

## Sonja D. Koukel, PhD

### Vitae

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#### General Information

Rank/Title: Professor/ Extension Health Specialist  
Associate Department Head Extension/ Family and Consumer Sciences

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

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#### 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

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]

#### PROFESSIONAL EXPERIENCES

July 2010 to Present – Tenured Professor/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.

October 2019 to present – Associate Department Head Extension/ Family and Consumer Sciences; College of Agriculture, Consumer and Environmental Sciences; New Mexico State University.

August 2017 to September 2019 – Interim Associate Department Head Extension/ Family and Consumer Sciences. Administratively responsible to the Extension/ Family and Consumer Sciences Department Head. Responsibilities include but are not limited to promoting communications and collaborations among Extension Family and Consumer Sciences 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.

November 2020 to Present – Associate Editor, *Journal of Extension*. The associate editors facilitate the publication process; review manuscripts, suggest peer reviewers, provide feedback to authors, and make editorial decisions.

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 June 2018 – 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. <https://www.jhseonline.com/issue/view/06-02/jhse06-02>

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.

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).

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](http://www.aplu.org/members/commissions/food-environment-and-renewable-resources/CFERR_Library/national-framework-for-health-and-wellness/file)

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.

### ***Graduate Advising and Student Involvement***

March 2017 to March 2020 – Graduate Faculty, The Graduate School, New Mexico State University. Serve as the graduate dean’s representative when called upon by other departments. Responsibilities: Can chair all graduate committees, direct master’s thesis and doctoral dissertations, serve on educational specialists’ exams and serve on doctoral exams.

- Agriculture and Extension Education, Graduate Dean Representative, 2017 - 2018.

August 2016 to May 2017 – New Mexico State University Graduate-level Internship Supervision. Assist in setting student goals and objectives for the internship. Provide opportunities to work with Cooperative Extension Service professionals at the national level.

Academic Year 2010 – Faculty Co-Advisor, New Mexico State University Association of Family & Consumer Sciences Student Section.

### **PUBLICATIONS**

#### ***Peer Reviewed Journal Publications***

Rogus, S., & Koukel, S. (2019, September). Use of simulation in dietetic student learning. *Journal of Family and Consumer Sciences*, 11(4), 10-11. <https://doi.org/10.14307/JFCS111.4.7>

- Buy, D., & Koukel, S. (2018, June). The National Framework for Health and Wellness: (Re)Framing the Work of Cooperative Extension for the Next Century. *Journal of Human Sciences and Extension/School of Human Sciences Mississippi State University*, 6(2), 102-107. <https://www.jhseonline.com/issue/view/06-02/jhse06-02>
- Koukel, S., Newkirk, C., Bercaw, S., Letto, B., & Malekian, F. (2018, June). Health literacy: a national focus. *Journal of Human Sciences and Extension, Special Theme Issue: Extension framework for health and wellness implementation and scholarship*. <https://www.jhseonline.com/issue/view/06-02/jhse06-02>
- 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>
- Koukel, S. (2015, June). Southwest Border Food Safety and Defense Center: Creative Ideas for Promoting Food Safety and Food Protection. *Journal of Extension*, 53(3). Available at [www.joe.org/joe/2015june/iw4.php](http://www.joe.org/joe/2015june/iw4.php)
- Other Peer Reviewed Publications including Cooperative Extension**
- Koukel, S. (2020, April). *Norovirus: What it is and how you can prevent it Guide I-116*. Las Cruces, NM: NMSU College of Agriculture, Consumer and Environmental Sciences. [https://aces.nmsu.edu/pubs/\\_i/I116/welcome.html](https://aces.nmsu.edu/pubs/_i/I116/welcome.html)
- Koukel, S. (2020, March). *Heat Stress: Signs and Prevention Guide I-115*. Las Cruces, NM: NMSU College of Agriculture, Consumer and Environmental Sciences. [https://aces.nmsu.edu/pubs/\\_i/I115/welcome.html](https://aces.nmsu.edu/pubs/_i/I115/welcome.html)
- Koukel, S. (2020, March). *Recommended Vaccinations for Adults 50 Years of Age and Older Guide I-108*. Las Cruces: NMSU College of Agriculture, Consumer and Environmental Sciences. [https://aces.nmsu.edu/pubs/\\_i/I108/welcome.html](https://aces.nmsu.edu/pubs/_i/I108/welcome.html)
- Nixon, K., & Koukel, S. (2020, March). *Choosing Over-the-Counter Medications Guide I-114*. Las Cruces: New Mexico State University. [https://aces.nmsu.edu/pubs/\\_i/I114/welcome.html](https://aces.nmsu.edu/pubs/_i/I114/welcome.html)
- Griffiths, R., & Koukel, S. (2019, November). *Tips to Save Water and Money Guide G-533*. Las Cruces, NM: NMSU College of Agriculture, Consumer and Environmental Sciences. [https://aces.nmsu.edu/pubs/\\_g/G533/welcome.html](https://aces.nmsu.edu/pubs/_g/G533/welcome.html)
- Koukel, S. (2019, June). *Measles: Protecting Yourself and Your Family Guide I-113*. Las Cruces: NMSU College of Agriculture, Consumer and Environmental Sciences. [aces.nmsu.edu/pubs/\\_i/I113/welcome.html](https://aces.nmsu.edu/pubs/_i/I113/welcome.html)
- Griffiths, R., & Koukel, S. (2019, February). *Green Alternative to Toxic Household Products and Hazardous Waste Guide G-313*. Las Cruces: NMSU College of Agriculture, Consumer and Environmental Sciences. [https://aces.nmsu.edu/pubs/\\_g/G313/welcome.html](https://aces.nmsu.edu/pubs/_g/G313/welcome.html)
- Koukel, S., & Griffiths, R. (2019, February). *Safe Use and Disposal of Household Chemicals Guide G-312 (Revision)*. Las Cruces: NMSU College of Agriculture, Consumer and Environmental Sciences. [https://aces.nmsu.edu/pubs/\\_g/G312/welcome.html](https://aces.nmsu.edu/pubs/_g/G312/welcome.html)

