

# **MARK STOUTENBERG, PhD, MSPH**

## **Curriculum Vitae**

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June 2020

## **I. PERSONAL**

Name: Mark Stoutenberg  
Phone: (423) 425-4194  
Email: mark.stoutenberg@temple.edu  
Current Academic Rank: Associate Professor  
Primary Department: Kinesiology (College of Public Health)  
Languages: Fluent English, Conversational Spanish

## **II. HIGHER EDUCATION**

<b>University of Miami</b> (Miami, FL)	MSPH	08/05/2011
<b>University of Miami</b> (Coral Gables, FL)	Ph.D. in Exercise Physiology	12/17/2008
<b>University of Miami</b> (Coral Gables, FL)	M.S. in Exercise Physiology	08/06/2004
<b>Columbia University</b> (New York, NY)	B.A. in History	02/14/2001

## **III. WORK EXPERIENCE**

### A. Academic Experience

**Temple University**                      *Associate Professor & Department Chair*                      (2020 - )

- Chair of the Department Kinesiology within the College of Public Health

**University of Tennessee Chattanooga**                      *Associate Professor*                      (2018 - 2020)

- Inaugural Program Director of the Master in Public Health (MPH) program with a concentration on chronic disease prevention and control
- Responsible for approval processes with the Tennessee Higher Education Commission (THEC), and the Commission on Colleges of the Southern Association of Colleges and Schools (SACSCOC)
- Worked collaboratively with faculty to shape program mission, vision, goals, and program of study
- Developed community partnerships, student handbooks, and standard operating procedures
- Oversaw development of program website, marketing campaign, recruitment materials, and social media strategy

**University of Miami**                      *Research Assistant Professor*                      (2009 - 2017)

- Developed and taught courses to a wide array of learners in our graduate and medical programs
- Advisor for MPH, MD/MPH, and PhD students in the University of Miami Miller School of Medicine
- Worked as an independent research scientist conducting large randomized control trials, prospective cohort studies, and community-based research projects many from start to finish
- Conducted research examining optimal ways of utilizing existing, evidence-based resources for physical activity, obesity, and chronic disease prevention with underserved and diverse populations
- Participated in ongoing research projects and capacity building initiatives with international partners in Latin America, Asia, and Africa

**University of Miami**                      *Senior Research Associate*                      (2007 – 2009)

- Served as the Study Coordinator for an internationally-funded (World Anti-Doping Agency) grant examining the pharmaceutical benefits of sildenafil citrate (Viagra) on exercise performance
- Responsible for study implementation including participant recruitment, ethics approval, study logistics, and data analysis
- Served as the program director for an annual translational health summer program conducted with 100+ underserved adolescents from Miami-Dade middle and senior high schools

## B. Non-Academic Work Experience

### **American College of Sports Medicine** *Program Officer, Exercise is Medicine*<sup>®</sup> (2013 – )

- Program Officer for the Exercise is Medicine<sup>®</sup> initiative
- Collaborate with public health agencies, healthcare systems, health professional organizations, as well as leaders from medicine, public health, exercise and sport science, and community stakeholders to integrate physical activity as a standard in healthcare systems
- Develop action guides, tools, and resources to train and engage healthcare providers and exercise professionals to integrate physical activity into health systems
- Oversee engagement programs designed to mentor and develop new leaders
- Provide technical support for program development, training, implementation, and evaluation for countries in Asia, Africa, and Latin America

### **Cabarrus Health Alliance** *Consultant* (2015 – 2017)

- Served as a consultant to the Cabarrus Health Alliance (Cabarrus County, NC)
- Provided guidance on their CDC REACH (Racial & Ethnic Approaches to Community Health) grant including consultation on program implementation, training and education of healthcare teams, development of program materials, and evaluation of program implementation
- Informally assisted similar programs in Catawba and Chatham counties in North Carolina

### **FOGO Sports** *CEO & Head Coach* (2006 – 2012)

- Directed community-based health and wellness programs for adults of all ages
- Assisted sedentary individuals become more active and begin walking programs to working with individuals beginning new running and triathlon training
- Developed semi-customized programs to help participants meet their health and wellness goals
- Oversaw all aspects of the program including administration, marketing, registration, partner with community resources, and actual design of the program

### **TeamFootWorks** *Head Coach/ Program Coordinator* (2005 – 2008)

- Head Coach & Program Coordinator of a full and half marathon training program for 700+ beginner-to-intermediate runners in the South Miami community

## **IV. AWARDS & HONORS**

### A. Awards & Honors

1. U.S. Fellow, Mandela Washington Fellowship for Young African Leaders 2020
2. Fulbright Specialist (South Africa) 2019
3. Fellow, American College of Sports Medicine 2019
4. Society of Behavioral Medicine Champion 2017-18
5. NSF Scientists & Engineers Expanding Diversity & Success (SEEDS) Award 2012
6. NIDA CTN Scholar 2009-10

## **V. PUBLICATIONS**

### A. Juried or Refereed Journal Articles: (\*Senior and/or corresponding author)

1. Portacio FG, Corvalan D, **Stoutenberg M\***. Implementation of a referral scheme to text messaging programs for physical activity and health eating in underserved Hispanics. *Transl J ACSM*. June 2020 (In Press).

