

## **Lara Latimer, PhD**

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### **EDUCATION**

#### **Postdoctoral Research in Food Psychology/Behavioral Economics**

**August 2013-  
October 2014**

Cornell University, Ithaca, NY  
Dyson School of Applied Economics & Management, Food & Brand Lab  
Advisor: Brian Wansink, PhD

#### **Doctor of Philosophy in Health Education, Concentration in Health Promotion**

**August 2013**

The University of Texas at Austin, Austin, TX  
College of Education, Department of Kinesiology and Health Education  
Advisor: Keryn Pasch, PhD, MPH  
Dissertation Title: *Direct Observations of In-School Food and Beverage Promotion: Advances in Measures and Prevalence Differences at the School-Level*

#### **Master of Arts in Health Education**

**August 2009**

The University of Texas at Austin, Austin, TX  
College of Education, Department of Kinesiology and Health Education  
Advisor: Keryn Pasch, PhD, MPH  
Master's Thesis: *Self-efficacy for weight loss among multi-ethnic, low-income women: A psychometric evaluation*

#### **Bachelor of Science in Exercise and Sport Science**

**August 2003**

Texas Tech University, Lubbock, TX  
College of Arts and Sciences, Department of Health, Exercise, and Sport Science  
Minor in Nutrition, College of Human Sciences, Department of Nutrition, Hospitality, and Retailing

### **PUBLICATIONS**

Karn, S., Fernandez, A., **Latimer, L.A.**, Seymour, M., Loukas, A., Sharp, B. (2017). Texas College Campus Tobacco Policies: Examining the Comprehensiveness of College Tobacco Policies. *Health Behavior and Policy Review*.

Wansink, B., **Latimer, L.A.**, Pope, L., & (2016). "Don't Eat So Much:" How Parent Comments Relate to Female Weight Satisfaction. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. 22(3):475-481.

**Latimer, L.A.**, Pope, L., & Wansink, B. (2015). Food Neophiles: Profiling the Adventurous Eater. *Obesity*. 23(8):1577-1581.

**Latimer, L.A.**, Pasch, K.E., & Bartholomew, J.B. (2015). Elementary school lunch categorization and the correlations with dietitian recommendations. *Perspectives in Public Health*. 136(1):43-49.

Pope, L., **Latimer, L.A.**, & Wansink, B. (2015). Viewers vs. Doers: How watching food television and cooking frequency relate to BMI. *Appetite*. 90, 131-135.

**Latimer, L.A.**, Batanova, M., Loukas, A. (2014). Prevalence and Harm Perceptions of Various Tobacco Products Among College Students. *Nicotine and Tobacco Research*. First published online: November 9, 2013. 16(5):519-526.

**Latimer, L.A.**, Velazquez, C.E., & Pasch, K.E. (2013). Characteristics and behaviors of non-overweight college students who are trying to lose weight. *Journal of Primary Prevention*. 34(4):251-260.

Korinek, E.V., Bartholomew, J.B., Jowers, E.M., & **Latimer, L.A.** (2013). Fruit and Vegetable Exposure in Children is Linked to the Selection of a Wider Variety of Healthy Foods at School. *Maternal & Child Nutrition*. 11(4), 999-1010.

Pasch, K.E., **Latimer, L.A.**, Cance, J.D., Moe, S.G., & Lytle, L.A. (2012). Longitudinal relationships between sleep and risk behaviors. *Journal of Youth and Adolescence*. 41(9), 1184-1196.

Walker, L.O., Sterling, B.S., **Latimer, L.**, Kim, S., Garcia, A.A., & Fowles, E.R. (2012). Ethnic-Specific Weight-Loss Interventions for Low-Income Postpartum Women: Findings and Lessons. *Western Journal of Nursing Research*. 34(5): 654-676.

Velazquez, C.E., Poulos, N.S., **Latimer, L.A.**, & Pasch, K.E. (2011). Energy drink consumption and alcohol use behaviors among college age youth. *Drug and Alcohol Dependence*. 123(1-3):167-172.

**Latimer, L.**, Walker, L.O., Kim, S., Sterling, B., & Pasch, K.E. (2011). Self-efficacy Scale for Weight Loss among Multi-ethnic, Low-income Women: A Psychometric Evaluation. *Journal of Nutrition Education and Behavior*. 43(4):279-83.

