

# Tyler Prochnow

## Contact Information

---

Email: tyler\_prochnow1@baylor.edu

Phone: 262-945-0275

Website: tprochnow.com

## Personal Statement

---

I am passionate about understanding the role social connections and interactions play in health behaviors. This passion has led to 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 am versed in social network analysis, systematic observation, intervention development and implementation, as well as rural and minority health.

## Education

---

Ph.D., Health Promotion,  
2017-2021

Baylor University – Waco, Texas

Concentrations: Public Health and Quantitative Research Methods

Supervisor: Dr. M. Renée 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

## Academic and Research Experience

---

2021-Present

*Assistant Professor of Health & Kinesiology – Texas A&M University*

Responsible for developing a robust research portfolio with emphasis on social network analysis, systems thinking approaches, physical activity, and health equity as well as creating classes in these areas and mentoring students.

2019 - 2021

*Research Administrative Assistant – Physical Activity Research Center (PARC)*

Physical Activity Research Center (PARC)

Primary Responsibilities: reporting, website management, team scheduling and communication, social media management, webinar development

Funding Source: Robert Wood Johnson Foundation

2018 - 2021

*Research Assistant / Evaluation Team – Chicago PlayStreets*

Baylor University, Johns Hopkins Bloomberg School of Public Health

Primary Responsibilities: systematic observation data collection, community reporting, manuscript writing, presenting results

Funding Source: Centers for Disease Control, Physical Activity Policy Resource Network (PAPRN+)

- 2017 - 2021      *Research Assistant – Creating Safe Places to Play: Evaluating Culturally-Relevant Play Streets in Rural Communities*
- Baylor University, Johns Hopkins Bloomberg School of Public Health
- Primary Responsibilities: systematic observation data collection, community reporting, manuscript writing, presenting results
- Funding Source: Robert Wood Johnson Foundation
- 2017 - 2021      *Research Assistant – Salud Para Usted y Su Familia [Health for You and Your Family]*
- Baylor University, Texas A&M University School of Public Health
- Primary Responsibilities: curriculum development, health worker training, social network analysis lead, manuscript writing, presenting results
- Funding Source: United States Department of Agriculture

### Peer Reviewed Journal Articles

- |          |  |
|----------|--|
| In Press | <ol style="list-style-type: none"> <li>1. <b>Prochnow T.</b>, Patterson M.S., Hartnell L., West G., &amp; Umstattd Meyer M.R. (In Press). Implications of race and ethnicity for child physical activity and social connections at summer care programs. <i>Child and Youth Services Review</i></li> <li>2. Patterson, M. S., <b>Prochnow, T.</b>, Russel, A., Fehr, S., &amp; Barry, A. (In Press). Associations between sexual assault victimization and risky drinking within college women's personal networks. <i>Violence Against Women</i>.</li> </ol>  |
| 2021     | <ol style="list-style-type: none"> <li>3. <b>Prochnow T.</b>, Patterson M. S., Bridges Hamilton C. N., Delgado H., Craig S., &amp; Umstattd Meyer M. R. (2021) Sex differences in play networks and self-reported physical activity among children at summer care programs. <i>Child &amp; Youth Services</i>.</li> <li>4. <b>Prochnow T.</b>, Umstattd Meyer M.R., Johnson C., Delgado H., Gomez L., &amp; Sharkey J. (2021) The development and pilot testing of the ¡Haz Espacio para Papi! program physical activity curriculum for Mexican-heritage fathers and children. <i>American Journal of Health Education</i>.</li> <li>5. <b>Prochnow T.</b>, Hartnell L., &amp; Patterson M.S. (2021). Depressive symptoms, developing friendships, and social support through online gaming: A mixed-method analysis of online gaming network communication. <i>Mental Health and Social Inclusion</i>.</li> <li>6. Valdez D., Patterson M.S., &amp; <b>Prochnow T.</b> (2021) The importance of interdisciplinary frameworks in social media mining: An exploratory approach between Computational Informatics and Social Network Analysis (SNA). <i>Health Behavior Research</i>.</li> <li>7. <b>Prochnow T.</b>, Umstattd Meyer M.R., Patterson M.S., Gomez L., Trost S., &amp; Sharkey J. (2021) Active play network influences on physical activity among children living in south Texas colonias. <i>Family &amp; Community Health</i>.</li> </ol> |

