



## UPDATES: OFFICE OF THE INSTITUTIONAL EFFECTIVENESS

### ACCREDITATION

The Assessment Dr. Catherine Webb resigned effective 10/31/2023  
Interim Vice President; ACCJC Staff Liaison for COM-FSM



**Ginni May**  
Interim Vice President  
gmay@accjc.org

Virginia "Ginni" May joined the ACCJC team in October 2023. Having served as an ACCJC Commissioner 2009-2015, participating on a dozen comprehensive peer review and follow-up teams since 2007, and engaging in writing for both the 2014 and the 2024 Accreditation Standards, Ms. May brings a depth and breadth of experience and deep appreciation to the accreditation process. During Ms. May's tenure of more than 25 years as a professor of mathematics and statistics at Sacramento City College, she also engaged in leadership at the college, district, and state levels in areas of governance, curriculum, and policy. Most recently, she served as President of the Academic Senate for California Community Colleges (ASCCC), completing eight years of service on the ASCCC Executive Board. Currently, she serves as the Intersegmental Projects Director for the ASCCC, leading transfer alignment efforts from California community colleges to four-year institutions. Ms. May holds a B.A. and M.A. in mathematics from California State University Sacramento.



## UPDATES: INSTITUTIONAL RESEARCH

### WINTER

<b>Components</b>	Student Financial Aid Graduation Rates 200% Graduation Rates Admissions Outcome Measures
<b>Keyholders</b>	Opens Dec 06 (Closes Feb 07)
<b>Coordinators</b>	Opens Dec 06 (Closes Feb 21)

### SPRING

<b>Components</b>	Fall Enrollment Finance Human Resources Academic Libraries
<b>Keyholders</b>	Opens Dec 06 (Closes Apr 03)
<b>Coordinators</b>	Opens Dec 06 (Closes Apr 17)

**JANUARY 15, 2024**

**MARCH 11, 2024**

IEQA worked with Instructional Affairs and with FSM National DOE to report data on teacher education programs as required by Title II of the Higher Education Act with focus on Sections 205 to 208 on teacher education.

An Award Action Request (AAR) is being prepared to be submitted to the Connecting to Minority Communities (CMC) grant for change of scope and a revised budget to include purchase of Starlink dishes for use at COM-FSM campus sites.



## UPDATES: PUBLICATIONS & GRAPHICS

- Presidents Awards Ceremony
- CTEC Campus Signage
- November issue of Kaselehlie Press



Photo: Plaques and certificates given to former President's During the President's Award Ceremony.



COOPERATIVE RESEARCH AND EXTENSION

## UPDATES: COOPERATIVE RESEARCH AND EXTENSION

### AGRICULTURE AND FOOD SECURITY PROGRAMS

Ten nurseries for plants have been established on Tonoas and two in Fefan in Chuuk through the program. A nursery to support the home gardening program at Xavier High School has also been established. Twenty clients have established their home garden. Fifty-seven home gardens have been established at the households in Pohnpei and ten demonstration gardens have been established in the communities.

Home gardens are the main source of food and sometimes income for the island communities. Improving them is critical to attain poverty reduction targets and food security objectives. Home gardens are integrated into family life. Studies indicate home gardens play a major role in reducing food insecurity when nutrient rich foods are readily available to the families. The most fundamental social benefit of home gardens stems from their direct contributions to household food security by increasing availability, accessibility, and utilization of food products. Families who grow their own food are more likely to eat fresh produce than families who do not.

