

# CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

**NAME:** Leslee Blanch

**DATE:** October 24, 2024

**RANK OR TITLE:** Associate Extension Educator  
Senior Instructor

**DEPARTMENT:** University of Idaho Extension, Eastern District

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**DATE OF FIRST EMPLOYMENT AT UI:** August 15, 2016

**DATE OF TENURE:** Untenured

**DATE OF PRESENT RANK OR TITLE:** December 3, 2018

## EDUCATION BEYOND HIGH SCHOOL:

### Degrees:

B.S., 1987, Dietetics, University of California, Davis, California.

### Certificates and Licenses:

Idaho Board of Medicine, Licensed Dietitian, 2016-present.  
American Council on Exercise, Certified Group Fitness Instructor, 2015-present.  
Commission on Dietetic Registration, Registered Dietitian, 1989-present.

## EXPERIENCE:

### Teaching, Extension and Research Appointments:

Associate Extension Educator, University of Idaho Extension, Idaho Falls, Idaho, 2018-present.  
Extension Facilitator, University of Idaho Extension, Idaho Falls, Idaho, 2016-2018.

### Non-Academic Employment including Armed Forces:

Group Fitness Instructor, Apple Athletic Club, Idaho Falls, Idaho, 2010-present.  
Dietitian, Transformations, LLC, menu planning, Idaho Falls, 2020-2021.  
Outpatient Wellness Dietitian, Eastern Idaho Regional Medical Center, Idaho Falls, Idaho, 2017.  
Teacher's Aide, Snake River Montessori School, 2014-2016.  
Renal Dietitian, San Diego Dialysis Services, El Cajon, California, 1996-2006.  
Clinical Dietitian, Villaview Community Hospital, San Diego, California, 1990-1998.

## TEACHING ACCOMPLISHMENTS:

### Areas of Specialization:

Family and Consumer Sciences  
Health and wellness  
Nutrition  
Physical fitness

### Interns/Students Advised:

Amber Butters, Brigham Young University, 2022  
Lao, Christina, California State University, Fresno, Nutrition and Dietetics student, 2020-2021.  
Cox, Olivia, Utah State University Dietetic Internship, Community Nutrition intern, 2020.  
Leatham, Macey, Utah State University Dietetic Internship, Community Nutrition intern, 2020.  
Brown, Anya, Idaho State University, Nutrition and Dietetics student, 2019.  
Jeffery, Andrea, Be Well Solutions Dietetic Internship distance program, Community Nutrition intern, 2018.

Withers Buker, Witneigh, Brigham Young University Idaho, Family & Consumer Sciences student/Extension intern, 2018.

### Materials Developed:

#### Video Productions:

- Blanch, L. 60-minute interval training with resistance bands. YouTube video.  
[https://www.youtube.com/watch?v=W0JSAEIOEfc&list=PL6g6ZYcM47s\\_odB8Gz4ghYZhofgQXczbJ&index=4&t=72s](https://www.youtube.com/watch?v=W0JSAEIOEfc&list=PL6g6ZYcM47s_odB8Gz4ghYZhofgQXczbJ&index=4&t=72s). 2024
- Blanch, L. Quick cardio interval training. YouTube video.  
[https://www.youtube.com/watch?v=u7GNeGKXbjU&list=PL6g6ZYcM47s\\_odB8Gz4ghYZhofgQXczbJ&index=3](https://www.youtube.com/watch?v=u7GNeGKXbjU&list=PL6g6ZYcM47s_odB8Gz4ghYZhofgQXczbJ&index=3). 2024.
- Blanch, L. Interval cardio and strength training / Bonus:Posture tips. YouTube video.  
[https://www.youtube.com/watch?v=q1qLatwgtrM&list=PL6g6ZYcM47s\\_odB8Gz4ghYZhofgQXczbJ&index=2](https://www.youtube.com/watch?v=q1qLatwgtrM&list=PL6g6ZYcM47s_odB8Gz4ghYZhofgQXczbJ&index=2)
- Blanch, L. 60-minute interval training with hand weights. YouTube video.  
[https://www.youtube.com/watch?v=g-NQD-HWlCk&list=PL6g6ZYcM47s\\_odB8Gz4ghYZhofgQXczbJ&index=1](https://www.youtube.com/watch?v=g-NQD-HWlCk&list=PL6g6ZYcM47s_odB8Gz4ghYZhofgQXczbJ&index=1). 2024.
- Blanch, L. Total body, total chair. YouTube video.  
<https://www.youtube.com/watch?v=PeCztpUZgtQ&list=PL6g6ZYcM47s92scVsk9cYTHCQtqTcqi48&index=7>. 2024.
- Blanch, L. Standing tone and strengthen. YouTube video.  
<https://www.youtube.com/watch?v=6k1a3oTaQeo&list=PL6g6ZYcM47s92scVsk9cYTHCQtqTcqi48&index=4>. 2024.
- Blanch, L. Lower body strength and tone. YouTube video.  
[https://youtu.be/8gJzn56U\\_Lg?si=L2dJz74W3LQcTh-R](https://youtu.be/8gJzn56U_Lg?si=L2dJz74W3LQcTh-R). 2023.
- Blanch, L. Upper body strength and tone. YouTube video.  
[https://youtu.be/8hgdQrORxck?si=9ncMEvDC-jBQCG\\_c](https://youtu.be/8hgdQrORxck?si=9ncMEvDC-jBQCG_c). 2023.
- Blanch, L. Core strength. YouTube video.  
<https://youtu.be/k4oapeSzYe4?si=BMIZhvs9GAzp4UZo>. 2023.
- Blanch, L. Yoga-inspired mat work. YouTube video.  
<https://youtu.be/tR6kEk9MIYo?si=eRD5TgUE3JoAomT4>. 2023.
- Blanch, L. SOS Stretch: Standing, On the floor, and Seated. YouTube video.  
<https://youtu.be/UapLyf6kIwo>. 2021..
- Blanch, L. Strengthen, Tone, and Stretch, YouTube video.  
<https://youtu.be/GIIZL4VQC5E>. 2021.
- Blanch, L. Food safety reminders. YouTube video.  
<https://www.youtube.com/watch?v=h0Tio7Ja420>, 2020.
- Blanch, L. Sugar shockers. YouTube video.  
<https://www.youtube.com/watch?v=aKKB0U-Ub8g>.2020
- Blanch, L. Let's be smart: Learn about setting SMART goals. YouTube video.  
[https://www.youtube.com/watch?v=DFzB\\_P6Uc-w](https://www.youtube.com/watch?v=DFzB_P6Uc-w). 2020.
- Blanch, L. Posture perfecting poses. YouTube video.  
<https://www.youtube.com/watch?v=scexSupFW70>. 2020.
- Blanch, L. Tips to reduce stress. YouTube video.  
<https://www.youtube.com/watch?v=mUiWuR36znQ>. 2020.
- Blanch, L. Back to nature: Enjoying the great outdoors. YouTube video.  
<https://www.youtube.com/watch?v=wilZaBjTT7>. 2020.
- Blanch, L. Stretch and tone: Core strength. YouTube video.  
[https://www.youtube.com/watch?v=V-7\\_\\_0cbEw0](https://www.youtube.com/watch?v=V-7__0cbEw0). 2020.
- Blanch, L. Standing stretches for strength and balance. YouTube video.  
<https://www.youtube.com/watch?v=WrKu1pdN-zE>. 2020.
- Blanch, L. Lower body strength and tone. YouTube video.  
<https://www.youtube.com/watch?v=gm8WhJuB1r8>. 2020.
- Blanch, L. Upper body strength and tone. YouTube video.  
<https://www.youtube.com/watch?v=HXS-D7wuyaY>. 2020.
- Blanch, L. Chair-based stretching for strength and balance. YouTube video.

