

# MAKING HEALTHIER FOODS AND PHYSICAL ACTIVITY CHOICES WITH SUPERTRACKER

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The US Department of Agriculture (USDA) reported that over two million Americans are using USDA's SuperTracker (Kevin Concannon, Under Secretary for Food, Nutrition and Consumer Services; March 27, 2013).<sup>1</sup> SuperTracker is an online, interactive tool with which users can create customized healthy dietary and physical activity plans. It can help users

analyze their dietary trends and assess whether they are achieving their dietary and physical activity goals. In addition to users' planning, assessment, and analysis, SuperTracker offers personal goal setting and journaling – recording daily events. This article walks you through the basics of SuperTracker.



The screenshot shows the SuperTracker website interface. At the top, it features the USDA logo and the text 'United States Department of Agriculture'. Below this is a navigation menu with links for 'Home', 'Food-A-Pedia', 'My Plan', 'Track Food & Activity', 'My Reports', and 'My Features'. There are also links for 'CREATE PROFILE >' and 'LOG IN >'. The main content area includes a 'SuperTracker: My foods. My fitness. My health.' section with three bullet points: 'Get your personalized nutrition and physical activity plan.', 'Track your foods and physical activities to see how they stack up.', and 'Get tips and support to help you make healthier choices and plan ahead.' Below this are several interactive sections: 'Food-A-Pedia >' (Look up nutrition info for over 8,000 foods and compare foods side-by-side), 'Food Tracker >' (Track the foods you eat and compare to your nutrition targets), 'Physical Activity Tracker >' (Enter your activities and track progress as you move), 'Get Started >' (Find out what and how much to eat. Personalize your experience by creating your profile, and get a plan tailored for you.), 'My Weight Manager >' (Get weight management guidance; enter your weight and track progress over time.), 'My Top 5 Goals >' (Choose up to 5 personal goals; sign up for tips and support from your virtual coach.), and 'My Recipe >' (Build and save your favorite recipes for tracking, and analyze the nutrition info.). A large red arrow points to the 'Create Your Profile' button in the 'Get Started' section, with the text 'Create your Profile' next to it. At the bottom, there are various links including 'ChooseMyPlate.gov', 'USDA.gov', 'CNPP', 'FOIA', 'Accessibility Statement', 'Privacy Policy', 'Non-Discrimination Statement', 'Information Quality', 'USA.gov', 'White House', and 'COPPA'.

## Registration and Creating Profile

You need to register to 1) receive a personal calorie limit, 2) create your personal dietary and physical activity plan, and 3) save your data and access it later any time.

SuperTracker Website:

<https://www.supertracker.usda.gov/default.aspx>

Registration is free. Click Create Your Profile on the SuperTracker home page. There are 3 steps to creating your profile. Create your profile by recording your display name (not your legal name), age, gender, height, weight and physical activity level. You must also create a username and password. (See Appendix – Figure 1: Create Your Profile)

- Step 1: Personalize Your Profile
- Step 2: Register to Save Your Profile
- Step 3: Submit to View Your Plan

## Tracking your Foods

On the Food Tracker page, users can search for the foods they eat and get instant feedback about the food groups, nutrient contents information, and daily limits. With each food added, the food group graph updates and gives an assessment of the user's recommended daily food intake. Users can see whether they meet their daily calorie allowances or are over-consuming.

## Building a Combo

Using the Create a Combo feature, users can save foods that they typically eat together (e.g., Greek yogurt with fresh blueberries) in My Favorite Foods List with a unique name, such as My B-G Yogurt. When they are ready to add the foods to meals, they can search under My Favorite Foods List and add to Meals with one click. (See Appendix – Figure 2: My Combo)

# Food Tracker

Search and add food to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning ahead simple by using the Copy Meals and Create a Combo features.

Search:  for

Search Tips

Food Details | My Favorite Foods List | **Meals** | Copy Meals | Clear All | Create a Combo

**Turkey, ham, and roast beef club sandwich, with lettuce, tomato and spread (Subway)**

Choose an amount: 1 sandwich

**Food Info** | Nutrient Info

**Total Calories: 343**

Food Groups	Limits
Grains 2½ oz.	Empty Calories* 70
Vegetables ¾ cup(s)	Solid Fats 51 Calories
Protein Foods 2 oz.	Added Sugars 19 Calories
Oils 1 tsp.	Saturated Fat 4 g
	Sodium** 1285 mg

