

Tyler Prochnow

Contact Information

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Personal Statement

I am passionate about understanding the role social connections and interactions play in health behaviors. This passion has manifested itself through a research focus on social network analysis and health behavior. More specifically, I have focused my research on the social aspects of physical activity among children and families. Because of this focus I have had the opportunity to get research experience in social network analysis, systematic observation, intervention development and implementation, as well as rural and minority health.

Education

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| Ph.D., Health Promotion, 2017-2021 | Baylor University – Waco, Texas Concentrations: Public Health and Quantitative Research Methods Supervisor: Dr. M. Renee Umstattd Meyer |
| Master of Educational Leadership, 2015 | Carthage College – Kenosha, Wisconsin Concentrations: Curriculum and Leadership Development |
| Bachelor of Arts, 2013 | Carthage College – Kenosha, Wisconsin Major: Exercise Science and Management |

Research Experience

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| 2018 - current | <i>Research Assistant / Evaluation Team – Chicago PlayStreets</i> Baylor University, Johns Hopkins Bloomberg School of Public Health Funding Source: Centers for Disease Control, Physical Activity Policy Resource Network (PAPRN+) Role: System for Observing Play and Recreation in Communities (SOPARC) data collection, Data Analysis, Manuscript Preparation, Community Report Development, Presentation of Findings. |
| 2017 - current | <i>Research Assistant – Creating Safe Places to Play: Evaluating Culturally- Relevant Play Streets in Rural Communities</i> Baylor University, Johns Hopkins Bloomberg School of Public Health Funding Source: Robert Wood Johnson Foundation, Physical Activity Research Center (PARC) Role: Systematic Observation of Physical Activity and Recreation in |

Communities Data Collection, Survey and Pedometer Data Collection, Data Analysis, Manuscript Preparation, Presentation of Findings, Community Report Development, Continued Grant proposals

2017 - current *Research Assistant – Salud Para Usted y Su Familia [Health for You and Your Family]*
Baylor University, Texas A&M University School of Public Health
Funding Source: United States Department of Agriculture
Role: Social Network Analysis Lead, Intervention development, Health Worker Training, Evaluation, Manuscript Preparation, Presentation of Findings

Refereed Journal Articles

2019

1. **Prochnow T.**, Patterson M. & Umstattd Meyer M. R. (2019). A social network approach to analyzing body dissatisfaction among sorority members using two network generators. *Journal of American College Health*.
2. Umstattd Meyer, M. R., **Prochnow, T.**, Bridges, C., Carlton, T., Wilkins, E., Arnold, K., McClendon, M., McKenzie, T., & Pollack Porter, K. M. (2019). Assessing physical activity in temporary spaces: Application of SOPARC / iSOPARC® for Play Streets. *Research Quarterly for Exercise and Sport*.
3. Pollack Porter KM, **Prochnow T**, Mahoney P, Bridges Hamilton CN, Delgado H, Wilkins E, Umstattd Meyer MR. (2019). Transforming City Streets to Promote Physical Activity and Health Equity. *Health Affairs*.
4. Salazar-Collier C. S., **Prochnow T.**, Clendennen S. L., Sumrall J., & Umstattd Meyer M. R. (2019). Churches as physical activity resources: A descriptive assessment. *Health Behavior and Policy Review*, Jul-Aug.
5. **Prochnow T.**, Ylitalo K., Sharkey J. & Umstattd Meyer M. R. (2019). Perceived physical activity barriers of Mexican-heritage sibling dyads. *American Journal of Health Behavior*.
6. Bridges C. N., **Prochnow T.**, Wilkins E. C., Pollack Porter K. M., & Umstattd Meyer M. R. (2019). Examining the implementation of Play Streets: A systematic review of the grey literature. *Journal of Public Health Management & Practice*.

Manuscripts Under Review (select first author only)

Prochnow T., Delgado H., Patterson M., & Umstattd Meyer M. R. (Submitted 7/9/2019)
Social Network Analysis in child physical activity and sedentary behavior research: A systematic literature review.