- Griffiths, R., & Koukel, S. (2019, January). *Green Cleaning Methods for Your Home Guide G-315 (Revision)*. Las Cruces: NMSU College of Agriculture, Consumer and Environmental Sciences. [https://aces.nmsu.edu/pubs/\\_g/G315.pdf](https://aces.nmsu.edu/pubs/_g/G315.pdf)
- Koukel, S.** (2018, February). *Skin Cancer Guide I-106*. New Mexico State University Cooperative Extension Service, College of Agricultural, Consumer and Environmental Sciences, Las Cruces. [Revision] [https://aces.nmsu.edu/pubs/\\_i/I106.pdf](https://aces.nmsu.edu/pubs/_i/I106.pdf)
- Koukel, S.** (2017, October). *Food Recalls and Alerts: What You Should Know Guide I-109*. New Mexico State University Cooperative Extension Service, College of Agricultural, Consumer and Environmental Sciences, Las Cruces. [Revision Original 2013] [https://aces.nmsu.edu/pubs/\\_i/I109/welcome.html](https://aces.nmsu.edu/pubs/_i/I109/welcome.html)
- Koukel, S.** (2016, November). *West Nile Virus: Information for New Mexico Guide I-102*. New Mexico State University Cooperative Extension Service, College of Agricultural, Consumer and Environmental Sciences, Las Cruces. [Revision] [https://aces.nmsu.edu/pubs/\\_i/I102](https://aces.nmsu.edu/pubs/_i/I102)
- Koukel, S.** (2016, June). *Designer Drugs: Spice and Bath Salts Guide I-110*. New Mexico State University Cooperative Extension Service, College of Agricultural, Consumer and Environmental Sciences, Las Cruces. [Original] [https://aces.nmsu.edu/pubs/\\_i/I110/welcome.html](https://aces.nmsu.edu/pubs/_i/I110/welcome.html)
- Koukel, S.** (2015, August). *Playing it Safe in the Animas and San Juan Rivers* (pp. 1). In New Mexico State University Cooperative Extension Service/Agricultural Experiment Station Publications (Ed.). [Original] Available upon request.
- Ferrales, D., & Koukel, S. (2014, July). *Teens and Self-Cutting (Self-Harm): Information for Parents Guide I-104*. New Mexico State University Cooperative Extension Service, College of Agricultural, Consumer and Environmental Sciences, Las Cruces. [Revision] [https://aces.nmsu.edu/pubs/\\_i/I104/](https://aces.nmsu.edu/pubs/_i/I104/)
- Koukel, S.** (2013, August). *Suicide Prevention and Intervention in Schools Guide I-107*. New Mexico State University Cooperative Extension Service, College of Agricultural, Consumer and Environmental Sciences, Las Cruces. [Revision] [https://aces.nmsu.edu/pubs/\\_i/I107/welcome.html](https://aces.nmsu.edu/pubs/_i/I107/welcome.html)
- Koukel, S., & Jimenez, D. C.** (2013, July). *Osteoporosis Guide I-105*. New Mexico State University Cooperative Extension Service, College of Agricultural, Consumer and Environmental Sciences, Las Cruces. [Revision] [https://aces.nmsu.edu/pubs/\\_i/I105/welcome.html](https://aces.nmsu.edu/pubs/_i/I105/welcome.html)
- Koukel, S.** (2012, September). *Selection and Use of Home Cleaning Products Guide G-304*. New Mexico State University Cooperative Extension Service, College of Agricultural, Consumer and Environmental Sciences, Las Cruces. [Revision] [https://aces.nmsu.edu/pubs/\\_g/G304.pdf](https://aces.nmsu.edu/pubs/_g/G304.pdf)
- Other Publications and Newsletters**
- Koukel, S.** (2020). *Prepare for Coronavirus Self-Isolation*. New Mexico State University College of Agricultural, Consumer, and Environmental Sciences Response to COVID-19 website: <https://aces.nmsu.edu/covid19/isolation.html>

**Koukel, S.** (2017). In Darrell J. Pehr (Ed.). Responding to the Health Needs of New Mexicans (vol. Fall 2017, pp. 4). *Sam Steel Way Newsletter*. New Mexico State University College of Agriculture, Consumer and Environmental Sciences, Las Cruces.

