

SARA WILCOX

Department of Exercise Science & Prevention Research Center
Arnold School of Public Health
University of South Carolina
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EDUCATION AND TRAINING

- 1996-1998 *Postdoctoral Fellow in Cardiovascular Disease Epidemiology and Prevention*
Stanford Center for Research in Disease Prevention
Stanford University School of Medicine, Palo Alto, CA
Primary advisor: Abby C. King, PhD
- 1995-1996 *Predoctoral Clinical Psychology Intern in Geropsychology*
Veterans Affairs Palo Alto Health Care System, Palo Alto, CA
Primary advisor: Larry W. Thompson, PhD
- 1991-1996 *Doctoral Training Program in Clinical Psychology*
Specialty Track: Adult Development and Aging
Washington University, St. Louis, MO
MA: December, 1993; PhD: August, 1996
Primary advisor: Martha Storandt, PhD
Full stipend and tuition remission
- 1987-1991 *Undergraduate Major in Psychology*
Northwestern University, Evanston, IL
BA with honors: June, 1991

PROFESSIONAL POSITIONS

- 2012-present *Director*, Prevention Research Center, Arnold School of Public Health,
University of South Carolina (*Interim Director*, 2011-2012)
- 2010-present *Professor*, Department of Exercise Science, Arnold School of Public Health,
University of South Carolina
- 2010-present *Adjunct Professor*, Department of Psychology, University of South Carolina
- 1999-present *Faculty Affiliate*, Women's and Gender Studies Program, University of South
Carolina
- 2004-2010 *Associate Professor*, Department of Exercise Science, Arnold School of
Public Health, University of South Carolina

2004-2010	<i>Adjunct Associate Professor</i> , Department of Psychology, University of South Carolina
1999-2004	<i>Assistant Professor</i> , Department of Exercise Science, Arnold School of Public Health, University of South Carolina
2000-2004	<i>Adjunct Assistant Professor</i> , Department of Psychology, University of South Carolina
1999-2003	<i>Adjunct Assistant Professor</i> , Section on Social Sciences and Health Policy, Department of Public Health Sciences, Wake Forest University School of Medicine,
1998-1999	<i>Assistant Professor</i> , Section on Social Sciences and Health Policy, Wake Department of Public Health Sciences, Forest University School of Medicine

LICENSURE

2000-present	<i>Licensed Clinical Psychologist</i> , South Carolina (license #775)
1998-2000	<i>Licensed Psychologist and Health Services Provider Psychologist</i> , North Carolina (license #2466)

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- American College of Sports Medicine (Fellow)
- American Psychological Association
- American Public Health Association
- National Academy of Kinesiology (Fellow)
- Society of Behavioral Medicine (Fellow)

HONORS, AWARDS, & RECOGNITIONS

2022	Breakthrough Leadership in Research Award, University of South Carolina Office of the Vice President for Research
2018-2021	Board of Trustees, American College of Sports Medicine (elected)
2018	"Face of South Carolina," SC Thrive, selected for the work I've done with the faith-based community in Fairfield County, SC
2016	Fellow, Society of Behavioral Medicine
2015	Fellow, National Academy of Kinesiology (Fellow #555)

- 2014-2015 Southeastern Conference (SEC) Academic Leadership Development Program Fellow (1 of 4 faculty at the University of South Carolina selected by the Provost)
- 2010 Recipient of the University of South Carolina Educational Foundation Faculty Research Award for Health Sciences
- 2009 Article nominated by the Robert Wood Johnson Foundation (RWJF) as 1 of 25 that “had major policy impact, affected our work and thinking, or stood out in some other way.” Article was then chosen to be in the top 10 list of most influential RWJF research articles (2008: The Year in Research) based on open votes and by the Vice President for Research and Education of the RWJF (article: *Wilcox et al., 2008, Am J Prev Med*).
- 2007 Nominated by University of South Carolina President Sorenson for the 2008 Governor’s Young Researcher Award for Excellence in Scientific Research
- 2007 Recipient of the Arnold School of Public Health Faculty Research Award, University of South Carolina
- 2006 Fellow, American College of Sports Medicine
- 2006-2007 President, Delta Omega Society, Mu Chapter (national honorary public health society), University of South Carolina
- 2003 Inducted into Delta Omega Society, Mu Chapter (national honorary public health society), University of South Carolina
- 2003 Physical-e-Fit was the recipient of the 2003 Faith-Based Award from the South Carolina Governor’s Council on Physical Fitness (program developed collaboratively with the 7th Episcopal District of the AME church and MUSC)
- 2001 Recipient of the Fellowship Fund for Epidemiological Research on Physical Activity (Ralph S. Paffenbarger, Jr. award). Recognized at the annual ACSM meeting in Baltimore, MD.
- 1998 Recipient of the Katharine McCormick Fund for Women travel grant (bequest to Stanford University School of Medicine).
- 1997 Recipient of the National Institute on Aging Summer Institute on Aging Research Fellowship.
- 1995 Recipient of the American Psychological Association Science Directorate Student Travel Award.
- 1994 Received the American Psychological Association Division 20 (Adult Development and Aging) Award for Student Research.
- 1994 Received honors on doctoral subject matter oral examinations.
- 1992-1994 National Institute on Aging Training Fellowship

- 1992 Received honors on doctoral qualifying examinations.
- 1991-1996 Full Tuition Remission Awards, School of Arts and Sciences, Washington University, St. Louis, MO
- 1991 Graduated with honors in psychology, Northwestern University, Evanston, IL

RESEARCH INTERESTS

- Translation, dissemination, and implementation of evidence-based health behavior change programs in community settings
- Community-based interventions to increase physical activity and promote healthy eating in older adults, women, and persons of color
- Faith-based health promotion interventions
- Factors influencing physical activity and healthy eating in diverse populations

H-INDEX

Google Scholar h-index as of 01/01/2025: 73

(https://scholar.google.com/citations?view_op=list_works&hl=en&user=GJXTre8AAAAJ&gmla=AJsN-F6Y-IglKNbi8JCa4uoHp0KmgZqIUUSISVWC2xf006evwbxTkJf_AXWS7R5tX4AkRQ19R-JbLkaHRIjBPBihvJevwdHNoO8QdK2Ke8o-6acIDBCIwcQfav_y4kM_fMBDxjwxiBXf)

Web of Science h-index as of 01/01/2025: 51

Number of times cited: 9,444

WOS ResearcherID: GXV-7647-2022

(<https://www.webofscience.com/wos/author/record/GXV-7647-2022>)

PUBLICATIONS

Peer-Reviewed Publications

** Author was a student or post-doctoral fellow at the time of submission or resulted from the work the student did while at USC. Sara Wilcox was the student's primary mentor or dissertation chair (or co-mentor or co-chair) or mentored the student on this paper.

* Author was a student or post-doctoral fellow at the time of submission or resulted from the work the student did while at USC. Sara Wilcox was *not* the student's primary mentor or primary mentor for this paper.

In press

1. **Day, K.R., **WILCOX, S.**, **Parker-Brown, J., Kaczynski, A., Pellegrini, C., Armstrong, B. (in press). Shared use to promote physical activity and healthy eating in rural South Carolina United Methodist Churches: Opportunities and pastor beliefs. Health Promotion Practice.

2. **Day, K.R., **WILCOX, S.**, **Decker, L., **Bernhart, J., Baruth, M., Kaczynski, A., Pellegrini, C. (in press). Church leaders' health behaviors and program implementation in the Faith, Activity, and Nutrition program. Journal of Preventive Medicine and Public Health.
DOI: 10.3961/jpmph.24.384
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/39638297>
3. Bernhart, J.A., Turner-McGrievy, G.M., Davey, M., *Okpara, N., Harrell, E.G., *Bailey, S., **WILCOX, S.** (in press). The NEW Soul study: implementation and evaluation impact from the secular trend of the COVID-19 pandemic. Journal of Public Health Management and Practice. E-pub ahead of print available October 24, 2024.
https://journals.lww.com/jphmp/abstract/9900/the_new_soul_study_implementation_and_evaluation.382.aspx
DOI: 10.1097/PHH.0000000000002071
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/39446575>

2024

4. **WILCOX, S.**, Liu, J., *Sevoyan, M., **Parker-Brown, J., Turner-McGrievy, G.M. (2024). Effects of a behavioral intervention on physical activity, diet, and health-related quality of life in postpartum women with elevated weight: results of the HIPP randomized controlled trial. BMC Pregnancy and Childbirth, 24, 808.
DOI: 10.1186/s12884-024-07007-8
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/39627794>
5. **WILCOX, S.**, Saunders, R.P., Kaczynski, A.T., Rudisill, A.C., Stucker, J., Kinnard, D., McKeever, B.W., **Day, K.R., **Parker-Brown, J., Kim, Y.S. (2024). Constructs from the Consolidated Framework for Implementation Research associated with church enrollment and intervention adoption in a national implementation study of a faith-based organizational change intervention. BMC Public Health, 24, 2401.
DOI: 10.1186/s12889-024-19832-9
Open Access Article: <https://doi.org/10.1186/s12889-024-19832-9>
6. Turner-McGrievy, G.M., **WILCOX, S.**, Frongillo, E.A., Murphy, E.A., Kim, Y., *Hu, E.A., *Okpara, N., *Baily, S. (2024) Impact of diet adherence on weight and lipids among African American participants randomized to vegan or omnivorous diets. Obesity Science and Practice, 10 (5), e70009.
DOI: 10.1002/osp4.70009
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/39345782>
7. Turner-McGrievy, G., Wirth, M.D., *Okpara, N., Jones, M., Kim, Y., **WILCOX, S.**, Friedman, D.B., Sarzynski, M.A., Liese, A.D. (2024) Similar changes in diet quality indices, but not nutrients, among African American participants randomized to follow one of the three dietary patterns of the US Dietary Guidelines: A secondary analysis. Nutrition Research, 131, 27-38.
DOI: 10.1016/j.nutres.2024.09.005
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/39366028>
8. DuBois, K.E., Delgado-Diaz, D.C., McGrievy, M., Valafar, H., Turner-McGrievy, G., Monroe, C., **WILCOX, S.**, Turner-McGrievy, G. (2024). The Mobile Lifestyle Intervention

- for Food and Exercise (mLife) Study: protocol of a remote behavioral weight loss randomized clinical trial for type 2 diabetes prevention. Contemporary Clinical Trials, 148.
DOI: <https://doi.org/10.1016/j.cct.2024.107735>
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/39522630>
9. **Day, K.R., **Bernhart, J.A., **WILCOX, S.** (2024). Barriers and facilitators to 24-month maintenance of the Faith, Activity, and Nutrition program in the U.S. Journal of Religion and Health, 63(4), 3134-3157. E-pub ahead of print March 25, 2024.
DOI: 10.1007/s10943-024-02012-9
Abstract: <https://pubmed.ncbi.nlm.nih.gov/38528275/>
 10. *Hu, E.A., Turner-McGrievy, G.M., Wilson, M.J., Davey, M., *Bailey, S., *Okpara, N., Frongillo, E.A., **WILCOX, S.** (2024). Adherence to culturally adapted soul food vegan diet among African American adults increases diet quality compared to an omnivorous diet in the NEW Soul Study. Nutrition Research, 128, 1-13.
DOI: 10.1016/j.nutres.2024.01.010
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/38981142>
 11. Jones, D.L., Robinson, M., Selfe, T.K., Barnes, L., Dierkes, M., Shawley-Brzoska, S., Myers, D.J., **WILCOX, S.** (2024). Prepandemic feasibility of tele-exercise as an alternative delivery mode for an evidence-based, Tai Ji Quan fall-prevention intervention for older adults. Journal of Aging and Physical Activity, 2024, 1-12. E-pub ahead of print April 10, 2024.
DOI: 10.1123/japa.2023-0226
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/38604606>
 12. Turner-McGrievy, G.M., **WILCOX, S.**, Frongillo, E.A., Kim, Y., *Okpara, N., Wilson, M. (2024). Differences in dietary acceptability, restraint, disinhibition, and hunger among African American participants randomized to either a vegan or omnivorous soul food diet. Appetite, 196, 107280. E-pub ahead of print May 1, 2024.
DOI: 10.1016/j.appet.2024.107280
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/38373534>
 13. Yang, CH., *Lee, J., **WILCOX, S.**, Rudisill, A.C., Friedman, D.B., Hakun, J.G., Neils-Strunjas, J.G., Wei, J., Miller, M.C., & Byers, M.D. (2024). Implementation and evaluation of a community-based mindful walking randomized controlled trial to sustain cognitive health in older African Americans at risk for dementia. BMC Geriatrics, 24(1), 579.
DOI: 10.1186/s12877-024-05090-2
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/38965464>
 14. Bernhart, J.A., Turner-McGrievy, G.M., Dubois, K.E., Sentman, C., Rudisill, C., *Okpara, N., **WILCOX, S.**, Clemons, B.D. (2024). Community health worker implementation and cost analysis of a plant-based nutrition program. Journal of Nutrition Education and Behavior, 56(4), 256-264. Epub ahead of print February 2, 2024.
DOI: 10.1016/j.jneb.2023.12.009
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/38310498>
 15. *Karim, S., Cai, B., Merchant, A.T., **WILCOX, S.**, Zhao, X., Alston, K., Liu, J. (2024). Antenatal depressive symptoms and adverse birth outcomes in Healthy Start

Participants: the modifying role of utilization of mental health services. Midwifery, 132, 103985.