- 
8. **Prochnow T.**, Umstattd Meyer M. R., Bridges Hamilton C. N., Wilkins, E. & Pollack Porter K. M. (2021) Real-time video scan System for Observing Play and Recreation in Communities (SOPARC) adaptation for community partner use to inform Play Streets implementation. *Health Promotion Practice*.
  9. **Prochnow T.**, Patterson M.S., Meyer A.R., & Umstattd Meyer M.R. (2021) Sport participation associations with child friend selection and physical activity while at summer care programs. *Research Quarterly for Exercise and Sport*.
- 
- 2020**
10. **Prochnow T.**, Umstattd Meyer M. R., Bridges Hamilton C. N., & Pollack Porter K. M. (2020) Differences in child physical activity levels at rural Play Streets due to activity type and sex. *Journal of Healthy Eating and Active Living*
  11. **Prochnow T.**, Umstattd Meyer M.R., Patterson M.S., McClendon M., Trost S., Gomez L., & Sharkey J. (2020) *Papás Activos*: Associations between physical activity and personal networks among fathers living in Texas *colonias*. *International Journal of Environmental Research and Public Health*.
  12. Patterson, M. S., Heinrich, K.M., **Prochnow, T.**, Graves-Boswell, T., & Spadine, M. N. (2020). Network analysis of the social environment relative to preference for and tolerance of exercise intensity in CrossFit gyms. *International Journal of Environmental Research and Public Health*.
  13. Patterson, M. S., **Prochnow, T.**, Nelon, J. L., Spadine, M. N., Brown, S. E., & Lanning, B. A. (2020). Egocentric network composition and structure relative to violence victimization among a sample of college students. *Journal of American College Health*.
  14. **Prochnow T.**, Patterson M.S., Sharkey J., & Umstattd Meyer M. R. (2020) Health coalition collaboration network, perceived satisfaction, and success. *Journal of Health Organization and Management*.
  15. Umstattd Meyer M. R., Ylitalo K. R., **Prochnow T.**, Gómez L. A., & Sharkey J. R. (2020). Physical Activity Space Methodology for Assessment and Prioritization (PASMAP): Combining systematic observations with community perceptions to identify community physical activity resource priorities. *Health & Place*.
  16. **Prochnow T.**, Oglesby L., Patterson M.S., & Umstattd Meyer M.R. (2020) Feelings of burnout among group fitness instructors: a mixed methods approach. *Managing Sport & Leisure*.
  17. **Prochnow T.**, Patterson M.S., Bridges Hamilton C.N., Delgado H., Craig S., & Umstattd Meyer M.R. (2020) Network autocorrelation of perceived physical activity skill competence among adolescents at a summer care program: A pilot study. *American Journal of Health Promotion*.
-

- 
18. **Prochnow T.**, Patterson M.S., & Umstattd Meyer M.R. (2020) A social network analysis approach to group and individual perceptions of child physical activity. *Health Education Research*.
  19. **Prochnow T.**, Umstattd Meyer M.R., & Pollack Porter K.M. (2020). I play, you play, we play: Concurrent activity at Play Streets. *Research Quarterly for Exercise and Sport*.
  20. Lightner J.S., Shank J., McBain R., & **Prochnow, T.** (2020). The social network of medical case managers, housing providers, and health department staff in the Ryan White HIV/AIDS Program: A Midwest case study. *PLOS ONE*.
  21. **Prochnow T.**, van Woudenberg TJ. & Patterson M.S. (2020). Network effects on adolescent perceived barriers to physical activity. *Journal of Physical Activity & Health*.
  22. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstattd Meyer M.R. (2020). Depressive symptom associations with online and in person networks in an online gaming community: A pilot study. *Mental Health Review Journal*.
  23. Patterson M.S., **Prochnow T.**, Richardson, R., & Jackson K. (2020). Using network analysis to conduct a system-wide program evaluation within a university. *Evaluation and Program Planning*.
  24. **Prochnow T.**, Patterson M.S., & Hartnell L. (2020). Social support, depressive symptoms, and online gaming network communication. *Mental Health and Social Inclusion*.
  25. **Prochnow T.**, Delgado H., Patterson M.S., & Umstattd Meyer M. R. (2020). Social network analysis in child physical activity and sedentary behavior research: A systematic literature review. *Journal of Physical Activity & Health*.
  26. Patterson, M. S., **Prochnow, T.**, & Goodson, P. (2020). The spread and utility of social network analysis across a group of health behavior researchers. *Health Behavior Research*.

- 
- 2019 27. Patterson M.S., Russell A., Spadine M.N., **Prochnow T.**, & Heinrich K.M. (2019). Impact of social networks, mental health, and sobriety on exercise within a collegiate recovery community. *Health Behavior Research*.
  28. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Williams T. D., Abildso C., & Pollack Porter K. M. (2019). Come together, play, be active: Physical activity engagement of school-age children at Play Streets in four diverse rural communities in the U.S. *Preventive Medicine*.
  29. Patterson, M. S., Gagnon, L. R., Vukelich, A., Brown, S. E., Nelon, J. L., & **Prochnow, T.** (2019). Social networks, group exercise, and anxiety among college students. *Journal of American College Health*

- 
30. **Prochnow T.**, Patterson M.S. & 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*.
  31. 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*.
  32. Pollack Porter K.M., **Prochnow T.**, Mahoney P., Bridges Hamilton C.N., Delgado H., Wilkins E., Umstattd Meyer M.R. (2019). Transforming city streets to promote physical activity and health equity. *Health Affairs*.
  33. 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*.
  34. **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*.
  35. 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*.

