

# Pat Kendall

*Food Science and Human Nutrition, 1975-2013*

## Personal Background

Date of Birth: March 3, 1947



Pat was born in Superior, Nebraska. Her parents lived on a farm in North Central Kansas with Superior being the nearest town of any size. She attended grades 1-4 in Webber, Kansas. The summer before her 5th grade year, her parents sold their farm to make way for a new reservoir and relocated to a farm closer to Superior, Nebraska. She then attended Valley View, a one-room school, for her 5th through 8th grades. She and her younger sister, Mary, were very close. The only people in their respective classes were two other sisters, interestingly named Marilyn (Pat's classmate) and Pat (Mary's classmate). Pat and Mary also had a younger brother Mark, who later attended the one-room school.

Pat attended High School in Superior, Nebraska, which she reports was quite a shock after four years in a one-room school with no tests, no papers, and no homework. But she had learned other things during her time at Valley View, like how to learn on your own and how to teach the younger kids to read. She was also active in the local 4-H club, the Webber Wide-Awakes, where she honed her leadership skills. After a slow start at Superior High, Pat graduated 3rd in her class of 87.

After high school, Pat attended Kansas State University in Manhattan, KS. Given her experiences in 4-H, she did not consider any other college. She met Larry Kendall while at K-State and they were married between their Junior and Senior years. They have 2 children, Kristin and Matt. Kristin is married to Scott Beasley. They live in Fort Collins and have one daughter, Tessa. Matt is a sound engineer headquartered in Las Vegas, NV.

## Education & Pre-CSU Employment

Pat majored in Home Economics Education at Kansas State, partly because of her experiences with 4-H and partly because the best chances for gainful employment among girls at the time were in the teaching and nursing fields, and K-State did not have a nursing school.

Larry and Pat both graduated from K-State in 1969. The Vietnam War was raging and Larry was immediately inducted into the Army as a 2nd lieutenant. His first assignment was Fort Gordon, GA, where Pat found a full time job teaching high school math and science in Harlem, GA. His 2nd assignment was Leominster, MA, where Pat was able to teach home economics to Junior High students. Larry then took an assignment near Erlangen, West Germany, where Pat found a job

teaching English, math and science to army personnel preparing for the GED exam. Larry was then transferred to a detachment near Rimbach, where Pat convinced the General in charge that they needed her to open an army education center at the detachment.

In 1972, with the Vietnam War winding down, Larry was able to get an “early out” from the Army. Knowing that the U.S. was a different place than they had left three years earlier, they both agreed they needed graduate education to help hone their employment skills. Because of some personal health issues, Pat had become very interested in the role of food and nutrition on health and wanted to focus her advanced studies in that area. She applied for graduate assistantships at four Universities (including CSU) and received a fellowship offer from Kansas State.

After Pat completed her MS in Foods and Nutrition and Larry his MBA at Kansas State in 1973, they decided to move to the place they wanted to raise their family (Kristin was one at the time), then seek employment. Having fallen in love with the Bavarian mountains during their time in Germany, Colorado was a natural choice. And, Fort Collins, which felt much like Manhattan, KS, with a great view and better climate, seemed to be the perfect place to call home. Plus, if all else failed, they could continue their education at CSU.

Salaried jobs were scarce in Fort Collins, CO in 1973, so Larry went into real estate and Pat found a variety of odd jobs, including substitute teaching, contract sewing, and the development of a nutrition education program for a local non-profit. She also enrolled in classes at CSU to get the courses she needed to become certified to teach Home Economics in Colorado.

## CSU Work History

In June of 1974, Pat applied for and was offered a three-quarter time position at Colorado State as the Nutritionist for a research project led by Drs. Richard Jansen and Jud Harper. Nutrition labeling on packaged foods had just been mandated by the Food and Drug Administration, and the purpose of the project was to develop a manual and educational program to help consumers better use nutrition labeling in meal planning. They developed a manual (called PRUCAL) that simplified nutrient data for all foods in the USDA nutrient database into a common unit, with 20 units (5% of the RDA/unit) equal to the recommended daily intake.