Sterling, B.S., Fowles, E.R., Kim, S., & **Latimer, L.**, Walker, L.O. (2011). Ethnic-Specific Perceptions of Altered Control among American Women: Implications for Health Promotion Programs after Pregnancy. *Health Care for Women International*. 32:39-56.

Walker, L. O., Kim, S., Sterling, B. S., & **Latimer, L.** (2010). Developing Health Promotion Interventions: A Multisource Method Applied to Weight Loss Among Low-Income Postpartum Women. *Public Health Nursing*. (27), 172-179.

Sterling, B.S., Fowles, E.R., Garcia, A.A., Jenkins, S.K., Wilkinson, S., Kim, M., Kim, S., **Latimer, L.**, & Walker, L.O. (2009). Altered Perceptions of Personal Control About Retained Weight and Depressive Symptoms in Low-Income Postpartum Women. *Journal of Community Health Nursing*. 26:143-157.

#### **PUBLICATIONS SUBMITTED**

Grossberg, L.A., Loukas, A., Fernandez, A., **Latimer, L.A.**, & Karn, S. (under review). Examining student perceptions of tobacco policy enforcement strategies on college campuses in Texas.

Golaszewski, N.M, Errisuriz, V.L., **Latimer, L.A.**, & Pasch, K.E. (under review). Do associations between young adults' perceived weight-based discrimination and health-related outcomes differ by perceived body image and/or weight status?

Korinek, E.V., Pasch, K.E., Jowers, E.M., **Latimer, L.A.**, & Bartholomew, J.B. (under review). The effect of school lunch menu composition on low-fat food selection and participation rates in elementary children.

#### **PUBLICATIONS IN PROGRESS**

Herrera, A., Fernandez, A., Pasch, K., **Latimer, L.**, Karn, S., Loukas, A. Lessons Learned for Social Media Use in College Tobacco Prevention Program.

#### **BOOK CHAPTERS**

**Latimer, L.A.**, Delk, J., Springer, A. E., Pasch, K. E. (2013). The Role of Schools in Food and Beverage Marketing – Significance, Challenges, Next Steps. In J. D. Williams, K. E. Pasch, & C. Collins (Eds.), *Advances in Communication Research to Reduce Childhood Obesity*. New York, New York: Springer

#### **PRESENTATIONS AND POSTERS**

**Latimer, L.A.** (panelist). (08/2019). Spoke about Peers Against Tobacco on the Tobacco-Free Colleges Panel. National Conference on Tobacco or Health.

Karn, S, (poster presenter). **Latimer, L.A.**, Robertson, T., Skinner, D., Loukas, A. (08/2019). Tobacco Policy Database: A Resource for Texas Colleges' Policy Language, Comprehensiveness, and Comparison. Poster presentation at the National Conference on Tobacco or Health.

**Latimer, L.A.** (panelist). (04/2019). Spoke about Peers Against Tobacco on the Electronic Nicotine Delivery Systems Panel. The University of Texas System Eliminate Tobacco Use Summit.

**Latimer, L.A.** (panelist). (04/2018). Spoke about Peers Against Tobacco on the Prevention Panel. The University of Texas System Eliminate Tobacco Use Summit.

Grossberg, L.A. (poster presenter), Loukas, A., Fernandez, A., & **Latimer, L.A.** (02/2018). Using the theory of planned behavior to assess peer enforcement of tobacco policies on college campuses in Texas. Poster presentation at the 24th annual meeting of the Society for Research on Nicotine & Tobacco.

**Latimer, L.A.** (presenter). (04/2017). Presentation about Peers Against Tobacco. The University of Texas System Eliminate Tobacco Use Summit.

**Latimer, L.A.** (poster presenter), Skinner, D. Karn, S., & Loukas, A. (03/2017). Peers Against Tobacco: A Coordinated, Peer-Led Tobacco Prevention Program Aimed At Texas College Students. Poster presentation at the National Conference on Tobacco or Health.

Herrera, A. (poster presenter), Pasch, K.E., **Latimer, L.**, Karn, S., Loukas, A. (03/2017). Lessons Learned from Environmental Tobacco Scan Tools for Tobacco Prevention among College Students in Texas. Poster presentation at the National Conference on Tobacco or Health.

