

# **CURRICULUM VITAE**

## **2017**

**CECILIA WATKINS, Ph.D., C.H.E.S.**  
**[cecilia.watkins@wku.edu](mailto:cecilia.watkins@wku.edu)**

### **EDUCATION**

Ph.D. Public Health  
Human Ecology  
University of Tennessee  
Knoxville, TN 37919  
August 2000

Cognate Area: Cultural Studies

Ph.D. Dissertation: Personal Health Risk Analysis of Seventh-day Adventist College Students and State University College Students: A Comparative Study, University of Tennessee, (2000).

Master of Science in Community Health, Western Kentucky University, Bowling Green, KY, 42101  
(May, 1993). Dean's List.

Bachelor of Science in Community Health, Western Kentucky University, Bowling Green, KY, 42101  
(May, 1992). Cum Laude

Associate in Business Administration, Western Kentucky University, Bowling Green, KY, 42101  
(May, 1983).

### **PROFESSIONAL EXPERIENCE**

January 2001-Present  
Western Kentucky University  
Department Of Public Health  
1906 College Heights Blvd  
Academic Complex 129F  
Bowling Green, KY 42101-3576  
*Associate Professor*

August 1999-August 2000  
University of Tennessee  
1914 Andy Holt Avenue  
Knoxville, TN 37996-2700  
*Graduate Teaching Associate*

- Public Health 110 Instructor
- Human Sexuality Instructor
- Drug Education Instructor
- CPR Instructor
- Student Advising

May 1995-May 1998  
Dupont  
4501 N. Access Road  
Chattanooga, TN 37415  
*Wellness Director*

- Implemented Wellness Program for 1500 Employees.
- Achieved Bronze Well Workplace Award for site.
- Organized Wellness Core Team.
- Organized and directed annual health fair for 5,000 plus attendees.
- Organized Ergonomic Program and headed Ergonomic Core Team.
- Member of the Nylon Ergonomic Team / Nylon North America Team.
- Director of site fitness room.
- Established all contracts and programs for wellness programs.
- Developed disability program, which included wellness action plan.

August 1994-May 1995  
Florida International University  
Student Health Services  
Miami, FL, 33101  
*Senior Health Educator*

- Freshman Experience Instructor.
- Coordinator of the University Health Expo.
- Supervised Aids Awareness Program.
- Supervised S.H.A.P.E., Student Health Advocates for Peer Education.
- Editor of HealthWatch, Campus Health Newsletter.
- Conducted all Fitness Profiles for Faculty, Staff, and Students.

August 1993-July 1994  
Western Kentucky University  
1 Big Red Way  
Bowling Green, KY 42101  
*Fitness Assessment Coordinator*

- Conducted Fitness Assessments for faculty / staff.
- Industrial Liaison
- Designed and Implemented Wellness Programs

## **PUBLIC AND UNIVERSITY SERVICE**

Department Faculty Representative to University Libraries 2017  
CHHS Applied Research Center: Proposal Application April 2017, Approved to start August, 2017  
CDC's Total Worker Health Workforce Development Roundtable Planning Committee, 2016-17  
CDC's NIOSH Total Worker Health - WKU Affiliate Meeting Coordinator, August 9, 2016  
Program Director of the M.S. Environmental and Occupational Health Science, Spring 2016  
Co-Director of the Environmental and Occupational Health Science Program, Fall 2015  
HPV Planning Team (BRDHD) 2015  
NIOSH Total Worker Health™ Affiliate Program Liaison, 2014 - Present  
BRIGHT Coalition Member (Planning and Advisory Board) 2014-Present (Established from the BRDHD Planning Council)

Barren River District Health Department Planning Committee, 2011-2014  
Roadmap to A Healthy Workplace Planning Committee, 2014-Present  
Exhibitor at The Art & Science Health Promotion Conference, Colorado Springs, Colorado, 2014  
Exhibitor at The Art & Science Health Promotion Conference, Hilton Head, SC, 2013

Curriculum Development:

