
BIOGRAPHICAL SKETCH

NAME: Carol A. Smathers

POSITION TITLE: Associate Professor, Field Specialist in Youth Nutrition and Wellness

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date	FIELD OF STUDY
Ohio State University, Columbus, OH	MPH	06/2009	Public Health
Western Oregon University, Monmouth, OR	MS	12/1990	Education
Oregon State University, Corvallis, OR	BS	06/1987	Health, Education

A. Personal Statement

Since April 2013, I have held a 12-month faculty appointment as Field Specialist in Youth Nutrition and Wellness. This position, in the Department of Extension within the College of Food, Agriculture and Environmental Sciences at The Ohio State University, provides overall leadership for developing and implementing a balanced teaching and applied research agenda related to youth nutrition and wellness. My research and teaching focus on community-level health promotion and obesity prevention interventions, including coalition development and policy change. Since 2013, I have provided leadership to the Ohio Farm to School Network and the Ohio Farm to Early Care and Education Coalition as the Ohio Farm to School Director. These collaborative initiatives support schools to purchase, serve and teach about local foods. As PI for the *Growing Teachers throughout the Seasons* gardening curriculum project I co-developed a school year garden guide and online modules. I currently lead Ohio's 5-year \$2.5 million "High Obesity Program" project funded by U.S. Centers for Disease Control. I present at the local, state, and national levels about food affordability and food inequality. I serve on the leadership committees of the Ohio Food Policy Network, the Healthy Kids Coalition of Central Ohio (facilitated by Nationwide Children's Hospital), and the Center for Health Outcomes, Policy, and Evaluation Studies in the OSU College of Public Health.

B. Positions and Honors

Positions and Employment

2013-present	Ohio State University Extension Family and Consumer Sciences College of Public Health and College of Human Ecology	Columbus, OH	Associate Professor, Field Specialist Adjunct Faculty
2009-2013	Ohio State University College of Public Health, Prevention Research Center	Columbus, OH	Research Manager
2007-2009	Ohio State University College of Public Health Center for Health Outcomes, Policy and Evaluation Studies	Columbus, OH	Center Manager, Admin. Associate 1
2004-2007	Ohio State University Extension Children, Youth, and Families At-Risk (CYFAR) Project	Columbus, OH	Program Coordinator
2002	Upper Arlington Schools UA High School (Summer Session; full semester equiv.)	Columbus, OH	Health Teacher
1999-2004	Upper Arlington Public Library	Columbus, OH	Program Coordinator

Honors

2025, 3rd- Place, Instructional Video (for the Growing Teachers Throughout the Seasons Training Video), Epsilon Sigma Phi, Joint Council of Extension Professionals.

2024 Bulletin or Educational Guide – First Place (for Growing Teachers Throughout the Seasons), Epsilon Sigma Phi, Joint Council of Extension Professionals.

2019, Best GEM (Great Educational Material) Finalist, Journal of Nutrition Education and Behavior for Levels of Community Change: A Game to Teach About Policy, System, and Environment Change".

2018, Denise Miller 4-H Innovator Award (national and regional awards presented to a 3-member team for Addressing Ohio's Opioid Crisis), National Association of Extension 4-H Agents.

C. Selected Publications and Media

- Articles and online resources featuring tools developed to support the implementation of nutrition/agriculture education and to support policy, system, and environment community-level change
 - Smathers, C. and McDermott, T. The Potential for Advancing Youths' Skills and Interests in Agriculture Across Tanzania Through Agricultural Extension. 2025 Assn for Internat Agric Ext, Inverness, Scotland.
 - Smathers, C. and McDermott, T. Growing Teachers Throughout the Seasons: Techniques and Learning Connections for Growing Foods at Schools During the School Year in Almost Any Climate. Guidebook and online course, The Ohio State University, 2024. Go.osu.edu/GTS.
 - Smathers, C. and McDermott, T. Addressing urban food security through agriculture career awareness. *Acta Horticulturae*, issn:1335-2563. 2022.
 - Smathers, C., and Ferrari, T., "Levels of Community Change: A Game to Teach About Policy, System, and Environment Change". *Journal of Nutrition Education and Behavior*. Vol. 50(3), 311- 314.e1. 2018.
 - Ferrari, T, and Smathers, C, "Blender Bikes: Blending Nutrition and Physical Activity". *Journal of Extension*. Vol 56(2), 2TOT5, 2018.
 - Smathers, C and Lobb, J, "Mobilizing Rural Communities to Prevent Childhood Obesity: A Tool Kit". *Journal of Extension*. Vol. 55(6), 6TOT1, 2017.
- Articles focused on impacts of, current practices, and strategies for implementing organizational policies and practices that promote positive health behaviors.
 - Smathers, C. (2025, abstract in proceedings) Healthy Eating on \$6/Day: Rethinking Food Access and Affordability. Association for Financial Counseling & Planning Education.
 - Smathers, C. "Healthy Eating on \$6/Day: Rethinking Food Access and Affordability". Association for Financial Counseling & Planning Education, Abstract in proceedings, 2025.
 - Smathers, C., and Lobb, J., "Practicing What We Teach: Adherence to Healthy Meeting Guidelines at Extension Meetings and Events". *Journal of Human Sciences and Extension*. Vol. 6(1), 98-112, 2018.
- Articles addressing positive youth development, youth advocacy, and community partnerships, with a focus on developing a vision and strategic plan for promoting adolescent health throughout Extension.
 - Ihuoma U. Eneli, Alexis Tindall, Akua Amponsah, Renee Orozco, Brad E. Fuller, Michelle M. Brown, Ali Segna, Hannah Bradberry, Carol Smathers; Childhood Obesity as a Pediatric Vital Sign: A Population Health Initiative. *Pediatrics* April 2025; 155 (Supp. 1): e2024069159D. 10.1542/peds.2024-069159D
 - Smathers, C., Toomey, M., Washburn, L., Johnson, K., Iaccopucci, A., Johannes, E., and Ravola, M. "Positive Youth Development for Health: Extension's Readiness for Multi-Level, Public Health Approaches." *Journal of Extension*, 5 (1), 1FEA1, 2019.
 - Toomey, M., Smathers, C., Iaccopucci, A., Johnston, K., and Johannes, E. "Youth Workers' Role in Youth Health Advocacy." *Journal of Youth Development*, 13(3), 12-23, 2018.
 - Smathers, C., Washburn, L., Toomey, M., Johannes, E., Iaccopucci, A., and Johnston, K., "Organizational Readiness to Engage in Policy, System, and Environment Changes Supporting Positive Youth Development for Health: Case Studies from the Cooperative Extension System framed by the Transtheoretical Model." *Journal of Human Sciences and Extension*. 6(2): 81-101, 2018
- Articles discussing development of tools to assess community readiness and recommend strategies for implementing Farm to School-related policy, system, and environment changes.
 - Smathers, C. & McDermott, T. Addressing Urban Food Security Through Agriculture Career Awareness. *Acta Horticulturae et Regiotecturae*, issn:1335-2563, 2023.
 - Smathers, C. & Graffagnino, C. Offering Self-Serve Sliced Apples in Bulk Increases Students' Consumption and Decreases Apple Waste in an Elementary School Cafeteria. *Journal of Child Nutrition and Management*, 44 (1). 2020.
 - Lee, E., Smathers, C., Zubieta, A. C., Ginnetti, S., Shah, A., & Freedman, D. A.. Identifying indicators of readiness and capacity for implementing farm to school interventions. *J of School Health*, 89(5), 373-381.