DOI: 10.1016/j.midw.2024.103985

Abstract: <https://pubmed.ncbi.nlm.nih.gov/38581969/>

16. Lane, A., Jiles, M., Ramey, K., *McLean, M., Whitney, J.A., Brunson, A., Cardaci, T., Liu, J., **WILCOX, S.**, Catov, J., Fernhall, B. (2024). Adverse pregnancy outcomes and renal-vascular function in the early years after delivery. American Journal of Physiology – Heart and Circulatory Physiology, 326(1), H82-H88.

DOI: 10.1152/ajpheart.00641.2023

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/37921666>

17. *Karim, S., Liu, J., **WILCOX, S.**, Cai, B., Merchant, A.T. (2024). Association between physical activity during pregnancy and perinatal depressive symptoms in pregnant women with overweight and obesity. Women's Health Issues, 34(1), 72-79.

DOI: 10.1016/j.whi.2023.09.002

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/37940507>

2023

18. *Bernhart, J.A., Turner-McGrievy, G.M., Eustis, S., Wilson, M.J., Hutto, B., **WILCOX, S.** (2023). Physical activity assessment in African Americans participating in a dietary weight loss trial focused on soul food. Journal of Public Health, 31, 1373-1380. Epub ahead of print November 13, 2021.

DOI: 10.1007/s10389-021-01666-z

19. Jones, D.L., Selfe, T.K., **WILCOX, S.**, Cosner, C.T., Mitchell, J., Ray, B.D, Stipek, C., Switay, D., Mancinelli, C.A. (2023). Falls and fall-related injuries in an evidence-based Tai Ji Quan intervention in rural West Virginia churches. Topics in Geriatric Rehabilitation, 39 (3), 170-178.

DOI: 10.1097/TGR.0000000000000398

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/37605786>

20. Pellegrini, C.A., **WILCOX, S.**, *DeVivo, K.E., *Jamieson, S. (2023). Recruitment and retention strategies for underrepresented populations and adults with arthritis in behavioral interventions: a scoping review. Arthritis Care & Research, 75 (9), 1996-2010. Note: First two authors contributed equally to paper. Epub ahead of print February 8, 2023.

DOI: doi.org/10.1002/acr.25098

Abstract: <https://pubmed.ncbi.nlm.nih.gov/36752353/>

21. Pellegrini, C.A., Brown, D., *DeVivo, K.E., Lee, J., **WILCOX, S.** (2023) Promoting physical activity via physical therapist following knee replacement: A pilot randomized controlled trial. PM&R: The Journal of Injury, Function and Rehabilitation, 15 (8), 965-975.

DOI:10.1002/pmrj.12895

Abstract: <https://pubmed.ncbi.nlm.nih.gov/36106651/>

22. Qiao, S., **WILCOX, S.**, Olatosi, B., Li, X. (2023). COVID-19 challenges, responses, and resilience among rural Black women: A study protocol. Frontiers in Public Health. 11, 1156717.

DOI: 10.3389/fpubh.2023.1156717
<https://www.ncbi.nlm.nih.gov/pubmed/37333566>

23. **WILCOX, S.**, Saunders, R.P., Stucker, J., Kaczynski, A.T., **Day, K.R., Kinnard, D., **Decker, L., **Bernhart, J.A. (2023). A process for converting an in-person training to increase church capacity to implement physical activity and healthy eating practices and policies to an online format. Translational Behavioral Medicine, 13(4), 226-235.
DOI: 10.1093/tbm/ibac102
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/36688468>
24. Liu, J., Zhao, L.G., Zhao, X., Bawa, E.M., Alston, K., Karim, S., Merchant, A.T., Tang, J., **WILCOX, S.** (2023). Impact of a large Healthy Start program on perinatal outcomes, South Carolina, 2009-2019. American Journal of Public Health, 113(5), 509-513.
DOI: 10.2105/AJPH.2023.307232
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/36893369>
25. *Bernhart, J.A., Turner-McGrievy, G.M., Wilson, M.J., Sentman, C., **WILCOX, S.**, Rudisill, C. (2023). NEW Soul in the Neighborhood – Reach and effectiveness of a dissemination and implementation feasibility study. Translational Behavioral Medicine, 13(3), 123-131. Epub ahead of print January 23, 2023.
DOI: <https://doi.org/10.1093/tbm/ibac080>
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/36689305>
26. Turner-McGrievy, G.M., Wilson, M.J., Carswell, J., *Okpara, N., *Aydin, H., Bailey, S., Davey, M., Hutto, B., **WILCOX, S.**, Friedman, D.B., Sarzynski, M.A., Liese A.D. (2023). A 12-week randomized intervention comparing the Healthy US, Mediterranean, and Vegetarian dietary patterns of the US Dietary Guidelines for changes in body weight, hemoglobin A1c, blood pressure, and dietary quality among African American adults. Journal of Nutrition, 153(2), 579-587.
DOI: 10.1016/j.tjnut.2022.11.020
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/36894249>
27. **Day, K.R., **WILCOX, S.**, Liu, J., Zahnd, W. (2023). Associations between neighborhood crime and physical activity among pregnant women in South Carolina. Preventing Chronic Disease, 20, E29.
DOI: 10.5888/pcd20.220239
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/37079752>
28. Lane, A., **WILCOX, S.**, Wingard, E., *McLean, M.K., Liu, J. (2023). Association of a lifestyle intervention with blood pressure trajectories during pregnancy and postpartum in women with pre-pregnancy overweight and obesity. Maternal and Child Health Journal, 27(8), 1407-1415.
DOI: 10.1007/s10995-023-03709-1
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/37266858>
29. *Lewis, A.F., Bohnenkamp, R., Johnson, L., den Ouden, D.B., **WILCOX, S.**, Fritz, S.L., Stewart, J.C. (2023). Effects of positive social comparative feedback on motor sequence learning and performance expectancies. Frontiers in Psychology, 13. Published online January 24, 2023.
DOI: 10.3389/fpsyg.2022.1005705
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/36760911>

30. Jones, D.L., Selfe, T.K., Wen, S., Eicher, J.L., **WILCOX, S.**, Mancinelli, C. (2023). Implementation of an evidence-based, Tai Ji Quan fall prevention exercise program in rural West Virginia churches: a RE-AIM evaluation. Journal of Aging and Physical Activity, 31(3), 33-47. Epub ahead of print June 10, 2022.
DOI: [10.1123/japa.2021-0274](https://doi.org/10.1123/japa.2021-0274)
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/35690393>
 31. Turner-McGrievy, G.M., **WILCOX, S.**, Frongillo, E.A., Murphy, E.A., Hutto, B., Wilson, M., Davey, M., Bernhart, J., *Okpara, N., Bailey, S., *Hu, E. (2023). Effect of a plant-based vs omnivorous soul food diet on weight and lipid levels among African American adults. A randomized clinical trial. JAMA Open, 6(1), e2250626.
DOI: 10.1001/jamanetworkopen.2022.50626
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/36633848>
 32. *Alamilla, R.A., Keith, N.R., Hasson, R.E., Welk, G.J., Riebe, D., **WILCOX, S.**, Pate, R.R. (2023). Future directions for transforming kinesiology implementation science into society. Kinesiology Review, 12(1), 98-106. Epub ahead of print January 14, 2023.
DOI: <https://doi.org/10.1123/kr.2022-0042>
Article: <https://journals.humankinetics.com/view/journals/kjr/12/1/article-p98.xml>
 33. Mathias, W., Nichols, K.A., Golden-Wright, J., Fairman, C.M., Felder, T.M., Workman, L., Wickersham, K.E., Flicker, K.J., Sheng, J., Noblet, S.B., Adams, S.A., Eberth, J.M., Heiney, S.P., **WILCOX, S.**, Hebert, J.R., & Friedman, D.B. (2023). Implementation during a pandemic: Findings, successes, and lessons learned from community grantees. Journal of Cancer Education, 38(3), 957-962. Epub ahead of print September 3, 2022.
DOI: 10.1007/s13187-022-02213-4
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/36056185>
- 2022**
34. **WILCOX, S.**, Liu, J., Turner-McGrievy, G., *Boutté, A., Wingard, E. (2022). Effects of a behavioral intervention on physical activity, diet, and health-related quality of life in pregnant women with elevated weight: Results of the HIPP randomized controlled trial. International Journal of Behavioral Nutrition and Physical Activity, 19(1), 145.
DOI: 10.1186/s12966-022-01387-w PMID: 36494702. PMCID: PMC9733107
Abstract: <https://pubmed.ncbi.nlm.nih.gov/36494702/>
Article: <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-022-01387-w>
 35. **WILCOX, S.**, *Dahl, A.A., *Boutte, A.K., Liu, J., **Day, K., Turner-McGrievy, G., Wingard, E. (2022). Process evaluation methods and results from the Health in Pregnancy and Postpartum (HIPP) randomized controlled trial. BMC Pregnancy and Childbirth, 22, 794.
DOI: 10.1186/s12884-022-05107-x PMCID: PMC9607747
Abstract: <https://pubmed.ncbi.nlm.nih.gov/36289464/>
Article: <https://rdcu.be/cYBgF>
 36. Saunders, R.P., **WILCOX, S.**, Hutto, B. (2022). Influence of implementation strategies on implementation outcomes in a statewide dissemination of Faith, Activity, and Nutrition

- (FAN). Health Education Research, 37(6), 420-433. Epub ahead of print September 23, 2022.
DOI: 10.1093/her/cyac025
Abstract: <https://pubmed.ncbi.nlm.nih.gov/36149635/>
37. **Bernhart, J.A., **WILCOX, S.**, McKeever, B.W., Ehlers, D.K., O'Neill, J.R. (2022). A Self-Determination Theory application to physical activity in charity sports events. American Journal of Lifestyle Medicine. Epub ahead of print February 28, 2022.
DOI: 10.1177/15598276221077204
Article: <https://journals.sagepub.com/doi/full/10.1177/15598276221077204>
38. *Lewis, A.F., Bohnenkamp, R., Johnson, L., den Ouden, D.B., **WILCOX, S.**, Fritz, S.L., Stewart, J.C. (2022). Effects of positive social comparative feedback on motor sequence learning and performance expectancies. Frontiers in Psychology, 13, 1005705.
39. *Walker, A.Q., Blake, C.E., Moore, J.B., **WILCOX, S.**, DuBois, K., Watkins, K.W. (2022). Experiences of midlife and older African American men living with type 2 diabetes. Ethnicity and Health, 27 (6), 1256-1270. Epub ahead of print April 8, 2021
DOI: 10.1080/13557858.2021.1910206
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/33830823>
40. Liu, J., **WILCOX, S.**, Hutto, B., Turner-McGrievy, G., Wingard, E. (2022). Effects of a lifestyle intervention on postpartum weight retention among women with elevated weight. Obesity, 30(7), 1370-1379.
DOI: 10.1002/oby.23449
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/35722816>
41. **Wende, M.E., **WILCOX, S.**, Kinnard, D., Turner-McGrievy, G., McKeever, B.W., Kaczynski, A.T. (2022) Developing criteria for research translation decision-making in community settings: A systematic review and thematic analysis informed by the Knowledge to Action Framework and community input. Implementation Science Communications, 3(1), 76.
DOI: 10.1186/s43058-022-00316-z
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/35850778>
42. **Bernhart, J.A., *Dunn, C.G., **WILCOX, S.**, Stucker, J., Kinnard, D. (2022) The FAN Program Plan: Creating a healthy church environment for physical activity and healthy eating. Dialogues in Health, 1 (December 2022), 100019. E-pub ahead of print May 30, 2022.
DOI: 10.1016/j.dialog.2022.100019
Article: <https://doi.org/10.1016/j.dialog.2022.100019>
43. **Bernhart, J.A., *Wende, M.E., Kaczynski, A.T., **WILCOX, S.**, *Dunn, C.G., Hutto, B. (2022). Assessing the walkability environments of churches in a rural southeastern county of the United States. Journal of Public Health Management & Practice, 28(1), E170-E177. Epub ahead of print October 31, 2019.
DOI: 10.1097/PHH.0000000000001076 PMID: PMC7190400
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/31688738>
44. **Bernhart, J.A., **WILCOX, S.**, **Decker, L., Ehlers, D.K., McKeever, B.W., O'Neill, J.R. (2022) "It's having something that you've done it for" – Applying Self-Determination

Theory to participants' motivations in a for-cause physical activity event. Journal of Health Psychology, 27(1), 119-134. Epub ahead of print August 6, 2020.

