The Department of Individual, Family and Community Education

Research Showcase 2018

March 1, 2018
Travelstead Hall
UNM
Welcome to the Department of Individual, Family and Community Education Research Showcase 2018!

The kids in the cover photo are very important to us. We work for their education, health and wellbeing individually and collectively. Research conducted in this department informs many aspects of their lives and informs those who educate and care for them. From family dynamics, maternal health, children’s sleep, mental health, their schooling, and what they eat for breakfast, IFCE researchers are working for these kids. Join us to work for them!

Given the diversity of topics researched in the department, researchers from all parts of campus and the community may well find collaborators in IFCE. Department faculty have worked on funded projects at the Health Science Center, the School of Engineering, and the College of Arts and Sciences to name a few.

We are always willing to work together with other UNM colleagues and community partners to meet the needs of New Mexico and beyond.

Let us know how we can help.

Jay Parkes, Ph.D.
Department Chair
Posters Presented

#2670077

Ethnic Socialization Mechanisms Associated with U.S. Latino Youth's Prosocial Behaviors Towards Different Targets

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Despite the large presence of Latino youth in the U.S., there is a relative lack of research examining positive outcomes, including prosocial behaviors, among ethnic minority youth, which may contribute to pathology and deficit-based approaches. The inclusion of cultural processes might be particularly important in models that investigate family socialization processes, as scholars have suggested that youth’s cultural values may be transmitted via parental practices and beliefs. Participants included 408 Latino/a youth. Findings suggested that familial ethnic socialization predicted ethnic identity, which in turn predicted familism and respect values. These values ultimately predicted young adults prosocial behaviors towards multiple targets.

Keywords: cultural values, prosocial behaviors, U.S. Latino/a youth, ethnic socialization
The Role of Mothers and Fathers in Predicting Adolescents' Peer Affiliation and Behavioral Adjustment

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The current study assessed mothers' and fathers' warmth and psychological control as predictors of adolescents' prosocial behaviors, aggression, and delinquency via positive and negative peer affiliation. Discussion will focus on the unique role of mothers and fathers in predicting adolescents' adjustment.

Keywords: parenting, peer relationships, prosocial behaviors, aggression, delinquency

UndocuResearch: Promoting Mental Health Among Undocumented Youth and Mixed Status Families

Thomas Anthony Chavez, Counselor Education Program

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Anti-immigrant rhetoric, laws, and policies contribute to high levels of stress among undocumented Latino youth and mixed status families. Available literature reveals that this population encounter challenges, such as racism, in maintaining positive mental health, educational achievement, and normative identity development. The link between anti-immigrant
sentiments and mental health among this population is not well investigated, especially among those who live in rural areas or are in higher education. Nevertheless, engaging in activism may promote wellbeing. This community-engaged investigation explores the experiences of undocumented youth and families in collaborative work toward developing a strength-based, multi-level, and culturally-congruent mental health intervention.

**Keywords:** Latino populations, undocumented youth, mental health, culturally responsive intervention development

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### Time Restricted Feeding: Finding the Interval Sweet Spot

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Nutrition and diet have always been key components to weight management. However, calorie restriction, meal frequency and timing are important factors for establishing healthy eating habits. Current research has emerged suggesting that time restricted feeding, a form of daily fasting, could be a potential tool for improving a client or patients success with weight loss. The objective of my proposed research is to compare different time restricted feeding schedules and the affects that they have body weight.

**Keywords:** fasting, nutrition, meal timing, health
Compassion satisfaction is an understudied phenomenon in the counseling literature. This study aimed to address models of mindfulness as a protective factor for the associations between a clinician's history of trauma and their experience with compassion satisfaction. Results from 113 clinicians indicated that mindfulness moderated the association between a clinician's history of trauma and compassion satisfaction. Findings also demonstrated mindfulness to be significant in supporting a clinician's experience with compassion satisfaction, overall. Implications are considered for clinicians, counseling training programs, and agency employers.

*Keywords*: mental health clinicians, trauma, mindfulness, compassion satisfaction
A Replication of “Differential Effects of Parental Controls on Adolescent Substance Use: For Whom is the Family Most Important”

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Purpose of research is to replicate the findings of “Differential Effects of Parental Controls on Adolescent Substance Use: For Whom is the Family Most Important,” whereby Fagen et. al sought to examine differential effects of parental controls on adolescent substance use through regression mixture modeling. Their findings identified differential effects of instrumental controls across individuals, while expressive parental controls were determined to be equally effective in substance use reduction across individuals. Replication and further validation is necessary to determine whether the use of regression mixture modeling is advantageous in examining differential effects of parental controls based on social control theories.

