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## Sarah M Camhi, PhD, FAHA, FACSM, ACSM-EP, ACSM-EIM2

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2130 Fulton St, San Francisco, CA 94117

Phone: 415-422-7592 E-mail: [scamhi2@usfca.edu](mailto:scamhi2@usfca.edu)

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### EDUCATION & TRAINING FELLOWSHIPS

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|---|-----------|
| <b>Ph.D. Kinesiology</b>  | 2008      |
| University of Maryland, College Park, MD  |           |
| <i>Dissertation:</i> The Effects of Low-Fat Diet and Exercise on C-Reactive Protein and Metabolic Syndrome: Findings from a Randomized Controlled Trial   |           |
| <i>Advisor:</i> Dr. Deborah Rohm Young  |           |
| <b>M.S. Exercise Management (Clinical Exercise Physiology)</b>  | 2001      |
| University of Queensland, Brisbane, Australia   |           |
| <b>B.S. Kinesiology</b>   | 1999      |
| The University of Michigan, Ann Arbor, MI   |           |
| <b>Fellow, Centers for Disease Control</b>  | 2010      |
| Physical Activity and Public Health Researcher's Course, Park City, UT  |           |
| <b>Fellow, American Heart Association</b>   | 2009      |
| Seminar on the Epidemiology and Prevention of Cardiovascular Disease, Tahoe City, CA  |           |
| <b>Post-Doctoral Research Fellow</b>  | 2008-2010 |
| Population Science, Physical Activity and Obesity Epidemiology Lab; Pennington Biomedical Research Center, Baton Rouge, LA  |           |
| <i>Mentor:</i> Dr. Peter T. Katzmarzyk  |           |
| - Designed statistical analyses, wrote and published 11 first-authored papers (18 total) using large epidemiological population studies examining relationships between obesity, cardiometabolic health and physical activity |           |

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### PROFESSIONAL EXPERIENCE

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#### Academic Positions

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|---|--------------|
| <b>University of San Francisco, San Francisco, CA, Kinesiology Department</b>       | 2020-present |
| Associate Professor (tenure-track)  |              |
| <b>University of Massachusetts, Boston; Exercise and Health Sciences Department</b> |              |
| Adjunct Professor   | 2020-2021    |
| Associate Professor (tenured)   | 2016 - 2020  |
| Assistant Professor (tenure-track)  | 2010 - 2016  |

**EHS Lab Director**

Fall 2012-Spring 2013; Fall 2014 - present

- Ordering, cataloguing, calibrating, training, repairing of all equipment in teaching lab
- Designing and optimizing newly renovated exercise laboratory space (moving Jan 2020)
- Creating and implementing a Manual of Procedures for calibration, use, set-up/clean-up, troubleshooting of all shared laboratory equipment
- Managing, balancing and allocating annual operating budget for personnel/equipment
- Supervising and directing personnel (coordinator/assistant, tutors, students)

**Other Professional Experience****University of Maryland, Kinesiology Department, School of Public Health, College Park, MD****Research Project Manager/Coordinator**

May-Aug 2008

- Conducted validation research comparing RT3 accelerometer with K4B2 (COSMED); mentored and trained 2 undergraduate scholars on recruitment and data collection

**Graduate Teaching Assistant**

Sept 2004-May 2008

- Assisted teaching undergraduate courses: Exercise Physiology lecture and lab; Science of Physical Activity and Cardiovascular Health; Obesity

**Graduate Research Assistant**

Sept 2004-May 2006

- Collected data for TAAG (Trial of Activity for Adolescent Girls) including accelerometry, 3DayPAR, skinfolds, PWC170 aerobic testing, questionnaires

**Hydrostatic Weighing Technician**

Sept 2006-May 2007

- Conducted body composition assessment, maintained equipment, provided results and interpretation for community members

**Muir Orthopaedic Specialists, Inc, Walnut Creek, CA****Exercise Physiologist**

Jan 2002-Aug 2004

- Designed musculoskeletal rehabilitation programs for busy outpatient physical therapy clinic

**University of Queensland, Brisbane, Australia****Graduate Student Instructor**

Jan-Dec 2001

- Assisted with introductory level kinesiology courses in movement science and sports culture by leading discussion sections and assisting with grading assignments

**Exercise Program Director, Pregnancy Exercise Program**

- Created, designed, recruited and directed an on-campus pregnancy-specific exercise group with cardio, strength, flexibility, balance, water therapy, stress management; designed and wrote monthly informational newsletters

**The Wesley Hospital, Brisbane, Australia**

2001

**Breast Cancer Rehabilitation Exercise Instructor**

- Designed and directed an upper body mobility cancer rehabilitation program for women with breast cancer; created oral presentation on how to maintain physical active during treatment

**Presidio Sport & Medicine, San Francisco, CA****Physical Therapy Aide**

2000-2001

- Assisted Physical Therapists with executing exercise programming

**Preventive Cardiology, Frankel Cardiovascular Center at Domino's Farms, Ann Arbor, MI****Cardiac Rehabilitation Intern**

Jan-May 2000

- Assisted exercise physiologists in running phase 2 and 3 exercise programming (blood pressures, exercise prescription); assisted ECG stress testing

**Division of Kinesiology, University of Michigan, Ann Arbor, MI****Undergraduate Teaching Assistant**

1999

- Assisted instructors for undergraduate exercise physiology course with grading and tutoring

**Undergraduate Research Opportunities Program (UROP)**

1996-1998

- Assisted in Exercise Endocrinology Lab running stress tests, data entry and analysis

**PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS**

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**Memberships**

New England American College of Sports Medicine (NEACSM)	2013 - present
Boston Nutrition and Obesity Research Center (BNORC)	2011 - present
American Heart Association (Council: Lifestyle and Cardiometabolic Health)	2009 - present
The Obesity Society (TOS)	2008-2013
American College of Sports Medicine (ACSM)	2000 - present

**Certifications**

ACSM: Exercise is Medicine Level 2	2021 - present
ACSM: Exercise is Medicine Health Ambassador	2018 - present
ACSM: Certified Exercise Physiologist	2000 - present
American Red Cross CPR and AED certified	1998 - present

**AWARDS & HONORS**

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<b>Fellow of the American College of Sports Medicine</b>	2015
<b>Fellow of the American Heart Association</b>	2014
<b>Innovation in Community Engaged Teaching Award</b> University of Massachusetts, Boston	2014
<b>Outstanding Teaching Assistant</b> Department of Kinesiology, University of Maryland, College Park	2008
<b>Center for Teaching Excellence Distinguished Teaching Assistant</b> University of Maryland, College Park	2007
<b>Center for Teaching Excellence Distinguished Teaching Assistant</b> University of Maryland, College Park	2008
<b>Branstrom Prize Winner (top 5% of University Freshman)</b> University of Michigan, Ann Arbor	1996

## RESEARCH & SCHOLARSHIP

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### Publications: Original Peer-Reviewed Research

\* denotes mentored students

1. Barudin, A.,\* **Camhi, S.M.**, Lindsay, A., Shih, L., Wright, J.A. (2021) Physical activity and executive function in children with ADHD: A systematic review. Accepted, In Press. 8/18/21 to *Translational Journal of the American College of Sports Medicine*.
2. **Camhi, S.M.**, Debordes-Jackson, G\*. Andrews, J.\*, Lindsay, A., Troped, P.J., Wright, J., Hayman, L.H., (2021) Socioecological Factors Associated with an Urban Exercise Prescription Program for Under-Resourced Women: A Mixed Methods Community-Engaged Research Project. *International Journal of Environmental Research and Public Health*. 18(16), 8726; <https://doi.org/10.3390/ijerph18168726>
3. Zhang, Y\*. Leveille, S., Shi, L., and **Camhi, S.M.**, (2021) Disparities in preventive oral health care and periodontal health among adults with diabetes. *Preventing Chronic Disease*. 18(E47):1-9. <http://dx.doi.org/10.5888/pcd18.200594>.
4. Filanowski, P.M.,\* Iannotti R.J., **Camhi S.M.**, Whiteley, J.M., Milliken L. (2021) Predictors and acceptability in shared physical activity in parent-child dyads. *Translational Journal of the American College of Sports Medicine*. Spring 6 (2):1-9. doi: 10.1249/TJX.0000000000000154
5. Filanowski, P.M.\*, Iannotti R.J., **Camhi S.M.**, Whiteley, J.M., Milliken L. (2021) Physical activity and enjoyment in parent-child dyads during shared physical activity. *Res Q Exerc Sport* March, 92(1):127-136. doi: 10.1080/02701367.2020.1712316. [Epub ahead of print] PMID:32083981
6. **Camhi, S.M.**, Troped, P.J., Garvey, M.\*, Hayman, L.L., Must, A., Lichtenstein, A.H., Crouter S.E. Associations between Walk Score and objective measures of physical activity in urban overweight and obese women. (2019) *PLoS One*. Mar 28; 14(3):e0214092. doi: 10.1371/journal.pone.0214092. eCollection 2019. PMID: 30921337.
7. **Camhi, S.M.**, Must, A., Gona, P., Hankinson, A., Odegaard, A., Reis, J., Gunderson, E.P., Jacobs, D.R., Carnethon, M. (2018). Duration and stability of metabolically healthy obesity over 30 years. *International Journal of Obesity* (Lond). Aug 29. doi: 10.1038/s41366-018-0197-8. PMID: 30158567.
8. Ogawa, E.,\* Leveille, S., Wright, J., Shi, L. **Camhi, S.**, You, T. Physical Activity Domains/Recommendation and Leukocyte Telomere Length in U.S. Adults. (2017) *Medicine and Science in Sports and Exercise*. Jul; 49(7):1375-1382. PMID: 28263285.
9. Minges, K., Strait, K., **Camhi, S.M.**, Lorenze, N., Dreyer, R., Curtis, J., Lichtman, J., Dunstan, D., Owen, N., Krumholz, H. Physical activity trends, determinants, and gender differences following acute myocardial infarction: Insights from the VIRGO study. (2017) *European Journal of Preventive Cardiology*. Jan; 24(2):192-203. PMID: 27885060.