**Total Eaten: 1297 Calories**

**Breakfast 179 Calories**

- Apple, raw 1 medium (2-3/4" across) 72 Calories (0 Empty Calories\*)
- Yogurt, plain, low fat ¾ container (8 oz) 107 Calories (20 Empty Calories\*)

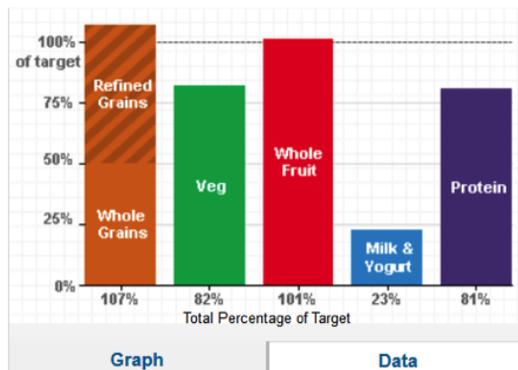
**Lunch 458 Calories**

- Grilled chicken sandwich, on whole wheat roll, with lettuce, tomato and mayonnaise-type salad dressing (Hardee's, Jack-in-the-Box) 1 sandwich 332 Calories (38 Empty Calories\*)
- Mixed vegetables (corn, lima beans, peas, green beans, carrots), canned, cooked with butter 1 cup 126 Calories (34 Empty Calories\*)

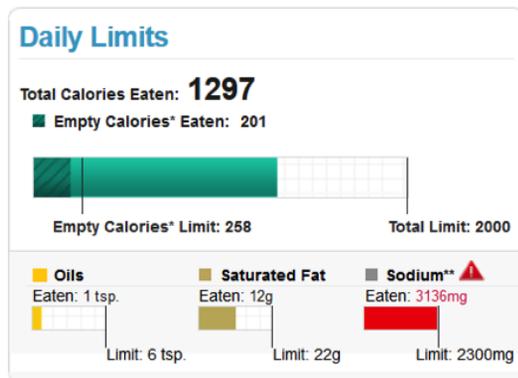
**Dinner 316 Calories**

- Bread, oatmeal 1 regular slice 102 Calories (16 Empty Calories\*)

Example: a day of foods eaten



Related Links: [Nutrient Intake Report](#) | [View By Meal](#)



# Tracking Your Physical Activity

On the Physical Activity Tracker page, users can search nearly 800 physical activities from walking and running, conditioning, sports, home (e.g., cleaning, vacuuming, etc.), occupation (e.g., chef, driving delivery truck, teaching, etc.), and can track their progress. SuperTracker can keep tracking the amount of time user spend being physically active. If users provide weight, height and age (in the user's profile), it can show how many calories are used in each activity under Activity Info.

**Physical Activity Tracker**

Search and add physical activities to view how your activities stack up against your targets.

Search: All Activities for

**Activity Details** | Favorite Activity List

**Lifting weights, multiple exercises, 8-15 repetitions at varied resistance**

Enter the duration:  minutes

**Activity Info**

Estimated Calories Burned\*: **36** (for 10 minutes)

Intensity: **Moderate**

Muscle Strengthening: **Yes**

**Activities for Week of** 06/30/13 - 07/06/13

	Intensity	Estimated Calories Burned*	Duration Minutes	MIE Minutes**
<b>Weekly Total:</b>			<b>145</b>	<b>145</b>
<b>Sun 06/30/2013</b>			<b>15</b>	<b>15</b>
Walking, 2.8-3.2 mph (19-21 min/mile)	Moderate	54	15	15
<b>Mon 07/01/2013</b>			<b>40</b>	<b>40</b>
Walking, 2.8-3.2 mph (19-21 min/mile)	Moderate	108	30	30
Lifting weights, multiple exercises, 8-15 repetitions at varied resistance	Moderate	36	10	10
<b>Tue 07/02/2013</b>			<b>30</b>	<b>30</b>
Walking, 2.8-3.2 mph (19-21 min/mile)	Moderate	108	30	30
<b>Wed 07/03/2013</b>			<b>30</b>	<b>30</b>
Walking, 2.8-3.2 mph (19-21 min/mile)	Moderate	108	30	30
<b>Thu 07/04/2013</b>			<b>30</b>	<b>30</b>

**Weekly Total**  
Moderate Intensity Equivalent (MIE\*\*) Minutes

**Gauge** |

Physical Activity Report |

**Weekly Targets**  
Total Muscle-Strengthening Days: **1**

Target: 2 Days minimum

1 2 3 4 5 6 7

Example: A Week of Physical Activity

## Reporting and Trend Analysis

SuperTracker offers six different reports (see figure below) to help users see their trends of food intake and physical activity levels and assess whether they are achieving their diet and physical activity goals. Their reports can be exported to Microsoft Office (Word and Excel) and Adobe PDF. They are a great resource to track users' progress over time.

