Our Work in 2023
Advancing knowledge on the responsible use of resources at home
RESPONSIBLE LIVING STARTS AT HOME

IFHE is a membership-based non-profit organization (founded in 1908). We are politically and denominationally independent and have consultative status with the United Nations. As the global voice for home economics, we support:

• Education & research on the responsible use of household resources
• The power of individual choices to transform societies towards a sustainable future
• Households as places where equality prevails and everyone can realize their full potential

HOME ECONOMICS: A MULTI-DISCIPLINARY APPROACH

Responsible use of resources at the household and consumer level encompasses many areas: Early childhood education, clothing & textile production, community services, consumer research, education, environmental science, food production, nutrition, gender, age science, health, household technology, human ecology, institutional care, personal finance, sanitation & hygiene, waste management and many more.
Dear members and friends of IFHE,

The interdisciplinary nature of home economics has always provided a fair amount of flexibility in research, teaching and practice to members of the profession. Every era has particular challenges that have a direct impact on families and households. We must constantly adapt to these different situations in order to develop sustainable and forward-looking solutions for people, families, societies and also for our profession. At the same time, home economics can look back on a long and successful tradition. Impressive examples of this are the 75th annual conference of the Japan Society for Home Economics, the ‘Golden Jubilee’ ceremony for celebrating the 50th anniversary of the Home Economics Association Zambia and the publication of the IFHE US History Book to mark the 25th IFHE US ‘Silver Jubilee’.

The IFHE office had to face a major change in 2023 – the departure of Executive Director Annette Ptassek filled many of our members with sadness. During her five-year tenure, Annette made our office processes more transparent and streamlined and implemented digitalization in almost all areas. This was one of the reasons why the handover of management to Treasurer Dr. Christiane Pakula went smoothly and each part of the organization was able to carry out many of the required tasks in the usual manner in 2023. Not the least in thanks to the great commitment of the many members in the national and regional associations, without whom the international reach of our work would not be possible and who were a great support for the association this year.

In recent years, driven in part by the pandemic, we have made our way into the digitized world. The year 2023 was also characterized by the need to connect online, as for example the Annual Meeting 2023 held in Malaysia included a hybrid component, allowing many more members to participate. The Annual Meeting was held in Kuala Lumpur, in conjunction with the 21st ARAHE Biennial Conference, which meant we were also able to experience how pleasant and productive it is to meet and work in person. Where is the middle ground that allows us to use the best of both worlds, the analog and the digital? The IFHE World Congress with the motto ‘Bridging the Past – Charting the Future’ in Galway, Ireland 2024 will be another opportunity to look for consensus on our way forward. And, it will be the 25th IFHE World Congress – another ‘Silver Jubilee’.
ADVOCACY AT THE UNITED NATIONS

We use our consultative status with the UN to promote international education and research on the responsible use of resources at household level. We promote knowledge on household and consumer issues as key to achieving sustainable living. Where possible, we seek to increase impact through joint action with other NGOs and membership of networks.

GENDER EQUALITY AND POVERTY

IFHE has been drawing attention to the unequal distribution of unpaid work for families and households for many years. In 2023, the UN Human Rights Committee published data showing that women do on average 2 hours and 38 minutes more unpaid work per day than men to care for household members. Gender equality is the basis on which women and girls can be protected from poverty. Three aspects are considered particularly important and should be taken into account in every economic transaction:

• ALL EMPLOYMENT CONTRACTS MUST INCLUDE GENDER EQUALITY.
• WORK FOR HUMAN RIGHTS MUST EXPLICITLY MENTION WOMEN AND GIRLS
• ALL COMPANIES MUST IMPLEMENT GENDER JUSTICE AND EQUALITY.

IFHE therefore calls on business and industry to include domestic skills education in work/life balance programs explicitly for men and boys, so that men and women are equally empowered to take on activities for the care of household members and in this way also contribute to achieving the SDGs on gender equality and poverty reduction for women and girls.
PARTICIPATION OF YOUNG PEOPLE

On June 27, 2023, the United Nations discussed the question of how more young people can be involved in the work of the United Nations as part of an event on ‘Sustainable Future’. As a result, a three-day youth conference was held in New York in September 2023.