Articles with main research foci: child physical activity – 17/35, social network analysis – 23/35, both – 8/35

#### Scientific Presentations

---

- |             |  |
|-------------|--|
| <b>2021</b> | <ol style="list-style-type: none"> <li>1. <b>Prochnow T.</b>, Umstattd Meyer M.R., Patterson M.S., Gomez L., &amp; Sharkey J. (Oct. 24-27, 2021). <i>Changes in activation of Mexican-heritage children and father physical activity social networks in response to a father-focused family-centered health program</i>. Accepted as a presentation at the 2021 American Public Health Association Annual Meeting, Denver, CO.</li> <li>2. <b>Prochnow T.</b>, Patterson M.S., &amp; Umstattd Meyer M.R. (Oct. 24-27, 2021). <i>When you can't join the club: Conversations with Boys &amp; Girls Club leaders on providing services during COVID-19</i>. Accepted as a presentation at the 2021 American Public Health Association Annual Meeting, Denver, CO.</li> <li>3. Patterson M.S., <b>Prochnow T.</b>, Nabil A.K., Russell A., &amp; Barry A. (Oct. 24-27, 2021). <i>Associations between sexual violence victimization and risky drinking within college women's personal networks</i>. Accepted as a presentation at the 2021 American Public Health Association Annual Meeting, Denver, CO.</li> <li>4. Patterson M.S., <b>Prochnow T.</b>, &amp; Graves Boswell T. (Oct. 24-27, 2021). <i>Making the connection: Factors associated with social ties between college students in recovery</i>. Accepted as a presentation at the 2021 American Public Health Association Annual Meeting, Denver, CO.</li> </ol> |
|-------------|--|
-

- 
5. **Prochnow T.** & Patterson M.S. (Oct. 24-27, 2021). *Physical activity and social network connectedness: A systematic literature review of social network analysis studies*. Accepted as a presentation at the 2021 American Public Health Association Annual Meeting, Denver, CO.
  6. Patterson, M. S., **Prochnow, T.**, Flores, S., Alamansour, N. A., & Spillers, K-A. (July 5-10, 2021). *Will they believe me? An egocentric network analysis of intimate partner violence disclosure*. Accepted as an oral presentation at the Networks 2021: A Joint Conference of Sunbelt and NetSci. Produced online.\*
  7. Patterson, M. S., Heinrich, K. M., **Prochnow, T.**, Graves-Boswell, T., & Spadine, M. N. (July 5-10, 2021). *Assessing network autocorrelation and homophily of preference for and tolerance of exercise intensity within a group-based high-intensity functional training program*. Selected as a poster presentation at the Networks 2021: A Joint Conference of Sunbelt and NetSci. Produced online.\*
  8. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstattd Meyer M.R. (July 5-10, 2021). *Longitudinal network analysis of online gaming communication: Implications for depressive symptoms and social support*. Accepted as a presentation at Networks 2021: A Joint Conference of Sunbelt and NetSci. Produced online.\*
  9. **Prochnow T.**, Patterson M.S., & Umstattd Meyer M.R., (June 8-10, 2021). *Social network effects on child self-reported physical activity at summer care programs*. Accepted as an oral presentation at the International Society of Behavioral Nutrition and Physical Activity XChange 2021. Produced online.
  10. Trost S., **Prochnow T.**, Sharkey J., & Umstattd Meyer M.R., (June 8-10, 2021). *Accelerometer data processing methods in the ¡Haz Espacio para Papi! Study: Application of machine learning methods for automated activity recognition in adults and children*. Accepted as part of a symposium presentation at the International Society of Behavioral Nutrition and Physical Activity XChange 2021. Produced online.
  11. Umstattd Meyer M.R., **Prochnow T.**, Ylitalo K.R., Sturdivant R., Trost S., Gomez L., Johnson C., & Sharkey J. (June 8-10, 2021). *Physical activity outcomes for Mexican-heritage fathers, mothers, and children participating in ¡Haz Espacio para Papi! a father-focused, family-centered health program*. Accepted as part of a symposium presentation at the International Society of Behavioral Nutrition and Physical Activity XChange 2021. Produced online.
  12. **Prochnow T.**, Umstattd Meyer M.R., Johnson C., Gomez L., & Sharkey J. (June 8-10, 2021). *The development and pilot testing of the ¡Haz Espacio para Papi! program physical activity curriculum for Mexican-heritage fathers and children*. Accepted as part of a symposium presentation at the International Society of Behavioral Nutrition and Physical Activity XChange 2021. Produced online
-

