

Sonja D. Koukel, PhD

Vitae

General Information

Rank/Title: Associate Professor/ Extension Health Specialist
Department: Extension Family & Consumer Sciences
Cooperative Extension Service
College of Agricultural, Consumer and Environmental Sciences
New Mexico State University
Address: MSC 3470 PO Box 30003
Las Cruces, NM 88003-8003
Date of Hire: July 1, 2010
Office Phone: (575) 646-3006 Office Fax: (575) 646-1889 Email: sdkoukel@nmsu.edu

ACADEMIC DEGREES

Doctor of Philosophy (2005) – Department of Applied and Professional Studies, College of Human Sciences, Texas Tech University, Lubbock.
Dissertation: *Teaching style and computer use in Family and Consumer Sciences teacher certification programs: A survey of university faculty in Texas.*

Master of Science (2001) – Department of Education, Nutrition, and Restaurant/Hotel Management, College of Human Sciences, Texas Tech University, Lubbock.
Thesis: *Survey of Family and Consumer Sciences Education Association Members: Organization affiliation and perceived professional development.*

Bachelor of Science (1999 with Honors) – Department of Family and Consumer Sciences, College of Agriculture and Home Economics, New Mexico State University, Las Cruces.
Undergraduate Research: *New Mexico Cooperative Extension Service Home Economists; Perceived Technical Knowledge and Estimated Client Needs.*

Certificates / Continuing Education

Graduate Certificate of Public Health (Expected completion Summer 2018) – New Mexico State University College of Health and Social Services, Las Cruces.

Healthy Homes Specialist (2010 - Present) – The National Environmental Health Association and The National Center for Healthy Housing.

Health Literacy and Communications for Health Professionals by University of Nebraska on Coursera. Certificate earned on December 22, 2016. [Web delivered]

Incident Command System (ICS) Trainings. ICS workshops: 100(a & b), 200, 300, 400, 700, 800, & 909. Federal Emergency Management Agency (FEMA) Certifications. (Completion dates, 2013-2014).

Counseling and Educational Psychology (CEP) 499/598, *Art of Mind/Body Medicine for Helping Professionals in Training*. College of Arts & Sciences, NMSU. (2011).

PROFESSIONAL EXPERIENCES

April 2018 to Present – Associate Editor, *Journal of Family and Consumer Sciences*. Provide support to the Journal Editor primarily through reviewing submitted manuscripts, making necessary revisions, and deciding whether the manuscript should go back to the author(s) or to the editor. Additional responsibilities include working with the editorial team in setting and meeting deadlines, making certain the content is original work, and participating in editorial meetings.

August 2017 to Present – Interim Associate Department Head; Family and Consumer Sciences; College of Agriculture, Consumer and Environmental Sciences; New Mexico State University. Administratively responsible to the Family and Consumer Sciences Department Head. Responsibilities include but are not limited to promoting communications and collaborations among Family and Consumer Sciences Extension Specialists and county agents; identify critical priority needs and issues, with the assistance of Specialists and county agents, to be addressed through Extension programs; identify and assist in providing professional development opportunities for county agents involved in Family and Consumer Sciences programming with the assistance of Specialists and county agents; and, promote rapport within the campus and the community.

August 2017 to Present – Guest Co-Editor, *Journal of Human Sciences and Extension, Special Theme Issue*. School of Human Sciences at Mississippi State University. Work with Journal editors in preparing manuscripts submitted by five National Extension Committee on Organization and Policy (ECOP) Health Action Teams for publication.

July 2010 to Present – Associate Professor (tenured)/Extension Health Specialist, Extension Family and Consumer Sciences Program, New Mexico State University Cooperative Extension Service, State-wide responsibilities (100% Extension). Provide direction and support for county programming in health and wellness related programs for adult and youth audiences. Responsible for securing funding, and managing grants including evaluations and reporting of results to administration, funding agencies, and the community-at-large. Population majority is Hispanic.

