

Curriculum Vitae

Penny A Ralston

March 31, 2013

University address: Center on Better Health and Life for Underserved Populations
Family and Child Sciences
College of Human Sciences
Physical: 2010 Levy Ave., Suite 288; Mail: C2200 University Center
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Professional Preparation

- 1978 Ph.D., Aca, University of Illinois. Major: Education. Gerontology.

 Ralston, Penny A. (1978). *Educational Needs and Activities of Older Adults: Their Relation to Senior Center Programs*. Unpublished doctoral dissertation, University of Illinois.
- 1975 M.A., University of Illinois. Major: Education.

Professional Experience

- 2007–present Professor, Dean Emeritus & Director, Family and Child Sciences, Florida State University.
- 1992–2007 Professor and Dean, College of Human Sciences, Florida State University.

Fellowship(s)

- Fellow, Association of Gerontology in Higher Education (2000).
Fellow, Gerontological Society of America (1992).

Honors, Awards, and Prizes

Gift of Wisdom Mentor Award, Women for Florida State University (2011). (\$0).
Lifetime Achievement Award, Board on Human Sciences (2011). (\$1,000).
Lifetime Achievement Award, board on Human Sciences (2011).
National Role Model Citation Award, Minority Access, Inc (2004). (\$0).
Distinguished Service Award, American Association of Family and Consumer Sciences (2003).
(\$0).
Distinguished Alumni Award, Ball State University (1998). (\$0).

Current Membership in Professional Organizations

American Association of Family and Consumer Sciences
American Public Health Association
Gerontological Society of America

Teaching

My career has encompassed teaching, research and service. However, the bulk of my career was in administration (1987-2006), serving as department chair at the University of Massachusetts and dean at Florida State University.

Courses Taught

Internship-Family/Child (FAD5944)
Internship Child Development (CHD4944)
Seminar in Family and Child Sciences (FAD5934)
Special Topics: Family or Housing (FAD4936)
Readings in Family and Child Sciences (FAD5900)
Social Science Honors Seminar (ISS2937)
The Educative Process (HEE4054)

Doctoral Committee Member

Lemacks, J. L., graduate. (2012).
Coccia, C. C., graduate. (2011).
Clarke, L. P., graduate. (2010).
Gray, K. D., graduate. (2007).
Dickey, S. L., doctoral candidate.
McNeil, S., doctoral student.

Master's Committee Chair

Elliott, D., student. (2013). *N/A*.

Master's Committee Member

Farmer, T. E., graduate. (2011).

Maxwell, M. R., graduate. (2011).

Fridie, M. L., graduate. (2009).

Chi, Yi-Chih, student.

Post, J. L., student.

Research and Original Creative Work

Program of Research and/or Focus of Original Creative Work

My research focuses on program development, including the development and use of community-based organizations and the development of higher education programs, especially for underserved students. Most recently, my work has focused on developing and determining the effectiveness of health interventions for underserved populations, using community-based participatory research approaches.

Publications

Refereed Journal Articles

Wickrama, K. A. S., Ralston, P. A., Ilich-Ernst, J., Harris, C. M., Coccia, C., Young-Clark, I., & Lemacks, J. L. (in press). Linking Life Dissatisfaction to health behaviors of older African Americans through psychological competencies and vulnerability. *Research on aging*.

Dole, M., Ralston, P. A., Coccia, C., & Young-Clark, I. (2013). Tracking tool improves health behaviors in African American adults in a faith-based setting. *Journal of Healthcare for the Poor and Underserved, 24 (1)*, 171-184.

Maxwell, M., Lemacks, J., Coccia, C., Ralston, P. A., & Ilich, J. (2012). A student-led pilot project to improve calcium intake and a healthy lifestyle in African American communities. *Topics in Clinical Nutrition, 27 (1)*, 54-66.

Ralston, P. A., Cohen, N., Wickrama, K. A. S., & Kwag, K. (2011). Social supports and dietary quality in older African American public housing residents. *Research on Aging, 33 (6)*, 688-712.