- <https://www.youtube.com/watch?v=-E0C3-auq8A>. 2020.
- Blanch, L. Stretching for strength and balance, class two. YouTube video.  
<https://www.youtube.com/watch?v=pma4saGSEKc>. 2020.
- Blanch, L. Stretching for strength and balance, class one. YouTube video.  
<https://www.youtube.com/watch?v=j1xpUPMqaGE>. 2020.
- Blanch, L. Aerobics, class two. YouTube video.  
<https://www.youtube.com/watch?v=YAANeMNVXPA>. 2020
- Blanch, L. Aerobics, class one. YouTube video. <https://www.youtube.com/watch?v=j-4NDJPifQ4>. 2020.
- Blanch, L. Fitness made simple! Class two. YouTube video.  
<https://www.youtube.com/watch?v=yKXXPIom5Lc>. 2020.
- Blanch, L. Fitness made simple! Class one. YouTube video.  
<https://www.youtube.com/watch?v=4rqZPQgzZEM>. 2020.

### **Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc.:**

#### **Health**

- Blanch, L. Dementia Friends program overview session.  
Twin Falls, Idaho, October 23, 2024.  
Pocatello, Idaho, July 7, 2024 (L.Sant).
- Blanch, L. Dealing with difficult people.  
Idaho Falls, Idaho 2 sessions, September 6, 2024 and October 15, 2024.  
Idaho Falls, Idaho, 2 sessions, April 5, 2023 and May 22, 2023.  
Idaho Falls, Idaho, 6 sessions, January 19, 2022 – July 20, 2022.  
Synchronous online presentations, 5 sessions, January 19, 2022 - March 29, 2022.
- Blanch, L. Embracing Gratitude.  
Idaho Falls, Idaho, November 11, 2023 (2 sessions) and October 10, 2024.  
Idaho Falls, Idaho, 9 sessions, December 13, 2022 – August 10, 2023.  
Synchronous online, 3 sessions, February 9, 2023 – October 26, 2023.
- Blanch, L. Dementia Friends information session.  
Synchronous online presentations, 2 sessions, August 29, 2024 and October 4, 2024.  
Idaho Falls, Idaho, 5 sessions, December 5, 2023, February 14, 2024,  
February 20, 2024 (L.Sant), Jul 17, 2024, September 27, 2024 (J. Buck).  
Tuscon, Arizona, September 17, 2024 (J. Buck, K. Jensen, B. Morrisroe, L. Sant, K. Tiff).  
Twin Falls, Idaho, 2 sessions, June 15, 2024 (T. Howard) and August 14, 2024.
- Blanch, L. Poverty in Idaho: Considerations for community partners.  
Idaho Falls, Idaho, October 2, 2024.  
Pocatello, Idaho, September 12, 2024. (L.Sant)  
Synchronous online, June 6, 2024.  
Blackfoot, Idaho, May 22, 2024.
- Blanch, L. Brain health: Protecting your cognitive assets.  
Idaho Falls, Idaho, 10 sessions, November 14, 2023 – September 26, 2024.  
Idaho Falls, Idaho, April 26, 2023.  
Synchronous online classes, 3 sessions, July 23, 2020 – June 17, 2022.  
Idaho Falls, Idaho, 2 sessions, March 10, 2020 and March 11, 2020.
- Blanch, L. Housekeeping Tips.  
Idaho Falls, Idaho, September 25, 2024.
- Blanch, L. Improving sleep: The latest research.  
Idaho Falls, Idaho, 2 sessions, January 22, 2024 and September 12, 2024.  
Idaho Falls, Idaho, February 22, 2023 and March 20, 2023.  
Idaho Falls, Idaho, October 4, 2021.  
Synchronous online classes, 3 sessions, June 2, 2020 - July 22, 2021.
- Blanch, L., Mindfulness: Making healthy connections.  
Idaho Falls, Idaho, 4 sessions, February 29, 2024 – September 11, 2024.
- Blanch, L. Dementia Friends Champion training workshop.  
Synchronous online workshop, August 30, 2024.  
Synchronous online workshop, May 17, 2024 (T. Howard).

- Blanch, L. Brain health overview.  
Moscow, Idaho, April 9, 2024.
- Blanch, L. New Beginnings.  
Idaho Falls, Idaho, January 18, 2024.
- Blanch, L. Holiday Survival Tips/The Art of Napkin Folding.  
Idaho Falls, Idaho, 2 sessions, December 12, 2023- and December 13, 2023.
- Blanch, L. Holiday Survival Tips.  
Idaho Falls, Idaho, December 11, 2023.
- Blanch, L. The Art of Napkin Folding.  
Idaho Falls, Idaho, December 1, 2023.  
Blackfoot, Idaho, November 8, 2023.
- Blanch, L. Self-Esteem and Confidence.  
Idaho Falls, Idaho, November 13, 2023.
- Blanch, L. Compassion, Idaho Falls, Idaho, 4 sessions, August 28, 2023 - October 25, 2023.
- Blanch, L. Living life essentially: Stress management.  
Blackfoot, Idaho, September 5, 2023, invited.  
Synchronous online presentation, August 11, 2023.  
Idaho Falls, Idaho, 3 sessions, February 17 – July 24, 2023.  
Live online presentation/indirect contact, March 11, 2023.  
Idaho Falls, Idaho, October 19, 2022.  
Idaho Falls, Idaho, 2 sessions, September 16, 2021 and October 1, 2021.
- Blanch, L., L. Sant, Dementia Friends information session.  
Idaho Falls, Idaho, 5 sessions, May 1, 2023 – August 17, 2023.  
Preston, Idaho, April 6, 2023 and August 8, 2023.  
Rexburg, Idaho, July 27, 2023.  
Synchronous online presentations, May 31, 2023 and July 6, 2023.  
Blackfoot, Idaho, May 24, 2023.  
Pocatello, Idaho, May 24, 2023.  
Sun Valley, Idaho, April 12, 2023.
- Blanch, L. Spice up your health: Enjoy the great outdoors/Back to nature.  
Idaho Falls, Idaho, April 19, 2023.  
Synchronous online presentation, 2 sessions, July 8, 2022 and July 22, 2022.  
Idaho Falls, Idaho, 6 sessions, May 8, 2018 – March 12, 2020.
- Blanch, L. Chronic disease self-management program leader training.  
Synchronous online classes, 13 sessions, February 24, 2023 – April 7, 2023.
- Blanch, L., J. Buck, Unexpected caregivers: Special needs youth program overview.  
Live online session/indirect contact, March 11, 2023.
- Blanch, L. Chronic disease self-management program.  
Idaho Falls, Idaho, one 6-session workshop, January 21, 2023 – March 4, 2023.  
Idaho Falls, Idaho, one 5-session workshop, July 9, 2022 – August 13, 2022.  
Synchronous online classes, one 6-session workshop, March 2, 2022 – April 6, 2022.  
Synchronous online classes, two 6-session workshops, July 1, 2020 – September 15, 2020.
- Blanch, L. Benefits of volunteering, Idaho Falls, Idaho, March 2, 2023.
- Blanch, L., Effortless, book review, UI Extension leadership book club, January 4, 2023.
- Blanch, L., Nash, S. Work/life balance.  
Idaho Falls, Idaho, 5 sessions, April 20, 2022 - October 17, 2022.  
Synchronous online presentation, September 30, 2022.  
3 sessions, November 5, 2019 –January 21, 2020.
- Blanch, L. Mindfulness: Living with intent and purpose, Idaho Falls, Idaho, 15 sessions,  
July 25, 2018 – September 19, 2022.
- Blanch L. Diabetes management: Exercise and sleep, Pocatello, Idaho, July 20, 2022.
- Blanch, L. IGNITE overview of Chronic Disease Self-Management Program to Extension  
Professionals, Moscow, Idaho, April 14, 2022.
- Blanch, L. Living life essentially: Moving from stress to rest, parts 1 and 2.  
Jerome, Idaho, February 10, 2022, invited  
Albion, Idaho, October 13, 2021, invited  
Synchronous online presentation, September 17 and 24, 2021.