10. Murthy, V.L., Abbasi, S.A., Siddique J., Colangelo, L.A., Reis, J., Venkatesh, B.A., Carr, J.J., Terry, J.G., **Camhi, S.M.**, Jerosch-Herold, M., de Ferranti, S., Das, S., Freedman, J., Carnethon, M.R., Lewis, C.E., Lima, J.A., Shah, R.V. (2016). Transitions in Metabolic Risk and Long-Term Cardiovascular Health: Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Journal of American College of Cardiology*. Oct 13; 5 (10). PMID: 27737876.
11. Young, D.R., Hivert, M.F., Alhassan, S, **Camhi, S.M.**, Ferguson, J., Foody, J., Katzmarzyk, P.T., Lewis, C., Siddique, J., Yong, C. (2016) Sedentary behavior and cardiovascular morbidity and mortality: The state of the science. American Heart Association Science Advisory Manuscript. *Circulation*. Sep 27; 134 (13): e262-79. PMID: 27528691.
12. **Camhi, S.M.**, Crouter, S., Hayman, L.L., Must, A., Lichtenstein, A.H. (2015) Lifestyle Behaviors in metabolically healthy and unhealthy overweight and obese women. *PLOS ONE*. Sep 18; 10(9): e0138548. doi: 10.1371/journal.pone.0138548. eCollection 2015. PMID: 26383251.
13. **Camhi, S.M.**, Evans, W.E., Hayman, L.L., Lichtenstein, A., Must, A. (2015). Dietary intake and patterns between metabolically healthy and unhealthy BMI groups in adolescents and young adults. *Preventive Medicine*, Aug; 77, 23-29.
14. **Camhi, S.M.** & Katzmarzyk, P.T. (2014). Differences in body composition between metabolically healthy obese and metabolically abnormal obese adults. *International Journal of Obesity* (Lond) 38(8): 1142-5.
15. **Camhi, S.M.**, Sisson, S.B., Waring, M., Hayman, L.L., Must, A. (2013). Physical activity and screen time in metabolically-healthy-obese phenotypes in adolescents and adults. *Journal of Obesity*. Epub Sep 11, Article ID 984613, 10 pages, 2013. doi:10.1155/2013/984613. PMCID: PMC3786460.
16. Sisson, S.B., Shea, C., **Camhi, S.M.**, Short, K. Whited, T. (2013). Sitting and cardiometabolic risk factors in U.S. adolescents. *Journal of Allied Health*. Winter; 42(4): 236-42.
17. **Camhi, S.M.**, Katzmarzyk, P.T., Church, T.S., Broyles, S., Hankinson, A.L., Sternfeld, B., Carnethon, M. Lewis, C.B. (2013). Association of metabolic risk with longitudinal physical activity and fitness: CARDIA. *Metabolic Syndrome and Related Disorders*. Jun; 11(3): 195-204.
18. Young, D.R., **Camhi, S.**, Wu, T.T., Hagberg, J.M., Stefanick, M.L. (2013). Relationships among changes in C-reactive protein and cardiovascular disease risk factors with lifestyle interventions. *Nutrition, Metabolism and Cardiovascular Diseases*, 23, 857-863. PMCID: PMC3502629.
19. **Camhi, S.M.**, & Katzmarzyk, P.T. (2012). Total and femoral neck bone mineral density and physical activity in a sample of men and women. *Applied Physiology, Nutrition, and Metabolism*. Oct; 37(5): 947-54.

20. Tudor-Locke C., **Camhi, S.M.**, Troiano, R.P. (2012). A catalog of rules, variables, and definitions applied to accelerometer data in the National Health and Nutrition Examination Survey, 2003-2006. *Preventing Chronic Disease*. Jun; 9: E113. PMID: PMC3457743.
21. Sisson, S.B., **Camhi, S.M.**, Tudor-Locke, C. Johnson, W.D., Katzmarzyk, P.T. (2012). Characteristics of step-defined physical activity categories in U.S. Adults. NHANES: 2005-2006. *American Journal of Health Promotion*, 26(3): 152-9.
22. Tudor-Locke, C., **Camhi, S.M.**, Leonardi, C. Johnson, W.D., Katzmarzyk, P.T, Earnest, C.P., Church, T.S. (2011). Patterns of adult stepping cadence in the 2005-2006 NHANES. *Preventive Medicine*, 53(3): 178-81.
23. **Camhi, S.M.**, & Katzmarzyk, P.T. (2011). Prevalence of cardiometabolic risk factor clustering and body mass index in adolescents. *Journal of Pediatrics*, 159(2): 303-7.
24. **Camhi, S.M.**, Phillips, J. & Young, D.R. (2011). The influence of body mass index on long-term fitness from physical education in adolescent girls. *Journal of School Health*, 81(7): 405-412.
25. **Camhi, S.M.**, Sisson, S.B., Johnson, W.D., Tudor-Locke, C., Katzmarzyk, P.T. (2011). Accelerometer-determined moderate intensity lifestyle activity and cardiometabolic health. *Preventive Medicine*, 52(5): 358-60.
26. **Camhi, S.M.**, Broyles, S. Katzmarzyk, P.T., Srinivasan, S.R., Chen, W., Bouchard, C., Berenson, G.S. (2011). Subclinical atherosclerosis and metabolic risk: role of BMI and waist circumference. *Metabolic Syndrome and Related Disorders*, 9(2): 119-25. PMID: PMC3125568.
27. **Camhi, S.M.**, Bray, G.A., Bouchard, C., Greenway, F.L., Johnson, W.D., Newton, R.L. Jr., Ravussin, E., Ryan, D.H., Smith, S.R., Katzmarzyk, P.T. (2011). The relationship of BMI and waist circumference to visceral, subcutaneous, and total body fat: sex and race differences. *Obesity*, 19(2): 402-8. PMID: PMC3960785.
28. **Camhi, S.M.**, Sisson, S.B., Johnson, W.D., Katzmarzyk, P.T., Tudor-Locke, C. (2011). Accelerometer-determined lifestyle activities in US adults. *Journal of Physical Activity and Health*, 8(3): 382-9.
29. Sisson, S.B., **Camhi, S.M.**, Church, T.S., Tudor-Locke, C. Johnson, W.D., Katzmarzyk, P.T. (2010). Accelerometer-determined steps/day and metabolic syndrome. *American Journal of Preventive Medicine*, 38(6): 575-582.
30. **Camhi, S.M.**, Stefanick, M.L., Katzmarzyk, P.T., Young, D.R. (2010). Metabolic syndrome and changes in body fat from a low-fat diet and/or exercise randomized controlled trial. *Obesity*, 18(3): 548-554. PMID: PMC4279708.
31. **Camhi, S.M.**, Broyles, S. Katzmarzyk, P.T., Srinivasan, S.R., Chen, W., Bouchard, C., Berenson, G.S. (2010). Predicting adult body mass index-specific metabolic risk from childhood. *Metabolic Syndrome and Related Disorders*, 8(2): 165-172. PMID: PMC3035100.

32. **Camhi, S.M.** & Katzmarzyk, P.T. (2010). Tracking of cardiometabolic risk factor clustering from childhood to adulthood. *International Journal of Pediatric Obesity*, 5, 122-129.
33. **Camhi, S.M.**, Ridker, P.M., Stefanick, M.L. Young, D.R. (2010). Changes in C-reactive protein from a low-fat diet and/or physical activity in men and women with and without metabolic syndrome. *Metabolism*, 59(1): 54-61. PMCID: PMC2789861.
34. Sisson, S.B., **Camhi, S.M.** Church, T.S., Martin, C.K., Tudor-Locke, C., Smith, S.R., Bouchard, C., Earnest, C.P., Rankinen, T., Newton, R.L., Katzmarzyk, P.T. (2009). Leisure time sedentary behavior, occupational/domestic physical activity and metabolic disease risk in U.S. men and women. *Metabolic Syndrome and Related Disorders*, 7(6): 1-8. PMCID: PMC2796695.
35. Lohman, T.G., Ring, K., Pate, R., **Camhi, S.**, Pfeiffer, K., Pratt, C., Arredondo, E., Webber, L. (2008). Relationships among fitness, body composition, and physical activity. *Medicine and Science in Sports and Exercise*, 40(6): 1163-70. PMCID: PMC2561299.
36. **Camhi, S.M.**, Kuo, J., Young, D.R. (2008). Identifying adolescent metabolic syndrome using body mass index and waist circumference. *Preventing Chronic Disease*, 5(4): A115. PMCID: PMC2578768.

#### **Publications: Letters to the Editor and Commentaries**

37. **Camhi, S.M.** (2010). Potential mechanisms linking diet, inflammation and metabolic syndrome (*Reply to Editor's Letter*). *Metabolism*, 59(3): 454-456.
38. Hayman, L.L., **Camhi, S.M.** (2013). Commentary on; Ideal cardiovascular health in childhood and cardiometabolic outcomes in adulthood: the Cardiovascular Risk in Young Finns Study. From: *Circulation*. 2012 Apr 24; 125(16):1971-8. *Evidence Based Nursing Journal*. Jan; 16(1): 24-5.