**Koukel, S.** (2017). In Jane Moorman (author). NMSU Extension collaborating with Burrell College. *University Communications Newscenter*, New Mexico State University, Las Cruces.  
<https://newscenter.nmsu.edu/Articles/view/12797/nmsu-extension-collaborating-with-burrell-college>

**Koukel, S.** (Ed. and contributor). (2013 - 2017). *Department of Extension Family and Consumer Science Quarterly Newsletter*. Topic areas: health across the lifespan, wellness (i.e., mental, physical and spiritual health), community health, healthy homes (e.g., asthma, indoor air quality, mold), and emergency preparedness. Moved newsletter to social media.

Abdul-Rahman, F., Flores, N., Vanderpool, C., **Koukel, S.**, & Turner, C.W. (2013 – 2014). *Department of Extension Family and Consumer Science Quarterly Newsletter*.

Abdul-Rahman, F., DelCampo, D., Flores, N., Halderson, K., **Koukel, S.**, & Turner, C. (2010 – 2012). *Department of Extension Family and Consumer Science Quarterly Newsletter*.

Abdul-Rahman, F., Bock, M. A., **Koukel, S.**, & Turner, C. W. (2010 & 2011). *College of Agricultural, Consumer and Environmental Sciences Health and Wellness e-Letter 4(1)*.

#### **GRANTS SECURED AND MAINTAINED**

**Koukel, S.**, Gutierrez, P., & Jorgensen, B. (September 2018 – August 2021). *New Mexico AgrAbility: Assistive Technology Program for Farmers with Disabilities*. US Department of Agriculture/National Institute of Food and Agriculture. (\$300,000)

**Koukel, S.** *Chronic Disease Self-Management Education Program*. New Mexico Department of Health.

- October 2020 – June 2021. (\$90,000)
- July 2019 – June 2020. (\$85,000)
- August 2018 – June 2019 (\$80,000)

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

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

**Koukel, S.** Multi-state collaboration: NM, OR, MO, HI, MI, and TX. (June 1, 2019 – October 31, 2020). *Disaster Mental Health: Focus on best practices for dealing with vicarious trauma*. Extension Disaster Education Network Food and Agriculture Defense Initiative (EDEN FADI) mini grant, through Purdue University. (\$10,900)

**Koukel, S.**, Riffenburgh, A., & Baca, J. (July 17, 2018 - April 30, 2019). *Training and Coaching for Creating Easy-to-Read Health Materials for New Mexico Populations*. Sponsoring Organization: National Network of Libraries of Medicine South Central Region. (\$40,000)

- Koukel, S.,** & Griffiths, R. *Extension Disaster Education Network (EDEN) Homeland Security Initiative IX: EDEN's Role in Homeland Security, Food and Agriculture Defense, and All Hazard Education.* Purdue University. (\$30,000)
- September 2017 – August 2018. (\$30,000)
  - November 2016 – August 2017. (\$30,000)
- Koukel, S.,** & Morgan-White, V. (September 2015 – August 2016). *Preparing the Rural Poor for Disaster.* New Mexico State University and Auburn University. National Institute of Food and Agriculture (NIFA). (\$14,438)
- Koukel, S.,** & Dean, T. (August 2014 – June 2016). *New Mexico Drought Resistant Communities.* New Mexico State University and Purdue University. USDA Extension Disaster Education Network/Voluntary Organizations Active in Disaster. (\$11,000)
- Koukel, S.,** Hamilton, K., & Dean, T. (July 2015 – June 2016). Emergency Management Performance Grant Program: Sub-Grant with New Mexico State University Cooperative Extension Service, Las Cruces. New Mexico Department of Homeland Security & Emergency Management. (\$300,000)
- Koukel, S.,** & Hamilton, K. (July 2014 – June 2015, July 2013 – June 2014, July 2012 – June 2013) Emergency Management Performance Grant Program: Sub-Grant with New Mexico State University Cooperative Extension Service, Las Cruces. New Mexico Department of Homeland Security & Emergency Management. (\$300,000)
- Koukel, S.** (December 2013 – November 2014). *Community Assessment and Education to Promote Behavioral Health Planning and Evaluation (CAPE).* New Mexico State University Cooperative Extension and Michigan State University. NIFA/USDA & DHHS. (\$18,091)
- 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.,** & Hamilton, K. (2012 - 2015). New Mexico Food Protection Taskforce and Conference: New Mexico State University Cooperative Extension Service with NM Department of Agriculture, U. S. Food and Drug Administration. (\$10,000 each year)
- 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)

#### **GRANT PROPOSALS NOT FUNDED**

- Gonzales, R., Nerison, K., **Koukel, S.,** & Martinez, K. (October 2020). *New Mexico Health Insurance Exchange Outreach and Education Services.* Strategies 360 and New Mexico Health Insurance Exchange. (\$1.5 million)
- Koukel, S.,** & Partners: Colorado AgrAbility Program (CSU), and NM AgrAbility Program (UNM). (August 2019). *Western Region Farm and Ranch Stress Assistance Network (FRSAN).* U.S. Department of Agriculture National Institute of Food and Agriculture (USDA NIFA). (\$488,000)