Gonzalez, X.B. (poster presenter) & **Latimer, L.A.** (04/2016). Can We Empower Children to Change Their Dietary Behavior? Poster presentation at The University of Texas at Austin, Bridging Disciplines Program poster session.

**Latimer, L.A.**, Karn, S. (poster presenter), Loukas, A., Graf, A. (04/2016). Peers Against Tobacco: A Multi-Component Tobacco Prevention Program Targeting Texas College Students. Presentation. Poster presentation at the National Summit on Smokeless and Spit Tobacco.

**Latimer, L.A.**, Skinner, D. Karn, S., Loukas, A., Graf, A. (04/2016). Peers Against Tobacco: A Multi-Component Tobacco Prevention Program Targeting Texas College Students. Presentation at the Reduce Tobacco Use Conference.

Wansink, B. (poster presenter), Just, D., Dollahite, J., **Latimer, L.A.**, Thomas, L., Brumberg, A., Hill, T. (03/2014). Smarter Lunchrooms: Does Changing Environments Really Give More Nutritional Bang for the Buck? Poster presentation at the annual Society of Nutrition Education & Behavior conference.

**Latimer, L.A.**, Pope, L., & Wansink, B. (poster presenter) (03/2014). Adventurous eating: expand your palate, not your waistline. Poster presentation at the annual Society of Nutrition Education & Behavior conference.

Pope, L., **Latimer, L.A.**, Wansink, B. (01/2014). Healthier from Home? Lunch Source and Daily Calorie Cycling In Children. Poster presentation at the annual Society of Nutrition Education & Behavior conference.

**Latimer, L.A.** & Pasch, K.E. (12/2013). Direct observations of in-school food/beverage promotions: Types, prevalence, and differences by school-level characteristics. Poster presentation at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity.

**Latimer, L.A.** & Pasch, K.E. (12/2013). Measuring in-school food/beverage promotions: Reliability of a new electronic tool. Poster presentation at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity.

**Latimer, L.A.**, Pope, L., Wansink, B. (11/2013). "Don't Eat So Much:" How Parental Comments about a Girl's Weight Influence Them as Adults. Poster presentation at the annual Experimental Biology conference.

Pope, L., **Latimer, L.A.**, Wansink, B. (11/2013). Viewers vs. Doers: How watching food television and cooking frequency relate to BMI. Poster presentation at the annual Experimental Biology conference.

**Latimer, L. et al** (2011). Self-efficacy Scale for Weight Loss among Multi-ethnic, Low-income Women: A Psychometric Evaluation. *Journal of Nutrition Education and Behavior*. 43(4):279-83. This publication was chosen for workshop entitled "Getting your Results into JNEB: Insights into Survey Development & What Makes a Report" at the annual Society of Nutrition Education & Behavior conference in 2013.

Batanova, M. (poster presenter), **Latimer, L.A.**, Loukas, A. (08/2013). Cigarette-Only versus Poly Tobacco Use among College Students: Are there Differences in Prevalence and Perceptions? Poster presentation at the annual meeting of the National Smokeless Tobacco Summit.

Golaszewski, N.M. (poster presenter), Errisuriz, V.L., **Latimer, L.A.**, Pasch, K.E. (05/2013). Do associations between young adults' perceived weight-based discrimination and health-related outcomes differ by perceived body image and/or weight status? Poster presentation at the annual meeting of the Society for Preventive Research.

Do, K.T. (poster presenter), **Latimer, L.A.**, Pasch, K.E. (04/2013). Developing a Protocol to Measure Food and Beverage Promotion in Schools. Poster presentation at The University of Texas at Austin, Bridging Disciplines Program poster session.

**Latimer, L.A.**, Poulos, N.S., Pasch, K.E. (04/2013) Associations between perceptions of others' dietary behaviors and college students' dietary behaviors. Poster presentation at the annual Texas Academy of Nutrition and Dietetics Food and Nutrition Conference.

Poulos N.S. (poster presenter), **Latimer L.A.**, Pasch K.E. (04/2013). Associations between media use and dietary behaviors among college youth. Poster presentation at the annual Texas Academy of Nutrition and Dietetics Food and Nutrition Conference.