- Developed (assisted with two peers) Master of Science in Environmental and Occupational Health Science / Emphasis in Worksite Health Promotion, 2014
- Developed Professional Worksite Health Promotion Certificate, 2013
- Developed Worksite Health Promotion Graduate Certificate, 2012
- Developed Worksite Health Promotion Graduate Course, 2011
- Developed Worksite Health Promotion Undergraduate Certificate, 2010
- Developed Worksite Health Promotion Minor, 2009
- Developed Undergraduate Worksite Health Promotion Course, 2005

Exhibitor at The Art & Science Health Promotion Conference, San Diego, California, 2012

KPHA Board of Directors:

Kentucky KPHA Student Chapter Chair, 2010-14

KPHA Marketing Committee, 2010-11

Exhibitor at The Art & Science Health Promotion Conference, Colorado Springs, Colorado, 2011

Bowling Green Smoke-free Media Subcommittee, 2009-2010

Political Engagement Project, 2007-08

Faculty/Staff campaign member for Alumni Relations/Annual Giving 2007-08

CHHS Career Services Orientation, August 2006

United Way Ambassador for The Department of Public Health, 2005

KPHA, Student Chapter Faculty Co-Sponsor, 2010-Present

KPHA, Student Chapter Faculty Sponsor, 2005-09

Medical Center Health Expo / Represented College of Health and Human Services, 2006 & 2007

NCATE Coordinator for The Department of Public Health, 2005-06

“Heart off the Hill”, Jody Richards talk with faculty and students, Coordinator, December, 2005

Bowling Green Smoking-Free Coalition, 2005-2014

State of Kentucky, FitKy Leadership Council, 2004-08

Department of Public Health, Health Education Undergraduate Coordinator / Responsible for Health Education scheduling and revision of programs / 2004-2006

Certificate Coordinator, Department of Public Health / 2004-06

Speaker for Annual Conference of South Central Kentucky High School & Junior High Counselors, December, 2004

Revision of Public Health Programs: 2004

Minor in Health Education

School Health Education Program

School Nurse Certification

Driver's Education Certification

WKU WellWorks: A comprehensive program designed to help corporations and industries meet the growing challenge of developing and maintaining employee's health / Design and Implementation, 2004-06

Wellness Councils of America's University Affiliate Program 2003-2008

Summer Series on Aging Planning Committee, UK, 2002-2003

WKU/Logan Aluminum Meeting on Services and Possible Opportunities, Oct 2003

Medical Center Health Expo / Represented WKU's Department of Public Health, Jan 2003, 04, 05

Nashville Open House / Represented WKU's Department of Public Health, Sept 2002-03

WKU Focus on Western, Sept 2002-07

**STATE & COMMUNITY COMMITTEE MEMBER**

Barren River Initiative to Get Healthy Together (BRIGHT) Coalition March 2015- Present

Barren River District Advisory Planning Board 2011- Present

Kentucky Worksite Wellness Advisory Board 2012-2014

Kentucky Wellness Collaborative 2013  
Kentucky Worksite Wellness Task Force 2008-2013  
Partnership for a Fit Kentucky 2005-present  
C.H.E.S. Review Committee, 2002-present

**UNIVERSITY COMMITTEE MEMBER**

WKU Tobacco-Free Ad-hoc Committee to the President 2015-Present  
WKU Research & Creative Activity Program Review Committee, (RCAP) 2012-2015  
WKU Employee Wellness RFP Committee Member, 2011-2012  
WKU Employee Wellness Search Committee, 2011  
Well-U Advisory Committee, 2009-2011  
WKU Equal Opportunity Advisory Committee 2006-2008  
WKU ADA Accommodations Policy Review Ad hoc Committee 2008  
WKU Wellness Advisory Committee 2005-2009  
WKU Wellness Program Manager, 2005

**COLLEGE COMMITTEE MEMBER**

CHHS Scholarship/Research Advancement Committee 2016- Present  
CHHS Dean Internal Advisory Committee, 2007-present  
CHHS Homecoming Committee, 2006-2015  
WKU Mobile Health and Wellness Unit Task Force, 2002-06