- 
13. **Prochnow T.**, Umstattd Meyer M.R., Patterson M.S., Gomez L., & Sharkey J. (April 6-9, 2021). *Will you play with me? Changes in frequency of active play within social networks for Mexican-heritage children participating in a father-focused health program*. Accepted as an Oral Presentation at the 2021 Active Living Conference. Produced online.\*
  14. Umstattd Meyer M.R., Abildso C.G., Walker A., Bridges Hamilton C., Pennington M., Summerall R., & **Prochnow T.** (April 6-9, 2021). *The Guide to Activating Rural America through Active Living Policies: Insights from Communities Creating Access to Places for Physical Activity*. Accepted as an Oral Presentation at the 2021 Active Living Conference. Produced online.\*
  15. Patterson M.S., Heinrich K., **Prochnow T.**, Amo C., Francis A., & Miller S. (April 6-9, 2021). *Compulsive Exercise within CrossFit Gyms: A Social Network Analysis*. Accepted as an Oral Presentation at the 2021 Active Living Conference. Produced online.\*
  16. **Prochnow T.**, Patterson M.S., & Umstattd Meyer M.R. (April 6-9, 2021). *Differences in active play networks and self-reported physical activity among children at summer care programs*. Accepted as an Oral Presentation at the 2021 Active Living Conference. Produced online.\*
  17. **Prochnow T.**, Patterson M.S., Hartnell L., West G., & Umstattd Meyer M. R. (April 12-16, 2021). *Implications of race and ethnicity for child physical activity and social connections at summer care programs*. Accepted as a research spotlight presentation at the Society of Behavioral Medicine (SBM) 42nd Annual Meeting. Produced online.\*
  18. Patterson M.S., Heinrich K., **Prochnow T.**, Graves-Boswell T., & Spadine M.N. (March, 2021). *Assessing the social environment relative to preference for and tolerance of exercise intensity within a group-based high-intensity functional training program*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*
  19. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstattd Meyer M.R. (March, 2021). *Online gaming network communication dynamics, depressive symptoms, and social support: longitudinal network analysis*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*
  20. Edmeade J., **Prochnow T.**, & Ross A. (March, 2021). *Examining the use of a Facebook group to share COVID related child physical activity information*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*
  21. Pickett D., **Prochnow T.**, Umstattd Meyer M.R, Gomez L., & Sharkey J. (March, 2021). *Interactions between child sex and maternal perceptions of physical activity space availability: implications for physical activity and screen time among Mexican-heritage children in Texas border colonias*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*
-

- 
22. **Prochnow T.**, Lightner J.S., Patterson M.S., Shank J., & McBain R.K. (March, 2021). *A longitudinal model of communication networks among HIV service providers in a Ryan White system*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*
23. Patterson M.S., **Prochnow T.**, Graves-Boswell T., & Spadine M.N. (March, 2021). *Using egocentric network analysis to assess social ties that exacerbate body image concerns among college sorority women*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 21st Annual Meeting. Produced online.\*
24. Spadine M., Graves-Boswell T., **Prochnow T.**, & Patterson M.S. (Jan. 25-27, 2021). *Body image concerns among college women: An egocentric network analysis*. Accepted as a presentation at the North American Social Networks Conference, (NASN) Produced online.\*
25. Patterson M.S., Amo C., **Prochnow T.**, & Heinrich K. (Jan. 25-27, 2021). *Exploring the Social Environment Relative to Exercise Self-Efficacy within Group-Based High Intensity Functional Training Participants*. Accepted as a presentation at the North American Social Networks Conference, (NASN) Produced online.\*
26. **Prochnow T.**, Hartnell L., & Patterson M.S. (Jan. 25-27, 2021). *Developing friendships and social support through online gaming: A mixed methods analysis of online gaming network communication*. Accepted as a presentation at the North American Social Networks Conference, (NASN) Produced online.\*

- 
- 2020 27. Lightner J.S., Shank J., **Prochnow, T.**, & McBain R. (Oct. 24-28, 2020). *Social network analysis of medical and housing providers to coordinate care for HIV+ individuals with housing insecurity*. Selected as a poster presentation at the American Public Health Association (APHA) 148<sup>th</sup> Annual Meeting. San Francisco, CA. Produced online.\*
28. Patterson, M. S., **Prochnow, T.**, Spadine, M. N., Brown, S., Nelon, J. L., & Lanning, B. (Oct. 24-28, 2020). *How network composition and structure relate to college students' experience of intimate partner violence: An egocentric network analysis*. Selected as an oral presentation at the American Public Health Association (APHA) 148<sup>th</sup> Annual Meeting. San Francisco, CA. Produced online.\*
29. Patterson, M. S., Apostolopoulos, Y., Nelon, J. L., Lemke, M., Sonmez, S., Hege, A., & **Prochnow, T.** (Oct. 24-28, 2020). *Exploring the role of social network structure in sexually transmitted and bloodborne infection risk among long-haul truckers*. Selected as an oral presentation at the American Public Health Association (APHA) 148<sup>th</sup> Annual Meeting. San Francisco, CA. Produced online.\*
30. **Prochnow T.**, Patterson M.S., Bridges Hamilton C.N., Delgado H., & Umstattd Meyer M.R. (Oct. 24-28, 2020). *Physical activity and adolescent social connection at summer care programs: a longitudinal network approach*. Accepted as a poster presentation at the American Public Health
-