Keywords: replication, regression mixture modeling, adolescent substance use, social control theory, risk and protective factors
The Collateral Damage of Sibling Loss in Childhood: Grief, Coping, Resiliency, and Mindfulness in a Life Forever Altered

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Sibling loss in childhood has historically been somewhat of a neglected topic when compared to other areas of bereavement research. Grief support tends to center on the parents, leaving bereaved siblings with few resources designed expressly for sibling loss. Because of this, surviving siblings have sometimes been referred to as the Forgotten Mourners. The investigation of how pre-death sibling relationship qualities and dispositional characteristics of surviving siblings may influence the grief process is crucial to our understanding of how successful and adaptive recovery might be achieved in the wake of this life-altering loss.

Keywords: sibling death, sibling grief, bereavement

Exploration of the Relationship Between Pre-service Teachers’ Conceptions of Classroom Assessment, Learning and Future Intentions.

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The purpose of this study is to look at the relationship between pre-service teachers’ conceptions of assessment as students and their learning in a classroom assessment course as well as their intention to use classroom assessment to inform instructional decisions in their future classrooms.

*Keywords*: classroom assessment, pre-service teachers, learning

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*Cultivating Seeds of Wisdom and Well-Being in Schools and Communities: Trans-disciplinary Images and Insights*

Jan Armstrong, Educational Psychology Program

Kristopher Goodrich, Counselor Education Program

Karla Kingsley, Teacher Education, Educational Leadership and Policy

Shawn Secatero, Teacher Education, Educational Leadership and Policy

Kersti Tyson, Teacher Education, Educational Leadership and Policy

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A perennial challenge for schools of education concerns how best to prepare new teachers and administrators to work effectively in contemporary educational settings. The Supporting Transformative Action in Reciprocity Together (START) project enlisted educators from across the College of Education (COE) to reimagine our work, in collaboration with local teachers, administrators, schools and communities. This created new spaces within and beyond the COE for collaborative faculty research and professional development.
geared toward institutional renewal and change. In this presentation, we explore how fields outside teacher education can contribute to the preparation of creative, caring and resilient educators through the cultivation of wisdom and wellbeing. Contributors share research-based insights, concepts and practices that can help to support the wellbeing of educators and the students and communities they serve.

*Keywords*: higher education, Indigenous education, place-based educational research, teacher preparation, well-being

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**Assessment of Teacher Professional Dispositions in Educator Preparation Programs: Instrument Development**

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Erin Jarry, Special Education

Anne Madsen, College of Education

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Teacher skills and competencies develop within a dynamic process that unfolds as teachers gain experience, reflect on those experiences, and increase their knowledge through their practice (Katz, 1972). It is their dispositions that educators are able to be responsive and adaptive in their practice. Professional disposition is the means by which conceptual knowledge of practice is transformed into competent, responsive, and effective teaching. This poster describes the work that program coordinators from education preparation programs in the College of Education developed to assess the professional dispositions of students as they prepare to become classroom teachers.
Keywords: teacher disposition, InTasc Standards, assessment

#2677986

Grief Group Therapy Model

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Outline of a six-week grief group succession model presented. The grief group will be conducted by two doctoral students in Manzanita Counseling Center housed within the Counselor Education department. The purpose of the group is to provide brief grief group counseling to self-selected participants from the UNM campus and the proximal community.

Keywords: group therapy, grief therapy, grief group therapy, support groups, counseling

#2672138

Life Events and Prosocial Behaviors via Empathic Concern among Young Adults in Albuquerque

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The goal of the current study was to examine preliminary findings from an ongoing study of young adults in Albuquerque. The current project examined the associations
among life events, empathic concern, and six types of prosocial behaviors.

*Keywords:* life events, empathic concern, prosocial behaviors, young adults

#2672168

**Parenting Practices and Adolescents' Moral Developmental Outcomes**

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The current study assessed the links among specific parenting practices (social rewards, material rewards, and moral conversations), adolescents' empathy, and behavioral outcomes (i.e., delinquency, aggression, and prosocial behaviors).

