

# Tyler Prochnow

## Contact Information

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## Personal Statement

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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

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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

## Research Experience

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2019 - current    *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 - current    *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 - current    *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 - 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

Primary Responsibilities: curriculum development, health worker training, social network analysis lead, manuscript writing, presenting results

Funding Source: United States Department of Agriculture

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### Peer Reviewed Journal Articles

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| <b>In Press</b> | 1. Patterson, M. S., <b>Prochnow, T.</b> , Nelon, J. L., Spadine, M. N., Brown, S. E., & Lanning, B. A. (In Press). Egocentric network composition and structure relative to violence victimization among a sample of college students. <i>Journal of American College Health</i> . |
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| <b>2020</b> | 2. <b>Prochnow T.</b> , Patterson M.S., Sharkey J., & Umstattd Meyer M. R. (2020) Health coalition collaboration network, perceived satisfaction, and success. <i>Journal of Health Organization and Management</i> .   |
|             | 3. Umstattd Meyer M. R., Ylitalo K. R., <b>Prochnow T.</b> , 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. <i>Health &amp; Place</i> . |
|             | 4. <b>Prochnow T.</b> , Oglesby L., Patterson M.S., & Umstattd Meyer M.R. (2020) Feelings of burnout among group fitness instructors: a mixed methods approach. <i>Managing Sport &amp; Leisure</i> .   |
|             | 5. <b>Prochnow T.</b> , 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. <i>American Journal of Health Promotion</i> .                                      |
|             | 6. <b>Prochnow T.</b> , Patterson M.S., & Umstattd Meyer M.R. (2020) A social network analysis approach to group and individual perceptions of child physical activity. <i>Health Education Research</i> .  |
|             | 7. <b>Prochnow T.</b> , Umstattd Meyer M.R., & Pollack Porter K.M. (2020). I play, you play, we play: Concurrent activity at Play Streets. <i>Research Quarterly for Exercise and Sport</i> .   |
|             | 8. Lightner J.S., Shank J., McBain R., & <b>Prochnow, T.</b> (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. <i>PLOS ONE</i> .  |
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9. **Prochnow T.**, van Woudenberg TJ. & Patterson M.S. (2020). Network effects on adolescent perceived barriers to physical activity. *Journal of Physical Activity & Health*.
  10. **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*.
  11. 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*.
  12. **Prochnow T.**, Patterson M.S., & Hartnell L. (2020). Social support, depressive symptoms, and online gaming network communication. *Mental Health and Social Inclusion*.
  13. **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*.
  14. 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*.
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- 2019**
15. 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*.
  16. 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*.
  17. 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*.
  18. **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*.
  19. 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*.

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20. 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*.
  21. 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*.
  22. **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*.
  23. 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 – 10/23, social network analysis – 14/23, both – 4/23

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#### **Manuscripts Under Review (select first author only)**

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**Prochnow T.**, Patterson M.S., Bridges Hamilton CN., Craig S., & Umstattd Meyer M.R. (Submitted 5/28/2020) *Social network effects on adolescent perceived physical activity at summer care programs.*

**Prochnow T.**, Umstattd Meyer M.R., Patterson M.S., Gomez L., Trost S., & Sharkey J. (Submitted R&R 9/18/2020) *Active play network influences on physical activity among children living in south Texas colonias.*

**Prochnow T.**, Lightner J.S., Patterson M.S., Shank J., & McBain R. (Submitted 6/26/2020) *A longitudinal model of communication networks among HIV service providers in a Ryan White system.*

**Prochnow T.**, Patterson M.S., Bridges Hamilton C.N., Delgado H., Craig S., & Umstattd Meyer M.R. (Submitted 6/29/2020) *Sex differences in play networks and self-reported physical activity among children at summer care programs.*

**Prochnow T.**, Patterson M.S., Meyer A.R., & Umstattd Meyer M.R. (Submitted R&R 10/10/2020) *Sport participation associations with child friend selection and physical activity while at summer care programs.*

**Prochnow T.**, Umstattd Meyer M. R., Bridges Hamilton C. N., & Pollack Porter K. M. (Submitted 9/18/2020) *Differences in child physical activity levels at rural Play Streets due to activity type and sex.*

**Prochnow T.**, Umstattd Meyer M. R., Bridges Hamilton C. N., Wilkins, E. & Pollack Porter K. M. (Submitted 10/27/2020) *Real-time video scan method for community partner use to inform Play Streets implementation.*

**Prochnow T.**, Umstattd Meyer M.R., Patterson M.S., McClendon M., Trost S., Gomez L., & Sharkey J. (Submitted 10/27/20) *Papas Activos: Associations between physical activity and personal networks among fathers living in Texas Colonias.*

**Prochnow T.**, Patterson M.S., Hartnell L., West G., & Umstattd Meyer M.R. (Submitted 10/31/2020) *Implications of race and ethnicity for child physical activity and social connections at summer care programs*

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**Prochnow T.**, Umstattd Meyer M.R., Delgado H., Johnson C., Gomez L., & Sharkey J. (Submitted 10/31/2020) *Promotora partnerships in the development of the ¡Haz Espacio para Papi! program physical activity curriculum for Mexican-heritage fathers and children.*

### Scientific Presentations

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- 2020**
1. 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.\*
  2. 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.\*
  3. 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.\*
  4. **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 Association Annual Meeting and Expo. San Francisco, CA. Produced online.\*
  5. **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.\*
  6. **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.**
  7. 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.\*
  8. 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.\*
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9. 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.\*
  10. 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.\*
  11. **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.\*
  12. **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.\*
  13. 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 Medicine (SBM) 41st Annual Meeting. San Francisco, CA. Produced online.\*
  14. **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.\*
  15. **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.\*
  16. **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.\*
  17. 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.\*
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18. 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.\*
  19. 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.\*
  20. **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.\*
  21. **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.\*
  22. **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.\*
  23. 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.\*
  24. 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.\*
  25. **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.**
  26. 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.
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27. 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.
  28. 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.
  29. **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.
  30. **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.
  31. **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*

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- 2019**
32. 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.
  33. Pollack Porter K.M., **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.
  34. 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.
  35. 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.
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36. **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.**
  37. 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.
  38. **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.
  39. 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.
  40. **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.
  41. **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.
  42. **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
  43. **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.
  44. **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.
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45. **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.

46. 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

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**2018** 47. **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.

48. 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.

49. 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.

50. 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.

51. 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.

52. 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

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- 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 (total award)
- Social Networks and Health (2020), PI: Moody, J.
  - Source: National Institutes of Health
  - Description: Fellowship training Social Networks and Health through Duke Network Analysis Center.
  - Role: Fellow
  - Outcome: Funded
  - Amount: \$3,000 (sub-award)
- 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 (total award)
- 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

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- 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

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1. **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*.
2. **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*.
3. **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

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#### **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

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|      |   |
|------|---|
| 2020 | Introduction to Social Network Analysis in Public Health – American Public Health Association Applied Health Statistics Section |
| 2020 | 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**

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|            |  |
|------------|--|
| 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   |

### **Special Training**

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|      |  |
|------|--|
| 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   |

### **Service**

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|              |   |
|--------------|---|
| 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

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|             |  |
|-------------|--|
| 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</i> |
| Conferences | American Academy of Health Behavior, Active Living Conference, American Public Health Association Annual Meeting   |

## Professional Affiliations

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

## Industry Job Experience

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### ***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