**DEPARTMENT COMMITTEE MEMBER**

Advising & Retention Committee, Committee Chair, 2011 – 2016  
External Advising Board Planning Committee 2014 - 2016  
MPH Curriculum Committee, 2009 - present  
MPH Practical Experience committee, 2009 - present  
MPH Website Committee, 2008  
MPH Curriculum Review Ad hoc Committee, 2008  
MPH Committee, 2001-present  
Student Survey and Alumni Survey Ad hoc Committee, 200 - 08  
School Health Committee, 2001 - 08  
Special Events Committee, 2001 - 2013  
Dissertation Committee:

Kara Haughtigan, March 2015 - 2016  
Beverly Mortimer, March 2014

Thesis Committees:

Savitri Grover, 2012-2013  
Chair: Lakshminarayana Chekuri, 2006-2007  
Amar Kanekar, 2006  
Tina Hoover, 2006  
Nelson Atehortua, 2006

Search Committees:

Public Health Environmental Professor, 2016 - 2017  
Public Health Environmental Professor, 2013 - 2015  
Public Health Biostatistics Professor, 2013 - 2014  
WKU Wellness Director, 2011  
Well-U Director, 2009  
Public Health Department Head, 2006 - 07  
Office Manager, Chair, 2007  
Director of Institute of Rural Health & Development, 2006  
Public Health Department Head, 2005-06  
Public Health Professor, 2005 - 06  
WKU Wellness Program Manager, 2005  
Institute for Rural Health Coordinator, 2005

Public Health Director, 2004  
HCA Assistant Professor, 2004 - 05  
EHS Assistant Professor, 2004 - 05  
Public Health Professor, 2004 - 05

## SCHOLARLY ACTIVITIES

### PUBLICATIONS

#### Books Published:

**Watkins, C M.** Lifestyle and Longevity: A Comparison of Seventh-day Adventist College Students and State College Students. *Lambert Academic Publishing, Koln, Germany.* 2009. 143p.

#### Articles Published:

Macy, G., **Watkins, C.**, Lartey, G., & Golla, V. (2017). Depression screening, education, and treatment at the workplace: A pilot study utilizing the CDC Health Scorecard. *Journal of Workplace Behavioral Health*, 32(1), 3-13. doi: 10.1080/15555240.2017.1282826

Haughtigan, K., Main, E., Bragg-Underwood, T., & **Watkins, C.** (2017). Occupational Skin Disease Prevention: An Educational Intervention for Hairdresser Cosmetology Students. *Workplace Health & Safety*, 2165079917704447.

Macy, G., & **Watkins, C.** (2016). A MIXED METHODS ANALYSIS OF WORKPLACE HEALTH PROMOTION AT SMALL, RURAL WORKPLACES. *American Journal of Health Studies*, 31(4).

**Watkins, C. M.**, Macy, G., Lartey, G., & Golla, V. (2016). Kentucky worksite health promotion 2014 survey results. *International Journal of Workplace Health Management*, 9(4), 398-410. doi.org/10.1108/IJWHM-05-2015-0024

**Watkins, C.**, & English, G. (2015). Moving the worksite health promotion profession forward: is the time right for requiring standards? A Review of the Literature. *Health Promotion Practice*. 2015 Jan;16(1):20-7. doi: 10.1177/1524839914547759.

Nicholson, T. J., Duncan, D. F., White, J. B., **Watkins, C. M.** A Proposed New Direction for Drug Policy. *Drugs: Education, Prevention and Policy*. 2012; 19(4):303-308.

Mishra, S., Thind, H., Gokarakond, S., Lartey, G., **Watkins, C.**, Chahal, M. (2011). Second-Hand Smoke On A University Campus In A Tobacco-State: Perceptions And Attitudes Of Faculty, Staff And Students. *Journal of International Health Education*. 2011 March; 4(1):21-27.

**Watkins, C.**, White, J., Duncan, D., Wyant, D., Nicholson, T., Khubchandani, J., Lakshminarayana, C. (2010). Consumer-Directed Health Insurance vs. Managed Care: Analysis of Health Care Utilization and Expenditure Incurred by Employees in a Rural Area. *Research In The Sociology of Health Care*. 2010; 28:197-214. DOI: 10.1108/S0275-4959(2010)0000028011

Khubchandani, J., Nagy, C., **Watkins, C.** & Nagy, S. University Employees Work Related Stress. *American Journal of Health Studies*. 2009; 24(2):306-313.