IFHE has also long been involved in promoting young talent for the profession. In addition to the long-established ‘Young Professional Forum’, in which young IFHE members from all over the world meet and network, IFHE has also been supporting the ‘International Junior Forum’ formed this year, which is also open to scientists at the beginning of their careers who are not IFHE members.

At the same time, Kathryn Carroll, Chair of the IFHE-US Young Professionals Network (YPN), organized an event for YPN members and guests during the annual conference of the American Association for Family and Consumer Sciences – a so-called YPN Mixer. The goal was to network existing members and invite potential members to meet and socialize.

HOME ECONOMICS EDUCATION

IFHE has been campaigning for healthy nutrition since 1908 and continuously strengthens food and nutrition education. The association’s interdisciplinary approach follows the UN Food and Agriculture Organisation’s (FAO) goal of achieving better production, better nutrition, a better environment and a better life for all. The FAO’s admonition to leave no one behind has long been the basis for home economists’ understanding that our globalised world and work has an impact on everyone. In 2023, home economics education activities focused on the prevention of food waste in the household, which is not only important with regard to SDG 2 ‘Zero Hunger’. It also affects the economic situation of the household and the health of household members. Through sound home economics education, people can be enabled to buy, store and process food in such a way that they maximise the benefits of the resources used. IFHE therefore calls on policy makers to integrate home economics skills into education programmes, particularly in primary and secondary schools. World Food Day serves as a catalyst for IFHE’s global food waste prevention projects.
Making home economics more visible

International Junior Forum Discusses New Challenges

IFHE supports the International Junior Forum (IJF), an independent new initiative for networking young scientists in the broad field of home economics. Young scientists in the fields of nutrition, food, family and consumer studies, textiles, fashion and crafts or educational research are cordially invited to participate. The IJF was founded by two committed young scientists. The meetings take place once a quarter via video conference in March, June, September and December. The meetings are open to anyone interested in the field of home economics, regardless of age, nationality or professional status and regardless of membership of the IFHE. All those working in the field of home economics and home science who consider themselves ‘junior’ are invited to attend.

The meetings offer the opportunity to discuss various home economics topics or personal concerns relating to studies, doctorates, training or careers. The aim of the IJF is to connect and support young researchers in the field of home economics and to provide a forum for the exchange of ideas and experiences.

International Journal of Home Economics

The International Journal of Home Economics (IJHE) was launched at the 2008 World Congress. It is currently in its 17th year and has published more than 30 issues to date. IJHE is an electronic, peer-reviewed journal that is published twice a year. IFHE contributes to the costs by covering some of the design aspects of production. The publisher makes in-kind and direct financial contributions to offset the additional costs of running the journal. The editorial board consists of renowned household scientists who volunteer their time to review individual manuscripts. Special issues are published from time to time, most recently ‘Rapid response and lockdown learnings—Home economics, the global pandemic, and beyond’ 14(1) 2020; and ‘Decolonising of the Home Economics Profession’ (15(1), 2022).

The journal is freely accessible via the IFHE website. It makes a significant contribution to the publication of household science research. However, the journal has so far only been indexed via Informit, a free dissemination index. The aim of the editorial board is to index the journal via Scopus in order to further improve the international perception of the journal. We are working hard to fulfil the requirements for this index. Challenges along the way are the incomplete cost coverage by IFHE, the willingness of volunteers to give their time as peer reviewers and members of the editorial board and the very different quality of the papers submitted.
PROFESSIONAL CERTIFICATION

Since 2016, the IFHE has been awarding the ‘International Professional Home Economist’ (IPHE) certificate to experts who promote the global visibility of the discipline. The certificate gives the national certification systems an international dimension and sets a benchmark. A panel of renowned academics assessed all applications.