In Pohnpei, CRE carried out various activities to address the issue of insufficient local food production and food insecurity. These activities included practical training, overseeing demonstration gardens, providing technical assistance to clients, conducting surveys, delivering pretest and posttest sessions, offering individual consultations, and facilitating group discussions. The purpose of these activities was to educate and engage different stakeholders such as primary schools, government and private sectors, prisons, the disability department, youth groups, households, and communities. By focusing on topics like seed germination, transplanting, commercial fertilizer application, composting, hands-on pollination, and harvesting, the program aimed to promote crop production



## CRE: UPDATES ... from page 8

**CLIMATE CHANGE PROGRAM**

The outreach activities undertaken for 'Climate Change Challenges in Micronesia' have catalyzed substantial transformations within displaced and underprivileged island communities. The extension activities have focused on providing practical training, on-site consultations, and technical assistance to empower the participants with standardized, low-cost vegetable and staple crop production techniques. Over the past year, outreach efforts directly engaged 107 participants, with 38 men and 69 women involved in Yap and 175 participants in Pohnpei. Eight communities in Chuuk are actively planting mangrove trees to protect their coastlines. The training sessions covered volcanic soil management, composting, seed germination, transplanting, nutrient management, and alternative agricultural production techniques. The post-program survey revealed that 70% of respondents felt greatly encouraged to participate in vegetable gardening, with 79% applying acquired skills. Notably, 26% of participants reported selling vegetables in the market, contributing additional income. The program's success in fostering knowledge dissemination is evident within families and communities, as well as its recognition in influential reports such as IPCC AR6 and the 'Climate Change in the Federated States of Micronesia' by the East-West Center and the receipt of the Overall Best Presenter award in the 7th International Conference on Climate Change underscoring its positive impact on building adaptive capacity and resilience in the face of climate change.



Photo: Mangrove planting initiatives by communities in Chuuk

**YOUTH PROGRAM**

Students and community youth members participated in sport activities, mentoring and counselling sessions, workshops in healthy food choices and lifestyles, and hands-on trainings to improve entrepreneurial skills. Program activities aim for youth, families, and other community members to experience positive and harmonious relationships in the family, increase their capacity to make healthy and wise decisions, develop positive friendship and support networks, and improve livelihood opportunities. Over 2000 participants were engaged in youth extension programs. Major program activities include leadership and team building strategies, sports and recreational, mentoring and counseling, and youth empowerment.



Photo: (ABOVE) Home gardening training and substance abuse intervention programs for youth groups in Chuuk.  
(BOTTOM) Micronesian Civics Discussion - Seniors

**COOPERATIVE RESEARCH & EXTENSION:  
PROGRAM HIGHLIGHTS**

KOSRAE | POHNPEI | CHUUK | YAP

**OBESITY PROGRAM**

Obesity is a major problem among children and adolescents in Micronesia. There is a trend showing that students become overweight or obese as they grow older or their school grade level increases. Obesity preventive activities introduced at schools have resulted in more students with increased knowledge and awareness about obesity and BMI values. School and community interventions targeted 540 clients in Pohnpei and 718 in Yap. Surveys indicated 65% of participants have developed habit of managing meal portion sizes, consumed more fruits and vegetables, and increased their exercise and physical activities.

The college also initiated a program during Fall semester for students, staff, faculty, and administrators. The Biggest Loser Challenge aims to promote good health and well-being by empowering the college community with improved knowledge of and to strive for improved knowledge and awareness of food choices, increased physical activities, and healthier lifestyles. A total of 291 participants signed up for the program with 122 students/cadets and 169 staff, faculty, and administrators. Three "winners", who measured ideal or improved Body Mass Index (BMI), Waste Circumference, and Blood Pressure, were selected from each campus were selected to receive cash prizes.

**COLLEGE OF MICRONESIA-FSM** **SUMMER TO FALL CHALLENGE**

**THE BIGGEST LOSER CHALLENGE**

**CAMPUS:**

**CHUUK:**  
1ST PLACE: DORSALINA WILLIAM (FACULTY)  
2ND PLACE: GENEVY SAMUEL (FACULTY)  
3RD PLACE: YOSKO KIM (STAFF)

**KOSRAE:**  
1ST PLACE: RAYANNIE N WAGUI (STUDENT)  
2ND PLACE: TEDDY V SWEMER (STAFF)  
3RD PLACE: KATCHUGO JOE (STAFF)

**POHNPEI: CTEC**  
1ST PLACE: JEROME ALIK SHED (STAFF)  
2ND PLACE: DIOSITKA HAIRENS (STAFF)  
3RD PLACE: SRA M MACKWELUNG (STAFF)

