York, Syracuse University: Tanya Horacek
- North Carolina, East Carolina University: Sarah Colby
- Oregon State University: Connie Georgiou
- University of Rhode Island: Geoffrey Greene, Deborah Riebe, Joseph Rossi, Bryan Blissmer
- South Dakota State University: Marylyn Swanson, Kendra Kattelmann
- University of Wisconsin: Jane Voichick, Susan Nitzke, Gayle Coleman
- CSREES Liaisons: Mel Mathias, Susan Welsh