DOI: 10.1177/1359105320947811

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1998 and earlier

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Chapters in Textbooks

1. **WILCOX, S.**, & King, A.C. (2018). Goal Setting and Behavioral Management. D.J. Rose (Ed). Physical Activity Instruction of Older Adults, 2nd edition. Champaign, IL: Human Kinetics Publishers.
2. **WILCOX, S.** & Baruth, M. (2018). Behavioral Theories and Strategies for Promoting Exercise. In D. Riebe, Senior Ed and J.K. Ehrman, G. Liguori, & M. Magal, Associate Eds. ACSM's Guidelines for Exercise Testing and Prescription (10th ed., pp. 377-404). Philadelphia: Wolters Kluwer.
Note: authors contributed equally to this chapter.
3. **WILCOX, S.**, & Shepard, D. (2010). Informational Approaches to Promoting Physical Activity: Community-wide Campaigns. In D.R. Brown, G. W. Heath, & S. L. Martin, Eds.. Promoting Physical Activity: A Guide to Community Action – Second Edition. Champaign, IL: Human Kinetics Publishers.
4. **WILCOX, S.**, & Ainsworth, B.E. (2008). The measurement of physical activity. In S.A. Shumaker, J.K. Ockene, & K.A. Riekert (Eds.). The Handbook of Health Behavior Change (3rd ed., pp. 327-346). New York: Springer.
5. **WILCOX, S.**, & King, A.C. (2005). Goal setting and behavioral management. C.J. Jones & D.J. Rose (Eds). Physical Activity Instruction of Older Adults (pp. 111-127). Champaign, IL: Human Kinetics Publishers.
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8. **WILCOX, S.**, & King, A.C. (2000). Type, frequency, and correlates of sleep complaints in older women caring for a family member with dementia. B. Vellas & L.J. Fitten (Eds). Research and Practice in Alzheimer's Disease (Vol. 3, pp. 315-322). New York: Springer.

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Unrefereed Publications or Reports

1. Rheume, C., Abbott, J., **WILCOX, S.** (2006). Active For Life®: Community Organization Interviews. Report submitted to the Robert Wood Johnson Foundation.
2. **WILCOX, S.**, Sharpe, P.A., DerAnanian, C., Vrazel, J., Abbott, J., Ramsey, C. (2004). Factors Influencing Physical Activity in People with Arthritis. Final Report. Submitted to the Centers for Disease Control and Prevention. Distributed to the South Carolina State Plan for Arthritis.
3. **WILCOX, S.** (1999). Regular physical activity may help promote sleep. ADVANCE for Managers of Respiratory Care, 8, 48-49.

CURRENTLY FUNDED GRANTS

Principal Investigator

Agency: Centers for Disease Control and Prevention

Title: The USC PRC: Community-Based Participatory Research to Study Church Implementation of an Evidence-Based Social Support Intervention to Increase Physical Activity among Older African American Adults

Principal Investigator: Sara Wilcox (35%)

Co-Investigators: Andrew Kaczynski, Brooke McKeever, Courtney Monroe, Caroline Rudisill, Ruth Saunders, Jennifer Trilk

Total Costs: \$4,992,232 (Direct: \$3,482,506)

Granting Period: 9/30/2024 – 9/29/2029

Agency: Centers for Disease Control and Prevention

Title: USC PRC Center and Core Research Project: National Implementation Study of the Faith, Activity, and Nutrition (FAN) Program

Principal Investigator: Sara Wilcox (25-35%)

Co-Investigators: Andrew Kaczynski, Ruth Saunders, Patricia A. Sharpe, Caroline Rudisill, Brooke McKeever

Total Costs: \$3,750,000 (Direct: \$2,979,452)

Granting Period: 09/30/2019 – 09/29/2024 (no cost extension requested to 09/29/2025)

Co-Investigator

Agency: Centers for Disease Control and Prevention

Title: Examination of the Dose Response Relationship Between Physical Activity and Arthritis-Attributable Outcomes

Principal Investigator: Christine Pellegrini

Co-Investigators: Sara Wilcox (5%), Chih-Hsiang (Jason) Yang

Total Costs: \$1,247,498 (Direct: \$847,990)

Submitted: 3/05/2024
Proposed Granting Period: 9/30/2024 – 9/29/2029
Status: Pending; Impact score: 30

Agency: Centers for Disease Control and Prevention
Title: Evaluation of An Outdoor Mindful Walking Program for Sustaining Cognitive Function in Older African Americans at Risk for Dementia (SIP 22-006)
Principal Investigator: Chih-Hsiang (Jason) Yang
Co-Investigators: Sara Wilcox (4.2%), Daniela Friedman, Jean Neils-Strunjas, Caroline Rudisill, Jingkai Wei
Total Costs: \$595,301 (Direct: \$407,423)
Granting Period: 09/30/2022 – 09/29/2024

Agency: Centers for Disease Control and Prevention
Title: COVID-19 Challenges, Responses, and Resilience Among Rural Black Women (SIP 22-007)
Principal Investigator: Shan Qiao
Co-Investigators: Sara Wilcox (3.3%), Olatosi Bankole, Xiaoming Li
Total Costs: \$249,935 (Direct: \$190,433)
Granting Period: 09/30/2022 – 09/29/2023 (no-cost extension through 09/29/2024)

Agency: National Institutes of Health
Title: Expanding the Reach of the Nutritious Eating with Soul (NEW Soul) Program: A Type 2 Hybrid Effectiveness-Implementation Trial (R01)
Principal Investigator: Gabrielle Turner-McGrievy
Co-Investigators: Sara Wilcox (8.3-10% academic year), Caroline Rudisill, Christina Chauvenet, John Bernhart, Brent Hutto
Total Costs: \$3,627,355 (Direct: \$2,498,864)
Granting Period: 04/15/2022 – 03/31/2027

Agency: Centers for Disease Control and Prevention
Title: Evaluation of a Phone-Based Walk with Ease Program in Adults with Arthritis (SIP 21-003)
Principal Investigator: Christine Pellegrini
Co-Investigator: Sara Wilcox (15%)
Total Costs: \$1,193,244 (Direct: \$814,647)
Granting Period: 09/30/2021 – 09/29/2024

Agency: National Institutes of Health
Title: Administrative Supplement to Physical Activity and Weight Loss to Improve Function and Pain after Total Knee Replacement (R01)
Principal Investigator: Christine Pellegrini
Co-Investigators: Sara Wilcox (2%), Chih-Hsiang (Jason) Yang
Granting Period: 01/01/2023 – 12/31/2026
Total Costs: \$280,796

Agency: National Institutes of Health
Title: Physical Activity and Weight Loss to Improve Function and Pain After Total Knee Replacement (R01)
Principal Investigator: Christine Pellegrini

Co-Investigators: **Sara Wilcox (12%)**, Gabrielle Turner-McGrievy, Brian Chen, Elizabeth Regan

Granting Period: 7/15/2021 – 6/30/2026

Total Costs: \$3,358,537

Agency: National Institutes of Health (NIDDK)

Title: Targeting Important Behaviors for Weight Loss Through the Use of Social Gaming and

Points: The Social Pounds Off Digitally (Social POD) Study (R01)

Principal Investigator: Gabrielle Turner-McGrievy

Co-Investigators: **Sara Wilcox (10% academic year)**, Marco Geraci, Courtney Monroe, Homayoun Valafar

Submitted: 9/24/2020

Granting Period: 7/01/2021-12/31/2025

Total Costs: \$2,367,084

Agency: National Institutes of Health (NIDDK)

Title: Ensuring the Cultural Relevance of Dietary Guidelines Diet Patterns Among African Americans: Increasing Dietary Quality and Reducing Type 2 Diabetes Risk (R01)

Principal Investigator: Gabrielle Turner-McGrievy

Co-Investigators: **Sara Wilcox (10% academic year)**, Daniela Friedman, Angela Liese, Mark Sarzynski

Total Costs: \$3,548,283 (Direct: \$2,434,673)

Granting Period: 07/01/2021-03/31/2026

Agency: National Institutes of Health (R21)

Title: Reducing Sedentary Time Using an Innovative mHealth Intervention Among Total Knee Replacement Patients

Principal Investigators: Christine Pellegrini

Co-Investigators: **Sara Wilcox (7.5%)**, Julia Lee (Northwestern University)

Total Costs: \$516,091 (Direct: \$378,533)

Granting Period: 04/01/2020 – 01/31/2023 (no cost extension requested through 01/31/2025)

Consultant

Agency: NIH (National Institute of Diabetes and Digestive and Kidney Diseases) (R01)

Title: Intervention Based in Primary Care to Increase Physical Activity Among Inactive Adults with Prediabetes and Diabetes (Exercise Promotion in Primary Care)

Principal Investigator: Deborah Rohm Young (Kaiser Permanente)

Data Safety and Monitoring Board Members: Sara Wilcox (Chair), Wendy Mack, Tiffany Gary-Webb

Dates of Award: 09/15/2019 – 7/31/2024

Other

Agency: National Institutes of Health (NIA) (K07)

Title: NIA Academic Leadership Career Award

Principal Investigator: Daniela Friedman

My Role: Program Faculty (in kind)

Granting Period: 09/01/2024 – 05/31/2029

COMPLETED FUNDED GRANTS

Principal Investigator

Agency: National Institutes of Health (NICHD) (R01)
Title: Promoting Healthy Weight in Pregnancy and Postpartum among Overweight/Obese Women

Principal Investigators: Sara Wilcox (15-30%) & Jihong Liu (Multiple PIs)

Co-Investigators: Gabrielle Turner-McGrievy, Cheryl Addy, Judith Burgis

Total Costs: \$2,901,888 (Direct: \$2,003,203)

Granting Period: 08/06/2014 – 04/30/2022

Agency: Prisma Health

Title: Integrating a Healthy Lifestyle Curriculum into Midlands Healthy Start Program for Low-Income Pregnant and Postpartum Women in South Carolina

Principal Investigators: Jihong Liu and Sara Wilcox (in kind effort)

Total Costs: \$20,000 (all direct costs)

Granting Period: 04/01/2020 – 08/31/2021

Agency: Centers for Disease Control and Prevention

Title: Health Promotion and Disease Prevention Research Center, Core Research Project: Faith, Activity, and Nutrition – Dissemination in Underserved Communities

Principal Investigator: Sara Wilcox (25-35%)

Co-Investigators: Margaret Condrasky, Andrew Kaczynski, Ruth Saunders, Patricia A. Sharpe

Total Costs: \$3,682,431

Granting Period: 09/30/2014 – 09/29/2019

Agency: National Institutes of Health (NICHD) (R01)

Title: Supplement to Promoting Healthy Weight in Pregnancy and Postpartum among Overweight/Obese Women (Research Supplements to Promote Diversity in Health-Related Research for Ms. Alycia Boutté, doctoral student in the Department of Health Promotion, Education, and Behavior)

Principal Investigator: Sara Wilcox (in kind effort)

Total Costs: \$103,714

Granting Period: 02/01/2017 – 04/30/2019

Agency: National Institutes of Health (NCI) (R01)

Title: Evaluating a Food Hub's Impact on Food Access, Diet and Weight in a Food Desert

Principal Investigator: Patricia A. Sharpe, Sara Wilcox (since 8/1/2016)

Co-Investigators: Sara Wilcox (prior to 8/1/2016) (10%), Angela Liese, Bethany Bell,

Total Costs: \$2,742,375

Granting Period: 03/01/2013 – 07/31/2019

Agency: Centers for Disease Control and Prevention

Title: SIP 09-028: Evaluation of a Self-Directed, Packaged Physical Activity Program for Adults with Arthritis

Principal Investigator: Sara Wilcox

Co-investigators: Patricia Sharpe, Bruce McClenaghan, Katherine Leith, Robert Moran

Total Costs: \$824,741
Granting Period: 09/30/2009 – 09/28/2012 (no-cost extension through 2014)

Agency: Centers for Disease Control and Prevention
Title: Health Promotion and Disease Prevention Research Centers
Principal Investigator: Sara Wilcox (as of 5/2011; Co-Investigator before that date)
Co-investigators: Patricia Sharpe, Melinda Forthofer
Total Costs: \$3,421,250
Granting Period: 09/30/2009 – 09/28/2014

Agency: Centers for Disease Control and Prevention
Title: SIP 09-027: Healthy Aging Research Network Collaborating Center
Principal Investigator: Sara Wilcox, Katherine Leith
Co-investigators: Daniela Friedman
Total Costs: \$368,885
Granting Period: 09/30/2009 – 09/28/2014

Agency: National Institutes of Health (NHLBI)
Title: A Partnership to Promote Physical Activity and Healthy Eating in AME Churches (R01)
Principal Investigator: Sara Wilcox
Co-Investigators (USC): Ruth Saunders, Cheryl Addy, Marsha Dowda
Co-Investigators (MUSC): Marilyn Laken
Co-Investigators (Clemson): Margaret Condrasky
Total Costs: \$3,302,379
Granting Period: 07/10/2006 – 03/31/2011 (no-cost extension to 2013)