- Koukel, S., & Wilhite, C.** *AgrAbility – Assistive Technology Program for Farmers with Disabilities.* US Department of Agriculture National Institute of Food and Agriculture (USDA NIFA).  
 • (2017, February). 4-year funding total \$720,000.  
 • (2015, June). 4-year funding total \$720,000.
- Koukel, S.** (2016, September). *New Mexico Health Extension Ambassadors in Rural Towns (NM HEART).* New Mexico Legislative Finance Committee. New Mexico Tobacco Settlement Funds. (\$153,000.)
- Baca, J., **Koukel, S.,** & Jorgensen, B. (2016, August). *Just Be It! Healthy & Fit.* Blue Cross Blue Shield Healthy Kids, Health Families Grant. (\$48,000)
- Devall, E., & **Koukel, S.** (2016, July). *New Mexico Health Care Summit.* Con-Alma Health Foundation Technical Assistance Grant. (\$10,000)
- Koukel, S.** (2016, July). *Health Extension Advocates in Rural Towns (HEART) – A New Mexico Cooperative Extension Pilot Program to Expand Health Education Among Diverse Audiences.* Con Alma Health Foundation. (\$18,000)
- Hamilton, K. J., **Koukel, S.,** Gleason, J. B., & Dean, T. L. (2015, September). *Developing a Regional Produce Culture Focused on Food Safety.* USDA/NIFA/Food Safety Modernization Act. (\$1,150,000.80)
- Koukel, S.,** & Olivas, L. M. (2015, July). Sponsored Research, *New Mexico Walk with Ease Program.* Sponsoring Organization: Osteoarthritis Action Alliance. (\$24,999)
- Koukel, S.** (2013) Sponsored Research, *Strengthening Community All-Hazards Planning: A Cooperative Extension System-Facilitated, Holistic Approach.* Sponsoring Organization: University of Kentucky. (\$30,909)
- Koukel, S.,** & Olivas, L. M. (2011, July). *Promoting New Mexico Rural Health and Safety Education through the StrongWomen™ Strong Bones Program.* New Mexico State University Cooperative Extension. NIFA/USDA. (\$276,771)
- Grasswitz, T., & **Koukel, S.** (2011, February). *Building capacity to address environmental influences on children’s health in child-occupied settings in historically underserved communities in New Mexico.* New Mexico State University. Environmental Protection Agency (EPA). (\$81,996)
- Baker, P. B., Dickey, T., Foss, C., Fournier, A., Gouge, D. H., **Koukel, S.,** Pace, C. J. H. ... Young, D. (2010, October). *Integrated Bed Bug Management - Education and Outreach for Public Housing and Shelter Management Teams in Western States.* New Mexico State University and University of Arizona. Environmental Protection Agency (EPA). (\$190,447)



## WEBSITE DEVELOPMENT AND ELECTRONIC RESOURCES

*NMSU College of ACES Response to COVID-19* (April 2020 to present). Serve as point-of-contact for the College of Agricultural, Consumer, and Environmental Sciences (ACES). Work with the ACES Innovative Media Research and Extension staff to provide updates and timely relevant and reliable information related to the Coronavirus or COVID-19 supplied by Extension professionals. <https://aces.nmsu.edu/covid19/index.html>

*New Mexico AgrAbility Project* (2019 to present). Postings include project-related activities, promotions, trainings and workshops, and related information at the state and national levels. <https://aces.nmsu.edu/agrability/index.html>

*Southwest Border Food Safety and Defense Center* facebook (2014 - 2016). Postings include activities promotions, emergency alerts, trainings and workshops, and related information. <https://www.facebook.com/swbfsc>

*NMSU Food Safety* facebook (2013 - 2016). Archive postings for food recalls and allergy alerts that impact New Mexico and surrounding states (Arizona, Colorado, and Texas). <https://www.facebook.com/pages/NMSU-Food-Safety/481437138583527>

*@NMSUFoodSafety* Twitter account (2013 - 2016). Companion to the Food Safety blog. Created to reach a wider audience and for those individuals who do not use other types of social media.

*NMSU Food Safety Blog* (2012 - 2016). Created in response to NMSU Extension agents' request for an online site for archived food recalls and allergy alerts. [nmsufoodsafety.blogspot.com](http://nmsufoodsafety.blogspot.com)

## PRESENTATIONS

### Professional Conferences

#### *International*

Kaufman, A., & **Koukel, S.** (2012, October). *Health Extension and Health Professions Education: Addressing the Social Determinants of Disease*. Rendez-Vous 2012 International Conference, Thunder Bay, Ontario, Canada. [Oral, Accepted]

Dinstel, R., Cascio, J., & **Koukel, S.** (2012, August). *The Antioxidant Level of Alaska's Wildberries: High, Higher and Highest*. 15<sup>th</sup> International Congress on Circumpolar Health, Fairbanks, AK. [Oral, Accepted]