31. **Prochnow T.**, Delgado H., Patterson M.S., Sharkey J., & Umstattd Meyer M.R. (Oct. 24-28, 2020). *Associations between child play networks, sedentary time, and moderate-to-vigorous intensity physical activity in Mexican-heritage Colonias*. Accepted as a poster presentation at the American Public Health Association Annual Meeting and Expo. San Francisco, CA. Produced online.\*
32. **Prochnow T.**, Patterson M.S., & Umstattd Meyer M.R. (Sept. 24, 2020). *Using social network analysis to understand group and individual perceptions of adolescent physical activity*. Accepted as a Twitter presentation at the American Public Health Association Physical Activity Student Twitter Conference. **Voted Best Presentation.**
33. Umstattd Meyer M. R., **Prochnow T.**, Bridges Hamilton C. N., & Pollack Porter K. M. (June 17-19, 2020). *Rural Play Streets: Implementation, guide development, and dissemination*. Accepted as a podium presentation at the 2020 Annual Rural Health Conference. Produced online.\*
34. McCord C., **Prochnow T.**, Patterson M. S., Garney W., Nelon, J. L., & Hartnell, L. (June 2-7, 2020). *How social support and depressive symptoms relate to connections made among online gamers*. Accepted as an oral presentation at the International Network for Social Network Analysis Sunbelt Conference. Paris, France. Produced online.\*
35. Patterson M. S., **Prochnow T.**, Nelon, J. L., Garney W., & McCord C. (June 2-7, 2020). *Impact of egocentric networks on physical, emotional, and sexual violence among a sample of college students*. Accepted as an oral presentation at the International Network for Social Network Analysis Sunbelt Conference. Paris, France. Produced online.\*
36. Nelon, J. L., Patterson M. S., **Prochnow T.**, Garney W., & McCord C. (June 2-7, 2020). *The role of egocentric networks in the formation of rape myth acceptance*. Accepted as a poster presentation at the International Network for Social Network Analysis Sunbelt Conference. Paris, France. Produced online.\*
37. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstattd Meyer M. R. (April 1-4, 2020). *Impact of online and offline network and support on depressive symptoms among a network of online gamers*. Accepted as a poster presentation at the Society of Behavioral Medicine (SBM) 41st Annual Meeting. San Francisco, CA. Produced online.\*
38. **Prochnow T.**, Bridges Hamilton C. N., Patterson M.S., Delgado H., & Umstattd Meyer M. R. (April 1-4, 2020). *Perceived physical activity competence spatial autocorrelation among adolescent friendship networks at a summer care program*. Accepted as a poster presentation at the Society of Behavioral Medicine (SBM) 41st Annual Meeting. San Francisco, CA. Produced online.\*
39. Patterson M. S., **Prochnow T.**, Spadine, M. S., Brown, S. E., Nelon, J. L., & Lanning, B. A. (April 1-4, 2020). *Impact of egocentric networks on physical, emotional, and sexual violence among a sample of college students*. Accepted as a poster presentation at the Society of Behavioral

40. **Prochnow T.**, Delgado H., Patterson M.S., Sharkey J. & Umstattd Meyer M.R. (March 29-April 1). *Child play network influences on physical literacy in Mexican-heritage Colonias*. Accepted as an oral presentation at the 2020 Conference on the Value of Play: PLAY FOR ALL! Clemson, SC. Produced online.\*
41. **Prochnow T.**, Patterson M.S., Bridges Hamilton C.N., Delgado H., & Umstattd Meyer M.R. (March 29-April 1). *Sport participation effects on adolescent play networks at summer care programs*. Accepted as a poster presentation at the 2020 Conference on the Value of Play: PLAY FOR ALL! Clemson, SC. Produced online.\*
42. **Prochnow T.**, Umstattd Meyer M.R., & Pollack Porter K.M. (March 29-April 1). *I play, you play, we play: Concurrent play at PlayStreets*. Accepted as a poster presentation at the 2020 Conference on the Value of Play: PLAY FOR ALL! Clemson, SC. Produced online.\*
43. Umstattd Meyer M.R., **Prochnow T.**, Bridges Hamilton C.N., Holcombe M., & Pollack Porter K.M. (March 29-April 1). *Guide to Implementing Play Streets in Rural Communities: A Tool to Increase Active Play*. Accepted as an oral presentation at the 2020 Conference on the Value of Play: PLAY FOR ALL! Clemson, SC. Produced online.\*
44. Bridges Hamilton C. N., Umstattd Meyer M. R., **Prochnow T.**, Delgado H., Wilkins E. C., & Pollack Porter K. M. (March 8-11, 2020). *Evaluating youth's perceived physical literacy in Chicago communities while attending PlayStreets*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
45. Delgado H., **Prochnow T.**, McClendon M., Umstattd Meyer M.R. & Sharkey J. (March 8-March 11). *Relationships between Self-Regulation and use of Parenting Strategies among Mexican-Heritage Mothers*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
46. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstattd Meyer M.R. (March 8-11, 2020). *Offline social support and depressive symptoms as factors associated with online gaming friendships*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
47. **Prochnow T.**, van Woudenberg T.J., & Patterson M.S. (March 8-11, 2020). *Network impact on adolescent perceived barriers to physical activity*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
48. **Prochnow T.**, Patterson M.S., Bridges Hamilton C.N., Delgado H., & Umstattd Meyer M.R. (March 8-11, 2020). *Network clustering based on team sport participation for adolescents attending summer care programs*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*

