

M. Renée Umstattd Meyer, PhD MCHES

Associate Professor
Graduate Program Director
MPH Program Director
Department of Public Health
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A. EDUCATION

Graduate:

PhD The University of South Carolina, Arnold School of Public Health
May 2005 Major - Health Promotion, Education and Behavior
 Cognate - Physical Activity and Obesity Prevention
 Dissertation: *The Roles of Self-regulation and Self-efficacy in Physical Activity Behavior and Correlates of Self-regulation in an Older Adult Population*

MS The University of Mississippi
May 2002 Major - Health Promotion and Wellness
 Thesis: *Differences in Self-efficacy, Outcome-expectancy Value and Self-regulation between Exercising and Non-exercising Older Adults*

Undergraduate:

BS Baylor University
May 2000 Honors Program
 Major - Health Education and Fitness
 Minor - Business Administration
 Honors Thesis: *The Use of Self-regulation Skills, Exercise Self-efficacy and Exercise Outcome-expectancies of Employed Adults: A Synopsis and Review*

B. CHRONOLOGY OF EXPERIENCE

- 2018-current Baylor University
Graduate Program Director, Public Health
Associate Professor
Department of Public Health
Robbins College of Health and Human Sciences
- 2014-2018 Baylor University
Associate Professor of Public Health
Department of Health, Human Performance, & Recreation
Robbins College of Health and Human Sciences
- 2010-2014 Baylor University
Assistant Professor of Community Health
Department of Health, Human Performance, & Recreation
School of Education
- 2006-2010 The University of Alabama
Assistant Professor
Department of Health Science
College of Human Environmental Sciences
- 2005-2006 The University of Illinois at Urbana-Champaign
Postdoctoral Research Fellow
Psychology of Physical Activity
Department of Kinesiology and Community Health
College of Applied Life Studies

C. CERTIFICATIONS

- MCHES - Master Certified Health Education Specialist (*2011-current*)
CHES - Certified Health Education Specialist (*2001-2011*)

D. PROFESSIONAL EXPERIENCE

2018 – current, Baylor University, Waco, Texas
Graduate Program Director, Public Health; Associate Professor; Department of Public Health;
Robbins College of Health and Human Sciences

2014 – 2018, Baylor University, Waco, Texas
Associate Professor of Public Health, Department of Health, Human Performance, & Recreation,
Robbins College of Health and Human Sciences

2010 - 2014, Baylor University, Waco, Texas

Assistant Professor of Community Health, Department of Health, Human Performance, & Recreation, School of Education

2006 - 2010, The University of Alabama, Tuscaloosa, Alabama

Assistant Professor, Department of Health Science

2005 - 2006, The University of Illinois at Urbana-Champaign, Urbana, Illinois

Postdoctoral Research Fellow, Psychology of Physical Activity

Responsibilities included co-directing a prospective study examining weight, physical activity and nutrition of freshman students; coordinating year three of a prospective study examining physical activity, gait, balance and related theoretical constructs of older women; conducting and supervising maximal graded exercise testing, Rockport Walking sub-maximal exercise testing, functional fitness testing and body fat analysis using the Bod Pod; data collection; staff training and supervision; and data analysis and interpretation in coordination with presentation and manuscript preparation for national conferences and refereed journals.

2002 - 2003, The Down Town Club, Club Corp, Houston, Texas

New Member Education Specialist / Corporate Health Educator

Responsibilities included designing and implementing a member retention program, orientation of new members and delivering health education programming for corporate clients (e.g., Shell, Dynegy, etc...).

Summer 1999, Lake Austin Spa Resort, Austin, Texas

Intern, Activities Department

Responsibilities included leading fitness activities; assisting staff in fitness programming; and developing, orchestrating and managing a themed week for spa guests.

1997 - 1998, Family Medicine Practice, Georgetown, Texas

Wellness Coordinator

Responsibilities included educating and advising patients on nutritional intake and physical activity participation.

E. RESEARCH EXPERIENCE

Sept. 2017 – current

Co-Investigator, *Physical Activity Policy and Research Network+ (PAPRN+) Year 4: Chicago Play Streets*. Centers for Disease Control and Prevention (CDC).

Aug. 2016 – Aug. 2019

Co-Principal Investigator, *Creating safe places to play in the summer: Implementing culturally-relevant play streets in low-income rural communities*. Robert Wood Johnson Foundation (RWJF), Physical Activity Research Center (PARC).

- Feb. 2015 – current* Co-Investigator, Site PI, Physical Activity & Screen Time Project Lead, *Salud Para Usted y Su Familia [Health for You and Your Family] (SPUSF)*. United States Department of Agriculture (USDA), Agriculture and Food Research Initiative Competitive Grants Program: Childhood Obesity Prevention Challenge Area.
- Jan. 2015 – Feb. 2018* Principal Investigator, *The effects of using sit-stand workstations on employee health and productivity*. Baylor University; VariDesk.
- June 2013 – May 2014* Principal Investigator, *Physical activity of Mexican-origin mothers and children in forgotten border colonias: A community-based participatory approach to understanding the landscape*. Baylor University.
- Nov. 2011 – 2013* Consultant (Physical Activity Programming and Evaluation), *Fit and Healthy Families: Leading the community to healthy behaviors through family group medical visits*. Americans in Motion – Healthy Interventions (AIM-HI): Family Medicine Residency Program Childhood Obesity Grant.
Gill, J., McLennan County Medical Education and Research Foundation; Waco Family Medicine Residency Program.
- Jan. 2011 – 2013* Principal Investigator, *Normative beliefs, stress, and physical activity participation: A pilot study*.
Baylor University.
- Nov 2010 – 2013* Consultant (investigator, physical activity specialist, and community promotora training), *Influence of mobile food vendors on food and beverage choices of low-income Mexican American children in Texas colonias*. Robert Wood Johnson Foundation (RWJF), Healthy Eating Research: Building Evidence to Prevent Childhood Obesity. Sharkey, J. R., PI, School of Rural Public Health, Texas A&M Health Science Center.
- Oct 2010 – 2013* Principal Investigator, Baylor University. *Brief in-patient intradialytic exercise: Are there meaningful psychosocial benefits for chronic kidney disease patients?*
- Nov 2010 – 2012* Investigator, *Individualism, collectivism, social norms and physical activity participation: An international collaboration*. Lutz R., PI, Baylor University.
- Aug 2010 – 2012* Principal Investigator (site PI), Baylor University. *International universities walking project and Walk@Work intervention*. Gilson N., PI, The University of Queensland, multi-site.

- June 2009 – May 2012* Investigator, *Protecting our pledges' safety: A social ecological approach to reducing high-risk drinking among Greek students*. U.S. Department of Education: Grant Competition to Prevent High-Risk Drinking or Violent Behavior among College Students. Usdan S., PI, The University of Alabama.
- May 2008 – June 2010* Principal Investigator (site PI), The University of Alabama. *International universities walking project*. Gilson N., PI, The University of Queensland, multi-site.
- Jan 2008 – June 2009* Principal Investigator, The University of Alabama. *Activity-friendly environments in rural America: Development and dissemination of self-report and objective measures*. Robert Wood Johnson Foundation (RWJF) - Transition Supplements.
- Jan 2007 – June 2008* Principal Investigator, The University of Alabama. *Defining activity-friendly environments in the rural south: A collaboration between the University of Mississippi and the University of Alabama*. Active Living Research, Robert Wood Johnson Foundation (RWJF).
- Jan 2007 – Dec 2008* Principal Investigator, The University of Alabama, Department of Health Science. *Environmental changes: If you build it, will they walk?*
- April 2006 – Aug 2006* Project Coordinator, The University of Illinois at Urbana-Champaign, Exercise Psychology Lab. *Age, gait, and efficacy (AGE) in older women*. Responsibilities included IRB amendment and informed consent preparation and approval; recruitment, scheduling and communication with participants; management and training of assessment staff; and coordination of multiple labs for data collection, entry and checking.
- Aug 2005 – Jan 2006* Project Co-Coordinator, The University of Illinois at Urbana-Champaign, Exercise Psychology Lab. *Physical activity, nutrition, and weight change of freshman college students: A prospective study*. Responsibilities included management and training of assessment staff, recruitment, scheduling and communication with participants, measurement, data management and analysis, abstract and manuscript preparation, and professional presentations.
- Jan 2003 – July 2005* Graduate Research Assistant, The University of South Carolina, Prevention Research Center. *Evaluation of Active For Life®*. Funded by the Robert Wood Johnson Foundation (RWJF). Responsibilities included participation in IRB approval; survey formation and design using Teleform; data collection,

management, and analysis; participant follow-up; coding of qualitative data; abstract and manuscript preparation; and professional presentations.

Dec 2004 – May 2005

Research Assistant, The University of South Carolina, Prevention Research Center. *Self-determination for increasing physical activity*, pilot study for a 5-year school based-trial. Funded by the National Institutes of Health (NICHD). Responsibilities included intervention implementation, outcome measurement, process evaluation, process evaluation development, and survey design using Teleform.

Fall 2003 – Spring 2004

Oral Surveyor, Columbia, SC. *Stop Sticks Campaign*, a 5-year pilot project to raise awareness among health care workers regarding exposure to blood born pathogens from sharp objects and increase exposure to prevention behaviors. Funded by the National Institute for Occupational Safety and Health (NIOSH) and the Centers for Disease Control and Prevention (CDC). Responsibilities included administering oral and written surveys to participants.

Jan 2003 – Aug 2003

Research Assistant, The University of South Carolina, Arnold School of Public Health. 2001 BRFSS Older Adult Physical Activity Analysis.

June 2001 – May 2002

Assessment Coordinator, The University of Mississippi, Department of Health, Exercise Science and Recreation Management. *Exercise Stages of Change Does Not Accurately Reflect Exercise Behavior in College Students*. Responsibilities included administration of written surveys to participants, data management and analysis, abstract preparation, and professional presentations.

July 2000 – Nov 2000

Assessment Coordinator, The University of Mississippi. *Validity of the Exercise Stages of Change: Should Researchers and practitioners Use This Instrument?* Responsibilities included recruitment, administration of written surveys to participants, data management and analysis, abstract preparation, and professional presentations.

Aug 2000 – May 2001

Assistant Director, Center for Health Promotion, the University of Mississippi. Responsibilities included conducting faculty and staff health needs assessments, working on current projects, and assisting with the planning of a university-wide faculty and staff health fair.

- Jan 1999 – Sept 1999* Undergraduate Research Assistant, Baylor University. Department of Health, Human Performance and Recreation. Responsibilities included administration of written surveys to participants, data management and analysis, abstract and manuscript preparation, and professional presentations.
- June 1999* Eco-Tourism Field School, Belize, Baylor University.

F. RESEARCH SUPPORT

F.1. Funded Grants

- 09/30/18 – 09/29/19* *Physical Activity Policy and Research Network+ (PAPRN+) Year 5: Examining the Sustainability of Play Streets.* Centers for Disease Control and Prevention. Pollack Porter K. M. (Principal Investigator, Johns Hopkins University Bloomberg School of Public Health); **Umstatted Meyer M. R., Co-Investigator.** (Sub-award Total: \$32,045).
- 09/30/17 – 09/29/18* *Physical Activity Policy and Research Network+ (PAPRN+) Year 4: Chicago Play Streets.* Centers for Disease Control and Prevention. Pollack Porter K. M. (Principal Investigator, Johns Hopkins University Bloomberg School of Public Health); **Umstatted Meyer M. R., Co-Investigator.** (Sub-award Total: \$14,963).
- 01/01/17 – 05/31/17* *Community and worksite physical activity assessment: Pilot data to plan the Waco Family Health Center Wellness Center initiative.* Baylor University, University Research Committee Grant Small Grants Program. Ylitalo K. R., **Umstatted Meyer M. R., & Doyle E. I., Co-Principal Investigators** (Total Proposal: \$4,495).
- 08/15/16 – 08/14/19* *Creating safe places to play in the summer: Implementing culturally-relevant play streets in low-income rural communities.* Robert Wood Johnson Foundation, Physical Activity Research Center (PARC). Pollack Porter K. M. & **Umstatted Meyer M. R., Co-Principal Investigators.** (Total Proposal: \$443,000).
- 06/01/16 – 05/31/17* *Let's stand up: Examining the effectiveness of two intervention strategies to encourage standing while working.* Baylor University, Undergraduate Research and Scholarly Achievement Program. **Umstatted Meyer M. R. & Wu C., Co-Principal Investigators.** (Total award amount: \$4,992).
- 01/01/16 – 07/31/16* *Texas Health Communities project.* Waco McLennan County Health District. Ylitalo K. R., Doyle E., & **Umstatted Meyer M. R., Co-Principal Investigators.** (Total award amount: \$11,784).

- 02/01/15 – 01/31/20 *Salud Para Usted y Su Familia [Health for You and Your Family] (SPUSF): A multi-state collaboration.* United States Department of Agriculture (USDA), Agriculture and Food Research Initiative Competitive Grants Program: Childhood Obesity Prevention Challenge Area. Sharkey J. R., Principal Investigator, Texas A&M University; **Umstatted Meyer M. R., Co-Investigator, Subcontract Principal Investigator, Team Leader for Physical Activity and Screen Time Components.** (Total award amount: \$4,904,530).
- 06/01/15 – 05/31/16 *An interdisciplinary team approach to improving outcomes in heart failure: A pilot test.* Baylor University, Baylor Scott & White Health, Baylor College of Medicine: Collaborative Faculty Research Investment Program (CFRIP). Stevens A., Barnes S., & **Umstatted Meyer M. R., Co-Principal Investigators.** (Total award amount: \$74,852).
- 06/01/15 – 05/31/16 *Standing at work: Are there benefits for employees' health, quality of life, and work performance?* Baylor University, University Research Committee Grant Small Grants Program. **Umstatted Meyer M. R. & Wu C., Co-Principal Investigators.** (Total award amount: \$4,500).
- 01/01/15 – 05/31/15 *Texas Healthy Communities project.* Waco McLennan County Health District. Doyle E., Ylitalo K., & **Umstatted Meyer M. R., Co-Principal Investigators.** (Total award amount: \$7,190).
- 06/01/13 – 05/31/14 *Physical activity of Mexican-origin mothers and children in forgotten border colonias: A community-based participatory approach to understanding the landscape.* Baylor University: Young Investigator Development Program Grant. **Umstatted Meyer M. R., Principal Investigator.** (Total award amount: \$24,942).
- Nov 2011– 2013 *Fit and Healthy Families: Leading the community to healthy behaviors through family group medical visits.* Americans in Motion – Healthy Interventions (AIM-HI): Family Medicine Residency Program Childhood Obesity Grant. Gill J., Principal Investigator; **Umstatted Meyer M. R., Consultant: Physical Activity Programming and Evaluation.** (Total award amount: \$27,473.50, direct costs).
- 09/01/10 – 06/30/12 *Protecting Our Pledges' Safety: A social ecological approach to reducing high-risk drinking among Greek students.* U. S. Department of Education: Grant Competition to Prevent High-Risk Drinking or Violent Behavior among College Students. Usdan S., Principal Investigator; **Umstatted M. R., Investigator, Lead Evaluator (Subcontract) \$20,000.** (Total award amount: \$203,223, direct costs).