- Allen, C. M., Butler, E. S., Negusei, J., Hart, C., Lopez, I., Harris, C. M., & Ralston, P. A. (2010). Translating Hemoglobin A1c Scores across an Ethnically Diverse Population: Is the Language Consistent across All races? *Florida Public Health Review*, 7, 101-105.
- Davis, K., Johnson, L., Ralston, P. A., Fields, M. E., Young-Clark, I., Colyard, V., Fluellen, V., & Rasco, M. R. (2010). Perceptions, experiences and use of resources of selected HBCU students' transition to graduate and professional roles in family and consumer sciences. *Family and Consumer Sciences Research Journal*, 39, 107-118.
- Johnson, L., Ralston, P. A., & Jones, E. (2010). Beauty Salon Health Intervention Results in Increased Fruit and Vegetable Consumption in African American Women. *Journal of the American Dietetic Association*, 110 (6), 941-945.
- Nickols, S., Ralston, P. A., Anderson, C., Browne, L., Schroeder, G., Thomas, S., & Wild, P. (2009). The Family and Consumer Sciences body of knowledge and the cultural kaleidoscope: Research opportunities and challenges. *Family and Consumer Sciences Research Journal*, 37 (3), 266-283.
- Ralston, P. A., Greenwood, B., Floyd, K., Young-Clark, I., Cornille, T., Jenkins, T., Henerson, M., Mullins, A., Brown, L., & Gaskin, D. (2009). Nutrition Education Initiative: A School-based program to improve eating practices of preadolescents. *Journal of Family and Consumer Sciences*, 101 (2), 47-52.
- Rankins, J., Nathan, T., & Ralston, P. A. (2009). Integrating nutrition education and meal service into a faith-based prostate screening program: a strategy for reaching African American men. *Journal of Nutrition Education and Behavior*, 41 (1), 71-72.
- Ralston, P. A., Furlow, J., Hart, C., Baker, L., Dilworth, L., & Ford, C. (2007). The Community Wellness Program: An Intergenerational Seminar for African Americans. *Journal of Health Care for the Poor and Underserved*, 18, 21-27.
- Ralston, P. A., Cloud, R., & Bell, J. (2005). Step Ahead: Diversifying graduate programs through recruitment and retention. *Journal of Family and Consumer Sciences*, 97 (1), 39-44.
- Ralston, P. A., Floyd, K., Fluellen, V., Colyard, V., Fields, M. E., Rasco, M., & Bell, J. (2004). The SciencePrep Project: Strengthening scientific preparation of diverse undergraduates. *Journal of Family and Consumer Sciences*, 96 (3), 16-25.
- Ralston, P. A. (2003). Diversifying the health professions: A model program. *American Journal of Health Behavior*, 27 (3), 235-245.
- Dancy, J., & Ralston, P. A. (2002). Health promotion and black elders: Subgroups of greatest need. *Research on Aging*, 24 (2), 218-242.

- Miles, J., & Ralston, P. A. (2001). Capacity building: A practice perspective. *Journal of Family and Consumer Sciences*, 94 (2), 11-12.
- Ralston, P. A. (2001). The soul of the Profession: An open letter to my students. *Journal of Family and Consumer Sciences*, 93 (2), 26-30.
- Ralston, P. A. (2000). The MEMS Program: Increasing minority professionals in the food and nutritional sciences. *Journal of American Dietetic Association*, 100 (12), 1449-1450.
- Simerly, C., Ralston, P. A., Harriman, L., & Taylor, B. (2000). The Scottsdale Initiative; Positioning the profession for the 21st Century. *Journal of Family and Consumer Sciences*, 92 (1), 75-80.
- Ralston, P. A., & Cohen, N. (1999). Nutrition education and the black elderly: A strategic approach. *Journal of Nutrition Education*, 31 (4), 230-234.
- Rankins, J., Weatherspoon, L., Cook, L., Reed, C., Shuford-Law, J., Davis, Y., & Ralston, P. A. (1999). Influences of a chronic disease risk reduction curriculum called "Live" on fat and fiber knowledge and attitudes of black and white adolescents. *Journal of Nutrition Education*, 32 (1), 14-20.
- Cohen, N., Ralston, P. A., Laus, M. J., Burmudez, O., & Brennan-Olson, R. (1998). Food practices, service use and dietary quality in elderly Blacks. *Journal of Nutrition for the elderly*, 17 (4), 17-34.
- Ralston, P. A., Lamikanra, V., Weatherspoon, L., & Musingo, M. (1998). Mentoring minority students for the Ralston, P. and Bowen, C. (eds.) Special issue on ethnicity. food and nutritional sciences: A collaborative program. *Journal of Family and Consumer Sciences*, 92 (3) 92 (4), 50-55.
- Ralston, P. A. (1994). Flemma P. Kittrell: Her views and practices regarding home economics in higher education. *Journal of Home Economics*, 86 (1), 16-24, 41.
- Ralston, P. A. (1993). Health promotion and rural black elderly: A comprehensive review. *Journal of Gerontological Social Work*, 20 (1/2), 53-78.
- Ralston, P. A. (1991). Determinants of senior center attendance and participation. *Journal of Applied Gerontology*, 10 (3), 258-273.
- Ralston, P. A. (1991). Distinctive themes from black home economist. *Journal of Home Economics*, 84 (2), 39-44.
- Ralston, P. A. (1991). Senior centers and minority elders: A critical review. *The Gerontologist*, 31 (3), 325-331.