In 1975, as that project was winding down, the Extension Foods Specialist in the Department of Food Science and Human Nutrition (FSHN) resigned. Pat applied for the position and was pleased to be selected. Extension was the perfect fit for Pat. She was very comfortable with non-classroom learning and working with a wide range of learning styles. It also gave her the opportunity to get back and give back to her rural roots. She continued working as an Extension Food and Nutrition Specialist for the next 34 years, with leave-without-pay in 1982-83 to have her second child, Matt, and to finish her Doctorate in Nutrition Education in FSHN at CSU. During her tenure as an Extension Specialist, Pat was the PI or a Co-Investigator on 63 different grants, produced 32 extension bulletins or pamphlets, 42 fact sheets, and 26 technical reports. She also wrote a weekly column on food and nutrition topics for 30 years, taught graduate courses, and directed 57 graduate

students. She served as Graduate Coordinator for FSHN between 1997-2000, Interim Department Head in 1997, and Associate Department Head from 1998-2000.

In the early years, Pat's extension efforts focused on high altitude cooking, food preservation at altitude, and helping consumers better utilize new inventions like slow cookers and microwave ovens. She also spent much time developing food and nutrition literature for the 4-H program. In the late 1980s, as pesticide residues became a consumer concern, she began to focus more on risk communication. She teamed up with Jim Loftis in Civil and Environmental Engineering along with Don Zimmerman and Mike Slater in Technical Journalism for these efforts. Then in the early 1990s as our global food system began to create widespread outbreaks of foodborne illness, she focused her efforts both on helping find workable solutions to consumer food safety issues and on targeting food safety education to those at highest risk. Valued colleagues in these efforts included John Sofos in Animal Sciences, and Extension colleagues Lydia Medeiros from Ohio State University, and Val Hillers from Washington State University. Throughout her career, she appreciated the support and camaraderie of her long time office mate, Jennifer Anderson.

In 2009, as Pat was transitioning to retirement, she accepted a half-time position as Associate Dean for Research for the College of Health and Human Sciences. She really enjoyed the opportunity this position gave her to help mentor new faculty as they developed their research careers.

### **Honors and Awards:**

- 2011 – Oliver P. Pennock Distinguished Service Award, Colorado State University
- 2010 – Outstanding Engagement Award, Board on Human Sciences, Association of Public and Land Grant Universities
- 2007 – Faculty in Residence, University of Canberra, Australia
- 2006 – Kansas State Univ. College of Human Ecology Distinguished Alumni Research Award
- 2006 – College of Applied Human Sciences Scholarly Excellence Award
- 2003 – CSU Alumni Award for Distinguished Service to Cooperative Extension
- 2001 – Hope Award for Community Service
- 1999 – CSU Faculty Award of Merit, Gamma Sigma Delta
- 1999 – CSU Cooperative Extension Team Award
- 1997 – National Extension Association of Family and Consumer Sciences Mary W. Wells Memorial Diversity Award, Western Region
- 1996 – CSU Cooperative Extension Diversity Program Award
- 1996 – Outstanding Dietitian of the Year, Colorado Dietetic Association
- 1995 – Epsilon Sigma Phi Mid Career Award, Western Region
- 1994 – F.A. Anderson Award for Outstanding Service to People of Colorado
- 1990 – Epsilon Sigma Phi Team Award, Zeta Chapter
- 1987 – Fort Collins Soroptomists Award for Professional Service to Women
- 1980 – F.A. Anderson Award for Outstanding Service to People of Colorado
- 1980 – Outstanding Young Women in America
- 1973 – Kansas State University Research Excellence Award, MS Thesis
- 1972 – General Foods Fellowship for MS Study

Leadership Development Programs:

1998-99 – Women's Leadership Development Program, Colorado State University

1996-97 – ACOP/ESCOP National Leadership Development Program

1996 – Western Region Extension Leadership Development Program

**Selected Leadership Positions:**

Grants Panel Manager, National Integrated Food Safety Initiative, USDA-NIFA, 2009-11

President, Society for Nutrition Education, 2005-06; President-elect, 2004-05

Team Leader, Nutrition, Health and Food Safety Core Competency Area, CSU Coop. Extension, 2004-2008

CSU Cooperative Extension Program Leadership Team, 2004-08

Chair, Faculty Advisory Board, Interdisciplinary Studies Program in Food Science/Safety, 2002-7

Grants Panel Manager, Initiative for Future Agriculture and Food Systems, Nutritional Impact of Functional Foods Section, USDA-CSREES, 2000-01