February 2016 to 2018 – Chair, National Health Literacy Action Team, Extension Committee on Organization & Policy (ECOP). Provide leadership to a national committee comprised of Extension professionals from across the nation to meet the Health Implementation Charge: organize/facilitate monthly conference calls; oversee development of health literacy focused database, curriculum, programs, and educational materials; engage members in professional development including but not limited to hosting webinars, and presenting oral and poster sessions at the local, state, and national levels; serve as liaison between ECOP, other action team chairs, and the health literacy action team members.

December 2012 to August 2014 – Committee member, National Task Force on Health, Extension Committee on Organization & Policy (ECOP). Served on the Chronic Disease subcommittee. Developed the Cooperative Extension's National Framework for Health & Wellness – a framework designed to help guide Extension at the national level in the health arena for the next 3-5 years. Document available at http://www.aplu.org/members/commissions/food-environment-and-renewable-resources/CFERR_Library/national-framework-for-health-and-wellness/file

January 2013 to 2016 – Co-Director Southwest Border Food Protection and Emergency Preparedness Center, New Mexico State University. Serve as PI on Department of Homeland Security Grant, manage multiple accounts that provide funding to the Center: NM Department of Agriculture, Department Workshop Account, and Surplus Account. Serve as point of contact for state partners (e.g., NM

Department of Health, NM Environmental Department, State Veterinarians, regulatory agencies, food processors and distributors). Work with Center staff to plan, organize and facilitate programs, workshops, conferences and trainings (e.g., emergency management and preparedness, food protection). Engage county agents in emergency preparedness and organizing/leading County Food Protection Alliances. Establish and manage appropriate use of social media (e.g., blog, FaceBook, Twitter).

July 2012 to January 2013 – Program Specialist, Food Safety Initiative for the Southwest Border Food Protection and Emergency Preparedness Center, New Mexico State University. Provide support, direction and leadership in providing research-based information and materials in the area of food protection, safety and defense at a state-wide level. Work in establishing County Food Protection Alliances and networking those Alliances with the State-level Food Protection Task Force. Participate in and facilitate conference calls, webinars, workshops and trainings. Establish, maintain and serve as point of contact for the NMSU Food Safety blog to provide food recall and allergy alert updates that impact New Mexico and surrounding states.

January 2005 to June 2010 – Assistant Professor of Extension/District Agent, Home Economics Program, University of Alaska Fairbanks Cooperative Extension Service, Juneau/Southeast District. Bipartite Responsibilities (90% Service/10% Teaching): Provide leadership for development and delivery of Extension programs to both adult and youth audiences of diverse cultures, and facilitate the delivery of other Extension programs as needed. Obtain and distribute a variety of educational materials, utilizing various educational methods, in meeting the needs of clientele within the district. Encourage collaboration, cooperation, and sharing between Extension and other agencies, organizations, and groups serving adults, youth, and families in the district. Populations included Tlingit, Haida, and Tsimshian Native cultures.

PUBLICATIONS: Selected Peer Reviewed Journal Publications

Koukel, S., Newkirk, C., Bercaw, S., Letto, B., & Malekian, F. (Accepted, Expected publication May 2018). Health literacy: a national focus. *Journal of Human Sciences and Extension, Special Theme Issue: Extension framework for health and wellness implementation and scholarship.*

Kaufman, A., Boren, J., **Koukel, S.,** Ronquillo, F. J., Davies, C., & Nkouage, C. (2017, May). Agriculture and Health Sectors Collaborate in Addressing Social Determinants. *Annals of Family Medicine, 15(5), 475-480.* <http://www.annfammed.org/content/15/5/475.full.pdf+html>

SELECTED GRANTS SECURED AND MAINTAINED

Koukel, S., & Martinez, K. *Chronic Disease Self-Management Education Programs.* New Mexico Department of Health.