- Blanch, L. Beating the winter blues, synchronous online classes, 4 sessions, December 4, 2020 – January 26, 2022.
- Blanch, L. Family and Consumer Sciences programming overview, Annual Joint Advisory Committee, Idaho Falls, Idaho, November 10, 2021.
- Blanch, L. Improve posture and body alignment: Stretch, strengthen, breathe. Idaho Falls, Idaho, 2 sessions, June 25, 2021 and October 6, 2021. Synchronous online class, July 23, 2021.
- Blanch, L. Essentialism, University of Idaho Extension Leadership Book Club, July 21, 2021.
- Blanch, L. Cancer prevention: Lowering your risk. 2 synchronous online presentations, June 30, 2020 – March 16, 2021. Idaho Falls, Idaho, 2 sessions, October 22, 2019 – October 25, 2019.
- Blanch, L. Preparing for a career as an Extension educator. Synchronous online forum, March 2, 2021.
- Blanch, L. Fueling for success: Preventing employee burnout, synchronous online presentation, January 11, 2021.
- Blanch, L. Isolation, mental and emotional health: Coping with COVID-19, synchronous online class, September 29, 2020.
- Blanch, L. Lowering your risk for COVID-19: Protective lifestyles, synchronous online presentation, August 27, 2020.
- Blanch, L. Physical activity during COVID-19: Meeting the challenge!, synchronous online class, July 6, 2020.
- Blanch, L. Overview of FCS programming in Bonneville County, Idaho Falls, Idaho, 7 sessions, May 4, 2018 – February 12, 2020.
- Blanch, L. New Year's resolutions/setting healthy goals, Idaho Falls, Idaho, 17 sessions, February 21, 2018 – January 23, 2020.
- Blanch, L. How to improve sleep, Idaho Falls, Idaho, 13 sessions, September 19, 2017- October 21, 2019.
- Blanch, L. Youth personal hygiene, Idaho Falls, Idaho, 2 sessions, January 7, 2019 - January 9, 2019.
- Blanch, L. Benefits of exercise, Idaho Falls, Idaho, June 20, 2018.
- Blanch, L. Ask the dietitian health fair booths Idaho Falls, Idaho and Rexburg, Idaho, 2 sessions, March 10, 2018 – May 4, 2018.
- Blanch, L. Sleep for kids, Idaho Falls, Idaho, 2 sessions, April 17, 2017 – July 11, 2017
- Blanch, L. Warm weather wisdom, Idaho Falls, Idaho, 2 sessions, April 17, 2017 – June 20, 2017.

### **Nutrition**

- Blanch, L. Nutrition and cancer: Lowering your risk. Idaho Falls, October 22, 2024.
- Blanch, L. Cooking demonstration/ Recipe review. Idaho Falls, 3 sessions, June 13, 2024 – August 21, 2024. Idaho Falls, Idaho, 2 sessions, November 17, 2021 and May 9, 2022. Synchronous online presentation, American Heart Association Healthy for life! Globally inspired home cooking, March 25, 2022. Idaho Falls, Idaho, 83 sessions, January 24, 2017 – June 28, 2021. Asynchronous session, October 9, 2020.
- Blanch, L. Women's health and nutrition. Idaho Falls, Idaho, August 8, 2024. Idaho Falls, Idaho, 15 sessions, August, 12, 2018 – August 19, 2022. Idaho Falls, Idaho, 9 sessions, October 12, 2017 – January 9, 2020.
- Blanch, L. Healthy meals on a budget. Idaho Falls, Idaho, June 20, 2024. Synchronous online, August 25, 2023.
- Blanch, L. Mindful Eating. Idaho Falls, Idaho, May 8, 2024. Idaho Falls, Idaho, October 7, 2021.

- Blanch, L. Nutrition for seniors/nutrition for healthy aging.  
Idaho Falls, Idaho, 3 sessions, November 15, 2023 – April 3, 2024.  
Synchronous online presentation, March 19, 2024.  
Idaho Falls, Idaho, October 26, 2023, invited.
- Blanch, L. Meal planning made easy!,  
Idaho Falls, Idaho, February 21, 2024.  
Idaho Falls, Idaho, May 17, 2023.  
Idaho Falls, Idaho, February 9, 2022.  
Idaho Falls, Idaho, 4 sessions, January 8, 2019 - March 29, 2021.
- Blanch, L. Diet consultations, Idaho Falls, Idaho, 5 sessions, February 15, 2023 – June 20, 2023.
- Blanch, L. Balanced diet, Idaho Falls, Idaho, June 14, 2023.
- Blanch, L., J. Buck, AG-ventures, Blackfoot, Idaho, May 2, 2023.
- Blanch, L. Globally inspired cooking, Idaho Falls, Idaho, February 22, 2023.
- Blanch, L. Eating patterns for a healthy you, Idaho Falls, Idaho, January 26, 2023, invited.
- Blanch, L., L. Grigg, Diabetes Prevention Program, synchronous online, 3 sessions,  
November 15, 2022 – January 24, 2023.
- Blanch, L. Successful holiday eating.  
Idaho Falls, Idaho, 3 sessions, December 9, 2022 – December 15, 2022.  
Synchronous online presentation, December 1, 2022.  
Synchronous online presentation, December 8, 2020.  
Idaho Falls, Idaho, 20 sessions, December 20, 2017 - November 13, 2020.
- Blanch, L., J. Buck, L. Dye, L. Hansen, K. McFarland, L. Sant. Mealtime inspirations: Favorites edition, Cranberry-Almond Green Beans, Rigby, Idaho, November 10, 2022.
- Blanch, L. Nutrition for youth: Portion sizes, synchronous online presentation, October 20, 2022.
- Blanch, L. Low sugar eating/sugar shockers, Idaho Falls, Idaho:  
1 session, Department of Labor employee wellness, October 19, 2022.  
12 sessions, February 6, 2017 – March 14, 2020
- Blanch, L. Diabetes Prevention Program.  
Synchronous online classes, 22 sessions, January 15-2022-October 18, 2022.
- Blanch, L. My plate, sugar shockers, and food safety, Community health fairs, Idaho Falls, Idaho,  
3 sessions, August 12, 2022, September 10, 2022, and September 24, 2022.
- Blanch, L. Gluten-free cooking demonstration.  
Idaho Falls, Idaho, August 18, 2022  
Pocatello, Idaho, June 15, 2022
- Blanch, L. Carbohydrate Control: A Healthy Eating Pattern.  
Synchronous online presentation, July 15, 2022.  
Idaho Falls, Idaho, January 12, 2022.
- Blanch, L. Cooking and nutrition basics, special needs young adults.  
Idaho Falls, Idaho, 6 sessions, November 12, 2021 – May 13, 2022.  
Blackfoot, Idaho, February 10, 2022.
- Blanch, L., J. Buck, L. Sant, American Heart Association Healthy for life.,  
Synchronous online, 4 sessions: March 3, 2022 - March 24, 2022.
- Blanch, L. Heart healthy eating, Idaho Falls, Idaho, 17 sessions, February 14, 2017 –  
February 9, 2022.
- Blanch, L. Healthy diabetes plate/my diabetic diet made simple.  
Idaho Falls, Idaho, 14 sessions, April 28., 2017 – February 2, 2022.  
Synchronous online presentations, 2 sessions, July 9, 2020 – July 30, 2020.
- Blanch, L. Healthy garden = healthy you!, synchronous online, February 5, 2022.
- Blanch, L. and J.Buck. Cooking for one or two, Idaho Falls, Idaho, December 8, 2021.
- Blanch, L., J.Buck, L. Dye, L. Hansen, K. McFarland, and L.Sant, Mealtime inspirations:  
Meal planning edition, Salad and salad dressings, Idaho Falls, Idaho, November 17, 2021
- Blanch, L. Strategic weight management.  
Idaho Falls, Idaho, 3 sessions, June 6, 2019 - October 20, 2021.  
Synchronous online presentation, June 17, 2020.
- Blanch, L., J. Buck. Cooking Under Pressure, Idaho Falls, Idaho, 2 sessions, July 19, 2019  
and October 19, 2021.
- Blanch, L. Nutrition 101.