Prochnow T., Patterson M., Sharkey J., & Umstattd Meyer M. R. (Submitted 8/5/2019)
Impact of Network Position on Perceived Satisfaction and Success within a Health

Scientific Presentations

2019

1. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K., McClendon M., Wilkins E., Benavidez G., Abildso C., & Pollack Porter K. (Nov. 2-6, 2019). *Increasing opportunities for active play in rural America: Play Streets go rural to help create the healthiest nation*. Accepted as an oral presentation at the American Public Health Association Annual Meeting and Expo. Philadelphia, PA.
 2. **Prochnow T.**, Umstattd Meyer M. R., & Pollack Porter KM. (Sept. 12, 2019). *I Play, You Play, We Play: Concurrent play at Play Streets*. Accepted as a twitter presentation at the American Public Health Association Physical Activity Twitter Conference.
 3. Patterson, M. S., **Prochnow, T.**, & Nelson, J. L. (June 18-23, 2019). *Do egocentric network relationships impact whole network centrality? A case study using a college sorority*. Selected as a poster presentation at the XXXIX Sunbelt Social Networks Conference. Montreal, Quebec.
 4. **Prochnow T.**, Delgado H., Patterson M., & Umstattd Meyer M. R. (June 4-7, 2019). *Social Network Analysis in child physical activity and sedentary behavior research: A systematic literature review*. Accepted as an oral presentation at the International Society for Behavioral Nutrition and Physical Activity 2019 Annual Meeting. Prague, Czech Republic.
 5. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Wilkins E., Benavidez G., Williams T. D., Abildso C., Morales F. E., & Pollack Porter K. M. (June 4-7, 2019). *Play Streets go rural! Physical activity of children at Play Streets in four diverse rural U.S. communities*. Accepted as an oral presentation at the International Society for Behavioral Nutrition and Physical Activity 2019 Annual Meeting. Prague, Czech Republic.
 6. **Prochnow T.**, Patterson M. & Umstattd Meyer M. R. (Mar 10-13, 2019). *Modeling Feelings of Body Dissatisfaction within a Sorority Using Two Different Relationships*. Accepted as a poster presentation at the 2019 Annual American Academy of Health Behavior. Greenville, SC.
 7. **Prochnow T.**, Oglesby L. & Umstattd Meyer M. R. (Mar 10-13, 2019). *Are Fitness Instructors feeling the burn(out)? An investigation of feelings of burnout and coping strategies among fitness instructors*. Accepted as a poster presentation at the 2019 Annual American Academy of Health Behavior. Greenville, SC.
 8. **Prochnow T.**, Umstattd Meyer M. R., Bridges C.N., McClendon M. E., Arnold K.T., Wilkins E., Williams T.D., Carlton T. & Pollack Porter K. M. (Feb. 17-20, 2019). *SOPARC Results for Rural Play Streets*. Accepted as an oral presentation at the Annual Active
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Living Research Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC

9. **Prochnow T.**, Umstattd Meyer M. R., Bridges C.N., McClendon M. E., Arnold K.T., Wilkins E., Williams T.D., Carlton T. & Pollack Porter K. M. (Feb. 17-20, 2019). *Is three times (at one) the charm? Comparing two SOPARC methodologies for use at Play Streets.*

Accepted as a poster presentation at the Annual Active Living Research Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.

10. **Prochnow T.**, Sharkey J., Delgado H. & Umstattd Meyer M. R. (Feb. 17-20, 2019). *Using social network analysis in health coalitions and 5210 implementation.*

Accepted as a poster presentation at the Annual Active Living Research Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.

11. **Prochnow T.**, Ylitalo K., Sharkey J. & Umstattd Meyer M. R. (Feb. 17-20, 2019). *Perceived barriers of being physically active during the summer and school-year: How do siblings compare in Mexican-heritage families?* Accepted as a poster presentation at the Annual Active Living Research Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.

12. Umstattd Meyer M. R., Bridges C. N., Wilkins E. C., **Prochnow T.**, & Pollack Porter K. M. (Feb. 17-20, 2019). *Play streets live: developing a real-time video scanning methodology to inform implementation of temporary play spaces.* Accepted as a poster presentation at the Annual Active Living Research Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC

2018

1. **Prochnow T.** & Patterson M (Nov. 28-Dec. 1, 2018). *The impact of centrality on body dissatisfaction within a sorority using two network generators.* Accepted as an oral presentation at the 2nd Annual North American Social Networks Conference 2018. Washington D.C. USA.

2. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Wilkins E., Morales F. E., Benavidez G. A., Williams T. D., Abildso C. & Pollack Porter K. (Mar. 4-7, 2018). *Come together, play, be active: Physical activity engagement of children at Play Streets in four diverse rural communities.* Accepted as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Portland, OR.

