

**UNMC, College of Public Health**  
**Applied Practice Experience (APEX) Opportunities**

**Partner organization name:** Nebraska Extension

**Partner organization website:** <https://food.unl.edu/>; <https://food.unl.edu/foodinthefield>;  
<https://extension.unl.edu/>

**Partner organization brief description:** Nebraska Extension brings University of Nebraska expertise and research in 8 key areas of impact directly to Nebraskans in each of the states 93 counties. The Food, Nutrition, and Health Focus program area provides research-based information to youth and adults to help them make informed decisions surrounding health living with the ultimate goal of reducing the rate of obesity among youth and aid in the prevention of chronic disease development.

Food in the Field is a nutrition education program that seeks to help rural families make healthy eating choices during the busy seasons of harvest and planting. Since its creation in 2018, the program has reached 875 participants across Nebraska and Iowa. As a result of the program, 90% of participants have planned to implement small shifts towards a healthy eating pattern.

*“Small shifts in eating habits can make a big difference over time and not seem as painful as big changes.”*

**Partner organization’s point of contact name and email:**

Hannah Guenther, [Hannah.guenther@unl.edu](mailto:Hannah.guenther@unl.edu)

**Description of partner organization’s priority opportunities (APEX activities):**

- Aid in the development and creation of program documents including additional presentations focused on occupational and environmental wellness focused on rural health needs.
- Development and creation of health promotion marketing materials including physical activity, safety, and healthy behaviors to be distributed throughout rural Nebraska including clinics, hospitals, coops, and Extension programs. This also includes social media/web-based materials.
- Build expanded evaluation tool to capture qualitative and quantitative data so that defined behavior change can be monitored. This will include developing a follow up survey as well as developing a method to create and support a community among Food in the Field participants.
- Open to creating opportunities within Food in the Field for individuals to expand upon their passions for rural health and safety.

**Timeframe of proposed activities:**

Fall 2024; June 2024 – November 2024

We will plan on meeting throughout the work week (Monday – Friday) within the workday (8:30-4:30pm), but there is a lot of flexibility within that timeframe.

\*Note—An affiliation agreement will be required prior to student engagement

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**Benefit of proposed activities to partner organization:**

Food in the Field is currently taught, operated, and overseen by 1 (Hannah Guenther)! Bringing in a student would allow for the creation of new ideas, fresh perspective, and the opportunity for collaboration for the Food in the Field program.

Partnering with UNMC College of Public Health will also benefit Nebraska Extension by providing an inside look into the organization and an avenue for future partnership.

**Benefit of proposed activities to the student:**

This is a unique experience to get hands on experience working in public health promotion through nutrition education. You will be able to create research-based materials to solve real world problems in Rural Nebraskans to influence health behaviors.

This opportunity will provide insight into Nebraska Extension which is an amazing network that reaches across the state with the potential to develop meaningful partnerships and relationships across the organization.

Food in the Field is the only nutrition education program currently serving rural populations, you will have the chance to help shape the future of this program!

**Skill sets of students requested:**

- *Clear communication* is necessary for us to partner together. This will allow for idea sharing and help us work together while remote.
- *Program planning and creation* is important as we will be actively updating and working on live nutrition education program.
- *Evaluation Methods and data collection* would be utilized but is not mandatory.
- *Health Promotion skills and understanding* to aid in the development of materials and resources.

**Additional Information** (format of preferred engagement-virtual, hybrid, in-person; partner organization's location):

I am located in West Point, Nebraska which is a small rural community in Northeast, Nebraska. The preferred method of work will be hybrid primarily through regularly scheduled zoom meetings and shared documents via google drive on Canva. There are opportunities for in person work, but this would be decided with the student and their preference.