- 
49. Patterson, M. S., **Prochnow, T.**, Russell, A. M., & Barry, A. E. (March 8-11, 2020). *High-risk social circles: Associations between personal alcohol use and history of sexual assault to peer drinking behavior*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
50. Patterson, M. S., Russell, A. M., Spadine, M. S., Heinrich, K. M., & **Prochnow, T.** (March 8-11, 2020). *Predicting beneficial exercise behavior among college students in recovery: A social network analysis*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.\*
51. **Prochnow T.**, Umstattd Meyer M.R., Delgado H., Johnson C., Gomez L., & Sharkey J. (Feb. 2-5, 2020). *Promotora partnerships in the creation of the ¡Haz Espacio para Papi! program to engage Mexican-heritage youth and fathers*. Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL. **Voted Most Innovative Poster Design Award.**
52. Pollack Porter K.M., **Prochnow T.**, & Umstattd Meyer M.R. (Feb. 2-5, 2020). *The customer discovery "SPRINT": Lessons from disseminating Play Streets to all communities*. Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.
53. Bridges Hamilton C. N., Umstattd Meyer M. R., **Prochnow T.**, Delgado H., Wilkins E. C. & Pollack Porter K. M. (Feb. 2-5, 2020). *More than a place to play: Exploring adults' perceptions of spillover effects in Chicago communities with PlayStreets*. Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.
54. Umstattd Meyer M.R., Bridges Hamilton C.N., **Prochnow T.**, & Pollack Porter K.M. (Feb. 2-5, 2020). *Community-engaged development and dissemination of the Guide to Implementing Play Streets in Rural Communities*. Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.
55. **Prochnow T.**, Patterson M., Bridges Hamilton C.N. & Umstattd Meyer M.R. (Feb. 2-5, 2020). *A social network analysis approach to group and individual perceptions of adolescent physical activity*. Accepted as an oral presentation at the Annual Active Living Conference. Orlando, FL.
56. **Prochnow T.**, Patterson M., Cullinan K., & Umstattd Meyer M.R. (Feb. 2-5, 2020). *Adolescent physical activity, self-efficacy, and friendships at summer care programs*. Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.
57. **Prochnow T.**, Umstattd Meyer M.R., & Pollack Porter K.M. (Feb. 2-5, 2020). *I play, you play, we play: Concurrent play at PlayStreets*. Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.

\*Denotes conference presentations which were altered due to COVID-19

---

- 
- 2019 58. Renbarger R., **Prochnow T.**, Adair K., Abel H., Cassady B., & Scarlett, K. (Nov. 2019). *Are we too old for Ramen? Tackling food insecurity for graduate students*. Accepted as an oral presentation at the National Association of Graduate and Professional Students. Louisville, KY.
59. Pollack Porter KM., **Prochnow T.**, & Umstattd Meyer M.R. (Dec. 4-6, 2019). *The customer discovery "sprint": Lessons from spreading play streets to all*. Accepted as an oral presentation at the 12<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation. Arlington, VA.
60. Delgado H., Umstattd Meyer M.R., **Prochnow T.**, Ylitalo K., & Sharkey J. (Nov. 2-6, 2019). *Beyond walking: Conceptualization and assessment of streets as physical activity resources for children and families residing in low-resource, rural communities along the U.S.-Mexico border*. Accepted as an oral presentation at the American Public Health Association Annual Meeting and Expo. Philadelphia, PA.
61. 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.
62. **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. **Voted Best Presentation.**
63. Patterson, M. S., **Prochnow, T.**, & Nelon, 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.
64. **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.
65. 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.
66. **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.
-

- 
67. **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.
  68. **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 Living Research Conference. Charleston, SC.
  69. **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. Charleston, SC.
  70. **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. Charleston, SC.
  71. **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. Charleston, SC.
  72. 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 an oral presentation at the Annual Active Living Research Conference. Charleston, SC

- 
- 2018**
73. **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 2<sup>nd</sup> Annual North American Social Networks Conference 2018. Washington D.C. USA.
  74. 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.
  75. 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 (PASMAP): 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.