- 07/01/09 – 08/31/10 *Protecting Our Pledges' Safety: A social ecological approach to reducing high-risk drinking among Greek students.* U. S. Department of Education: Grant Competition to Prevent High-Risk Drinking or Violent Behavior among College Students. Usdan S., Principal Investigator; **Umstatted M. R. Investigator, Lead Evaluator. \$203,223 (direct costs).**
- 05/15/09 – 05/14/10 *Technology accessibility, preferences, and barriers of rural adults.* University Research Grants Committee Award, University of Alabama. **Umstatted M. R., Principal Investigator. \$5,000.**
- 05/01/08 – 04/30/09 *The science & art of accelerometry: Data management, analysis and interpretation.* The Mary A. Crenshaw Endowed Research Fund, College of Human Environmental Sciences, University of Alabama. **Umstatted M. R., Principal Investigator. \$2,125.**
- 01/01/08-06/01/09 *Activity-friendly environments in rural America: Development and dissemination of self-report and objective measures.* Robert Wood Johnson Foundation (RWJF) - Transition Supplements. Hallam J. Co-Principal Investigator; **Umstatted M.R., Co-Principal Investigator (Subcontract: \$21,642.** (Total Award Amount: \$50,000.00).
- 01/01/07-05/31/07 *Environmental changes: If you build it, will they walk?* College of Human Environmental Sciences, University of Alabama. **Umstatted M. R., Principal Investigator. \$7,000.**
- 01/01/07 – 06/30/08 *Defining activity-friendly environments in the rural south: A collaboration between the University of Mississippi and the University of Alabama.* Active Living Research, Robert Wood Johnson Foundation (RWJF). Hallam J. Principal Investigator; **Umstatted M.R., Principal Investigator (Subcontract) \$30,793.** (Total Award Amount: \$60,615).
- 7/01/04 – 6/30/05 *Mediating effects of self-regulation on older adults' physical activity.* Doctoral Research Grant, American College of Sports Medicine (ACSM). **Umstatted M.R., Principal Investigator. \$5,000.**
- 1/01/02 – 05/12/02 *Differences in self-efficacy, outcome-expectancy value and self-regulation between exercising and non-exercising older adults.* Graduate Student Council, University of Mississippi. **Umstatted M.R., Principal Investigator. \$500.**

F.2. Grants Under Review

F.3. Grants Not Selected for Funding

- 06/30/2015 *Standing at work: Are there benefits for office employees' health, wellness, and work performance?* Society for Industrial and Organizational Psychology, Small Grant Program. Wu C. & **Umstattd Meyer M. R., Co-Principal Investigators**, & Walsh S. **(Total Proposal: \$4,825)**.
- 02/03/2014 *Time use and mobility during work-retirement transitions.* National Institutes of Health: National Institute on Aging (NIA) – R03. **Umstattd Meyer M. R., Principal Investigator. (Total Proposal: \$164,239)**. (Not selected for funding).
- 06/27/2012 *Building partnerships to improve health of families in forgotten border colonias.* National Institutes of Health: National Institute on Minority Health and Health Disparities (NIMHD), Community-based Participatory Research Initiative in Reducing and Eliminating Health Disparities: Planning Phase (R24). 2013-2015. Sharkey J. R., Principal Investigator; **Umstattd Meyer M. R., Co-Investigator. \$500,000 (direct costs)**. (Not selected for funding).
- 08/08/2012 *Examining childhood obesity policies among rural, underserved communities.* Healthy Eating Research – Round 7, Robert Wood Johnson Foundation (RWJF). **Umstattd Meyer M. R., Principal Investigator. (Total Proposal: \$170,000)**. (Not selected for funding).
- 03/20/2010 *Engagement of African-American faith-based communities in rural Alabama to build trust and decrease health disparities.* National Institutes of Health – R21. Payne-Foster P., Principal Investigator; **Umstattd M. R., Co-Principal Investigator. \$275,000 (direct costs)**. (Not selected for funding).
- 01/22/2010 *Environmental stressors and the biology of violence among underclass youth.* National Institutes of Health. 2010-2015. Bolland J. M., Principal Investigator; **Umstattd M. R., Co-Principal Investigator. \$15,199,797 (total costs)**. (Not selected for funding).
- 10/01/2009 *Residential dampness, psychosocial stressors, and violence among underclass youth.* NIH. Bolland J. M., Principal Investigator; **Umstattd M. R., Co-Principal Investigator. \$3,252,644 (total costs)**. (Not selected for funding).
- 07/20/2009 *Delta Region Institute Cooperative Agreement obesity prevention and treatment.* The Institute for the Improvement of Minority Health and Health Disparities in the Delta Region and the Alabama Department of Public Health, Department of Health and Human Services (2009-2012).

Knol L. L., Principal Investigator; **Umstattd M. R., Co-Principal Investigator. \$600,000.** (Not selected for funding).

- 06/20/2009 *The interactive effects of residential dampness and psychosocial stressors on the health and violent behavior of inner-city youth.* EPA-G2009-STAR-E2: Evaluating the Interaction of Nonchemical and Chemical Stressors. Bolland J. M., Principal Investigator; **Umstattd M. R., Co-Principal Investigator. \$1,250,000 (total costs).** (Not selected for funding).
- 05/01/2009 *Reducing youth violence through environmental health in high poverty neighborhoods.* NIH. Bolland J. M., Principal Investigator; **Umstattd M. R., Co-Principal Investigator. \$1,000,000 (total costs).** (Not selected for funding).
- 04/28/2009 *Translating the Lifestyle Diabetes Prevention Program to a rural worksite setting.* NIH, RFA-OD-09-003, Challenge Grants in Health and Science Research (RC1): Broad Challenge Area (09) Health Disparities and specific Challenge Topic, 09-MD-101: Creating Transformational Approaches to Address Rural Health. **Umstattd M. R., Principal Investigator. \$974,938 (direct costs).** (Not selected for funding).

G. SCHOLARLY ACTIVITY

G.1. Refereed Publications

In Press

1. *Walsh S. M., **Umstattd Meyer M. R.**, Morgan G., Bowden R., Doyle E., & Gordon P. (in press, accepted 11/7/2018). Applying the Theory of Planned Behavior to sedentariness and stress. *Health Behavior Research*.
2. *Bernhart J., Ylitalo K. R., **Umstattd Meyer M. R.**, Doyle E., Wilkinson, L. R., & Stone, K. W. (published online 11/28/2018). Leveraging household structure for increasing adult physical activity in a low-income, African American community. *Health Promotion Practice*. <https://doi.org/10.1177/1524839918814731>

2018

1. *Shaikh H. M., Patterson M. S., Lanning B., **Umstattd Meyer M. R.**, & Patterson, C. A. (2018). Assessing college students' use of campus recreation facilities through individual and environmental factors. *Recreational Sports Journal*, 42(2): 145-159. <https://doi.org/10.1123/rsj.2017-0033>

2. Botchwey N., Floyd M. F., Pollack Porter K., Cutter C. L., Spoon C., Schmid T. L., Conway T. L., Hipp J. A., Kim A. J., **Umstattd Meyer M. R.**, Walker A. L., Kauh T., & Sallis J. F. (2018). Policy and practice-relevant youth Physical Activity Research Center agenda. *Journal of Physical Activity & Health*, 15(8): 626-634.
<https://doi.org/10.1123/jpah.2017-0327>
Impact Factor: 1.797 (2016), 5-year Impact Factor: 2.306
3. *Stasi S. M., *Bridges C., *McClendon M., **Umstattd Meyer M. R.**, Gomez L., & Sharkey J. R. (2018). ¡Nosotros corremos, nosotros jugamos! [We run, we play!]: Children’s perceptions of physical activity in Mexican-origin border communities. *Journal of Public Health*. <https://doi.org/10.1007/s10389-018-0943-3>
4. **Umstattd Meyer M. R.**, Meyer A. R., Wu C., & *Bernhart J. (2018). When helping helps: Exploring health benefits of cancer survivors participating in for-cause physical activity events. *BioMed Central Public Health*, 18:663. <https://doi.org/10.1186/s12889-018-5559-6>
Impact Factor: 2.265 (2016), 5-year Impact Factor: 2.814
5. Ylitalo K. R., **Umstattd Meyer M. R.**, Lanning B. A., *During C., Laschober R., & Griggs J. O. (2018). Simple screening tools to identify limited health literacy in a low-income patient population. *Medicine*, 97(10):e0110.
DOI:10.1097/MD.00000000000010110
Impact Factor: 1.804 (2016), 5-year Impact Factor: 2.070
6. Cradock A. L., Barrett J. L., Chiqui J. F., Evenson K. R., Goins K. V., Gustat J., Heinrich K. M., Perry C. K., Scanze M., Schmid T. L., Tabak R. G., **Umstattd Meyer M. R.**, & Valko C. (2018). Driven to support: Individual- and county-level factors associated with public support for active transportation policies. *American Journal of Health Promotion*, 32(3): 657-666. doi:10.1177/0890117117738758
Impact Factor: 2.586 (2016)

2017

7. *McClendon M. E., **Umstattd Meyer M. R.**, Ylitalo K. R., & Sharkey J. R. (2017). Physical activity of Mexican-Heritage youth during the summer and school-year: The role of parenting strategies. *Journal of Community Health*, 42(6): 1102-1110. doi: 10.1007/s10900-017-0358-z
Impact Factor: 1.476 (2015), 5-year Impact Factor: 1.677
8. Segar M., Heinrich K., Zieff S., Lyn R., Gustat J., O’Hara Tompkins N., Perry C. K., **Umstattd Meyer M. R.**, Bornstein D., & Manteiga A. (2017). What walking means to moms: Insights from a national sample to frame walking in compelling ways to low-income urban mothers. *Journal of Transport & Health*, 5: 5-15.
doi:10.1016/j.jth.2016.06.004
Impact Factor: 2.050 (2015), 5-year Impact Factor: 2.075

9. Maddock J. E., **Umstattd Meyer M. R.**, Barry A. E., & Colwell B. (2017). The future of health behavior research and training: A modified delphi study. *Health Behavior Research, 1*(1). <https://doi.org/10.4148/2572-1836.1005>
10. *Walsh S. M., **Umstattd Meyer M. R.**, Gamble A., Patterson M. S., & Moore J. B. (2017). A systematic review of rural, theory-based physical activity interventions. *American Journal of Health Behavior, 41*(3): 248-258. doi:10.5993/AJHB.41.3.4
Impact Factor: 1.270 (2015), 5-year Impact Factor: 1.498
11. Meyer A. R. & **Umstattd Meyer M. R.** (2017). Doing good with my body: Physical philanthropy through physically active participation in charity sport events. *The International Journal of Sport and Society, 8*(1): 51-67. ISSN: 2152-7857 (Print)
12. Watanabe K., Kawakami N., Adachi H., Inoue S., & **Umstattd Meyer M. R.** (2017). Internal consistency, convergent validity, and structural validity of the Japanese version of the Physical Activity Self-Regulation scale (PASR-12) among Japanese workers: A validation study. *Journal of Occupational Health, 59*(1): 24-32. doi:10.1539/joh.16-0143-OA
Impact Factor: 1.446 (2015), 5-year Impact Factor: 1.668
13. Tremblay M. S., Aubert S., Barnes J. D., Saunders T. J., Carson V., Latimer-Cheung A. E., Chastin S. F. M., Altenburg T. M., Chinapaw M. J. M., Aminian S., Arundell L., Atkin A. J., Barone Gibbs B., Bassett-Gunter R., Belanger K., Biddle S., Biswas A., Chaput J. P., Chau J., Colley R., Copping T., Craven C., Cristi-Montero C., de Assis Teles Santos D., del Pozo Cruz B., del Pozo-Cruz J., Dempsey P., Ekelund U., Ellingson L., Ezeugwu V., Fitzsimons C., Florez-Pregonero A., Friel C. P., Fröberg A., Giangregorio L., Godin L., Gonçalves R. F., Gunnell K., Halloway S., Hinkley T., Hnatiuk J., Husu P., Kadir M., Karagounis L. G., Koster A., Lakerveld J., Lamb M., Larouche R., LeBlanc A. G., Lee E. Y., Lee P., Lopes L., Manns T., Manyanga T., Martin Ginis K., McVeigh J., Meneguci J., Moreira C., Murtagh E., Patterson F., Pereira da Silva D. R., Pesola A. J., Peterson N., Pettitt C., Pilutti L., Pinto Pereira S., Poitras V., Prince S., Rathod A., Rivière F., Rosenkranz S., Routhier F., Santos R., Smith B., Theou O., Tomasone J., Tucker P., **Umstattd Meyer M. R.**, van der Ploeg H., Villalobos T., Viren T., Wallmann-Sperlich B., Wijndaele K., & Wondergem R. (2017). Sedentary Behavior Research Network (SBRN) - Terminology consensus project process and outcome. *International Journal of Behavioral Nutrition and Physical Activity, 14*:75, 2017. doi: 10.1186/s12966-017-0525-8
Impact Factor: 3.993 (2015)

2016

14. **Umstattd Meyer M. R.**, Wu C., & *Walsh S. M. (2016). Theoretical antecedents of standing at work: An experience sampling approach using the theory of planned behavior. *AIMS Public Health, 3*(4): 682-701. Special Issue: Advances in sedentary behavior research and translation (guest editors: Biddle S. J. H. & Bennie J.). doi: 10.3934/publichealth.2016.4.682

15. Ylitalo K. R., **Umstattd Meyer M. R.**, Stone K., Doyle E. I., & Curtis R. (2016). Using the Community Assessment for Public Health Emergency Response (CASPER) to assess barriers to healthy eating and active living in a low-income community. *Evaluation and Program Planning*, 59: 41-46/ doi: <http://dx.doi.org/10.1016/j.evalprogplan.2016.08.003>
Impact Factor: 1.00 (2015), 5-year Impact Factor: 1.353
16. **Umstattd Meyer M. R.**, Moore J. B., Albidso C., Edwards M. B., Gamble A., & Baskin M. L. (2016). Rural active living: A call to action. *Journal of Public Health Management and Practice*, 22(5): E11-E20. doi: 10.1097/PHH.0000000000000333
Impact Factor 1.510 (2015), 5-year Impact Factor: 1.525
17. *Allen S. J., **Umstattd Meyer M. R.**, & Sharkey J. R. (2016). Physical activity of Mexican-origin children: Examining parental support. *Journal of Health Care for the Poor and Underserved*, 27(2016): 685-699. [10.1353/hpu.2016.0097](https://doi.org/10.1353/hpu.2016.0097)
Impact Factor: 0.963 (2015), 5-year Impact Factor: 1.382
18. **Umstattd Meyer M. R.**, *Patterson M. S., Fuhrmeister Daughtery M., Von Ahn K., Bowden R. G., Beaujean A. A., & Wilson R. L. (2016). Physical activity self-efficacy for end-stage renal disease patients: An in-patient pilot study. *Journal of Acute Care Physical Therapy*, 7(2): 65-75. doi: 10.1097/JAT.0000000000000028
19. **Umstattd Meyer M. R.**, Perry C. K., *Sumrall J., *Patterson M., *Walsh S. M., *Clendennen S. L., Hooker S. P., Evenson K. R., Goins K. V., Heinrich K., O'Hara Tompkins N., Eyler A. A., Jones S., Tabak R., & Valko C. (2016). Physical activity-related policy and environmental strategies to prevent obesity in rural communities: A systematic review of the literature, 2002-2013. *Preventing Chronic Disease*, 13(E03). doi: 10.5888/pcd13.150406
Impact Factor: 2.170 (2015), 5-year Impact Factor: 2.287

2015

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*note: authorship for the Investigator Team (authors 1-5) beyond 1st author is listed alphabetically; authors 6-8 are students.
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Impact Factor: 3.23 (2010), 5-year Impact Factor: 3.54

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Impact Factor: 0.71 (2010), 5-year Impact Factor: 0.90

* Indicates student co-authorship.

G.2. Manuscripts in Review

1. *Salazar-Collier C. S., *Prochnow T., *Clendennen S. L., *Sumrall J., & **Umstattd Meyer M. R.** (in review, submitted for review 11/12/2018). Churches as physical activity resources: Evaluation through online mapping.
2. *Bridges C. N., *Prochnow T. M., *Wilkins E. C., Pollack Porter K. M., & **Umstattd Meyer M. R.** (in review, submitted for review 11/09/2018). Examining the implementation of Play Streets: A systematic grey literature review.
3. Ylitalo K. R., *Bridges C. N., *Gutierrez M., Sharkey J. R., & **Umstattd Meyer M. R.** (in review, submitted for review 11/02/2018). Sibship, physical activity, and sedentary behavior: A longitudinal, observational study among Mexican-heritage sibling dyads.
4. *Prochnow T., Ylitalo K. R., Sharkey J. R., & **Umstattd Meyer M. R.** (in review, submitted for review 07/2018). Perceived barriers of being physically active during the summer and school-year: How do siblings compare in Mexican-heritage families?
5. **Umstattd Meyer M. R.**, *Bridges C. N., Schmid T. L., *Hecht A. A., & Pollack Porter K. (in review, submitted for review 04/04/2018, revise & resubmit in progress). Documenting how Play Streets impact opportunities for play, physical activity, and environments: A systematic review.
6. Wu C., Chen Y., & **Umstattd Meyer M. R.** (submitted for review 09/01/2018). A moderated mediation model of emotional labor and service performance: Examining the role of work-family interface and physically active leisure.

* Indicates student co-authorship.