**Latimer, L.A.**, Jowers, E.M., Bartholomew, J.B. (05/2012). *Socioeconomic differences in student ratings of elementary school lunch menu items*. Poster presentation at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity.

**Latimer, L.A.**, Pasch, K.E., Delk, J.E., Springer, A.E. (05/2012). *Developing an electronic measure of food, beverage, and activity marketing/promotion in schools*. Poster presentation at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity.

**Latimer, L.A.**, Pasch KE, Springer AE, Kelder SH. (05/2012). *Middle school students' sleep duration and patterns: Associations with physical activity and television time*. Poster presentation at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity.

**Latimer, L.A.**, Velazquez, C.E. (poster presenter), Pasch, K.E. (03/2011). *Energy Drink Consumption and Alcohol Use Among College Students*. Poster presented at the annual meeting of the American Academy of Health Behavior.

**Latimer, L.A.**, Walker, L.O., Kim, S., Sterling, B., Pasch, K.E. (03/2011). *Self-efficacy Scale for Weight Loss among Multi-ethnic, Low-income Women: A Psychometric Evaluation*. Poster presented at the annual meeting of the Center for Health Promotion & Disease Prevention Research in Underserved Populations.

## **RESEARCH EXPERIENCE**

### **Tobacco Research & Evaluation Team - Peers Against Tobacco College Tobacco Initiative**

This is a system-level, multi-component tobacco prevention program for colleges and universities in the state of Texas. The goal of the program is to reduce the use of tobacco and alternative tobacco products (e.g., electronic cigarettes, hookah) among students, and ultimately, to change the overall tobacco landscape among Texas colleges and universities.

Funded by: Texas Department of State Health Services

Principal Investigator: Alexandra Loukas, PhD

Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, TX

#### **Senior Research Program Coordinator**

**September 2015-present**

- Coordinate all aspects of project development, implementation, & evaluation
- Recruit colleges to take part in the Peers Against Tobacco program

- Maintain communication with participating schools throughout project
- Develop & edit team documents
- Collaborate on conference abstracts and journal publications

#### ***Health Education Coordinator I***

**September 2014-September 2015**

- Recruited colleges to take part in the Peers Against Tobacco program
- Maintained communication with participating schools throughout project
- Edited team documents
- Provided website feedback

#### ***Graduate Research Assistant***

**July 2011-August 2011**

**June 2012-August 2012**

**June 2013-August 2013**

- Researched and developed a new survey to assess the knowledge and use of, and beliefs about smokeless- and potential reduced exposure products.
- Ran statistical analyses from college survey data and began the manuscript for these data.
- Examined Quitline data to determine variables that may be useful in future reports.

#### **Cornell Food and Brand Lab**

The Food and Brand Lab is an interdisciplinary group from disciplines such as behavioral economics, psychology, food science, marketing, agricultural, human nutrition, and education. Projects focus on better understanding consumers and how they relate to foods and packaged foods.

Funded by: grants and consumer groups

Director: Brian Wansink, PhD

Charles H. Dyson School of Applied Economics and Management, Cornell University, Ithaca, NY

#### ***Postdoctoral Research Associate***

**August 2013 – October 2014**

- Served as Project Manager for USDA-funded grant to examine behavioral economics intervention in middle school cafeterias.
- Conducted secondary analyses with data on health behaviors and outcomes, primarily focused on nutrition behaviors and weight.

#### **Women, Infants, and Children (WIC) NE-CS Nutrition Education and Evaluation Contract**

The project aims to provide technical assistance to the state WIC program and WIC local agencies in the areas of program/training development, strategic planning, and evaluation.

Funded by: Texas Department of State Health Services, WIC Program

Principal Investigator: Robin D. Atwood, EdD

Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, TX

#### ***Graduate Research Assistant***

**June 2011-August 2011**

- Reviewed staff training modules to verify inclusion of competencies.
- Conducted preliminary data analyses.
- Developed themes for qualitative data.