76. 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.
77. 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.
78. 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

- Environmental Scan of Black/African American Expert Discussion and Recommendations on Activity-Friendly Routes to Everyday Destinations. (2021), PI: **Prochnow T.**
  - Source: Centers for Disease Control and Society of Public Health Education
  - Description: An environmental scan of what Black/African American experts are saying related to activity friendly routes to everyday destinations strategies (routes to destinations), that can promote or discourage equitable and inclusive access to physical activity for Black/African American communities.
  - Role: PI
  - Outcome: Funded
  - Amount: \$15,000
- Understanding social connectedness, society, and individual health (2021), PIs: Lightner, J.S. & Grimes, A.
  - Source: NIH - Eunice Kennedy Shriver National Institute of Child Health and Human Development - R01 - PAR-21-145
  - Description: Multi-site longitudinal investigation of the role of social connectedness and health.
  - Role: Co-I
  - Outcome: Not Funded
  - Amount: \$2,500,000
- Assessing the social network changes for Mexican-heritage children and fathers participating in a father-focused family-centered health program. (2021), PI: **Prochnow T.**
  - Source: Baylor University Health, Human Performance, and Recreation Department
  - Description: Dissertation award to investigate the social network changes for Mexican-heritage children and fathers participating in a culturally and contextually tailored health program.
  - Role: PI
  - Outcome: Funded

- 
- Amount: \$1,295
  - Physical and social environments that optimize children's health and well-being: A multimethod study (2020), PI: Patterson, M.S.
    - Source: Texas A&M Triads for Transformation T3
    - Description: Interdisciplinary collaboration to investigate social and environmental impacts on child health and well-being during summer.
    - Role: Co-I
    - Outcome: Funded
    - Amount: \$30,000
  - Expanding Meals-To-You's impact: Identification of physical and social-emotional health needs of rural families and potential solution (2020), PI: Umstattd Meyer, M.R. & **Prochnow, T.**
    - Source: US Department of Agriculture
    - Description: A mixed methods approach to understanding unmet needs of rural families served by meal delivery programs.
    - Role: Co-I
    - Outcome: Not Funded
    - Amount: \$215,759
  - Texas A&M University Telehealth Resource Center (2020), PI: McCord, C. & Patterson, M.S.
    - Source: Health Resources and Services Administration (HRSA)
    - Description: A multi-facet approach to assessing impact of telehealth through the use of social network analysis.
    - Role: Co-I
    - Outcome: Not Funded
    - Amount: \$3,800,000
  - Youth Engagement in Sport (2019), PIs: Lightner, J.S. & Grimes, A.
    - Source: US Health and Human Services
    - Description: Multi-site physical activity and nutrition intervention to understand how social influences impacts physical activity and nutrition behavior.
    - Role: Consultant
    - Outcome: Funded
    - Amount: \$769,902
  - Using Social Network Analysis to Determine Individual and Community-Level Impacts of Telehealth Use in a Rural Community (2019), PI: Patterson, M.S., **Prochnow T.** & McCord C.
    - Source: Texas A&M College of Education and Human Development Catapult Grant
    - Description: Pilot testing whole social network data collection in a rural community with the express purpose of understanding Telehealth implementation and impacts.
    - Role: Co-I
    - Outcome: Funded
    - Amount: \$30,000
  - Speeding Research-tested INTerventions (SPRINT): Play Streets for All (2019), PIs: Umstattd Meyer, M.R. & Pollack Porter, K.M.
    - Source: National Cancer Institutes and Centers for Disease Control
    - Description: Training to strengthen interventions and improve dissemination; specifically, to improve Play Streets dissemination to help promote physical activity and play for all.

- 
- Role: Co-I
  - Outcome: Funded
  - Amount: \$21,750
- Modeling Physical Activity and Friendship in Summer Care Programs (2019), PI: Umstattd Meyer, M.R. & Prochnow, T.
    - Source: Baylor University Research Committee Grant Program
    - Description: Examine the effects of a summer care program on child friendships and physical activity.
    - Role: Co-I
    - Outcome: Funded
    - Amount: \$4,375

## Peer Reviewed Book Reviews

---

1. **Prochnow T.** (2021). Adam Kucharski. *The Rules of Contagion: Why Things Spread and Why They Stop*. Basic Books, 2020. Hardcover. Pp 352. ISBN 9781541674318. \$30.00. *World Medical & Health Policy*.
2. **Prochnow T.** (2020). *Unanticipated Gains: Origins of Network Inequality in Everyday Life*. By Mario Luis Small. New York. Oxford University Press, 2009. ISBN 978-0199764099, 312 pp., \$24.95. *Children & Society*.
3. **Prochnow T.** (2020). Damon Centola. *How Behavior Spreads: The Science of Complex Contagions*. Princeton University Press, 2018. Hardcover. Pp.312. ISBN 9780691175317. \$35.00. *World Medical & Health Policy*.
4. **Prochnow T.** (2020). Mario Luis Small. *Someone To Talk To*. Oxford University Press, 2017. Hardcover. pp. 274. ISBN 9780190661427 \$23.99. *World Medical & Health Policy*.