Agency: National Institutes of Health (NHLBI)
Title: Supplement to a Partnership to Promote PA and Healthy Eating in AME Churches
(Research Supplements to Promote Diversity in Health-Related Research for Ms. Tatiana
Warren, doctoral student in the Department of Exercise Science)
Principal Investigator: Sara Wilcox
Total Costs: \$174,773
Granting Period: 01/01/2008 – 12/31/2011 (no-cost extension to 2013)

Agency: National Institutes of Health (NICHD)
Title: Promoting Healthy Weight in Pregnancy and Postpartum among Overweight/Obese
Women (R21 – 1 year funded under ARRA mechanism)
Principal Investigators: Jihong Liu & Sara Wilcox
Co-Investigators: Cheryl L. Addy, Christine Blake, Anthony Gregg
Total Costs: \$ 181,250
Granting Period: 09/13/2010 – 08/31/2011 (no-cost extension to 2013)

Agency: Centers for Disease Control and Prevention
Title: SIP 13-04: PRC's Healthy Aging Research Network
Principal Investigator: Sara Wilcox (9/30/04 – 9/29/06), Delores Pluto (9/30/06 – 9/29/08),
Steven Hooker (9/30/08 – 9/29/08)
Co-Principal Investigator: Delores Pluto (9/30/04 – 9/29/06), **Sara Wilcox (9/30/06 –
9/29/09)**
Co-Investigators: Steven Hooker, Katherine Leith, Delores Pluto, Ken Watkins, Harriet
Williams
Total Costs: \$248,795

Granting Period: 09/30/2004 – 09/29/2009

Agency: Robert Wood Johnson Foundation
Title: Evaluation of the Active for Life® Program

Principal Investigator: Sara Wilcox

Co-Investigators: Sarah Griffin, Marsha Dowda

Total Costs: \$971,283

Granting Period: 02/01/2004 – 01/31/2009

Agency: Centers for Disease Control and Prevention

Title: Health-e-AME Faith-Based Physical Activity Initiative (Subcontract from MUSC)

Principal Investigator: Marilyn Laken

Principal Investigator of USC subcontract: Sara Wilcox

Total Costs: \$610,506 to USC (\$1,257,640 for the entire project)

Granting Period: 9/30/2002 – 09/30/2005 (extension through 9/30/06)

Agency: Centers for Disease Control and Prevention & Association of Schools of Public Health

Title: Factors Influencing Physical Activity in People with Arthritis

Principal Investigator: Sara Wilcox

Co-Principal Investigator: Patricia A. Sharpe

Total Costs: \$149,819

Granting Period: 09/30/2002 – 09/29/2004 (includes one-year extension)

Agency: Department of Defense

Title: The Effect of a Home-Based Walking Intervention on Quality of Life, Body Composition, and Estrogen Metabolism in Post-Menopausal Cancer Survivors

Principal Investigators: Charles Matthews & Sara Wilcox

Total Costs: \$72,250

Granting Period: 09/01/2001 – 08/31/2002 (due to delays from the Army, this project began 10/04 and ended 9/06)

Agency: Centers for Disease Control and Prevention

Title: Creation of a Prevention Research Center Network for Healthy Aging

Principal Investigator: Sara Wilcox

Co-Principal Investigator: Kenneth Watkins

Co-Investigators: Harriet Williams, Thomas Brown, Jr., Delores Pluto

Total Costs: \$96,810

Granting Period: 09/30/2001 – 09/29/2004

Agency: The National Council on the Aging

Title: Healthy Aging Network: NCOA Supplement

Principal Investigator: Sara Wilcox

Total Costs: \$11,700 (for supplement to the above grant)

Granting Period: 09/01/2002 – 12/31/2003

Agency: Robert Wood Johnson Foundation

Title: Evaluation of the Active for Life® Program

Principal Investigator: Sara Wilcox (4/2003 +)

Co-Investigators: Sarah Griffin, Russell Pate, Barbara Ainsworth, Dennis Shepard

Total Costs: \$747,146

Granting Period: 02/01/2002 – 01/31/2004

Agency: American College of Sports Medicine
Title: Physical Activity in Rural African American and White Women

Principal Investigator: Sara Wilcox

Total Costs: \$14,998

Granting Period: 07/01/2001 – 06/30/2002

Agency: University of South Carolina, Research and Productive Scholars Award

Title: Ethnic Differences in Stress Responses to Family Caregiving

Principal Investigator: Sara Wilcox

Total Costs: \$14,000

Granting Period: 4/01/2001 – 6/30/2002

Co-Principal Investigator

Agency: National Institutes of Health

Title: The HHER Lifestyle Program for CVD Risk Reduction (R01)

Principal Investigator: Deborah Parra-Medina

Co-Principal Investigator: Sara Wilcox

Co-Investigators: Cheryl Addy, Barbara Ainsworth, Gwen Felton, Dawn Wilson, Mary Beth Poston

Total Costs: \$2,152,232

Granting Period: 06/01/2004 – 05/31/2008 (no-cost extension through 5/31/2009)

Agency: U.S. Army

Title: A Diet, Physical Activity, and Meditation Intervention in Men with Rising Prostate-Specific Antigen (PSA)

Principal Investigator: James Hebert

Co-Principal Investigator: Sara Wilcox

Co-Investigators: Charles Matthews, Jane Teas, William JM Hrushesky, David Blask, Sue Heiney

Granting Period: 05/01/2003 – 07/01/2004 (project funded through 2006, but due to other grants, I transitioned off this project)

Agency: Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation

Title: The Women's Cardiovascular Health Network Project: Identifying Environment, Policy, and Psychosocial Factors Important for Designing Culturally-Appropriate Physical Activity Programs for Women

Principal Investigator: Barbara E. Ainsworth

Co-Principal Investigator: Sara Wilcox

Co-Investigators: Donna Richter, Karla Henderson

Total Costs: \$119,474 (CDC); \$50,000 (RWJF)

Granting Period: 09/30/1999 – 08/29/2001 (CDC); 01/01/02 – 12/31/02 (RWJF)

Agency: Centers for Disease Control and Prevention

Title: Heart Healthy and Ethnically Relevant Lifestyle (HHER Lifestyle) Pilot

Principal Investigator: Deborah Parra-Medina

Co-Principal Investigator: Sara Wilcox

Co-Investigators: Alexandra Evans, Kenneth Watkins

Total Costs: \$64,307
Granting Period: 09/30/2000 – 08/29/2001

Agency: South Carolina Cancer Center
Title: The Effect of a Walking Program on Estrogen Metabolism in Overweight Postmenopausal Women

Principal Investigators: Charles Matthews, **Sara Wilcox**, Jay Fowke

Total Costs: \$14,919
Granting Period: 06/01/2000 – 07/31/2001

Co-Investigator

Agency: National Institutes of Health (Diversity supplement)
Title: A Nutrition-Based Approach to Reduce Heart Disease Risk Among Overweight African Americans: Use of Soul Food Plant-Based or Omnivorous Diets to Address Cardiovascular Disease (Diversity supplement: Dissemination and implementation of Nutritious Eating with Soul)

Principal Investigator: Gabrielle Turner-McGrievy

Student: John Bernhart

Co-Investigators: **Sara Wilcox (10%)**, Caroline Rudisill

Total Costs: \$227,460
Granting Period: 04/01/2020 – 03/31/2022

Agency: National Institutes of Health (R01)
Title: A Nutrition-Based Approach to Reduce Heart Disease Risk Among Overweight African Americans: Use of Soul Food Plant-Based or Omnivorous Diets to Address Cardiovascular Disease (R01)

Principal Investigator: Gabrielle Turner-McGrievy

Co-Investigators: **Sara Wilcox (10%)**, Angela Murphy, Edward Frongilo

Total Costs: \$3,275,411 (Direct: \$2,273,864)
Granting Period: 7/15/2017 – 4/30/2022

Agency: USC, ASPIRE-I

Title: Baseline Evaluation of a Major Park Renovation Natural Experiment to Improve Diverse Health Outcomes in Columbia

Principal Investigator: Andrew Kaczynski

Co-Investigators: **Sara Wilcox**, Spencer Moore, James Hussey

Total Costs: \$14,971
Granting Period: 07/01/2020 – 09/30/2021

Agency: National Institutes of Health (R41)

Title: eCPAT: Advancing Public Park Information and Technology Resources to Diverse Audiences for Healthy Communities

Principal Investigator: Andrew Kaczynski

Co-Investigators: Ben Schooley, Brie Turner-McGrievy, **Sara Wilcox (2.1%)**

Total Costs: \$224,843 (Direct: \$173,276)
Granting Period: 04/15/2018 – 03/31/2019 (no cost extension to 2021)

Agency: USC Office of the Provost

Title: Examining the Efficacy of Theory-Based Persuasive Communications for Promoting Physical Activity in Public Parks: A Pilot Study

Principal Investigators: Andrew Kaczynski

Co-Investigators: Sara Wilcox (in kind), Rachel Davis, Jim Hussey, Sonya Wilhelm Stanis, Aaron Hipp, Morgan Hughey, Stowe

Submitted: 01/31/2017

Total Costs: \$19,945

Granting Period: 07/01/17-06/30/19

Agency: National Institutes of Health (NCI) (R21)

Title: ParkIndex: A Tool for Advancing Parks and Public Health Research and Practice

Principal Investigators: Andrew Kaczynski

Co-Investigators: Sara Wilcox (2.6%), Jim Hussey

Total Costs: \$352,506

Granting Period: 07/07/2016 – 06/30/2018 (extended to 2019)

Agency: Centers for Disease Control and Prevention

Title: Implementing Road Map Actions through a New Healthy Brain Initiative Network (Special Interest Project 14-002; Healthy Brain Initiative Network Collaborating Center)

Principal Investigators: Daniela B. Friedman

Co-Investigators: Sara Wilcox (4%), Sue Levkoff

Total Costs: \$474,998 (Direct Costs: \$331,692)

Granting Period: 09/30/2014 – 09/29/2019

Agency: National Institutes of Health (NCI) (R21)

Title: Increasing Dietary Self-Monitoring and Weight Loss in an mHealth Intervention

Principal Investigator: Gabrielle Turner-McGrievy

Co-Investigators: Sara Wilcox (5%)

Total Costs: \$353,198 (Direct: \$250,388)

Granting Period: 12/01/2014 – 11/30/2016 (extended to 2017)

Agency: USC ASPIRE-I

Title: eCPAT: Advancement and Feasibility Testing of Public Park Information and Technology Resources to Support Healthy Communities

Principal Investigators: Andrew Kaczynski

Co-Investigators: Benjamin Schooley, Sara Wilcox (in kind), Gabrielle Turner-McGrievy

Total Costs: \$14,987

Granting Period: 05/16/2016 – 05/15/2017

Agency: Academy of Nutrition and Dietetics Foundation

Title: Self-monitoring Assessment in Real Time (2-SMART): Improving Dietary Self-Monitoring Through Digital Photography and Crowdsourcing

Principal Investigator: Gabrielle Turner-McGrievy

Co-Investigators: Sara Wilcox (in kind)

Total Costs: \$5,000

Granting Period: 09/01/2015 – 08/31/2016

Agency: University of South Carolina Office of Research

Title: Impact of a Lifestyle Intervention Among Overweight/Obese Pregnant Women on Cardiometabolic Biomarkers

Principal Investigator: Nansi Boghossian & Jihong Liu

Co-Investigators: Sara Wilcox (in kind)
Total Costs: \$15,000
Granting Period: 05/16/2015 – 05/15/2016

Agency: Richland Memorial Hospital Research and Education Foundation, Grant-In-Aid award

Title: Barriers to Exercise in Pregnancy
Principal Investigators: Natalie Buckham
Co-Investigators: Kerry Sims, Jihong Liu, **Sara Wilcox** (in kind)
Granting Period: 11/2015 – 08/2016
Total Costs: \$8,461

Note: served as a mentor to Dr. Buckham and also worked with a doctoral student to code all qualitative survey responses, analyze qualitative data, prepare a report of findings, and contribute to abstract submissions.