2. **Stoutenberg M\***, Powell BJ, Busignani PJ, Bowersock AH, Pojednic R. Identifying key physical activity categories and topics for health professional training programs. *Teach Learn Med.* 2020 Feb. 28:1-9. PMID: 32107937.
3. Singer RH, Feaster DJ, **Stoutenberg M**, Hlaing WM, Pereyra M, Abel S, Gellman MD, Schneiderman, Rosen-Metsch L. Dentists' willingness to screen for cardiovascular disease in the dental care setting: Results from a nationally representative survey. *Comm Dent Oral Epidemiol.* 2019 Aug;47(4):299-308. PMID: 30908721.
4. Vidot D, Rethorst CD, Carmody TJ, **Stoutenberg M**, Walker R, Greer TL, Trivedi MH. Acute and long-term cannabis use among stimulant users: Results from CTN-0037 Stimulant Reduction Intervention using Dosed Exercise (STRIDE) Randomized Control Trial. *Drug Alcohol Depend.* 2019 Jul;200:139-44. PMID: 31129484.
5. Gaffney L, Lozano O, Mantero AMA, **Stoutenberg M\***. The implementation of a national physical activity intervention in Colombia. *J Phys Act Health.* 2019 June;16(6):430-6. PMID: 31104541.
6. Castañeda SF, Garcia ML, Lopez-Gurrola M, Emory K, **Stoutenberg M**, Daviglius ML, Kaplan R, Giachello AL, Molina KM, Perreira KM, Youngblood ME, Vidot DC, Talavera GA. Alcohol Use, Acculturation and Socioeconomic Status among Hispanics/Latino Men and Women: The Hispanic Community Health Study/Study of Latinos. *PLOS One.* 2019 Apr;14(4):e0214906. PMID: 30947280.
7. Shaw PA, McMurray R, Butte N, Sotres-Alvarez D, Sun H, **Stoutenberg M**, Evenson KR, Wong WW, Moncrieft AE, Sanchez-Johnsen LAP, Carnethon MR, Arredondo E, Matthews CE, Mossavar-Rahmani Y. Calibration of activity-related energy expenditure in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). *J Sci Med Sport.* 2019 Mar; 22(3):300-306. PMID: 30177242.
8. Portacio F, Botero P, St. George SM, **Stoutenberg M\***. Informing the adaptation and implementation of a lifestyle modification program in Hispanics: A qualitative study among low-income Hispanic men and women. *Hisp Health Care Int.* 2018 Nov;1540415318808831. [Epub ahead of print]. PMID: 30426783.
9. Singer R, **Stoutenberg M**, Feaster DJ, Cai J, Hlaing WM, Metsch LR, Salazar CR, Beaver SM, Finlayson TL, Gellman MD, Schneiderman N. The association of periodontal disease and cardiovascular disease risk: Results from the Hispanic Community Health Study / Study of Latinos. *J Periodontol.* 2018 Jul; 89(7):840-57. PMID: 29542123.
10. **Stoutenberg M\***, Galaviz KI, Lobelo F, Joy E, Heath GW, Hutber A, Estabrooks P. A pragmatic application of the RE-AIM framework for evaluating the implementation of physical activity as a standard of care in health systems. *Prev Chronic Dis.* 2018 May 10; 15:E54. PMID: 29752803.
11. Gauri A, Rodriguez X, Gaona P, Maestri S, Dietz N, **Stoutenberg M\***. Communication between low-income Hispanic patients and their healthcare providers regarding physical activity and healthy eating. *J Comm Health.* 2017 Dec; 42(6):1220-4. PMID: 28528526.
12. Trivedi MH, Greer TL, Rethorst CD, Carmody T, Grannemann BD, Walker R, Warden D, Shores-Wilson K, **Stoutenberg M**, Oden N, Silverstein M, Hodgkins C, Love L, Seamans C, Stotts A, Causey T, Szucs-Reed RP, Rinaldi P, Myrick H, Straus M, Liu D, Lindblad R, Church T, Blair SN, Nunes EV. Randomized trial comparing exercise to health education for stimulant use disorders: Results from the STimulant Reduction Intervention using Dosed Exercise (CTN-0037; STRIDE). *J Clin Psychiatry.* 2017 Sept-Oct; 78(8):1075-82. PMID: 28199070.
13. Rethorst CD, Moncrieft AE, Gellman MD, Arredondo EM, Buelna C, Castañeda SF, Daviglius ML, Khan UI, Perreira KM, Sotres-Alvarez D, **Stoutenberg M**. Isotemporal analysis of the association of objectively measured physical activity with depressive symptoms: Results from Hispanic Community Health Study/Study of Latinos (HCHS/SOL). *J Phys Act Health.* 2017 Sept; 14(9):733-39. PMID: 28422609.
14. Lebron C, **Stoutenberg M**, Janowsky M, Asfour L, Huang S, Prado G. The role of leisure time physical activity and sedentary behavior in substance use and risky sex behaviors in Hispanic adults. *J Early Adolesc.* 2017; 37(7):910-24.

15. **Stoutenberg M\***, Shaya GE, Feldman DI, Carroll JK. Practical strategies for assessing patient physical activity levels in primary care. *Mayo Clinic Proc: Innovations, Quality & Outcomes*. 2017 Jul; 1(1):8-15.
16. **Stoutenberg M\***, Rethorst CD, Vidot DC, Greer TL, Trivedi MH. Cardiorespiratory fitness and body composition of stimulant users: A baseline analysis of the STRIDE cohort. *J Subst Abuse Treat*. 2017 Jul; 78:74-79. PMID: 28554607.
17. Strong A, **Stoutenberg M\***, Hobson-Powell A, Hargreaves M, Beeler H, Stamatakis E. An evaluation of physical activity training in Australian medical school curricula. *J Sci Med Sports*. 2017 Jun; 20(6):534-38. PMID: 28209318.
18. **Stoutenberg M\***, Falcon A, Arheart K, Stasi S, Portacio F, Stepanenko B, Lan ML, Castruccio-Prince C, Nackenson J. Implementation of lifestyle modification program focusing on physical activity and dietary habits in a large group, community-based setting. *Health Ed Behav*. 2017 Jun; 44(3):421-30. PMID: 27638654.
19. Wang X, Strizich G, Hua S, Sotres-Alvarez D, Buelna C, Gallo LC, Gellman MD, Mossavar-Rahmani Y, O'Brien MJ, **Stoutenberg M**, Wang T, Avilés-Santa ML, Kaplan RC, Qi Q. Objectively measured sedentary time and cardiovascular risk factor control in U.S. Hispanics/Latinos with diabetes. *J Am Heart Assoc*. 2017 May; 6(6). PMID: 28546455.
20. Beasley JM, Jung M, Tasevska N, Wong WW, Siega-Riz AM, Sotres-Alvarez D, Gellman MD, Kizer JR, Shaw PA, Stamler J, **Stoutenberg M**, Van Horn L, Wylie-Rosett J, Mossavar-Rahmani, Y. Biomarker-predicted sugars intake compared with self-reported measures in US Hispanics/Latinos: Results from the HCHS/SOL SOLNAS Study. *Public Health Nutr*. 2016 Dec; 19(18):3256-64. PMID: 27339078.
21. Elliott C, Stoner L, Hamlin M, **Stoutenberg M**. Primary healthcare and the battle against childhood physical inactivity and obesity. *Perspect Public Health*. 2016 Nov; 136(6):329-9. PMID: 27811224.
22. Lebron C, **Stoutenberg M\***, Portacio F, Zollinger TW. A community needs assessment of the physical activity and food environment in a predominantly Hispanic U.S. city. *Hisp Health Care Int*. 2016 Sept; 14(3): 124-31. PMID: 27465931.
23. Vidot DC, **Stoutenberg M\***, Gellman M, Arheart KL, Teng Y, Daviglius ML, González HM, Talavera G, Isasi CR, Heiss G, Schneiderman N. Alcohol consumption and metabolic syndrome among Hispanic/Latinos: The Hispanic Community Health Study/Study of Latinos. *Metab Syndr Relat Disord*. 2016 Sept; 14(7):354-62. PMID: 27304318.
24. Pratt S, Jerome G, Schneider K, Craft L, Buman M, **Stoutenberg M**, Daumit G, Goodrich D, Bartels S. Increasing United States health plan coverage for exercise programming in community mental health settings for people with serious mental illness: A position statement from the Society of Behavior Medicine and the American College of Sports Medicine. *Transl Behav Med*. 2016 Sept; 6(3):478-81. PMID: 27146275.
25. Asfour L, Koussa M, Perrino T, **Stoutenberg M**, Prado G. The association of organized and unorganized physical activity and sedentary behavior with internalizing and externalizing symptoms in Hispanic adolescents. *Child Adolesc Ment Health*. 2016 May; 21(2):109-114. PMID: 27346986.
26. Arredondo EM, Sotres-Alvarez D, **Stoutenberg M**, Davis SM, Crespo NC, Carnethon MR, Castañeda SF, Isasi CR, Espinoza RA, Daviglius ML, Perez L, Evenson KR. Physical activity levels in US Latino/Hispanic adults: Results from the HCHS/SOL. *Am J Prev Med*. 2016 Apr;50(4):500-8. PMID: 26597505.
27. Singer RH, **Stoutenberg M\***, Gellman MD, Archer E, Davis SM, Gotman N, Marquez DX, Buelna C, Deng Y, Hosgood HD, Zambrana RE. Occupational physical activity and body mass index: Results from the Hispanic Community Health Study/Study of Latinos. *PLoS One*. 2016 Mar; 11(3). PMID: 27031996.
28. **Stoutenberg M\***, Rethorst C, Lawson O, Read JP. Exercise training - A beneficial intervention in the treatment of alcohol use disorders? *Drug Alcohol Depend*. 2016 Mar; 160:2-11. PMID: 26652900.