What makes the international IFHE certification so successful are the benefits it offers individuals and their higher education institutions. These include competitive advantages and professional credibility for academics by demonstrating international competence and documenting professional status at an international level. But institutions also value the IPHE certificate as it strengthens the employer’s reputation by recognising employees who qualify for international benchmark standards. It also provides great networking opportunities within a global community of respected professionals. In 2023, Dr Jay R. Deagon (Australia) received the certificate (IPHE).
CONNECTING THE PROFESSION

IFHE_US CELEBRATES “McMANUS CULTURAL EVENT”

The IFHE-US Cultural Event is held annually in support of the IFHE Development Fund. The fund provides opportunities to reduce the impact of global issues on families, partner with organisations with common concerns, collaborate on studies and research projects, and pool resources to enhance educational efforts. International grants are awarded for these purposes every four years at the IFHE Congress.

The event was held on the campus of Morgan State University on June 22, 2023 in Baltimore, MD. The evening was coordinated with the organisers of the annual meeting of the American Association of Family and Consumer Sciences. More than 40 AAFCS and IFHE-US members and guests attended this special evening.

NEW ONLINE SEMINAR SERIES FOR HOME ECONOMICS TEACHERS

A new online seminar series for home economics teachers was launched by IFHE in November 2023. Elina Katarina Larsson (Vice President for Europe) opened the seminar with a presentation on the theme ‘Food Waste’ and led the following discussion of the 15 participants from 6 countries in small groups. Results of the discussion, a video recording of the presentation, a scheme for organising a school lesson on the topic and further teaching material were made available for download. A staff member from the IFHE office provided technical support for the seminar.

Following the successful launch of the seminar series, four seminars are planned each year. The speakers will be invited in rotation from the different IFHE regions of America, Africa, Europe, Asia and Australia/Pacific and the time of day will be adapted to the relevant time zone.

WORLD HOME ECONOMICS DAY 2023

Since 1982, IFHE has celebrated World Home Economics Day (WHED) on 21 March. Each year, the international event focuses on a specific topic and draws attention to home economics and consumer issues. It also promotes the profession and recognises the contribution that home economists make to the quality of life of people around the world. The theme of World Home Economics Day 2023 was ‘Waste Literacy’.
Events on World Home Economics Day (WHED) on 21 March

ARAHE celebrated World Home Economics Day 2023 virtually on 25 March 2023 with the theme Waste Literacy:5R Reduce, Reuse, Recycle, Refuse & Repair which was attended by Home Economists from Japan, Singapore, Thailand, Malaysia, China and Philippines with sharing of Waste Literacy in a Thailand, Japan and Singapore.

Home economists from all regions of the Philippines joined the international celebration of World Home Economics Day (WHED) at Kaban ng Hiyas, Mandaluyong City on 19 March 2023. Teachers and students from Andres Bonifacio Integrated School shared how they are committed to waste literacy by transforming rubbish into useful and income-generating products.

The National Centre of Excellence for Home Economics, in partnership with the School of Home Economics at St Angela’s College in Sligo, Ireland, hosted a live interactive workshop on waste prevention in the home. Following the theme of the IFHE World Home Economics Day, ‘Waste Literacy’, Fifty Shades Greener, a leading provider of environmental education based in Ireland, hosted a live virtual workshop entitled ‘Reduce, Reuse, Recycle’.

IFHE-US celebrated World Home Economics Day 2023 digitally on Saturday 25 March. Helen McGuire from Ireland shared information from her doctoral research on wardrobes – a list of clothes you own to guide your purchases. Dr Sheri Dragoo from Texas, department chair at Baylor University, discussed what happens to recycled clothing after it is given away. A slide show was shown with a collection of upcycling ideas. There was a lively discussion and sharing of ideas on the topic. About 45 members attended the event.

The German section of the IFHE organised a competition under the motto of World Home Economics Day 2023 ‘Waste Reduction Literacy’. The first two prizes went to Dr Claudia Plinz, teacher and coordinator at the European University of Flensburg, and Hannah Will, a student at Münster University of Applied Sciences.