- Idaho Falls, Idaho, October 4, 2021.  
Synchronous online presentations, 2 sessions, April 5, 2021 and July 22, 2021.
- Blanch, L. Fix it fast, eat at home, shop for less, synchronous online presentation, August 6, 2021.
- Blanch, L. My plate, Idaho Falls, Idaho, 41 sessions, June 6, 2017 – August 2, 2021.
- Blanch, L. Performance nutrition: Fueling for success.  
Synchronous online presentation April 15, 2021.  
Idaho Falls, Idaho, 8 sessions, March 4, 2021 – June 9, 2021.
- Blanch, L. Portion control: What is a portion???, Idaho Falls, Idaho, 9 sessions, October 19, 2016 – February 22, 2021.
- Blanch, L. Easy and healthy lunch ideas, synchronous online class, February 5, 2021.
- Blanch, L. and J. Amende. Nutrition myths, Idaho Falls, Idaho, 2 sessions, February 11, 2020 – February 29, 2020.
- Blanch, L. Exploring the nutrition facts label, Idaho Falls, Idaho, 2 sessions, April 24, 2017 – December 5, 2019
- Blanch, L. Nutrition and you: Parkinson's disease, Idaho Falls, Idaho, 2 sessions, July 10, 2018 – November 15, 2019.
- Blanch, L., L. Dye, L. Foist, L. Hansen, L. Sant, and K. Hoffman. Mealtime inspirations: Festival edition, low sugar dessert, Rigby, Idaho, November 6, 2019.
- Blanch, L. Gluten-free eating, Idaho Falls, Idaho, 6 sessions, October 13, 2016 – October 21, 2019.
- Blanch, L. Delicious dairy for kids, Idaho Falls, Idaho, 18 sessions, February 13, 2018 – October 19, 2019.
- Blanch, L. Meal planning/shopping tips/ my plate, Idaho Falls, Idaho, 17 sessions, February 21, 2017 – October 18, 2019.
- Blanch, L. Clean eating: A whole foods approach, Idaho Falls, Idaho, 7 sessions, January 16, 2018 – September 4, 2019.
- Blanch, L. Smart beverage choices, Idaho Falls, Idaho, 4 sessions, February 7, 2017 – March 30, 2019.
- Blanch, L. Five-a-day! for kids, Idaho Falls, Idaho, 11 sessions, April 16, 2018 – March 6, 2019.
- Blanch, L. Hearty whole grains, Idaho Falls, Idaho, 3 sessions, August 1, 2017 – January 9, 2019.
- Blanch, L., J. Buck, L. Dye, L. Foist, L. Hansen, K. Hoffman, and L. Sant. Mealtime inspirations: Spice it up! edition, cinnamon applesauce cake.  
Blackfoot, Idaho, November 6, 2018.  
Mackay, Idaho, November 5, 2018.
- Blanch, L. Nutrition for growing children: Preschoolers, elementary age, and teens, Idaho Falls, Idaho, 4 sessions, August 22, 2017 – July 27, 2018.
- Blanch, L. Powerful protein for kids, Idaho Falls, Idaho, 3 sessions, January 29, 2018 – July 17, 2018.
- Blanch, L. Apple nutrition, Idaho Falls, Idaho, 2 sessions, October 17, 2012 – November 16, 2017.
- Blanch, L., J. Buck, L. Dye, K. Hoffman, and L. Sant. Mealtime inspirations: Holiday edition, gluten-free holiday cooking.  
Salmon, Idaho, November 9, 2017.  
Pocatello, Idaho, November 7, 2017.
- Blanch, L. High fiber diet: Why to eat it/ how to eat it, Idaho Falls, Idaho, 3 sessions, November, 17, 2016 – June 27, 2017.
- Blanch, L. Benefits of ginger, Idaho Falls, Idaho, February 13, 2017.
- Blanch, L. Successful gluten-free holidays, 2 sessions, Idaho Falls, Idaho, November 15, 2016 - December 3, 2016.
- Blanch, L., J. Buck, L. Dye, L. Erickson, K. Hoffman, L. Sant, and M. Spencer. Mealtime inspirations: Quick tips.  
Fort Hall Reservation, Blackfoot, Idaho, November 19, 2016,  
Preston, Idaho, November 10, 2016.
- Blanch, L. Low sugar desserts, Idaho Falls, Idaho, October 5, 2016.

**Food Safety/Food Preservation**

- Blanch, L. Food Storage.  
Idaho Falls, Idaho, June 12, 2024.
- Blanch, L. Food preservation basics.  
Pocatello, Idaho, March 2, 2023.  
Rigby, Idaho, March 1, 2023.  
Idaho Falls, Idaho, 2 sessions, September 21, 2022 and September 22, 2022.  
Synchronous online presentation, August 10, 2021
- Blanch, L. Food safety.  
Idaho Falls, Idaho, 8 sessions, September 18, 2017 – February 18, 2022.  
Synchronous online presentation, February 17, 2022.
- Blanch, L. Food preservation: Tomato and onion soups, facilitated, Idaho Falls Idaho,  
January 12, 2022.
- Blanch, L. Canning: Basic tips and safety guidelines, Idaho Falls, Idaho, 2 sessions, September  
14, 2017 – September 11, 2019.
- Blanch, L. Food safety for kids, Idaho Falls, Idaho, 3 sessions, August 18, 2017 – January 21,  
2019.