#### *National*

David Buys, **Koukel, S.**, & Peterson D. (2018, May). *Promoting the Scholarship of the ECOP Health Implementation Teams: A Special Issue of the Journal of Human Sciences and Extension*. 2018 National Health Outreach Conference, Bloomington, MN. [Poster, Accepted]

**Koukel, S.** (2017, July). *Healthy and Safe Environments: A National Cooperative Extension Focus*. 81<sup>st</sup> National Environmental health Association Annual Educational Conference 2017, National Environmental Health Association (NEHA), Grand Rapids, MI. [Poster, Accepted]

White, V., **Koukel, S.**, & Nelson, S. (2016, October). *Culture and Poverty: First Steps in Preparing Rural Poor for Disaster Resiliency*. Extension Disaster Education Network (EDEN) 2106 Annual Meeting, Ithaca, NY. [Oral, Accepted]

- Koukel, S.,** Barlage, L., Bercaw, S., Crevier, N., Gibson, J., Letto, B., Malekian, F., Newkirk, C., & Quade, L. (2016, September). *Cooperative Extension and Health Literacy: A National Focus*. 2016 National Extension Association of Family & Consumer Sciences Annual Session & Exhibits, Big Sky, MT. [Oral, Accepted]
- Koukel, S.** (2016, June). *Valley Fever Disease: The Zebra Among the Horses*. National Environmental Health Association (NEHA) 2016 Annual Educational Conference and HUD Healthy Homes Conference, San Antonio, TX. [Oral, Accepted]
- Koukel, S.,** & Gibson, J. (2016, May). *Cooperative Extension's National Focus on Health Literacy*. 2016 Integrated Healthcare Association (IHA) Annual Health Literacy Conference, Anaheim, CA. [Accepted Poster Presentation]
- Koukel, S.,** Barlage, L., Bercaw, S., Crevier, N., Gibson, J., Letto, B., Malekian, F., Newkirk, C., & Quade, L. (2016, April). 2016 National Health Outreach Conference, Roanoke, VA.
- *Health Literacy: Impacts on Individual and Public Health*. [Oral, Accepted]
  - *Health Literacy*. Preconference: Oral Presentation, Roundtable Discussion
- Koukel, S.,** & Davies, C. S. (2015, May). *Building the Health Extension Movement: Innovative Collaboration between Cooperative Extension Service and Academic Health Centers to Improve Community Health*. 2015 National Health Outreach Conference, Atlanta, GA. [Invited Panelist]
- Koukel, S.** (2014, October). *Creating Healthy Communities: Learning from the Extension Model*. Kansas State University, Manhattan. [Invited Panelist]
- Koukel, S.** (2014, July). *Overview of the Extension Framework on Health*. Health Extension Summit, University of Georgia, Athens, GA. [Invited Speaker]
- Koukel, S.** (2014, March). *Improving Health in America: A Framework for Extension's Second Century*. National Extension Directors and Administrators and Cooperative Extension Section Annual Business Meeting. National eXtension Conference, Sacramento, CA. [Invited Panelist]
- Koukel, S.** (2013, September). *Invocation*. National Extension Association of Family & Consumer Sciences Awards Ceremony. JCEP Galaxy IV Conference, Pittsburgh, PA. [Invited Speaker]
- Koukel, S.** (2013, September). *What's Hiding in Your Personal Care Products?* 2013 National Environmental Health Association Annual Educational Conference and Exhibit, Washington DC. [Oral, Accepted]
- Koukel, S.** (2013, April). *Extension Council on Policy National Task Force Session*. Priester National Extension Health Conference, Corvallis, OR. [Invited Panel Member/Moderator]
- Koukel, S.** (2013, February). *Interface between Primary Care and Public/Community Health: An Introduction to Cooperative Extension Service*. First National Primary Care Extension Program Conference, Oklahoma City, OK. [Invited Panel Member]
- Freeman, J., Kaufman, A., **Koukel, S.,** Murray, D., Nkouaga, C., & Rennekamp, R. (2012, April). *Invited Session: Health Extension – Cooperative Extension and Medical Extension, Creating a Win-Win Collaboration*. 2012 Priester National Extension Health Conference, Washington DC.

**Koukel, S.** (2011, October). *Learning from Each Other – Partnerships*. Health Extension Toolkit End-User Panel Meeting, University of New Mexico Health Sciences Center, Albuquerque, NM. [Invited Panel Member]

vanDelden, K., Dinstel, R. R., **Koukel, S.**, Cascio, J., Tannehill, L., Albertson, L. (2010, September). *A multimedia distance delivery approach to rural community education*. 2010 National Extension Association of Family & Consumer Science Annual Session & Exhibits, Portland, ME. [Oral, Accepted]

#### **National Webinars**

**Koukel, S.**, & Malekian, F. (2016, March). *Cooperative Extension's National Focus on Health Literacy*. American Association of Family & Consumer Sciences. Members Only Professional Development. National. [Accepted]

**Koukel, S.**, Kaufman, A., & Nkouaga, C. (2015, March). *Extension for Health in New Mexico*. eXtension.org. National. [Accepted]

#### **PRESENTATIONS: Regional/State/Local**

**Koukel, S.** *Introduction to New Mexico AgrAbility Program* [Invited Speaker]

- & Gutierrez, P. (2020, October). National Disability Employment Awareness Month, Natural Resources Conservation Service (NRCS) New Mexico.
- (2019, October). New Mexico Environmental Health Association Annual Conference, New Mexico Environmental Health Association, Albuquerque.
- & Medina, E. (2019, October). Border Breakfast Bunch, New Mexico Department of Health Office of Border Health, Mesilla, NM.