The Australian Home Economics Association (HEIA) published a statement on World Home Economics Day emphasising the particular importance of home economics education for the sustainable use of resources.
FOCUS: HIGHLIGHTS FROM THE MEMBER REGIONS

IFHE members are both organisations and individuals from over 70 countries. They are organised in national IFHE member organisations and regional associations. In the past year, IFHE members have once again organised and shaped an impressive number of home economics activities around the globe. Some highlights from our regional and national associations are listed here:

**ASIA**

**MALAYSIA: 21ST ARAHE CONGRESS**

The Malaysian Association for Home Economics (MAHE) organised the 21st ARAHE International Congress at Armada Hotel, Petaling Jaya, Selangor, MALAYSIA with the theme 'Integrating Home Economics: Knowledge and Skills for the New Wave of Industrial Revolution' from 7th to 11th August 2023. Three keynote lectures and two symposia, three plenary sessions for oral presentations (44 papers) and poster presentation, one presentation of best teaching and learning practices, four workshops and five country presentations could be attended partly in parallel in different rooms.

About 190 participants, mainly from Asia, met in Kuala Lumpur, particularly from China, Japan, the Philippines, Singapore, South Korea, Thailand and Malaysia. The IFHE Annual Meeting 2023 was also organised locally by colleagues from Malaysia. Participants from Australia, Germany, Ireland, the United States of America, the United Kingdom and Africa travelled to Malaysia to took part in the IFHE Annual Meeting.

Four academic and technical excursions took the participants to the National Textile Museum, the National Handicraft Institute, the Setapak Vocational School of Home Economics and the Malaysian Research Institute on Ageing (MyAgeing) at Universiti Putra Malaysia (UPM).
JAPAN: 75TH ANNUAL CONFERENCE OF THE JAPAN SOCIETY OF HOME ECONOMICS (JSHE)

The 75th JSHE Annual Conference was held in May 2023 at Kasei University in Tokyo in a face-to-face setting for the first time in three years. The Delegates Assembly was held to decide on important JSHE matters, and research presentations were given (123 oral presentations and 114 posters), award ceremonies, speeches by the annual award winners, special lectures and a symposium. The theme of the symposium was ‘Development of Home Economics and Contribution to Society’, and discussions were held on how home economics has contributed to society and how it will continue to do so in the future.

In parallel with its annual conference, JSHE organised the Home Economics Summer Seminar. With the aim of improving the quality of life in Omori Town, the seminar was held in September 2023 under the title ‘Experience Japan’s Future Life in Omori Town, a World Heritage Site Iwami Ginzan – Sustainable Lifestyle’.

PHILIPPINES: 74TH NATIONAL CONFERENCE AND TRAINING

The Philippine Home Economics Association (PHEA), a national organisation of home economists and allied professionals in the Philippines, held its 74th National Conference and Training in October 2023 with the theme “Integrating Home Economics Knowledge and Skills Towards the New Wave Industrial Revolution”. Aside from the plenary sessions, parallel training sessions on agriculture and fisheries, higher education, industrial arts, and research presentations were held, as well as the best practice awards, PHEA Luminaries launch, and the traditional annual tree planting.
ZAMBIA: HEAZ 50TH ANNIVERSARY

The Home Economics Association Zambia celebrated its 50th anniversary with a conference at Mulungushi University from 21–23 August 2023.

Topics of the conference were:

- Building capacity for innovation and development in home economics.
- Closing knowledge gaps in home economics and hospitality in the rapidly changing labour market.
- Aligning teaching and learning with industry needs.
- Delivering practical activities and content for the labour market.

The ceremony was attended by 720 participants from all provinces of Zambia. More than 30 presentations were given by national experts in home economics. Topics included home economics education, food production, the garment industry, SME development and the international co-operation potential of HEAZ.

NIGERIA

The Home Economics Professional Association of Nigeria (HEPAN) held her annual Conference in June 2023 at the University of Calabar in Nigeria with the theme, ‘Home Economics Fostering Digital Resources for National Development and Sustainability.’ The Conference was well attended and peer reviewed papers presented at the Conference are ready for publication in the approved Journal of the Association.