29. **Stoutenberg M\***, Sogor A, Arheart K, Cutrono SE, Kornfeld J. A wellness program for cancer survivors and caregivers: Developing an integrative pilot program with exercise, nutrition, and complementary medicine. *J Cancer Educ.* 2016 Mar; 31(1):47-54. PMID: 25663357.
30. **Stoutenberg M\***, Stasi S, Stamatakis E, Danek D, Dufour T, Triik J, Blair SN. Physical activity training in U.S. medical schools: Preparing future physicians to engage in primary prevention. *Phys Sportsmed.* 2015 Nov; 43(4): 388-94. PMID: 26365470.
31. Merchant G, Buelna C, Castaneda SF, Arredondo EM, Marshall SJ, Strizich G, Sotres-Alvarez D, Chambers EC, McMurray RG, Evenson KY, **Stoutenberg M**, Hankinson AL, Talavera GA. Accelerometer-measured sedentary time among Hispanic adults: Results from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). *Prev Med Reports.* 2015 Oct 22;2: 845-53. PMID: 26844159.
32. **Stoutenberg M\***, Warne J, Vidot D, Jimenez E, Read JP. Attitudes and preferences towards exercise training in individuals with alcohol use disorders in a residential treatment setting. *J Subst Abuse Treat.* 2015 Oct, 49:43-9. PMID: 25242191.
33. Mossavar-Rahmani Y, Shaw PA, Wong WW, Sotres-Alvarez D, Gellman MD, Van Horn L, **Stoutenberg M**, Daviglius ML, Wylie-Rosett J, Siega-Riz AM, Ou F-S. Applying recovery biomarkers to calibrate self-report measures of energy and protein in the Hispanic Community Health Study/Study of Latinos. *Am J Epi.* 2015 Jun 15; 181(12):996-1007. PMID: 25995289.
34. **Stoutenberg M\***, Stanzilis K, Falcon A. Translation of lifestyle modification programs focused on physical activity and dietary habits in community settings. *Int J Behav Med.* 2015, 22:312-327. PMID: 25200447.
35. Lobelo F, **Stoutenberg M**, Hutber A. The Exercise is Medicine® Global Health Initiative: A 2014 Update. *Br J Sports Med.* 2014, 48(22):1627-33. PMID: 24759911.
36. Reverol LP, Sandoval J, Falque-Madrid L, Stepenka V, Maestre GE, Rivas Y, Casal JC, **Stoutenberg M**, Flores H. La construcción social acerca de la diabetes y la prediabetes en personas que acuden a un centro de salud en Maracaibo, Venezuela. *Revista Internacional de Salud, Bienestar y Sociedad.* 2014, 1(2).
37. Valencia WM, **Stoutenberg M**, Florez H. Weight loss and physical activity for disease prevention in obese older adults: An important role for lifestyle management. *Curr Diab Rep.* 2014, 14(10):539. PMID: 25183491.
38. Signorile J, Lew K, **Stoutenberg M**, Pluchino A, Lewis JE, Gao J. Range of motion and leg rotation affect electromyography activation levels of the superficial quadriceps muscles during leg extension. *J Strength Cond Res.* 2014, 2(9):2536-45. PMID: 25148303.
39. Vance DD, Chen GL, **Stoutenberg M**, Myerburg RJ, Jacobs K, Nathanson L, Perry A, Seo D, Goldschmidt-Clermont PJ, Rampersaud E. Cardiac performance, biomarkers and gene expression studies in previously sedentary men participating in half-marathon training. *BMC Sports Science, Med & Rehab.* 2014, 6:6. PMID: 24552436.
40. **Stoutenberg M**, Lee DC, Sui X, Hooker S, Horigian V, Perrino T, Blair S. Prospective study of alcohol consumption and the incidence of metabolic syndrome in U.S. men. *Br J Nutr.* 2013, 23:1-10. PMID: 23340203.
41. **Stoutenberg M**, Rethorst C, Fuzat G, Greer T, Blair S, Church T, Marcus B, Trivedi M. STimulant Reduction Intervention using Dosed Exercise (STRIDE) – Description of the exercise intervention and behavioral program to ensure adherence. *Ment Health & Phys Act.* 2012 Dec; 5(2): 175-82. PMID: 23667387.
42. Greer TL, Ring KM, Warden D, Grannemann BD, Church TS, Somoza E, Blair SN, Szapocznik J, **Stoutenberg M**, Rethorst C, Walker R, Morris DW, Kosinski AS, Kyle T, Marcus B, Crowell B, Oden N, Nunes E, Trivedi MH. Rationale for using exercise in the treatment of stimulant use disorders. *J Global Drug Policy Pract.* 2012, 6(1).

43. **Stoutenberg M**, Kressler J, Chen GL, Perry AC, Meyerburg RJ, Mendez AJ, Signorile JF, Arheart KL, Lewis JE, Jacobs KA. Aerobic training does not alter CRP concentrations in apparently healthy, untrained men. *J Sports Med Phys Fit.* 2012, 52(1):53-62. PMID: 22327087.
44. Kressler J, **Stoutenberg M**, Roos BA, Friedlander AL, Perry AC, Signorile JF, Jacobs KA. Sildenafil does not improve steady state cardiovascular hemodynamics, peak power, or 15-km time-trial cycling performance at simulated moderate or high altitudes in men and women. *Eur J App Phys.* 2011, 111(12):3031-40. PMID: 21451938.
45. Trivedi MH, Greer TL, Grannemann BD, Church TS, Somoza E, Blair SN, Szapocznik J, **Stoutenberg M**, Rethorst C, Warden D, Ring KM, Walker R, Morris DW, Kosinski AS, Kyle T, Marcus B, Crowell B, Oden N, Nunes E. Stimulant Reduction Intervention using Dosed Exercise (STRIDE) - CTN 0037: Study protocol for a randomized controlled trial. *Trials.* 2011, 12:206. PMID: 21929768.
46. Jacobs KA, Kressler J, **Stoutenberg M**, Roos BA, Friedlander AL. Sildenafil has little influence on cardiovascular hemodynamics or 6-km time trial performance in trained men or women at simulated high altitude. *High Alt Med Biol.* 2011, 12(3):215-22. PMID: 21962064.
47. **Stoutenberg M**<sup>\*</sup>, Cutrono S, Perry AC. From Surviving to Thriving: A health & wellness colloquium for breast cancer survivors. *J Cancer Educ.* 2011, 111(12):3031-40. PMID: 21451938.
48. de Noronha Ribeiro DF, de Souza Vale RG, Giani TS, Bacellar S, Escobar T, **Stoutenberg M**, Dantas EH. Correlation between static balance and functional autonomy in elderly women. *Arch Gerontol Geriatr.* 2011; 52(1): 111-4. PMID: 20227119.
49. Lister JL, Del Rossi G, Ma F, **Stoutenberg M**, Signorile JF. Scapular stabilizer activity during BodyBlade®, Cuff Weights, and Theraband® use. *J Sport Rehab.* 2007; 16(1): 50-67. PMID: 176998887.
50. **Stoutenberg M**, Pluchino AP, Ma F, Hctor JE, Signorile, JF. The impact of foot position on electromyographical activity of the superficial quadriceps muscles during leg extensions. *J Strength Cond Res.* 2005; 19(4): 931-38. PMID: 16437818.
51. Gomez, TR, Ma F, Adams JB, **Stoutenberg M**, Signorile JF. The impact of seatback angle on electromyographical activity of the lower back and quadriceps. *J Strength Cond Res.* 2005; 19(5): 908-17. PMID: 16287359.
52. Signorile JF, Sandler DJ, Smith WN, **Stoutenberg M**, Perry AC. Correlation analyses and regression modeling between isokinetic testing and on-court performance in competitive tennis players. *J Strength Cond Res.* 2005; 19(3): 519-26. PMID: 16095400.