**Koukel, S.** (2020, September). *Extension Community & Environmental Health Programs*. College of Agricultural, Consumer, and Environmental Sciences Coffee Talk, Extension/Family & Consumer Sciences Department, New Mexico State University, Las Cruces.

**Koukel, S.** (2020, February). *Norovirus: What it is and how you can prevent it*. New Mexico Association of Family and Consumer Sciences Regional Workshop, Albuquerque.

**Koukel, S.** (2019, June). *Food Safety and Handwashing*. NM Association of Family & Consumer Sciences Regional Meeting (NMAFCS), Roswell.

**Koukel, S.** (2019, March). *Reducing Stress through Time Management*. NM Chaves County Extension Clubs Leaders Training.

**Koukel, S.** *What Toxins are Hiding in Your Personal Care Products?* [Invited Speaker]

- (2019, August). Soroptimist International of Las Cruces.
- (2019, June). NM Association of Family & Consumer Sciences Regional Meeting, Roswell.
- (2014, August). 36<sup>th</sup> Annual NM Conference on Aging. NM Aging and Long-Term Services Department, Albuquerque, NM. [Invited Speaker]

**Koukel, S.** (2018, January; 2019, February). *Managing Your Stress*. Dream It, Be It Conference, Soroptimist International Las Cruces, Las Cruces, NM,

Flores, N., **Koukel, S.**, Garzon, R., & Jorgensen, B. (2018, April). *New Mexico State University Extension Family and Consumer Sciences: Meeting the Needs of Health and Family Wellbeing in New Mexico*. 2018 National Farmworker Conference, Albuquerque. [Invited Speakers]

**Koukel, S.** (2018, January). *A Day in the Life of a Specialist: Extension Specialists Family & Consumer Sciences*. 2018 New Mexico State University Cooperative Extension In-Service, Las Cruces. [Invited Panelist]

**Koukel, S.** *Over the Counter Medications*.

- (2018, August). 40th Annual New Mexico Conference on Aging, New Mexico Aging and Long-Term Services Department, Albuquerque. [Accepted]
- (2017, September). Clovis County Extension Homemakers Club, New Mexico State University Extension Service. [Invited Speaker]. Collaborators: Drs. Kate Nixon and Francisco Laboy, Burrell College of Osteopathic Medicine, Las Cruces.

**Koukel, S.** *The Body Quiz: How Body Smart are You?*

- (2017, August). 39<sup>th</sup> Annual NM Conference on Aging. NM Aging and Long-Term Services Department, Albuquerque. [Invited Speaker]
- (2013, August). New Mexico State University Cooperative Extension Service, Chaves County Home Economics Club members and general public, Roswell, NM. [Invited Speaker]

**Koukel, S.** *Gardening and Arthritis* [Invited Speaker]

- (2018, April). Home and Garden Expo. Valencia County Cooperative Extension Service and Valencia County Master Gardeners, Los Lunas.
- (2015, October). NM Bernalillo County Extension Service, Albuquerque.
- (2015, October). NM Valencia County Extension Service, Los Lunas.
- (2015, August). Strengthening Families Initiative Program, New Mexico State University College of Agriculture, Consumer and Environmental Sciences, Las Cruces.
- (2015, August). Union County Extension Service, New Mexico State University Cooperative Extension, Clayton.
- (2015, July). Dona Ana County Extension Master Gardener Program, New Mexico State University Cooperative Extension, Las Cruces.

**Koukel, S.** *A Guide to Food Storage for Emergencies* [Invited Speaker]

- (2018, September). Invited Speaker. 2018 Nenahnezad Harvest Festival, Nenahnezad Chapter House, Fruitland, NM.
- (2018, August). Keynote Speaker. Northern New Mexico Regional Meeting, New Mexico Association of Family & Consumer Sciences (NMAFCS), Espanola.
- (2018, March). Invited Speaker. 2018 Shiprock Agriculture Days, Tribal Extension. Shiprock Chapter House, Shiprock.
- (2016, July). NM Association of Family & Consumer Sciences Regional Conference, Carlsbad.
- (2016, November). NM Association of Family & Consumer Sciences Regional Conference, Albuquerque.
- (2013, May). District II Extension Association of New Mexico, Raton.
- (2013, April). District IV Extension Association of New Mexico, Alamogordo.

- (2013, February). Eastern District/State Inservice Meeting. New Mexico State University Cooperative Extension, Roswell.
- (2012, November). San Miguel and Mora County Agriculture Day Conference & Resource Fair. New Mexico State University Cooperative Extension, Las Vegas, NM.