#### **Blogs**

39. **Camhi, S.M.**, and Chiofar, L. (Dec 2020) *It takes a Village! Creating and Installing our Community-Engaged University of Massachusetts Boston Harborwalk Grace Trail*. America Walks Guest Blog <https://americawalks.org/it-takes-a-village-creating-and-installing-our-community-engaged-university-of-massachusetts-boston-harborwalk-grace-trail/>

#### **Submitted**

\* denotes mentored students

Bajdek Emmons\*, N., Merchant, N. \*, **Camhi, S.M.**, You, T., Yan, H. Racial Differences in Blood Pressure and Autonomic Recovery Following Acute Maximal Anaerobic Exercise in Women. Submitted 6/21.

Garvey, M.E\*, Shi, L., Lichtenstein, A.H., Must, A., Hayman, L.L., **Camhi, S.M.**, Associations of Bone Mineral Density with Lean Mass, Fat Mass, and Physical Activity in Young Overweight and Obese Women. Submitted 8/2021

Barudin, A.,\* **Camhi, S.M.**, Lindsay, A., Shih, L., Wright, J.A. Acute Effects of Acute Walking and Standing on Executive Function in Children with Attention Deficit/Hyperactivity Disorder: A Feasibility Study. Submitted 8/2021.

Filanowski, P.M, Slade, E., Whiteley, J.A., Iannotti, R.J. **Camhi, S.M.**, Milliken, L.A., ·The Impact of ActiGraph's Low-Frequency Extension Filter on Measurement of Children's Physical Activity and Sedentary Behavior. Submitted 7/21

Stahley, L.,\* **Camhi, S.M.**, Wright, J.M., Troped, P. Correlates of bike sharing and its association with weight status at an urban university. Submitted 7/1/21

### **Manuscripts In Preparation**

\* denotes mentored students

**Camhi, S.M.**, Must A., Gona P., Hankinson A., Odegaard A., Reis J., Gunderson E.P., Jacobs D.R., Carnethon M. Factors associated with stability of metabolically healthy obesity: the Coronary Artery Risk Development in Young Adults (CARDIA) Study.

**Camhi, S.M.**, Must A., Gona P., Odegaard A., Reis J., Carnethon M. Coronary artery calcification presence and progression by obesity phenotypes: the Coronary Artery Risk Development in Young Adults (CARDIA) Study.

Garvey, M.E.,\* Shi, L., Gona, P., Troped, P.J., **Camhi, S.M.**, Evaluating the relationship between measures of body composition and bone mineral density.

Garvey, M.E.,\* Shi, L., Gona, P., Troped, P.J., Spartano, N., Samelson, E., Kiel, D.P., **Camhi, S.M.** Bone mineral density in relation to physical activity in a large population-based sample.

Garvey, M.E.,\* Shi, L., Gona, P., Troped, P.J., Spartano, N., Samelson, E., Kiel, D.P., **Camhi, S.M.**, Associations of adipose biomarkers with volumetric bone measurements.

Lamberti-Corso, L.M.\*, McCaffery, J., **Camhi, S.M.**, Lewis, C. Carnethon, M. Predictive value of inflammatory biomarkers in metabolically unhealthy obesity: The Coronary Artery Risk Development in Young Adults (CARDIA) Study.

Odegaard, A., Carnethon, M., **Camhi, S.M.**, Chow, L., Hankinson, A., Gross, M.D., Jacobs, D.R., The role of lifestyle in the development of high cardiovascular disease risk in a population with obesity.

Yoon, C. \*, **Camhi, S.M.**, Jacobs, D.J. Problematic eating behaviors related to eating and food (PREF) and metabolically healthy obesity (MHO): the Coronary Artery Risk Development in Young Adults (CARDIA) Study

Iannotti, R.J., **Camhi, S.M.**, Grayton, C., Liu, D., Pratt, C., Haynie, D.L., Simons-Morton, B., Adolescent body mass index, waist circumference and waist-to-height ratio as longitudinal predictors of cardiometabolic risk in young adults.



**Camhi, S.M.**, You, T., Hayman, L.L., Must, A., Lichtenstein, A.H., Pro- and anti-inflammatory adipocytokines in metabolically healthy obesity.

Ethier, B. \*, Shi, L., Wilson, J.S., **Camhi, S.M.**, Troped, P. Built environment characteristics of daily activity spaces and their associations with bike share use.

### **Invited Research Presentations**

1. ACSM Exercise is Medicine Research Learning Collaborative November 17, 2021 (Virtual Presentation) Title: *EIM in the Real World: Community-Engaged Research on an Urban Exercise Prescription Program for Under-Resourced Women*
2. Children's Hospital Boston, Boston MA Preventive Cardiology Grant Rounds May 21<sup>st</sup> 2015: *Metabolically Healthy Obesity: The Role of Lifestyle Behaviors*.
3. Community Engagement & Research Symposium, UMass Center for Clinical and Translational Session. November 7, 2014. *Recruitment of Young Adult African American Women in Health Research: Best Practices and Lessons Learned (PROJECT HEALTH)*. Presentation prepared by: Sarah M. Camhi, presented by Laura L. Hayman.
4. New England American College of Sports Medicine Annual Meeting, November 15<sup>th</sup>, 2013, Providence, RI: Invited Lecture: *The Continuum of Obesity and Cardiometabolic Risk: Current Concepts and Future Directions*.

### **Peer Reviewed Abstracts & Professional Presentations**

\* denotes mentored students

#### **Regional**

5. Merchant, N.,\* Emmons, N.,\* **Camhi, S.M.**, Zou, K., and Yan, H. Racial differences in arterial stiffness following repeated bouts of maximal anaerobic cycling exercise in women. Abstract submitted to the New England American College of Sports Medicine Annual Conference, October 2020.
6. Emmons, N.,\* Merchant, N.,\* **Camhi, S.M.**, You, T., and Yan, H. Racial differences in blood pressure and autonomic recovery following acute maximal anaerobic cycling exercise in women. Abstract submitted to the New England American College of Sports Medicine Annual Conference, October 2020. Winner of the Student Investigator Award in the Master's category.
7. Debordes-Jackson, G.,\* Andrews, J.,\* Hayman, L.L., Troped, P.J., Lindsay, A.C., Wright, J.A., **Camhi, S.M.** A Community-Engaged Approach to Understanding Factors Impacting Health Care Providers and the Exercise Prescription Referrals. Poster Presentation: University of Massachusetts Medical School Center for Clinical and Translational Science (CCTS) Annual Community Engagement and Research Symposium, March, 2020 (cancelled due to COVID-19).

8. Zhang, Y.,\* Leveille, S. Shi, L., Gona, P., **Camhi, S.M.** Health disparities in periodontal disease prevalence and prevention among US adults aged 30 and over with diabetes. Abstract submitted to Annual Scientific Sessions, Eastern Nursing Research Society, Boston MA, March 26-27<sup>th</sup> 2020 (Virtual Conference due to COVID-19). Nursing Research 69 (3), E62-E63.
9. **Camhi, S.M.** Exercise is Medicine in the Real World: Barriers and facilitators for exercise prescription use in urban minority women, New England American College of Sports Medicine Tutorial Lecture, November 8, 2019.
10. Keye, S.A.,\* Trudeau, G.C.,\* Hayman, L.L., Troped, P.J., Lindsay, A.C., Wright, J.A., **Camhi, S.M.** Associations of self efficacy, social support, and stage of change with exercise prescription adherence. Presented at the NEACSM Annual Meeting, Providence, Rhode Island. November 9<sup>th</sup> 2018.
11. Trudeau, G.C.,\* Keye, S.A.,\* Hayman, L.L., Troped, P.J., Lindsay, A.C., Wright, J.A., **Camhi, S.M.** Associations of personal, home and family factors with exercise prescription utilization in minority women. Presented at the NEACSM Annual Meeting, Providence, Rhode Island. November 9<sup>th</sup> 2018.
12. Garvey, M.E.,\* Shi, L., Gona, P.N., Troped, P.J., Spartano, N., Samelson, E., Kiel, D.P., and **Camhi, S.M.** Associations of adipose biomarkers with volumetric bone measurements. Presented at the NEASM Annual Meeting, NEACSM, Providence, RI, November 2018
13. **Camhi, S.M.**, Wright, J., Lindsay, A.C., Troped, P.J. Saunders, G., Hayman, L.L., Using mixed-methods to examine factors that influence exercise prescription referrals from health care providers: A community-engaged research project. University of Massachusetts Medical School Center for Clinical and Translational Science (CCTS) 7<sup>th</sup> Annual Community Engagement and Research Symposium, March 9, 2018.  
[https://escholarship.umassmed.edu/chr\\_symposium/2018/posters/1/](https://escholarship.umassmed.edu/chr_symposium/2018/posters/1/)
14. Garvey, M.,\* and **Camhi, S.M.** Age differences in the relationship of bone mineral density to lean body mass and fat mass. Poster presentation at the New England American College of Sports Medicine Annual Conference, Providence RI, October 15-16, 2015.
15. Ogawa, E.,\* Gona, P., Shi, L. **Camhi, S.**, Wright, J., Leveille, S., You, T. Age-related associations between physical activity and telomere length in the National Health and Nutrition Examination Survey, 1999-2002. Poster presentation to New England American College of Sports Medicine Annual Conference, Providence RI, October 15-16, 2015.
16. Garvey, M.,\* and **Camhi, S.M.** Race differences in the relationship of bone mineral density to lean body mass and fat mass. Poster presentation at New England American College of Sports Medicine, Providence RI, November 13-14, 2014.
17. Godbout, T.,\* Lob, L.,\* **Camhi, S.M.** Differences among self-reported and measured height and weight in young overweight and obese women. Poster presentation at New England American College of Sports Medicine, Providence RI, November 13-14, 2014.

