

Virginia 'Val' Hillers

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Professor Emeritus
School of Food Science
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As WSU Extension Food Specialist, I was responsible for the university's statewide consumer education on food safety topics. I guided the development of print materials and media talking points for WSU faculty as we helped the public understand the magnitude of each risk, actions that consumers and food producers, food processors and regulators could take to control the risks, and the costs associated with the risk-reduction strategies. Notable food safety educational efforts include The *Abuela* Project, which was focused on reducing illnesses from use of *queso fresco* (fresh cheese) made from raw milk; Food Safety for High Risk Audiences (elderly, immune compromised, pregnant); Using a Food Thermometer; and risk communication about apples treated with Alar, *E. coli* O157:H7 infections from undercooked hamburgers, and BSE (mad cow disease).

Education

Washington State University, Pullman, WA	Ph.D.	1984
Iowa State University, Ames, IA	M.S.	1963
Montana State University, Bozeman, MT	B.S.	1961

Professional Experience

2006-2008	Associate Editor, Journal of Nutrition Education and Behavior
1984-2005	Extension Food Specialist, Department of Food Science and Human Nutrition, Cooperative Extension, Washington State University
1995-1996	Visiting Scientist at TNO Nutrition and Food Research Institute, Zeist, The Netherlands.

Community Service (post-retirement)

2005-present	Island County Planning Commission
2006-2008	Chair of Missions Committee, Coupeville United Methodist Church
2005-2008	Learning Partner for Coupeville WA High School

Extension Bulletins – 31 including:

Hoffman E, **Hillers V**, Bergmann V. 2003. Eating Away from Home and Traveling: Safe tips for avoiding foodborne illness for the person with HIV/AIDS. Misc 530

Hoffman E, **Hillers V**, Bergmann V. 2003. Take Control: A hands-on approach to choosing safe foods for persons living with HIV/AIDS. Misc 520.

Takeuchi M, **Hillers V**, McCurdy S. 2003. Now You're Cooking: Using a food thermometer. Misc 513.

Hillers VN, Anderberg J, Griffith C. 2002. Safe Food for Children. EB 1868 (English) and 1868S (Spanish).

Hillers V, Aegerter M. 2001. You Can Prevent Foodborne Illnesses, PNW 250.

Aegerter M, **Hillers VN**. 2000. Food Safety During Your Pregnancy. Misc 275.

Hillers VN, Bell R, Thomas T, Luedecke L, Schmitt M. 2000. Fresh Cheese Made Safely. PNW 539.

Hillers VN, Bell R, Thomas T, Luedecke L, Schmitt M. 2000. Queso Fresco Hecho Saludable. PNW 539S.

Hillers VN, Dougherty RD. 2000. Salsa Recipes for Canning. PNW 395, also available in Spanish.

Hillers VN. 1999. Canning Vegetables. PNW 172, also available in Spanish.

Hillers VN. 1999. Canning Fruits. PNW 199, also available in Spanish.

Hillers VN. 1997. Pack a Safe Lunch. EB 1490.

Hillers, VN, Swanson M, Mather N. 1993. Communicating about Food Safety Risks from Agricultural Chemicals; Different Strategies for Different Audiences. WREP 123.

Hillers VN. 1990. Communicating about Risks in Food. EB 1562.

Satellite and Videotape Productions – 5 including:

Now You're Cooking: Using a Food Thermometer. Executive Producers, V.N. Hillers and S. McCurdy
 Fresh Cheese Made Safely. Producers V.N. Hillers and T. Thomas
 How Safe is Your Food? Executive Producer, V.N. Hillers.
 Biotechnology, Food and Agriculture, Executive Producer, V.N. Hillers.

Inservice Education Workshops, 25 for Field Faculty, Including:

Emerging Issues in Food Safety
 Understanding the Food Supply: Farm to Market to Consumer
 Food and Ethics: A Discussion of Multifaceted Issues
 Food Safety Farm to Table, annual conferences from 1992-2004

Presentations to Clientele, 120 Topics, Including:

Food Safety Update for Volunteer Teachers	Communicating About Risks in Foods
Food Safety Issues in Agriculture	Pesticides and Food Safety: A Consumer Perspective
Public Policy Issues Related to Food Safety	Food-Related Concerns: Roles for Food and Nutrition
Was It Something You Ate? Preventing Foodborne Illness	How can Agriculture Respond to Changing Food Concerns?
Preventing Foodborne Illness in Daycare Centers	Biotechnology and Food in the Classroom
Consumer Response to Use of Bovine Somatotropin In Dairy Cattle	E. coli 0157:H7 Control Across the Food Chain

News Releases – 60 Including:

Pack a Safe Lunch.	Have a Safe Holiday Soup.
Raw, Undercooked Meat Still A Health Threat.	Is Your Child's Care Center Clean?
Avoid Salmonella Poisoning.	Don't Make Labor Day a Picnic for Salmonella.
Cold, Hot, and Clean – Keys to Food Safety.	Gifts Can Promote Food Safety.
Take-Home Food Safety Rules.	Cooking the Pink Out Can Prevent Illness.
None Are Immune to Food Poisoning.	Manure: Is It Safe in Your Garden?