- Food Groups & Calories and Nutrients Reports provide a user's average intake of food groups, calories, and nutrients such as calcium, sodium and vitamins for any time period users choose. The average intake is compared to the user's recommended intake to provide their status of Under, OK or Over. (See Appendix – Figure 3: My Reports, Food Groups & Calories Report, Nutrients Report)
- Food Details Report gives the food group and nutrient content each day. The user chooses the day and food groups, limits (e.g., total calories, empty calories; solid fats, added sugars and alcohol), and nutrients. (See Appendix – Figure 4: My Reports, Food Details Reports)
- Meal Summary Report helps users or health professionals generate meal plans. After adding foods to Food Tracker for multiple days, the user's list of foods and amounts of each meal for any time periods can be printed in PDF, Word or Excel. (See Appendix – Figure 5: My Reports, Meal Summary Report)
- Physical Activity Report allows users to view their weekly physical activities and compare them to the Physical Activity Guidelines for Americans.<sup>2</sup> (See Appendix –Figure 6: My Reports, Physical Activity Report)
- History Charts provide trends over any time period in a line or bar chart for body weight, physical activity, calories (total calories or empty calories), food groups & oils, and nutrients (e.g., protein, carbohydrate, dietary fiber, total fat, linoleic acid, Omega 3-DHA, cholesterol, vitamins, minerals). (See Appendix –Figure 7, My Reports, History Charts)

**SuperTracker** USDA United States Department of Agriculture

Home | Food-A-Pedia | My Plan | Track Food & Activity | My Reports | My Features | MANAGE PROFILE > | ADD PROFILE > | LOG OUT >

Overview | Food Groups & Calories | Nutrients Reports | Food Details | Meal Summary | Physical Activity | History Charts

You are here: Home > My Reports > Overview

## My Reports

Viewing your trends over time can help you achieve food and activity goals. Use reports to see where you're meeting your goals and identify areas you'd like to work on.

- Food Groups & Calories >**  
Get your average intake of Calories and food groups for any time period you choose.
- Nutrients >**  
Get your average intake of nutrients (for example, calcium, sodium, vitamin D) for any time period you choose.
- Food Details >**  
See the food group and nutrient content of your foods each day.
- Meal Summary >**  
View a menu of foods you've eaten or planned for any time period you choose.
- Physical Activity >**  
View your weekly physical activities to compare against Physical Activity Guidelines for Americans.
- History Charts >**  
See a graph of your trend history for weight, Calories, physical activity, food groups, or nutrients.

Example: A Week of Physical Activity

## Goal Setting and Support

SuperTracker offers goal setting and journaling capabilities. Users can set personal goals in 5 different areas: weight management, physical activity, calories, food groups and nutrients.

- When users set personal goals, they have the option to sign up for tips and support related to their goals from a virtual coach (My Coach Center). Users can choose to receive messages within SuperTracker in My Coach Center and/or have them sent as emails provided by the site. How-to tips are delivered at the user's preferred delivery frequency (daily, weekly or monthly).
- Under My Features, users can choose from 3 options, 1) My Top 5 Goals, 2) My Weight Manager and 3) My Journal. My Journal is an area for users to write about their foods and physical activity, including their foods eaten, meal locations, physical activity and mood or feeling associated with foods and physical activity. This feature is designed for users and health professionals to identify triggers that may be associated with changes in health behaviors and body weight trends. (See figure below)

**SuperTracker** USDA United States Department of Agriculture

Mom, your targets are based on a 1800 Calorie allowance. [See your plan](#) for more details.

Home | Food-A-Pedia | My Plan | Track Food & Activity | My Reports | My Features | [MANAGE PROFILE >](#) | [ADD PROFILE >](#) | [LOG OUT >](#)

My Top 5 Goals | My Weight Manager | My Journal

You are here: Home > My Features > My Top 5 Goals

Today

02/04/14

**Physical Activity Target**

Week of 02/02/14 to 02/08/14

Target AT LEAST 160 minutes per week

Actual 0 minutes

**Daily Calorie Limit**

Allowance	1800
Eaten	0
Remaining	1800

**Daily Food Group Targets** [More Info>](#)

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 oz.	2½ cup(s)	1½ cup(s)	3 cup(s)	5 oz.
Eaten	0 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Status	-	-	-	-	-

### My Top 5 Goals

Set personal goals that you want to achieve. You can choose and track up to 5 areas. Sign up in My Coach Center to receive tips and support as you work toward your goals.