18. Sisson, S.B., **Camhi, S.M.**, Tudor-Locke, C., Johnson, W.D. Katzmarzyk, P.T. (2009) Characteristics of step- defined physical activity categories in U.S. adults. Central State Chapter American College of Sports Medicine Annual Meeting, Columbia, MO, November 5-6, 2009.

#### National/International

19. Corso, L.,<sup>1</sup> Lewis, C.; Carnethon, M.; Camhi, S.M.; Huedo-Medina, T.; McCaffery, J., Inflammatory Biomarkers Associate with Incident Metabolically Unhealthy Obesity: The *CARDIA* Study. Poster at the American Diabetes Association Annual Meeting Scientific Sessions, Washington DC. June 25-29, 2021.
19. Filanowski, P.\* Slade, E., **Camhi, S.M.**, Whiteley, J.A., Iannotti, R.J., Milliken, L. Understanding associations of children's and parents' enjoyment with their subsequent co-participation in physical activity. Poster Presentation at the American College of Sports Medicine Annual Meeting, San Francisco CA, May 27<sup>th</sup>, 2020 (virtual due to COVID-19).
20. Garvey, M.,\* Shi, L., Troped, P.J., **Camhi, S.M.** The relationship between measure of bone mineral density and body composition in young adults. Abstract submission to the American College of Sports Medicine Annual Meeting, San Francisco CA, May-June, 2020 (virtual due to COVID-19).
21. **Camhi, S.M.**, Wright, J., Lindsay, A.C., Troped, P.J. Saunders, G., Hayman, L.L. Individual, interpersonal and environmental factors associated with exercise prescription use in urban minority women. Poster Presentation at the American College of Sports Medicine Annual Meeting, San Francisco CA, May 28<sup>th</sup>, 2020 (virtual due to COVID-19).
22. Odegaard, A.O., Carnethon, M.R., **Camhi, S.M.**, Chow, L.S., Gross, M.D., Jacobs, D.R. Jr. Body Mass Index (BMI, kg/m<sup>2</sup>) v. Body Fat % (BF%): Battle of obesity classification metrics to inform underlying cardiometabolic risk. Abstract submission to the American Heart Association's Annual Meeting for Epidemiology and Lifestyle and Cardiometabolic Health, Phoenix, AZ March 2020.
23. **Camhi, S.M.** Must A., Gona P., Hankinson A., Odegaard A., Reis J., Carnethon M. Coronary artery calcification presence and progression by obesity phenotypes: the Coronary Artery Risk Development in Young Adults (CARDIA) Study. Poster Presentation at the American Heart Association's Annual Meeting for Epidemiology and Lifestyle and Cardiometabolic Health, Phoenix, AZ, March 4<sup>th</sup>, 2020.
24. Zhang, Y.,\* Leveille, S., Shi, L., **Camhi, S.** Oral health disparities among adults with diabetes in the U.S. Accepted for oral presentation at the American Public Health Association's Annual Meeting and Expo, Philadelphia, PA, November 2019.
25. Filanowski P.M.,\* **Camhi, S.M.**, Whiteley, J.A., Iannotti R.J., Milliken L.A., Predictors and acceptability of shared physical activity in parent-child dyads. Presented at the ACSM 2019 Meeting in Tampa FL, May 2019.

26. Merchant N.,\* Filanowski, P.\*, Iannotti R.J., **Camhi, S.M.**, Whiteley, J.A., Milliken, L. Physical activity enjoyment during different physical activities in parent-young child dyads exercising together. Poster Presentation at the American College of Sports Medicine National Conference, Minneapolis, MN, May/June 2018.
27. Filanowski, P.\*, Merchant N.\*, Iannotti, R.J., **Camhi, S.M.**, Whiteley, J.A., Milliken, L. Objectively measured physical activity in parent-child dyads exercising together in five activities. Poster Presentation at the American College of Sports Medicine National Conference, Minneapolis, MN, May/June 2018.
28. **Camhi, S.M.** Must A., Gona P., Hankinson A., Odegaard A., Reis J., Gunderson E.P., Jacobs D.R., Carnethon M. Factors associated with stability of metabolically healthy obesity: the Coronary Artery Risk Development in Young Adults (CARDIA) Study. Poster Presentation at the American Heart Association's Annual Meeting for Epidemiology and Lifestyle and Cardiometabolic Health, New Orleans, LA, March 2018.
29. **Camhi S.M.**, Must A., Gona P., Hankinson A., Odegaard A., Reis J., Gunderson E.P., Jacobs D.R., Carnethon M. Duration of metabolically healthy obesity over 25 years in the Coronary Artery Risk Development in Young Adults (CARDIA) Study: Race and Sex Differences. Oral presentation at the American Heart Association's Annual Meeting for Epidemiology and Lifestyle and Cardiometabolic Health, Portland, OR, March 2017.
30. Ogawa, E.,\* Gona, P., Shi, L. **Camhi, S.**, Wright, J., Leveille, S., You, T. Age-related associations between physical activity and telomere length in the National Health and Nutrition Examination Survey, 1999-2002. May;48 (5 Suppl 1):232. Poster presentation at American College of Sports Medicine Annual Meeting, Boston May/June 2016.
31. Garvey, M.,\* Troped, P.J., **Camhi, S.M.** Associations of physical activity environment with vitamin D in overweight and obese biracial women. May;48 (5 Suppl 1):147. Poster presentation at the American College of Sports Medicine Annual Meeting, Boston May/June 2016.
32. **Camhi, S.M.**, Garvey, M.,\* Crouter, S., Troped, P.J., Associations between walk score and physical activity in overweight and obese women. May;48 (5 Suppl 1):759. Poster presentation at American College of Sports Medicine Annual Meeting, Boston May/June 2016.
33. Wright, J. **Camhi, SM**, Troped, P.J., Parental factors associated with children meeting the physical activity guidelines. May;48 (5 Suppl 1):1060-1. Poster presentation at American College of Sports Medicine Annual Meeting, Boston May/June 2016.
34. Stahley, L.H.,\* **Camhi, S.M.**, Wright, J.A., Troped, P.J. Correlates of awareness and use of a bike share program and association with weight status. May;48 (5 Suppl 1):304. Poster Presentation at American College of Sports Medicine Annual Meeting, Boston May/June 2016.

35. **Camhi, S.M.**, You, T., Hayman, L.L., Must, A., Lichtenstein, A.H., Adipocytokines and vitamin D in a biracial sample of young metabolically healthy obese and metabolically abnormal obese women. Poster presentation at the American Heart Association's Annual Meeting for Epidemiology and Lifestyle and Cardiometabolic Health, Phoenix, AZ, March 4<sup>th</sup>, 2016.
36. Minges, K., Strait, K., **Camhi, S.**, Owen, N. Dunstan, D. Lichtman, J. Dreyer, R. Geda, M. Bueno, H. Curtis, J., Krumholz, H. Physical activity trajectory and determinants following acute myocardial infarction: Insights from the VIRGO study. Abstract preparation for the: 55th American Heart Association Joint Meeting of Epidemiology and Prevention, and Lifestyle and Cardiometabolic Health, Baltimore, MD March 3-6, 2015.
37. **Camhi, S.M.**, Crouter, S., Hayman, L.L. Lichtenstein, A.H, Must, A. Physical activity and sedentary behavior in MHO young women. Abstract poster preparation for the: 55th American Heart Association Joint Meeting of Epidemiology and Prevention, and Lifestyle and Cardiometabolic Health, Baltimore, MD March 3-6, 2015.
38. **Camhi, S.M.**, Evans, E.W., Hayman, L.L. Lichtenstein, A.H. Must, A. Healthy eating index and metabolically healthy obesity in U.S. adolescents and adults. Poster presentation at: 54th American Heart Association Joint Meeting of Epidemiology and Nutrition, Physical Activity and Metabolism, San Francisco, CA March 18-21st, 2014.
39. Zhang, L., **Camhi, S.M.** Shi, L., Hayman, L.L. Dietary quality and obesity: Is there a socioeconomic gradient in U.S. adults. Oral Presentation: 34<sup>th</sup> Annual Meeting of Experimental Biology, Boston, MA, March 20-23<sup>rd</sup>, 2013.
40. **Camhi, S.M.** & Katzmarzyk, P.T. Differences in body composition between metabolically healthy obese and metabolically abnormal obese phenotypes. Moderated poster presentation at: 53rd American Heart Association Joint Meeting of Epidemiology and Nutrition, Physical Activity and Metabolism, New Orleans, LA, March 19-23rd, 2013.
41. **Camhi, S.M.**, Waring, M., Shi, L., Hayman, L. Physical activity behaviors of BMI-specific metabolic risk in US adolescents. *Medicine and Science in Sports and Exercise*, 44(S25S), p.676. Poster Presentation at: American College of Sports Medicine 59<sup>th</sup> Annual Meeting, 2012, San Francisco CA, May 30-June 2.
42. Wright, J.A., Shi, L., **Camhi, S.M.**, Nixon-Silberg, T., Whiteley, J.A. Factors contributing to parents' underestimation of their child's weight status. Poster Presentation at: Society of Behavioral Medicine Annual Meeting, New Orleans, LA, April 11-14, 2012.
43. **Camhi, S.M.**, Katzmarzyk, P.T., Church, T.S., Broyles, S., Hankinson, A.L., Lewis, C.B., Sternfeld, B., Carnethon, M. The association of metabolic risk and physical activity trajectories: CARDIA. Poster presentation at: 52nd American Heart Association Joint Meeting of Epidemiology and Nutrition, Physical Activity and Metabolism, San Diego, CA, March 13-16th, 2012.