**POHNPEI: NATIONAL**  
1ST PLACE: NIXON SOSWA (STAFF)  
2ND PLACE: LAURA S FULUMOTI (STAFF)  
3RD PLACE: DOMAN DADAS (STAFF)

**YAP CAMPUS**  
1ST PLACE: BRENNAN YANGERLUO (STUDENT)  
2ND PLACE: MICRANCI YLEBANIG (STUDENT)  
3RD PLACE: GRAPINE SAPELAJOL (STUDENT)

**YAP FMI CAMPUS**  
1ST PLACE: ALPHA MAY (CADET)  
2ND PLACE: SYTH LEE FAHOIDOG (CADET)  
3RD PLACE: MICHAEL GURUWEMAN (CADET)

**WINNERS CONGRATULATIONS**

TOGETHER, WE'LL CONQUER NEW HEIGHTS OF VITALITY, RESILIENCE, AND OVERALL WELL-BEING. JOIN THE COLLEGE'S BIGGEST LOSER CHALLENGE AND BE A PART OF A LIFE-CHANGING MOVEMENT THAT WILL LEAVE YOU FEELING UNSTOPPABLE!

**HORTICULTURIST VISITED KOSRAE FOR ASSESSMENT AND TRAININGS ON TANGERINES, CITRUS, AND OTHER LOCAL CROPS**

Kosrae is well-known for the multitude of citrus varieties including the sweet tangerines that grow there. However, diseases have devastated the production levels to an all-time low. Interests still exist from the communities to revive the citrus industry for the local market and export. Recent requests from stakeholders and communities to CRE has not been properly addressed due to lack of the CRE researcher at the campus. To address this need, a consultant was recruited to provide technical assistance in the meantime. Mr. Frank Cruz, a retired Horticulture Extension Agent from the University of Guam with extensive knowledge and experience in horticultural crops and their cultivation and management practices in Guam and the Micronesian region visited Kosrae in mid-November. During his visit, he consulted with the government and stakeholders, conducted an assessment of citrus and banana production and management needs, and provided trainings to agricultural professionals and extension agents in crop management practices such as air layering, grafting, pruning, and propagation.



Photo: Hands-on demonstration on plant care management



## COOPERATIVE RESEARCH & EXTENSION: PROGRAM HIGHLIGHTS

KOSRAE | POHNPEI | CHUUK | YAP

### ITALIAN FUNDED PROJECT IN YAP

On The Italian-government funded project, 'Enhancing Water Security and Climate Resilient Food Systems for the Displaced Atoll Population in Yap,' commenced on March 1, 2023, following a three-year delay mainly attributed to COVID-19-related challenges. It focuses on aiding displaced atoll communities at Ruu', Makiy, Daboch, Gargey, and Satawal Compound with vital outreach, technical assistance, and training to adopt, maintain, and monitor water and food systems amid climate variability. Employing a three-pronged approach, the project targets implementing adaptation measures for water infrastructure, strengthening water conservation capacities, and climate-resilient food systems. With 582 participants from 62 households enrolled, activities undertaken include project management, staff recruitment and training, community consultations, design preparation for two community houses, and training sessions covering compost preparation, soil management strategies, soil conservation strategies, and the establishment of climate-resilient staple crop production, specifically sweet potato and taro. Additionally, design preparations for the construction of two new community houses were completed and recently reviewed by a two-member Italian delegation that visited Yap. Rooted in principles of community involvement and the implementation of sustainable methodologies, the project stands poised to achieve its overarching objective of fostering climate-resilient development and strengthening the lives of the communities it serves.



### GREEN CLIMATE FUND PROJECT

SAP020: Climate resilient food security for farming households across the Federated States of Micronesia

Train the trainer workshops certified seven CSA Extension Agents in FSM. The training course provided participants with the skills necessary to implement sustainable farming practices, enhance resilience to climate change, and contribute to a more secure and environmentally responsible agricultural future.