**Physical Fitness**

- Blanch, L. Total Brain, Total Body.  
Regularly scheduled in-person classes, YMCA, Idaho Falls, Idaho.  
11 sessions, August 8, 2024 – October 24, 2024.
- Blanch, L. Gentle yoga/stretching for strength and balance.  
Regularly scheduled in-person classes, Idaho Falls, Idaho.  
34 sessions, November 2, 2023 – October 24, 2024.  
36 sessions, November 1, 2022 – October 31, 2023.  
33 sessions, December 2, 2021 – October 27, 2022.  
76 sessions, November 1, 2020 – October 31, 2021.  
145 sessions, November 1, 2019 – October 31, 2020.  
181 sessions, November 1, 2018 – October 31, 2019.  
38 sessions, November 1, 2017 – October 31, 2018.  
6 sessions, September 1, 2016 – October 31, 2016.
- Community single-session classes.  
Idaho Falls, Idaho, November 6, 2022.  
Idaho Falls, Idaho, March 9, 2022 – August 9, 2022  
Idaho Falls, Idaho, 14 sessions, October 11, 2017 - November 17, 2020.
- Synchronous regularly scheduled online classes.  
20 sessions, November 1, 2019 – October 31, 2020.
- Special needs young adults, Idaho Falls, Idaho.  
6 sessions, November 12, 2021- May 13, 2022.  
42 sessions, November 1, 2021- October 31, 2022.  
47 sessions, November 1, 2020 – October 31, 2021.  
55 sessions, November 1, 2019 – October 31, 2020.
- Blanch, L. Fitness made simple!  
Regularly scheduled in-person classes, Idaho Falls, Idaho.  
19 session, November 7, 2023 – October 22, 2024.  
30 sessions, November 1, 2022- October 31, 2023.  
105 sessions, November 1, 2021 – October 31, 2022.  
6 sessions, November 1, 2020 – October 31, 2021.  
64 sessions, November 1, 2019 – October 31, 2020.  
132 sessions, November 1, 2018 – October 31, 2019.  
147 sessions, November 1, 2017 – October 31, 2018.  
99 sessions, November 1, 2016 – October 31, 2017.  
21 sessions, September 1, 2016 - October 31, 2016.  
Synchronous regularly scheduled online classes.



- 5 sessions, December 28, 2023 – August 15, 2024.
- 27 sessions, November 1, 2022 – October 31, 2023.
- 36 session, November 1, 2021 – October 31, 2022.
- 48 sessions, November 1, 2020 – October 31, 2021.
- 57 sessions, November 1, 2019 – October 31, 2020.
- Blanch, L. Chair exercises for seniors.
  - Regularly scheduled in-person classes, Idaho Falls, Idaho.
  - 36 sessions, November 7, 2023 – October 22, 2024.
  - 40 sessions, November 1, 2022 – October 31, 2023.
- Blanch, L. Moving for Better Balance.
  - Regularly scheduled in-person classes, YMCA, Idaho Falls, Idaho.
  - 34 sessions, December 6, 2023 – October 16, 2024.
- Blanch, L. Strong Women Stay Young (Oversee program volunteers)
  - Idaho Falls, Idaho, October 16, 2024.
- Blanch, L. Posture/Body Alignment/Chair exercises.
  - Idaho Falls, Idaho, August 23, 2024.
- Blanch, L. Fitness Made Simple! Train-the-trainer.
  - Synchronous online, 2 workshop sessions, February 23, 2024 and March 28, 2024.
  - Boise, Idaho, June 9, 2023, invited.
  - Synchronous online, January 27, 2023.
  - Idaho Falls, Idaho, January 20, 2023.
- Blanch, L. Five for five: Five minutes to better health.
  - Pocatello, Idaho, September 22, 2023.
  - J. Buck, Blackfoot, Idaho, April 27, 2022.
- Blanch L. Move It! U and I Together, Synchronous online, August 1, 2023.
- Blanch, L. Improving self-control with fitness/youth Five-for-Five training.
  - Shoshone, Idaho, May 20, 2023, invited.
- Blanch, L. Youth fitness, Idaho Falls, Idaho:
  - 7 sessions, November 28, 2022-May 15, 2023.
  - 10 sessions June 6, 2022-October 17, 2022.
  - 6 sessions November 1, 2020 – October 31, 2021.
  - 3 sessions November 1, 2019 – October 31, 2020.
  - 36 sessions November 1, 2018 – October 31, 2019.
  - 23 sessions November 1, 2017 – October 31, 2018.
  - 16 sessions November 1, 2016 – October 31, 2017.
- Blanch, L. Fitness Made Simple! overview, Sun Valley, Idaho, April 12, 2023.
- Blanch, L. Chair exercises, posture, and body alignment, Idaho Falls, Idaho, March 15, 2023.
- Blanch, L. Youth fitness, special needs, Blackfoot, Idaho.
  - 4 sessions, November 14, 2022 – February 14, 2023.
  - 4 session, January 10, 2022 – May 9, 2022.
- Blanch, L. Low-impact aerobics.
  - Synchronous regularly scheduled online classes:
    - 8 sessions, November 1, 2022- December 27, 2022.
    - 42 sessions, November 1, 2021- October 31, 2022.
    - 47 sessions, November 1, 2020 – October 31, 2021.
    - 55 sessions, November 1, 2019 – October 31, 2020.
  - Regularly scheduled in-person classes, Idaho Falls, Idaho:
    - 32 sessions, November 1, 2019 - October 31, 2020.
    - 70 sessions, November 1, 2018 – October 31, 2019.
- Blanch, L. Easy office exercises, Idaho Falls, Idaho:
  - 2 sessions, December 22, 2021 and June 8, 2022.
  - 5 sessions, May 24, 2018 – April 3, 2019.
- Blanch, L. Five for five: Five minutes to better health and Stretching head-to-toe , Idaho Falls, Idaho, April 27, 2021.
- Blanch, L. Stretching for life!, Idaho Falls, Idaho, 2 sessions, September 17, 2019 – October 17, 2019.

**Teaching Honors and Awards:**

- National Extension Association of Family and Consumer Sciences 2<sup>nd</sup> Place Regional Winner, Innovation in Programming Award (team award), September 17, 2024.
- National Extension Association of Family and Consumer Sciences 3<sup>rd</sup> Place Regional Winner, Human Development/Family Relationships Award (team award), September 17, 2024.
- National Extension Association of Family and Consumer Sciences Arkansas Affiliate, Communication Educational Publications Team Award, April 13, 2024.
- National Extension Association of Family and Consumer Sciences Excellence in Multi State Collaboration Award, Florence Hall Award, 2<sup>nd</sup> place national, 2<sup>nd</sup> place southern region, September 14, 2023.
- National Extension Association of Family and Consumer Sciences Excellence in Multi State Collaboration Award, Innovation in Programming, 3<sup>rd</sup> place national, 1<sup>st</sup> place western region, September 14, 2023.
- National Extension Association of Family and Consumer Sciences 2023 New Mexico Affiliate, Innovation in Programming award, The Leadership Experience: creating new leaders, May 24, 2023.
- National Extension Association of Family and Consumer Sciences Excellence in Multi State Collaboration Award September 13, 2022.
- National Extension Association of Family and Consumer Sciences, 2022 Leadership Experience mentor, September 12, 2022.
- National Extension Association of Family and Consumer Sciences, 2021 Leadership Experience mentor, December 3, 2021.