3. Umstattd Meyer M. R., Ylitalo K. R., Gómez L. A., **Prochnow T.**, & Sharkey J. R. (Mar. 4-7, 2018). *Physical Activity Space Methodology for Assessment and Prioritization (PASMAPP): Combining systematic observations with community perceptions to identify community physical activity resource priorities.* Accepted as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Portland, OR.

4. McClendon, M. E., Umstattd Meyer, M. R., Sharkey, J. R., Perez, C. L., Garcia, R., Bridges, C., **Prochnow, T.** (Feb. 11-14, 2018). *Perceived Facilitators and Barriers to Child Physical Activity among Mexican-Origin Mothers.* Accepted as a poster presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application

Across Sectors, Banff, Canada.

5. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Morales F. E., Benavidez G., Williams T. D., Abildso C., & Pollack Porter K. M. (Feb. 11-14, 2018). Let them play: Physical activity of children attending Play Streets in four diverse rural communities. Accepted as an oral presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors. Banff, CAN.

6. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, McClendon M. E., Arnold K. T., Wilkins E., Williams T. D., Carlton T., & Pollack Porter K. M. (Feb. 11-14, 2018). *Applying SOPARC to measure physical activity in temporary play spaces: Assessing Play Streets*. Accepted as a poster presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors. Banff, CAN.

Research Support

2019

Speeding Research-tested INTERventions (SPRINT): Play Streets for All

Role: Entrepreneurial Lead (EL)

Funding Source: National Cancer Institutes and Centers for Disease Control

Funding: \$21,750

Description: SPRINT is a training and fellowship to help researchers strengthen interventions and improve dissemination and reach of their research. This program was used to improve the Play Streets for All intervention and dissemination to help promote physical activity and play for all ages in low resource areas.

Modeling Physical Activity and Friendship in Summer Care Programs

Role: Co-PI

Funding Source: Baylor University Research Committee Grant Program

Funding: \$4,375

Description: Using Social Network Analysis we aim to model the effects of a summer care program on children friendships and physical activity. Multiple networks will be assessed across three diverse community Boys & Girls Clubs.

Teaching Experience

Adjunct Professor – Carthage College

2017 (Spring) Concepts of Physical Fitness (1 credit / 4 sections)

2016 (Fall) Concepts of Physical Fitness (1 credit / 4 sections)

2016 (Fall) TRX Suspension Training (1 credit / 2 sections)

2016 (Spring) Concepts of Physical Fitness (1 credit / 4 sections)

2015 (Fall) Concepts of Physical Fitness (1 credit / 4 sections)

Teaching Assistant – Carthage College

2014 (Spring) Principles of Personal Training (4 credits / 1 section)

2014 (Spring) Tests and Measurement in Exercise Science (4 credits / 1 section)

2013 (Fall) Exercise Physiology (4 credits / 2 sections)

Special Training

2019 Social Networks & Health Fellowship Program – Duke University Network Analysis Center

2019 Baylor University Libraries Data Scholar – Baylor University

2018 Design for Online Teaching Success – Baylor University

2017 Certified Systematic Observer – System for Observing Play and Recreation in Communities

2013 Leadership Development and Engagement Coaching – Carthage College

Service

2018-current Baylor Graduate Student Association Vice President of Operations

2018-current Baylor Information Services Student Advisory Council

2018-current Baylor Campus Recreation Advisory Council

2018 Active Living Research Conference Abstract Reviewer

2018 American Academy of Health Behavior Conference Abstract Reviewer

Professional Affiliations

2019-current Member, American Public Health Association

2019-current Member, International Society of Behavioral Nutrition and Physical Activity

2019-current Member, Society of Behavioral Medicine

2019-current Member, International Network for Social Network Analysis

2017-current Member, American Academy of Health Behavior

Industry Job Experience

Campus Recreation Director – Carthage College

August 2014 – June 2017

- Operate a 156,000-square-foot, multi-million-dollar facility
- Manage and communicate with a staff of over 30 to ensure completion of daily tasks and long-term goals
- Scheduled monthly staff positions
- Performed pay roll responsibilities for student staff
- Supervised maintenance and purchasing including a multi-year renovation project
- Appointed to campus wide Safety Council to advise in risk management procedures
- Create and deliver yearly health and wellness curriculum to Carthage Community
- Created Semler Fitness Certification Grant offerings for students looking to get a fitness certification
- Coordinate all group fitness classes, including scheduling, instructor training, and marketing
- Oversee personal training for over 45 weekly clients
- Create and grow Every Kid Needs a Superhero 5k to 850 participants and over \$8,000 in third year. 1,500 participants and \$25,000 cumulative