**Watkins, C.**, Lartey, G., Golla, V. & Khubchandani, J. Workers' Perceptions; Environmental Factors Influencing Obesity At the Workplace. *American Journal of Health Studies*. 2008; 23(2):74-80

**Watkins, C.,** Wainright, C., (2005). Logan Aluminum, A Dynamic Approach To Worksite Health Promotion. *Wellness Council Of America (WELCOA)*.

### **State Reports Published:**

**Watkins, C.,** Lartey, G., Macy, G., Golla, V. (2014) Results of the Kentucky Worksite Assessment: Utilization of the CDC's Health Scorecard. A Kentucky State Report.

Lovely, T, **Watkins, C.** A Rapid Health Impact Assessment of the Proposed Worksite Wellness Tax Credit (HB 74). A Kentucky State Report. February, 2012.

### **PRESENTATIONS**

**Watkins, C.,** Macy, G. Lartey, G., Golla, V. (2016). Wellness Summit: Roadmap to a Health Workplace. Results & Recommendations of the 2014 Kentucky Worksite Assessment: Utilization of the CDC's Health ScoreCard. Bowling Green, Kentucky. April 27, 2016.

**Watkins, C.,** (2016). CHHS Podium Presentations, A CHHS REACH Event. Results & Recommendations of the 2014 Kentucky Worksite Assessment: Utilization of the CDC's Health ScoreCard. April 20, 2016

**Watkins, C.,** (2015). NIOSH, Total Worker Health (TWH) Affiliation Colloquium. Panel Discussion. Washington D.C.

**Watkins, C.,** (2015). Bost Health Policy Forum. Panel Discussion on Worksite Wellness in Kentucky. Bowling Green, Kentucky.

**Watkins, C.,** Macy, G. (2015). Wellness Summit: Roadmap to a Health Workplace. Planning for Success (Breakout Session). Bowling Green, Kentucky.

**Watkins, C.,** Lartey, G., Macy, G., Golla, V., Lovely, T. (June 18, 2014) Center for Disease Control and Prevention (CDC). Results of the Kentucky Worksite Assessment: Utilization of the CDC's ScoreCard. Atlanta Ga.

**Watkins, C.,** Lartey, G., Macy, G., Golla, V., Lovely, T. (April 16, 2014) Kentucky Public Health Association 2014 Conference. Results of the Kentucky Worksite Assessment: Utilization of the CDC's ScoreCard. Louisville KY.

**Watkins, C.,** Lartey, G., Macy, G., Golla, V., Lovely, T. (April 11, 2014) Kentucky Department for Public Health Leadership. Results of the Kentucky Worksite Assessment: Utilization of the CDC's ScoreCard. Frankfort, KY.

**Watkins, C.,** (October 7, 2013) Weight of the Nation. Panel on Obesity. Gary Ransdell Hall Auditorium.

**Watkins, C.,** (August 20, 2013) Weight of the Nation Town Meeting. Worksite Wellness Segment. Bowling Green Junior High School.

**Watkins, C.,** English, G. (February 27, 2013) Kentucky Wellness Conference. The Need for Standards and a Competent Workforce in Worksite Health Promotion. Lexington, KY.

**Watkins, C.,** Lovely, T. (January 9, 2013) ASTHO Webinar Presentation: Kentucky Department for Public Health HIA of Proposed State Worksite Wellness Bill.

Lovely, T., **Watkins, C.** (February 8, 2012). Proposed Kentucky Worksite Wellness Tax Credit Review Findings: Impact of Childhood Obesity on Your Business. 4<sup>th</sup> Annual Kentucky Worksite Wellness Conference. Lexington, KY.

**Watkins, C.,** Lovely, T. (April 4, 2012). HIA Findings Influence State Strategy to Address Childhood Obesity through a State Worksite Wellness Bill. National Health Impact Assessment Meeting, Washington D.C.