**SCHOLARSHIP ACCOMPLISHMENTS:****Other:**

- Jensen, K., M. Toomey, S. Johnson, J. Buck, **L. Blanch**, K. Tiffit, and S. Guan Lee, 2022. Five for Five: 5 minutes to better health, add-on curriculum.  
<https://drive.google.com/file/d/1QvMDolPfAfmzZcsggpFiIkL8zw21zwcc/view>

**University of Idaho Extension Impact Statements:**

- Sant, L., **L. Blanch**, J. Buck, L. Hansen, K. Hickok, Katie Hoffman-McFarland. 2024. Mealtime Inspirations participants learn food preparation skills in southeast Idaho.  
<https://www.uidaho.edu/extension/about/impacts>
- Blanch, L. 2023. Embracing gratitude: health benefits and practical applications  
<https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/56-23-lblanch-gratitude.pdf?la=en&hash=FE99B2EFCC45A0F7CCBE611DCF1E5269EA8F0628>
- Howard, T., **L. Blanch**, K. Jensen, B. Morrisroe, L. Sant, K. Tiffit. 2023. Extension educators turn understanding into action through Dementia Friends program.  
<https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/25-23-toward-dementiafriends.pdf?la=en&hash=2D35D4C2A3A57ED54BD4D883774DDC6509D00E1E>
- Buck, J., **L. Blanch**, K. Hickok, L. Sant, P. Wray. 2023. Sewing workshop provides training to local youth volunteers.  
<https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/34-23-jbuck-sewing-workshop.pdf?la=en&hash=451BFCD2F7ACA66CA5505A9EDC2252C20831B440>
- Blanch, L. 2022. Southeastern Idahoans learn about work-life balance.  
[www.uidaho.edu/extension/about/impacts](http://www.uidaho.edu/extension/about/impacts).
- Blanch, L. 2021. Idaho Falls police department learns about fueling for success is key to optimal health. <https://www.uidaho.edu//media/UIDahoResponsive/Files/Extension/admin/Impacts/2021/23-21lblanchperformancenutrition.pdf?la=en&hash=608F2B2C905477F8C5E38E918B22E33D1B2C87A8.pdf?la=en&hash=608F2B2C905477F8C5E38E918B22E33D1B2C87A8>
- Blanch, L. 2020. UI Extension participants learn how to improve sleep. <https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2020/4-20-lblanch-sleep.pdf?la=en&hash=B5B5B317BF6753F50BB7768BA86E0B67950D85A1>.
- Patterson, R., A. Ruth, and **L. Blanch**. 2020. Bonneville County volunteers extend University of

- Idaho Extension services. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2020/23-20-rpatterson-volunteers-services.pdf?la=en&hash=E45F7D6F80544E138FD72D3A16BAD33DCA3ED542>
- Foist, L., **L. Blanch**, J. Buck, L. Dye, L. Hansen, K. Hoffman, and L. Sant. 2020. Mealtime Inspirations provides new ideas to save time and money. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2020/24-20-lfoist-mealtime-inspirations.pdf?la=en&hash=E834B520E69229665D2E6837476DC4F0C571DDE8>
- Sant, L., J. Buck, L. Dye, K. Hoffman, L. Hansen, L. Foist, and **L. Blanch**. 2019. Mealtime Inspirations improves participant knowledge and projected behaviors. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2018/30-18-lsantmealtimeinspirations.pdf?la=en&hash=18AF3F179CAE84988242AA41286B30E5476E93A0>
- Sant, L., J. Buck, L. Dye, K. Hoffman, and **L. Blanch**. 2018. Mealtime Inspirations positively impacts participants in southeastern Idaho. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2018/30-18-lsant-mealtime-inspirations.pdf?la=en&hash=18AF3F179CAE84988242AA41286B30E5476E93A0>
- Blanch, L. 2018. Mindfulness: Living with intent and purpose. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2018/42-18-lblanch-mindfulness.pdf?la=en&hash=8A73A78DA123A6C85DB34B2E032C38FE3636CA54>
- Blanch, L. 2018. My Plate: Meal planning and shopping tips for teens. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2018/2-18-lblanch-my-plate.pdf?la=en&hash=A725EDA2A9A88D6020519C1AD8C5ECCF83025772>

#### **Scholarship Honors and Awards**

- Sant, L., J. Buck, L. Dye, K. Hoffman, and **L. Blanch**. Social Media – Online Video: Mealtime Inspirations, National Extension Association of Family and Consumer Sciences, 2<sup>nd</sup> Place Western Regional Winner, 2018.
- Buck, J., L. Sant, L. Dye, M. Spencer, L. Erickson, S. Parkinson, K. Hoffman, and **L. Blanch**. Communications Television/Video Program Award-Mealtime Inspirations, National Extension Association of Family and Consumer Sciences, 1st Place Western Region Winner, State Winner, 2017.

#### **SERVICE:**

##### **Major Committee Assignments:**

##### **National:**

- National Extension Association of Family and Consumer Sciences, 90<sup>th</sup> Anniversary Committee, 2023- 2024
- National Extension Association of Family and Consumer Sciences, Membership Committee, 2019-2024; co-chair/secretary: 2020-2021; chair, 2019-2020

##### **State:**

- Idaho Caregiver Alliance, 2022-present
- Alzheimer and Related Dementia Alliance, 2022-present
- Idaho Hunger Relief Task Force, 2022-2023
- Healthy Eating, Active Living, 2021-2023

##### **Extension:**

- Extension Advisory Committee, Family and Consumer Sciences representative for Eastern District, 2019-2021

##### **District:**

- Extension Eastern District Family and Consumer Sciences working group: 2016-present
- Secretary, 2022-2023
- Chair, 2020-2022
- Eastern Idaho State Fair demonstration contest co-chair, 2018-present
- Extension committee: Aberdeen Research and Extension Center twilight tour planning committee,

2023-2024; 2021-2022

**County/Local:**

Chronic Disease Coalition, Eastern Idaho Public Health District 7, co-leader, 2020-2021

**Professional and Scholarly Organizations:**

Epsilon Sigma Phi, 2022-present

National Extension Association of Family and Consumer Sciences, 2016-present

Leadership Experience mentor: 2020-2023

Idaho Affiliate of the National Extension Association of Family and Consumer Sciences, 2016-present

American Association of Family and Consumer Sciences, 2019-2022

Academy of Nutrition and Dietetics (formerly American Dietetic Association), 2018-2021

Idaho Academy of Nutrition and Dietetics (formerly Idaho Dietetic Association), 2018-2021

**Outreach Service:**

**Classes, Workshops, Seminars, Share Fairs and Tours Organized:**

Recipe taste-testing for Idaho Falls Community Food Basket, 8 sessions, November 6, 2024 – September 30, 2024.

Dementia Friends/Brain Health program promotion at Walk to End Alzheimer's health fair, Idaho Falls, Idaho, September 21, 2024.

Sugar Shockers/MyPlate educational materials, Aberdeen, Idaho, Twilight Tour, July 17, 2024.

Volunteer Recruitment Fair, Idaho Falls, Idaho, April 6, 2024, August 25 and 26, 2023; October 12, 2022

Annual Extension Joint Advisory Committee, Idaho Falls, Idaho, January 16, 2024.

Idaho Falls Non-Profit Alliance meeting, Idaho Falls, December 1, 2023.

Brigham Young University Idaho Family & Consumer Sciences student Q&A session, Idaho Falls, Idaho, November 16, 2023.

Fitness Made Simple online classes, 13 sessions, March 23, 2023 – October 26, 2023.

University of Idaho Extension Leadership Book Club, 3 sessions, April 5, 2023-October 11, 2023.

Demonstration contest, Eastern Idaho State Fair, yearly, September 2018 - 2023.

Employee wellness programming promotion to local non-profit organizations, June 3, 2022.

Sleep improvement webinar, April 5, 2022.

NEAFCS Leadership Experience webinar panelist, February 14, 2022.

Non-profit organization community meeting, November 5, 2021.

**Miscellaneous Extension Publications:**

Bonneville County Extension quarterly newsletters, October 2016 – 2024.

**Interview Articles:**

O'Connell, J. UI Extension classes helping Idaho Falls seniors prevent dementia, falling.

