



January 2015

## Psychology Student Helps Sustain Fit Families Rock Program in the Janesville Community

Childhood obesity is three times higher today than it was 30 years ago and by age six, an obese child is already 40 percent more likely to remain obese into adulthood than a non-obese child. Family-based interventions, like the project piloted by UW-Whitewater student Nicole Wiswell's [undergraduate research last summer](#) at the Janesville YMCA, are crucial in promoting good health and wellbeing to children of all ages. Under the guidance of faculty mentor Heather Niemeier (Psychology), Wiswell sought to increase access to public health programs that might make a difference in the Janesville community.

Wiswell created a full treatment manual for both the adult and child groups, and assisted with the data collection process from the pilot study group in its six month follow-up. "Through the grant, Nicole was able to formalize the manual that we will be using in our next cohort of Fit Families Rock," explained Niemeier, which "guides leaders and participants through the key strategies of weight loss for children." [Fit Families Rock](#) (FFR) is the collaborative effort of St. Mary's Janesville Hospital, Dean Clinic, UW-Whitewater, UW-Extension Family Living, and the Janesville Family YMCA. FFR supervises physical activity at the YMCA and equips families with nutritional and behavioral weight loss information to promote and sustain a healthy lifestyle, particularly through decreasing screen time, adjusting to appropriate sleeping patterns, and healthy means of reducing and coping with stress.



Nicole Wiswell (left) and Heather Niemeier (right)

"Fit Families Rock is an important project," stated Niemeier, "both because it targets childhood obesity, and because it represents a significant collaborative effort amongst several community agencies invested in community health." The program included a demonstration from a visiting chef on the preparation of healthy food, nutrition education, and a variety of classes and uses of fitness equipment. "There is a lot of evidence for the efficacy of these programs; however, they are currently only available in the form of research studies, which put limits on who can participate," explained Wiswell of the importance of providing sustainable access to this kind of program.

Fit Families Rock program for this spring is full. For information on future programs, please call UW-Extension at 608-757-5694.

- written by Missy Kennedy

## Upcoming Events

[UW Campuses and the Future of Higher Education, February 10](#)

[Sounds 'n' Visions, February 14](#)

[Applications for the Summer Undergraduate Research Fellowships in Community-Based Research due March 5](#)

## Related Links

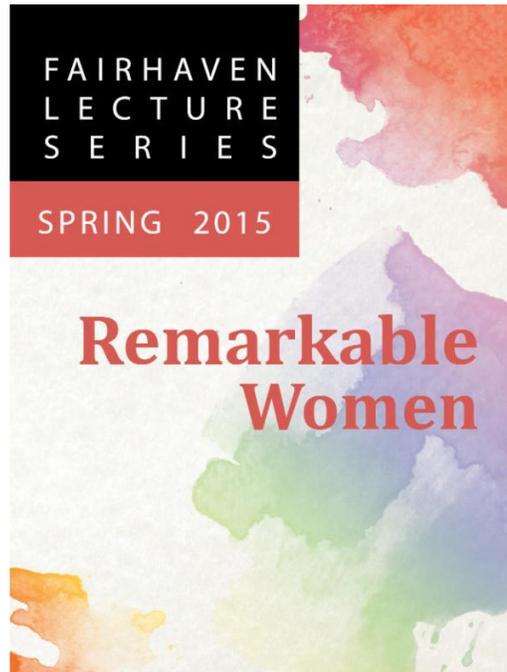
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## Spring Lecture Series to Focus on "Remarkable Women"

For over thirty years, UW-Whitewater has sponsored a free community lecture series just down the road from campus at the Fairhaven Retirement Community. On Monday afternoons, people gather to hear faculty, staff, authors and business leaders present talks on historical figures, current events, literature and art as part of the [Fairhaven Lecture Series](#). "The lectures are a great way for our faculty and staff to interact with community members and for the audience to get their questions answered by experts" noted Kari Borne, coordinator of the series. "Faculty expertise is our 'product' and it is a pleasure to share that with the community."

This Spring, the lecture series will highlight the stories of "Remarkable Women" from across the globe and throughout history. Lectures will focus on the leadership of women in business, education, literature, science and politics, and how their accomplishments have shaped who we are today. The series kicks off on February 2 with a lecture by Karyn Saemann, an author with the Wisconsin Historical Society. Her lecture will focus on Electa Quinney, Wisconsin's first public school teacher who was also a Stockbridge Indian. Additional lectures by Whitewater faculty from all four colleges on campus will cover such women as Maya Angelou, the female U.S. Supreme Court Justices, and Broadway dance arrangers Trude Rittman and Genevieve Pitot. The stories of women involved in rock music, the North American illicit drug trade, and education in the 19th century. Lectures are held on Mondays at 3:00 p.m. through April 27. There is something for everyone - join us, won't you?



## Assessment at UW-Whitewater -- A Good Reason to Celebrate and Connect

You probably are hearing a lot about assessment on campus lately. With a Higher Learning Commission (HLC) campus-wide reaccreditation visit scheduled for this fall, offices, departments, and colleges are devoting much of their time to preparing assessment reports for this process. But assessment happens all the time on campus, not just reaccreditation years. What does assessment look like? What is being done in the classroom and in offices to examine what we are doing,



what students are learning, and how we can improve? You are invited to find out during [Assessment Day 2015!](#) The theme for this event is "Celebrate and Connect" - join your colleagues for a day filled with presentations, posters, sessions and a FREE LUNCH! The Keynote Address will talk about what we are learning from our HLC preparation. Everyone is welcome and encouraged to attend this event. Sign up is required at [my.uww.edu](http://my.uww.edu). Hope to see you there!



## Spotlight on Adult Students: Cal Servi, Law Enforcement Bachelor's Degree Program

Detective Cal Servi chose to enroll in UW-Whitewater's [Law Enforcement Bachelor's Degree Completion Program](#) in part because the program recognizes the professional skills adult students bring with them through Credit for Prior Learning and Assess for Credit opportunities. Detective Servi is already accomplished. A member of UW-Whitewater Police Department's, he is a Marine Corp Infantry veteran who served in Operation Iraqi Freedom before coming to UWW in 2010. Among the many skills he has developed over the last several years are tactical functional training, teaching officers to stay fit, International Police Mountain Bike Instruction, and background investigation. Cal has been trained in emergency management by the Department of Homeland Security and trains other officers in CPR, Basic Life Support, and the use of Automatic External Defibrillators.



In addition, Detective Servi is recognized by his peers and the community for his work in relation to drugs and alcohol. He serves as a member of the Jefferson County Heroin Summit, where he helps to raise awareness about the dangers of heroin use through presentations at local high schools. Because of his efforts to reduce drug use on UW-Whitewater's campus and his reorganization of the Alcohol Diversion Program, Detective Servi won the Chiefs' Award in January, 2013.