G.3. Manuscripts in Preparation

1. **Umstattd Meyer M. R.**, Ylitalo K. R., *Prochnow T., Gómez L. A., & Sharkey J. R. (in progress). Physical Activity Space Methodology for Assessment and Prioritization (PASMAMP): Combining systematic observations with community perceptions to identify community physical activity resource priorities.
2. Marín M. R., Gurrola M., **Umstattd Meyer M. R.**, & Sharkey J.R. (in progress). Out of the mouth of babes comes truth: Focus group interviews to understand physical activity patterns of children residing along the U.S. Mexico Border.
3. *Walsh S. M., **Umstattd Meyer M. R.**, Morgan G. B., Bowden R. G., Doyle E. I., & Gordon P. M. (in progress). Physical activity and stress among adults: Applying the theory of planned behavior to understanding dynamic, multifaceted health issues.
4. Wu C., Meyer A. R., Nunley T., & **Umstattd Meyer M. R.** (in progress). Constructing positive meanings in cancer: Coping resources and cancer survivors' job loss.
5. *Nolan R., Hallam J., **Umstattd Meyer M. R.**, & Spicer P. (in progress). Psychometric properties of the RALPESS in a Native American sample.
6. *McClendon M. E., **Umstattd Meyer M. R.**, & Sharkey J. R. (in revision). Papá's job and Mamá's thoughts: Mexican-heritage physical activity.

* Indicates student co-authorship.

G.4. Book Chapters

1. **Umstattd Meyer M. R.**, Edwards M., Jorgenson L. E., & Moore J. B. (forthcoming, 2019). In Bornstein D., Moore J. B., Eyler A., & Maddock J. Implementing Interventions Based on Specific Populations: Rural Populations (Eds.) *Physical Activity and Public Health Practice: A Guide for Effective Interventions* (pp. xxx). New York, NY: Springer Publishing Company. (submitted 12/18/2017)
2. Sharkey J. R., Bustillos B. D., & **Umstattd Meyer M. R.** (forthcoming, 2019). Health Promotion and Disease Prevention in the Older Adult. In Bernstein M. & Munoz N. (Eds.), *Nutrition for the Older Adult 3rd Edition* (pp. xxx). Burlington, MA: Jones & Bartlett Learning. (submitted 10/01/2017)
3. Sharkey J. R., Bustillos B. D., **Umstattd Meyer M. R.** & Legg T. J. (2015). Health Promotion and Disease Prevention in the Older Adult. In Bernstein M. & Munoz N. (Eds.), *Nutrition for the Older Adult 2nd Edition* (pp. 115-150). Burlington, MA: Jones & Bartlett Learning. ISBN-13: 9781284048933
4. **Umstattd Meyer M. R.** (Jan. 2014). Control Theory. In R. Eklund & G. Tenebaum (Eds.), *Encyclopedia of Sport and Exercise Psychology* (Vol. 3, pp. 171-175). Thousand

Oaks, CA: SAGE Publications. ISBN: 9781452203836, doi:
<http://dx.doi.org/10.4135/9781483332222.n71>

5. Bowden R. G. & **Umstattd Meyer M. R.** (March 27, 2012). The combined effects of omega-3 fatty acids and exercise on cardiovascular disease risk and mortality. In M. Van Dijk & J. Vitek (Eds.), *Fish oil: Production, consumption, and health benefits* (pp. 249-264). Hauppauge, NY: Nova Science Publishers Inc. ISBN: 978-1-61470-988-6

G.5. Refereed Presentations

1. **Umstattd Meyer M. R.** (Chair and Discussant). (June 4-7, 2019). *Streets as a resource and place for physical activity and active play for youth: Innovative approaches and methods*. Accepted as a symposium at the International Society for Behavioral Nutrition and Physical Activity 2019 Annual Meeting. Prague, Czech Republic.
2. **Umstattd Meyer M. R.**, *Prochnow T., Ylitalo K. R., *Delgado H., & Sharkey J. R. (June 4-7, 2019). *Beyond walking: Conceptualizing and assessing streets as physical activity resources for children and families residing in low-resource, rural communities along the U.S.-Mexico border*. Accepted as part of a symposium (Streets as a resource and place for physical activity and active play for youth: Innovative approaches and methods) at the International Society for Behavioral Nutrition and Physical Activity 2019 Annual Meeting. Prague, Czech Republic.
3. Pollack Porter K. M., Mahoney P., Eby J. R., Rutherford K. F., & **Umstattd Meyer M. R.** (June 4-7, 2019). *Reclaiming streets for active play: Implementing and sustaining play streets in an urban U.S. city*. Accepted as part of a symposium (Streets as a resource and place for physical activity and active play for youth: Innovative approaches and methods) at the International Society for Behavioral Nutrition and Physical Activity 2019 Annual Meeting. Prague, Czech Republic.
4. Pollack Porter K. M., *Bridges C. N., Cannady T. K., Holcombe M., Kearney R. B., McLaughlin K., & **Umstattd Meyer M. R.** (Mar. 10-13, 2019). *Implementing Play Streets: A multiple case study of four diverse rural communities*. Accepted as a poster presentation at the 19th Annual Scientific Meeting of the American Academy of Health Behavior. Greenville, SC.
5. *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 19th Annual Scientific Meeting of the American Academy of Health Behavior. Greenville, SC.
6. Wilkerson A. H., *Bhochhibhoya S., *Dragicevic A., & **Umstattd Meyer M. R.** (Mar. 10-13, 2019). *An ecological exploration of factors influencing university employees' use of height-adjustable desks*. Accepted as a poster presentation at the 19th Annual Scientific Meeting of the American Academy of Health Behavior. Greenville, SC.

7. *Bridges C. N., Ylitalo K. R., Sharkey J. R., & **Umstattd Meyer M. R.** (Mar. 10-13, 2019). *How do depressive symptoms relate with physical activity and screen time behaviors from summer to fall in Mexican-Heritage children?* Accepted as a poster presentation at the 19th Annual Scientific Meeting of the American Academy of Health Behavior. Greenville, SC.
8. *McClendon M. E., **Umstattd Meyer M. R.**, Meyer A. R., Ylitalo K. R., & Sharkey J. R. (Mar. 10-13, 2019). *Fathers' perceptions of their roles and child's physical activity.* Accepted as a poster presentation at the 19th Annual Scientific Meeting of the American Academy of Health Behavior. Greenville, SC.
9. Pollack Porter K. M., *Bridges C. N., Schmid T., & **Umstattd Meyer M. R.** (Feb. 17-20, 2019). *Implementing Play Streets in low-income rural communities: A formative approach.* Accepted as a full oral presentation at the Annual Active Living Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.
10. **Umstattd Meyer M. R.**, *Bridges C. N., *Wilkins E. C., *Prochnow T. M., & Pollack Porter K. M. (Feb. 17-20, 2019). *Play streets live: Developing a real-time video scanning methodology to inform implementation of temporary play spaces.* Accepted as a poster presentation at the Annual Active Living Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.
11. * 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 Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.
12. *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 Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.
13. *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 Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.
14. Abildso C. G., **Umstattd Meyer M. R.**, Daily S. M., Edwards M. B., Jacobs L., *McClendon M. E., Perry C. K., & Roemmich J. N. (Feb. 17-20, 2019). *Environmental factors associated with physical activity in rural US counties.* Accepted as a poster presentation

at the Annual Active Living Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.

15. *Benavidez G., **Umstattd Meyer M. R.**, Ylitalo K. R., Asare M., *Bridges C. N., *Thompson N. R., Laschober R., & Griggs J. O. (Feb. 17-20, 2019). *Health literacy and physical activity: Examining relationships in an underserved clinic setting using two rapid assessments*. Accepted as a poster presentation at the Annual Active Living Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.
16. Pollack Porter K. M., Mahoney P., Kammerling T., Eby J., Rutherford K., & **Umstattd Meyer M. R.** (Feb. 17-20, 2019). *Reclaiming streets for play: A descriptive study of Chicago's PlayStreets*. Accepted as a poster presentation at the Annual Active Living Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.
17. Ylitalo K., **Umstattd Meyer M. R.**, *Bridges C. N., *Gutierrez M., & Sharkey J. (Feb. 17-20, 2019). *Sibling influence on physical activity and sedentary behavior in Mexican-heritage families*. Accepted as a poster presentation at the Annual Active Living Conference: Intended and Unintended Outcomes of Building Active and Healthy Communities. Charleston, SC.
18. Wu C., Meyer A. R., **Umstattd Meyer M. R.**, & Nunley P. (Aug. 10-14, 2018). *Constructing Positive Meanings in Cancer: Coping Resources and Cancer Survivors' Job Loss*. Accepted for presentation as a Divisional Paper at the 2018 Academy of Management Meeting, Chicago, IL.
19. *During C., Hess B., *Thumann K., *Landgrave K., *Creighton J., *Sumrall J., *Curtis M., *Bearden A., *Benton E., *Buchanan A., *Camp B., *Christie A., *Decker J., *Gagnon L., *Kucera T., *Nalls C., *Pichon P., *Pierce J., *Samake J., *Shultz, K., & **Umstattd Meyer M. R.** (Apr. 24, 2018). *Interprofessional collaboration between family medicine physicians and public health professionals*. Presented as a poster presentation at the 12th Annual Health Research Forum. Waco, TX
20. **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 (PASMMap): Combining systematic observations with community perceptions to identify community physical activity resource priorities*. Presented as a poster presentation at the 18th Annual Meeting of the American Academy of Health Behavior. Portland, OR.
21. **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*. Presented as a poster presentation at the 18th Annual Meeting of the American Academy of Health Behavior. Portland, OR.

22. *McClendon M. E., **Umstattd Meyer M. R.**, & Sharkey J. R. (Mar. 4-7, 2018). *Maternal perceptions of child physical activity facilitators and barriers through a paternal employment lens*. Presented as a poster presentation at the 18th Annual Meeting of the American Academy of Health Behavior. Portland, OR.
23. Ylitalo K. R., **Umstattd Meyer M. R.**, Lanning B., *During C., Laschober R., & Griggs J. (Mar. 4-7, 2018). *The Newest Vital Sign: Simple screening tools to identify limited health literacy among patients at a Federally-Qualified Health Center*. Presented as a poster presentation at the 18th Annual Meeting of the American Academy of Health Behavior. Portland, OR.
24. *Bridges C. N., **Umstattd Meyer M. R.**, Schmid T. L., Hecht A. A., & Pollack Porter K. (Mar. 4-7, 2018). *Documenting how Play Streets impact play, physical activity, and environment: A systematic review*. Presented as a poster presentation at the 18th Annual Meeting of the American Academy of Health Behavior. Portland, OR.
25. *Bridges C. N., **Umstattd Meyer M. R.**, Wu C., *McClendon M. E., Patterson M., & Walsh S. (Mar. 4-7, 2018). *Implementation of the BearStand behavioral intervention: A process evaluation*. Presented as a poster presentation at the 18th Annual Meeting of the American Academy of Health Behavior. Portland, OR.
26. Walsh S., **Umstattd Meyer M. R.**, Wu C., Andre T. L., *McClendon M. E., *Bridges C. N., Miller A., *Benavidez G., & Bowden R. G. (Mar. 4-7, 2018). *Do sit-stand workstations improve health markers among office employees? A randomized-controlled trial*. Presented as a poster presentation at the 18th Annual Meeting of the American Academy of Health Behavior. Portland, OR.
27. **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*. Presented as an oral presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors. Banff, CAN.
28. **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*. Presented as a poster presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors. Banff, CAN.
29. *Bridges C. N., **Umstattd Meyer M. R.**, *Hecht A. A., Schmid T. L., Pollack Porter K. M., & *Wilkins E. (February 11-14, 2018). *Systematic review of the impacts of Play Streets on children's physical activity*. Accepted as a speed-oral presentation at the Annual Active Living Research (ALR) Conference: Future-Proofing Activity: Application Across Sectors. Banff, CAN.

30. *McClendon M. E., **Umstattd Meyer M. R.**, Sharkey J. R., *Perez C. L., Garcia R., *Bridges C., & *Prochnow, T. (February 11-14, 2018). *Perceived facilitators and barriers to child physical activity among Mexican-origin mothers*. Presented as a poster presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors. Banff, CAN.

31. Abildso C., **Umstattd Meyer M. R.**, Edwards M., Perry C., *McClendon M., & Roemmich J. (February 11-14, 2018). *Rural physical activity: Positive deviants in the USA and methods for understanding policy and environmental explanations*. Presented as a speed-oral presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors. Banff, CAN.

32. Meyer A. R., **Umstattd Meyer M. R.**, Wu C., & *Bernhart J. *'We Believe in Strength: ' benefits of participating at LIVESTRONG physical-activity events*. (Oct. 31 – Nov. 4, 2017) Presented as an oral presentation at the North American Society for the Sociology of Sport (NASSS) 38th Annual Conference. Windsor, ONT.

33. Doyle E. I., Ylitalo K. R., Curtis R., Restivo Wollard C., **Umstattd Meyer M. R.**, Stone K., & *Bridges C. (Mar. 30 – Apr. 1, 2017). *Stage two of the Texas Healthy Communities-Waco Project: Project building beyond silos*. Presented as a poster presentation at the 68th Annual Meeting of the Society for Public Health Education. Denver, CO.

34. **Umstattd Meyer M. R.**, Meyer A. R., Wu C., *Bridges C., & *McClendon M. E. (Mar. 19-22, 2017). *When helping helps: Exploring health benefits of cancer survivors participating in for-cause physical activity events*. Presented as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Tucson, AZ.

35. *Bridges C., **Umstattd Meyer M. R.**, *Cunningham E., & McClendon M. (Mar. 19-22, 2017). *Physical activity interventions for pregnant and postpartum minority women: A systematic literature review*. Presented as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Tucson, AZ.

36. *Walsh S. M., **Umstattd Meyer M. R.**, Morgan G. B., Bowden R. G., Doyle E. I., & Gordon P. M. (Mar. 19-22, 2017). *Sedentary Behavior and Stress in Adults: An Application of the Theory of Planned Behavior*. (Mar. 19-22, 2017). Presented as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Tucson, AZ.

37. *McClendon M. E., **Umstattd Meyer M. R.**, & *Bridges C. (Mar. 19-22, 2017). *A systematic review of the paternal influence on child physical activity*. Presented as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Tucson, AZ.

38. *McClendon M. E., **Umstattd Meyer M. R.**, Wu C., *Walsh S. M., *Bridges C., *Miller A., *Nelton J., *Morehead T. P., & *Bernhart J. A. (Mar. 19-22, 2017). *Perceived severity of*

- sitting too much and value beliefs of standing at work: Understanding sedentary behavior of American working adults.* Presented as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Tucson, AZ.
39. *Nolan R., **Umstatted Meyer M. R.**, Spicer P., & Hallam J. S. (Mar. 19-22, 2017). *Psychometric properties of the rural active living perceived environmental scale (RALPESS): A confirmatory factor analysis.* Presented as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Tucson, AZ.
40. *Walsh S. M., **Umstatted Meyer M. R.**, Morgan G. B., Bowden R. G., Doyle E. I., & Gordon P. M. *Physical activity and stress among adults: Applying the theory of planned behavior to understanding dynamic, multifaceted health issues.* (Mar. 19-22, 2017). Presented as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Tucson, AZ.
41. *Walsh S. M., **Umstatted Meyer M. R.**, Wu C., *McClendon M. E., *Miller A., *Nelon J., *Morehead T., *Bernhart J., & *Bridges C. (Mar. 19-22, 2017). *Still sitting at a desk all day? Applying theory to understand work-standing behaviors among sedentary employees.* Presented as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Tucson, AZ.
42. Maddock J. E., Barry A., Colwell, G. B., & **Umstatted Meyer M. R.** (Mar. 19-22, 2017). *The future of health behavior research: A modified Delphi study.* Presented as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Tucson, AZ.
43. *McClendon M. E., **Umstatted Meyer M. R.**, Ylitalo, K. R., Sharkey J. R., & *Bridges C. (Feb. 26 - Mar. 1, 2017). *Physical activity of Mexican-heritage children during the summer and school-year: The role of parenting strategies.* Presented as a concurrent oral presentation at the Annual Active Living Research Conference: Active Living across the Life Span. Clearwater Beach, FL.
44. *McCullough M. O., *McClendon M. E., *Andre T. L., **Umstatted Meyer M. R.**, Wu C., Walsh S. M., & Bowden R. G. (Jan. 2017). *Associations of Objectively Measured Light-Intensity Activity on Metabolic Risk Factors in Adult Females.* Presented as a poster presentation at the Annual Meeting of the Texas American College of Sports Medicine. Waco, TX.
45. Sharkey J. R., **Umstatted Meyer M. R.**, McDonald J., Kunz S., St. John J. A. & the *Familia Saludable* Team. (June 2016). *Salud Para Usted y Su Familia [Health For You and Your Family]: Constructive evaluation of the program-planning stage.* USDA Project Directors Meeting.
46. Wu C., *Walsh S. M., & **Umstatted Meyer M. R.** (Apr. 14-16, 2016). *Effects of standing while working: An experience sampling approach.* Presented as an oral presentation at

the 31st Annual Conference of the Society for Industrial and Organizational Psychology. Anaheim, CA.