**Koukel, S.** *Stress Management and Chocolate: What's the Connection?* [Invited Speaker]

- (2019, October). Extension Association of New Mexico, Roosevelt County Extension Association, Portales, NM.
- (2019, August). Soroptimist International Las Cruces, Mesilla, NM.
- (2019, February). Community Event Presentation, Merrill Lynch, Las Cruces.
- (2019, February). Business Women Roundtable, Topview Leadership, Las Cruces.
- (2019, January). Community Event Presentation, Soroptimist of Las Cruces, Las Cruces.
- (2018, October). Youth Transition Services; Children, Youth and Families Department; Las Cruces.
- (2018, August). 2018 Independent Living Youth Conference, Taos, NM.
- (2018, April). New Mexico Association of Family & Consumer Sciences (NMAFCS) Southern Regional Meeting, Las Cruces.
- (2017, July). Dona Ana County Health and Human Services, Employee Professional Development Meeting, Las Cruces.
- (2017, April). New Mexico Association of Family & Consumer Sciences Regional Conference, Portales. [Keynote/Plenary Address]
- (2016, August). 38<sup>th</sup> Annual NM Conference on Aging. NM Aging and Long-Term Services Department, Albuquerque.
- (2016, May). New Mexico State University Nursing Program Faculty, College of Health and Social Services, Las Cruces.
- (2014, April). Valencia County Cooperative Extension Service, New Mexico State University Cooperative Extension, Los Lunas.

**Koukel, S.** (2018, September). *Western Region Showcase of Excellence: Promoting Healthy Living*. National Extension Association of Family and Consumer Sciences (NEAFCS) FCS Program Leaders Meeting, American Association of Family and Consumer Sciences (AAFCS) National Institute of Food and Agriculture (NIFA), San Antonio, TX.

**Koukel, S.** (2017, July). *Healthy and Safe Environments: A National Cooperative Extension Focus*. 81st National Environmental Health Association Annual Educational Conference 2017, National Environmental Health Association (NEHA), Grand Rapids, Michigan.

**Koukel, S.** (2016, August). *NM Health Extension Ambassadors in Rural Towns (HEART) Program*. Tobacco Settlement Revenue Oversight Committee. [Invited Speaker]

**Koukel, S.** *Cooperative Extension's Framework for Health & Wellness: Health Literacy*. [Invited Speaker]

- (2016, December). Chronic Disease Prevention Council (CDPC), NM Department of Health, Albuquerque.
- (2016, June). Border Breakfast Bunch, Office of Border Health, Las Cruces.
- (2016, March). Cooperative Extension In-service, New Mexico State University Extension Service, Las Cruces.

- Koukel, S.** (2016, March). *Cooperative Extension's Framework for Health & Wellness*. New Mexico State University Cooperative Extension In-Service, Las Cruces. [Invited Speaker]
- Koukel, S.** *Chocolate Therapy: Dare to Explore Your Inner Center*. [Invited Speaker]
- (2016, February). NM County Home Economics Clubs, Cooperative Extension Service, Belen.
- Koukel, S.** *Playing and Working Safely in the Southwest Sunshine* [Invited Speaker]
- (2015, August). New Mexico Conference on Aging, NM Aging and Long-Term Services Department, Albuquerque.
  - (2014, May). Dona Ana County Extension Master Gardener Program, New Mexico State University Cooperative Extension, Las Cruces.
- Koukel, S.** (2015, March). *Emergency Preparedness*. New Mexico State University Cooperative Extension and NM Department of Homeland Security. [Invited Speaker]
- Koukel, S.** (2014, July). *Overview of the Extension Framework on Health*. Health Extension Summit, University of Georgia, Athens. [Invited Speaker]
- Koukel, S.** (2013, December). *Stay Prepared: Don't Wait for the Emergency. All Hazards Incident Preparedness*. 2014 Joint Stockmen's Convention, Albuquerque, NM. [Invited Speaker]
- Koukel, S.** *New Mexico State University Food Protection Blog* [Invited Speaker]
- (2013, March). New Mexico State University Cooperative Extension Service In-Service, Las Cruces.
  - (2013, February). New Mexico State University Cooperative Extension Service, Eastern District In-Service, Portales.
- Koukel, S.** (2013, March). *The Southwest Border Food Safety and Defense Center*. Graduate Seminar. New Mexico State University, Department of Animal and Range Sciences, Las Cruces. [Invited Speaker]
- Jimenez, D., & **Koukel, S.** (2012, August). *Building Better Bone Health through the StrongWomen™ (and men) Program*. 34<sup>th</sup> Annual NM Conference on Aging. NM Aging and Long-Term Services Department, Albuquerque. [Invited Speaker]
- Koukel, S.** (2012, July). *Food Safety & Security in a Global Market*. NM Centennial Event Agriculture Field Day & Open House, New Mexico State University Agricultural Science Center, Farmington. [Invited Speaker]
- Collins, M., Jimenez, D., & **Koukel, S.** (2012, June). *StrongWomen™ Strong Bones and StrongWomen™ Healthy Hearts* programs. Evidence-based Programs Symposium, New Mexico Healthy Aging Collaborative. Albuquerque. [Invited Speaker]
- Koukel, S.** (2012, May). *Home Economics in Alaska Cooperative Extension*. Soroptimist International of the Americas Las Cruces Chapter, Las Cruces [Invited Speaker]
- Koukel, S.** *Indoor Air Quality and Mold*. [Invited Speaker]
- (2012, May). Bernalillo Public Schools and New Mexico State University Cooperative Extension Service, Integrated Pest Management Program, Bernalillo.
  - (2012, March). New Mexico Public School Integrated Pest Management Workshop. New Mexico State University Albuquerque Center, Albuquerque.

