

The Many Faces of Family and Consumer Sciences (FCS)



Nina Roofe

Arkansas

IFHE-US President, 2025-2026

“My career has been dedicated to improving the quality of life for those I serve. Early in my career, I worked with clients in hospital and clinic settings as a Registered Dietitian, providing nutrition education and nutrition support.

I later transitioned to teaching nutrition and Family and Consumer Sciences (FCS) in higher education. In this role, I taught FCS and nutrition to undergraduate and graduate students. I also provided academic advising and career mentoring to students, helping them set a clear pathway to achieve their professional goals. Now, as the state program leader for FCS for the Arkansas Cooperative Extension Service, I oversee all the FCS program planning, implementation, and evaluation for our state. Seeing the impact that FCS programs can make in the lives of 3.1 million Arkansans and their families and communities is truly rewarding.

I love the positivity and collaborative nature of the FCS profession. We take what we have, meet people where they are, and utilize the resources they can access to make their lives even better.

Everything we do and teach supports workforce development by building confidence, skills, and imparting knowledge. We are the one profession that is uniquely educated, experienced, and qualified to educate and equip clients with the knowledge and resources needed to make informed decisions to lead healthier and more fulfilling lives.”