Enhancing the food security of vulnerable households by introducing CSA practices (establishing agroforestry systems, capacity building for extension agents, awareness building and training for FSM households, and developing reserve capacity for climate disruption) will increase availability, stability, and accessibility of locally grown food for food security, improve nutritional outcomes for vulnerable households, develop new opportunities for income and household productivity and drive a national change in awareness and utilization of CSA for improved resiliency



### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

The pEFNEP uses education to support participants' efforts toward self-sufficiency, nutritional health, and well-being

Annual data confirms participants: improve their diets, improve their nutrition practices, stretch their food dollars farther, handle food more safely, and increase their physical activity levels.

The Micronesia-wide (Palau, FSM, RMI) program reached 491 adults (indirect = 2332) and 578 youth participants in 51 youth groups.



## 2. Improvement by Cluster of Behavior

### 2.1 Diet Quality of participants improved, indicated by the following:

<b>73%</b> Eat fruit more often each day. (276 of 380)	<b>76%</b> Eat vegetables more often each day. (288 of 379)	<b>61%</b> How many different kinds of vegetables do you usually eat in a day? (229 of 377)	<b>41%</b> How many times a day do you drink milk or soymilk? (154 of 376)	<b>71%</b> Eat red and orange vegetables more often each week. (270 of 378)	<b>78%</b> Eat dark green vegetables more often each week. (292 of 374)
<b>63%</b> Over the last week, how many days did you eat beans and peas? (201 of 321)	<b>31%</b> How many days did you eat yogurt or drink smoothies with yogurt? (102 of 329)	<b>23%</b> How many days did you eat cereal with milk? (84 of 369)	<b>54%</b> Cook dinner at home more times a week. (197 of 367)	<b>75%</b> Drink regular soda less often. (274 of 363)	

### 2.2 Food Resource Management of participants improved, indicated by the following:

<b>54%</b> Cook dinner at home more times a week. (197 of 367)	<b>59%</b> Compare food prices more often. (205 of 347)	<b>79%</b> Plan meals before shopping more often. (283 of 360)	<b>63%</b> Check cupboard before shopping more often. (198 of 312)	<b>83%</b> Make a list before shopping more often. (308 of 369)	<b>59%</b> How often do you use coupons for food purchases? (178 of 303)
<b>47%</b> How often do you use a written weekly or monthly food spending plan? (159 of 337)	<b>78%</b> How often do you budget enough money for food purchases? (284 of 366)	<b>69%</b> How often do you check for sales on foods before you shop? (223 of 325)	<b>62%</b> How often do you check for food items on sale when you are at the store? (232 of 374)		

### 2.3 Physical Activity of participants improved, indicated by the following:

<b>59%</b> Exercise for at least 30 minutes more days a week. (222 of 378)	<b>58%</b> Strengthen muscles more days a week. (220 of 377)	<b>72%</b> Make small changes to be active more often. (270 of 373)
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### 2.4 Food Safety of participants improved, indicated by the following:

<b>49%</b> Wash their hands more often before preparing food. (184 of 378)	<b>52%</b> Clean items/surfaces more often after contact with raw meat or seafood. (194 of 375)	<b>25%</b> Thaw frozen food at room temperature less often. (78 of 317)	<b>38%</b> Use a meat thermometer more often. (119 of 314)
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### 2.5 Food Security of participants improved, indicated by the following:

<b>50%</b> Food didn't last. (187 of 375)	<b>53%</b> Afford balanced meals. (196 of 371)	<b>26%</b> Cut size of meal or skip meal. (60 of 231)
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CRE: PROGRAM HIGHLIGHTS ... from page 10