Published in Idaho Falls Magazine, June 6, 2024 and Idaho State Journal, June 7, 2024.

Olson, A. Over 20 nonprofits will be at a fair this weekend where you can explore volunteer opportunities, East Idaho News, August, 2023.

Calabretta, A. Fueling for success. [uidaho.edu/extension/news/express/june-2021](http://uidaho.edu/extension/news/express/june-2021).

Smede, S. A healthy extension. Idaho Falls Magazine, April 2021.

Wright, S. Are you canning properly? Here's what the experts say. EastIdahoNews.com, October 12, 2020.

**Webpage/social media:**

Bonneville County Extension website, 2020 – 2024.

**Judging:**

- 4-H demonstration contest, Bonneville County Fair, Idaho Falls, Idaho, 2024, 2023, 2022, 2018.
- 4-H style review, Bonneville County Fair, Idaho Falls, Idaho, 2022, 2021, 2018.

**Conferences:**

- Brain Health Symposium, 2024, 2023
- Idaho caregiver alliance spring symposium, 2024, 2023
- University of Idaho Extension annual conferences, 2024, 2023, 2022, 2021, 2020, 2019, 2018, 2017.
- National Extension Association of Family and Consumer Sciences, 2024, 2023, 2022, 2021, 2020, 2019, 2016.
- Today's Dietitian Spring Symposium, 2022.
- Idaho Academy of Nutrition and Dietetics, 2019.

**PROFESSIONAL DEVELOPMENT:****Outreach:**

- Brain Health Symposium (virtual), Utah Medical Association October 19, 2024.
- PCOS Nutrition: A sustainable and science-backed approach, Orgain, LLC webinar, October 14, 2024.
- From Diagnosis to Thriving: The Powerful Role of Nutrition in Breast Cancer Treatment and Survivorship, Orgain LLC webinar, October 12, 2024.
- Eastern district fall faculty meeting, October 8-9, 2024.
- Thanks for the Feedback, Stone, D., and Heen, S., University of Idaho Extension Leadership Book Club, virtual presentation by Kari Ure, October 2, 2024.
- National Extension Association of Family and Consumer Sciences conference, September 16-19, 2024.
- Total Brain and Body Level 1 fitness instructor training (virtual), Total Health Works, July 18, 2024.
- Serious Creativity, Debono, E., University of Idaho Extension Leadership Book Club, virtual presentation by M. Hamilton, July 17, 2024.
- Food Insecurity and Lifestyle, DTTAC Advance Webinar (on-demand), June 18, 2024.
- Identifying and Preventing Nutrient Deficiencies in Patients Following Therapeutic Diets for Gut Health, Orgain, LLC on-demand webinar, June 12, 2024.
- Annual Extension Conference, April 8-11, 2024.
- CITI Program Investigators and IRB Investigators and Student Researchers refresher course, University of Idaho, March 20, 2024.
- Communications Across Barriers, Poverty Coaching Institute (virtual), March 8, 2024.
- Poverty Immersion Institute, Communication Across Barriers (virtual), March 6, 2024.
- Mental Health Through the Lifespan, Bonneville Interagency Council, February 29, 2024.
- Alzheimer's Association Annual Summit, January 25-27, 2024.
- Chronic Pain Self-Management Program leadership cross-training (virtual), Self-Management Resource Center, December 13, 2023.
- Habit shift mindset virtual training, University of Maryland Extension, October 27, 2023.
- Start With Why, Sinek, S., University of Idaho Extension Leadership Book Club, virtual presentation by M. Hamilton, October 11, 2023.
- Eastern district fall faculty meeting, September 20-21, 2023.
- National Extension Association of Family and Consumer Sciences conference, September 11-14, 2023.
- Skin health and nutrition: Separating the science from the trends, Orgain, LLC online training, July 13, 2023.
- 13 Ways to Kill Your Community, Griffiths, D., University of Idaho Extension Leadership Book Club, virtual presentation by D. Callister, July 12<sup>th</sup>, 2023.
- Performance nutrition for active adults: Fueling work and fitness, Orgain, LLC online training, May, 18, 2023.
- Eastern district spring faculty meeting, April 27, 2023.
- Nutrition for sports, exercise and weight management: What really works and why, American Council on Exercise online training, April 20, 2023.
- Protecting short-term memory and other forms of memory as we age, C. Brock Kirwan, PhD, Institute for Brain Potential, April 19, 2023.
- Things That Matter Most, Becker, J., University of Idaho Extension Leadership Book Club, virtual presentation by L. Sant, April 5, 2023.
- Simply fit senior, American Council on Exercise online training, March 30, 2023.

Training active agers with osteoarthritis, American Council on Exercise online training, March 24, 2023.

Adult and pediatric CPR/AED, American Red Cross, March 10, 2023.

Essentials for training older adults, American Council on Exercise online training, December 15, 2022.

Exercise during and after pregnancy: Understanding ACOG guidelines, American Council on Exercise online training, December 8, 2022.

Teaching clients the how and why of a flexitarian eating style online webinar, Great Valley Publishing/Commission on Dietetic Registration, December 3, 2022.

The physiological connections between diet and sleep and associated risks for developing chronic disease, Orgain, LL online training, November 1, 2022.

Eight Habits of the Heart, Taulbert, C., University of Idaho Extension Leadership Book Club, virtual presentation by J. Werlin, October 26, 2022.

Enhancing communication in a mentor-mentee relationship, online training, University of North Florida, October 21, 2022.

National Extension Association of Family and Consumer Sciences Leadership Experience online Professional development sessions: February 25, 2022, August 12, 2022 and October 14, 2022.

National Extension Association of Family and Consumer Sciences conference, September 12-14, 2022.

Leaders Eat Last, Sinek, S., University of Idaho Extension Leadership Book Club, virtual presentation by M. Spencer, July 6, 2022.

Today's Dietitian Spring Symposium, May 23-25, 2022.

Adult mental health first aid USA online training, National Council for Mental Wellbeing, May 12, 2022.

Mindsight, Siegle, D. , University of Idaho Extension Leadership Book Club, virtual presentation by L. Sant, April 6, 2022.

Building relationships will keep them coming back: It's all about retention, Diabetes Alliance of Idaho webinar, March 18, 2022.

Healthy for Life: Best practices to provide a remote education session, online training, American Heart Association, February 25, 2022.

Reducing cancer recurrence with plant-based nutrition, Orgain, LLC online training, February 17, 2022.

Master Trainer Virtual Certification for chronic disease self-management program online training, Self-Management Resource Center, January 28, 2022.

COVID-19 and our children, University of Louisiana Extension online training, January 20, 2022.

Cancer: The Science of Prevention and Survival, University of Florida Extension online training, January 18, 2022.

Berries, bioactive nutrients, and brain health, Today's Dietitian virtual webinar, January 14, 2022.

Power of your pantry, National Extension Association of Family and Consumer Sciences annual session presentation, online training, December 10, 2022.

Dining with Diabetes goes virtual, National Extension Association of Family and Consumer Sciences annual session presentation, online training, December 10, 2022.

Impact of social isolation and loneliness on older adults during the COVID-19 pandemic National Extension Association of Family and Consumer Sciences annual session presentation, online training, December 10, 2022.

Well-being bingo: A whole person approach to employee wellness programming, National Extension Association of Family and Consumer Sciences annual session presentation, online training, December 10, 2022.

National Extension Association of Family and Consumer Sciences annual virtual conference, November 2-5, 2021.

Summit on Idaho hunger and food security online training, October 21, 2021.