#### B. Articles Under Review

1. Equives BN, Ramos KQ, **Stoutenberg M**. Exploring strategies to engage Hispanic patients in screening for a diabetes prevention program at a local community health center. *Submitted to the Journal of Health Care for the Poor and Underserved.* May 2019.
2. Sisk D, **Stoutenberg M**, Ma N, Lin C. Exercise counseling and prescribing habits of PM&R physicians. *Submitted to Clinical Rehabilitation.* October 2019.
3. Mossavar-Rahmani Y, Hua S, Qi Q, Strizich G, Sotres-Alvarez D, Talavera GA, Evenson KR, Gellman MD, **Stoutenberg M**, Castañeda SF, Gallo LC, Perreira KM, Sanchez-Johnsen LAP, Kaplan RC. Sedentary behavior, physical activity and change in cardiometabolic biomarkers: A longitudinal study in HCHS/SOL. *Submitted to Journal of Clinical Endocrinology & Metabolism.* January 2020.

#### C. Book Chapters

1. **Stoutenberg M**. (2019). Physical activity counseling in health settings. Gellman M, Turner JR (Eds). Encyclopeida for Behavioral Medicine. New York: Springer.

2. **Stoutenberg M** and Richards LA. (2018). Implementing interventions in specific communities and settings - healthcare. Bornstein D, Eyler A, Maddock J, & Moore J. (Eds.). *Physical Activity and Public Health Practice: A Guide for Effective Interventions*. New York: Springer.
3. Ory MG, Resnick B, **Stoutenberg M**, Yoshikawa A, Smith ML. (2018). Best practices for ensuring a healthy and active aging society. Bornstein D, Eyler A, Maddock J, & Moore J. (Eds.). *Physical Activity and Public Health Practice: A Guide for Effective Interventions*. New York: Springer.

#### D. Non-Refereed Work

1. Denison P, Stoutenberg M. Yes, exercise is medicine – and part of integrated care planning. *Aging Today*. 2019; vol xl, no 2.
2. Thompson WR, Hutber A, **Stoutenberg M**. Exercise is Medicine® - Ten Years and Counting: Looking Back, Moving Forwards. *ACSM Health & Fitness J*. 2017; 21(6):5-8.
3. Pratt S, Jerome G, Schneider K, Craft L, **Stoutenberg M**, Buman M, Daumit G, Bartels S, Goodrich D. Increase United States health plan coverage for exercise programming in community mental health programs for people with serious mental illness. *Joint position statement by the Society of Behavioral Medicine and the American College of Sports Medicine*, November 2015.
4. **Stoutenberg M**, Falcon A, Pluchino A. La salud optimiza el buen vivir: Programa de bienestar FOGO. *Muevete por tu Salud!* Lima, Peru; 8<sup>th</sup> edition, March 2013.

## VI. PRESENTATIONS & POSTERS

### A. Conference Presentations

1. Pojednic R, **Stoutenberg M**. *Walking the talk together: Creating a comprehensive curriculum to train future healthcare providers in physical activity*. Accepted as a tutorial lecture at the American College of Sports Medicine Annual Meeting, May 2020.
2. **Stoutenberg M**. *Understanding contextual factors affecting the implementation of health interventions in clinic settings*. Symposium Chair. 12<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation. Arlington, VA. December 2019.
3. **Stoutenberg M**, Bornstein DB, Bell AG. *Convergence of physical activity & health: Promising career paths for the future*. Tutorial at the Southeast ACSM Regional Meeting. Greenville, SC. February 2019.
4. **Stoutenberg M**, Ben Charif A, Hoover S, Callaghan-Koru J, Oldenburg B. *Scaling up interventions in a global health context*. Symposium Chair, 11<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation. Washington, DC. December 2018.
5. **Stoutenberg M** (moderator), Bell J, Cosley B, Adams S, Kale D. *The role of big data and predictive analytics in healthcare*. Symposium at the Deeper Learning Conference. Chattanooga, TN. June 2018.
6. Burrige K, **Stoutenberg M**. *Promoting physical activity in clinic settings*. Clinical tutorial at the American Association of Physician Assistants Annual Meeting. New Orleans, LA. May 2018.
7. **Stoutenberg M**, Brooks B, Butler M. *The role of academic institutions in producing the next generation of public health professionals*. Panel at the Tennessee Public Health Association – East Regional Meeting. Chattanooga, TN. April 2018.
8. Weller Pegna S, King Z, **Stoutenberg M**. *Harnessing clinical-community partnerships to increasing patient physical activity: Implementing Exercise is Medicine in two North Carolina communities*. Symposium at the Communities Joined in Action (CJA) National Conference. Atlanta, GA. February 2018.



9. Page P, **Stoutenberg M**, Moffat M, Davis I. *The role of physical therapy in Exercise is Medicine: A collaborative symposium with the American College of Sports Medicine*. Symposium at the American Physical Therapy Association Combined Section Meeting. San Antonio, TX. February 2017.
10. **Stoutenberg M**. *Practical approaches to improving physical activity assessment, prescription, and referral*. Presentation at Family Medicine Experience – Annual Meeting of the American Academy of Family Physicians. Orlando, FL. September 2016.
11. **Stoutenberg M**, Hobson-Powell A, Carroll JK. *Linking patients to community resources: The role of physical activity referral schemes*. Symposium at the American College of Sports Medicine Annual Meeting. Boston, MA. May 2016.
12. **Stoutenberg M**, Trilk J, Duperly J, Tan B, Osborn H. *Approaches to integrating physical activity training into medical school settings*. Symposium at the American College of Sports Medicine Annual Meeting. Boston, MA. May 2016.
13. Goodrich DE, Eaglehouse YL, Donnelly JE, Carroll JK, **Stoutenberg M**. *Assessing physical activity to improve exercise prescriptions and referrals*. Symposium at the Society of Behavioral Medicine Annual Congress. Washington, DC. March 2016.
14. **Stoutenberg M**, Stuhr RM, Phillips EM, Duperly J, Lim I. *Exercise is Medicine goes global: Educating healthcare professionals about exercise prescription*. Clinical Colloquium at the American College of Sports Medicine Annual Meeting. Orlando, FL. May 2014.
15. Joy L, **Stoutenberg M**. *Exercise is Medicine® 101*. Symposium at the American College of Sports Medicine Annual Meeting. Orlando, FL. May 2014.
16. **Stoutenberg M**. Stasi S, Falcon A. *Changing physical activity behaviors through the integration of the medical health care system and local communities*. Society of Behavioral Medicine Annual Congress. April 2014.
17. **Stoutenberg M**. *Exercise: Food for the aging mind*. 15<sup>th</sup> Annual Interdisciplinary Symposium on Alzheimer's Disease. Maracaibo, Venezuela. November 2013.
18. **Stoutenberg M**. *Conducting a randomized controlled trial with dosed exercise in a community setting*. International Congress of Behavioral Medicine. Budapest, Hungary. August 2012.
19. **Stoutenberg M**. *Novel exercise interventions for substance abuse and mental health – Designing an exercise intervention for stimulant users*. American College of Sports Medicine Annual Meeting. June 2012.
20. **Stoutenberg M**. *Well Being Well*. Bi-Annual Conference hosted by Sylvester Cancer Comprehensive Center. Miami, FL. April 2011.
21. **Stoutenberg M**. *Preventing relapse – The therapeutic role of exercise in addiction treatment*. Gateway 2011 Spring Conference – Innovations in Treatments. Jacksonville, FL, April 2011.
22. **Stoutenberg M**. *STRIDE: STimulant Reduction Intervention Using Dosed Exercise*. Seminar presentation at the University of South Carolina, January 2011.
23. **Stoutenberg M\***. *Endurance training does not alter serum c-reactive protein concentrations in apparently healthy, inactive males*. American College of Sports Medicine Annual Meeting, May 2008.