SOUTH AFRICA

Under the leadership of Dr Adri du Toit, the South African Association for Home Economics SAAFECS prepared the bid for the IFHE World Congress 2028.
EUROPE

DIGITAL: BROWN BAG SEMINAR

Now in their third year, the Brown Bag Seminars are an integral part of the home economics network in Europe. The one-hour online lunchtime meetings take place quarterly and offer insights into current home economics research and innovative approaches to solving home economics issues. The topics of the seminars were:

14th March:
Waste reduction literacy. (Prof. Dr Sylvia Lorek, University of Helsinki, Finland and Prof. Dr Melanie Speck, Osnabrück University of Applied Science)

9th May:
Presentation of the results of the strategic cooperation project ‘Navigating Through Digital Challenges in Home Economics Education’. (PhD. Jaana Taar and MA Kristi Koppel from Tallinn University, Estonia)

15th June:
Sharing different approaches to the home economics curriculum: Presentations from Malta and Ireland. (Dr Karen Mugliett, Malta, Stefania Calleja, an educator and food entrepreneur, Malta and Amanda Mc Cloat, Ireland)

26th September:
Interdisciplinarity in science and home economics curricula in three Nordic countries. (Erik Fooladi, Volda University College, Norway)

THE AMERICAS

IFHE US

IFHE-US organised two virtual professional development events in 2023. Kim Kamin, Director of Professional Development and Programming, organised the two events. Each Zoom meeting, held on Saturdays, was attended by at least 40 people, including members, students and guests. Topics included the introduction of the American Association of Family and Consumer Sciences’ Critical Science Academy. The digital programme comprises eight modules. Each module uses the critical science perspective of FCS to advance the case for action needed to solve critical social problems. This unified understanding is intended to enable better support for individuals, families and communities.

Rachel Schichtl, President-elect of IFHE-US, took the lead in organising and conducting the application and selection process for the 2024 IFHE Development Grants, with four grants of $7,500 each available for programmes in developing countries. The IFHE Development Fund was established in 1996 as a series of individual country or regional funds administered at the local level. Grants from this fund are intended to promote the objectives of IFHE at the international level, to support educational programmes, studies and services in all areas of home economics to improve the quality of life of individuals, families and communities, and to strengthen the profession’s ability to advocate for families. The application review team represented all five IFHE regions. Applications were submitted electronically by October, reviewed in November and applicants were informed of the outcome of the process in December. Seven applications were received, four of which were awarded a grant. The grants will be presented to representatives of the four programmes during the IFHE World Congress 2024.
AUSTRALIA AND PACIFIC

For colleagues in the Australia and Pacific region, 2023 was a year of planning for better networking among home economists in their vast region. Through active networking and an email campaign to former members in the Pacific, membership increased from six to 17 members, including the renewal of memberships of the two Home Economics Associations HEIA and HETTANZ.

The 2024 World Congress in Galway, Ireland, was promoted via social media, an email campaign and the national HEIA newsletter. A presentation on the World Congress was also given at the HEIA conference (Queensland). Conference attendees were encouraged to submit abstracts for presentations and/or attend the World Congress, which provides a unique and inspiring opportunity for global professional development.

IFHE Vice President (Pacific) Dr Jay Deagon and the region’s representative, Limu Mou-Vagi, together with other IFHE members led by Sarah Wirth, supported New Zealand’s bid to host the 2028 IFHE World Congress in Wellington, New Zealand.

In her role as Senior Lecturer in Home Economics at CQU, Dr Jay Deagon was invited to the Australian Curriculum Assessment and Reporting Authority (ACARA) to coordinate a submission from the IFHE and HEIA to review the curriculum links for nutrition and wellbeing in the new version 9 of the Australian Curriculum. As part of this work, the commitment to Home Economics was renewed and HEIA was recognised as the main Australian Home Economics Association to include Nutrition and Wellbeing in the Development and Technology curriculum. The 4 interlinked key aspects of learning about food and wellbeing are:

- Individuals, Families and Communities
- Nutrition and food science
- Conscious choices and sustainable practices
- Actions for a future that promotes wellbeing both locally and globally.