President, Simply Colorado, Inc., 1996-97

President, Colorado Dietetic Association, 1995-96

Chair, Society for Nutrition Education Strategic Planning Committee, 1994-95

ES-USDA/ES-FSIS Working Group on Food Safety and Quality Education, 1992-95

Chair, Colorado State University Faculty Improvement Committee, 1993-95

National Cooperative Extension System Task Force to develop Strategic Plan for Nutrition, Diet and Health Based Programs, 1993-94

National Coop. Extension System Food Safety & Quality Implementation Team, 1991-2000

National Board, Epsilon Sigma Phi, 1991-94

National Coop. Extension System Task Force to Develop Strategic Plan for Food Safety and Quality National Initiative, 1989-91

President, Zeta Chapter, Epsilon Sigma Phi, 1988-89

National Board, Council on Agriculture, Science and Technology, 1986-1989

President, Extension Technologists Group, Institute of Food Technologists, 1986-87

President, Colorado State Chapter, Gamma Sigma Delta, 1984-85

President, Colorado State University Extension Specialists Organization, 1980-81

### **Editorial and Advisory Boards**

Colorado Food Systems Advisory Council, 2011-present

Board of Editors, Journal of Food Protection, 2007-present

Board of Editors, Food Protection Trends, 2008-present

Associate Editor, The Forum for Family and Consumer Issues, 2005-2009

Board of Editors, The Journal of Consumer Affairs, 1998-2006

Board of Editors, Journal of Nutrition Education, 1991-1997

Health and Scientific Advisory Board, Public Health and Water Research Institute, 2005-2009

National Science Communicator, Institute for Food Technology, 1983-2006

Scientific Expert, Alliance for Food and Fiber (Los Angeles, CA), 1990-2000

Project Self-Sufficiency, Board member, 2001-2007

### **Publications:**

137 journal articles, 3 books, 3 book chapters, 32 Extension bulletins and pamphlets, 42 Extension fact sheets, 2 correspondent courses, (sampling provided below)

Buffer, J.L., Medeiros L.C., Kendall, P., Schroeder, M., and Sofos, J. 2012. Health professionals' knowledge and understanding about *Listeria monocytogenes* indicates a need for improved professional training. *J. Food Prot.* 75:1310-1316.

Troxell Aldrich, H., Goodridge, L., Bunning, M., Stushnoff, C., Kendall, P. 2011. Impact of calcium chloride dip and temperature on microbial quality of organically and conventionally grown melons. *Agriculture, Food & Analytical Bacteriology.* 1:150-158.

Bunning, M.L., Kendall, P.A., Stone, M.B., Stonaker, F.H., Stushnoff, C. 2010. Effects of seasonal variation on sensory properties and total phenolic content of 5 lettuce cultivars. *J. Food Science,* 75:S156-61.

Chen, G., Kendall, P.A., Hillers, V.N., Medeiros, L.C. 2010. Qualitative studies of the food safety knowledge and perceptions of transplant patients. *J. Food Prot.,* 73:327-35.

Rodriguez-Marval, M., Geornaras, I., Kendall, P.A., Scanga, J.A., Belk, K.E., Sofos, J.N. 2009. Microwave oven heating for inactivation of *Listeria monocytogenes* on frankfurters before consumption. *J. Food Sci.,* 74:M453-60.

Lenhart, J., Kendall, P., Medeiros, L., Doorn, J., Schroeder, M., Sofos, J. 2008. Consumer assessment of safety and date labeling statements on ready-to-eat meat and poultry products designed to minimize risk of listeriosis. *J. Food Prot.*, 71:70-76.

Wallner, S., Kendall, P., Hillers, V., Bradshaw, E., Medeiros, L.C. 2007. Online continuing education course enhances nutrition and health professionals' knowledge of food safety issues of high-risk populations. *J. American Dietetic Assoc.*, 107:1333-1338.

Kendall, P.A., Hillers, V., Medeiros, L.C. 2006. Food safety guidance for older adults. *Clinical Infectious Diseases*, 42:1298-1304.

DiPersio, P.A., Sofos, J.N., Kendall, P.A. 2006. Food drying workshops promote safe home drying methods. *Food Prot. Trends*, 26:165-173.