- October 2017 – June 2018. (\$80,000)
- November 2016 – June 2017. (\$80,000)
- February – June 2016. (\$24,000)

Koukel, S., & Devall, E. (October 1, 2013 – June 30, 2014). *New Mexico Outreach and Education Project.* New Mexico State University Cooperative Extension and University of New Mexico Health Sciences Center. New Mexico Health Insurance Exchange (NMHIX). (\$100,000)

Koukel, S. (2011 - 2016). *GROW Healthy Kids and Communities: Generating Rural Options for Weight-Healthy Kids and Communities.* New Mexico State University Cooperative Extension and Oregon State University. Childhood Obesity Grant USDA/NIFA. \$25,000.

SELECTED HONORS, AWARDS OR OTHER RECOGNITION OF EXCELLENCE IN EXTENSION

Koukel, S. (2017, July). 2017 Outstanding Peer Reviewer Journal of Family & Consumer Sciences, American Association of Family & Consumer Sciences.

Koukel, S. (2015, October). Extension Professional of the Year – New Mexico Association of Family & Consumer Science.

Davies, C., Beiser, C., **Koukel, S.**, & Hamilton, K. (2014, July). Awards of Excellence – Regional Qualifying Programs: *Emergency Preparedness for the Home*. Western Extension and Research Directors.

Koukel, S. (2013, July). Awards of Excellence – Regional Qualifying Programs: *New Mexico County Food Protection Alliances*. Western Extension and Research Directors.

Koukel, S. (2013, March). Early Career Award, Epsilon Sigma Phi - Epsilon Chapter.

Koukel, S. (2008, September) Western Region Communications and Public Relations Awards: 1st Place Written, National Extension Association of Family & Consumer Science (NEAFCS).

Koukel, S. (2008, June). Certification of Completion, Western Extension Leadership Development (WELD) Program IV.

PROFESSIONAL AFFILIATIONS

New Mexico Health Literacy Coalition, Founding Member (2017 – Present).

American Public Health Association (APHA) (2016 – Present).

New Mexico Chronic Disease Prevention and Control Council (NMCDPC), (2015 – Present).

New Mexico State University College of Agriculture, Consumer and Environmental Sciences (NMSU ACES)

Extension Specialist Association (2012 – Present). Secretary (2015 – 2016).

Soroptimist International of the Americas, Las Cruces Chapter (SILC), (2011 – Present).

- Two-year Director (2013-2015).
- President (2012).

National Environmental Health Association (NEHA), (2010 – Present).

- New Mexico Affiliate (NMEHA), (2010 – Present). Board of Directors (2015 – 2106).
- Southern NM Public Health Conference, Las Cruces. Co-planner/Facilitator (2015, September).

Extension Disaster Education Network (EDEN), (2010 – Present).

- Host/Member, 2014 Annual Session Planning Committee (2012 - 2014).
- Information Clearinghouse Committee (2010 - Present) Chair (2013 – 2014), Chair-Elect (2010 – 2013).
- Point of Contact/Delegate for NMSU (2012 – Present).

Epsilon Sigma Phi (2006 – Present).

National Extension Association of Family & Consumer Sciences (NEAFCS), (2005 – Present).

- National Officer, Vice President for Professional Development (2012 – 2014).
- Charter Member, NEAFCS Webinar Subcommittee (2012 – Present).
- Member, Operations Subcommittee, Galaxy IV Conference, Pittsburgh, PA (2013).
- Member, Opening Ceremony Committee, Annual Conference, Albuquerque, NM (2012).

- Chair (2011), Chair-Elect (2010), Registration Subcommittee of the Professional Development Subcommittee for the National Annual Conference (2011).

New Mexico Affiliate (NMEAFCS), (2010 – Present). Vice-President Public Affairs (2016 – 2017).

Alpha Chi Honor Society, New Mexico State University (1999). Lifetime Member.

American Association of Family and Consumer Sciences (AAFCS), (1997 – Present).
New Mexico Affiliate (NMAFCS), (2010 – Present). Treasurer (2011 – 2013).

Gamma Sigma Delta, Honor Society of Agriculture New Mexico Chapter (1999 – Present).