#### B. Invited Presentations

1. **Stoutenberg M**. *Physical activity training for healthcare providers*. Sports Science and Sports Medicine Conference. Yangon, Myanmar, January 2020.
2. **Stoutenberg M**. *Exercise is Medicine – A Global Health Initiative*. 66<sup>th</sup> Myanmar Medical Conference. Yangon, Myanmar, January 2020.
3. **Stoutenberg M**. *The role of implementation science in physical activity promotion*. University of Witwatersrand Faculty of Health Sciences. Johannesburg, South Africa. July 2019.

4. **Stoutenberg, M.** *Why Exercise is Medicine: Evidence & Implications*. Keynote lecture at the Chinese University of Hong Kong – Jockey Club Health Conference 2019: From Pills to Movement – Exercise is Medicine. Hong Kong, June 2019.
5. **Stoutenberg, M.** *A global overview of physical activity promotion in the health care sector*. Presentation at the 2019 Konkuk University Sports Medicine Conference. Seoul, South Korea. April 2019.
6. **Stoutenberg M.** *Exercise is Medicine – Integrating physical activity into global health systems*. 7<sup>th</sup> Presentation at the European Initiative for Exercise is Medicine Congress. Warsaw, Poland. September 2018.
7. **Stoutenberg M,** Tan B, Sato, S. *Therapeutic exercise approaches to cardiovascular disease prevention & treatment*. Symposium at the 2018 International Symposium on Frailty Intervention. New Taipei City, Taiwan. April 2018.
8. **Stoutenberg M.** *Exercise is Medicine: Program Implementation & Evaluation*. Invited Speaker at the Belt and Road Forum for Health Cooperation: Towards a Health Silk Road. Beijing, China. August 2017.
9. **Stoutenberg M.** *Building a bridge of trust: Applying the EIM Solution to link healthcare systems and community resources*. Keynote presentation at the Annual Meeting of the Japanese Association of Clinical Exercise Therapy and Prevention (JACETP). Yokohama, Japan. September 2016.
10. **Stoutenberg M.** *Exercise is Medicine<sup>®</sup>: A Global Health Initiative. Program implementation and evaluation*. Presentation at the 38<sup>th</sup> International Symposium for Sports Science. Sao Paulo, Brazil. October 2015.
11. **Stoutenberg M,** Hobson-Powell, A; Loosemore, M; Lim, I. *Exercise is Medicine: A global health initiative. Program implementation and evaluation*. Presentation at the 2014 Conference on Physical Activity and Health hosted by the Chinese Centers for Disease Control. Beijing, China. November 2014.
12. **Stoutenberg M.** *The Exercise is Medicine Global Health Initiative*. Presentation at the Japanese Society for Physical Fitness and Sports Medicine Annual Conference. Nagasaki, Japan. August 2014.
13. **Stoutenberg M.** *Cardiovascular disease and exercise is medicine*. Presentation at the Philippine Association on the Study of Obesity and Overweight (PASOO) Annual Conference. Manila, Philippines. August 2014.
14. **Stoutenberg M.** *Exercise is Medicine: The role of physical activity in cardiovascular disease and diabetes*. University of Zulia, Maracaibo, Venezuela. June 2012.
15. **Stoutenberg M.** *The impact of physical activity on mental health*. University of Zulia, Maracaibo, Venezuela. June 2012.
16. **Stoutenberg M.** *Exercise as Medicine: The role of physical activity in breast cancer prevention & treatment*. Breast Site Disease Group Meeting, Sylvester Comprehensive Cancer Center, University of Miami, Miami, FL, April 2011.
17. **Stoutenberg M.** *Exercise as Medicine: The role of physical activity in cancer prevention & treatment*. Distinguished Lectures Series, Sylvester Comprehensive Cancer Center, University of Miami, Miami, FL, March 2011.

### C. Webinars

1. **Stoutenberg M.** *Integrating Exercise is Medicine into Local Health Systems*. Healthy People, Healthy Carolinas Webinar. August 2019.
2. **Stoutenberg M.** *Exercise is Medicine & the Four Pillars*. ACSM/EIM Global Health Network Webinar Series. February 2019.
3. **Stoutenberg M.** *Safety screening & considerations*. Part of the “Concepts of Physical Activity Prescription” webinar. American Public Health Association. April 2019.

#### D. Poster/Oral Conference Presentations

1. Vermeesch A, Bender-Stephanski M, Sampson E, Stoutenberg M, Webb W, Woo Y, Falcon A. *Investigation of physical activity instruction in United States nurse practitioner curricula*. American College of Sports Medicine Annual Meeting. San Francisco, CA, May 2020.
2. Singer RH, Feaster DJ, **Stoutenberg M**, Hlaing WM, Cardenas G, Pereyra M, Abel S, Greenberg B, Velasco J, Gellman MD, Schneiderman N, Metsch LR. *Patient acceptance of screening for heart disease in the dental care setting: Results from a university-sponsored dental clinic*. American Public Health Association Meeting. Philadelphia, PA, November 2019.
3. Sampson E, **Stoutenberg M**, Vermeesch A, Bender-Stephanski M, Woo Y, Falcon A. *An Examination of Physical Activity Content in the U.S. Nurse Practitioner Curricula*. American Public Health Association Annual Meeting. Philadelphia, PA, November 2019.
4. Gregg M, Alvarez A, Lebron C, **Stoutenberg M**. *Physicians Current Attitudes and Utilization of Referral Networks for Physical Activity and Healthy Eating with their Pediatric Populations*. Student oral presentation at the American Public Health Association Annual Meeting. Philadelphia, PA, November 2019.
5. Reid K, Lewis L, Vidot DC, Kornfeld J, **Stoutenberg M**. *Implementing Engaging Curricula to Train the Future Public Health Workforce*. Student oral presentation at the American Public Health Association Annual Meeting. Philadelphia, PA, November 2019.
6. Lebron C, Guzman T, Agosto Y, Sutton D, **Stoutenberg M**, Messiah SE, St George SM. *A qualitative study of the attitudes and practices of Hispanic mothers of young children around feeding practices and food choices*. Society for Nutrition Education and Behavior Conference. Orlando, FL, July 2019.
7. Cruz AAB, Whitaker K, West J, **Stoutenberg M**, Weible EA, Connolly CP. *Exercise is Medicine: Physical activity prescriptions and behavior during pregnancy*. American College of Sports Medicine Annual Meeting, Orlando, FL, May 2019.
8. Sisk D, **Stoutenberg M**, Lin C. *Exercise counseling and prescribing habits of physical medicine & rehabilitation physicians*. American Academy of Physical Medicine & Rehabilitation Annual Assembly. Orlando, FL. October 2018.
9. Noriega B, Quintana K, **Stoutenberg M**. *Exploring strategies to engage Hispanic patients in screening for a diabetes prevention program at a community health center*. Society of Behavioral Medicine Annual Meeting New Orleans, LA. April 2018.
10. Solomon C, Montana J, **Stoutenberg M**, Racine E, West J. *Adopting the Exercise is Medicine® model for community-based primary health care clinics*. American Public Health Association Annual Meeting & Expo. Denver, CO, November 2016.
11. Portacio F, Corvalan D, **Stoutenberg M**. *Implementation of a healthcare provider referral scheme linking underserved Hispanic patients to text messaging programs for physical activity and healthy eating*. American Public Health Association Annual Meeting & Expo. Denver, CO, November 2016.
12. Falise A, Warne J, Beeler H, Lee J, Rodriguez J, **Stoutenberg M**. *A formative assessment of exercise resources, programs, and personnel in U.S. residential treatment programs*. American Public Health Association Annual Meeting & Expo. Denver, CO, November 2016.
13. Rodriguez X, Maestre SA, Gaona P, Bouza J, Portacio F, **Stoutenberg M**. *Evaluating Latino patients' preferences and attitudes in receiving guidance on physical activity and nutrition in community health clinics*. American Public Health Association Annual Meeting & Expo. Denver, CO, November 2016.
14. Lebron CL, Portacio F, **Stoutenberg M**. *A community needs assessment of the physical activity and food environment in a predominantly Hispanic U.S. city*. Society for Prevention Research Annual Meeting, Washington DC, June 2016.

