

Kathy Tutt
Curriculum Vita
The Ohio State University
3130 E. Main St.
Springfield, OH 45505

Current Appointment

Assistant Professor/Extension Educator, Department of College Food Agricultural and Environmental Sciences, The Ohio State University, Clark County Extension

Academic Appointments

May 2012-December 2024-Extension Educator, Department of College Food Agricultural and Environmental Sciences, The Ohio State University, Clark County Extension

Biographical Narrative

I served as the Extension Educator in Family and Sciences in Clark County since March 2015. I was promoted to Assistant Professor in January 2025. My position is a 75% teaching, 15% research, and 10% service. I utilize formal and informal needs assessment techniques to work collaboratively with county, regional, state, and national extension professionals as well as with local government, agency leaders, and volunteers. These partnerships are essential to the development and implementation of innovative, research-based programs that address the diverse needs of Clark County residents.

In my role as an extension educator, I provide leadership to Family and Consumer Sciences programming targeted to meet the needs and interests of the residents of Clark County. I am responsible for the development, planning and delivery of research-based educational programs to improve the quality of life for the residents of Clark County. These comprehensive programs include a broad range of topics such as health, food, nutrition, financial management, relationships, and human and family development.

Specialization and Themes

Family and Consumer Sciences is an interdisciplinary field that integrates social and natural sciences to address real-world challenges affecting individuals, families, and communities. It combines aspects of social and natural sciences to address real-world issues related to daily living. My programming is responsive to both traditional and emerging needs. My work as an Extension Educator focuses on contributing to the well-being of individuals, families and the community in all three of Ohio State University Extension Family and Consumer Sciences target areas: Healthy People, Healthy Relationships and Healthy Finances. My work is organized into the following thematic areas: Family Resiliency Across the Lifespan 40%, Food, Nutrition, and Health 30%, and Job and Life Skills Development 30%.

Family Resiliency Across the Lifespan 40%

During the lifespan, families traverse many changes such as the birth of a new child, divorce, serious illness, aging, caregiving, and end of life considerations. These changes can impact individuals and families in profound ways. My work in this area focuses on communication, creative problem solving, self-efficacy and hope to give families the tools they need to overcome adversity. Through Extension work, I have developed curricula, educational programs, blog articles, television telecasts and a virtual reality tour. Presentations and virtual viewership have been given in Southwestern Ohio, at state and national conferences, and an international audience to impact family wellness and resiliency through every stage of life. I have collaborated with The Office of Geriatrics and Interprofessional Studies (Wexner Medical Center), The Center for Healthy Aging and Complex Care (College of Nursing), The Ohio Council for Cognitive Health, area schools, the domestic court system, senior services, local organizations, and non-profit groups.

Food, Nutrition and Health 30% effort:

Programs focusing on the overall health and well-being of the county include a focus on

addressing such issues as childhood obesity, healthy eating, sun safety, food preservation, exercise and fitness, and stress management. Locally, I collaborate with the County Employee Wellness program, community gardens, farmer's markets, the Board of Developmental Disabilities, the H.E.A.L Coalition, senior living communities, and the parks department to reach diverse audiences across the county.

Job and Life Skills Development 20% effort:

The Job and Life Skills Development initiative is designed to empower individuals with practical knowledge and essential skills that support both career advancement and personal well-being. Through food safety programs, participants earn state-required certifications that enhance employability in the food service industry. The Dementia Friends program raises awareness about the realities of living with dementia and encourages participants to take meaningful action, such as fostering supportive environments in workplaces and communities. Workplace caregiver education equips professionals with effective tools and strategies to manage caregiving responsibilities while maintaining productivity. Additionally, money management programs help individuals establish budgets and develop healthy financial habits. These financial literacy efforts serve a broad audience, including Head Start families, first-time homeowners, and youth, promoting long-term financial stability and informed decision-making.

Highlights for teaching include the teaching of 29 individuals through the ServSafe Manager certification, achieving a 97% pass rate. Additionally, 20 participants completed the Ohio Person In Charge food safety training, demonstrating an average score improvement of 43.1% from pre-test to post-test.

My research efforts have led to the co-authorship of one accepted journal article, the publication of two abstracts, and four presentations at national conferences. Additionally, the data collected from my research on the impact on caregiver well-being as a result of using the Day By Day Project garnered a \$100,000 grant from the Columbus Foundation.