#### **Prevention Research Lab**

This lab conducts research with the ultimate goal of preventing and reducing negative health outcomes among youth from early childhood through emerging adulthood. Projects focus on the influence of media on youth risk behaviors, as well as the factors that may alter the influence of advertising, and how risk behaviors, including substance use, obesity-related behaviors, sleep, and energy drink consumption, may co-occur among youth.

Director: Keryn Pasch, MPH, PhD

Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, TX

#### ***Graduate Research Assistant***

**August 2009-August 2013**

- Conducted data analyses.
- Coordinated with colleagues on manuscript development, writing, and submission.
- Attended weekly meetings in which we reviewed and critiqued manuscripts, developed ideas for future research projects, and engaged in career development.
- Organized materials for and managed undergrad research assistants.

- Developed Coordinated Approach To Child Health (CATCH) parent lesson on Screen Time and Its Consequences. July 2010.

### **I-CAN! Initiatives for Children's Activity and Nutrition.**

This research project targets children's behavior with school-based interventions that are designed to increase physical activity and promote healthy eating. The specific project I worked on focused on elementary school lunch entrees, selections, and participation rates across SES.

Funding: R21 grant from the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases

Principal Investigator: John Bartholomew, PhD

Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, TX

#### **Graduate Research Assistant**

**August 2009-June 2011**

- Collected data on elementary students' school lunch purchases.
- Organized and implemented child taste tests and child and adult focus groups.
- Collected data for a sub-study that examines correlations of registered dietitians' professional recommendations for generally healthy and unhealthy foods correlate of the same.

### **Reducing Postpartum Weight Retention among Low Income, Ethnically Diverse Women**

The goal of this study is to construct ethnic-specific weight loss programs for low income African American, Hispanic, and non-Hispanic White women based on diverse evidence sources including positive deviance analysis and to conduct preliminary tests of program efficacy.

Funding: R21 grant from the National Institutes of Health, National Institute of Nursing Research

Principal Investigator: Lorraine Walker, PhD, RN, FAAN

School of Nursing, The University of Texas at Austin, Austin, TX

#### **Graduate Research Assistant**

**February 2008-August 2009**

- Assisted senior research staff in development and implementation of a weight-loss intervention to reduce low-income mothers' postpartum weight retention.
- Collected data on physical and psychosocial measures.
- Collaborated on publications.

### **Center for Tobacco Prevention and Control**

Funded by: Texas Department of State Health Services

Principal Investigator: Donna Bacchi, MD, MPH

Texas Tech University Health Sciences Center, Lubbock, TX

#### **Graduate Research Assistant**

**January 2004-August 2005**

- Assisted with literature searches for grant writing and paper submissions.
- Contributed to quarterly newsletter.
- Developed and maintained health education websites.
- Assisted in survey development.
- Provided health education to students at health promotion events.

### **TEACHING EXPERIENCE**

**Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, TX**  
**Spring 2015, Summer 2015, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Summer 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020**

HED 329K: Child & Adolescent Health

*Assistant Professor of Instruction*

- Develop and deliver course content
- Correspond with and advise students
- Grade assignments

**Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, TX**  
**Spring 2019**

**HED 373: Evaluation & Research Methods**

*Assistant Professor of Instruction*

- Develop and deliver course content
- Correspond with and advise students
- Grade assignments

**Doctoral Dissertation Committee Mentor, Health Education and Promotion, Walden University, Remote/Online**

**December 2018-present**

HLTH 9101: Dissertation (Committee Chair - Spring, Summer, Fall 2019, Winter 2019 Quarters)

HLTH 9101: Dissertation (Committee Member - Spring, Summer, Fall 2019, Winter 2019 Quarters)

HLTH 9101: Dissertation (Committee Member - Fall 2019, Winter 2019 Quarters)

**Masters of Public Health Program, Walden University, Remote/Online**

**December 2016-present**

PUBH 6475: Program Planning, Implementation, & Evaluation (Winter 2019 Quarter)

PUBH 6030: Socio-Ecological Perspectives on Health (Summer, Fall, & Winter 2017 Quarters; Spring, Summer, & Fall 2018 Quarters)

PUBH 6245: Applied Research in Public Health (Spring 2017 Quarter)