**Watkins, C.,** Lovely, T. (August 19, 2011). A Rapid Health Impact Assessment of the Proposed Worksite Wellness Tax Credit (HB 74). Health Promotion Live, Webinar.

**Watkins, C.,** Lovely, T. (August 18, 2011). A Rapid Health Impact Assessment of the Proposed Worksite Wellness Tax Credit (HB 74). Health Impact Training Workshop. Bowling Green Kentucky.

Azimipour, A., **Watkins, C.,** (2010). Toothlessness in Kentucky: The Causes and the Remedies, Posters at the Capitol, Frankfort, Kentucky.

English, G., **Watkins, C.** (2010). Classroom Activities that Address Drug Use, Abuse and Addiction, The First International Conference on the Health Risk of Youth, Cancun, Mexico.

**Watkins, C.,** (2008). Preparing Students to be Responsible Citizens, Engaging The Spirit Conference, WKU Campus.

Khubchandani, J., Nagy, C., **Watkins, C.** & Nagy, S. (2008). University Employees Work Related Stress, Kentucky Public Health Association Conference, Louisville KY.

Gilson, K., Boka, K., **Watkins, C.** (2008). Issues of Implementing a No-Smoking Policy in a Tobacco State: The Art of Diplomacy. Kentucky Public Health Association Conference, Louisville, KY.

Gilson, K., Boka, K., **Watkins, C.** (2008). Issues of Implementing a No-Smoking Policy in a Tobacco State: The Art of Diplomacy. Posters at the Capitol, Frankfort, KY.

Nagy, S., **Watkins, C.,** Chauhan, S., Khubchandani, J., (2007). Fundamental Instructor's Training by American Red Cross in an Institutional Set UP, Kentucky Public Health Association Conference, Louisville, KY.

Diame, J., Nicholson, T., **Watkins, C.,** (2007). Personal and Professional Health Behaviors of Public Health Educators, Kentucky Public Health Association Conference, Louisville, KY.

Nagy, S., **Watkins, C.,** Khubchandani, J., Gokarakonda, S. (2007). HIV Awareness of Health Care Professionals ~ Yesterday and Today. Kentucky Public Health Association Conference, Louisville, KY.

Wyant, D., Jamode, S., **Watkins, C.,** (2007). The Public Health Component in Health Care Administration Programs not based in Colleges of Public Health. The Annual Meeting of the Association of University Programs in Health Administration, Orlando, FL.

Rowland, C., Khubchandani, J., **Watkins, C.**, (2007). Methodology of tapping workers Perceptions of Worksite Factors Influencing Physical Activity and Nutritional Habits. WKU 37th Annual Student Research Symposium.

Boka, K., **Watkins, C.**, (2007). An Internship that Improves the Lives of Employees at Western Kentucky University. Kentucky Public Health Association Conference, Louisville, KY

Collins, C., **Watkins, C.**, (2007). A Win-Win Situation: Worksite Health Promotion Project Provides Community Student Engagement While Filling Local Business Needs. Kentucky Public Health Association Conference, Louisville, KY.

Rowland, C., Khubchandani, J., **Watkins, C.**, (2007). Methodology of tapping workers Perceptions of Worksite Factors Influencing Physical Activity and Nutritional Habits. Kentucky Public Health Association Conference, Louisville, KY.

**Watkins, C.**, Khubchandani, J., Gokarakonda, S., Patel, P., (2007). HIV Awareness of Health Care Professionals in USA as compared to HIV Awareness of Health Professionals in India; Kentucky Public Health Association Conference, Louisville, KY

Boka, K., **Watkins, C.**, (2007). An Internship that Improves the Lives of Employees at Western Kentucky University. WKU Students Present Research At Posters-At-The-Capitol, Frankfort, KY.

Gilson, K., Boka, K., **Watkins, C.** (2007). Issues of Implementing a No-Smoking Policy in a Tobacco State: The Art of Diplomacy. American Public Health Association Conference, Washington D.C.

**Watkins, C.**, (2006). Best Practices for Student Success, The Challenges and Solutions to Engaging Students at a distance. WKU Engaging the Spirit.