15. Warne KW, Lee J, Rodriguez X, Beeler H, **Stoutenberg M**. *A formative asset assessment of exercise resources, programs and personnel in U.S. residential programs*. American College of Sports Medicine Annual Meeting, Boston, MA, May 2016.
16. Montana J, **Stoutenberg M**, Racine E, Allen C, West JL. *Adapting the Exercise is Medicine model for community-based primary health care clinics*. American College of Sports Medicine Annual Meeting, Boston, MA, May 2016.
17. Rodriguez X, Maestri SA, Gaona P, Bouza J, Portacio F, **Stoutenberg M**. *Evaluating Hispanic patients desire to receive guidance on physical activity and nutrition in a free community health clinic*. Society of Behavioral Medicine Annual Meeting, Washington D.C., March 2016.
18. **Stoutenberg M**, Stasi S, Trilk J, Stamatakis E, Danek D, Dufour T, Blair S. *An evaluation of undergraduate medical education curricula in the United States*. Society of Behavioral Medicine Annual Meeting, San Antonio, TX, April 2015.
19. Loo D, Kumar N, **Stoutenberg M**. *Quality of life and mental health indicators in community members living near open cast mines in Northern Colombia*. American Psychiatric Meeting, NY, NY, May 2014.
20. Stasi S, Falcon A, **Stoutenberg M**. *FOGO Wellness: Promoting physical activity and fruit and vegetable consumption through a community-based lifestyle modification program*. Society of Behavioral Medicine Annual Congress, Philadelphia, PA, April 2014.
21. Falcon A, Stasi S, **Stoutenberg M**. *Use of a DVD-based exercise program among breast cancer survivors: A qualitative study*. Society of Behavioral Medicine Annual Congress, Philadelphia, PA, April 2014.
22. Mossavar-Rahmani Y, Gellman M, **Stoutenberg M**, et al. *Epidemiologic methods in examining health outcomes in diverse populations*. Experimental Biology, San Diego, CA, April 2014.
23. Cutrono SE, **Stoutenberg M**, Perry A. *The effect of a breast cancer diagnosis on physical activity attitude and barriers*. American College of Sports Medicine National Meeting, San Francisco, CA, June 2012.
24. Cutrono SE, **Stoutenberg M**, Perry A. *From Surviving to Thriving: Exercise and wellness education for breast cancer survivors*. American College of Sports Medicine National Meeting, Denver, CO, June 2011.
25. Vance DD, **Stoutenberg M**, Chen G, Myerberg R, Tekin D, Nathanson L, Jacobs KA, Clermont J, Perry A, Rampersaud E, Goldschmidt-Clermont P, Seo, D. *Increased eNose gene expression identified among marathon runners with improved  $VO_{2max}$* . American College of Sports Medicine National Meeting, Baltimore, MD, June 2010.
26. Edwards ES, **Stoutenberg M**, Edwards DA, Perry A. *A summer program may not be enough to improve psychosocial effects related to exercise*. American College of Sports Medicine Annual Meeting, Baltimore, MD, June 2010.
27. **Stoutenberg M**, Kressler J, Roos B, Friedlander AL, Viskochil R, Signorile JF, Jacobs KA. *Sildenafil does not improve performance at simulated high or moderate altitudes in men or women*. American College of Sports Medicine National Meeting, Denver, CO, June 2011.
28. Kressler J, **Stoutenberg M**, Roos B, Friedlander AL, Perry AC, Signorile JF, Viskochil R, Jacobs KA. *Sildenafil does not improve peak exercise capacity during acute hypoxia in trained men or women*. American College of Sports Medicine National Meeting, Denver, CO, June 2011.
29. *Sildenafil does not improve exercise performance during acute hypoxia in trained men or women*. American College of Sports Medicine National Meeting, New Orleans, LA, June 2009.
30. *Trained women demonstrate greater preservation of peak exercise capacity during acute hypoxia than trained men*. American College of Sports Medicine National Meeting, New Orleans, LA, June 2009.
31. *Longitudinal changes in cardiac parameters and biomarkers associated with rapid half marathon training in previously sedentary subjects*. American Cardiology Conference, New Orleans, LA, June 2007.

32. *Acute effects of whole body vibration on vertical jump performance and related muscle activity.* American College of Sports Medicine National Meeting, New Orleans, LA, June 2007.
33. *Oral administration of THAM had no effect on ventilatory measures during  $VO_{2peak}$  test.* American College of Sports Medicine National Meeting, New Orleans, LA, June 2007.
34. *Optimal vibrational frequency and displacement to elicit maximal skeletal muscle activation.* American College of Sports Medicine National Meeting, New Orleans, LA, June 2007.
35. *Lemongrass supplementation during exercise may compensate for reduced carbohydrate intake.* American College of Sports Medicine National Meeting, Denver, CO, June 2006.

## **VII. WORKSHOPS & TRAININGS**

1. *Exercise is Medicine: Essentials to Physical Activity Promotion for Creating a More Active Healthier Tennessee!* Sept 2019
  - Workshop presented at the Tennessee Public Health Association annual meeting
  - Target audience – public health professionals and clinicians with the end goal of increasing their physical activity knowledge, self-efficacy and promotion efforts through their work
2. *Exercise is Medicine South Africa Accreditation Workshop* July 2019
  - Training workshop for 30+ physiotherapists, biokineticists, and primary care providers at Wits University
3. *Using Behavior Change in Physical Activity* Sept 2018
  - Conducted as a part of the 7<sup>th</sup> European Initiative for Exercise is Medicine Congress
4. *The Foundations of Implementation Science: Topics, Outcomes, and Methods* April 2017
  - Pre-conference workshop
  - 38<sup>th</sup> Annual Meeting for the Society of Behavioral Medicine (San Diego, CA)
5. *Healthcare Provider Continuing Medical Education (CME) Training* June 2016
  - Designed, developed, and instructed an 8-hour CME workshop for healthcare providers called “Integrating Physical Activity Counseling in Health Care Settings” on behalf of the American College of Sports Medicine.
6. *Academic Writing Workshops*
  - Expansion of an International Diabetes Federation writing workshop
  - Conducted this academic writing workshop for physicians, professors, research investigators, and early career professionals at with the Peruvian Diabetes Federation (ADIPER; Lima, Peru; *May 2014*), Universidad de Tolima (Ibague, Colombia; *Feb 2014*) and the Universidad del Rosario (Bogota, Colombia; *June 2013*)
7. *Bringing Research in Diabetes to Global Environments & Systems Writing Workshop* March 2013
  - Held at the University of Miami (Miami, FL; March 2013)
  - One of the hosts of the workshop in partnership with the International Diabetes Federation
8. *The Centers for Disease Control and Prevention (CDC) International Course on Physical Activity & Health & the Pan-American Conference on Obesity II* June 2012
  - Held in Aruba
  - Faculty member assisting with presenting current evidence on physical activity and diet in addressing the growing obesity problem in Aruba
9. *Colombian Think Tank on Changing Physical Activity and Dietary Behaviors in the Context of Latin American* Dec 2011
  - Held in Bogota, Colombia