*Contributing Faculty Member*

- Facilitate online discussions
- Grade assignments
- Correspond with students

**Department of Nutritional Sciences, The University of Texas at Austin, Austin, TX**

**Spring & Fall 2008, Spring & Fall 2009, Spring & Fall 2011, Spring & Fall 2012, Spring 2013**

NTR 338W: Issues in Nutrition and Health

*Teaching Assistant*

- Guest lecturer
- Developed some course materials
- Advised students, grade assignments
- Assisted guest speakers

**Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, TX**

**Fall 2011, Spring 2012**

HED 329K: Child, Adolescent, Adult Health

*Teaching Assistant*

- Prepared and presented original lecture material
- Developed course materials
- Advised students
- Graded assignments
- Guest lecturer (Fall 2012)

**Department of Nutritional Sciences, The University of Texas at Austin, Austin, TX**

**Fall 2009, Summer 2011**

NTR 332: Community Nutrition

*Teaching Assistant*

- Advised students
- Graded assignments

**Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, TX**

**Fall 2010**

HED 370K: Foundations of Health Promotion I

*Teaching Assistant*

- Organized course materials in preparation for semester
- Prepared and presented original lecture material
- Advised students & graded assignments
- Guest lecturer (Fall 2011, Fall 2012)

**Department of Nutritional Sciences, The University of Texas at Austin, Austin, TX**

**Spring 2010**

NTR 330: Nutrition Education and Counseling

*Teaching Assistant*

- Developed lecture and some materials

- Prepared and presented original lecture material
- Advised students
- Graded assignments

**Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, TX  
Fall 2009**

HED 395: Intervention Mapping: Health Promotion Development (core requirement for all HED graduate students)

*Teaching Assistant*

- Assisted in development of course materials
- Advised graduate students
- Graded assignments

**PROFESSIONAL EXPERIENCE**

**Lara Latimer, Personal Wellness Advocate & Consultant**

**August 2014-present**

**[www.laralatimer.com](http://www.laralatimer.com)**

*Owner*

- I work with individuals one-on-one and provide seminars and workshops to help people make health behavior changes. We get to the root of why they may have been unsuccessful in the past with issues such as weight loss, incorporating regular exercise, enhancing diet, improving sleep, and increasing energy and mental clarity.

**Fitness Institute of Texas (FIT)**

**March 2017 – April 2017**

Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, TX

FIT Mind & Body

- Six-week process-focused program with an emphasis on the mental, emotional, and spiritual aspects of health.

**Covenant Medical Group, Lubbock, TX**

**November 2005-July 2007**

*Medical Assistant, Pediatrics, Drs. Farmer, Hanson, and Gray*

- Took patient vital signs and evaluated patients for well checks
- Completed child health assessment with parents
- Assisted with appointments and inquiries
- Instrumental in transition to electronic medical records

**Commercial Fitness Centers (Golds Gym and BodyWorks), Lubbock, TX**

**May 1997-July 2007**

- Personal Trainer
- Front Desk Associate/Manager

**City of Lubbock Health Department, Lubbock, TX**

**February 2003-May 2003**

- Responsible for organization and promotion of National Public Health Week
- Assisted with staff health fairs
- Developed and distributed weekly health tips to media

**Texas Tech University Health Services, Lubbock, TX**

**January 2001-May 2001**

- Assisted with student health education projects

**SCHOLARSHIPS & AWARDS**

- The University of Texas at Austin, Department of Kinesiology & Health Education, 2019 Undergraduate Teaching Excellence Award.
- The University of Texas Continuing Fellowship. \$12,000 for academic year 2012-2013.
- Ed Annual Endowed Presidential Fellowship. \$2500 for academic year 2011-2012. Nominated by UT Health Education faculty, chosen by The Subvention Fund Committee, UT Department of Kinesiology and Health Education.
- Kappa Delta Pi International Honor Society 2011.
- Cooke Scholarship. \$1000 for academic year 2010-2011. Nominated by UT Health Education faculty, chosen by The Subvention Fund Committee, UT Department of Kinesiology and Health Education.



- George and Frieda Soutter Endowed Scholarship. Full tuition and books paid for academic year 2002-2003. Received from TTU Department of Health, Exercise, and Sport Science.
- Superior Scholastic Scholarship. \$500 for each semester during academic years 1999-2003. Recipient based on grade point average.
- Texas Early High School Graduation Scholarship. \$1000 in 1999. Received for graduating one year early from high school.
- Golden Key International Honor Society inductee 2002.
- Texas Tech University President's List 1999-2003.