Degrees

2011-M.S., Miami University, Family and Child Studies

2006-B.S., Miami University, Family Studies and Social Work

Certifications

2024-Present, Certified Dementia Friend Champion, Ohio Council for Cognitive Health

2023-Present, Alzheimer's Association Community Educator, Certified Instructor

2021-Present, Trauma Informed Care Instructor

Licensures

2012-Present, National Restaurant Association Certified in Food Protection Manager Instructor and Proctor

2012-Present, Ohio Department of Health Certified Food Protection Manager Instructor and Proctor

Teaching Goals and Accomplishments

Approach to Teaching

I focus on presenting research-based content, aimed at approaching topics in an innovative way while requiring learners to think critically and apply the knowledge to real-life circumstances. It is important to deliver programs that have credibility, adaptivity, relevant, and respectful to my clientele. I believe that everyone has the potential to learn, but not everyone learns new knowledge in the same way. Because of this philosophy, I purposefully assess socioeconomic, cultural, and cognitive backgrounds of clientele to assist in the development and delivery of my educational programs. My approach to teaching is to mold the delivery of

research-based programs to fit the learner's needs and break down any barriers to learning. I believe that program evaluations are essential in assessing delivery methods and program effectiveness. These evaluations have led me to use several different formats to meet clientele where they want to learn. These typically combine presentations (online or in-person) with hands-on activities. Programs using this combination reach a variety of learning styles and keep the audience entertained.

Goals for Teaching

My objective as an educator is to cultivate an inclusive and empowering learning environment where individuals from diverse backgrounds are inspired to make meaningful, positive changes in their lives. In a world defined by constant change and rapid technological advancement, I am committed to integrating emerging technologies alongside proven, traditional instructional methods. This balanced approach ensures that I can effectively address educational needs at the local, state, and national levels.

I am dedicated to removing barriers to learning and fostering a safe, supportive space where students are encouraged to take an active role in their educational journey. By doing so, I aim to enhance student engagement and maximize the impact of the learning experience.

Major Accomplishments in Teaching

Although I teach a wide variety of topics, much of my work has been around family resiliency across the lifespan. Within this specialization curricula, educational programs, blog articles, television telecasts and a virtual reality tour have been developed to share with clientele and colleagues. Presentations and virtual viewership have been given in Southwestern Ohio, at state and national conferences. Additionally, I provide leadership to the Aging Team and serve as the Ohio representative for the North Central Region Aging Network. Through my work on the aging team, I have created a peer reviewed curriculum called Aging Smart. This four-module curriculum has been shared at national conferences and has also been adapted by The Office of Geriatrics and Interprofessional Studies in the College of Medicine as part of their distance learning opportunities.

Description of Focus of Research, Scholarly or Creative Works and Major Accomplishments

My scholarly work centers on family resiliency across the lifespan, with a particular emphasis on aging adults and later-life challenges. A key area of interest is the support and empowerment of caregivers, including the development of tools and resources to assist them in their roles.

One of my significant contributions includes a co-authored journal article examining the differences in caregiver roles and needs between urban and rural settings, which has been accepted for publication with the Journal of Human Sciences and Extension. I currently serve as the Principal Investigator for a study evaluating the Day By Day Project: Memory Disco, an innovative, multi-sensory musical experience designed for individuals with dementia. This program integrates silent disco technology with a structured musical engagement format, allowing participants to listen to music simultaneously through wireless headphones connected to a single transmitter.

This research has led to the publication of two abstracts, four national conference presentations, and one webinar, highlighting the growing interest and impact of this work.

Plans for the Future

Building on the success of the pilot study, I plan to expand the Day By Day Project to further assess its impact. While the current research focuses on workplace caregivers, future phases will explore its effectiveness for familial caregivers. This next stage aims to broaden our understanding of how multi-sensory musical interventions can support diverse caregiving populations and enhance their well-being.

Quality Indicators of Research, Scholarly, or Creative Work

My Aging Smart curriculum has been presented at national conferences and adopted by the

Office of Geriatrics and Interprofessional Studies in the College of Medicine as part of their nationwide distance learning offerings.

The Day By Day Project has received national recognition through scholarly presentations and has recently expanded to North Carolina. In 2025, the project was honored with the Ohio NACDEP Technology Award and secured a \$100,000 grant to support its continued growth and outreach.

Research Impact

The published article on caregiver needs in rural communities has directly informed the development of a dementia support program tailored for rural families, addressing a critical gap in services. Additionally, data from the Day By Day Project resulted in the project receiving a \$100,000 grant from the Columbus Foundation and is being used to shape best practices for memory care centers, contributing to improved care strategies for individuals living with dementia.

Scholarly Contributions and Creative Productions

Peer-reviewed journal articles

Meinertz, N. R., Lee, J., Martinez, E. L., Brown, L., Byers, C., Richie, S., & **Tutt, K.** (2025). What Do Rural Caregivers Need? Implications of Formal Service Usage and the Role of Cooperative Extension Systems. *Journal of Human Sciences and Extension*, 13(2), 8. DOI: <https://doi.org/10.55533/2325-5226.1546>

Abstract and short entries

Tutt, K., Glenn, K., Stewart, G., Stewart, K. (2025) Day By Day Memory Disco: Utilizing Silent Disco Technology to Impact Care Partner Well Being, Resident Engagement and Workplace Burnout. *Southern Gerontological Society Book of Abstracts : Building Bridges: Collaborations and Communities in Aging*. pg. 42 /<https://southerngerontologicalsociety.org/docs/2025/SGS-2025-Book-of-Abstracts.pdf>