Derrickson-Tharrington, E., Kendall, P.A., Sofos, J.N. 2005. Inactivation of *Escherichia coli* O157:H7 during drying of apple slices pretreated with acidic solutions. *Intl J. Food Microbiology*, 99:79-89.

Kendall, P.A., Elsbernd, A., Sinclair, K., Schroeder, M., Chen, G., Bergmann, V., Hillers, V.N., Medeiros, L.C. 2004. Observation versus self-report: validation of a consumer food behavior questionnaire. *J Food Protection*, 67:2578-2586.

Oldham, L., Kendall, P., Cobb, B., Banning, J., Slater, M. 2004. Perceptions of dietary supplements among older women with diabetes. *The Diabetes Educator*, 30:658-664.

Athearn, P.N., Kendall, P.A., Hillers, V.N., Schroeder, M., Bergmann, V., Chen, G., Medeiros, L.C. 2004. Awareness and acceptance of current food safety recommendations during pregnancy. *Matern. Child Health J.*, 8:149-162.

Morales, S., Kendall, P.A., Medeiros, L.C., Hillers, V., Schroeder, M. 2004. Health care providers' attitudes toward current food safety recommendations for pregnant women. *Applied Nursing Research*, 17:178-186.

Kendall, P. editor. *High Altitude Baking*. Denver, Co. 3D Press.

Kendall, P., Medeiros, L.C., Hillers, V., Chen, G., DiMascola, S. 2003. Food handling behaviors of special importance to pregnant women, infants and young children, the elderly and immune-compromised persons. *J. American Dietetic Association*. 103:1647-1649.

Hillers, V.N., Medeiros, L., Kendall, P., Chen, G., DiMascola, S. 2003. Consumer food handling behaviors associated with prevention of 13 foodborne illnesses. *J. Food Protection*. 66:1893-9.

Albright, S.N., Kendall, P.A., Avens, J.A., Sofos, J.N. 2002. Effect of marinade and drying temperature on inactivation of *Escherichia coli* O157:H7 on inoculated home dried beef jerky. *J. Food Safety*. 22:155-167.

Medeiros, L.C., Hillers, V.N., Kendall, P.A., Mason, A. 2001. Evaluation of food safety education for consumers. *J. Nutrition Education*, 33:S27-S34.

Burnham, J.A., Kendall, P.A., Sofos, J.N. 2001. Ascorbic acid enhances destruction of *Escherichia coli* O157:H7 during home-type drying of apple slices. *J. Food Protection*, 64:1244-1248.

Wdowik, M.J., Kendall, P.A., Harris, M.A., Auld, G. 2001. Expanded Health Belief Model predicts diabetes self-management in college students. *J. Nutrition Education*, 33:17-23.

Medeiros, L.C., Hillers, V.N., Kendall, P.A., Mason, A. 2001. Food safety education: What should we be teaching to consumers? *J. Nutrition Education*, 33:108-113.

Palmeri, D., Auld, G., Taylor, T., Kendall, P., Anderson, J. 1998. Multiple perspectives on nutrition education needs of low-income hispanics. *J. Community Health*, 23:301-315.

Kendall, P.A. 1997. Biotechnology: boon or threat? *J. Nutrition Education*, 29:112-115.

Chipman, H., Kendall, P., Auld G., Slater, M., Keefe, T. 1995. Consumer reaction to a risk/benefit/options message about agricultural chemicals in the food supply. *J. Consumer Affairs*, 29:144-163.

Kendall, P.A. and Gloeckner, J.A. 1994. Managing food allergies and sensitivities. *Topics in Clinical Nutrition*, 9:(3) 1-10.

Kendall, P.A. and Jansen, G.R. 1990. Educating patients with diabetes: Comparison of nutrient-based and exchange group methods. *J. Am. Dietetic Assoc*, 90:238-243.

Chipman, H. and Kendall, P.A. 1989. Twenty years of EFNEP: Changes and challenges. *J. Nutrition Education*, 21:265-269.

Jansen, G.R., Kendall, P.A., Jansen, C. 1985. Nutrient-based approaches to nutrient education. *Food Technology*, 39(2):114-119.

Kendall, P.A., Harrison, D.L., Dayton, A.D. 1974. Quality attributes of ground beef on the retail market. *J. Food Science*, 39:610-614.