47. *Creighton J., *Sumrall J., *Landgrave K., *Abel N., *Bernhart J., *Bridges C., *Brynell T., *Lartey L., *Nelon J., *Viso, B., *Yuan E., Doyle E., Hess B., & **Umstattd Meyer M. R.** (Apr. 12, 2016). *A trans-disciplinary approach to public health training and education*. Presented as a refereed poster presentation at the 10th Annual Health Research Forum at the Family Health Center, Waco, TX.
48. Sharkey J. R., **Umstattd Meyer M. R.**, & St. John J. A. (Apr. 2-6, 2016). *Promotora-academic partnership to reduce nutritional health disparities among Mexican-heritage families in Texas border colonias*. Experimental Biology Annual Meeting. San Diego, CA.
49. **Umstattd Meyer M. R.** & Sharkey J. R. (Mar. 30-Apr. 2, 2016). *Where can they run and play? Promotora partnerships in rural active living environmental assessments*. To be presented as part of the symposium entitled *Don't preach to the choir: Reaching the underserved by integrating physical activity promotion into primary care* as part of the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. Washington DC.
50. Doyle E. I., Ylitalo K. R., Stone K., **Umstattd Meyer M. R.**, Curtis R., & *Bridges C. (Mar. 30-Apr. 1, 2016). *Building trust through collaborative partnerships: Promoting physical activity and healthy eating in an underserved central Texas community*. Presented as an poster presentation at the 67th Annual Meeting of the Society of Public Health Education, Charlotte, NC.
51. *Stasi S. S., Sharkey J. R., **Umstattd M. R.**, Gómez Montelongo L, *McClendon M., & *Bridges C. (Feb. 21-24, 2016). *¡Nosotros corremos, nosotros jugamos! [We run, we play!]: Children's perceptions of physical activity in Mexican-heritage border communities*. Presented as a poster at the 16th Annual Meeting of the American Academy of Health Behavior. Ponte Vedra Beach, FL.
52. *Walsh S. M., **Umstattd Meyer M. R.**, Wu C.,*Sumrall J. C., *Nelon J. L., *Miller A., & *Yuan E. Y. (Feb. 21-24, 2016). *Theoretical antecedents and health benefits of standing at work: An experience sampling approach using the theory of planned behavior*. Presented as a poster at the 16th Annual Meeting of the American Academy of Health Behavior. Ponte Vedra Beach, FL.
53. *Bernhart J., Ylitalo K. R., **Umstattd Meyer M. R.**, Doyle E., & Stone, K. (Feb. 21-24, 2016). *Family structure and adult physical activity level in a low-income community*. Presented as a poster at the 16th Annual Meeting of the American Academy of Health Behavior. Ponte Vedra Beach, FL.
54. **Umstattd Meyer M. R.**, *Sumrall J., *Walsh S. M., *McClendon M., & Sharkey J. (Jan. 31-Feb. 3, 2016). *Where will they play? A description of the neighborhood physical activity*

resources available to Mexican-origin children residing in colonias along the U.S.-Mexico border. Presented as a poster at the Active Living Research Annual Conference. Clearwater Beach, FL.

55. Bowden R. G., **Umstatted Meyer M. R.**, Furmeister Daughtery M., Von Ahn K., *Salazar C. L., & Wilson R. (Oct. 31-Nov. 4, 2015). *Improving exercise intentions for people diagnosed with end-stage-renal disease: The importance of brief in-patient social cognitive-based approaches.* Presented as a poster at the 143rd Annual Meeting of the American Public Health Association. Chicago, IL.
56. *Sumrall J., **Umstatted Meyer M. R.**, & *Creighton J. (Oct. 31-Nov. 4, 2015). *Food For Thought: A social cognitive approach to assessing children's food environments.* PHEHP Student Award recipient and presented as a poster at the 143rd Annual Meeting of the American Public Health Association. Chicago, IL.
57. *Shaikh H., Patterson M. S., **Umstatted Meyer M. R.**, & Lanning B. (Oct. 31-Nov. 4, 2015). *Predicting collegiate populations' campus recreation facility use through individual and environmental factors.* PHEHP Student Award recipient and presented as a poster at the 143rd Annual Meeting of the American Public Health Association. Chicago, IL.
58. *Patterson M. S., Walsh S. M., **Umstatted Meyer M. R.**, & *Dillon K. A. (March 15-18, 2015). *Using canonical correlation analysis to investigate the relationship between social cognitive constructs and healthy eating and exercise behaviors of college students.* Presented as a poster presentation at the 15th Annual American Academy of Health Behavior Meeting. San Antonio, TX.
59. *Clendennen S. L., Bowden R. G., Griggs J. O., Morgan G. B., & **Umstatted Meyer M. R.** (March 15-18, 2015). *Socio-ecological risk factors of hospital readmission in an underserved low socio-economic population.* Presented as a poster presentation at the 15th Annual American Academy of Health Behavior Meeting. San Antonio, TX.
60. *Gehman D. A., *Walsh S. M., & **Umstatted Meyer M. R.** (March 15-18, 2015). *Theory-based approaches to understanding and decreasing sedentary behavior: A literature review.* Presented as a poster presentation at the 15th Annual American Academy of Health Behavior Meeting. San Antonio, TX.
61. * Salazar-Collier C. L., *Sumrall J., *Clendennen S. L., & **Umstatted Meyer M. R.** (March 15-18, 2015). *Evaluating presence and quality of physical activity resources among Texas churches within varying socioeconomic strata.* Presented as a poster presentation at the 15th Annual American Academy of Health Behavior Meeting. San Antonio, TX.
62. *Walsh S. M., **Umstatted Meyer M. R.**, & Sharkey J. R. (March 15-18, 2015). *Oh, the places they can play: A descriptive study of four south Texas colonias communities.* Presented as a poster presentation at the 15th Annual American Academy of Health Behavior Meeting. San Antonio, TX.

63. **Umstattd Meyer M. R.**, Abildso C., Baskin M. L., Edwards M., Gamble A., & Moore J. B. (February 22-25, 2015). *Rural active living: A call to action*. Presented as a concurrent oral presentation at the 12th Active Living Research (ALR) Annual Conference: The Science of Policy Implementation. San Diego, CA.

64. **Umstattd Meyer M. R.**, Perry C. K., *Sumrall J., *Walsh S. M., *Patterson M., *Clendennen S., Evenson K. R., Eyler A. A., Goins K. V., Heinrich K., Hooker S. P., Jones S., O’Hara Tompkins N., Schmid T., Tabak R., & Valko C. (February 22-25, 2015). *Physical activity-related policy and environmental strategies to prevent obesity in rural communities: A systematic review*. Presented as a concurrent oral presentation at the 12th Active Living Research (ALR) Annual Conference: The Science of Policy Implementation. San Diego, CA.

65. **Umstattd Meyer M. R.**, *Walsh S. M., & Sharkey J. R. (February 22-25, 2015). *Physical activity and sedentary behaviors of colonias children: The role of parents and siblings in the home environment*. Presented as a poster presentation at the 12th Active Living Research (ALR) Annual Conference: The Science of Policy Implementation, San Diego, CA.

66. *Salazar-Collier C. L., **Umstattd Meyer M. R.**, & *Sumrall J. (February 23-25, 2015). *Assessing physical activity resources and internal programming aimed at promoting physical activity in churches of South Texas*. Presented as a poster presentation at the 91st Texas Public Health Association Annual Education Conference. Austin, TX.

67. Cradock A. L., Barrett J. L., Chiqui J. F., Evenson K. R., Goins K. V., Gustat J., Healy I. B., Heinrich K. M., Perry C., Scanze M., Schmid T., Tabak R., **Umstattd Meyer M. R.**, & Valko C. (November 15-19, 2014). *Driven to support: Individual and county-level factors associated with public support for active transportation policies*. Presented as an oral presentation in the “Progress in Physical Activity Policy Research” session at the 142nd American Public Health Association (APHA) Annual Meeting. New Orleans, LA.

68. *Walsh S. M., *Patterson M. S., **Umstattd Meyer M. R.**, *Dillon K. A., & Limbers C. A. (August 7-10, 2014). *Correlates of physical activity self-regulation strategies among college students*. Presented as a poster at the 122nd American Psychological Association (APA) Annual Convention, Health Psychology Section. Washington, D. C.

69. Fuhrmeister Daughtery M., **Umstattd Meyer M. R.**, Von Ahn K., Bowden R. G., *Patterson M., Beaujean A. A., Wilson R. L. (June 11-14, 2014). *Increasing physical activity in end-stage renal disease patients utilizing education: An inpatient pilot study*. Presented as a poster at the American Physical Therapy Association Annual Convention. Charlotte, NC.

70. **Umstattd Meyer M. R.**, Weaver S. P., Kelley L., & *Clendennen S. L. (March 16-19, 2014). *Physical activity importance for children: Examining parental beliefs in underserved communities*. Presented as a poster at the 14th American Academy of Health Behavior (AAHB) Annual Meeting. Charleston, SC.

71. *Clendennen S. L., Griggs J. O., Bowden R. G., & **Umstattd Meyer M. R.** (March 16-19, 2014). *Socio-ecological risk factors of hospital readmission*. Presented as a poster at the 14th American Academy of Health Behavior (AAHB) Annual Meeting. Charleston, SC.
72. **Umstattd Meyer M. R.**, *Patterson M. S., Bowden R. G., & Janke M. C. (March 16-19, 2014). *Successful aging among end stage renal disease patients: Understanding factors related with social and community engagement*. Presented as a poster at the 14th American Academy of Health Behavior (AAHB) Annual Meeting. Charleston, SC.
73. **Umstattd Meyer M. R.**, *Walsh S. M., & Morgan G. B. (March 16-19, 2014). *Why women sit: Determinants of discretionary sitting time in a female worksite population*. Presented as a poster at the 14th American Academy of Health Behavior (AAHB) Annual Meeting. Charleston, SC.
74. *Patterson M. & **Umstattd Meyer M. R.** (March 16-19, 2014). *Structural validation of two social cognitive theory scales: A focus on self regulation and outcome expectations among hemodialysis patients*. Presented as a poster at the 14th American Academy of Health Behavior (AAHB) Annual Meeting. Charleston, SC.
75. *Patterson M. S., **Umstattd Meyer M. R.**, & *Dillon K. J. (March 16-19, 2014). *Exercise self-efficacy of college students: Investigating environmental, behavioral and personal level correlates*. Presented as a poster at the 14th American Academy of Health Behavior (AAHB) Annual Meeting. Charleston, SC.
76. *Walsh S. M., **Umstattd Meyer M. R.**, & *Sumrall J. C. (March 16-19, 2014). *Physical activity interventions in rural populations using theory-based approaches: A systematic review*. Presented as a poster at the 14th American Academy of Health Behavior (AAHB) Annual Meeting. Charleston, SC.
77. Burnett D., Evans R., Trevino B., Gallucci A., Meyer A., **Umstattd Meyer M. R.**, & Weems S. (March, 2014). *Why college students gain weight: A qualitative investigation*. Southern College Health Association (SCHA). Atlanta, GA.
78. *Cook-Lindsay B. A., *Clendennen S., & **Umstattd Meyer M. R.** (February 27-28, 2014). *Gender-based power imbalances and condom-use negotiations*. Presented as a poster at the Texas Society for Public Health Education (TSOPHE), annual conference. Houston, TX.
79. Von Ahn K., **Umstattd Meyer M. R.**, Fuhrmeister Daughtery M., Bowden R., *Salazar C., & Wilson R. (February 3-6, 2014). *Effects of intradialytic exercise on exercise intentions: A case study*. Presented as a poster presentation at the American Physical Therapy Association (APTA) Combined Sections Meeting. Las Vegas, NV.
80. *Hackman C., *Rush S., *Priest H., Usdan S., Sheppard M., **Umstattd Meyer M. R.**, & Talbott L. (November 2-6, 2013). *Work hard, play hard: Examining the contradiction between binge drinking and exercise behavior in first-year greek-affiliated college*

- students*. Presented as a poster presentation at the American Public Health Association (APHA), 141st Annual Meeting. Boston, MA.
81. *Rush S., *Hackman C., *Priest H., Usdan S., Sheppard M., **Umstattd Meyer M. R.**, & Talbott L. (November 2-6, 2013). *Since when is binge drinking healthy? Examining the discrepancies between binge drinking and importance of health to first year fraternity and sorority pledges*. Presented as a poster presentation at the American Public Health Association (APHA), 141st Annual Meeting. Boston, MA.
 82. **Umstattd Meyer M. R.**, Sharkey J. R., & *Patterson M. S. (July 16-18, 2013). *Physical Activity: What matters to mothers living along the Texas-Mexico border?* Presented as an oral presentation at the United States – México Border Obesity Prevention (BOP) Summit. McAllen, TX.
 83. **Umstattd Meyer M. R.**, *Salazar C. L., & Meyer A. R. (June 12-14, 2013). *Physical activity promotion among Hispanic-Americans: The role of churches*. Presented as an oral presentation at the Christian Society for Kinesiology and Leisure Studies (CSKLS) Annual Meeting. Waco, TX.
 84. *Salazar C. L., **Umstattd Meyer M. R.**, & Meyer A. R. (June 12-14, 2013). *Environmental physical activity resources of churches in Hispanic communities*. Presented as an oral presentation at the Christian Society for Kinesiology and Leisure Studies (CSKLS) Annual Meeting. Waco, TX.
 85. Meyer A. R., **Umstattd Meyer M. R.**, & *Salazar C. L. (June 12-14, 2013). *The continued influence of muscular Christian ideals on perceptions of physicality and activities among Hispanic pastors in south Texas*. Presented as an oral presentation at the Christian Society for Kinesiology and Leisure Studies (CSKLS) Annual Meeting. Waco, TX.
 86. *Allen S., **Umstattd Meyer M. R.**, & Sharkey J. R. (April 26, 2013). *A theoretical approach to understanding physical activity in the colonias*. Presented as a poster presentation at the 53rd Annual National Student Research Forum, University of Texas Medical Branch, Galveston, TX.
 87. Korteweg J., Weaver S. P., Kelley L., Griggs J., Weems S., & **Umstattd, M. R.** (April 16, 2013). *Fit and Healthy Family Camp for engaging families in a child obesity intervention: A Community Health Center pilot project*. Presented as a poster at the 7th Annual Health Research Forum. Family Health Center, Waco, TX.
 88. **Umstattd Meyer M. R.**, Fuhrmeister Daughtery M., Von Ahn K., Bowden R. G., *Patterson M. S., Beaujean A. A., & Wilson R. L. (March 17-20, 2013). *Exercise self-efficacy for end-stage renal disease patients: An in-patient pilot study*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 13th Annual Meeting. Santa Fe, NM.

89. *Rose T. A., **Umstattd Meyer M. R.**, *Patterson M. S., & Doyle E. I. (March 17-20, 2013). *Understanding cholesterol screening behaviors in rural communities in central Texas using the Health Belief Model*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 13th Annual Meeting. Santa Fe, NM.
90. *Patterson M. S. & **Umstattd Meyer M. R.** (March 17-20, 2013). *Structural validation of the Spinal Cord Injury Exercise Self-Efficacy Scale (SCI-ESES) for use with hemodialysis patients*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 13th Annual Meeting. Santa Fe, NM.
91. *Patterson M. S., **Umstattd Meyer M. R.**, Beaujean A. A., & Bowden R. G. (March 17-20, 2013). *Using the Social Cognitive Theory to understand physical activity determinants among dialysis patients*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 13th Annual Meeting. Santa Fe, NM.
92. *Salazar C. L. & **Umstattd Meyer M. R.** (March 17-20, 2013). *Environmental influences of physical activity among Mexican-Americans in south Texas: Understanding the current role of churches*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 13th Annual Meeting. Santa Fe, NM.
93. *Walsh S. M., **Umstattd Meyer M. R.**, *Salazar C. L., & Hallam J. S. (March 17-20, 2013). *Rural older adult perspectives on physical activity: A content analysis using a new comprehensive mobility framework*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 13th Annual Meeting. Santa Fe, NM.
94. **Umstattd Meyer M. R.**, *Nalty C. C., Sharkey J. R., & *Walsh S. M. (February 26-28, 2013). *Physical and social environmental characteristics of physical activity for Mexican-origin children: Examining differences between school year and summer perceptions*. Presented as a poster presentation at the 10th Active Living Research (ALR) Annual Conference: Achieving Change across Sectors: Integrating Research, Policy and Practice, San Diego, CA.
95. Janke M. C., **Umstattd Meyer M. R.**, & Beaujean A. A. (November 14-18, 2012). *Predictors of older adults' mobility based on a comprehensive theoretical framework*. Presented as a poster presentation at the Gerontological Society of America's 65th Annual Scientific meeting, San Diego, CA.
96. **Umstattd Meyer M. R.**, Meyer A. R., & *Salazar C. L. (October 31-November 3, 2012). *Physical activity among rural American residents: Examining the role of faith-based institutions*. Presented as a poster presentation at the 4th International Congress on Physical Activity & Public Health, Sydney, Australia.
97. *Allen S. J., **Umstattd Meyer M. R.**, & Sharkey J. R. (October 31-November 3, 2012). *Social influences of physical activity among Mexican-origin children in Texas border colonias: Understanding the role of parents*. Presented as a short oral presentation at the 4th International Congress on Physical Activity & Public Health, Sydney, Australia.