- Invited guest to summarize current evidence on physical activity and diet behavior change in Latin America. Designed to identify steps for addressing and operationalizing building research capacity

10. *Current Research in Physical Activity Among School Children and Adolescents* Oct 2011

- Held in Bogota, Colombia
- Invited faculty member for this international conference hosted by the Global Health Division of CDC in partnership with the University of Los Andes, Coldeportes, and the District Institute of Recreation and Sports of Colombia

## **VIII. GRANTS & CONTRACTS**

### **A. Research Support – Active Grants**

- none

### **B. Research Support & Contracts - Completed**

1. *Physical Activity Training Workshop: Linking Primary Care with Community Action* 01/2019 - 10/2019

- Funding Agency: Tennessee Department of Health
- Role: PI

The goal of this project is to develop, offer, and evaluate an online physical activity training for all health care providers working for the Tennessee Department of Health.

2. *Advancing the Training of the Tennessee Department of Health Workforce* 09/2019 - 01/2019

- Funding Agency: Internal grant through the UTC Walker Learning Center
- Role: Principal Investigator

3. *Translation of a Culturally-Adapted Lifestyle Modification Program with Text Messaging in a Hispanic Community* 2014-17

- KL2 Training Grant #1KL2TR000461-03 via the University of Miami Clinical & Translational Science Institute (CTSI)
- Role: PI

4. *Use of a DVD-based Exercise Program in Breast Cancer Survivors: A Pilot Study* 2012-13

- Funding Agency: The Sylvester Braman Breast Cancer Center (1 year, \$50,000)
- Role: PI

5. *Stimulant Reduction using Dosed Exercise (STRIDE)* 2008-13

- Funding Agency: NIDA Clinical Trials Network (# UI0 DA013720; \$12,000,000+)
- Site PI: Dr. Viviana Horigan
- Role: National Research Team & Local Project Coordinator

6. *Health Optimized Through Well Living* 2012-13

- Funding Agency: Health Foundation of South Florida Community Health Program grant (\$25,000)
- Role: PI

7. *Peer-Led & Telehealth Interventions for Diabetes Prevention in Maracaibo, Venezuela* 2011-13

- Funding Agency: International Diabetes Federation BRIDGES program (3 years, \$400,000)
- Role: co-Investigator

8. *Study of Latinos – Nutrition Assessment Study (SOLNAS)* 2010-12

- Funding Agency: NHLBI 1 R01 HL095856-01A1 (\$250,000)

- Site PI: Marc Gellman
  - Role: Site Coordinator
9. *NIDA CTN Scholar* 2009-10
    - Funding Agency: NIDA (\$100,000)
    - Role: PI
  10. *Healthy Start Summer Program* 2008-10
    - Funding Agency: The Children’s Trust (contract #810-582; \$375,000 over 3 years)
    - Role: co-PI (A Perry)
  11. *From Surviving to Thriving: A Lifestyle of Exercise & Wellness in Breast Cancer Survivors* 2008-10
    - Funding agencies: Komen Foundation of Miami & Macy’s Foundation (\$25,000)
    - Role: PI
  12. *Can Sildenafil Improve Simulated Moderate Altitude Exercise Performance?* 2007-09
    - Funding Agency: World Anti-Doping Agency (2 years, \$250,000)
    - Role: Study Coordinator
  13. *The Influence of an Exercise Training Program On Cardiovascular Risk Markers – Adaptations in C-Reactive Protein Concentrations* 2007-08
    - Funding Agency: University of Miami Miller School of Medicine (\$100,000)
    - Role: co-PI

## **IX. ACADEMIC & PEER REVIEW**

### **A. Grant Review**

1. NIH Ad-Hoc Grant Reviewer (Late-Stage Implementation Research Addressing Hypertension in Low- and Middle-Income Countries: Scaling Up Proven-Effective Interventions [UG3/UH3]) 2019
2. NIH Ad-Hoc Grant Reviewer (Health Services Organization and Delivery Study Section) 2019
3. NIH Ad-Hoc Grant Reviewer (Dissemination & Implementation Research in Health; DIRH) 2018
4. Erlanger, UT College of Medicine and UTC Collaborative Research Grants 2018
5. Research Foundation – Flanders (Belgium) 2017
6. Health Foundation of South Florida 2011-16
7. New Zealand Health Research Council 2016
8. Pilot grant award program, University of Miami Clinical and Translational Science Institute 2012

### **B. Manuscript Peer Review**

Served as a peer reviewer for multiple academic journals including: Disability & Rehabilitation (2019), BMC Public Health (2019), British Journal of Sports Medicine (2018), Journal of Substance Abuse Treatment (2017), Translational Journal of the American College of Sports Medicine (2016-17), Health Education & Behavior (2015-16), the Journal of Physical Activity & Health (2014), Frontiers in Public Health (2014), Journal of School Health (2014), International Journal of Behavioral Medicine (2013-14), Teaching and Learning in Medicine (2013), Applied Physiology, Nutrition, and Metabolism (2010-11), and the Journal of Environmental and Public Health (2009)

- C. Conference Academic Review
- Abstract reviewer, Southeast ACSM Regional Conference 2018
  - Abstract reviewer, Conference on the Science of Dissemination & Implementation in Health 2017-18
- D. Training Program Review
- Applicant reviewer, Training Institute for Dissemination & Implementation Research in Cancer (TIDIRC) 2019
  - Applicant reviewer, Training Institute for Dissemination & Implementation Research in Health (TIDIRH) 2017-18

## **X. TEACHING & ACADEMIC ACTIVITIES**

### A. Pedagogical Training

1. Quality Matters – Applying the QM Rubric Aug 2018
2. Advanced Teaching Pedagogy Course Spring 2018
3. Associate Member, Academy of Medical Educators (University of Miami) 2014-17

### B. Teaching Specialization

1. Physical Activity
2. Implementation Science
3. Obesity & Public Health
4. Chronic Disease Prevention

### C. Courses Taught

1. *Physical Activity & Public Health* (co-instructor) 2019
  - University of Tennessee at Chattanooga, Master of Public Health program
2. *Professional Development for Public Health Professionals* 2019
  - University of Tennessee at Chattanooga, Master of Public Health program
3. *Integrating Science & Ethics in Public Health Practice* 2018-19
  - University of Tennessee at Chattanooga, Master of Public Health program
4. *Foundations of Public Health – Introduction to Public Health Practice* 2018-19
  - University of Tennessee at Chattanooga, Master of Public Health program
5. *Foundations of Public Health – Social & Cultural Impact on Health* 2018-19
  - University of Tennessee at Chattanooga, Master of Public Health program
6. *Foundations of Public Health – Health Systems & Policy* 2018-19
  - University of Tennessee at Chattanooga, Master of Public Health program
7. *Obesity & Public Health* 2013-17
  - University of Miami, Department of Public Health Sciences
8. *Energy Balance I & II* 2010-12
  - University of Miami, Department of Public Health Sciences
9. *Health and Wellness for Life* 2007
  - Miami Dade College



10. *Neuromuscular & Cardiovascular Undergraduate Assessment Lab Classes* 2003-06
- University of Miami, Department of Kinesiology & Sport Sciences