**Select a goal:**

Weight Management

Physical Activity

Calories

Food Groups

Nutrients

**Choose One:**

Maintain Current Weight  
 Move toward a Goal Weight

**Current Weight:**  lbs.   
 **Goal Weight:**  lbs.   

[+ Add](#)

**My Coach Center**

➔ Sign up to receive tips and support related to your goals.

Send me messages in My Coach Center  
 Send me messages via email

**Please provide an email address:**

Choose how often you want to receive messages:

[Submit](#)

Example: My Top 5 Goals

## Food-A-Pedia

Users can look up a food to gain quick access to nutritional information for over 8,000 foods. Two foods can be selected to compare the nutrition information. The foods they looked up can be added to their Food Tracker instantly.

**SuperTracker** USDA United States Department of Agriculture

Home | Food-A-Pedia | My Plan | Track Food & Activity | My Reports | My Features | CREATE PROFILE > | LOG IN >

You are here: Home > Food-A-Pedia

### Food-A-Pedia

Look up a food to get quick access to nutrition info for over 8,000 foods. Choose and compare 2 foods.

Search: Fast Foods for

**Burrito with beef, rice, and cheese (Fiesta Burrito)**  
Choose an amount: 1 burrito

Food Info		Nutrient Info	
<b>Total Calories: 871</b>			
Food Groups		Limits	
Grains	5 1/2 oz.	Empty Calories*	184
Vegetables	1/4 cup(s)	Solid Fats	184 Calories
Dairy	1/4 cup(s)	Added Sugars	0 Calories
Protein Foods	2 1/2 oz.	Saturated Fat	12 g
		Sodium**	1948 mg

**Burrito with beef, beans, cheese, and sour cream (Burrito Supreme)**  
Choose an amount: 1 medium burrito

Food Info		Nutrient Info	
<b>Total Calories: 455</b>			
Food Groups		Limits	
Grains	2 1/2 oz.	Empty Calories*	122
Vegetables	1/4 cup(s)	Solid Fats	122 Calories
Dairy	1/4 cup(s)	Added Sugars	0 Calories
Protein Foods	1 oz.	Saturated Fat	8 g
		Sodium**	833 mg

\* Calories from food components such as added sugars and solid fats that provide little nutritional value.  
Empty Calories are part of Total Calories.

## References:

1. USDA's SuperTracker Diet Tool Reaches Two Million Users - See more at: <http://blogs.usda.gov/2013/03/27/usda%e2%80%99s-supertracker-diet-tool-reaches-two-million-users/#sthash.kPK20pJT.dpuf>
2. 2008 Physical Activity Guidelines for Americans. Office of Disease Prevention & Health Promotion, U.S. Department of Health and Human Services. <http://www.health.gov/paguidelines/default.aspx>

## Abstract

SuperTracker was designed to help Americans, regardless of age or fitness level, make healthier food and physical activity choices, bringing about healthier life changes and maintaining them for a longer period of time. Health professionals and nutrition educators can select the features that have been introduced here and use them in their programs. Additional Figures 1 to 7 in Appendixes are screen images from the SuperTracker programs, which could be printed and distributed as teaching aids.

# Appendixes

You are here: [Home](#) > [Create Profile](#)

## Create Your Profile

**Step 1** Personalize Your Profile (Optional but recommended)

If you'd like a personal Calorie limit and food plan, provide the information below. For best results and access to more features, include your height and weight.

\* Required information to personalize:

 \* Profile Name:  Enter a display name (not your legal name) for your profile, such as JMT2, Jules, or Mom.

\* Age:

\* Gender:

\* Physical Activity:

Height:  ft.  in.

Weight:  lbs.

**Which option is best for me?**  
Your physical activity level affects your Calorie limit. Choose options 1, 2, or 3 to estimate OR option 4 to calculate based on at least one week of activities you have entered.

**What if I do vigorous instead of moderate activity?**  
When doing moderate activity you can talk, but not sing (like brisk walking). When doing vigorous activity you cannot say more than a few words without pausing for breath (like running).

Every 1 minute of vigorous activity counts as 2 minutes of moderate (e.g., 30 min. vigorous is equivalent to 60 min. moderate).