Eastman, W., Montañez, M., Chavez, M., Bartley, S., & **Koukel, S.** (2012, April). *Connecting professionals: Leadership in action*. New Mexico Association of Family & Consumer Sciences 2012 Annual Conference. Las Cruces. [Panel Member]

**Koukel, S.** *Open the Door to Home Safety: Awareness is the Key!* [Invited Speaker]

- (2012, August). Bernalillo County Home Economics Organization, New Mexico State University Cooperative Extension Service, Albuquerque.
- (2012, May). Colfax County Home Economics Club, New Mexico State University Cooperative Extension Service, Raton.
- (2011, October). Extension Association of New Mexico Regional Conference, Ruidoso.

**Koukel, S.** *Bang Your Head and Other Ways to Manage Stress*. [Invited Speaker]

- (2012, March). New Mexico State University Family Resource Management undergraduate students, Family & Consumer Sciences Department, College of Agricultural, Consumer and Environmental Sciences, Las Cruces.
- (2012, February). New Mexico State University Cooperative Extension Service Santa Fe County 4-H Leaders' Training, Santa Fe.
- (2011, November). Small Farm and Ranch Task Force, New Mexico State University Cooperative Extension Service, – Northern Region, Albuquerque.
- (2011, September). New Mexico State University Cooperative Extension Service Curry County Home Economics Club, Clovis.
- (2011, March). New Mexico State University Cooperative Extension Service Chaves County Extension Association and General Public, Roswell.

**Koukel, S.** (2011, October). *Cooperative Extension Service: A Career Path for Family and Consumer Sciences Majors*. New Mexico State University Family & Consumer Sciences (FCS) students, FCS Department, College of Agricultural, Consumer and Environmental Sciences, Las Cruces. [Invited Speaker]

**Koukel, S.** (2011, January). *Considerations for Possible Herb-Drug Interactions*. New Mexico State University Cooperative Extension Service Bernalillo County Extension Association. Albuquerque. [Invited Speaker]

Bartley, S. J., & **Koukel, S.** (2011, April). *Fostering Connections for FCS Teachers; Culinary Arts Instructors; Family, Career, Community Leaders of America (FCCLA) Advisors and Alumni; Extension Professionals; and Interested Students*. New Mexico Association of Family & Consumer Sciences Annual Meeting. Portales. [Invited Speaker]

**Koukel, S.**, Moyers, C. S., Pace, L. N., Turner, C. W., & Wells, L. S. (2011, April). *Cooperative Extension from A to Z*. New Mexico Association of Family & Consumer Sciences Annual Meeting. Portales. [Panel Member]

**Koukel, S.** (2010, September). *Is it Really a Pandemic and Other Health Concerns*. New Mexico State University Cooperative Extension Service, 43<sup>rd</sup> Agricultural and Home Economics Seminar, Tucumcari. [Invited Speaker]

**Koukel, S.** (2010, September). *The Body Quiz: How Body Smart Are You?* United States Farm Service Agency. Southern New Mexico Women in Agriculture, Las Cruces. [Invited Speaker]

## **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: 1<sup>st</sup> 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**

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

New Mexico Health Literacy Coalition, Founding Member (2017 – 2019).

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 – 2020).

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

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

- New Mexico Affiliate (NMEHA), (2011 – Present). Board of Directors (2015 – 2106). Southern NM Public Health Conference, Las Cruces. Co-planner/Facilitator (2015, September).

Extension Disaster Education Network (EDEN), NMSU Delegate and Point of Contact (2010 - Present),

- Member, Family and Consumer Sciences and 4-H Youth Development Committee. (2010 – present)
- EDEN Marketing Committee (Previously: Information Clearing House Committee). (2010 – 2018). Chair-Elect (2 terms: 2010-2012). Chair (2012-2016).
- Host, 2016 Annual Meeting, Las Cruces.
- Chair, Annual Session Committee; Member, Executive Committee (2013-2015)

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 (2010 - 2011).

New Mexico Affiliate (NMEAFCS), (2010 – Present). Committee member for the 2011 National Extension FCS Conference, Albuquerque, NM: Opening Ceremonies, In-depth Program Host; Welcoming Event Bus Host. (2010-2011). Vice-President Public Affairs (2015 – 2017).

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

American Association of Family and Consumer Sciences (AAFCS), (1997 – Present).

New Mexico Affiliate (NMAFCS), (2010 – Present). Treasurer (2011 – 2013). Scholarship Committee Member (2015).

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