98. Gilson N. D., Faulkner G., Murphy M., **Umstatted Meyer M. R.** & Washington T. (October 31-November 3, 2012). *An international study of a minimal contact, automated web-based walking program (Walk@Work) to increase workday step counts in lower active office workers*. Presented as a short oral presentation at the 4th International Congress on Physical Activity & Public Health, Sydney, Australia.
99. *Dillon K. J., Lanning B., & **Umstatted Meyer M. R.** (October 25-27, 2012). *A theory-based investigation of weight change and nutrition behaviors among college students*. Presented at the Society for Public Health Education's (SOPHE) 63rd Annual Meeting: Mining Golden Opportunities: Health Education Policy, Research & Practice, San Francisco, CA.
100. Sheppard M. E., Lian B., Usdan S. L., **Umstatted Meyer M. R.**, Talbott, L. L. (October 27-31, 2012). *Values and alcohol use among college students in the greek System*. Presented at the American Public Health Association, 140th Annual Meeting, San Francisco, CA.
101. *Stroope J. L., *Cunningham E., *Stroope S., & **Umstatted Meyer M. R.** (October 27-31, 2012). *Measuring the milk of confidence: A review of two breastfeeding self-efficacy scales*. Presented as an oral presentation at the American Public Health Association, 140th Annual Meeting, San Francisco, CA.
102. *Cunningham E. & **Umstatted Meyer M. R.** (October 11-12, 2012). *Preference for anesthesia during childbirth: A review of theoretical applications*. Presented as a poster presentation at the Texas Society for Public Health Education (TSOPHE), Annual Meeting: Moving Forward: Building Healthier Communities Through Health Education & Prevention, Houston, TX.
103. *Rose T., **Umstatted Meyer M. R.**, *Bernard B., & Doyle E. (October 11-12, 2012). *Benefits and barriers of cholesterol screening behavior in rural central Texans*. Presented as a poster presentation at the Texas Society for Public Health Education (TSOPHE), Annual Meeting: Moving Forward: Building Healthier Communities Through Health Education & Prevention, Houston, TX.
104. Talbott L. L., **Umstatted Meyer M. R.**, Sheppard M. E., & Usdan S. L. (May 28 – June 1, 2012). *Environmental audits: Critical tool for recording & quantifying student drinking behaviors*. Presented as a poster presentation at the 2012 Annual Meeting of the American College Health Association (ACHA). Chicago, IL.
105. **Umstatted Meyer M. R.**, *Patterson M. S., *Salazar C. L., & Sharkey J. R. (May 23-26, 2012). *Physical activity options, locations, and transportation among Mexican-origin children in Texas border colonias*. Presented as a poster presentation at the 2012 Annual Conference of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA). Austin, TX.

106. *Deacon B. N., Baller S. L., **Umstatted Meyer M. R.**, & Ott Walter M. K. (May 16-29, 2012). *Qualitative differences in the classifications of barriers to physical activity: Implications for research and intervention*. Presented as an oral presentation at the 8th International Congress of Qualitative Inquiry. University of Illinois Urbana-Champaign, IL.
107. *Cunningham E. & Umstatted Meyer M. R. (April 17, 2012). *A behavioral theory approach to the preference for anesthesia during childbirth*. Presented as a poster presentation at the 6th Annual Health Research Forum at the Family Health Center. Waco, TX.
108. Baller S. L. & **Umstatted Meyer M. R.** (April 11-14, 2012). *A comparison of sedentary versus vigorous activity with materialism and other social correlates*. Presented as a poster presentation at the 33rd Annual Meeting & Scientific Sessions of the Society for Behavioral Medicine (SBM). New Orleans, LA.
109. **Umstatted Meyer M. R.**, *Salazar C. L., *Patterson M. S., & Sharkey J. R. (March 18-21, 2012). *Physical activity availability, access, and transportation among Mexican-origin women in Texas border colonias*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 12th Annual Meeting. Austin, TX.
110. **Umstatted Meyer M. R.**, Wynveen C. J., *Dillon K. A., Baller S. L., & Gilson N. D. (March 18-21, 2012). *Physical activity and place attachment: A pilot study*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 12th Annual Meeting. Austin, TX.
111. *Patterson M. S., Beville J. M., & **Umstatted Meyer, M. R.** (March 18-21, 2012). *Correlates of college women meeting strength training recommendations: Application of the Integrated Behavioral Model*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 12th Annual Meeting. Austin, TX.
112. *Rose T. A., **Umstatted Meyer M. R.**, *Patterson M. S., & *Dillon K. J. (March 18-21, 2012). *Using health behavior theory to explain Antiretroviral Therapy adherence in HIV/AIDS patients: A literature review*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 12th Annual Meeting. Austin, TX.
113. Sheppard M.E., Lian B, **Umstatted Meyer, M. R.**, Talbott L.L., & Usdan S.L. (March 2012). *Examining the relationship between satisfaction with life, alcohol use and alcohol-related problems among greek pledges*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 12th Annual Meeting. Austin, TX.
114. **Umstatted Meyer M. R.**, *Salazar C. L., *Allen S. J., & Sharkey J. R. (March 12-14, 2012). *Understanding contextual barriers and supports for physical activity among Mexican-origin children in Texas border colonias*. Presented as an oral plenary presentation at the 9th Active Living Research (ALR) Annual Conference: Disparities in Environments and Policies that Support Active Living. San Diego, CA.

115. *Geary C., **Umstatted Meyer M. R.**, Turner L. W., & Hunt S. (March 13-17, 2012). *Enhancing exercise behavior change among adolescents*. Presented as a poster presentation at the American Association for Health Education at the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Annual National Convention. Boston, MA.
116. Talbott L., **Umstatted Meyer M. R.**, Sheppard M., & Usdan S. (January 19-21, 2012). *Assessing change in new greek member alcohol consumption: An eight-week comparison*. Presented as a poster presentation at the NASPA Alcohol & Other Drug Abuse Prevention & Intervention Conference. Atlanta, GA.
117. Sheppard M. E., **Umstatted Meyer M. R.**, Lian B., Talbott L. L., & Usdan S. (October 29-November 2, 2011). *Examining alcohol-related problems among greek pledges: An Integrated Behavioral Model approach*. Presented as a poster presentation at the 139th American Public Health Association (APHA) Annual Meeting. Washington, DC.
118. *Baller S., Usdan S., **Umstatted M. R.**, & Leeper J. (April 27-30, 2011). *The influence of materialism and perceived barriers to physical activity*. Presented as a poster presentation at the 32nd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine (SBM). Washington, D.C.
119. **Umstatted M. R.**, *Sheppard M. E., *Baller S. L., *Gates L., *Rush S., Talbott L., Lian B., & Usdan S. (March 20-23, 2011). *Perceptions of body weight and weight loss strategies of first-year sorority women*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 11th Annual meeting. Hilton Head, SC.
120. *Baller S. L., **Umstatted M. R.**, & Kuntz A. (March 20-23, 2011). *Contrasting two theoretical perspectives on the dynamic environments of physical activity*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 11th Annual meeting. Hilton Head, SC.
121. *Beville J. M. & **Umstatted M. R.** (March 20-23, 2011). *Understanding college leisure time physical activity: The Integrated Behavioral Model*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 11th Annual meeting. Hilton Head, SC.
122. *Beville J. M., **Umstatted M. R.**, Turner L. W., Jackson J. C., Usdan S., & Lian B. (March 20-23, 2011). *Gender differences in college leisure time physical activity: Application of the Theory of Planned Behavior and Integrated Behavioral Model*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 11th Annual meeting. Hilton Head, SC.
123. *Sheppard M. E., **Umstatted M. R.**, Usdan S., & Talbott L. (March 20-23, 2011). *Building collaborative relationships within a college greek community: Lessons from the POPS project*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 11th Annual meeting. Hilton Head, SC.

124. *Sheppard M. E., Usdan S. L., **Umstatted M. R.**, *Baller S. L., & Talbott L. (March 20-23, 2011). *Happiness in a bottle? Alcohol consumption and happiness among new greek college students*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 11th Annual meeting. Hilton Head, SC.
125. *Edmonds E., Turner L., & **Umstatted M. R.** (February 16-20, 2011). *Osteoporosis knowledge, beliefs and physical activity among college students*. Presented as an oral presentation during the Southern District American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD) Annual Meeting. Greensboro, NC.
126. **Umstatted Meyer M. R.**, *Baller S. L., *Gamble A., & Hallam J. S. (November 19-23, 2010). *Examining barriers and facilitators of physical activity for older adults in rural settings: Qualitative findings*. Presented as a poster presentation during the 63rd Gerontological Society of America (GSA) Annual Meeting. New Orleans, LA.
127. *Baller S. L., Usdan S., **Umstatted M. R.**, *Sheppard M. E., Kuntz A., & Turner L. (November 6-10, 2010). *Influence of materialism and social norms on physical activity participation*. Presented as a poster presentation during the 138th American Public Health Association (APHA) Annual Meeting. Denver, CO.
128. Usdan S., **Umstatted M. R.**, *Sheppard M. E., Talbott L. L., *McCreary G., & *Baller S. (November 6-10, 2010). *Self-reported alcohol use and perceptions of peer drinking among new greek-affiliated college students*. Presented as a poster presentation during the 138th American Public Health Association (APHA) Annual Meeting. Denver, CO.
129. Talbott, L., Usdan, S. L., **Umstatted, M. R.**, & *Sheppard, M. E. (June 1-5, 2010). *Protecting our pledges safety (POPS): An ecological approach to reduce Greek student drinking behaviors*. Presented as a poster presentation at the American College Health Association (ACHA) Annual Meeting. Philadelphia, PA.
130. *Baller S., **Umstatted M. R.**, & Usdan S. (May 5-8, 2010). *Examining a relationship between physical activity, materialism and social support*. Presented as a poster presentation at the 3rd International Congress on Physical Activity and Public Health. Toronto, Canada.
131. **Umstatted M. R.** & Hallam J. S. (May 5-8, 2010). *Development of the Rural Active-Living Perceived Environmental Support Scale (RALPESS)*. Presented as a poster presentation at the 3rd International Congress on Physical Activity and Public Health. Toronto, Canada.
132. *Baller S., **Umstatted M. R.**, & Usdan S. (March 15-20, 2010). *The association of materialistic values, life satisfaction, and physical activity*. Presented as a Research Consortium presentation at the American Alliance for Health, Recreation and Dance National Convention & Exposition. Indianapolis, IN.

133. *Edmonds E., Turner L. W., **Umstattd M. R.**, Leaver-Dunn D., & Usdan S. (February 7-10, 2010). *Osteoporosis beliefs and behaviors of college students: Utilization of the health belief model*. Presented as a poster presentation at the American Academy of Health Behavior 10th Annual meeting. Clearwater Beach, FL.
134. Hallam J. S. & **Umstattd M. R.** (February 7-10, 2010). *Associations between perceived barriers, self-efficacy and physical activity in middle-age rural adults*. Presented as a poster presentation at the American Academy of Health Behavior 10th Annual meeting. Clearwater Beach, FL.
135. *Sheppard M. E., Turner L. W., **Umstattd M. R.**, & Harcrow M. S. (February 7-10, 2010). *Enhancing the practice of osteoprotective behaviors among older adults: Application of the Health Belief Model*. Presented as a poster presentation at the American Academy of Health Behavior 10th Annual meeting. Clearwater Beach, FL.
136. **Umstattd M. R.**, Wilcox S., & Dowda M. (February 7-10, 2010). *Predictors of change in body appearance and body function satisfaction in mid-life and older adults: Active for Life®*. Presented as a poster presentation at the American Academy of Health Behavior 10th Annual meeting. Clearwater Beach, FL.
137. Usdan S., **Umstattd M. R.**, *Sheppard M., Forbes L., *McCreary G., & *Henderson R. (February 7-10, 2010). *Self-reported alcohol use and perceptions of peer drinking among new sorority members*. Presented as a poster presentation at the American Academy of Health Behavior 10th Annual meeting. Clearwater Beach, FL.
138. Turner L. W., Wallace L., **Umstattd M. R.**, & *Gaines A. (November 18-22, 2009). *Food insecurity among older women*. Presented as a poster presentation at the 62nd Gerontological Society of America Annual Scientific Meeting. Atlanta, GA.
139. **Umstattd M. R.**, Turner L. W., *Baller S., & Hallam J. S. (November 18-22, 2009). *Associations between perceived barriers and physical activity in older rural women*. Presented as a poster presentation at the 62nd Gerontological Society of America Annual Scientific Meeting. Atlanta, GA.
140. Nickelson J. & **Umstattd M. R.** (November 7-11, 2009). *A rubric for grading collaborative learning on wiki*. Presented as a poster presentation at the 137th American Public Health Association (APHA) Annual Meeting. Philadelphia, PA.
141. Knol L. L., Robb C. A., & **Umstattd M. R.** (October 17-20, 2009). *Time spent eating and drinking as a primary activity among U.S. high school students: An analysis of the American Time Use Survey*. Presented as a poster presentation at the Food and Nutrition Conference and Expo. Denver, CO.
142. Knol L. L., Robb C. A., & **Umstattd M. R.** (October 17-20, 2009). *Time spent in food production among U.S. high school students: An analysis of the American Time Use*

- Survey*. Presented as a poster presentation at the Food and Nutrition Conference and Expo. Denver, CO.
143. *Ayanwale F., *Cannon A., *Dressel-Reinhart S., Kirkpatrick B., & **Umstattd M. R.** (September 17-18, 2009). *Evaluation of the Alabama Rural AIDS Project (ARAP): A service learning partnership*. Presented as a poster presentation at the 10th Annual Rural Health Conference, Prevention: More Than Just an Apple a Day. Tuscaloosa, AL.
144. *Moore H. M., *Willis S., *Maiyo A., *Brown C., *Ellis L., & **Umstattd M. R.** (September 17-18, 2009). *Green County KidCheck: A Precede/Proceed evaluation service learning project*. Presented as a poster presentation at the 10th Annual Rural Health Conference, Prevention: More Than Just an Apple a Day. Tuscaloosa, AL.
145. Gilson N. D., Ainsworth B., Biddle S., Faulkner G., Murphy M., Niven A., Pringle A., Puig-Ribera A., Stathi A., & **Umstattd M. R.** (May 27-30, 2009). *A multi-site comparison of environmental characteristics to support route-based walking in workplaces*. Presented as an oral presentation at the American College of Sports Medicine (ACSM) Annual Meeting. Seattle, WA.
146. *Darst M. L., Knol L., *Baller S., & **Umstattd M. R.** (March 31 – April 4, 2009). *Physical activity, BMI, and media use among school age children*. Presented as a poster presentation at the Research Consortium of the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD) National Convention. Tampa, FL.
147. *Gamble A., Hallam J. S., & **Umstattd M. R.** (March 2009). *Building bridges: Physical activity research in rural environments*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 9th Annual meeting. Hilton Head, SC.
148. **Umstattd M. R.**, *Baller S., *Darst M. L., Blunt G. H., & Turner L. W. (March 2009). *Behavioral and intrapersonal associations with perceived worksite environmental support for physical activity: A hierarchical analysis*. Presented as a poster presentation at the American Academy of Health Behavior (AAHB) 9th Annual meeting. Hilton Head, SC.
149. Yousefian A., Hennessy E., **Umstattd M. R.**, Economos C. D., Hallam J. S., Hyatt R. R., & Hartley D. (February 18-20, 2009). *An environmental assessment instrument for rural communities: Development of the Rural Active Living Assessment (RALA) Tools*. Presented as an oral presentation at the 6th Annual Active Living Research Conference: Active Communities for Youth and Families, Creating Momentum for Change. San Diego, CA.
150. *Darst M. L., **Umstattd M. R.**, *Baller S., & Blunt G. H. (October 2008). *Environmental and social support of physical activity influences at the worksite*. Presented as a poster presentation at the American Public Health Association 136th Annual Conference. San Diego, CA.