### **CERTIFICATIONS**

Professional Life Coach Certification, The Life Coaching Institute of America (ICF approved training program), October 2019 – present.

Plant-Based Nutrition Certification, T. Colin Campbell Center for Nutrition Studies through eCornell, Cornell University, November 2015-present.

Health Fitness Specialist, National Certification, American College of Sports Medicine, May 2002-present.

### **SERVICE & VOLUNTEER**

Volunteer – Travis County Correctional Complex. Serve as a group meditation leader for female medium and maximum inmates. September 2018 – present.

Second Reader on Masters thesis. The University of Texas at Austin, Department of Kinesiology and Health Education. Spring 2019.

Invited Speaker for The University of Texas at Austin, Department of Kinesiology and Health Education McCraw Lecture Series. February 2018.

Panelist for Faculty Affairs Committee in The University of Texas Senate of College Councils *Women in Academia Panel*. November 2017.

Faculty Advisor, National Alliance on Mental Illness (NAMI) On Campus. Fall 2016-present.

Faculty Mentor for The University of Texas at Austin Bridging Disciplines Program. Fall 2015, Spring 2016, Fall 2017. Fall 2018, Spring 2019, Summer 2019, Fall 2019.

Guest Speaker – Camp Texas, UT Women of Excellence, UT Kinesiology Club, Fitness Institute of Texas (FIT) Get FIT Lunch & Learn; National Alliance on Mental Illness (NAMI) on Campus; St. Edward's University Health & Counseling staff meeting; The University of Texas First-year Interest Group (FIG) Program; The University of Texas, Texas Women of Excellence campus group; TX 4000 Tech Ranch Austin; and the Scott, Douglass, & McConnico Women's Conference. Courses include Sport Psychology (undergraduate & graduate), Theories of Substance Use & Abuse (undergraduate), Child & Adolescent Health (undergraduate), & Personal Physical Activity (undergraduate).

Volunteer – Divine Canines, a therapy dog organization. November 2014-present.

Volunteer – WeViva, an organization that provides affordable & accessible fitness & nutrition classes to people in low-income communities throughout Austin, TX. June 2016-December 2016.

Co-Leader Healthy Food Choices in Schools, Additional School Food Initiatives group for the Cornell University Cooperative Extension Community of Practice. October 2013-September 2014.

Volunteer – Ithaca Health Alliance. March 2014-August 2014.

Volunteer - Tompkins County Learning Partners Adult Literacy. March 2014- August 2014.

Volunteer - Alzheimer's Association, Central New York State. March 2014- August 2014.

Health Education Student Association (HESA). Department of Kinesiology & Health Education, The University of Texas at Austin. Active member August 2007-August 2013. Vice President 2010-2011.

Chosen as a member of *Be Our Voice: Mobilizing Healthcare Professionals in the Fight Against Obesity* (a childhood obesity advocacy program through National Initiative for Children's Healthcare Quality). This was a yearlong commitment to engage in a grassroots initiative to combat childhood obesity at the local level. March 2010-March 2011.

Panelist for Student Dietetics Association career information session, Department of Nutritional Sciences The University of Texas at Austin, Austin, TX. Fall 2009, Spring 2017.

Participant in Childhood Obesity Prevention Initiative, Covenant Health Systems, Lubbock, TX, Fall 2006.

### **CONTINUING EDUCATION**

Postdoctoral Leadership Program member, Postdoctoral Studies Program at Cornell University. This program provides a practical forum to assess and develop personal leadership skills in self-knowledge, planning and problem solving, group dynamics and team building, cultural fluency, conflict resolution, and facilitation of change. September 2013-March 2014.

Successful completion of the Division of Statistics & Scientific Computation statistical training short course: Data Analysis Using SAS. May 2011.

### **PEER REVIEW**

*Public Health Nursing* - Invited Reviewer

*BioMed Central Pediatrics* - Invited Reviewer

*Journal of Physical Activity & Health* - Invited Reviewer

*American Journal of Preventive Medicine* - Approved to co-review with an invited reviewer