44. Young, D.R., **Camhi, S.M.**, Wu, T.T., Hagberg, J.M., Stefanick, M.L. Associations of diet and cardiorespiratory fitness with C-reactive protein change. *Medicine and Science in Sports and Exercise*, 43(5), S398. Poster Presentation at: American College of Sports Medicine 58<sup>th</sup> Annual Meeting, 2011, Denver CO, May 31-June 4.
45. Tudor-Locke, C., **Camhi, S.M.**, Leonardi, C. Johnson, W.D., Katzmarzyk, P.T, Earnest, C.P., Church, T.S. Patterns of stepping cadence in the 2005-2006 NHANES. *Medicine and Science in Sports and Exercise*, 43(5), S480. Poster Presentation at: American College of Sports Medicine 58<sup>th</sup> Annual Meeting, 2011, Denver CO, May 31-June 4.
46. **Camhi, S.M.** & Katzmarzyk, P.T. Prevalence of body mass index-specific metabolic risk in United States adolescents. Poster presentation at: 51<sup>st</sup> American Heart Association Joint Meeting of Epidemiology and Nutrition, Physical Activity and Metabolism, Atlanta, GA, March 22-25, 2011.
47. **Camhi, S.M.**, Sisson, S.B., Johnson, W.D., Tudor-Locke, C., Katzmarzyk, P.T. Associations of accelerometer-determined lifestyle activity with cardiovascular risk factors and metabolic syndrome. *Medicine and Science in Sports and Exercise*, 42(5), S56. Oral Presentation at: American College of Sports Medicine 57<sup>th</sup> Annual Meeting: Baltimore, MD, June 2-5, 2010.
48. **Camhi, S.M.**, & Katzmarzyk, P.T. Independent influences of physical activity and total body fat on bone mineral density. Poster presentation at: 3rd International Conference on Physical Activity and Public Health, Toronto, Canada, May 5-8, 2010.
49. **Camhi, S.M.**, Broyles, S. Katzmarzyk, P.T., Srinivasan, S.R., Chen, W., Bouchard, C., Berenson, G.S. (2010). Subclinical atherosclerosis and BMI-specific metabolic risk. Conference Program, pg 170, P284. Poster presentation at: 50<sup>th</sup> American Heart Association's Joint Meeting of Epidemiology and Nutrition, Physical Activity and Metabolism, San Francisco, CA, March 2-5, 2010.
50. **Camhi, S.M.**, Bray, G.A., Bouchard, C., Greenway, F.L., Johnson, W.D., Newton, R.L. Jr., Ravussin, E., Ryan, D.H. Smith. S.R., Katzmarzyk, P.T. (2009). Gender and ethnic differences in the relationship between anthropometry and depot-specific adiposity. *Obesity*, 17(S2), 391-P. Poster presentation at: The Obesity Society Annual Scientific Meeting, Washington DC, October 24 -28, 2009.
51. **Camhi, S.M.**, Katzmarzyk, P.T., Srinivasan, S.R., Chen, W., Bouchard, C., & Berenson, G.S. (2009). Predicting metabolically obese normal-weight (MONW) adults from childhood: findings from the Bogalusa Heart Study. *Circulation*, March, 119(10), e279-e280. Oral Presentation at the American Heart Association Joint Conference - 49<sup>th</sup> Epidemiology and Nutrition, Physical Activity and Metabolism: Palm Harbor, FL, March 10-14, 2009.
52. **Camhi, S.M.**, Young, D.R., Stefanick, M.L. (2008). Effects of low-fat diet and physical activity on C-reactive protein in men and women with elevated cardiovascular risk. *Obesity*, 16(S1), 352-P. Poster presentation at: The Obesity Society Annual Scientific Meeting, Phoenix, AZ, October 3 -7, 2008.

53. Bibeau, W. S., **Camhi, S.M.**, Mitchell, N., Kuo, J., Young, D.R. (2008). Examining the role of physical activity, cardiovascular fitness, and neighborhood stress on BMI and waist circumference. *Medicine and Science in Sports and Exercise*, 40(5), S1, S359. Poster presentation at: American College of Sports Medicine 55<sup>th</sup> Annual Meeting, Indianapolis, IN, May 28-31, 2008.
54. Kuo, J., **Camhi, S.M.**, Young, D. R. (2007). Relationship between decreases in physical activity with race and weight in urban adolescent girls. *Medicine and Science in Sports and Exercise*, 39(5), S57. Poster presentation at: American College of Sports Medicine 54<sup>th</sup> Annual Meeting, New Orleans, LA, May 30-June 2 2007.
55. **Camhi, S.M.**, Kuo, J., Phillips, J., Young, D.R. (2007). Longitudinal changes in fitness from physical education in adolescent girls. *Medicine and Science in Sports and Exercise*, 39(5), S17. Oral Presentation at: American College of Sports Medicine 54<sup>th</sup> Annual Meeting: New Orleans, LA, May 30-June 2 2007.
56. **Camhi, S.M.**, Douglass, L., Young, D.R. (2006). Changes in physical fitness and metabolic syndrome in adolescent girls. *Medicine and Science in Sports and Exercise*, 38(5), S201. Poster presentation at: American College of Sports Medicine 53rd Annual Meeting, Denver, CO, May 31-June 3, 2006.
57. **Camhi, S.M.**, Kuo, J., Young, D.R. (2005). Evaluating BMI and waist circumference cutpoints to identify urban female adolescents at risk for metabolic syndrome. *Medicine and Science in Sports and Exercise*, 37(5), S69. Poster presentation at: American College of Sports Medicine 52nd Annual Meeting, Nashville, TN, June 1-3, 2005.

## **Current Research Support**

### **Faculty Development Funds, University of San Francisco Fall 2020**

**Research Project:** URBAN Trail (previously called GRACE Trail)

**Undergraduate Research Assistants:** Tiffany Ngo (KIN), Nicole Morgan (KIN) and Ava Sorenson (BIO) **Summary:** In 2020, I was awarded a Community Change Grant from AmericaWalks foundation to install a walking prompt GRACE trail at the University of Massachusetts Boston to promote walking and mental health/mindfulness and connect the local surrounding community to the campus. My long-term goals are to explore how to translate this type of project within the context of the USF and surrounding communities. **Status:** I am currently developed a mindful walking trail on USF campus in collaboration with a USF alumni's book by Hal Urban "*The Power of Good News*". The URBAN trail was developed by myself and my students, along with Campus Ministry, Office of Marketing and Communications, GoUSF, and Human Resources. The creation of the trail is a community-engaged research project where the USF community will help to develop the trail (Gratitude Rock Garden) and have a chance to provide feedback on the trail before it becomes "permanent". We are previewing the trail with guided walks in October, and my KIN330 class will be giving guided walks (as COVID allows) during the month of November. I will be conducting the research on the effects of the walking trail on stress, anxiety and mindfulness in my KIN330 and KIN120 classes in late October/early November.

**Research Project:** PROJECT GO (previously called Step Challenge) **Undergraduate Research**

**Assistants:** Eva Westbrook (KIN), Emily Jackson (KIN) and Romane Vigouroux (KIN) **Summary:** The purpose of this project is to evaluate the effects of the Go Dons Get Fit Challenge, a university wide campaign to encourage physical activity for faculty/staff and students. This is a follow-up to the pilot programming I directed (Kinesiology Step Challenge) for our department in Fall 2020. This is a project that is for the whole university. **Status:** To date, we are currently collecting data for 50 students regarding their lifestyle behaviors for 7 weeks (started September 24<sup>th</sup>, concludes November 14<sup>th</sup>).

**RX-19-007 (Career Development Award)****Funding period:** 6/2021-6/2025**Role:** Co-Mentor**Funding Agency:** Department of Veterans Affairs**Title:** Associations of Physical Activity, Cardiorespiratory Fitness and Nutrition to Post-Traumatic Stress Disorder in post-9/11 Veterans**Specific Aims:** To assess whether physical activity participation attenuates the deleterious effect of PTSD on cardiometabolic risk factors and functioning in trauma exposed post-9/11 Veterans 2: To examine cross-sectional relationships between CRF, nutrition, PTSD symptoms, cardiometabolic risk factors and functioning in trauma exposed post-9/11 Veterans 3: To explore the combined longitudinal influence of physical activity, CRF, and nutrition on cardiometabolic risk factors and functioning in trauma exposed post-9/11 Veterans.**Collaborators:** Dr. James Whitworth (PI: Boston University)**Pending Research Support****R21 NHLBI****Role:** Consultant**Funding period:** to be submitted Fall 2021**Funding Agency:** National Institute of Health**Title:** Testing the effects of light-intensity physical activity on cardiometabolic risk factors in older adults**Specific Aims:** To test the effects of increasing daily light-intensity physical activity on cardiometabolic risk factors, such as fasting plasma glucose, in a racially diverse sample of older adults. To describe the patterns of behavioral responses to increased light-intensity physical activity in a diverse sample of older adults. To examine acceptability of a training protocol that includes frequent text message prompts.**Collaborators:** Dr. Phil Troped (PI: UMass Boston)**Completed Research Support****Community Change Grant****Funding period:** 1/2020-12/2020**Role:** Co-PI**Amount:** \$1500**Funding Agency:** AmericaWalks**Title:** GRACE Trail Installation at University of Massachusetts HarborWalk**Specific Aims:** The grant will allow us to install a UMB GRACE trail (<https://gracetrail.com>; Gratitude, Release, Acceptance, Challenges and Empowerment) along a 1 mile segment of the Harborwalk. The UMB GRACE trail will provide a stress reducing and health promoting opportunity for individuals to complete a mindful walk. The trail includes maps, information, reflective questions and small decorated cairns strategically placed along the trail to encourage personal growth and healing for our diverse Harbor Point community. Our goals include: 1) Connecting UMB with the Harbor Point community with a public trail that promotes both physical activity and mindfulness; 2) Adding a stress management tool for students to support their academic success and 3) Adding official distance markers that coincide with the GRACE Trail to enhance its use for health, fitness and wellness**Collaborators:** Linda Chiofar (University Health Services, University of Massachusetts, Boston)