*Keywords:* parenting practices, empathic concern, prosocial behaviors

#2674865

**How to Talk Less and Students to Engage More: Experiential Learning in The YOUR Classroom**

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Experiential learning is a philosophy of learning (Kolb & Kolb, 2005). Experiential learning theory is defined as “the process whereby knowledge is created through the transformation of experience. Knowledge results from the combination of grasping and transforming experience” (Kolb, 1984, p. 41). Students of all ages learn best by engaging with their environment (as evidenced by the works of John Dewey, Jean Piaget, William James, Carl Jung and Paulo Freire) (Kolb & Kolb, 2005). Research supports experiential learning as imperative for a holistic model of learning. Studies in adult education, specifically in the areas of management, education, psychology, information science, medicine, nursing, accounting, and law (see Kolb, Boyatizis & Mainemelis, 2001, for a review). The majority of studies reviewed suggest that including experience and activity-based learning encourages engagement and application of course material. This poster is aimed at presenting a brief review of the literature on experiential learning at the college level. Additionally, this poster will share specific experiential learning activities implemented in courses taught in Family and Child Studies at the University of New Mexico.

*Keywords:* experiential learning, student engagement

#2677257

*Self-reflective feedback following mindfulness-based meditation practices and training in Social Emotional teaching*

Matthew Lemberger Truelove, Counselor Education Program

David J. Atencio, Family and Child Studies Program

Alfredo Palacios, Counselor Education Program

Almut Zieher, Educational Psychology Program

Melissa Henry, Counselor Education Program
Social and emotional learning (SEL) is the process through which individuals acquire and effectively apply knowledge, attitudes, and skills necessary to regulate emotions, set and achieve positive goals, experience empathy for others, and establish and maintain positive relationships. This poster presents preliminary findings from the second year of the 'Enhancing Early Childhood Instruction to Support Children's Self-Regulation, Executive Functioning, and Readiness to Learn' project. Lessons learned from the first year of the study were applied in year two to develop and administer a five-week mindfulness-based & SEL intervention to Head Start teachers. Participants' self-reflective feedback is examined relative to standardized assessments of reflective thinking, emotional intelligence, and dispositional mindfulness.

**Keywords:** Mindfulness-Based Intervention, Social Emotional Learning, early childhood teaching, Head Start

#2678258

**Discrimination Experiences and Social Behaviors Among Young Adults**

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The current project utilizes data from young adults in Albuquerque to examine the associations between specific forms of discrimination (workplace discrimination, harassment, perceptions of stigma, social exclusion, and within group discrimination) and ethnic minority young adults'
social behaviors (helping behaviors, aggression, and delinquency).

*Keywords*: discrimination, social behaviors, young adults

#2642036

Possibilities, NOT Problems: Narratives that Explore Empowering Partnerships, Supportive Community Organizations, Healing, and Hope among Under-Served Youth of Color

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Adults and community organizations play a significant role in the healing process and in creating hope among youth of color from under-served communities. Healing and hope occurs through the collective and with/among empowering partnerships. Through hope youth can begin to envision the future they want for both themselves and their community members. The purpose of this study was to examine the ascendancy of healing and hope among 59 youth of color from a large under-served urban community. Broadly these narratives highlighted that youth felt a sense of isolation from a variety of resources; yet, when given the opportunity a sense of hope was developed through the acquisition of supportive partnerships and community programs, which in-turn engendered a perceived sense of community and belongingness.

*Keywords*: healing, hope, youth of color, youth-adult partnerships, empowerment
Math Problem Solving and Cognitive Growth in English Language Learners: Bridging the Achievement Gap at year 1

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Why do some ELL children excel and others remain at risk for math difficulties? This NSF grant has two objectives to address this question: (1) identify the cognitive basis for children who excel and those who fail in math performance among in Spanish speaking children who are learning English as a second language and (2) determine those cognitive and instructional variables that effectively mediate (e.g., positively impact) this relationship. The math, cognitive, language and behavioral outcomes will be linked to classroom observations of math instructional activities over three years. This work is designed to accurately identify where difficulties in learning mathematics lie and what processes may be identified to develop effective interventions.