Agency: University of South Carolina Office of Research
Title: ParkIndex: Development of a Prototype Tool for Advancing Parks and Public Health Research and Practice
Principal Investigator: Andrew T. Kaczynski
Co-Investigators: Sara Wilcox (in kind), Jim Hussey, Dwayne Porter
Total Costs: \$14,950
Granting Period: 05/16/2015 – 05/15/2016

Agency: USC (ASPIRE I) (Intramural)
Title: Refining and Pilot Testing Social Networks for Modeling Healthy Behaviors: The Social Pounds Off Digitally (Social POD) study
Principal Investigator: Brie Turner-McGrievy
Co-Investigators: Sara Wilcox, Michael Huhns, Homay Valafar, Patrick Malone
Submitted: 01/27/2014
Granting Period: 05/01/2014 – 04/30/2015
Total Costs: \$14,995

Agency: Intramural - USC (ASPIRE)
Title: Neighborhood Physical and Social Environment and Residents' Physical Activity Patterns
Principal Investigator: Andrew Kaczynski
Co-Investigators: Sara Wilcox, Darcy Freedman, Stephanie Child
Submitted: 1/23/13
Granting Period: 06/01/2013 – 05/31/2014
Total Costs: \$14,835

Agency: Intramural - USC/MUSC SCTR Discovery Grant
Title: The Efficacy of Agent-Mediated Social Networks for Modeling Healthy Behaviors
Principal Investigator: Gabrielle Turner-McGrievy
Co-Investigators: Sara Wilcox, Michael Huhns, Patrick Malone, Homay Valafar
Total Costs: \$29,986
Granting Period: 03/01/2013 – 05/30/2014

Agency: Intramural - USC/MUSC SCTR Discovery Grant
Title: eCPAT: Using Mobile Technology to Assess the Acceptability, Feasibility, and Efficacy of the Community Park Audit Tool with Youth

Principal Investigator: Andrew T. Kaczynski
Co-Investigators: Gabrielle Turner-McGrievy, Benjamin Schooley, Sonja A. Wilhelm Stanis, **Sara Wilcox**, Gina M. Besnyi,
Total Costs: \$30,000
Granting Period: 03/01/2013 – 06/31/2014

Agency: National Institutes of Health (NIDDK)
Title: Behavioral/Support Intervention for Diet and Exercise Among Underserved Women (R01)
Principal Investigator: Patricia A. Sharpe
Co-Investigators: Sara Wilcox
Total Costs: \$2,713,730
Granting Period: 08/01/2007 – 05/31/2012 (one-year no-cost extension)

Agency: National Institutes of Health
Title: Diet & Activity Community Trial: High-Risk Colon Polyps (R24)
Principal Investigator: James Hebert
Co-Investigators: Swann Adams, Cheryl Armstead, Elizabeth Murphy, James Hardin, J. Mark Davis, James Burch, **Sara Wilcox**
Total Costs: \$2,829,569
Granting Period: 07/01/2008 – 06/30/2013

Agency: National Institutes of Health (NCHMD)
Title: Home-based Exercise for Management of HIV-associated Cardiovascular Disease Risk (R21)
Principal Investigator: Gregory A. Hand
Co-Investigators: Steven Blair, Cheryl Addy, Stephanie Burgess, Xuemei Sui, **Sara Wilcox**
Total Costs: \$ 399,065
Submitted: 5/3/2010 (revised application)
Granting Period: 12/01/2010 – 11/30/2012

Agency: National Institutes of Health (NIDDK)
Title: Supplement to Behavioral/Support Intervention for Diet and Exercise Among Underserved Women (Research Supplements to Promote Diversity in Health-Related Research for Dr. Gayenell Magwood, faculty at MUSC)
Principal Investigator: Patricia Sharpe
Co-Investigators: Sara Wilcox
Total Costs for second year: \$120,047
Granting Period: 07/01/09 – 06/30/12

Agency: Body Media, Inc.
Title: Use of Electronic Feedback on Diet and Physical Activity to Enhance Weight Management
Principal Investigator: Steven N. Blair
Co-Investigators: Gregory Hand, Mei Shui, Rebecca A. Meriwether, **Sara Wilcox**
Total Costs: \$205,515
Granting Period: 11/05/2007 – 04/04/2009

Agency: Centers for Disease Control and Prevention
Title: Prevention Research to Promote and Protect Brain Health
Principal Investigator: Daniela Friedman (current) / James Laditka (previous)

Co-Investigators: Sara Corwin, Sarah Laditka, Robert McKeown, Deborah Parra-Medina, **Sara Wilcox**, Harriet Williams
Total Costs: \$825,863
Granting Period: 09/30/2006– 09/29/2009

Agency: Centers for Disease Control and Prevention
Title: Health Promotion and Disease Prevention Research Centers
Principal Investigator: Steven Hooker
Co-Investigators: Russell Pate, Dennis Shepard, Fran Wheeler, Dawn Wilson, Patricia Sharpe, **Sara Wilcox**, Alexandra Evans
Total Costs: \$4,395,665
Granting Period: 09/30/2004 – 09/29/2009

Agency: National Institutes of Health (NIA)
Title: Factors Influencing Physical Activity in Older African American Men (R21)
Principal Investigator: Steven P. Hooker
Co-Investigator: Sara Wilcox
Total Costs: \$396,000
Granting Period: 07/01/2006 – 06/30/2008 (no cost extension through 6/30/2009)

Agency: Centers for Disease Control and Prevention
Title: Community Based Approaches for Preventing Alzheimer's Disease (Supplement to the Healthy Aging Research Network, PI: Sara Wilcox)
Principal Investigator: James Laditka
Co-Investigators: Carol Cornman, Sara Corwin, Sarah Laditka, Marcia Lane, Robert McKeown, Deborah Parra-Medina, Terry Territo, **Sara Wilcox**, Harriet Williams
Total Costs: \$156,789
Granting Period: 09/30/2005 – 09/29/2006

Agency: Centers for Disease Control and Prevention
Title: Participatory Research for Physical Activity Promotion
Principal Investigator: Patricia Sharpe
Co-Investigators: Sara Wilcox, Regina Fields, Barbara Ainsworth
Total Costs: \$1,371,739
Granting Period: 9/30/2002 – 09/30/2005 (extended through 09/30/06)

Agency: Centers for Disease Control and Prevention
Title: Health Promotion and Disease Prevention Research Centers
Principal Investigator: Barbara Ainsworth
Co-Investigators: Russell Pate, Dennis Shepard, Fran Wheeler, Harris Pastides, **Sara Wilcox**, Alexandra Evans
Annual Costs: \$517,621
Granting Period: 09/30/1998 – 09/29/2004
Note: Involvement of S. Wilcox as of 9/30/2001

Agency: Centers for Disease Control and Prevention
Title: Nutrition, Physical Activity, and Obesity Network
Principal Investigator: Alexandra Evans
Co-Investigators: Barbara Ainsworth, Charles Matthews, **Sara Wilcox**
Annual Costs: \$10,000
Granting Period: 09/30/2000 – 09/29/2003

Note: Involvement of S. Wilcox from 9/30/2001-12/31/2002

Agency: Center for Health Promotion & Risk Reduction in Special Populations, USC College of Nursing, National Institute of Nursing Research

Title: Effects of Acupuncture and Nursing Back Rub on Stress-Induced Oral Disease in HIV+ Individuals

Co-Principal Investigators: Gregory Hand, Kenneth Phillips

Co-Investigators: James Carson, J. Mark Davis, Barbara Latham, Michelle Rojas, Bruce Schell, William Skelton, **Sara Wilcox**

Total Costs: \$10,000

Agency: Centers for Disease Control and Prevention

Title: Heart Healthy and Ethnically Relevant Tools (HHER Tools)

Principal Investigator: Deborah Parra-Medina

Co-Principal Investigator: Roger Sargent

Co-Investigators: **Sara Wilcox**, Rose Marie Hendrix, Lynn Thomas

Total Costs: \$99,981

Granting Period: 09/30/1999 – 08/29/2000

Mentor

Agency: American Heart Association

Title: Renin Angiotensin Aldosterone System Components and Vascular Function in Women After an Adverse Pregnancy Outcome

Principal Investigator: Abbi Lane-Cordova

Mentors: **Sara Wilcox**, Jihong Liu, Janet Catov, Bo Fernhall

Granting Period: 07/2018 - 06/2021 (request for no-cost extension)

Total Costs: \$231,000 (Direct Costs: \$210,000)

Consultant

Agency: NIH (National Institute of Minority Health and Health Disparities) (R15)

Title: Healthy Living Program for Filipino Lay Leaders

Principal Investigators: Cheryl Albright and Clementina Ceria-Ulep (University of Hawaii at Manoa)

Consultant / Data Safety and Monitoring Board Members: **Sara Wilcox**, Brook Harmon, Melissa Bopp

Dates of Award: 09/26/2017 – 5/31/2020

Total: \$424,462

Agency: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control

Title: Use of Tele-Exercise as an Alternative Delivery Channel for Translating an Evidence-Based Fall-Prevention Program into Practice for Older Adults in West Virginia

Principal Investigator: Dina Jones (West Virginia University)

Consultant: **Sara Wilcox**

Dates of Award: 08/01/2017 – 7/31/2019

Total: \$330,000

Agency: Agency: National Institutes of Health (NHLBI R01 HL128666)

Title: Escalating Proportion of Weight-Loss Maintainers Via Modules Prior to Weight Loss
(Stanford Healthy Heart Study)

Principal Investigator: Michaela Kiernan (Stanford Prevention Research Center)

**Consultant / Data Safety Monitoring Board Members: Sara Wilcox, Stephen Fortmann,
Tricia Leahey**

Dates of Award: 08/01/2015 – 7/31/2020

Agency: Centers for Disease Control and Prevention, National Center for Injury Prevention
and Control

Title: Translation of an Evidence-Based Fall-Prevention Program into Rural West Virginia
Churches

Principal Investigator: Dina Jones (West Virginia University)

Consultant: Sara Wilcox

Dates of Award: 09/30/12 – 09/29/15

Total: \$540,669

Agency: National Institutes of Health

Title: Faith in Action (Fe en Acción)

Principal Investigator: Elva Arredondo & John Elder (San Diego State University)

Advisory Board Member: Sara Wilcox

Dates of Award: 12/01/2010 – 10/31/2014

Agency: National Institutes of Health (NHLBI)

Title: Study of the Naturalistic Dissemination Process of an Evidence-based Program

Principal Investigator: Andrea Dunn (Klein Buendel, Inc.)

Consultant: Sara Wilcox

Dates of Award: 12/01/05 – 11/30/09 (no cost extension through 2011)

Agency: National Institutes of Health (NCI)

Title: Promoting Healthy Weight with 'Stability First'

Principal Investigator: Michaela Kiernan (Stanford Prevention Research Center)

Consultant / Data Safety Monitoring Board Member: Sara Wilcox

Dates of Award: 07/11/07 – 05/31/2011

Agency: National Institutes of Health (NCI)

Title: Understanding Change in Physical Activity Postpartum

Principal Investigator: Kelly Evenson (UNC-Chapel Hill)

Consultant: Sara Wilcox

Dates of Award: 09/30/2004 – 02/29/2010

Agency: National Institutes of Health (NHLBI)

Title: Preventing Risks of Long Sleep

Principal Investigator: Shawn Youngstedt

Co-Investigators: Daniel F. Kripke, Richard Bogan

Ombudsperson: Sara Wilcox

Granting Period: 07/01/2003 – 6/30/2006

Agency: National Institutes of Health

Title: Clinical Facilitating Center, Women's Health Initiative

Principal Investigator: Sally Shumaker

Consultant: Sara Wilcox

Dates of Participation: 1999-2003

Agency: National Institutes of Health (NIA)
Title: Teaching Healthy Lifestyles to Caregivers
Principal Investigator: Abby C. King
Consultant: Sara Wilcox
Dates of Participation: 1999-2000

STUDENT- AND TRAINEE-MENTORED FUNDED GRANTS

Funded:

Agency: South Carolina Honors College, Undergraduate Research and Scholars Program
Title: The Implementation and Evaluation of the Faith, Activity, and Nutrition Program
Principal Investigator: Mackenzie Walker (EXSC undergraduate, honors college)
Advisor: Sara Wilcox
Total Costs: \$4,9851
Granting Period: 01/14/2019 – 04/26/2019

Agency: University of South Carolina (SPARC)
Title: Patient and Provider Perceptions of Weight Gain, Nutrition, and Exercise in Pregnancy
Principal Investigator: Kara Goodrich (EXSC doctoral student, BBIP T32 training program)
Advisor: Sara Wilcox
Co-Mentor: Jihong Liu
Total Costs: \$4,770
Granting Period: 05/01/2014 – 07/31/2015

Agency: Intramural - University of South Carolina (SPARC)
Title: An fMRI Investigation of Fitness-Induced Cognitive Reserve in Older Women
Principal Investigator: Katie Becofsky (EXSC doctoral student, BBIP T32 training program)
Mentor: Roger Newman-Norlund
Co-Mentor and Advisor: Sara Wilcox
Total Costs: \$5,000
Granting Period: 05/15/2013 – 07/31/2014

Agency: Intramural – McCausland Center
Title: Neural Implementation of Fitness-Induced Cognitive Reserve in Older Adults
Principal Investigator: Katie Becofsky (EXSC doctoral student, BBIP training program)
Faculty Advisor: Sara Wilcox
Total Costs: Funded for 20 hours of MRI Scans

Agency: American College of Sports Medicine
Title: Evaluation of a Faith-Based Behavior Change PA Program
Principal Investigator: Melissa Bopp (EXSC doctoral student)
Faculty Advisor: Sara Wilcox
Total Costs: \$5000
Granting Period: 07/01/2004 – 06/30/2005

Agency: American College of Sports Medicine
Title: Mediating Effects of Self Regulation on Older Adult's PA
Principal Investigator: Michelle Renee Umstatttdt (HPEB doctoral student)
Faculty Advisor: Sara Wilcox
Total Costs: \$5000
Granting Period: 07/01/2004 – 06/30/2005