Building bodies and balance: Healthy aging extension programs, University of Florida Extension online training, August 19, 2021.

The new dietary guidelines for Americans: Recommendations for adults for healthy aging, University of Florida Extension online training, July 13, 2021.

Food truths, trends, and the pandemic: Diet and nutrition trends impacting health, Orgain, LLC online training, June 10, 2021.

Sport's nutrition: Considerations for counseling today's athletes, Today's Dietitian spring symposium online training, May 18, 2021.

The role of nutrients in the prevention and treatment of infectious diseases in aging adults, Today's Dietitian spring symposium online training, May 16, 2021.

Weight management does not equal weight bias, Today's Dietitian spring symposium online training, May

- 16, 2021.
- Greater protein intakes are associated with improved body composition, University of Florida Extension online training, May 11, 2021.
- Intermittent fasting: A novel approach to reduce the risk of cardiometabolic disease or just another diet fad?, Orgain, LLC online training, April 22, 2021.
- Anti-aging benefits of exercise, American Council on Exercise online training, April 22, 2021.
- Meet your microbiome: Eating for gut health, Orgain, LLC online training, April 7, 2021.
- Facilitating behavior change with evidence-based nutrition education strategies, Wolf Rinke Associates, Inc., April 1, 2021.
- Creating a safe space for our patients, Pocatello Dietitians practice group online training, March 16, 2021.
- New patterns across the lifespan: An update to the dietary guidelines for Americans 2020-2025, Diabetes Alliance of Idaho online training, March 9, 2021.
- American Council on Exercise mover method: Empowering clients through behavior change, American Council on Exercise online training, February 6, 2021.
- Overcome the “I hate change” mentality, American Council on Exercise online training, February 6, 2021.
- Active aging: Your guide to training a booming population, American Council on Exercise online training, February 3, 2021.
- Helping your clients navigate plant-based eating: Exploring clinical approaches and the new dietary guidelines, Orgain, LLC online training, January 28, 2021.
- Managing sleep, stress, and mood, Pharmavite online training, January 22, 2021.
- National diabetes prevention program lifestyle coach online training, January 21, 2021.
- Nutrition coaching: Changing habits, not diets, American Council on Exercise online training, January 20, 2021.
- Thriving on a plant-based diet: Guidelines on nutrients and beyond to empower your patients!, Orgain, LLC online training, January 13, 2021.
- Medical nutrition interventions for common digestive disorders, Orgain, LLC online training, January 12, 2021.
- Alkaline, paleo, ketogenic: Are any really anti-cancer? Navigating the diet craze maze with an integrative oncologist, Orgain, LLC online training, January 12, 2021.
- Nutrition advice that all experts agree: A starting point for vibrantly healthy diet!, Orgain, LLC online training, January 12, 2021.
- Diabetes care and education update: Translating latest evidence-based guidelines into clinical practice, Orgain, LLC online training, January 12, 2021.
- Inflammation and the anti-inflammatory diet through a cancer lens, Orgain, LLC online training, January 12, 2021.
- First do no harm: What health care providers need to know about organic food and agriculture, Commission Dietetic Registration online training, December 16, 2020.
- Disordered eating and the low FODMAP diet, Schar Institute online training, December 16, 2020.
- Breakfast and briefing: Fighting hunger in our communities, Dairy West online training, December 8, 2020.
- A guide to home fermentation, University of Florida online training, December 2, 2020.
- Nutrition starts at the farm: Healthy meals from the ground up, Dairy West online training, November 24, 2020.
- Feeding the microbiota: Health benefits of fermented foods, University of Florida online training, November 17, 2020.
- Diabetes Alliance of Idaho annual gathering online training, November 10-13, 2020.
- Enhancing communication in a mentor-mentee relationship, RD Mentorship Program online training November 5, 2020.
- An overview of probiotics and health, University of Florida online training, October 20, 2020.
- The ethics of hunger: Nourishing communities in need, Commission on Dietetic Registration online training, September 30, 2020.
- Quality measures across practice settings: Malnutrition alert! Focus on nutrition optimization, surgery, recovery, and outcomes, Commission on Dietetic Registration online training, September 30, 2020.
- The zoo within us: Introducing your gut microbiota, University of Florida Extension online training September 29, 2020.
- Health equity, food security, and malnutrition, Commission on Dietetic Registration online training, September 23, 2020.

Increasing access to MNT: A solution for malnutrition, Commission on Dietetic Registration online training, September 16, 2020.

COVID-19 and malnutrition: State of the evidence, Commission on Dietetic Registration, online training, September 9, 2020.

From high school to the pros: Fueling performance in the age of fast food, skipped meals, and convenience stores, Gatorade Performance Partner online training, August 28, 2020.

Advances in understanding, preventing, and treating COVID-19, Institute for Brain Potential online training, August 6, 2020.

Neurocognition: Understanding nutrition needs and knowledge gaps, Commission on Dietetic Registration online training, July 30, 2020.

From claims to marketing: Helping shoppers navigate the food choice, Dairy West online training, July 29, 2020.

Meeting the global demand: The role of animal protein in a sustainable food system, Commission on Dietetic Registration online training, June 29, 2020.

Meat and the human diet: Tracing our evolutionary history and today's cultural significance, Commission on Dietetic Registration online training, June 24, 2020.

Six factor to fit: An introduction to a tailored weight management approach, Commission on Dietetic Registration online training, June 17, 2020.

A farmer, a dietitian, and a scientist walk into a barn: Virtual dairy farm tour, Dairy West online training, June 10, 2020.

Food matrix: More than the sum of nutrients, Dairy West online training, May 21, 2020.

Anxiety, sleep, and the brain, Institute for Brain Potential, May 6, 2020.

Changing how we feel by what we eat, Institute for Brain Potential, May 1, 2020.

An anti-inflammatory lifestyle, Institute for Brain Potential online training, April 24, 2020.

Putting it all together: Inflammation, diet, and chronic disease, University of Florida Extension online training, April 21, 2020.

Assessment and dietary management of abdominal bloating, Commission on Dietetic Registration online training, April 16, 2020.

Adult malnutrition: Risk factors, diagnosis, and clinical applications, Commission on Dietetic Registration online training, April 9, 2020.

Stress-related disorders, Institute for Brain Potential online training, April 3, 2020.

Anti-inflammatory diets, University of Florida Extension online training, March 17, 2020.

Chronic disease self-management program master trainer certification, Self-Management Resource Center, March 2-6, 2020.

Inflammation, health, and disease, University of Florida Extension online training, February 18, 2020.

Orthorexia treatment and strategies, Pocatello Dietitians practice group, January 27, 2020.

Aging and exercise: Reduce cognitive decline with physical activity, American Council on Exercise online training, December 31, 2019.

Falls prevention training, Otago Exercise Program online training, December 12, 2019.

Applying brain boosters to your extension program, University of Florida online training, December 10, 2019.

Can modifying dietary behaviors modify brain health?, University of Florida online training, November 19, 2019.

Review of current evidence of low-carbohydrate diets for the management of cardiometabolic risk factors, Pocatello Dietitians practice group, October 23, 2019.

Physical activity and brain health: Muscle strength and brain health, Tai Chi and cognition, University of Florida Extension online training, October 15, 2019.

Helping your child with extremely picky eating, Wolf Rinke Associates, Inc., August 13, 2018.

Code of ethics for the dietetics profession, Academy of Nutrition and Dietetics, March 6, 2018.

Professional boundary issues in practice, Academy of Nutrition and Dietetics, March 6, 2018.