Keywords: English language learners, cognition, math achievement, bilingual

The Prevalence of Binge Eating Disorder among college students and the perceived barriers for seeking treatment

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Binge eating disorder (BED) is a serious and often overlooked eating disorder. Individuals with BED are at increased risk of
developing many chronic diseases such as Type 2 diabetes and metabolic syndrome. BED is the most prevalent eating disorder however, is often under and undiagnosed. There are many barriers that individuals with BED may face that prevent them from seeking treatment, which can include lack of finances, guilt, shame, lack of awareness that they have an eating disorder, and not knowing where to seek treatment for BED. The purpose of this proposed research study is to evaluate college students who are at risk for BED and evaluate those factors that contribute to the development of BED in this population. The main goal is to confront underlying issues such as reasons why a person may not be seeking treatment and establish criteria for referring more patients to eating disorder certified healthcare providers. Understanding the most common factors that increase the risk of BED may help reduce barriers to seeking treatment and thus equipping healthcare providers to screen for and recognize BED in college age students.

**Keywords:** BED, barriers, students, self-reported factors, weight loss

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**What are the reasons why gynecologists do not refer Anorexia Nervosa patients to a higher level of care?**

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0.9% of U.S. women suffer from anorexia nervosa in their lifetime. Eating disorders have the highest mortality rate of any mental illness. Only one third of individuals struggling with anorexia nervosa in the U.S. obtain treatment. Young women that are relatively healthy and free from most chronic diseases, typically do not visit their primary care physician regularly. Individuals with anorexia nervosa may not self-
report but still visit their gynecologist for yearly check-ups and birth control. Gynecologists can play a vital role in referring anorexia nervosa patients to a Registered Dietitian or eating disorder clinic.

*Keywords*: anorexia, anorexia nervosa, eating disorder, gynecologist

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#2667203

**Do sugar sweetened beverages increase risk for developing NAFLD in New Mexican children?**

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The prevalence of non-alcoholic fatty liver disease is becoming an increasing problem among children and adolescents. Identifying dietary risk factors for NAFLD can enable healthcare professionals to develop strategies to prevent NAFLD and secondary complications. There has been little research examining the relationship between sugar-sweetened beverage consumption and NAFLD in young populations, and the literature is specifically lacking in studies examining this relationship in children of Hispanic ethnicity. For this reason, this study will evaluate the relationship between sugar-sweetened beverage consumption and NAFLD in New Mexican children.

*Keywords*: sugar-sweetened beverages, Non-Alcoholic Fatty Liver Disease, Pediatric NAFLD
Medical Nutritional Supplements and its Impact on Iron Status in Underweight Toddlers

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My poster describes a potential study about whether toddlers who are prescribed a medical nutritional supplement for weight gain by a Pediatrician are at risk for developing iron deficiency anemia.

Keywords: iron, deficiency, anemia

The Social Networks of LGB Youth: A New Story?

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Past research suggests that Lesbian, Gay, and Bisexual adolescent youth are socially isolated in school. This past work is becoming dated in light of more recent greater social acceptance of sexual minorities and more youth coming-out at a younger age. The current study includes one New Mexico junior high school to demonstrate whether current LGB adolescents are socially rejected or socially integrated. Results suggest that LGB youth are socially present throughout the most and least popular peer groups in school.

Keywords: social networks, LGBTQ, peers
The Effect of a Culinary Medicine Course on Nutrition Knowledge in Fourth Year Medical Students.

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How can physicians be empowered to motivate their patients in making better nutrition choices? One innovative method is the emerging practice of teaching necessary culinary skills along with some basic nutrition education via a Culinary Medicine (CM) course. The Culinary Medicine concept is based on the premise that teaching basic culinary skills to medical students will lead to positive personal changes due to the positive correlation between cooking skills and healthier eating, and thus, translate into teaching patients also to make healthier lifestyle changes. In this way, the Culinary Medicine course concept looks to address the inadequacies of the traditional medical school curriculum with regards to nutrition education.