TEACHING

Courses Taught

- 2000 - Department of Exercise Science, Arnold School of Public Health, University of South Carolina
- Graduate Courses:
- Selected Topics in Exercise Science (EXSC 755)
 - Behavioral Aspects of Physical Activity (EXSC 710 / HPEB 713)
 - Research Seminar in Exercise Physiology (EXSC 783)
- Undergraduate Courses:
- Current Topics in Exercise Science (EXSC 555)
 - Psychology of Physical Activity (EXSC 410 / PSYC 565)
 - From 2004-2015, supervised doctoral student(s) who served as the instructor(s) for the course
- 1995 *Instructor*, Barnes College School of Nursing, St. Louis, MO
Undergraduate Course: Mental Health and Aging
- 1994 - 1995 *Teaching Assistant*, Department of Psychology, Washington University, St. Louis, MO
Graduate Courses: Statistics (two-semester course)
- 1994 & 1995 *Instructor*, Departments of Psychology and Gerontology, University of Missouri in St. Louis, St. Louis, MO
Undergraduate/Graduate Courses: Mental Health and Aging (two courses)
- 1994 *Instructor*, University College, Washington University, St. Louis, MO *Course*:
Undergraduate Course: Psychology of Aging

Postdoctoral Fellows

- 2009 - 2011 Meghan Baruth, The role of positive health on health outcomes and community-based physical activity interventions
(Also mentored by Dr. Steven Blair)
(Current position: Associate Professor, Saginaw Valley State University)
- 2004 - 2006 Elizabeth Fallon, Community-based approaches to physical activity promotion
(Current position: American Cancer Society)

Doctoral Students - Major Advisor or Chaired or Co-Chaired Dissertation

- In progress Jasmin Parker-Brown (enrolled 2021) (BBIP T32 program), Examining the feasibility of a walking intervention in underserved public libraries to promote improved physical activity among urban dwelling young and middle-aged adults
- 2023 Kelsey Day (enrolled 2019) (BBIP T32 program), Leveraging church neighborhood environments to promote rural physical activity and healthy eating (Current Position: Postdoctoral Fellow, University of Virginia School of Medicine)
- 2019 John Bernhart, Investigating for-cause physical activity events for physical activity promotion and public health impact: An investigation using Self-Determination Theory (Current Position: Research Assistant Professor, Department of Health Promotion, Education, and Behavior, University of South Carolina)
- 2018 Caroline Dunn (co-chair), Examining faith-based communities as leverage points for the prevention of childhood and adolescent obesity (Completed a Postdoctoral Fellowship at Harvard University; Current Position: Senior Social Science Analyst, United States Department of Agriculture)
- 2016 Danielle Schoffman (co-chair), Enhancing parent-child communication and promoting physical activity and healthy eating through mobile technology: A randomized trial
** Received a USC SPARC (Support to Promote Advancement of Research and Creativity) research award
** 2016 Breakthrough Scholar
** 2016 Arnold School of Public Health Doctoral Achievement Award.
** 2016 Delta Omega Inductee
(Completed a T32 postdoctoral fellowship at the University of Massachusetts School of Medicine; Current Position: Assistant Professor, University of Florida)
- 2015 Kara Whitaker (Goodrich) (BBIP T32 program), Patient and provider perceptions of weight gain, physical activity, and nutrition in pregnancy
**2022, Received the Gerry Sue Arnold Alumni Award (University of South Carolina, Arnold School of Public Health; the award is open to all alumni who graduated less than 10 year prior to the current year)
** Received a USC SPARC (Support to Promote Advancement of Research and Creativity) research award.
** 2015 Delta Omega Inductee.
(Completed a T32 postdoctoral fellowship at the University of Minnesota; Current Position: Associate Professor, University of Iowa)
- 2015 Tatiana Warren, Patterns of sedentary behavior and associations with health risks among African American adults
** Supported on a diversity supplement from my R01.
** Delta Omega Inductee.

- 2014 Katie Potter (Becofsky) (BBIP T32 program), The effects of exercise training on cognitive reserve and cognitive function in healthy older women
** Received a USC SPARC (Support to Promote Advancement of Research and Creativity) research award.
(Completed T32 postdoctoral fellowship at Brown University; Current Position: Assistant Professor, University of Massachusetts at Amherst)
- 2014 Joni Marr, Understanding the relationship between health locus of control and God health locus of health control and health behaviors in college students through mediation analysis
(Current Position: Associate Professor, Winthrop University)
- 2012 Jorge Banda, Examining park use in financially disadvantaged, rural communities (ASPH/CDC Prevention Research Center Minority Health Fellow)
** Received the 2012 Arnold School of Public Health Doctoral Achievement Award.
(Completed T32 Postdoctoral Fellow, Stanford University School of Medicine; Current Position: Assistant Professor, Purdue University)
- 2009 Meghan Baruth, Social support and physical activity in African Americans
(Current position: Professor, Saginaw Valley State University)
- 2006 Diana Lattimore, Barriers experienced by older adults participating in a telephone-based physical activity program, and relations to outcomes
(Current position: Associate Professor, University of San Francisco)
- 2005 Melissa Bopp, Evaluation of a faith-based physical activity intervention
** Received an American College of Sports Medicine dissertation award.
(Current position: Professor, Pennsylvania State University)
- 2005 Cheryl DerAnanian, Understanding factors that influence exercise in non-exercisers, insufficiently active individuals, and exercisers with arthritis: A quantitative and qualitative approach (Co-Chair of committee)
(Postdoctoral Fellowship at University of Illinois-Chicago, Current position: Associate Professor, Arizona State University)

Doctoral Students – Dissertation Committee Member

- 2024 Xuanxuan (Julia) Zhu, Department of Epidemiology and Biostatistics
Early life factors for infant feeding and growth
- 2022 Sabrina Karim, Department of Epidemiology and Biostatistics
Trajectories, prevention strategies, and health impacts of perinatal depression
- 2022 Allison Lewis, Department of Exercise Science
Effects of social comparative feedback on motor sequence learning and resting state functional connectivity

- 2021 Becky Kyrlyiuk, Department of Exercise Science
Strengthening the evidence-base for youth nutrition programs
** Received a USC SPARC (Support to Promote Advancement of Research and Creativity) research award.
**BBIP T32 program
- 2020 Elizabeth Regan, Department of Exercise Science
Integrating survivors of stroke into cardiac rehabilitation
**BBIP T32 program
- 2019 Alycia Boutté, Health Promotion, Education, and Behavior
Exploring the impact of stress, depressive symptoms, and the nutritional built environment among overweight and obese pregnant women
** Supported on a diversity supplement from my R01.
- 2018 Laura Kurzban, Psychology
Service use among individuals with serious mental illness and physical health problems
**BBIP T32 program
- 2018 Anthony Walker, Department of Health Promotion, Education, and Behavior
Use of the theory of self-determination framework to study the effects of a diabetes self-management education program on motivation in 45 - 65 year-old African American males with Type 2 diabetes
- 2018 Alicia Dahl, Health Promotion, Education, and Behavior
Healthy motivations for moms-to-be (Healthy MoM2B) Study: A mobile health intervention targeting gestational weight gain during first-time pregnancies among overweight and obese women
**Supported on my R01 study for her assistantship
- 2017 Samantha McDonald, Department of Exercise Science
Maternal physical activity and cardiorespiratory fitness during pregnancy and its relation to infant size
- 2015 Sarah Hales, Department of Health Promotion, Education, and Behavior
Refinement and pilot testing social networks for encouraging healthy behaviors: The Social Pounds Off Digitally (Social POD) Study
- 2015 Gina Besenyi, Department of Health Promotion, Education, and Behavior
ECPAT: Development and testing of mobile technology to engage youth in active living policy, systems, and environmental health promotion efforts
- 2014 Amanda Paluch, Department of Exercise Science
Longitudinal evaluations of objectively measured total physical activity. A look beyond the typical recommendations of MVPA
- 2012 John Sieverdes, Department of Exercise Science
Using technology to enhance behavior change
- 2008 Jennifer Gay, Department of Health Promotion, Education, and Behavior

- Testing self-determination theory and the roles of social and physical environments in an adult beginning exerciser population
- 2011 Kerry McIver, Department of Exercise Science
The contribution of in-school physical activity to total physical activity in elementary school students
- 2008 Sweta Tewary, College of Social Work
Marital quality and its influence on disease management self-efficacy among people with rheumatoid arthritis
- 2005 Renee Umstattd, Department of Health Promotion, Education, and Behavior
The roles of self-regulation and self-efficacy in physical activity behavior and correlates of self-regulation in an older adult population
** Dissertation was ancillary to study in which I was PI (Active for Life)
**Supported on my study for her assistantship
** Received the 2005 Arnold School of Public Health Doctoral Achievement Award
** Received an American College of Sports Medicine Dissertation Award
- 2004 JoEllen Vrazel, Department of Health Promotion, Education, and Behavior
Using qualitative methods to elicit perspectives from middle-aged women about social environmental influences on their physical activity behavior
- 2004 Julie Stone, Department of Exercise Science
Incidence of menstrual dysfunction in female off-road cyclists
- 2004 Emily Severt, Department of Exercise Science
Characteristics of veterans seeking care for low back pain
- 2003 Colleen Reardon, Department of Psychology
The influence of maternal attitudes and behaviors on the development of weight concern, body dissatisfaction, and the use of weight control methods among first through fifth grade girls
- 2002 Mary Greaney, Department of Health Promotion, Education, and Behavior
Body size perception and physical activity among older, urban, African American women

Masters Students – Thesis, Practicum, or Project Advisor

- 2017 Nathan Peters, MS, Department of Exercise Science
Identifying associations between religious commitment and preventive health behaviors in a southeastern rural community (thesis)
- 2016 Lauren Reid, MPH, Department of Exercise Science
Revision of AHA's Faith in Heart toolkit to include physical activity (practicum)
- 2014 Ryan Falck, MS, Department of Exercise Science

- The effects of *Arthritis Foundation's* "Walk With Ease" program on cognitive function (thesis)
- 2011 Kara Goodrich, MPH, Department of Exercise Science
Preventing excessive weight gain in pregnancy (practicum)
- 2009 Mary Cregger, MS, Department of Exercise Science
Barriers to physical activity and healthy eating in pregnancy (thesis)
- 2007 Jennifer DePercin, MS, Department of Exercise Science
Blue Cross / Blue Shield of South Carolina corporate fitness center low usage project (project)
- 2003 Larissa Oberrecht, MS, Department of Exercise Science
The assessment of environmental supports for physical activity in faith-based organizations (project)
- 2001 Amy Skiba, MS, Department of Exercise Science
A pilot evaluation of the effects of a 12-week walking program on quality of life in breast cancer survivors (project)

Masters Students – Committee Member

- 2017 Marilyn Wende, Department of Epidemiology
Trends in gestational weight gain in South Carolina, 2004-2015 (thesis)
- 2014 Noma Louise Mgutshini, Department of Epidemiology
Gestational weight gain and the risk of obesity among preschool children: Is this mediated through birth weight? (thesis)
- 2011 Shericka Harris, Department of Epidemiology
Correlates of physical activity during pregnancy and its association with gestational weight gain during pregnancy (thesis)
- 2003 Jared Reis, Department of Exercise Science
Physical activity assessment during and after phase II cardiac rehabilitation (thesis)
- 2000 Deidre Watson, Department of Exercise Science
Effects of a four-week ingestion of two nutritional supplements on mood, perceived exertion, and performance during strenuous resistance exercise (thesis)
- 2000 Jason Winnick, Department of Exercise Science
Effect of carbohydrate ingestion on physical and mental performance during exercise designed to mimic team sports (thesis)
- 2000 Meredith Jamieson, Department of Exercise Science
Health related quality of life in CVD (thesis)

SERVICE AND LEADERSHIP

Service & Leadership to Profession

Professional Roles

- 2023-present Member, External Advisory Committee, NIH T32 Postdoctoral Fellowship Award
Stanford Prevention Research Center, Department of Medicine, Stanford School of Medicine
- 2023-present Co-Chair, CDC PRC Network
Plan and facilitate monthly CDC PRC Network calls (including identifying a topic and speaker); chair and guide Executive Committee meetings to discuss priority PRC Network matters and committee progress; meet monthly with Director CDC's Office of the National Prevention Strategy Centers for Disease Control and Prevention to discuss priority PRC Network matters
- 2022 Design Lab Leader, 2022 National Gathering of the Common Table Collaborative, Duke University
Co-facilitated a full-day session as a design lab leader to discuss challenges facing the health of women clergy and possible solutions. Presented findings to larger conference group.
- 2022 Member, Planning Committee, Dissemination and Implementation Related Scientific Retreat, Medical University of South Carolina SCTR
- 2021, 2022, 2023, 2024 Co-Director, Physical Activity & Public Health Postgraduate Course on Research Directions and Strategies (7-day intensive course; all years); Director, Physical Activity & Public Health Practitioner's Course on Community Interventions (4-day intensive course; 2022, 2023, & 2024); Columbia, SC
*Faculty and course participants come from across the US (and several countries outside of the US)
- 2021-2023 Member, Editorial Board, Contemporary Clinical Trials
- 2018-2021 Trustee, Board of Trustees, American College of Sports Medicine
- 2014- present Member, Faith-Based Sector Committee, National Physical Activity Plan, Physical Activity Alliance
- 2013-2014 Member, Planning Committee, SEC Symposium: Prevention of Obesity-Overcoming a 21st Century Public Health Challenge
- 2013 Member, Planning Committee, Implementation Science Retreat, Medical University of South Carolina SCTR
- 2012 Member, Planning Committee, Obesity Retreat, Medical University of South Carolina SCTR