- Mwonya, R., Ralston, P. A., & Beavers, I. (1987). Nutrition knowledge test for older adults. *Journal of Nutrition for the Elderly*, 6 (4), 3-16.
- Ralston, P. A. (1986). Senior centers in rural communities: A qualitative study. *Journal of applied Gerontology*, 5 (1), 76-92.
- Hausafus, C., Ralston, P. A., & Delanoit, P. (1985). Rural older adults: Participation in and perceptions of an educational delivery system. *Educational Gerontology*, 11, 211-223.
- Ralston, P. A., Beavers, I., Schultz, J., & Ebert, G. (1985). The adult home economics education program: Follow-up of graduates. *Journal of Vocational Home Economics Education*, 2 (4), 76-90.
- Ralston, P. A., & Griggs, M. (1985). Factors affecting utilization of senior centers: Race, sex, and socioeconomic differences. *Journal of Gerontological Social Work*, 9 (1), 99-111.
- Ralston, P. A. (1984). Senior center utilization by black elderly adults: Social, attitudinal and knowledge correlates. *Journal of Gerontology*, 39 (2), 224-229.
- Ralston, P. A., & Jones, R. (1984). The Gerontology Workshop Series: A successful effort to educate gerontology professionals in Iowa. *Gerontology and Geriatrics Education*, 4, 43-56.
- Hausafus, C., & Ralston, P. A. (1983). The development of EDITHE: A computer program for preservice home economics teachers. *Journal of Vocational Home Economics Education*, 1, 24-34.
- Ralston, P. A. (1983). Learning needs and efforts of the black elderly. *International Journal of Aging and Human Development*, 17, 75-88.
- Ralston, P. A. (1982). Levels of senior centers: A broadened view of group-based programs for the elderly. *Activities, Adaptation, and Aging*, 3, 79-91.
- Ralston, P. A. (1982). Perception of senior centers by the black elderly: A comparative study. *Journal of Gerontological Social Work*, 4, 127-137.
- Ralston, P. A. (1981). Educational needs and activities of older adults: Their relationship to senior center programs. *Educational Gerontology*, 7, 231-244.
- Ralston, P. A. (1978). Black participation in home economics: A partial account. *Journal of Home Economics*, 70, 34-37.

Refereed Books

Ralston, P. A., Lerner, R., Mullis, A., Simerly, C., & Murray, J. (1999). *Social Change, Public Policy and Community Collaborations: Training Human Professionals for the Twenty-First Century*. Norwell, MA: Kluwer Academic Publishers.

Invited Book Chapters

Ralston, P. A. (2008). Promoting dietary health in older African American women: Some recommendations for community-based health interventions. In N. Illeweg, & E.B. Parsons (Eds.) (Eds.), *Female African Americans and Health Research*. Nova Science Publishers Inc.

Ralston, P. A. (1997). Mid-life and older black women. In J. Coyle (ed.) (Ed.), *Handbook on Women and Aging* (pp. 273-289). Westport, CT: Greenwood.

Ralston, P. A. (1993). Nutrition and the rural elderly. In J. Krout (Ed.) (Ed.), *Providing Community Based Services to the Rural Elderly*. Newbury Park: Sage.