Grants and Contracts:

CSREES-USDA. Reducing Risk with Thermometers: Strategies for Behavior Change (PI with S McCurdy, M Edlefsen, D Kang, E Mayes). \$374,191, 2001-2004.
 CSREES-USDA. "Food Safety for the Immune Suppressed/Compromised: A multimedia approach" (Co-investigator with P Kendall and L Medeiros), \$588,049, 2001-2004.
 CSREES-USDA. Design and Evaluation of Food Safety Education for High Risk Groups. (Co-investigator with L Medeiros and P Kendall), \$225,000, 2001-2003.
 CSREES – U.S.D.A. "Development and Validation of Instruments to Evaluate Food Safety Education." (Co-investigator with L. Medeiros and P. Kendall). \$200,058, 1999-2001.
 Extension Service – U.S.D.A. "Program Indicators and a Web-based Reporting System for the FSQ Initiative." (Co-investigator with L. Medeiros and P. Kendall). \$75,950, 1999-2001.
 Extension Service – U.S.D.A. "Safe Food for Moms and Tots." (Co-investigator with J. Bunde). \$33,900, 1998-1999.

Professional Articles (Refereed) (50), including:

- I. Wallner S, Kendall P, Hillers V, Bradshaw E, Medeiros LC. Online continuing education course enhances nutrition and health professionals' knowledge of food safety issues of high-risk populations. J Amer Diet Assoc. 2007; 107:1333-1338.

2. Medeiros LC, Chen G, Van Horn J, Fralic J, **Hillers V**, Kendall P. Essential food safety behaviors for older adults. 2006; 26:586-592.
3. Kendall PA, **Hillers V**, Medeiros LC. Food safety guidance for older adults. Clin Infect Diseases. 2006;42:1298-1304. (Invited review article)
4. McCurdy SM, Edwards Z, Takeuchi MT, **Hillers VN**. Food safety education initiative to increase consumer use of food thermometers in the United States. British Food J. 2006;108:775-594.
5. Takeuchi MT, Edlefsen M, McCurdy SM, **Hillers VN**. 2006. Development and validation of Stages of Change questions to assess consumers' readiness to use a food thermometer when cooking small cuts of meat. J Amer Dietetics Assoc. 106:262-266.
6. Edwards ZM, Takeuchi MT, **Hillers VN**, McCurdy SM, Edlefsen, M. 2006. Application of behavioral change theories in development of food safety education materials to promote food thermometer use. Food Protection Trends. 26:82-88.
7. Hoffman E, Bergmann V, Shultz JA, Kendall P, Medeiros LC, **Hillers VN**. 2005. Application of a five-step message development model for food safety education materials targeting people with Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome. J Amer Dietetics Assoc. 105:597-1604.
8. Edwards Z, Edlefsen M, **Hillers V**, McCurdy SM. 2005. Evaluation of a teaching kit for Family and Consumer Science classrooms: Motivating students to use a food thermometer with small cuts of meat. J Food Sci. Educ, 1:47-52. Available online at www.ift.org.
9. McCurdy SM, **Hillers V**, Cann SE. 2005. Consumer reaction and interest in using food thermometers when cooking small or thin meat items. Food Protect Trends, 25:826-831.
10. Medeiros, L, **Hillers V**, Schroeder M, Chen G, Bergmann, V, Kendall P, Schroeder M. 2004. Design and development of food safety knowledge and attitude scales for consumer food safety education. J Amer Diet Assoc. 104:1671-1677.
11. Athearn PN, Kendall PA, **Hillers VN**, Schroeder M, Bergmann V, Chen G, Medeiros LC. 2004. Awareness and acceptance of current food safety recommendations during pregnancy. Maternal and Child Health J. 8:149-162.
12. **Hillers VN**, Medeiros L, Kendall P, Chen G, DiMascola S. Consumer food-handling behaviors associated with prevention of thirteen foodborne illnesses. 2003. J Food Protect 66:1893-1899.
13. Heffernan J, **Hillers VN**. Washington consumers' attitudes regarding food biotechnology. 2002. J Amer Diet Assoc 102:85-88.
14. Medeiros L, **Hillers VN**, Kendall P, Mason A. 2001. Food safety education: What should we be teaching to consumers? J of Nutr Educ 33:108-113.
15. Medeiros L, **Hillers VN**, Kendall P, Mason A. 2001. Evaluation of food safety education for limited resource audiences. J of Nutr Educ. 33:S27-S34.
16. Bell RA, **Hillers VN**, Thomas TA. 1999. The Abuela Project: Safe cheese workshops to reduce the incidence of *Salmonella typhimurium* from consumption of raw-milk fresh cheese. Amer J Public Health; 89:1421-1424.
17. Bell RA, **Hillers VN**, Thomas TA. 1999. Hispanic grandmothers preserve cultural traditions and reduce foodborne illness by conducting safe cheese workshops. J Amer Diet Assoc; 99:1114-1116.