2011	Reviewer, Book Chapter, Human Kinetics
2008	External Consultant, Participated in site visit to enhance department grant productivity, Met with faculty and department chair and gave presentation, Ball State University
2006-2010	Consulting Editor, Health Psychology
2006-2007	Member, Conference Planning Committee, Healthy Aging Research Network Symposium: Effective Community-Based Physical Activity Programs for Older Adults
2005-2010	Member, Editorial Board, Psychology and Aging
2004-2007	Member, Editorial Board, Journal of Physical Activity and Health
2003-2009	Associate Editor, Journal of Aging and Physical Activity
2003	Reviewer, Book Chapter, John Wiley & Sons, Inc
2002-2011	Member, Strategic Health Initiatives (SHI) - Behavioral Strategies Committee, American College of Sports Medicine
2001	Planner and Facilitator, Women's Health Initiative Aging Workshop (NIH funded)
2001	Member, Conference Planning Committee, Southeastern American College of Sports Medicine
2000	Reviewer, Health behaviors chapter (physical activity section), Jacobs Institute on Women's Health Data Book, 3 rd Edition
1998-2000	Co-Convener, Health Promotion and Disease Prevention informal interest group, Gerontological Society of America

Grant & Conference Reviews

Grant reviews (study sections):

- Ad hoc grant reviewer, *National Institutes of Health* (2010, 2015, 2017, 2020)
- Standing Member, Psychosocial Risk and Disease Prevention Study Section, National Institutes of Health (6/2006 – 6/2009)
- Temporary Member, Psychosocial Risk and Disease Prevention Study Section, National Institutes of Health (2/2004 - 10/2005; served on 5 review panels)
- Grant Proposal Reviewer, The Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance (2000-2003)

Conference submission reviewer:

- American Public Health Association Susan B. Anthony Aetna Award for Excellence in Research on Older Women – includes reviews of abstracts and papers chosen for possible awards (2013-2017, 2020, 2021, 2022, 2024)
- Healthy Aging Research Network Symposium: Effective Community-Based Physical Activity Programs for Older Adults. From Research to Practice (2006)
- Gerontological Society of America (2000, 2003, 2004)
- American Psychological Association, Division 35 – Psychology of Women (1998, 1999, 2000)
- Society of Behavioral Medicine (1998, 2000, 2003, 2005, 2006, 2008, 2013, 2014, 2018, 2023)
- American Psychological Association, Division 20 – Adult Development and Aging (1998)
- American Psychological Association, Division 20 Student Awards (1998)

Manuscript Reviews

Ad hoc reviewer - journals:

- ACSM's Health and Fitness Journal (2010, 2011)
- American Journal of Epidemiology (2010)
- American Journal of Lifestyle Medicine (2011)
- American Journal of Preventive Medicine (2001-2003, 2005-2006, 2009-2011, 2014, 2016)
- American Journal of Public Health (2016, 2019)
- Annals of Behavioral Medicine (2001-2004, 2009, 2022)
- Annals of Leisure Research (2014)
- Arthritis Care and Research (2002, 2007-2009, 2011-2014, 2020)
- BMC Public Health (2024)
- BMJ Nutrition, Prevention & Health (2023)
- Clinical Child and Family Psychology Review (2002)
- Clinical Gerontologist (2004, 2005)
- Community Health Equity Research and Policy (2021)
- Contemporary Clinical Trials (2011, 2012, 2018, 2020-2023)
- Contemporary Clinical Trials-Communications (2022)
- Developmental Review. Perspectives in Behavior and Cognition (1999)
- Ethnicity & Disease (2001, 2003, 2004)
- Evaluation and Program Planning (2013, 2020, 2021)
- Exercise and Sport Sciences Reviews (2003)
- Family and Community Health (2012)
- Health Education & Behavior (2001, 2003-2005)
- Health Education Research (2001, 2002, 2005)

- Health Psychology (2000, 2001, 2003-2005, 2007-2013, 2017, 2018, 2020)
- International Journal of Behavioral Medicine (1998)
- International Journal of Sport Psychology (2002)
- Journal of Aging and Physical Activity (2002-2009)
- Journal of Aging Research (2014)
- Journal of the American Geriatrics Society (2007)
- Journal of Applied Gerontology (2001, 2007, 2009)
- Journal of Behavioral Medicine International (1998)
- Journal of Clinical Rheumatology (2012)
- Journal of Epidemiology and Community Health (2001, 2002)
- Journal of Gerontology: Psychological Sciences (1999-2001)
- Journal of Gerontology: Medical Sciences (2004)
- Journal of Gerontology: Social Sciences (2015, 2016)
- Journal of Nutrition Education and Behavior (2019-2021)
- Journal of Physical Activity and Health (2003- 2011)
- Journal of Public Health Management and Practice (2007)
- Journal of Racial and Ethnic Health Disparities (2016-2018, 2020, 2024)
- Journal of Religion and Health (2014, 2016-2018, 2021-2024)
- Journal of Rural Health (2008)
- Journal of Urban Health (2012)
- Journal of Women's Health (2016)
- Journal of Women's Health and Gender-Based Medicine (2001)
- Medicine and Science in Sports and Exercise (2000, 2003, 2004, 2006, 2007, 2011)
- Obesity (2010-2012)
- PLOS ONE (2015, 2019)
- Patient Education and Counseling (2024)
- Preventing Chronic Disease (2004, 2014, 2016)
- Preventive Medicine (2000, 2001, 2003, 2004, 2011)
- Preventive Medicine Reports (2019, 2020)
- Psychology and Aging (2003-2009)
- Psychology of Women Quarterly (1999)
- Research Quarterly for Exercise and Sport (2001, 2006, 2007, 2013)
- Social Science and Medicine (2001, 2012, 2014, 2017, 2018)
- Translational Behavioral Medicine (2019, 2021, 2022)
- Women and Health (2001, 2002)

Other

- 2023-2024 Mentor, Society of Behavioral Medicine Bridging the Gap Research Award
Serve as a mentor for Dr. Cathy Slavik, a young professional at the University of Oregon for her research project, Health Maps as Behavioral Interventions: Bridging Psychological Distance of Environmental Justice. Mentorship included telephone calls and an in-person meeting at the annual conference.
- 2022 Reviewed R21 proposal of junior investigator (provided written feedback and participated in telephone mock review), University of South Carolina College of Nursing

- 2020-2021 Mentor, American College of Sports Medicine Leadership & Diversity Training Program, Mentor to Doris Morris, Doctoral student at Georgia State University (met via monthly Zoom calls)
- 2019 Reviewed R01 proposal of junior investigator (provided written feedback and participated in telephone discussion), University of California San Diego
- 2017, 2018 Served as an “expert” for the Society of Behavioral Medicine Physical Activity Special Interest Group, “Meet the Expert” session for junior investigators (held at the annual meetings of the Society of Behavioral Medicine)
- 2014 Reviewed R15 proposal of junior investigator (provided written feedback and participated in mock study section), Georgia Regents University
- 2006-present Regularly serve as external reviewer for outside university tenure and/or promotion files: 2006 (1), 2008 (1), 2011 (3), 2012 (1), 2013 (1), 2014 (1), 2015 (2), 2016 (3), 2018 (1), 2019 (1), 2020 (2), 2021 (1), 2022 (1), 2023 (1), 2024 (1)
- 2003 (Jan) Participated (invited) in a CDC Arthritis Conference call to provide input regarding the development of a national telephone survey about arthritis, the Arthritis Conditions Health Effects Survey (ACHES)

Service & Leadership to University

University Level

- 2022 Member, Research Awards Review Committee, Office of the Vice President for Research, University of South Carolina
- 2021-2022 Member, Search Committee for Executive Vice President for Academic Affairs and Provost, University of South Carolina
- 2021 Speaker, STAR Workshop (focused on helping mid-level faculty prepare for developing Center grants), Office of Research, University of South Carolina
- 2021-present Mentor, Propel Program (mentor 3-4 mid-level faculty in preparing NIH R01 applications; monthly meetings and reviews of grant sections & attendance/participation at larger group meetings), Office of Research, University of South Carolina
-Mentored three groups, 2021-2022 (3 faculty), 2022-2023 (3 faculty), 2023-2024 (3 faculty), 2024-2025 (4 faculty)
- 2020-2021 Member, Ad hoc Promotion Committee, College of Social Work, University of South Carolina
- 2018-2019 Mentor, Top Scholar Program, McNair Scholars, University of South Carolina

- 2017-2019 Member, Excellence Initiative (created application form, identified review criteria, and reviewed all phase 1 and phase 2 proposals), Office of the Provost, University of South Carolina
- 2017- 2020 Member, Faculty Grievance Committee, University of South Carolina
- 2016 Member, Committee to develop criteria for undergraduate research, Office of Undergraduate Research, University of South Carolina
- 2015 Member, Fulbright Evaluation Committee (reviewed and interviewed 1 candidate), University of South Carolina
- 2015 Panelist, New Faculty Academy, "Balancing Research, Teaching, and Service," University of South Carolina
- 2015 Reviewer, Caravel (undergraduate journal), University of South Carolina
- 2014, 2015, 2016 Judge, Graduate Student Day, Graduate School, University of South Carolina
- 2013-2015 Member, Active Living Council, Healthy Carolina, Student Health Services, University of South Carolina
- 2011-2014, 2016 Reviewer, Magellan Scholars Program (awards research grants to undergraduates), Office of the Vice President for Research and Health Sciences, University of South Carolina (**Reviewed over 50 proposals**)
- 2011-2013 Member, Internal Research Advisory Board, Office of Research, University of South Carolina
- 2010-2013 Member, Health Sciences Award Committee, University of South Carolina Educational Foundation
- 2008 Member, Community-Based Research Working Group, Biomedical Research Initiative Steering Committee (BRISC IV), University of South Carolina
- 2006-2010 Co-Chair, Magellan Scholars Program (awards research grants to undergraduates), Office of the Vice President for Research and Health Sciences, University of South Carolina (**Reviewed ~150 proposals**)
- 2006-2008 Member, Research Council Committee, Office of the Vice President for Research and Health Sciences, University of South Carolina
- 2004 Member, Research Awards Committee, Women's Studies Program, University of South Carolina
- 2003 Panelist & Mentor, African American Professors Program, University of South Carolina
- 2002 Faculty Trainer, Grant Proposal Writing Workshop for Graduate Students, Graduate School, University of South Carolina

- 2002-2005 Member, Institutional Review Board, University of South Carolina (Alternate Member 2007-2010)
- 2001-2004 Member, Advisory Board, Women's Studies Program, University of South Carolina
- 2001, 2002 Faculty Trainer, Instructional Development Project Workshop for new Graduate Teaching Assistants, Graduate School, University of South Carolina
- 2001 Member, Planning Committee for Faculty Affiliate Retreat, Women's Studies and Department of History, University of South Carolina

School Level – Faculty Mentorship

- 2024 – present Mentor, John Bernhart, Research Assistant Professor, Department of Health Promotion, Education, and Behavior, Arnold School of Public Health
- 2020-2023 Mentor, Gabrielle Turner-McGrievy, Associate Professor, Department of Health Promotion, Education, and Behavior, Arnold School of Public Health
**I have served as an informal research mentor since 2012, reviewing and participating on grant proposals*
- 2020-present Mentor, Andrew Kaczynski, Associate Professor, Department of Health Promotion, Education, and Behavior, Arnold School of Public Health
- Mentorship team mentor since 2024
**I have served as an informal research mentor since 2012, reviewing and participating on grant proposals*
- 2017-2020 Mentor, Arnold School of Public Health NIH Boot Camp Program (mentor junior faculty in preparing an NIH R01 application; monthly meetings and reviews of grant sections & attendance/participation at larger group meetings), served in three cycles (mentored 3 faculty in 2017-2018, 4 faculty in 2018-2019, and 2 faculty in 2019-2020)

School Level – Committees & Activities

- 2024 – present Member, Research Advisory Council, Arnold School of Public Health, University of South Carolina
- 2019-2022 Member, Student Selection Committee, Delta Omega, Arnold School of Public Health, University of South Carolina
- 2017-2018 Member, Tenure and Promotion Criteria Revision Committee, Arnold School of Public Health, University of South Carolina