Unpublished scholarly presentations

State

Tutt, K. (2025) *Turning Points: Decisions in the Final Chapters*, Buckeye Bookworms Webinar

Regional

Tutt, K., Glenn, K. (2025) *Day by Day Project Memory Disco: Supporting Workplace Care Partner Well-Being and Resident Engagement through Silent Disco Technologies*, North Central Region Aging Network, <https://www.youtube.com/watch?v=PI5mzljJDCY>

National

Tutt, K., Glenn, K., Stewart, G., Stewart K.(2025) *Day By Day Memory Disco: Transforming Dementia Care Through Silent Disco Technology*. Southern Gerontological Society Annual Conference, Birmingham, Alabama, <https://southerngerontologicalsociety.org/meeting.html>

Tutt, K., Stewart, G., Stewart, K., (2025) *Day by Day Memory Disco: Supporting Communities with Dementia Care Through Silent Disco Technology*. National Association of Community Development Extension Professionals, Charleston, WV, <https://www.nacdep.net/assets/docs/2025-Conference/NACDEP%202025%20Conference%20Program.pdf>

Tutt, K., Stewart, G., Stewart, K., (2025) *Supporting Workplace Care Partner Well Being and Resident Engagement Through Silent Disco Technologies*. National Health Outreach & Engagement Conference, Poster Presentation, Omaha, Nebraska, <https://food.unl.edu/national-health-outreach-engagement-conference-2025/>

Tutt, K., Stewart, G., Stewart, K., (2025) *Day By Day Memory Disco: Supporting Dementia Care Partner Well-Being Through Silent Disco Technology*, National Extension Association of Family and Consumer Sciences, Dearborn, MI
https://www.neafcs.org/assets/2025-Annual-Session/NEAFCS_2025_Program_WEB%201.pdf

Brown, L., Byers, C., Demitz, C., Keys, J., Martinez, J., Richie, S., **Tutt, K., Williams, G. (2025) *Igniting Innovation in Aging Across Extension***, National Extension Association of Family and Consumer Sciences, Dearborn, MI
https://www.neafcs.org/assets/2025-Annual-Session/NEAFCS_2025_Program_WEB%201.pdf

Research Funding (Funded)

July 2025- Jun 2026

Day By Day Project Program Development Funds, The Columbus Foundation. (USD100,000)

October 2025

Aging By Design: Universal Design Education for Aging in Place, Ohio Joint Council of Extension Professionals. (USD 999.82)

Proposed Research Funding (Pending or Not Funded)

March 2026-February 2029

Empowering Aging in Place Through Universal Design Education and Outreach, CFAES New Researcher Incentive Program. (USD 75,000)

Evaluation of Service

My service is often requested to help teams and organizations identify emerging trends and develop non-traditional approaches to create plans of work that can help solve an issue, bring resources together, or identify opportunities to effect positive change. This work is rooted in my instructional strategies and approaches. I am known for providing service locally, to the College and to the profession on the national level. Examples of local service include the Local Foods Access Committee, Creating Healthy Communities, Family and Children First Council, and the County Workplace Wellness Network committees.

On the state level, I serve on the Farm Science Review Steering Committee and the Family and Consumer Sciences Professional Inservice training courses. Additionally, I served on the Global Relations Committee of the Ohio Joint Council of Extension Professionals.

On the national level, I serve on the hospitality committee for NEAFCS and have served as a proposal reviewer for the NEAFCS annual conference for 2025 annual conference. My service continues as the Ohio representative on the North Central Region Aging Network, which is a collaborative of Extension professionals dedicated to improving the health and well-being of adults in later life through science-based strategies.

Service and Engagement

Editorships and Editorial Reviewer Service

2025-Present Annual Session Proposal Reviewer, National Extension Association of Family and Consumer Sciences

Professional Memberships

2023-Present

Active Member-North Central Region Aging Network

2012-Present

Active Member, National Extension Association of Family and Consumer Sciences

2012-Present

Active Member, Ohio Joint Council of Extension Professionals

Professional

2025

Annual Session Ambassador, National Extension Association of Family and Consumer Sciences

Local Engagement

2015-Present

Active Member, Clark County Creating Healthy Communities Committee

Department Service

2018-Present

Leader, Family and Consumer Sciences Aging Team

2015-Present

Active Member, Family and Consumer Sciences Healthy Relationships Team

2025-Present

Active Member, Family and Consumer Sciences, Food Safety Team

Awards and Formal Recognition

2025-First Place, Ohio NACDEP Technology Award for the Day By Day Project, Ohio Joint Council of Extension Professionals

2025-Marilyn Spiegel Excellence in Family and Consumer Sciences Award, Ohio State University