**Step 2** Register to Save Your Profile

Register to save your data and access it any time.

\* Required information to register:

\* Username:  (6-50 Characters)

\* Password:  (4-16 Characters)

\* Re-Enter Password:

\* Password Hint:  Enter a word or a phrase that will help you remember your password.

\* Password Security Question:  Choose a security question with an answer unique to you to help you reset your password if needed.

\* Your Answer:

Email Address:  While not required, an email address will help you retrieve your username if needed.

Re-Enter Email:

**Step 3** Submit to View Your Plan

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0535 (expiration date: September 30, 2015). The time required to complete this information collection is estimated to average 12 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Figure 1. Create Your Profile

**SuperTracker** United States Department of Agriculture

Home | Food-A-Pedia | My Plan | Track Food & Activity | My Reports | My Features

Food Tracker | My Favorite Foods List | **My Combo** | Physical Activity Tracker | My Favorite Activities List

You are here: Home > Track Food & Activity > My Combo

## My Combo

Link and save foods that you normally eat together. [Learn more about My Combo.](#)

**Build your combo in 3 easy steps:**

**Step 1** Search for and add individual foods (up to 50 items). Or add foods from your Favorite Foods list below.

Search: All Foods for

**Step 2** Give the combo a unique name.

Tip: Give your combo a descriptive name like Paul's Breakfast Sandwich.

**Step 3** Save when you're done adding.

Your combo will now be ready to add to meals from your Favorite Foods List.

**Your combo is created and saved in your Favorite Foods List.**

Food Details | **My Favorite Foods List**

Showing 1-1 of 1 Results  
20 items per page

Sort by: Last Used - newest to oldest

Item	Amount	Calories
1. my B-G Yogurt	1 Portion	142 <input type="button" value="+ Add"/>

Figure 2. My Combo

**SuperTracker** United States Department of Agriculture

Home | Food-A-Pedia | My Plan | Track Food & Activity | My Reports | My Features

Overview | **Food Groups & Calories** | Nutrients Reports | Food Details | Meal Summary | Physical Activity | History Charts

You are here: Home > My Reports > Food Groups & Calories

## Food Groups & Calories Report

Get your average intake of Calories and food groups for any time period you choose. See which of your food selections were highest or lowest in Calories or a food group by clicking the heading.

Export Report As:

You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the exported PDF files.

View Report from:  thru

You are here: Home > My Reports > Nutrients Reports

## Nutrients Report

Get your average intake of nutrients (for example, calcium, sodium, vitamin D) for any time period you choose. See which of your food selections were highest or lowest in a nutrient by clicking the heading.

Export Report As:

You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the exported PDF files.

View Report from:  thru

Figure 3. My Reports; 1) Food Groups & Calories Report, 2) Nutrients

**SuperTracker**  United States Department of Agriculture

Home | Food-A-Pedia | My Plan | Track Food & Activity | My Reports | My Features | MANAGE PROFILE > | ADD PROFILE > | LOG OUT >

Overview | Food Groups & Calories | Nutrients Reports | Food Details | Meal Summary | Physical Activity | History Charts

You are here: Home > My Reports > Food Groups & Calories

## Food Groups & Calories Report

Get your average intake of Calories and food groups for any time period you choose. See which of your food selections were highest or lowest in Calories or a food group by clicking the heading.

**Export Report As:** PDF Excel Word  
You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the exported PDF files.

View Report from:  thru  **Create Report**

You are here: Home > My Reports > Nutrients Reports

## Nutrients Report

Get your average intake of nutrients (for example, calcium, sodium, vitamin D) for any time period you choose. See which of your food selections were highest or lowest in a nutrient by clicking the heading.

**Export Report As:** PDF Excel Word  
You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the exported PDF files.

View Report from:  thru  **Create Report**

Figure 4. My Reports; Food Details Report

You are here: Home > My Reports > Meal Summary

## Meal Summary Report

View a menu of foods you've eaten or planned for any time period you choose.

**Export Report As:** PDF Excel Word  
You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the exported PDF files.

View Report from: 07/02/13 thru 07/05/13

Choose Meals:  Breakfast  Lunch  Dinner  Snacks  All **Create Report**

### Meals from 07/02/13 - 07/05/13

#### Kay's Meals

Your plan is based on a **1600 Calorie** allowance.