- 2015-2017 Chair, Tenure and Promotion Committee, Arnold School of Public Health, University of South Carolina
- 2014 Member, Search Committee for Associate Dean for Research, Arnold School of Public Health, University of South Carolina
- 2013-2014 Member, Committee to Evaluate the Dean, Arnold School of Public Health, University of South Carolina
- 2012 Presenter, Faculty Research Orientation, Arnold School of Public Health, University of South Carolina
- 2011-2013 Member, Advisory Board, Center for Research in Nutrition and Health Disparities, Arnold School of Public Health, University of South Carolina
- 2010-2013 Chair, Search Committee, Center of Economic Excellence (CoEE) Endowed Chair (Smart State Program), Arnold School of Public Health, University of South Carolina
- 2007-2011 Member, Faculty Research Award Committee (Chair 2010-2011), Arnold School of Public Health, University of South Carolina
- 2007-2010 Member, Academic Programs Committee, Arnold School of Public Health, University of South Carolina
- 2007 Member, Committee to Evaluate the Dean, Arnold School of Public Health, University of South Carolina
- 2006-2008 Member, Faculty Search Committee, Faculty Excellence Initiatives in Childhood Obesity, Departments of Exercise Science, Epidemiology & Biostatistics, and Psychology, Arnold School of Public Health, University of South Carolina
- 2004-present Member, Tenure & Promotion Committee (including writing teaching summaries for 3rd year reviews, presenting tenure and promotion files, as well as annual peer teaching reviews), Arnold School of Public Health, University of South Carolina
- 2004-2007 Member, Research Advisory Committee, Arnold School of Public Health, University of South Carolina
- 2004-2007 Member, Coordinating Committee, MPH in Physical Activity and Public Health, Arnold School of Public Health, University of South Carolina
- 2003-2005 Member, Faculty Search Committee, Physical Activity Epidemiologist, Department of Epidemiology & Biostatistics, Arnold School of Public Health, University of South Carolina
- 2003-2004 Member, Faculty Search Committee, Physical Activity and Health in Children and Youth, Arnold School of Public Health, University of South Carolina

- 2003 Chair, Faculty Search Committee, Director of Prevention Research Center, Arnold School of Public Health, University of South Carolina
- 2002 Member, Faculty Search Committee, Office for the Study of Aging, Arnold School of Public Health, University of South Carolina
- 2001-2004 Member, Evaluation Committee, Arnold School of Public Health, University of South Carolina
- 2001-2002 Member, Faculty Search Committee (3 positions), Department of Epidemiology & Biostatistics, Arnold School of Public Health, University of South Carolina
- 2001, 2002 Presenter, New Faculty Orientation, Research & Academic Issues, Arnold School of Public Health, University of South Carolina
- 2001 Member, Faculty Search Committee, Director of Prevention Research Center, Arnold School of Public Health, University of South Carolina
- 2000 Member, Governance Committee, Self-Study for the Council on Education for Public Health Review, Arnold School of Public Health, University of South Carolina
- 1999-2001 Member, Academic Responsibility Committee, Arnold School of Public Health, University of South Carolina

Department Level – Faculty Mentorship

- 2017-2024 Mentor, Christine Pellegrini (Associate Professor), Department of Exercise Science, University of South Carolina
- 2017-2023 Mentor, Abbi Lane-Cordova (Assistant Professor), Department of Exercise Science, University of South Carolina
- 2017-2018 Mentor, Diane Ehlers (Assistant Professor), Department of Exercise Science, University of South Carolina

Department Level – Committees & Activities

- 2019-present Member, MPH in Physical Activity and Public Health Committee, Department of Exercise Science, University of South Carolina
- 2019-2020 Member, Faculty Search Committee for Assistant Professor, Department of Exercise Science, University of South Carolina
- 2019 Member, MPH in Physical Activity and Public Health Program Review Committee (participated in development of report that evaluated program), Department of Exercise Science, University of South Carolina

- 2018-2019 Member, Department Chair Search Committee, Department of Exercise Science, University of South Carolina
- 2015-2016 Member, Faculty Search Committee, Physical Activity and Health, Department of Exercise Science, University of South Carolina
- 2014-2017 Member, Executive Committee, Department of Exercise Science, University of South Carolina
- 2013-2014 Member, Department Chair Search Committee, Department of Exercise Science, University of South Carolina
- 2013-2014 Member, Undergraduate Program Review Committee (participated in development of report evaluating program), Department of Exercise Science, University of South Carolina
- 2011-2022 Member, Executive Committee, USC Behavioral-Biomedical Interface Program (BBIP). BBIP is supported by a NIH T32 pre-doctoral training grant via the National Institute of General Medical Sciences. It enrolls doctoral students in Epidemiology, Exercise Science, and Psychology.
- 2010-present Grader, MPH in Physical Activity and Public Health Comprehensive Exams, Department of Exercise Science, University of South Carolina
- 2005, 2007 Member, Website Committee, Department of Exercise Science, University of South Carolina
- 2004-2007 Director, Division of Health Aspects of Physical Activity, Department of Exercise Science, University of South Carolina
- 2002-2003 Member, Faculty Search Committee, Assistant Professor, Department of Exercise Science, University of South Carolina
- 2001 Member, Faculty Search Committee, Doctorate in Physical Therapy Program, Department of Exercise Science, University of South Carolina
- 2000-2003 Member, Undergraduate Committee, Department of Exercise Science, University of South Carolina
- 2000 Member, Faculty Search Committee for Minority Faculty Hire, Department of Exercise Science, University of South Carolina
- 1999-2000, 2004 Member, Graduate Committee, Department of Exercise Science, University of South Carolina
- 1999 Member, Space Planning Committee, Department of Exercise Science, University of South Carolina

Service & Leadership to the Community and to State and Local Organizations

- 2021-2024 Regional Coordinator, Females in Action (FiA) Columbia (provides free, peer-led run and boot camp classes for women)
- 2020 (Nov) Presenter, Clergy Meeting of the Columbia District of the South Carolina Conference of the United Methodist Church, Focus on Pastoral Self-Care, "Physical Activity & Healthy Eating: Important Now More Than Ever!" [Note: title the same as October 2020 talk, but content differed]. Via Zoom.
- 2020 (Oct) Presenter, Summit on the Black Church (presented two 60-minute breakout sessions for this statewide virtual conference coordinated by the South Carolina Conference of the United Methodist Church), "Physical Activity & Healthy Eating: Important Now More Than Ever!" Via Zoom.
- 2019-2023 Member, Healthy Palmetto Leadership Council, Charge is to provide strategic direction for healthy eating and active living efforts in South Carolina (also served on evaluation subcommittee and communications subcommittee)
- 2019 Member, SScaleDown Transition Team, Charged to identify ways to continue obesity reduction efforts despite expiration of SScaleDown (South Carolina State Obesity Plan), South Carolina Department of Health and Environmental Control
- 2018-present* Member, Fairfield Forward (health coalition in Fairfield County; participate in monthly meetings plus committee meetings)
Co-Chair, Data Committee, Fairfield Forward (through 2021, member after 2021)
Co-Chair, Faith-Based Committee, Fairfield Forward (through 2023, member after 2023)
Member, Wholespire - Fairfield County chapter (formerly Eat Smart Move More Fairfield County)
[*Note that prior to these dates, I served in this capacity, but did not consider it as service as this group was our community partner for a research project, but I have continued to serve despite the grant ending in 2019]
- 2018-2021 Local Coordinator, Females in Action (FiA) Columbia, Shandon location (provides free, peer-led runs and boot camps for women)
- 2018-2019 Member, Live Healthy South Carolina Chronic Conditions Workgroup (to guide the 2018-2023 State Health Improvement Plan), South Carolina Department of Health and Environmental Control
- 2017 (Oct) Presenter, United Methodist Women annual conference, Physical activity and healthy eating
- 2017 (March) Presenter and Panelist, Women in STEAM Careers Q&A Symposium, Longleaf Middle School, Columbia, SC

- 2015-2019 Member, Evaluation Committee, SCaleDown (South Carolina State Obesity Plan), South Carolina Department of Health and Environmental Control, South Carolina Institute of Medicine and Public Health
- 2015-2019 Member, Action Team (Leadership Team), SCaledown (South Carolina State Obesity Plan), South Carolina Department of Health and Environmental Control, South Carolina Institute of Medicine and Public Health
- 2013-2014 Member, South Carolina Obesity Strategic Planning Committee, Faith Task Force, South Carolina Department of Health and Environmental Control
- 2012-2017 Member, South Carolina Medical Association Childhood Obesity Task Force
- 2009-2012 Member, South Carolina Partnership for Healthy Aging, South Carolina Department of Health and Environmental Control
- 2006-2008 Faculty Advisor, Girls on the Run
- 2005 (March) Presenter, PrimeTimes Seminar Series at Palmetto Health (for older adults in the community)
- 2005 (March) Presenter, Arthritis Foundation kick-off for the Columbia Arthritis Walk
- 2004-2006 Member, Healthy Richland Planning Committee (charged with addressing nutrition & physical activity health promotion for Richland County citizens) (participated in monthly meetings & events)
- 2004 Provided information and education about physical activity on a statewide gospel radio station (95.3, Toni Jamison) every Monday morning (3/29/2004-5/24/2004)
- 2002 (June) Led an Alzheimer's Association support group, "Managing Your Stress" at the Oakleaf Village facility, Lexington, SC
- 2002 (May) Led a cancer support telephone group, "Getting Started on a Physical Activity That's Right for You"
- 2002 (Jan) Moderator, Lymphedema Focus Group, South Carolina Cancer Center

CLINICAL

- 2000-present *Licensed Clinical Psychologist, South Carolina (license #775)*
- 1998-2000 *Licensed Psychologist and Health Services Provider Psychologist, North Carolina (license #2466)*

- 1996-1998 *Postdoctoral Fellow*, Preventive Cardiology Clinic and Stanford Center for Research in Disease Prevention, Stanford University School of Medicine, Stanford, CA
Supervisor: Abby C. King, PhD
Experience: Provided brief psychological assessments and cognitive-behavioral change interventions to patients with multiple risk factors for cardiovascular diseases. Provided psychosocial and health behavior assessments, health behavior change interventions, and psychosocial referrals to older women family caregivers of family members with dementia.
- 1995-1996 *Predoctoral Clinical Psychology Intern*, Veterans Affairs Palo Alto Health Care System, Palo Alto, CA
Director of Training: Jacqueline Becker, PhD & Antonette Zeiss, PhD
Supervisors: Larry Thompson, PhD, Dolores Gallagher-Thompson, PhD, William Lynch, PhD, ABPP, Bruce Linenberg, PhD, Patricia Ashbrook, PhD, & Vicki Ellis, RN
Rotations: Outpatient psychotherapy with older adults, geriatric medical clinic (assessments and brief interventions), inpatient hospice, psychological and neuropsychological assessment, inpatient psychiatry, long-term psychotherapy, and partial hospitalization (day hospital)
- 1992-1995 *Clinical Assistant*, Psychological Service Center, Washington University, St. Louis, MO
Supervisors: Richard Kurtz, PhD, Amy Bertelson, PhD, Rose Boyarsky, PhD, Lois Franklin, PhD, & Dorothy Van Buren, PhD
Experience: Individual and group psychotherapy, personality and neuropsychological assessments. Populations included personality, mood, adjustment, and eating disorders.
- 1991-1995 *Neuropsychological Testing*, Alzheimer's Disease Research Center, St. Louis, MO
Supervisors: Martha Storandt, PhD & Emily LaBarge, EdD
Experience: Neuropsychological testing of community dwelling older adults with Alzheimer's disease, Parkinson's disease, and Multi-Infarct dementia.
- 1994 *Psychotherapy Supervisor*, Psychological Service Center, Washington University, St. Louis, MO
Experience: Provided group psychotherapy supervision for graduate students under the direction of Richard Kurtz, PhD
- 1994 *Clinical Assistant*, St. Louis University Behavioral Medicine Unit (inpatient and day hospital), St. Louis, MO
Supervisor: Sue Ann Bauserman, PhD
Experience: Group psychotherapy. Populations included anxiety (particularly obsessive compulsive disorder), mood, chronic pain, and eating disorders.
- 1993-1994 *Clinical Assistant*, Senior Stress Unit (inpatient), St. Anthony's Psychiatric Center, St. Louis, MO
Supervisors: Lynn Gulick, PhD & Christine Gibson, LCSW

Experience: Individual and group psychotherapy, psychosocial and cognitive assessments. Populations included older adults with mood, anxiety, and psychotic disorders, and dementias.

SPECIALTY TRAINING SEMINARS ATTENDED

- 2003 *10th Annual Teaching Research Ethics Workshop* (4-day training seminar), Poynter Center for the Study of Ethics and American Institutions, Indiana University, Bloomington, IN.
- 1998 *Postgraduate Course on Research Directions and Strategies: Physical Activity and Public Health* (8-day training seminar)
Sponsored by the Centers for Disease Control and Prevention, the University of South Carolina School of Public Health, and the South Carolina Department of Health and Environmental Control.
- 1997 *National Institute on Aging Summer Institute on Aging Research* (7-day training seminar)
Sponsored by the National Institute on Aging and the Brookdale Foundation
- 1997 *23rd Ten-day Seminar on the Epidemiology and Prevention of Cardiovascular Disease*
Sponsored by the American Heart Association and the National Heart, Lung, and Blood Institute

(Updated: 01/01/2025)