## Teaching Experience

---

### **Teacher of Record – Baylor University**

- 2021 PUBH 3320 – Stress Management, Mental-Emotional Health
- 2020 PUBH 1145 – Health and Human Behavior

### **Guest Lecturer – Baylor University**

- 2019 Evaluation in Public Health (Graduate Level Online) – Social Networks and Health
- 2018-19 Evaluation in Public Health (Graduate Level) – Social Networks and Health

### **Adjunct Professor – Carthage College**

- 2016-2017 EXS 0015 - TRX Suspension Training
- 2015-2017 EXS 0010 - Concepts of Physical Fitness

### **Teaching Assistant – Carthage College**

- 2014 EXS 4350 - Principles of Personal Training
- 2014 EXS 3010 - Tests and Measurement in Exercise Science
- 2013 EXS 4050 - Exercise Physiology



### **Workshops Taught**

---

2021	Intermediate Social Network Analysis: Applications in Active Living – Active Living Conference
2020	Introduction to Social Network Analysis in Public Health – American Public Health Association Applied Health Statistics Section
2020, 2021	Introduction to Social Network Analysis in Active Living – Active Living Conference
2020	NCCOR's Tools in Action: Featuring Summer Physical Activity and Friendship Study
2019	Cultivating Your Online Academic Identity – Baylor University Graduate School
2019	Network Visualizations Using Gephi – Baylor University Library

### **Awards**

---

2021	Student Poster of Distinction – American Academy of Health Behavior
2020	Most Innovative Poster Design Award – Active Living Conference
2020	Baylor Graduate School Dissertation Fellowship Award
2020	Baylor Graduate School Outstanding Graduate Research Award
2020	Graduate Student Research Travel Award – Baylor University
2019	Honorable Mention – Student Who Rocked Public Health – <i>Journal of Public Health Management and Practice</i>
2019, 2020	Best Presentation – APHA Physical Activity Student Twitter Conference
2019	Graduate Student Research Travel Award – Baylor University
2018	Graduate Student Research Travel Award – Baylor University
2014	Physical Education and Health Outstanding Major of the Year – Carthage College

### **Special Training**

---

2020	Network Epidemiology Program – University of Maryland
2020	Social Networks & Health Fellowship – Duke University Network Analysis Center
2020	Teaching Capstone in Higher Education – Baylor University
2019	Social Networks & Health Participant – Duke University Network Analysis Center
2019	Certified Peer Reviewer – Publons Academy
2019	Baylor University Libraries Data Scholar – Baylor University
2018	Design for Online Teaching Success – Baylor University

2017	Certified Observer – System for Observing Play and Recreation in Communities
2013-2020	National Strength and Conditioning Association – Certified Strength and Conditioning Specialist
2012-2019	American Council on Exercise – Certified Personal Trainer

## Service

---

2021-current	Associate Editor – World Medical & Health Policy
2020-current	Active Living Conference Executive Program Committee Student Leader
2019-current	American Public Health Association Student Assembly Social/Expo Chair
2019-current	American Public Health Association Physical Activity Section Social Chair
2019-current	Baylor University Counseling Center Student Advisory Council
2018-2020	Baylor University Graduate Student Association Vice President of Operations

## Peer Review Service

---

Journals	<i>American Journal of Health Education, Family &amp; Community Health, Journal of Primary Prevention, American Journal of Men's Health, Merrill-Palmer Quarterly, Translational Journal of American College of Sports Medicine, Journal of Public Health Management and Practice, Health Behavior Research, Journal of Healthy Eating and Active Living, Frontiers in Psychology, Journal of Park and Recreation Administration, Health Education &amp; Behavior, Inquiry</i>
Conferences	American Academy of Health Behavior, Active Living Conference, American Public Health Association Annual Meeting

## Professional Affiliations

---

2019-2021	Student Member, American Public Health Association
2019-2021	Student Member, AcademyHealth
2019-2021	Student Member, International Society of Behavioral Nutrition and Physical Activity
2019-2021	Student Member, Society of Behavioral Medicine
2019-2021	Student Member, International Network for Social Network Analysis
2017-2021	Student Member, American Academy of Health Behavior

## Industry Job Experience

---

### ***Campus Recreation Director – Carthage College***

*August 2014 – June 2017*

- Operated a 156,000-square-foot, multi-million-dollar facility
- Scheduled all monthly staff positions

- Performed payroll 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
- Created and delivered yearly health and wellness curriculum to Carthage Community
- Created Fitness Certification Grant offerings for students looking to get a fitness certification
- Coordinated all group fitness classes, including scheduling, instructor training, and marketing
- Founded fundraising community 5K event raising over \$25K and hosted over 2,000 participants over 3 years