Keywords: Culinary Medicine, nutrition, medical students

Actively Engaging Stakeholders in Evaluation with Games

Lee Ann Ratzlaff, Family and Child Studies Program

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Researchers often struggle with disseminating data in ways that community members and stakeholders can understand. This poster describes an interactive method of data collection and dissemination through the development of a board game.
Economic Stress and Prosocial Behaviors among Low-Income Adolescents: The Mediating Role of Parenting Practices

Alexandra N Davis, Family and Child Studies Program

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Parents who are experiencing stress may become overwhelmed and depleted of the cognitive and emotional resources necessary to effectively engage with youth, which may ultimately lead to negative outcomes among youth, as demonstrated by the family stress model (Conger et al., 1992). The current study aimed to extend these findings in a sample of low-income adolescents.

Keywords: economic stress, parenting, prosocial behaviors

Food Insecurity among University Students in the State of New Mexico

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Food insecurity could potentially affect students’ concentration levels and decrease productivity, both of which may interfere with academic responsibilities. To understand and develop associations with factors involved with food
insecurity among college students in New Mexico, the proposed study will evaluate the various factors related to self-reported food insecurity including hunger, ethnicity, socioeconomic status, and living on/off campus among college students enrolled at the University of New Mexico, College of Education.

*Keywords: food insecurity, college students*

#2675255

*Mediterranean Lifestyle and Healthy Ageing*

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Most humans would not only like to live longer, they would like to live without age-related diseases throughout their life. Oxidative stress is one factor that can alter the aging-health of an individual. It has been connected with causing chronic inflammation, some types of cancer, and possible cognitive affects. Antioxidants are a barrier to Oxidative stress or Reactive Oxidative Stress (ROS) but, antioxidant supplementation has not been correlated with reducing mortality and age-related diseases. What has been shown to be affective in improving long health is the Mediterranean diet. Along with the Mediterranean diet, evidence shows an interaction between nutrition and exercise and its effects on healthy ageing. The Mediterranean lifestyle which includes these factors can increase well-being and quality of life.

*Keywords: Mediterranean Diet, lifestyle, anti-oxidants*
Culinary Medicine and Medical Students' Dietary Habits

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There is a lack of nutrition education in medical schools with only an average of 18 hours. Culinary Medicine is an innovative way to combine teaching basic culinary skills and nutrition with the direct application to prevent chronic disease. The proposed research would focus on saturated fat and sugar intake of 4th year medical students at UNM enrolled in the Culinary Medicine course.

Keywords: Culinary Medicine, saturated fat and sugar intake, medical students

Predictors of Fathers' Estimates of their Children's Academic Behaviors

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The primary objectives of this study were to investigate whether mothers and fathers differed in their assessment of their sons’ and daughters’ school work (math, science, and social studies), and whether socioeconomic variables (age, education, income, family size, length of marriage, hours worked, and child’s age) were linked to fathers’ perception of their children’s academic behaviors (e.g., commitment to school). The mother-father pair from 150 intact families with a 2nd or 3rd grade child participated in the study. It was a convenient sample and the families were recruited from three major slum locations in Dhaka city, Bangladesh. Mothers and
fathers were interviewed separately to collect the data. Multivariate analysis of variance suggested that mothers and fathers had similar perceptions about their children’s school performance in math, science, and social studies and the gender of the child did not influence mothers’ and fathers’ perceptions about their children’s school performance. Fathers’ education and child’s age were significant predictors of fathers’ perception of their children’s academic behaviors. Findings are discussed in light of gender differences in parental perception about children’s schooling in urban slum families.

*Keywords:* fathers, children's academic behaviors, Bangladesh

#2676961

**Context Matters: How Maltreatment Relates to School Engagement and Achievement in Maltreated Adolescents**

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Adolescence is a time when most people navigate expanding social relationships, school expectations, and adult responsibilities, yet maltreatment may compound challenges faced by many adolescents. The current in-progress study explores associations among social relationships and peer deviancy with factors such as school engagement, future educational expectations, and academic achievement, while taking into account the maltreatment context. This study uses data from the NSCAW II, participant ages 11-17 years old (n = 677). The anticipated outcome of the study is to demonstrate ways in which maltreated adolescents, their parents and peers, and various contextual factors interrelate to contribute to academic outcomes.

*Keywords:* maltreatment, academic achievement, social relationships
Why are diabetic patients in NM not referred to a registered dietitian by a physician?