Building awareness of the links between home economics, nutrition and wellbeing from a ‘global’ perspective has not previously been explicitly included in the Australian curriculum. This work now opens up opportunities for teachers and students to engage more deeply with the SDGs in classroom practice.
IFHE World Congress
‘Bridging the Past – Charting the Future’

Galway, Ireland 2024

IFHE 2024
23-28 June, Ireland
IFHE INTERNAL AFFAIRS

IFHE ANNUAL MEETING 2023

The Annual Meeting began on Saturday, 5 August 2023, in the afternoon with a welcome address by the Vice President of the Asia Region, Mme Wee Leng Soo.

During the first working session on Saturday evening at 8pm, the focus was on IFHE finances. The late time was chosen to ensure that those who could not attend in person had the opportunity to participate online at a more or less convenient time of day. Dr Christiane Pakula, IFHE Treasurer and Interim Executive Director, presented the work of the Finance Working Group over the past six months and presented ideas for improving IFHE income: a new fee structure for individual members, discounts for organisations, merchandising, a seminar series for teachers and the new International Junior Forum (IJF). Some of the ideas, e.g. the seminar series for teachers and the IJF, have already been implemented, others still need to be discussed by the IFHE Board and the delegates at the 2024 Council Meeting in Galway, Ireland.

The second day of the annual conference began in the morning with an online presentation and discussion about the International Journal of Home Economics. The editor of the IJHE, Donna Pendergast, presented the current operations and her vision for a successful future of the journal.

In the afternoon, a group of members from Australia, Germany, Japan, Malaysia, Norway, the UK, the USA and Zambia met to discuss suitable topics for the World Home Economics Days for the next four years 2025–2028. Based on a previous survey of all IFHE members and with the facilitation of IFHE President Gwendolyn Hustvedt, the group collated and discussed a variety of home economics topics.

A shortlist of six topics was compiled, from which four topics were selected following the annual meeting under the leadership of IFHE President-elect Amanda McCloat:

- **2025**
  - Tackling Overconsumption

- **2026**
  - You are what you Eat: Feeding the Future

- **2027**
  - Slow down Fast Fashion

- **2028**
  - Water for Everyday Life
WORKING GROUP FINANCES

The IFHE’s financial reserves have been further reduced in recent years due to the limited opportunities to travel worldwide and organise congresses. The financial situation stabilised over the course of the year and 2023 closed with a small surplus. In order to make the financial situation more sustainable overall and to be less dependent on events and donations, a working group was set up to look at alternative sources of income for the association. Initially, the recruitment of new members was initiated by directly addressing young scientists, and the International Junior Forum has already successfully started its work. In addition, an online teachers’ seminar was launched in order to draw more teachers’ attention to the association. A further step in this direction is to be taken via a new structure for membership fees, which will more clearly express the benefits of the IFHE membership.

IFHE GENERAL SECRETARIAT

The IFHE General Secretariat, the “office” is based in Bonn and conducts business, including event management and public relations, member support, finances and legal matters. After focusing primarily on digital transformation and process optimisation in recent years, the consolidation of the association’s financial situation was placed at the centre of the work objectives in 2023.

Not least thanks to the initial implementation of ideas from the Finance Working Group and the upcoming 2024 IFHE World Congress in Galway/Ireland, the number of members was stable and new target groups were attracted to IFHE membership. The expansion of these efforts will continue in the coming years.

The change of executive director has led to a significant reduction in personnel costs. The consistent digitalisation of business processes in recent years has made it possible to reduce the regular weekly working hours of the executive director and the membership and database manager. Further cost savings will be realised by initiating a sublease agreement for the business premises with the German Association for Home Economics (Deutsche Gesellschaft für Hauswirtschaft e.V.) from April 2024.