**Public Service Grant****Funding period:** 1/2018-12/2018**Role:** Principal Investigator**Amount:** \$9,998**Funding Agency:** UMass Boston Competitive Internal Grants Program**Title:** Developing strategies to improve communication between patients, health care providers and community-based physical activity facilities.**Specific Aims:** Our main objective is to assist a local facility in identifying feasible and sustainable communication strategies between community-based physical activity facilities, health care providers, and the patient/member to optimize exercise prescription utilization.**Collaborators:** Dr. Laura Hayman, Dr. Julie Wright, Dr. Ana Lindsay (University of Massachusetts, Boston)**Community Research Innovative Scholars Program****Funding Period:** 4/2018-3/2019**Funding Agency:** UMass Boston; UMass Medical CTSA, NIH 1 U54TR00344**Role:** Principal Investigator**Amount:** \$15,000**Title:** Examining factors that influence adherence to exercise program referrals from health care providers among urban obese African American women: A needs assessment**Specific Aims:** This mixed-methods community engaged research explores barriers and facilitators to utilizing exercise prescriptions in a unique partnership between health care providers and a non-profit fitness facility in a low-income urban neighborhood in Boston.**Collaborators:** Dr. Laura Hayman, Dr. Julie Wright, Dr. Phil Troped (University of Massachusetts, Boston)**Small Grants Program****Funding Period:** 11/2017 -9/2018**Funding Agency:** Boston Nutrition Obesity Research Center**Amount:** \$3,000**Role:** Mentor/Collaborator to PhD Student (Meghan Garvey)**Title:** The Associations between physical activity, body composition, and bone health in men and women**Specific Aims:** The purpose is to determine the relationship of body composition and physical activity to parameters of bone health and whether age, race, and/or sex modify the associations.**Collaborators:** Meghan Garvey (PI, University of Massachusetts, Boston; UMB), Sarah M. Camhi (UMB), Nicole Spartano (Boston University; Framingham Heart Study, FHS), Ling Shi (UMB), Phil Troped (UMB), Phil Gona (UMB), Laura Hayman (UMB), Lisa Samelson (FHS), Douglas Kiel (FHS), Mary Buxsein (FHS), Joanne Murabito (FHS), and Ramachandran Vasan (FHS)**Proposal Development Award****Funding period:** 5/1/2013-12/30/2014**Funding Agency:** UMass Boston Competitive Internal Grants Program**Amount:** \$14,992**Role:** Principal Investigator**Title:** Physical activity, sedentary behavior and diet in metabolically healthy and unhealthy obese young african american women**Specific Aims:** This project evaluates physical activity, sedentary behavior and dietary intake of young African American and Caucasian women who are metabolically unhealthy obese, MUO and metabolically “healthy” obese; MHO)**Collaborators:** Dr. Aviva Must and Dr. Alice Lichtenstein (Tufts University); Dr. Ling Shi, Dr. Scott Crouter and Dr. Barbara Lewis (University of Massachusetts, Boston)

**Dean's Incentive Award****Funding period:** 1/2012-6/2013**Funding Agency:** College of Nursing and Health Studies, University of Massachusetts, Boston**Role:** Principal Investigator**Amount:** \$3,000**Title:** Body Composition and C-Reactive Protein Among Metabolically Healthy Obese**Specific Aims:** The goal of this study is to examine potential differences in total and regional body composition and C-reactive protein among those with MHO and MAO phenotypes.**Collaborators:** Dr. Tongjian You, PhD and Dr. Ling Shi, PhD (University of Massachusetts, Boston)**TEACHING & MENTORING**

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**Teaching Grants****Civic Engagement Scholars Initiative (CESI)****Funding period:** 9/1/2013-12/30/2014**Funding Agency:** University of Massachusetts Boston Provost's Office and the Massachusetts Department of Higher Education**Amount:** \$9,000**Role:** PI**Title:** Health Ambassadors Program**Specific Aims:** Allow students enrolled in EHS420: Pediatric Exercise, a hands-on real world experience with children and adolescents in the local UMass Boston community.**Collaborators:** Roger Clapp Innovation School, Tenacity, Playworks, Healthworks Community Fitness.**Course Development****University of San Francisco, San Francisco, CA****Undergraduate Courses:****Fall 2020:**

KIN 120: Introduction to Kinesiology (4 Credits; lecture; remote)

KIN 325: Exercise and Disease (Cultural Diversity; 4 Credits; lecture; remote)

**Fall 2021**

KIN 330: Exercise and Health Promotion (Community Engaged Learning; 4 Credits)

KIN 120: Introduction to Kinesiology (4 Credits; in-person with new lab component)

**University of Massachusetts, Boston, MA****Undergraduate Courses:****EHS160: Fitness and Wellness (3 credits; lecture and lab)****EHS300: Fitness Assessment (4 credits; lecture and lab)****Note:** Developed new course design in 2013 to separate lab and lecture components (from 3 credit course to 4 credit course) and develop labs to be more in-depth and hands-on.**EHS350: Obesity and Weight Management (3 credits; lecture)****EHS420: Pediatric Exercise (3 credits; lecture)****Note:** Developed new course format to involved service-learning component in local community (Health Ambassadors Program).**EHS421: Pediatric Exercise Externship (1 credit; service learning in community)****Note:** Course re-design to separate and expand service learning component in Fall 2016

**Graduate Courses:****EHS620: Pediatric Exercise (3 credits; lecture)****EHS630: Advanced Fitness and Nutrition Assessment (3 credits; lab course)****Note:** Course re-design from a lecture-based course with occasional labs to a completely hands-on laboratory-based course in Fall 2018.**University of Maryland, College Park, MD****KNES360: Exercise Physiology (4 credits; lecture and lab)****Guest Lectures****University of Massachusetts, Boston, MA****EHS691/891: Master's/PhD Seminar in EHS**Lecture Title: *Metabolically Healthy Obesity* 2014**University of Maryland, College Park, MD****KNES498: Physical Activity Interventions:**

2005-2006

Lecture Title: *Health Behavior Theories in Physical Activity Interventions***KNES461: Body Composition**Lecture Titles: *BMI, Waist Circumference, Waist-Hip-Ratio Measurement* 2005-2006*Skinfolds & BIA Measurement**Effects of Dietary Interventions on Weight Loss and Body Composition**Metabolic Syndrome and Obesity**Metabolic Syndrome and Physical Activity Interventions***Teaching Assistant****University of Maryland, College Park, MD****KNES497: Independent Study Seminar, CORE Capstone Course**

2008

Senior Thesis course, Kinesiology undergraduate graduation requirement

**KNES360: Exercise Physiology Laboratory**

2005-2008

Head Teaching Assistant (2006-2008)

**KNES260: Cardiovascular Health and Physical Activity Discussion**

2006-2008

Head Teaching Assistant (2007)

**KNES161: Beginning and Intermediate Conditioning**

2006

**KNES131: Beginning Jogging**

2004-2006

**KNES131: Intermediate Jogging**

2005

**KNES190/289: Personal Fitness and Wellness**

2004

**University of Queensland, Brisbane, Australia**

2001

**HMST1000: Physical Activity and Health****HMST1910: Socio-cultural Foundations of Human Movement****Teaching Professional Development****University of San Francisco, San Francisco, CA****Remote Teaching Intensive Course (Summer 2020)**

Best practices for remote learning and engaging students

**University of Massachusetts, Boston****Active Learning Seminar (Fall 2018)**

Seminar to discuss and learn to incorporate active learning strategies with technology

**Community of Practice Online Teaching Seminar** (Spring 2018)

Best practices seminar for online learning platforms

**CIT Course (Center for Innovative Teaching)** (Fall 2013)

Seminar to provide opportunities for un-tenured junior faculty members to work collaboratively on issues of teaching, learning and professional development

**Civic Engagement Scholars Initiative (CESI) Intro Course** (Spring 2013)

Seminar to implement of Community based teaching and learning

**University of Maryland, College Park, MD**

**University Teaching Learning Program**, University of Maryland's Center for Teaching Excellence (2005-2008)

Attended workshops, conferences and seminars related to teaching and learning and completed projects to further teaching/learning practices including mentoring, re-designing course materials and curriculum, and observations of "master" teachers

**Student Mentoring****University of Michigan Kinesiology Alumni Mentoring Program**

Rachel Bres

2020-

**Doctoral Degree Students University of Massachusetts, Boston**

*Note: MS program began at UMB in Fall 2013; PhD program began in Fall 2014*

Justin Kompf (EHS Department)

Role: Dissertation Committee Member

Dissertation Title: TBD

Status: Dissertation proposal 2/2020

Amanda Barudin (EHS Department)

Role: Dissertation Committee Member

Dissertation Title: Effects of walking and standing on executive function in children with attention deficit/hyperactivity disorder

Status: ongoing; dissertation proposal accepted

Yuqing (Wendy) Zhang, (Nursing Department)

Role: Dissertation Committee Member

Dissertation Title: A study to examine factors and outcomes associated with oral self-care among adults with or without diabetes in the United States.