Ralston, P. A. (1988). Black participation in home economics: Review and reflection. In *Yearbook 8, Empowerment Through Difference, Multicultural Awareness in Education*. Washington, D.C.: American Home Economics Association (in conjunction with Glencoe Publishers, Peoria, IL).

Ralston, P. A. (1987). Senior center research: Policy from knowledge? In E. Borgatta, & R. Montgomery (Eds.) (Eds.), *Critical Issues in Aging Polich*. Hollywood, CA Sage.

Ralston, P. A. (1982). Virginia F. Thomas. In L. Bailey, & B. Davis (Eds.) (Eds.), *Yearbook 2, Seventy Significant Leaders*. Washington, D.C. American Home Economics Association (in conjunction with Glencoe Publishers, Peoria, IL).

Invited Reviews

Ralston, P. A. (1993). Aging in Black America. *Aging and Society*.

Ralston, P. A. (1986). America's Older Population by Paul E. Zopf, Jr. *Journal of Gerontology*, 41 (5), 682-683.

Refereed Reviews

Ralston, P. A. (1978). The black elderly: A guide for practitioners. *The Gerontologist*, 18, 599-600.

Presentations

Refereed Papers at Conferences

Coccia, C., Farmer, T., Bellamy, G., Aubrey, A., Vazquez, J., Young-Clark, I., & Ralston, P. A. (presented 2011). *Using Health-Related Foto Novellas as a Teaching Tool with African Americans in Adult Literacy programs: A Formative Evaluation*. Paper presented at American Association of Family and Consumer Sciences, American Association of Family and Consumer Sciences, Phoenix, AZ. (National)

Coccia, C., Ralston, P. A., Young-Clark, I., Illich, J., Wickrama, K. A. S., & Harris, C. M. (presented 2011). *Dietary Patterns of Midlife and Older African Americans: Development of a Culturally Appropriate Food Intake Instrument and Descriptive Findings*. Paper presented at American Association of Family and Consumer Sciences, American Association of Family and Consumer Sciences, Phoenix, AZ. (National)

Jones, E., Ralston, P. A., & Young-Clark, I. (presented 2011). *SciencePrep II: The Expansion of a Model Program*. Paper presented at American Association of Family and Consumer Sciences, American Association of Family and Consumer Sciences, Phoenix, AZ. (National)

Ralston, P. A., Ilich, J., Wickrama, K. A. S., Harris, C. M., Coccia, C., & Young-Clark, I. (presented 2011). *Faith based approaches to Reduce Cardiovascular Risk. Correlates of Behavior Change in African American Adults*. Paper presented at American Public Health Association Annual Meeting, American Public Health Association, Washington, D.C. (National)

Wickrama, K. A. S., Ralston, P. A., Ilich, J., Harris, C. M., Coccia, C., & Young-Clark, I. (presented 2011). *Life Dissatisfaction and Unhealthy Eating Behaviors among Older African Americans: The Protecting Role of Social Support*. Paper presented at Gerontological Society of America, Gerontological Society of America. (National)

Coccia, C., Ralston, P. A., Farmer, T., Maxwell, M., & Young-Clark, I. (presented 2010). *The Effectiveness of a Church-Based Family Focused Health Intervention: Correlates of parent-Child Health Behavior Change*. Paper presented at Annual American Dietetic Association Food & Nutrition Conference and Expo, American Dietetic Association Food & Nutrition Conference and Exp. (National)

Johnson, L., Ralston, P. A., & Jones, E. (presented 2010). *Beauty Salon Health Intervention Results in Increased Fruit and Vegetable Consumption in African American Women*. Paper presented at American Association of Family and Consumer Sciences, American Association of Family and Consumer Sciences, Cleveland, OH. (National)

Jones, E., Ralston, P. A., Coccia, C., & Young-Clark, I. (presented 2010). *The Research Resource Guide: A Formative Evaluation*. Paper presented at American Association of

Family and Consumer Sciences, American Association of Family and Consumer Sciences, Cleveland, OH. (National)

Pate, A., Ralston, P. A., & Fluellen, V. (presented 2010). *Programs Available to Young Adults Aging Out of Foster Care: A Review*. Paper presented at American Association of Family and Consumer Sciences, American Association of Family and Consumer Sciences, Cleveland, OH. (National)