Date	Breakfast
07/02/13	<ul style="list-style-type: none"> <li>1½ mug (8 fl oz) Coffee, brewed, regular</li> <li>1½ cup Fruit smoothie, fruit or fruit juice only (no dairy products)</li> </ul>
07/03/13	<ul style="list-style-type: none"> <li>2 mug (8 fl oz) Coffee, brewed, regular</li> <li>1¼ container (6 oz) Greek yogurt, fruit, fat free</li> </ul>
07/04/13	<ul style="list-style-type: none"> <li>½ cup Blueberries, raw</li> <li>1¼ container (6 oz) Blueberry yogurt, fat free</li> <li>1½ mug (8 fl oz) Coffee, brewed, regular</li> </ul>

Figure 5. My Reports; Meal Summary Report

# Physical Activity Report

View your weekly physical activities and compare to the Physical Activity Guidelines for Americans.

Export Report As: PDF Excel Word

You will need the free Adobe Acrobat Reader plug-in to view and print the exported PDF files.

View Report for the week of:  

## Kay's Physical Activity Report for Week of 06/30/13 - 07/06/13

Weekly Aerobic Activity		Muscle Strengthening Activity	
Target (MIE**)	150 minutes	Target	2 days
Actual (MIE**)	145 minutes	Actual	1 days

Date	Duration		Activity	Intensity	Estimated Calories Burned*	Activity Counts Toward Weekly Aerobic Goal	Muscle Strengthening
	Minutes	MIE** Minutes					
<b>Sunday</b> 06/30/13	15	15	Walking, 2.8-3.2 mph (19-21 min/mile)	Moderate	54	✓	
<b>Monday</b> 07/01/13	10	10	Lifting weights, multiple exercises, 8-15 repetitions at varied resistance	Moderate	36	✓	✓
	30	30	Walking, 2.8-3.2	Moderate	108	✓	

Figure 6. My Reports; Physical Activity

# History Charts

See a graph of your trend history for weight, Calories, physical activity, food groups, or nutrients. Click on any data point to view more detail.

Select a Report  Time Period: Daily  thru  Select Chart Type: Line Chart

- Weight
- Physical Activity
- Calories
  - Total Calories
  - Empty Calories
- Food Groups & Oils
  - Grains
  - Vegetables
  - Fruits
  - Dairy
  - Protein Foods
  - Oils
- Nutrients
  - Protein
  - Carbohydrate
  - Dietary Fiber
  - Total Fat
  - Saturated Fat
  - Monounsaturated Fat
  - Polysaturated Fat
  - Linoleic Acid
  - α - Linolenic Acid
  - Omega 3- EPA
  - Omega 3- DHA
  - Cholesterol
  - Calcium
  - Potassium
  - Sodium

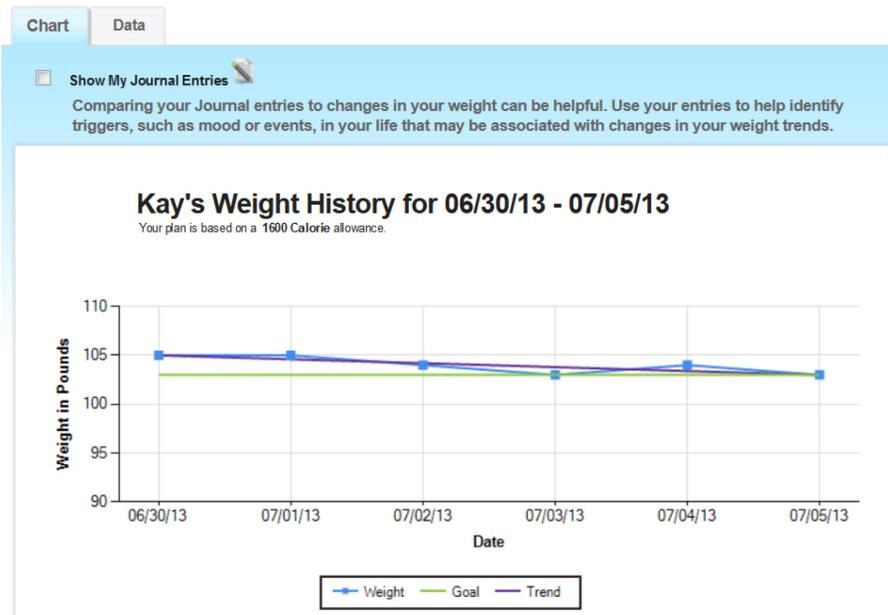


Figure 7. My Reports; History Charts



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