151. Hartley D. & **Umstattd M. R.** (May 2008). *Obesity and active living in rural communities*. Presented as an oral concurrent session presentation at the 31st Annual National Rural Health Association Rural Health Conference, New Orleans, LA.
152. **Umstattd M. R.**, *Darst M. L., *Baller S., *Stanford A. E., & Blunt, G. H. (April 2008). *Correlates of perceived worksite environmental support for physical activity*. Presented as a poster presentation at the 2nd International Congress on Physical Activity and Public Health. Amsterdam, the Netherlands.
153. *Darst M. L., **Umstattd M. R.**, *Baller S., & *Newman B. (April 2008). *Is there a parallel among TV viewing time, sports participation, and adolescent risk of being overweight? Results from a national sample*. Presented as a poster presentation at the 2nd International Congress on Physical Activity and Public Health. Amsterdam, the Netherlands.
154. Economos C., Hallam J., **Umstattd M. R.**, & Hartley D. (April 2008). *Active living in rural populations*. Presented by all researchers as a pre-conference workshop at the 5th Active Living Research Annual Conference: Connecting Active Living Research to Policy Solutions. Washington, D.C.
155. *Martin R. J., **Umstattd M. R.**, Usdan S. L., *Cremeens J., Talbott L. L., & Gardner M. (November 2007). *Alcohol consumption and protective behavioral strategies as predictors of school performance among college students*. Presented as an oral presentation at the American Public Health Association 135th Annual Conference. Washington, D.C.
156. Talbott L. L., *Martin R. J., Usdan S. L., **Umstattd M. R.**, & Cremeens J. (October 2007). *Drinking likelihood and social modeling as predictors of drinking days in the past month among first-year college students*. Presented as a poster at the U. S. Department of Education's 21st Annual National Meeting on Alcohol and Other Drug Abuse and Violence Prevention in Higher Education. Omaha, NE.
157. Talbott L. L., **Umstattd M. R.**, Usdan S. L., & Kennedy L. B. (June 2007). *Cross-validation of the Drinking Social Context Scale among first semester college students*. Presented as a poster at the College Health Association Annual Meeting. San Antonio, TX.
158. *Darst M. L., *Baller S., & **Umstattd M.R.** (May 2007). *The relationship between BMI, physical activity and psychological variables in adolescents: Results from an Alabama state survey*. Presented as a poster at the Alabama Governor's Conference on Obesity. Tuscaloosa, AL.
159. *Brown G., *Baller S., *Darst M. L., & **Umstattd M. R.** (April 2007). *Correlation of student recreation center use and academic performance*. Presented as a poster at the National Intramural-Recreational Sports Association Annual Meeting. Minneapolis, MN.

160. **Umstattd M. R.**, Valois R. F., Zullig K. J., Paxton R. J., & *Darst M. L. (March 2007). *Physical activity behaviors and emotional self-efficacy: Is there a relationship for adolescents?* Presented as a poster at the American Academy of Health Behavior 7th Annual Meeting. Savannah, GA.
161. *Darst M. L., Turner L. W., Chambers R. L., & **Umstattd M. R.** (March 2007). *BMI and weight loss behaviors among adolescents: Results from a national sample.* Presented as a poster at the American Academy of Health Behavior 7th Annual Meeting. Savannah, GA.
162. **Umstattd M. R.**, Motl R. W., Saunders R., Wilcox S., & Watford M. (March 2007). *Measuring physical activity self-regulation in older adults: Preliminary evidence of structural and construct validity.* Presented as a poster at the Society of Behavioral Medicine Annual Meeting & Scientific Sessions. Washington, D.C.
163. Doerksen S. E., **Umstattd M. R.**, & McAuley E. (March 2007). *Social cognitive parameters and objectively-measured physical activity in college freshmen.* Presented as a poster at the Society of Behavioral Medicine Annual Meeting & Scientific Sessions. Washington, DC.
164. Humphreys B. R., Ruseski J. E., & **Umstattd M. R.** (February 2007). *Economic and demographic determinants of adult participation and time spent in physical activity.* Presented as a poster at the Active Living Research Annual Conference: Active Living in Diverse Communities. Coronado, CA.
165. **Umstattd M. R.**, McAuley E., & Motl R. W. (November 2006). *Dispositional pessimism and self-efficacy influence physical function in older adults.* Presented as a poster at the Gerontological Society of America 59th Annual Meeting. Dallas, TX.
166. Talbott L. L., **Umstattd M. R.**, *Cremeens J. L., Wilkinson L. L., & Usdan S. L. (October 2006). *Validation of the College Alcohol Problem Scale for use with non-adjudicated first-year students.* Presented as a poster at the Department of Education's Alcohol and Other Drug Abuse Prevention Conference. Washington, D.C.
167. **Umstattd M. R.**, Wilcox S., & Dowda, M. (June 2006). *The role of self-regulation in promoting physical activity in an older adult population.* Presented as an oral presentation at the American College of Sports Medicine 53rd Annual Meeting. Denver, CO.
168. **Umstattd M. R.**, Saunders R., Wilcox S., Valois R. F., & Dowda M. (April 2006). *Correlates of self-regulation for physical activity among older adults.* Presented as a poster at the International Congress on Physical Activity and Public Health sponsored by the Centers for Disease Control and Prevention (CDC). Atlanta, GA.
169. *Doerksen S. E., **Umstattd M. R.**, Evans, E. M., *Kessinger R., & McAuley E. (April 2006). *Physical activity, body composition, and bone health in college freshmen.*

Presented as a poster at the International Congress on Physical Activity and Public Health sponsored by the Centers for Disease Control and Prevention (CDC). Atlanta, GA.

170. **Umstattd M. R.**, Wilcox S., Saunders R., Watkins K., & Dowda M. (March 2006). *Self-regulation mediates the relationship between self-efficacy and physical activity in older adults*. Presented as a poster at the Society of Behavioral Medicine Annual Meeting & Scientific Sessions. San Francisco, CA.
171. Wilson D. K., Griffin S. F., Saunders R., Evans A., Mixon G., Wright M., Beasley A., **Umstattd M. R.**, Lattimore D., Watts A., & Frelove-Charton J. (March 2006). *Formative evaluation for developing a motivational intervention for increasing physical activity in adolescents*. Presented as a poster at the Society of Behavioral Medicine Annual Meeting & Scientific Sessions. San Francisco, CA.
172. Rheaume C. E., Griffin S. F., Wilcox S., Lattimore D. L., Leviton L. C., **Umstattd M. R.**, & Frelove-Charton J. (December 2005). *Participants' experiences with Active for Life® during the pilot year: A translational research project*. Presented as a poster at the American Public Health Association 133rd Annual Meeting & Exposition. Philadelphia, PA.
173. McAuley E., Konopack J. F., & **Umstattd M. R.** (October 2005). *Walking as physical activity in older adults: Determinants and consequences*. Presented as an oral presentation at the American College of Sports Medicine Walking for Health Conference. Champaign, IL.
174. **Umstattd M. R.**, Wilcox S., Frelove-Charton J., Lattimore D., & Dowda M. (June 2005). *Correlates of satisfaction with body appearance and body function in older adults: Active for Life®*. Presented as a poster at the American College of Sports Medicine 52nd Annual Meeting. Nashville, TN.
175. Frelove-Charton J., **Umstattd M. R.**, Griffin S., Lattimore D., Rheaume C., & Wilcox S. (April 2005). *Participation and withdraw rates in a translational research project: The Active for Life® pilot year*. Presented as an award recipient presentation and poster presentation at the Society of Behavioral Medicine 26th Annual Meeting & Scientific Sessions. Boston, MA.
176. Wilcox S., Dowda M., Rheaume C., **Umstattd M. R.**, Frelove-Charton J., Griffin S., Leviton L., & Ory M. (October 2004). *Description of the outcome evaluation and baseline characteristics of the Active for Life® pilot year*. Presented as a poster at the Cooper Institute Conference Series: Increasing Physical Activity in Populations: Understanding Diffusion and Dissemination. Dallas, TX.
177. Lattimore D., Griffin S., Frelove-Charton J., **Umstattd M. R.**, Rheaume C., & Wilcox S. (October 2004). *Description of challenges faced by the Active for Life® grantee sites during the pilot year*. Presented as a poster at the Cooper Institute Conference Series:

Increasing Physical Activity in Populations: Understanding Diffusion and Dissemination. Dallas, TX.

178. **Umstattd M. R.**, McIver K. L., Smith S., DuBose K. D., & Ainsworth B. E. (June 2004). *Cardiovascular disease risk factors and physical activity status among older adults, 2001 BRFSS*. Presented as an oral presentation at the American College of Sports Medicine 51st Annual Meeting. Indianapolis, IN.
179. **Umstattd M. R.** (April 2004). *Discrepancies in applying stages of change to exercise behavior*. Presented as an oral presentation at Graduate Student Day. The University of South Carolina, Columbia, SC.
180. Hallam J. S., Williams D. D. & **Umstattd M. R.** (March 2004). *A one-year study of a brief intervention to determine the construct validity and mediating effects of selected social cognitive theory variables on exercise behavior*. Presented as a poster at the American Academy of Health Behavior 4th Annual Meeting. Sedona, AZ.
181. **Umstattd M. R.** & Hallam J. S. (November 2003). *Differences in self-efficacy, outcome-expectancy value and self-regulation between regular exercising and non-exercising older adults*. Presented as a poster at the American Public Health Association 131st Annual Conference. San Francisco, CA.
182. **Umstattd M. R.** & Hallam J. S. (March 2003). *Differences in self-efficacy, outcome-expectancy value and self-regulation between regular exercising and non-exercising older adults*. Presented as a poster at the American Academy of Health Behavior 3rd Annual Meeting. St. Augustine, FL.
183. **Umstattd M. R.** & Hallam J. S. (November 2002). *Exercise stages of change does not accurately reflect exercise behavior in college students*. Presented as a poster at the American Public Health Association 130th Annual Meeting. Philadelphia, PA.
184. Williams D. D., **Umstattd M. R.**, & Hallam J. S. (April 2002). *Validity of the exercise stages of change: Should researchers and practitioners use this instrument?* Presented as a poster at the National Cardiovascular Health Conference. Washington, D.C.
185. **Umstattd M. R.** & Hallam J. S. (April 2002). *The use of self-regulation skills, exercise self-efficacy and exercise outcome-expectancies of employed women*. Presented as a poster at the National Cardiovascular Health Conference. Washington, D.C.
186. Hallam J. S., Williams D. D., & **Umstattd, M. R.** (March 2002). *Replication of a brief intervention to increase the use of selected social cognitive theory variables linked to adult exercise behavior*. Presented as a poster at the American Academy of Health Behavior 2nd Annual Meeting. Napa Valley, CA.

187. **Umstattd M. R.**, & Hallam J. S. (March 2002). *Older adult physical activity interventions: A review of current literature and recommendations for the future*. Presented as a poster at the American Academy of Health Behavior 2nd Annual Meeting. Napa Valley, CA.
188. **Umstattd M. R.**, Hallam J. S., & O'Quin J. A. (February 2002). *Mediating variables in physical activity interventions for asymptomatic older adults: Where are we? Where are we going? A literature review*. Presented as an oral presentation at the Annual Mid-South Collegiate Fitness Conference. Memphis, TN.
189. Hallam J. S., Baker J. K., **Umstattd M. R.**, Bryant H. N., & Petosa R. (November 2001). *Construct validation of a brief intervention to increase exercise self-efficacy, self-regulation and outcome-expectancy values*. Presented as a poster at the American Public Health Association 129th Annual Meeting. Atlanta, GA.
190. **Umstattd M. R.**, Williams D. D., & Hallam J. S. (November 2001). *Validity of the exercise stages of change: Should researchers and practitioners use this instrument?* Presented as a poster at the American Public Health Association 129th Annual Meeting. Atlanta, GA.
191. **Umstattd M. R.**, Hallam J. S., & O'Quin J. A. (November 2001). *Mediating variables in physical activity interventions for asymptomatic older adults: Where are we? Where are we going?* Presented as a poster at the American Public Health Association 129th Annual Meeting. Atlanta, GA.
192. **Umstattd M. R.**, Williams D. D. & Hallam J. S. (April 2001). *Does the exercise stages of change model accurately reflect exercise behavior?* Presented as a poster at the Sigma Xi Annual Research Symposium. The University of Mississippi, Oxford, MS.
193. **Umstattd M. R.** & Hallam J. S. (April 2001). *The use of self-regulation skills, exercise self-efficacy and exercise outcome-expectancies of employed women*. Presented as a poster at the Sigma Xi Annual Research Symposium. The University of Mississippi, Oxford, MS.
194. **Umstattd M. R.** & Hallam J. S. (November 2000). *Exercise stages of change does not accurately reflect exercise behavior in employed adults*. Presented as a poster at the American Public Health Association 128th Annual Meeting. Boston, MA.
195. **Umstattd M. R.**, Hallam J. S., Connally D., & McCullough M. (October, 2000). *The use of self-regulation skills, exercise self-efficacy and exercise outcome-expectancies of employed adults*. Presented as a poster at the American Academy of Health Behavior 1st Annual Meeting. Santa Fe, NM.
196. **Umstattd M. R.**, Hallam J. S., & McCullough M. (November, 1999). *The use of self-regulation skills, exercise self-efficacy and exercise outcome-expectancies of employed adults*. Presented as an oral presentation at the American Public Health Association 127th Annual Meeting. Chicago, IL.

* Indicates student co-authorship.

G.6. Invited Presentations

1. **Umstattd Meyer M. R.** (November 6, 2017). *Physical activity interventions in rural populations*. Invited presentation by Dr. David Marquez, Associate Professor of Kinesiology, University of Illinois-Chicago College of Applied Health Sciences. Graduate level course: *Physical Activity Interventions in Diverse Populations*.
2. Botchwey N., Kim A., **Umstattd Meyer M. R.**, Pollack K., Conway T., Sallis J., Floyd M., & Hipp A. (November 10, 2016). Introduction to or Overview of the Physical Activity Research Center (PARC). Invited presentation to the Physical Activity Policy & Research Network+ (PAPRN+).
3. **Umstattd Meyer M. R.** & Sharkey J. (April 12, 2016). *Promotora partnerships in active living environmental assessments for low-income communities: Primary care implications: Where can they run and play?* Invited presentation at the 10th Annual Health Research Forum at the Family Health Center, Waco, TX.
4. **Umstattd Meyer M. R.** & Bridges C. (Jan. 2016). *Texas Healthy Communities: Physical Activity Assessment-76704 Community*. Invited presentation to the Live Well Waco Coalition, Leadership Board, Waco, TX.
5. Ylitalo K., Stone K, Doyle E., & **Umstattd Meyer M. R.** (April 21, 2015). *The Texas Healthy Communities-Waco Project: An academic-practice partnership to address healthy living in east Waco*. Invited presentation at the 9th Annual Health Research Forum at the Family Health Center, Waco, TX.
6. **Umstattd Meyer M. R.** (April 17, 2012). *Understanding physical activity options and contextual barriers for physical activity among Mexican-origin children in Texas border colonias*. Invited presentation at the 6th Annual Health Research Forum at the Family Health Center, Waco, TX.
7. **Umstattd M. R.** (October 22, 2010). *Physical activity in rural settings*. Invited presentation for the School of Rural Public Health, Texas A&M Health Science Center, Nutrition and Health Disparities Seminar, College Station, TX.
8. **Umstattd M. R.** & Sharkey J. (March 19, 2010). *Measuring physical activity and nutrition environments in rural settings*. Presented as a breakout session at the Division of Nutrition, Physical Activity and Obesity (DNPAO) State Program Training Meeting, Atlanta, GA.
9. **Umstattd M. R.** (November 12-13, 2009). *Assessing active living in rural communities: A workshop on using the RALA Tools*. Presented as a 2-day workshop. University of Hawaii, Office of Public Health Studies, Honolulu, HI.