Ralston, P. A., Farmer, T., & Young-Clark, I. (presented 2010). *Improving Blood Pressure Control in African Americans: A Church-based project*. Paper presented at American Association of Family and Consumer Sciences, American Association of Family and Consumer Sciences, Cleveland, OH. (National)

Ralston, P. A., Illich-Ernst, J., Wickrama, K. A. S., Harris, C., Coccia, C., & Young-Clark, I. (presented 2010). *Health Behavior Changes in Mid-life and Older African Americans: Effectiveness of a Faith-based CBPR Model to Reduce Cardiovascular Disease Risk*. Paper presented at Annual Scientific Meeting, Gerontological Society of America. (National)

Anderson, C., Andrews, M., Ralston, P. A., & Vincenti, V. (presented 2009). *Honoring the past: Reflections on integration in the profession*. Paper presented at Super Seminar panel presentation at the meeting of the American Association of Family and Consumer Sciences, American Association of Family and Consumer Sciences, Knoxville, TN. (National)

Nickols, S. Y., Anderson, C. L., Ralston, P. A., Schroeder, G. A., Browne, L., Thomas, S. L., & Wild, P. (presented 2007). *Our cultural Kaleidoscope embedded in the family and consumer sciences body of knowledge*. Paper presented at American Association of Family and Consumer Sciences, American Association of Family and Consumer Sciences, Reno, NV. (National)

Anderson, C. L., Thomas, S., Nickols, S. Y., Ralston, P. A., Browne, L., Wild, P., & Schroeder, G. (presented 2006). *Applications for communicating the family consumer science body of knowledge: Focus on thriving in the threatening time*. Paper presented at American Association of Family and Consumer Sciences, American Association of Family and Consumer Sciences, Charlotte, NC. (National)

Gentzler, Y., Hausafus, C., & Ralston, P. A. (presented 2000). *The Family and consumer Sciences Leadership Academy*. Paper presented at Panel Presentation at the American Association of Family and Consumer Sciences, American Association of Family and Consumer Sciences, Washington, D.C. (National)

Contracts and Grants

Contracts and Grants Funded

- Ralston, Penny A (PI). (Jul 2012–Jun 2013). *Facilitating The Health Risk Assessment Pilot Project: P*. Funded by University of Florida. (1300203935). Total award \$49,024.
- Ralston, Penny A (PI). (Jun 2012–May 2013). *Hope Through Childhood Obesity Prevention Education*. Funded by Florida A&M University. (C-3457). Total award \$10,000.
- Ralston, Penny A (PI). (Mar 2012–Mar 2013). *Development of the AME Church Health-Smart Behavior Prog*. Funded by University of Florida. (UF12150). Total award \$7,841.
- Ralston, Penny A (PI). (Feb 2012–Sep 2012). *Educating Women About the Programs, Benefits, and Rights*. Funded by John Snow, Incorporated. (None). Total award \$2,500.
- Ralston, Penny A (PI). (Nov 2011–Jun 2012). *Facilitating Health Risk Assessment Pilot Project*. Funded by University of Florida. (1200160332). Total award \$44,038.
- Ralston, Penny A (PI). (Oct 2011–Jun 2012). *The Florida Alliance for Health Professionals Diversity*. Funded by Florida Department of Health. (A4D164). Total award \$26,000.
- Ralston, Penny A (PI), & Littles, A. B. (Feb 2011–Aug 2011). *Florida Alliance for Health Professions Diversity - Incr*. Funded by Florida Department of Health. (CO0M8). Total award \$49,926.
- Ralston, Penny A (PI). (Oct 2010–Jun 2012). *Health Education Management and Evaluation Services Proj*. Funded by Gadsden County Health Department. (A44BD2). Total award \$33,420.
- Ralston, Penny A (PI). (Aug 2010–Oct 2011). *Cooperative Systems: Tallahassee's Healthy Kids for a He*. Funded by Florida A&M University. (C-2927). Total award \$4,700.
- Ralston, Penny A (PI). (Feb 2010–Jun 2010). *Health Promotion with African American Males*. Funded by Gadsden County Health Department. (A1B50D). Total award \$10,000.
- Ralston, Penny A (PI). (Jan 2010–Jun 2010). *Scholars Program and Symposium Project*. Funded by Florida Department of Health. (A1837A). Total award \$5,000.
- Ralston, Penny A (PI). (Nov 2008–Aug 2012). *FAMU - FL Alliance for Health Professionals Diversity Co*. Funded by Florida A&M University. (0000061853). Total award \$3,000.
- Ralston, Penny A (PI). (Jul 2008–Jun 2009). *Church Based Health Promotion to Improve Blood Pressure*. Funded by Capital Health Plan. (NONE). Total award \$138,211.