Defended Summer 2020

Meghan Garvey, (EHS Department)

Role: Primary Mentor and Dissertation Chair

Dissertation title: Associations of body composition and physical activity with bone health

Completed April 2019; Currently with OX2 as Human Performance Specialist and Researcher with Massachusetts Army National Guard

Pat Filanowski, (EHS Department)

Role: Dissertation Committee Member

Dissertation title: Families Spending Time Together (FASTT) Exercising: A family-based study to examine the intensity, enjoyment, and acceptability of physical activities. Completed April 2018; Currently Assistant Professor at Xavier University, OH

Rhonda Hodge, (Nursing Department)

Role: Capstone Project Committee Member

Research Project: Implementation of a nutrition and physical activity wellness program into the mental health setting

Completed Summer 2019; Currently Owner of Harmony Psychiatric Services, NH

**Doctoral Degree Comprehensive Exams Committee**

Jamie Faro

Patrick Filanowski

Meghan Garvey

Milko Ivanovich

**Master's Degree Students, University of Massachusetts, Boston**

Noelle Merchant, (EHS Department)

Role: Thesis Committee Member

Master's Thesis Title: Racial Differences in Arterial Stiffness During Recovery

Following Repeated Bouts of Maximal Anaerobic Cycling Exercise

Defended Summer 2020

Nicole Emmons, (EHS Department)

Role: Thesis Committee Member

Master's Thesis Title: Blood pressure and autonomic recovery following acute maximal anaerobic exercise in African American and Caucasian American women.

Defended Summer 2020

Ben Ethier, (EHS Department)

Role: Thesis Committee Member

Master's Thesis Title: Examining associations between bike share use and the built environment: A dynamic spatial approach.

Completed Summer 2019; Current position: Research Assistant at Healthcare and Human Services Consulting

Shelby Keye, (EHS Department)

Role: Thesis Committee Chair

Master's Thesis Title: The relationship between enjoyment and physical activity during a community based youth physical activity program

Completed Spring 2019; Currently pursuing Kinesiology PhD at University of Illinois, Urbana Champaign

Leddy Gallagher, (EHS Department)

Role: Project Committee Member

Master's Project Title: Promotion, implementation and evaluation of adaptive physical activity and sport programs

Completed Spring 2017; Currently an exercise physiologist working at Wave Fitness

Molly Flynn, (EHS Department)

Role: Project Committee Chair

Master's Project Title: UMASS Boston pilot workshop series for the ACSM EP-C

Completed Spring 2017; Currently Fitness Director at Healthworks Fitness, Inc,

Lawrence Staley, (EHS Department)

Role: Thesis Committee Member

Committee chair: Dr. Phil Troped

Master's Thesis Title: The correlates of awareness and utilization of the Hubway bike share program by the UMB community

Completed Summer 2015; Currently an Athletic Trainer At Precision Athletic Training

**Undergraduate Honors Students, University of Massachusetts Boston**Michael Maloney, (EHS Department)

Role: Primary Research Mentor & Chair for Honors Thesis

Thesis Title: The relationship between subjectively motivational music and various exercise variables while running at maximal speed

Completed Spring 2013; Currently a practicing Physical Therapist, DPT

Rachel Mclellan, (EHS Department)

Role: Honor's Thesis Committee Member

Committee Chair: Dr. Scott Crouter

Title: Accelerometer-determined segmented physical activity patterns of 11-14 yr boys

Completed Spring 2011

**Internship Advisor**Amanda Niemann, (EHS Department)

Role: Internship Advisor

Main Project: Evaluated recruitment and enrollment of Project Health with data analysis

Completed Spring 2014; Currently Clinical Systems Analyst at Fenway Health

Jessica Sullivan, (EHS Department)

Role: Internship Advisor

Main Project: Performed phlebotomy and wrote an article about Project Health for online recruitment efforts

Completed Fall 2013; Currently Nurse Practitioner

Hali Kovich, (EHS Department)

Role: Internship Advisor

Project: Development of personalized health report for Project Health

Completed Summer 2013; Currently Nurse Practitioner

**Undergraduate Students University of San Francisco****Research Project: URBAN Trail****Students Tiffany Ngo, Nicole Morgan and Ava Sorenson**

Developed a mindful walking trail on USF campus utilizing a USF alumni's book by Hal Urban called "The Power of Good News" (2021)

**Research Project: PROJECT GO****Students: Eva Westbrook, Emily Jackson and Romane Vigouroux**

Evaluating the physical activity, sedentary behavior, sleep and mental health effects of Go Dons Get Fit Challenge

**Undergraduate: Independent Study (EHS485) Advisor, University of Massachusetts, Boston****Research Project: Movement Breaks at Dever Elementary School**Meghan Donelan (Spring 2019)

Developed tools and resources to support elementary school teachers to provide movement breaks; led movement breaks in classrooms; Currently Occupational Therapy Assistant

**Research Project: Project Exercise Prescription**Joy Meija (Spring 2019)

Developed informational brochure for Healthworks Community Fitness on resources for members

**Research Project: Hubway (PI: Troped)**Jacqueline Pourroy (Fall 2014)

Developed fitness assessment protocol and training for data collection; Currently pursuing PhD in Biochemistry and Biophysics at Brandeis University, MA

Sarah Dowcett (Fall 2014)

Developed fitness assessment protocol and training for data collection; Currently pursuing Master's degree in Exercise and Sports Studies at Smith College, MA

**Research Project: Project Health (PI: Camhi)**Lauren Lob (Spring 2014 and Fall 2014)

Screening, scheduling, measurement of anthropometrics, data collection and data entry; Abstract presented as poster at NEACSM (11/2014)

Tania Godbout (Spring 2014 and Fall 2014)

Screening, scheduling, data collection and data entry; Abstract presented as poster at NEACSM (11/2014); Currently Nurse Practitioner

John Hathaway (Fall 2013 and Spring 2014)

Data collection and data entry

Jessica Sullivan (Summer 2013)

Developed phlebotomy and blood analysis protocols and measurement; Currently Nurse Practitioner

Keiani Gomes (Spring 2014)

Local marketing and recruitment efforts; Currently pursuing Occupational Therapy degree

Ryan Kohl (Summer 2013, Fall 2013, Spring 2014)

Created marketing and recruitment materials, and also assisted in recruitment, screening, and data collection; created training protocols for new research assistants; Currently an Occupational Therapist

Vivian Onyechi (Summer 2013)

Created and delivered marketing and recruitment efforts in the local communities; Received MSc in Project Management

Amanda Neiman (Spring 2013)

Developed protocols for measurement of anthropometry; Currently Clinical Systems Analyst at Fenway Health

Hali Kovich (Spring 2013)

Assisted in creating a manual of procedures and personalized health reports; Currently Nurse Practitioner

**Research Project: Pediatric Exercise**Joseph Pasquantonio (Spring 2012)

Exercise adaptations in children/adolescents with type II diabetes (guest lecture in EHS420: Pediatric Exercise); Pursued a Master's in Public Health

Stephanie Braudis (Spring 2012)

Exercise adaptations in children/adolescents with congenital heart defects (guest lecture in EHS420: Pediatric Exercise)

**Undergraduate Open Lab Coordinator**

**Role:** Mentored peer tutors for EHS300, who held "open lab" where students could practice skills/protocols; and made instructional videos to support student learning.

Jason Yuen, Spring 2014

Christopher Theng, Spring 2014

Keiani Gomez, Spring 2013

Reagan Li, Spring 2013

Jessica Sullivan, Spring 2013

Kristina Barbaro, Fall 2012

Christine DeSantos, Fall 2012

Ryan Kohl, Fall 2012

Josh Clark, Fall 2012

Alyson Price, Fall 2012

**High School Student Mentoring**Visaury Moreta (Summer 2013)

Continuing Umbrella for Research Experiences (CURE)

Role: Abstract Committee Member

Title: Effectiveness of school-based obesity interventions for female adolescents

**Online Learning & Technology Experience**

- Zoom asynchronous and synchronous
- Canvas, WebCT and Blackboard Online Learning Management Platforms



- Adobe Presenter
- i-clicker, Poll Everywhere
- Voicethread
- Echo360 asynchronous and synchronous lecturing

### **Teaching Laboratory Skills (Fitness Assessment)**

- **Calorimetry:** Various methods/interfaces (Douglass Bags, COSMED, Parvomedics) for energy expenditure outputs (VO<sub>2</sub>, calories, METS, RMR) for rest and exercise
- **Physical Activity:** Objective/subjective methods (accelerometers (Actigraph software), pedometers, HR monitors, wearable devices, questionnaires)
- **Body Composition:** Hydrostatic weighing, anthropometrics, skinfolds, BIA, ADP (BodPod)
- **Cardiorespiratory Fitness:** Max/submax, lab/field, direct/indirect protocols
- **Cardiovascular Risk Factors:** Heart rate, blood pressure, blood analysis for lipid/glucose (finger stick), basic ECG
- **Muscular Fitness:** Strength, muscular endurance, anaerobic power (lab/field; submax/max)
- **Flexibility/Balance:** Direct/indirect field methods

## **SERVICE**

\*denotes leadership position

### **University of San Francisco (USF)**

#### **Department Level (Kinesiology)**

Step Challenge* Director	2020 – present
Faculty Mentor for 1 <sup>st</sup> year/Transfer Mentoring Circles	2020 – present

#### **College Level (College of Arts and Sciences)**

STEM Diversity Taskforce Committee Member	2020 - present
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#### **University Level (USF)**

Go USF Committee Member	2020 - present
Exercise is Medicine on Campus Committee* (Co-Chair)	2021 - present

### **University of Massachusetts Boston**

#### **Department Level (Exercise and Health Sciences)**

Department Mentoring Plan Committee (co-chair)	2019 – 2020
Departmental Bylaws Committee	2019 – 2020
GoKids Steering Committee	2019
Online Certificate Program Working Group	2018 - 2019
Departmental Personnel Committee Chair*	2019 – 2020
EHS Laboratory Director*	2012 – 2020
Note: Position Co-chaired Fall 2013-Spring 2014	
Undergraduate Program Committee (AQUAD review 2013)	2012-2019
Graduate Ad-Hoc Committee Policies and Procedures	2016-2017
Departmental Personnel Committee	2016-2017
Faculty Search Committee (2 Assistant Professor, 1 Open Rank)	2015-2016