10. **Umstattd M. R.** (September 2009). *Preventing obesity and primary care*. Presented as an invited break-out session at the Tenth Annual Rural Health Conference, Prevention: More Than Just an Apple a Day. Tuscaloosa, AL.
11. **Umstattd M. R.** (August 2008). *Promoting health in rural communities*. Presented as an invited plenary session at the 2008 Obesity Prevention in Public Health Course sponsored by the University of North Carolina at Chapel Hill & the Centers for Disease Control and Prevention (CDC). Chapel Hill, NC.
12. **Umstattd M. R.** (August 2008). *Active living in rural communities workshop*. Presented as an invited workshop session at the 2008 Obesity Prevention in Public Health Course sponsored by the University of North Carolina at Chapel Hill & the Centers for Disease Control and Prevention (CDC). Chapel Hill, NC.
13. **Umstattd M. R.** (June 2008). *Community-based physical activity programs for older adults: Research-based recommendations*. An invited oral presentation at the Annual Alabama Governor's Conference on Obesity. Tuscaloosa, AL.
14. Economos C., Hallam J., **Umstattd M. R.**, & Hartley D. (April 2008). *Active living in rural populations*. Presented by all researchers as a pre-conference workshop at the 5th Active Living Research Annual Conference: *Connecting Active Living Research to Policy Solutions*. Washington, D.C.
15. **Umstattd M. R.** (February 2006). *The role of self-regulation in promoting physical activity: An examination and review*. Presentation for University of Illinois at Urbana-Champaign, Department of Kinesiology and Community Health, Bio-behavioral Seminar. Urbana, IL.
16. **Umstattd M. R.** (Fall 2004). *Self-regulation*. Lecture for University of South Carolina, Arnold School of Public Health, HPEB 701 Theoretical Foundations of Health Education. Columbia, SC.
17. **Umstattd M. R.** (Spring 2004). *Body image*. Lecture for University of South Carolina, Arnold School of Public Health, HPEB 753 Obesity and Eating Disorders. Columbia, SC.
18. **Umstattd M. R.** & McIver K. L. (May 2003). *Physical activity and cardiovascular disease risk factors in older adults: 2001 BRFSS*. Presented for review at the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Nutrition and Physical Activity Branch. Atlanta, GA.
19. Ramos M., Beasley A., Hastings L., & **Umstattd M. R.** (February 2003). *Dietary modification and physical activity promotion for obesity in adolescents*. Presentation at AC Flora High School. Columbia, SC.
20. **Umstattd M. R.** (Fall 2002). *Making 2003 healthier*. Presentation for Dynegy's Employee Health and Wellness Fair. Houston, TX.

21. **Umstattd M. R.** (Fall 2002). *Healthy alternatives*. Presentation for Dynegy's Employee Health and Wellness Fair. Houston, TX.
22. **Umstattd M. R.** (Fall 2002). *Office stress relief*. Presentation for Dynegy's Employee Health and Wellness Fair. Houston, TX.
23. **Umstattd M. R.** (Fall 2002). *Office stress relief*. Presentation for Shell's Employee Health and Wellness Program. Houston, TX.
24. **Umstattd M. R.** (April 2000). *The use of self-regulation skills, exercise self-efficacy and exercise outcome-expectancies of employed adults*. Presentation at Baylor University's Honors Symposium. Waco, TX.

H. TEACHING EXPERIENCE

H.1. Academic Courses Taught or Co-taught

Graduate Courses

Professional Seminars in Public Health (graduate, MPH)
Physical Activity & Public Health (graduate, MPH, PhD)
Theoretical Foundations of Health Behavior & Public Health (graduate, MPH)
Evaluation in Public & Community Health (graduate, MPH)
Sport Psychology (graduate)
Foundations in Health Education (graduate, MPH)
Health Behavior (graduate)

Undergraduate Courses

Program Evaluation in Health Education (BSPH, Public Health core course)
Stress Management (undergraduate)
Principles and Foundations of Health Education and Health Promotion (undergraduate)
Personal Health (undergraduate)
Personal and Community Health (undergraduate)
Psychology of Physical Activity (undergraduate)

Activity Courses

Aerobics (elective)
Jogging (elective)
Tennis (elective)

H.2. Chronology of Teaching

2017 – current

Professor. Baylor University, Department of Health, Human Performance, & Recreation. *Evaluation in Community Health Education* (PUBH 5360, MPH Course).

- 2015 Professor. Baylor University, Department of Health, Human Performance, & Recreation. *Physical Activity & Public Health* (HED 5370, Graduate Course: MPH, PhD)
- 2015 Professor. Baylor University, Department of Health, Human Performance, & Recreation. *Program Evaluation in Health Education* (HED 4333, BSE Community Health Core Course).
- 2011 – 2014 Professor. Baylor University, Department of Health, Human Performance, & Recreation. *Theoretical Foundations of Health Behavior & Public Health* (MPH Course (previously HED 5315)).
- 2011 – 2013 Professor. Baylor University, Department of Health, Human Performance, & Recreation. *Stress Management* (HED 3320, Undergraduate).
- 2010 – 2016 Professor. Baylor University, Department of Health, Human Performance, & Recreation. *Evaluation in Community Health Education* (PUBH 5360, MPH Course).
- 2011 Co-Instructor. Baylor University, Department of Health, Human Performance, & Recreation. *Sport Psychology* (HP 5370, Graduate).
- 2010 Professor. Baylor University, Department of Health, Human Performance, & Recreation. *Foundations of Health Education* (HED 5315, MPH Course).
- 2008 – 2010 Professor. The University of Alabama. Department of Health Science. Principles and Foundations in Health Promotion (HHE 370, Undergraduate).
- 2008 – 2009 Professor. The University of Alabama, Department of Health Science. *Personal Health* (HHE 270, Undergraduate).
- 2007 – 2010 Professor. The University of Alabama, Department of Health Science. *Evaluation in Health Education* (HHE 566, Graduate).
- 2006 – 2010 Professor. The University of Alabama, Department of Health Science. *Health Behavior* (HHE 520, Graduate).
- 2006 Group Fitness Instructor. The Refinery, Champaign, Illinois. *Indoor Cycling*.
- Fall 2004 Co-Instructor. The University of South Carolina, Department of Exercise Science. *Psychology of Physical Activity. Section:*

Theoretical approaches to understanding physical activity (EXSC 410 / PSYC 565, Undergraduate).

- Fall 2004* Teaching Assistant. The University of South Carolina, Department of Health Promotion, Education and Behavior. *Theoretical Foundations of Health Education* (HPEB 701, Graduate).
- Spring 2004* Teaching Assistant. The University of South Carolina, Department of Health Promotion, Education and Behavior. *Obesity and Eating Disorders* (HPEB, Graduate)
- 2003 – 2004* Group Fitness Instructor. The University of South Carolina, Columbia, South Carolina. *Indoor Cycling*.
- Aug 2001 – May 2002* Instructor. The University of Mississippi, Department of Health, Exercise Science and Recreation Management. *Community and Personal Health* (Undergraduate).
- Spring 2002* Group Fitness Instructor. The University of Mississippi, Oxford, Mississippi. *Deep Water Aerobics*.
- Aug 2000 – Dec 2000* Instructor. The University of Mississippi, Department of Health, Exercise Science and Recreation Management. *Tennis, Jogging, Aerobics*.
- 1996 – 1997* Group Fitness Instructor. Baylor University, Waco, Texas. *Step Aerobics, Funk Aerobics*.
- 1994 – 1999* Group Fitness Instructor. Department of Parks and Recreation, Georgetown, Texas. *Step Aerobics, Water Aerobics, Deep Water Aerobics*.

H.3. Dissertation Committees

1. Chair, Baylor University, Health, Human Performance & Recreation Dept. – Prochnow, T.
Anticipated Graduation: May 2021.
2. Chair, Baylor University, Health, Human Performance & Recreation Dept. – Bridges, C.
Anticipated Graduation: May 2020.
3. Chair, Baylor University, Health, Human Performance & Recreation Dept. – McClendon, M.
Anticipated Graduation: May 2019.

4. Committee Member, Baylor University, Health, Human Performance & Recreation Dept. – Cunningham, E. *The relationship of maternal and maternity care provider characteristics to the diagnosis of labor dystocia*. Anticipated Graduation: May 2019.
5. Chair, Baylor University, Health, Human Performance & Recreation Dept. – Walsh, S. *Physical activity, sedentary behavior, and perceived stress among adults: An application of the Theory of Planned Behavior*. Dissertation, 2015-2016. Graduation: May 2016.
6. Committee Member, Baylor University, Psychology and Neuroscience Dept. – Young, D. *Associations among obesity, stress, coping style, and problem solving ability in youth*. Dissertation, 2013-2016.
7. Committee Member, Baylor University, Psychology and Neuroscience Dept. – Passanante, N. *Associations between sleep and memory in a clinical sample of obese children and adolescents*. Dissertation, 2012-2014.
8. Committee Member, Baylor University, Statistics Dept. – Bray, R. *Bayesian Modeling of a bivariate distribution with correlated continuous and binary outcomes*. Dissertation, 2013. Graduation: Spring 2013.
9. Chair, University of Alabama, Health Science Dept. – Beville, J. *A theory-based investigation of leisure time physical activity among college students*. Dissertation, 2006-2010. Graduation: Summer 2010.
10. Committee Member, University of Alabama, Health Science Dept. – Brown, G. *Knowledge, engagement, and perceptions of the American College of Sports Medicine guidelines for cardiovascular physical activity: University undergraduate comparisons*. Dissertation, 2008-2010. Graduation: Summer 2010.
11. Committee Member, University of Alabama, Health Science Dept. – Baller, S. *An investigation of materialistic values and physical activity participation, location, and experience*. Dissertation, 2008-2010. Graduation: Spring 2010.
12. Committee Member, University of Alabama, Health Science Dept. – Edmonds, E. *Osteoporosis knowledge, attitudes and behaviors of college students: Application of the Health Belief Model*. Dissertation, 2007-2009. Graduation: Fall 2009.
13. Committee Member, University of Alabama, Health Science Dept. – Cremeens, J. *Assessment of alcohol policies on college campuses and challenges to enforcement*. Dissertation, 2007-2009. Graduation: Spring 2009.
14. Committee Member, University of Alabama, Health Science Dept. – Martin, R. *Examination of factors associated with disordered gambling among college students*. Dissertation, 2006-2008. Graduation: Spring 2008.

H.4. Thesis Committees

1. Committee Member, Baylor University – Benton, E. MPH Thesis, Spring 2018.
2. Committee Member, Baylor University – Camp, B. MPH Thesis, Spring 2018.
3. Chair, Baylor University – Haffey, M. *Benefits of physical activity interventions for asthmatic children and adolescents: A systematic review*. Undergraduate Honors Thesis, Spring 2016.
4. Committee Member, Baylor University – Bernhart, J. *Investigating how the family influences adult physical activity in a low-income community*. MPH Thesis, Spring 2016.
5. Chair, Baylor University – Sumrall, J. *Food for Thought: A social cognitive approach to assessing children's food environments*. MPH Thesis, Spring 2015.
6. Committee Member, Baylor University – Clendennen, S. L. *Socio-ecological risk factors of hospital readmission in an underserved population*. MPH Thesis, Spring 2014.
7. Chair, Baylor University – Salazar, C. L. *Faith-based organizations and health today: Exploring the church's role in promoting health and physical activity within Hispanic communities*. MPH Thesis, Spring 2013.
8. Chair, Baylor University – Allen, S. J. *A study of the social environment for physical activity of parent-child dyads in the Rio Grande valley*. Undergraduate Honors Thesis, Spring 2012.
9. Chair, Baylor University – Dillon, K. *A theory-based investigation of weight change and nutrition behaviors among college students*. MPH Thesis, Spring 2012.
10. Chair, Baylor University – Patterson, M. *Understanding physical activity behaviors among dialysis patients: A social cognitive theory approach*. MPH Thesis, Spring 2012.
11. Chair, Baylor University – Rose, T. *Using the health belief model to understand cholesterol and blood pressure screenings in rural populations in central Texas*. MPH Thesis, Spring 2012.

H.5. Other Student Mentorship Activity

1. Faculty Mentor, Baylor University, URSA Scholars Week, 2017 (Matthew McCullough, HHPR). *Light-intensity Activity and Metabolic Risk Factors: Are there Relationships for Women?* Poster presentation.

2. Faculty Mentor, Baylor University, URSA Scholars Week, 2017 (Flor De La Garza & Amy Kumar, HHPR). *Implementation of the Bear Stand Behavioral Intervention: A Process Evaluation*. Poster presentation.
3. Mentor / Faculty Sponsor, Baylor University – Cook-Lindsay, B. A. *Gender-based power imbalances and condom-use negotiations*. Selected for publication in the 2013 Eta Sigma Gamma *Student Monograph*, 2013. Selected as the Eta Sigma Gamma, National Health Education Honorary 2013 *Best Student Paper Award*.
4. Mentor / Faculty Sponsor, Baylor University – Lartey, L. O. *A need for theory in global outbreak measures*. Selected for oral presentation at the 2015 Texas Society for Public Health Education (TSOPHE) Conference, Austin, TX (October 23, 2015).

I. ADMINISTRATION

June 2018 – current, Baylor University, Department of Public Health

Graduate Program Director, Department of Public Health

MPH Program Director, Community Health Emphasis

MPH Practicum Coordinator, Community Health Emphasis

MPH Graduate Project Coordinator, Community Health Emphasis

Fall 2010 – 2018, Baylor University, Department of Health, Human Performance, & Recreation

MPH Graduate Project Coordinator, MPH in Community Health

Responsibilities included development of the *MPH Graduate Project Guide* for both internship and thesis options and associated evaluation tools, communication with potential interns and thesis students, review of internship and thesis proposals and objectives, weekly dialogue with interns and quarterly dialogue with thesis students during semester of the graduate project, coordination of mid-term and final evaluations, coordination of culminating internship presentation, communication with internship agency supervisors, and evaluation of internship presentations and comprehensive portfolios.

Jan 2007-Feb 2008, University of Alabama, Department of Health Science

Master's Program Coordinator, MA in Health Studies

Responsibilities included following up with prospective student emails and phone calls, organizing and circulating all application packets for faculty consideration, filtering paperwork through the acceptance/rejection process, advising all MA students, preparing MA comprehensive exams each semester (assimilating all questions, communicating with students,

coordinating and disseminating completed exams for grading, grading two sections of the exams), communicating with the graduate school regarding students' progress towards graduation and communicating with other UA departments/schools regarding possible concentration areas for MA students.

J. SERVICE

J.1. University Service

Graduate Council Member, Baylor University, *2018-current*.

Honors College Undergraduate Colloquium Session Leader, Baylor University

Spring 2018 - *The Hour of Land – Exploring what National Parks mean to us and what we mean to them.*

Fall 2018 - *The Hour of Land – Exploring what National Parks mean to us and what we mean to them.*

Committee Member, All University Tenure Review Committee, Baylor University, *2017-2020*.

New Faculty Mentor, Baylor University (Dr. Emily Smith), *2017-2018*.

Committee Member, Promotion Review Committee, Anthropology Department, Baylor University, *2015-current*.

Honors College Undergraduate Colloquium Session Leader, Baylor University

Spring 2016 - *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder.*

New Faculty Mentor, Baylor University (Dr. Kelly Ylitalo), *2015-2016*.

Reviewer, Undergraduate Research & Scholarly Achievement Grant Submissions, *2014-2015*.

Research proposal review panel, Waco Family Health Center & Baylor University Electronic Health Records Collaborative, *2013-2014*.

Development committee member, Waco Family Health Center & Baylor University Electronic Health Records Collaborative, *2012-2014*.

Faculty volunteer, Baylor Move-in Day, Baylor University, *2011*.

Heart of Texas Community Health Clinic Collaborative Team member, Baylor University, *2011 – current*.

Center for Mental Health and Aging, Faculty Associate, University of Alabama, *2006-2010*.

Physical activity recommendation consultant (physical activity recommendations, measurement, and evaluation) for Rebecca Kelly's Office: University of Alabama Director of Health Promotion & Wellness, *2008*.

McNair Scholars Program Mentor, University of Alabama, *2007*.

J.2. College Service

Committee Member, Faculty Development Committee, Public Health representative, College of Health and Human Sciences, *2018-current*.

Committee Member, College Research Administrator, Search Committee, College of Health and Human Sciences, *2017-2018*.

Committee Member, Research Leave Review Committee, Baylor University, College of Health and Human Sciences, *2017*.