Ralston, Penny A (PI), & Ilich-Ernst, J. Z. (Jun 2008–Jan 2013). *Reducing Cardiovascular Risk in Mid-Life and Older*. Funded by National Center on Minority Health and. (R24MD002807). Total award \$1,731,340.

Ralston, Penny A (PI). (Apr 2008–Aug 2008). *Florida Alliance for Health Professions Diversity Collab*. Funded by Florida Department of Health. (DO940001). Total award \$5,000.

Ralston, Penny A (PI). (Oct 2007–Sep 2008). *Taking the Lead in Community Wellness*. Funded by Florida Breast Cancer Coalition Res. Fdn. (NONE). Total award \$10,000.

Ralston, Penny A (PI). (Jun 2007–Jun 2007). *Florida Alliance Initiative: A Project to Diversify the*. Funded by Florida Department of Health. (DO541348). Total award \$5,000.

Ralston, Penny A (PI). (Oct 2006–Feb 2007). *Comprehensive Strategic Plan for the Human Sciences*. Funded by Prairie View A&M University. (SC10044). Total award \$32,001.

Ralston, Penny A (PI), & Greenwood, B. B. (Mar 2005–Sep 2005). *Nutrition Education Initiative for Florida State Univers*. Funded by Florida Department of Children. (LF073). Total award \$83,258.

Ralston, Penny A (PI), & Greenwood, B. B. (Oct 2004–Mar 2005). *Settlement Agreement for DCF Contract # LF073*. Funded by Florida Department of Children. (NONE). Total award \$21,821.

Ralston, Penny A (PI). (Sep 2004–Aug 2008). *Science Prep II*. Funded by South Carolina State University. (04-443620-FCS-FSU-FL). Total award \$76,598.

Ralston, Penny A (PI). (May 2004–Jun 2004). *Ft. Valley State University Internship Program*. Funded by Fort Valley State University. (NONE). Total award \$3,500.

Greenwood, Bonnie B (PI), Cornille, T. A., & Ralston, P. A. (Apr 2004–Dec 2004). *Nutrition Education Initiative in Leon County Middle Sch*. Funded by Leon County School Board. (LCS-9830-1009). Total award \$18,000.

Service

Florida State University

FSU University Service

administrative, Served as dean of the College of Human Sciences (1992–2006).

FSU Institute or Center Service

Administrative, Serve as director, Center on Better Health and Life for Underserved Populations (2006–2013).

The Profession

Editorial Board Membership(s)

Journal of Nutrition for the Elderly (1993–2011).

The Gerontologist (2004–2007).

Guest Reviewer for Refereed Journals

Public Health Nutrition (1993–2013).

Canadian Journal on Aging (1992–2013).

Educational Gerontology (1992–2013).

Journal of Applied Gerontology (1992–2013).

Research on Aging (1992–2013).

The Gerontologist (1992–2013).

Reviewer or Panelist for Grant Applications

National Institutes of Health (2009–2013).

USDA (National Needs, Capacity Building, Challenge) (2002–2010).

US Health and Human Services, CDC (2009).

National Science Foundation IGERT (2002).

Service to Professional Associations

Public Member, Board of Directors, American Dietetic Association (2004–2007).

Chair, Federal Relations Committee, Board on Human Sciences (2001–2003).

Member, Executive Committee, Board on Human Sciences (1989–2003).

President, American Association of Family and Consumer Sciences (1996–1997).

The Community

Vice President, Tallahassee Chapter of The Links, Inc (2011–2013).

Member, Rotary Club of Tallahassee (1993–2013).

Service to the State

Ralston, P. A. (2006–2013). *Biomedical Research Advisory Council*. Florida Department of Health.