Undergraduate Program Committee (Chair*)	2014-2015
Faculty Search Committee (1 Full Professor Tenure Track Position; 1 Instructor)	2013-2014
Faculty Co-Advisor*, EHS Student Club	2012-2013
Tenure Track Faculty Search Committee (2 Open Rank Tenure Track Positions; 1 Assistant/Associate Professor Tenure Track Position)	2011-2012
Graduate Program Committee (MS and PhD programs)	2011-2012
Ad Hoc Committee, Department Personnel Committee	2011-2012
Faculty Search Committee (Assistant Professor Tenure Track)	2010-2011

### **College Level Service (Nursing and Health Sciences)**

First Year Scholars Steering Committee	2019 – 2020
Director*, Movement Break Pilot Program with Dever Elementary School	2019 – 2020
College Senate Committee: The Academic Policy and Programs	2018 – 2020
Co-Chair, Tenure Stream Group	2017-2019
Dean Search Committee	2016-2017
CNHS Awards Committee	2014-2015
Research Day Committee	2014-2015
College Statistician Search Committee (Summer)	2014
Coordinator* BNORC Journal Club	2013
Director/Moderator*: Weight of the Nation Screenings (2 events) with Expert Panel	2013
GoKids Strategic Planning Committee	2012
GoRed! Committee	2012
Student Affairs Committee	2011-2013

### **University Level Service (University of Massachusetts, Boston)**

Grant Reviewer, Public Service Grant	2019 – 2020
Faculty Advisor for Exercise is Medicine on Campus (Bronze 2019; Silver 2020)	2018 – 2020
High Impact Practices (HIP) Teaching	2018 - 2019
Campus Wellness Committee	2018 - present
UMB Wellness Collaborative	2013
Writing Proficiency Exam Grader	2011

### **Regional Service**

#### **California**

##### **Southwest American College of Sports Medicine**

Member-at-Large Abstracts and Awards Committee (elected 3 year term)	2021-2024
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#### **Massachusetts**

##### **New England American College of Sports Medicine**

External Reviewer for College Bowl	2021
Co-Chair College Bowl Committee	2019-2020
Member-At-Large (Elected Co-Chair of Free Communications Committee)*	2016-2018
Re-Naming of David Camaione Scholarship Committee	2018-2019
Massachusetts State Representative*	2014-2016
**Chair 2015-2016	
Student Competition Judge/Abstract Grader	2016; 2019-present

Invited Guest Mentor at the Student Luncheon Providence, RI (November 2013) 2013

### **National Service**

#### **American College of Sports Medicine**

Strategic Health Initiative for Women Mentor 2021- present  
 Mentee: Dr. Jacqueline Dawson, CSU Long Beach  
 Exercise is Medicine Education Committee 2020-2023  
 Pronouncements Committee 2017-2023  
 Two 3 year terms; Executive Committee 6/2020 - present  
 American College of Sports Medicine, (June 1, 2012). Invited Student Colloquium  
 panel member, "Building a Bridge to your Future" 2012

#### **American Heart Association**

Lifestyle & EPI Conference Program Committee of the Council on Lifestyle and  
 Cardiometabolic Health 2020-2022  
 Physical Activity Committee, Lifestyle and Cardiometabolic Health Council (two-2  
 year terms) 2014-2018  
 Invited Guest Mentor at Connection Corner, American Heart Association Annual  
 Conference (March 21, 2014) 2014  
 American Heart Association, Early Career Committee, Nutrition, Physical Activity and  
 Metabolism Council, Physical Activity Committee Liaison (2 year term)  
 2012-2014

### **International Service**

Coordinator of the Scientific Program Committee for the 3<sup>rd</sup> International Congress on  
 Physical Activity and Public Health, Toronto Canada 2010

### **Peer Reviewer**

#### **Journal Editor**

International Journal of Environmental Research and Public Health  
*Guest Editor for Special Issue: Physical Activity and Public Health: Addressing Gaps in  
 Research for Special Population Subgroups*  
[https://www.mdpi.com/journal/ijerph/special\\_issues/Phys\\_Act\\_Public\\_Health](https://www.mdpi.com/journal/ijerph/special_issues/Phys_Act_Public_Health) 2021-2022

#### **Conference Abstract Reviewer**

American Heart Association Epidemiology/Lifestyle & Cardiometabolic Health 2009 - present  
 American Heart Association Scientific Sessions 2016-2017  
 International Congress on Physical Activity and Public Health 2010  
 The Obesity Society Annual Meeting 2010-2013

#### **Journal Manuscript Reviewer**

American Journal of Preventive Medicine 2012 - present  
 Annals of Epidemiology 2013 - present  
 Biomedical and Environmental Sciences 2017 - present  
 European Journal of Nutrition 2014 - present  
 International Journal of Obesity 2013 - present  
 International Journal of Pediatric Obesity 2013 - present  
 Journal of Applied Physiology 2010 - present

Journal of Diabetes Research	2017 - present
Journal of Physical Activity and Health	2013 - present
Journal of Obesity	2011 - present
Journal of School Health	2011 - present
Healthcare	2021 - present
Medicine and Science in Sports and Exercise	2011 - present
Nutrients	2016 - present
Nutrition, Metabolism and Cardiovascular Diseases	2010 - present
Obesity	2011 - present
Pediatrics	2015 - present
Pediatric Obesity	2016 - present
Postgraduate Medicine	2016 - present
Preventing Chronic Disease	2007 - present
Preventive Medicine	2010 - present

### Local Community Service

#### California

**Girls on the Run Coach (Bay Area)** 2021 – present  
*Girls on the Run, a national 501(c)(3) nonprofit organization, is a physical activity-based positive youth development (PA-PYD) program designed to enhance girls' social, emotional and physical skills and behaviors to successfully navigate life experiences. The program's intentional curriculum places an emphasis on developing competence, confidence, connection, character, caring and contribution in young girls through lessons that incorporate running and other physical activities. The life skills curriculum is delivered by caring and competent coaches who are trained to teach lessons as intended (8 week coaching program with a 5K event).*

#### Massachusetts

**Dever Elementary School** 2019 – 2020  
*Worked with the school nurse to increase physical activity during the school day. Ran a pilot program where we visited 8 different classrooms and led over 20 different 10 minute movement break sessions. By request, we also created two brochures and manuals for the teachers as resources for: 1) movement breaks and 2) active school lessons.*

**Program Funding period:** 9/2019-8/2024

**Role:** Lead Faculty

**Amount:** Year 2: \$300,000

**Funding Agency:** Trefler Foundation

**Title:** Community Outreach for Health and Wellness Initiatives in Boston Public Elementary School

**Specific Aims:** Assist an academic underperforming elementary school in the Boston Public School system to improve student, teacher and staff health utilizing physical activity strategies such as movement breaks, indoor recess with staff/teacher centered training and programming.

**Collaborators:** Dr. Linda Thompson and Dr. Joseph Burger (Co-PI, University of Massachusetts, Boston), Colleen Wiggins, Todd Fishburn (Dever Elementary School)

**Healthworks Fitness** (~ 15 hrs/year) 2013 – 2020  
 Cambridge Member Advisory Board Member\*  
 Dress for Success Clothing Drive (4 clubs)\*  
 Organized “Forever Fit and Healthy Workshop” for older adults\*

**Junior League of Boston (JLB)** (~50 hrs/year) 2011-2015  
*Mission: The JLB is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.*  
 2014-15 Active Member, Provisional Advisor\*  
 Project: Mentor 20 incoming JLB members

2013 Active Member, Research and Development Committee  
 Project: Developed a Physical Activity Resource Manual (online and print) to train JLB members and community members in physical activity information

2012 Active Member, Kids in the Kitchen Committee  
 Project: Delivered two 6 month long curriculum of nutrition and physical activity to middle school girls

2011 Provisional Member, Training Committee  
 Project: Facilitated training workshops and seminars that fit with JLB mission and membership requirements

**Boston Cares, Community Volunteer** (~20 hour/year) 2011-2015  
*Description: Boston Cares is a member of the HandsOn Network, an alliance of volunteer organizations working to transform individuals and communities through service and civic engagement.*  
 Volunteer Placements: park improvements, farming/gardening, serving and preparing food, literacy projects, and volunteering in an animal shelter).

### **Invited Community Presentations and Publications**

Boston WGBH Body Composition and Weight Loss Podcast Interviewee 2019  
 GoKids Family Dinner, Boston, MA. Lecture: *How to be Physically Active with a Busy Schedule.* 2011  
 Washington Post Fitness Consultant Article: *A YouTube Workout* (printed Tuesday, April 17, 2007; Page HE05). 2007  
 Marriotts Ridge High School Honors and Advanced Placement Students, College Park, MD. Lecture and Lab: *Exercise Physiology Testing: The Components of Fitness.* 2007  
 Howard County Health Department, MD: Nutrition and Physical Activity Coalition, Guest Speaker: *Truth, Lies and Exercise: Understanding Fitness Certifications.* 2006  
 De La Salle High School, Walnut Creek, CA. Guest Speaker: *Research and Teaching Careers Relating to Exercise Science.* 2004

### **Pennington Biomedical Research Center, Baton Rouge, LA**

Holiday Party Planning Committee – Canned Food Drive Coordinator\* 2009

**University of Maryland, College Park, MD**

Health and Human Performance Testing and Evaluation Co-Coordinator	2006-2007
Teaching Lab Coordinator*	2006-2008
Faculty Search Committee Member (student member), Epidemiology	2007
Department of Kinesiology Executive Committee – Teaching Laboratory Member*	2007