Committee Member, Faculty Development Committee, HHPR representative, Baylor University, College of Health and Human Sciences, *2014-2018*.

Invitation to Excellence (I2E), Baylor University, School of Education, *January 2011, 2013*.

Committee Member, Search Committee, Tenure-track Assistant Professor in Quantitative Methods, Baylor University, Department of Educational Psychology, *2011-2012*.

Faculty presentation, School Education Advisory Council, *Fall 2011*.

Baylor SOE Graduate Faculty Strategic Planning Committee, Baylor University, School of Education, *2011*.

Committee Member, Search Committee, Associate Dean for Graduate Studies, Research and Assessment, University of Alabama, College of Human Environmental Sciences, *2010*.

Committee Member, Research Committee, University of Alabama, College of Human Environmental Sciences, *2009-2010*.

Committee Member, Recruitment and Retention Committee, University of Alabama, College of Human Environmental Sciences, *2006-2009*.

Representative, Graduate School Prospective Graduate Student Preview Day, University of Alabama, College of Human Environmental Sciences, *2007*.

J.3. Departmental Service

Committee Member, Search Committee, Office Manager, Baylor University, Department of Public Health, *2018*.

Committee Member, Promotion and Tenure Guidelines Committee, Baylor University, Department of Public Health, *2018*.

Committee Member, MPH CEPH Re-Accreditation Committee, Baylor University, Department of Health, Human Performance, and Recreation, *2017-2018*.

Committee Member, Search Committee, Social & Behavioral Public Health Faculty Position (Assistant/Associate Professor), Baylor University, Department of Health, Human Performance, and Recreation, *2017-2018*.

Committee Member, HHPR promotion and tenure guidelines committee, Baylor University, Department of Health, Human Performance, and Recreation, *2017-2018*.

Chair, HHPR promotion and tenure guideline committee, Baylor University, Department of Health, Human Performance, and Recreation, *2016-2017*.

Committee Member, Search Committee, Epidemiology & Public Health Faculty Position (Assistant/Associate Professor), Baylor University, Department of Health, Human Performance, and Recreation, *2016-2017*.

Committee Member, HHPR adjunct/dual-appointment faculty guidelines, Baylor University, Department of Health, Human Performance, and Recreation, *2016*.

Committee Member, Search Committee, Exercise Physiology Faculty Position (Assistant/Associate Professor), Baylor University, Department of Health, Human Performance, and Recreation, *2015-2016*.

Committee Member, Search Committee, Epidemiology & Public Health Faculty Position (Assistant/Associate Professor), Baylor University, Department of Health, Human Performance, and Recreation, *2014-2015*.

Committee Member, HHPR alternative thesis committee, Baylor University, Department of Health, Human Performance, and Recreation, *2013*.

Committee Member, Search Committee, Community Health Faculty Position (Lecturer), Baylor University, Department of Health, Human Performance, and Recreation, 2012-2013.

Member, MPH Accreditation Self-study Steering Committee, Baylor University, Department of Health, Human Performance, and Recreation, 2011-current.

Committee Member, PhD Admissions Committee, Baylor University, Department of Health, Human Performance, and Recreation, 2011-current.

Committee Member, MPH Graduate Assistantship Selection Committee, Baylor University, Department of Health, Human Performance, and Recreation, 2011-current.

Coordinator, Doctoral Seminar Series, Baylor University, Department of Health, Human Performance, and Recreation, 2011-2012.

Committee Member, Search Committee, Assistant Professor in Health Science, University of Alabama, Department of Health Science, 2008.

Committee Member, MA Program Admission Committee, University of Alabama, Department of Health Science, 2007-2010.

Committee Member, Doctoral Program Admission Committee, University of Alabama, Department of Health Science, 2007-2010.

Chair, MA Program Admission Committee, University of Alabama, Department of Health Science, 2007-2008.

Faculty Co-advisor, Eta Sigma Gamma National Professional Health Education Honorary, Delta Xi Chapter, University of Alabama, 2006-2007.

J.4. International, National, State, and Local Service

Invited Physical Activity Expert, *Voices for Healthy Kids Policy Research Summit*, American Heart Association, Philadelphia, PA, July 19, 2018.

Conference Co-Chair, 2019 *Active Living Research (ALR) Annual Meeting*, Charleston, SC, Feb. 17-20, 2019.

Immediate-Past President, *American Academy of Health Behavior (AAHB)*, 2018-2019.

Invited Session Chair, 2018 *Active Living Research (ALR) Annual Meeting, It's all About the Group - Understanding Sub-populations and Active Living*, Banff CAN, Feb. 11-14, 2018.

President, *American Academy of Health Behavior (AAHB)*, 2017-2018.

President-Elect, *American Academy of Health Behavior (AAHB)*, 2016-2017.

Invited Expert Panel Advisor (rural active living), *Physical Activity Research Center (PARC)*, Robert Wood Johnson Foundation, 2016.

Member, Conference Planning Committee, *Society of Behavioral Medicine (SBM)*, 2016-2017.

Scientific Review Panel, *USDA ARS Human Nutrition Program*, 2015-2016.

Delegate, 2015 *National Physical Activity Plan*, Health Disparities Workgroup, Rural Focus, 2015.

Co-Chair, *Physical Activity Policy Research Network+ (PAPRN+)*, Rural Settings Working Group, 2015-current.

Member, *Physical Activity Policy Research Network+ (PAPRN+)*, 2015-current.

Scientific Review Panel, 2014 *CDC SIP Grant Proposal Submission*, June 2014.

Member Delegate (elected), *American Academy of Health Behavior (AAHB)*, 2014-2016.

Managing Co-Editor, *Health Behavior and Policy Review*, 2013-current.

External reviewer, Toolkit on Evidence-Based Programming for Seniors, Scott & White Healthcare, Community Research Center for Senior Health (CRC-Senior Health), Temple, TX, 2013.

Poster presentation judge, 7th Annual Health Research Forum, the Family Health Center, Waco, TX, April 2013.

Chair, 2014 Conference Planning Committee: Environment, Policy and Behavior Change, *American Academy of Health Behavior (AAHB)*, 2012-2014.

Chair, Physical Activity Policy Research Network (PAPRN), Common Community Measures for Obesity Prevention (COCOMO) workgroup, 2013-2014.

Member, Physical Activity Policy Research Network (PAPRN), 2012-2014.

Committee Member, 2013 Conference Planning Committee: Systems Thinking and Design in Health Behavior Research, *American Academy of Health Behavior (AAHB)*, 2012-2013.

Board of Directors, *American Academy of Health Behavior (AAHB)*, 2011-current.

Chair, Professional Development and Mentorship Council, *American Academy of Health Behavior (AAHB)*, 2011-2012.

Committee Member, 2012 Conference Planning Committee: Applications of Technology in Health Behavior Change Research, *American Academy of Health Behavior (AAHB)*, 2011-2012.

Chair, 2012 Judy K Black Early Career Research Award selection committee, *American Academy of Health Behavior (AAHB)*, 2011-2012.

Healthy Aging Network (HAN), 2010-current. School of Rural Public Health, Texas A&M Health Science Center Prevention Research Center, Affiliation.

Texas Healthy Aging Network (TX-HAN), 2010-2013. School of Rural Public Health, Texas A&M Health Science Center Prevention Research Center, Affiliation.

Editorial Board, *Moving Forward* Electronic Newsletter, *International Society for Physical Activity and Health (ISPAH)*, 2010.

Committee Member, Communications Committee, *International Society for Physical Activity and Health (ISPAH)*, 2008-2010, 2012.

Council Member, Professional Development Council, *American Academy of Health Behavior (AAHB)*, 2009-2011.

Conference volunteer, *American Academy of Health Behavior (AAHB)*, 2009-current.
2009: Roundtable facilitator
2010: Poster judge and roundtable discussion facilitator
2011: Poster judge
2012: Roundtable facilitator

Journal Reviewer, *American Journal of Health Behavior*, 2006-current.

Journal Reviewer, *American Journal of Health Promotion*, 2006-current.

Journal Reviewer, *Health Education & Behavior*, 2005-current.

Journal Reviewer, *Journal of Aging and Physical Activity*, 2006-current.

Journal Reviewer, *Journal of Behavioral Medicine*, 2006-current.

Journal Reviewer, *Journal of Health Psychology*, 2012-current.

Journal Reviewer, *Journal of Physical Activity & Health*, 2007-current.

Journal Reviewer, *Journal of Rural Health*, 2009-current.

Journal Reviewer, *Journal of Sport & Exercise Psychology*, 2010-current.

Journal Reviewer, *Medicine & Science in Sports & Exercise*, 2008-current.

Journal Reviewer, *Qualitative Research*, 2013.

Abstract Reviewer, American Academy of Health Behavior (AAHB), *2010-2015, 2017, 2018*.

Abstract Reviewer, Measurement and Methods Section, Society of Behavioral Medicine (SBM), *2006-2013*.

Abstract Reviewer, Environmental and Contextual Factors in Health and Behavior Change Track, Society of Behavioral Medicine (SBM), *2009-2010, 2015*.

Abstract Reviewer, International Society of Behavioral Nutrition and Physical Activity (ISBNPA), *2006-2016*.

Reviewer, Active Living Research and Healthy Eating Research 2008 Rapid-Response Grants, *2008*.

Interviewee for the Built Environment Assessment Training (BEAT) Institute, *2008*.

Worksite wellness and health promotion consultant for Jim Walter Resources (JWR) of Brookwood, AL. Fees were not received for these services, *2007-2008*.

Resident and employee health promotion consultant and advisor for graduate student involvement (HHE 566 and independent study placement) for Capstone Village of Tuscaloosa, AL. Fees were not received for these services, *2007-2008*.

Statistics consultation for Usdan S.L., *Enhancing Alcohol Assessment with Wireless Handheld Computers*. National Institute on Alcohol Abuse and Alcoholism (NIAAA). Fees were not received for these services, *2007*.

Abstract Reviewer, Physical Activity and Successful Aging, Gerontology Health Section, American Public Health Association (APHA), *2007*.

External Reviewer of Student Projects, Health, Exercise Science & Recreation Management, University of Mississippi, *2006-current*.

Abstract Reviewer, Women's Caucus, American Public Health Association (APHA), *2005-2008*.

Abstract Reviewer, South Carolina Public Health Association (SCPHA), *2005*.

Co-Chair / Representative, South Carolina Graduate Student Health Insurance Summit, *2005*.

Co-Chair, Contributed Papers Committee, South Carolina Public Health Association, *2004-2005*.

Vice President, Graduate Student Association, University of South Carolina, *2004-2005*.

Student Representative, Arnold School of Public Health, American Public Health Association (APHA) Annual Conference, *2004*.

Grant and Evaluation Consultant, Capital Senior Center, Columbia, SC, *2004*.

Student Representative, Awards Committee, Arnold School of Public Health, University of South Carolina, *2003-2004*.

Adolescent obesity health educator, AC Flora High School, Columbia, SC, *2003*.

Advancement Committee Co-Chair, APHA Public Health Student Caucus, *2001-2003*.

Campus Liaison, APHA Public Health Student Caucus, University of Mississippi, *2001-2002*.

Focus Group Facilitator, Family Crisis Center, Youth Vision Project, Oxford, MS, *2001*.

Intern, Art and Science of Health Promotion National Conference, Washington, DC, *Feb. 2001*.

“Get Fit Ole Miss” Event Coordinator, The University of Mississippi, Oxford, MS, *2001*.

Elderly Volunteer, Oxford, MS, *2000*.

Special Olympics Volunteer, Waco, TX, *1997-2000*.

Family Crisis Center Volunteer, Waco, TX, *1997-2000*.

K. PROFESSIONAL DEVELOPMENT

Academy for Teaching and Learning, Faculty Interest Group: Graduate Education, Baylor University, Waco, TX, *2016*.

Academy for Teaching and Learning, Summer Faculty Institute Fellow, Baylor University, Waco, TX, 2015.

Canvas training workshop, Baylor University, Waco, TX, 2015.

Early Career Reviewer (ECR) program, Center for Scientific Review (CSR), National Institute of Health (NIH), 2012-current.

Write Winning Grants: Grant Writers' Seminars and Workshops, Baylor University, Waco, TX, 2012.

NVivo 9 training workshop, QSR International, 9/23/2011.

Blackboard training workshop, Baylor University, Waco, TX, 2011.

Putting Smart Grown to Work in Rural Communities (National Society of Physical Activity Practitioners in Public Health). Webinar participation, 9/28/2010.

RefWorks training seminar, Professional & Organizational Development, Baylor University, Waco, TX, 2010.

Junior Investigators Program, Institute for Rural Health Research, The University of Alabama, Tuscaloosa, AL, 2008-2009.

The Science & Art of Accelerometry: Data Management, Reduction, Analysis and Interpretation, Corvallis, OR – Trost, S., 2008.

Faculty Fellow, Service Learning Program, Center for Ethics & Social Responsibility, The University of Alabama, Tuscaloosa, AL, 2007-2008.

Junior Investigators Program, Institute for Rural Health Research, The University of Alabama, Tuscaloosa, AL, 2006-2007.

Physical Activity and Public Health, Postgraduate Course on Research Directions and Strategies, Centers for Disease Control and Prevention, The University of South Carolina Prevention Research Center, Park City, UT, 2006.

Successful Grant Seeking Techniques for Obtaining Public and Private Grants, David Bauer, The University of Alabama, Tuscaloosa, AL, 2006.

Human Participants Research Certification, The University of Alabama, Office of Research Compliance, Tuscaloosa, AL, 2006.

Human Subjects Research Education Certification, The University of Illinois at Urbana-Champaign, Institutional Review Board Office, Urbana, IL, 2005.

Strategic Self Presentation training, The University of South Carolina, Columbia, SC, 2005.

Cardiff TELEform software training, The University of South Carolina, Columbia, SC, 2003.

Human Subjects Certification in Social and Behavioral Sciences, The University of South Carolina, Office of Sponsored Programs and Research, Columbia, SC, 2003.

L. PROFESSIONAL MEMBERSHIPS

American Academy of Health Behavior (AAHB), 2009-current.

International Society for Physical Activity and Health (ISPAH), 2009-2013.

American College of Sports Medicine (ACSM), 2003-2008.

Gerontological Society of America (GSA), 2004-2007, 2010-2011.

Society of Behavioral Medicine (SBM), 2005-2006, 2016.

American Public Health Association (APHA), 1999-2003, 2004-2005.

Public Health Education and Health Promotion section

Public Health Student Caucus

South Carolina Public Health Association (SCPHA), 2003-2005.
Society of Public Health Education (SOPHE), 2002-2004.

M. HONORS AND AWARDS

Early Career Reviewer (ECR) program acceptance, Center for Scientific Review (CSR), National Institute of Health (NIH), 2012.
Poster of Distinction, **Umstadd Meyer M. R.**, Salazar C. L., Patterson M. S., & Sharkey J. R. *Physical activity availability, access, and transportation among Mexican-origin women in Texas border colonias*. American Academy of Health Behavior (AAHB) 12th Annual Meeting. Austin, TX. March 2012.
Outstanding Faculty/Staff-Initiated Engagement Efforts, Council on Community-Based Partnerships, University of Alabama, 2007-2008. *Project: Environmental Change: A Collaboration for Better Health in the University Community*.
International Travel Award, Capstone International, University of Alabama, 2008.
Doctoral Student Achievement Award, Arnold School of Public Health, University of South Carolina, 2005.
Delta Omega Honorary Society in Public Health, 2005.
Arnold School of Public Health Traineeship Award, University of South Carolina, 2004-2005.
Doctoral Research Grant, American College of Sports Medicine (ACSM), 2004-2005.
Graduate Student Travel Grant, University of South Carolina, 2004.
Public Health Scholarship Award, South Carolina Public Health Association (SCPHA), 2004.
Graduate School Award in Wellness, University of Mississippi, 2002.
Graduate Student Council Research Grant Recipient, University of Mississippi, 2002.
Graduate Honors Fellowship, University of Mississippi, 2000-2002.
“Retirement Research Foundation Masters Student Research Award,” APHA, Gerontological Health Section, Atlanta, GA, 2001.
Student Life Grant Recipient, University of Mississippi, 2000.
“Outstanding Woman in Health,” Department of Health, Human Performance and Recreation, Baylor University, 2000.
Golden Key Honors Society, Baylor University, 2000.
Alpha Lambda Delta Honors Society, Baylor University, 1997-2000.
Gamma Beta Phi Honors Society, Baylor University, 1997-2000.
Baylor University Honors Program, graduate with distinction, 1996-2000.