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In New Mexico, the prevalence of adult diabetes is: 11.6%. Diabetes in New Mexico have increased 4.5% within the last ten years. Overweight and obesity are the primary contributing factors. Complications of uncontrolled type 2 diabetes include: Cardiovascular disease Kidney disease Blindness Amputations Registered Dietitian Nutritionists (RDN’s) are specifically trained to educate and counsel patients with type 2 diabetes manage and control their disease though diet Possible reasons physicians do not refer their newly diagnosed patients to an RDN for medical nutrition therapy: Lack of availability to a RDN Low or lack of patient interest Lack of RDN insurance coverage Improved diet and lifestyle has been shown to reduce the complications associated with the disease

Keywords: diabetes, registered dietitian, physician, New Mexico, barriers

Are you empowered? A critical inquiry into unpacking relational empowerment

Andrea Jaquish, Family and Child Studies Program

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Empowerment is the perceived ability to gain mastery over one’s environment, as well as a sense of agency through groups, organizations and community-resources. The study of empowerment has largely focused on individuals, groups, and organizations, along with actions leveraged against systems of oppression. This poster presents the beginnings of a conceptual understanding that goes beyond these current notions and unpacks the role family, collaboration, and collective action have at the level of everyday experience. More specifically this poster frames an inquiry into relational empowerment.

*Keywords:* empowerment, family, relationships, collaboration, critical feminism

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Diet and weight gain in the time period between weigh-in and competition for mixed martial arts fighters.

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Losing and gaining weight in a short period of time are important aspects for Mixed Martial Arts (MMA) fighters. Due to the nature of this sport, weight division are used with the purpose to match fighters with someone similar to their own weight. This causes fighters to lose weight every time they are going to fight in order to reach the limit required for their division. After weigh-in, they must gain it back in order to recover and to try to have a weight advantage over their opponents. Research on the healthiest ways to do this is limited and therefore more is needed in order to ensure the physical safety of the fighters through an adequate diet and proper hydration.

*Keywords:* unprecedented, pioneering, evolve
Food Insecurity and Serum Vitamin D in Adults: An Analysis of NHANES 2011-2012 Data

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We evaluated serum vitamin D concentrations (25OHD) and associations with food security (FS) in adults using NHANES 2011-2012 data. Household FS (previous 12 months) was classified as full, marginal, or food insecure. 25OHD was classified as insufficient (<30ng/mL) or sufficient (≥30ng/mL). Multivariate linear regression assessed differences in mean 25OHD by FS status, adjusting for demographics and NHANES sample weights and sampling units. Household prevalence of food insecurity was 8.6%; 27.4% had insufficient 25OHD. Mean 25OHD in households with marginal FS (30.7ng/mL) and food insecurity (32.8ng/mL) was significantly lower than full FS (38.1ng/mL;p<0.0001). 25OHD was significantly lower in marginal compared to full FS only with adjustments (p=0.003). In addition to food insecure households, those with marginal FS should be screened for low 25OHD and interventions may aim to ensure sufficient 25OHD concentrations in this population.

Keywords: food insecurity, vitamin D, NHANES
Evaluating Children’s Books about Indigenous People

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Cotillion Sneddy, Language, Literacy, and Sociocultural Studies

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How do teachers select appropriate books about Indigenous people for young children? What should they use as criteria? Unfortunately, this is an area that seems to be overlooked, often leading to the selection and use of inappropriate books in the classroom. Researchers, working on this study, will evaluate children’s books that focus on Indigenous people, to determine their cultural responsiveness, and appropriateness as educational resources. The researcher have identified twelve categories that will be used to identify content and evaluate these books, they are: Tribe/Nation, Illustrations, Storyline/Theme/or Message, Lifestyles/Way of life, Relationships, Hero/Heroin, Possible Impact on Self-Image, Author’s Perspective, Vocabulary/Loaded Words, Copyright Date, Historical Perspectives, and Recommended Educational Uses.

Keywords: indigenous children’s books, culturally responsive
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Information Tables

Methodology Group @ UNM

Office of Graduate Studies

Graduate Resource Center

Ethical and Responsible Conduct of Research
Thank You!

Cynthia Salas, IFCE Department Administrator
Katherine Vazquez, IFCE Staff
Smith Frederick, COE Center for Student Success
John Kofonow, COE Center for Student Success
Steve Carr, Senior University Communication Representative
Katie Williams, University Communication Representative
Mary Wolford, COE Development Officer
Collaborations and Connections

For your own use, here is some space for you to keep track of the connections and potential collaborations you make this evening.

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