**D. Other Teaching**

1. *Integrating Physical Activity Counseling in Health Care Settings* 2016-17
- Continuing medical education workshop offered to healthcare providers both in the United States and internationally
2. *Integrating Physical Activity into Patient Care* 2013-17
- University of Miami Miller School of Medicine
  - Part of 3<sup>rd</sup> year Family Medicine clerkship
3. *Problem-Based Learning Educator* 2011-17
- University of Miami, Miller School of Medicine – Medical Education Program
4. *Faculty Member – Personal Training Certifications Courses and Seminars* 2004
- National Council on Strength and Fitness
5. *CEU Online Course Designer* 2004
- National Council on Strength and Fitness

**XI. ADVISING**

- A. MPH Student Advising (University of Tennessee at Chattanooga) 2018-20
- Graduate student advisor for MPH students
  - Helped students identify community partners to perform field experiences and capstone projects
- B. MPH Capstone Advisor (University of Miami) 2012-18
- Capstone advisor for MPH and MD/MPH students completing their capstone experiences
  - Helped students identify community to perform their field experiences and capstone projects
  - Mentor students in designing their field experience/capstone, developing proposals, and drafting final reports
- C. Master Student Advising (in addition to MPH capstone advising)
1. *Clarissa Ann Myers*, “Inclusion of physical activity in Doctor of Physical Therapy program curricula in the United States”, Emory University, 2017-18.
2. *Rachita Sood*, “Assessment of hypertension risk factors in Indian villages.” Fulbright-Nehru Scholar, 2015-16.
3. *Selina Stasi*, “Exercise is Medicine Global Health Initiative.” Department of Public Health Sciences, University of Miami Miller School of Medicine, 2013-14.
4. *Alyssa Sogor*, “Pilot study evaluating an integrative wellness series designed for cancer survivors.” Master’s Thesis, Department of Public Health Sciences, University of Miami Miller School of Medicine, 2013-14.
5. *Bryan Stepanenko*, “Health optimized wellness living.” Department of Public Health Sciences, University of Miami Miller School of Medicine, 2012.
6. *Nakeva Wilkins*, “Promoting survivorship among Sylvester Comprehensive Cancer Center patients through physical activity.” Advisor - Master’s Capstone Project, Department of Health Behavior, University of North Carolina Gillings School of Global Public Health, 2012.

#### D. Doctoral Student Advising

1. *Rick Singer*, “Examining periodontal disease and cardiovascular disease risk – Assessing the feasibility and acceptability of screening in the dental care setting.” co-Chair, Department of Public Health Sciences, University of Miami Miller School of Medicine, 2012-2018.
2. *Ashley Falcon*, “Use of a DVD-based exercise program among breast cancer survivors.” co-Chair, Department of Public Health Sciences, University of Miami Miller School of Medicine, 2011-2014.
3. *Elizabeth Edwards*, “Results from a Pilot Translational Health and Wellness Based Summer Program in Minority Adolescents.” Committee Member, Department of Kinesiology & Sport Sciences, University of Miami School of Education, 2009-2011.

### XII. SERVICE

#### A. University Service, Committees & Administrative Responsibilities

1. University of Tennessee College of Medicine Health Disparities Working Group 2019-
2. Faculty Senate, University of Tennessee at Chattanooga 2018-20
3. Athletic Training Program Director Search Committee, University of Tennessee at Chattanooga 2019
4. Nutrition Faculty Search Committee, University of Tennessee at Chattanooga 2018-19
5. DSc Health Sciences Advisory Board, Rocky Mountain University of Health Professions 2017-19
6. Physician Assistant Program Director Search Committee, University of Tennessee at Chattanooga 2018
7. Nutrition Faculty Search Committee, University of Tennessee at Chattanooga 2018
8. University of Miami - Medical Education working group to integrate lifestyle medicine in the medical education curriculum 2015-17
9. University of Miami, UHealth Sports Performance & Wellness Institute 2010-11
10. University of Miami School of Education, Diversity Committee 2009-10

#### B. Community Service

1. Chattanooga-Hamilton County Regional Health Council – Task Force to Reduce Health Disparities 2019-
2. Member, Tennessee Interprofessional Practice & Education Committee - Classroom-Based Instruction Workshop 2018-
3. Planning Committee, East Tennessee Public Health Association Annual Meeting 2018
4. Parks and Recreation Citizen Advisory Committee, Miami Dade County 2009-17
5. Live Healthy Little Havana Health Impact Team 2015-17
6. Hialeah Healthy Families Advisory Committee 2011-15

#### C. National/International Professional Service

1. National Physical Activity Society, Vice President 2015-16
2. National Physical Activity Society, Advisory Board Member 2014-15
3. Chair, USA Triathlon Collegiate Commission 2007-10

#### D. Other Service

1. President, Forest on Frazier Condominium Home Owners Association 2018-
2. President, Emerson House Condominium Home Owners Association 2015-17
3. President, Columbia University Alumni Club of South Florida 2008-13

### **XIII. ADVANCED TRAINING & MEMBERSHIPS**

#### **A. Advanced Professional Training**

- |   |           |
|---|-----------|
| 1. Chronic Disease Self-Management – Certified Leader Training  | Jan 2019  |
| 2. Exercise & Physical Activity in Non-communicable Disease Prevention  | Dec 2016  |
| 3. Society of Behavioral Medicine Leadership Training Institute   | Mar 2016  |
| 4. Training Institute for Dissemination & Implementation Research in Health   | July 2015 |
| 5. Physical Activity Public Health Course (CDC-sponsored)   | Sept 2011 |
| 6. NIH Summer Institute on the Design and Conduct of<br>Randomized Clinical Trials Involving Behavioral Interventions | July 2010 |

#### **B. Professional Memberships**

Society of Behavioral Medicine	2011-
American College of Sports Medicine	2004-
Community Engagement & Cultural Diversity Member	2014-17
Sylvester Comprehensive Cancer Center Member	2011-17
National Physical Activity Society	2014-16
International Society for Physical Activity & Health (ISPAH)	2012-14
Red de Actividad Fisica de Las Americas (RAFA-PANA)	2012-13

### **XV. OTHER PROFESSIONAL ACTIVITIES**

- |   |         |
|---|---------|
| 1. Integrative Wellness Program   | 2011-13 |
| <ul style="list-style-type: none"><li>• Team member with the Sylvester Comprehensive Cancer Center Integrated Wellness Program</li><li>• Responsible for integrating physical activity, nutrition, sleep, stress reduction, massage, and acupuncture into the care of cancer survivors at the Sylvester Comprehensive Cancer Center</li></ul> |         |
| 2. From Surviving to Thriving: Exercise & Wellness in Breast Cancer Survivors   | 2010    |
| <ul style="list-style-type: none"><li>• Director for a weekend event attended by more than 90 breast cancer survivors and health care providers on the University of Miami Coral Gables campus</li></ul>  |         |

### **XVI. RESEARCH INTERESTS**

My particular area of interest involves the implementation of evidence-based physical activity and chronic disease programs by healthcare patients, in both low and middle-income communities. Within this area of interest, I am currently pursuing the following lines of research:

- Implementation of evidence-based interventions*
  - Engaging healthcare teams in developing and using referral schemes in healthcare settings that connect their patients to evidence-based programs in the community setting
  - These referral schemes may include only physical activity programs, but can also be expanded to include resources for obesity and chronic disease prevention and treatment
  - Adapting these referral schemes to special populations of individuals (i.e., older, frail adults, cancer survivors, individuals with physical disabilities)
- Physical activity in substance use treatment*
  - Investigating the efficacy of physical activity in drug and alcohol abuse treatment
  - Determining the current capacity of treatment centers to offer physical activity programming to their clients
  - Expanding physical activity programming in residential and out-patient treatment centers as a standard part of the treatment paradigm