**AGRICULTURE EXPERIMENT STATION: YAP CRE**

**Field evaluation of open-pollinated seeds to enhance climate change resilience of smallholder**

The Hatch Project, centered around open-pollinated crops, showed promising crop yields. Field tests demonstrated the remarkable productivity of Tomato var. Kewalo, averaging 8.7 to 9.2 pounds per plant monthly over three months despite susceptibility to Fusarium wilt disease. Additionally, pot trials of Waimanalo Long and New Poamoho Dark Long eggplant varieties exhibited sustained fruit production, with each plant producing an average of 28 pounds within four months of fruiting onset. The second cycle of experiments with mustard cabbage var. Kai Choy 'Hirayama,' showed 81 percent seed germination, robust growth, and accelerated maturity within 45 to 50 days post-transplanting. The project's impact extends beyond cultivation, as the distribution of these resilient open-pollinated seeds to vulnerable communities boosted short-term access during challenging periods, marking a proactive step towards enhancing food security. Looking ahead, the project aims to broaden its scope by incorporating more vegetable varieties suited to the island environment in its next phase, foreseeing continued success and positive outcomes.



Photo: Mustard Cabbage var. Kai Choy 'Hirayama' is an overlooked vegetable with unique health benefits that grow well in a tropical, humid island environment.

**AGRICULTURE EXPERIMENT STATION: CHUUK CRE**

**Pineapple Crown Leaf Budding Method: A Sustainable Pineapple Production in the Federated States of Micronesia**

Pineapple (*Ananas comosus* (L.) Merr.) is an under-utilized crop at the Federated States of Micronesia (FSM) despite its import substitution potential and multifarious uses as food, feeds, industrial and medicinal sources of raw materials. Subsistence producers only utilize pineapple crowns as planting materials, thus pineapple supply in the local markets is very limited and inconsistent. The COM-FSM Chuuk Campus/ Cooperative Research and Extension envisions developing sustainable pineapple production among local farmers having sufficient supply of pineapple planting materials and for these farmers learning and eventually adopting an affordable vegetative propagation technique. Towards this end, the project entitled "Crown Leaf Budding, Rooting and Growing Media for Pineapple (*Ananas comosus* (L.) Merr.," is approved and funded by the United States Department of Agriculture-National Institute of Food and Agriculture (USDA-NIFA). The goal of this project is increased local pineapple production for enhancement of pineapple industry at the Federated States of Micronesia. Its two objectives aimed to determine production of pineapple plantlets from pineapple crown leaf buds using local media and evaluate the growth and development of these plantlets from one native and one introduced pineapple cultivars. Local media tested for these plantlets included garden soil, beach sand, coco coir and 1:1 combination by volume of the three aforementioned media. Root lengths and number of pineapple plantlets rooted in different media were determined at transplanting. Monthly measurements of plant heights, leaf areas and number of leaves were recorded for at least two years because pineapple is generally a biennial crop (two-year life cycle).

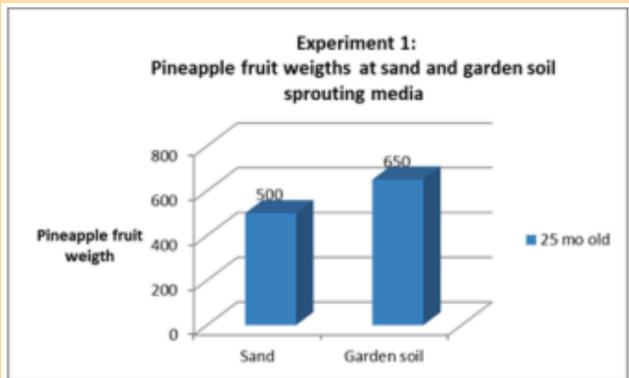


Figure 1 Fruit weights of 25-month old pineapple crown leaf budded pineapple from garden soil and beach sand sprouting media

Only crown leaf buds from the introduced cultivars produced pineapple seedlings. These sprouting media yielded 20-30% of pineapple seedlings. Generally, garden soil for sprouting and growing up to the pineapple fruiting stage produced healthier plants and heavier fruits than other media tested (Figure 1). Public awareness through inter-agency meetings and provision of trainings among extension agents, educational institutions, faith-based group and village dwellers were employed to disseminate this low-cost technology. Four hundred twenty (420) participants learned and/or applied this plant propagation method. Through these strategies, local pineapple production will flourish and gradually improve supply of raw materials for processing and marketing the pineapple and its value-added products.