Wyant, DK , Jamode S, and **Watkins C.** (2006). Approaches to Including Required Epidemiology in Health Management Curriculum The Annual Meeting of the Association of University Programs in Health Administration, (Poster) Seattle, Washington.

Collins, C., **Watkins, C.**, (2006). A Win-Win Situation: Worksite Health Promotion Project Provides Community Student Engagement While Filling Local Business Needs. American Public Health Association Conference, Boston, MA.

**Watkins, C.**, (2005). Enhancing Student Learning. WKU Engaging the Spirit

**Watkins, C.**, (2005). Consumer-directed health insurance: A comparative analysis of three organizations and the potential effects on health care costs at the workplace. APHA Conference, Philadelphia, PA.

**Watkins, C.**, (2005). Consumer-directed health insurance: A two-year review: Are the savings real? APHA Conference, Philadelphia, PA.

**Watkins, C.**, (2005). Consumer-directed health insurance: A two-year review: Are the savings real? R.R. Donnelley, Glasgow, KY.

**Watkins, C.**, (2004). Obesity Strategies In The American Workplace. APHA Conference, Washington, D.C.

**Watkins, C.**, (2004). Obesity Strategies In The American Workplace. FitKy Leadership Council, Frankfort, KY.

**Watkins, C.**, (2004). Worksite Health Promotion & Community Service Learning: The Perfect Partners. National Wellness Conference, Stevens Point, WI.



**Watkins, C.,** (2003). Worksite Health Promotion & Community Service Learning: The Perfect Partners. APHA Conference, San Francisco, California.

**Watkins, C.,** (2003). Worksite Health Promotion & Community Service Learning: The Perfect Partners. Community Service Learning Workshop, University of Kentucky.

**Watkins, C.,** (2003). Worksite Health Promotion & Community Service Learning: The Perfect Partners. Kentucky Public Health Association Conference, Louisville, KY.

Dunn, D., **Watkins, C.,** (1997). Wellness Programs In Small Industries. American Public Health Association Convention, New York, NY.

#### **Contributions to Presentations:**

White, J., Lovely, T., **Watkins, C.,** (2005). "Affordable Healthcare: Cost-Saving Measures" Options to Lower your Costs, Partners for a Healthy Louisville and The Uninsured Coalition Conference, Louisville, KY.

### **RESEARCH IN PROGRESS**

Total Worker Health in Rural Workplaces: Challenges of Implementation and Follow-up (Three Industries with pre-survey – Intervention - post survey)

Tobacco-Free WKU Campus (Survey on attitudes of tobacco for faculty, staff) (Survey on marketing tobacco on campus for students)

### **GRANTS**

Center for Environmental and Workplace Health, College of Health & Human Services. Principal Investigator, Dr. Ritchie Taylor, Co PIs: **Dr. Cecilia Watkins**, Dr. Jooyeon Hwang, Dr. Gretchen Macy, and Jacqueline Basham, MPH. (\$269,510) Funded. June 2017.

**NIOSH Support for Conferences and Scientific Meetings (R13).** Roadmap to a Healthier Workplace: Total Worker Health and Taking the High Road. Principal Investigator. August 9, 2016. (\$30,000). Not funded.

**CARERC Pilot Studies Grant:** Principal Investigator. Total Worker Health in Rural Workplaces: Challenges of Implementation and Follow-up. Awarded November 16, 2016. (\$12,000)

**Healthier Workforce Pilot Grant:** The Healthier Workforce Center for Excellence, University of Iowa. Principal Investigator. (\$30,000.00) Reapplied upon request. April 22, 2016. Not Funded.

**Healthier Workforce Pilot Grant:** The Healthier Workforce Center for Excellence, University of Iowa. Principal Investigator. (\$30,000.00) Applied November 22, 2015. Not Funded.

**Kentucky Worksite Wellness Assessment Grant:** Partner with the Kentucky Department for Public Health. Principal Investigator. Funded (\$21,375.00) 2013.

**Kentucky Department for Public Health: Public Prevention Health Fund: Community Transformation Grant.** CDC (\$603,437) 5 years. 2011 (Contractor) Not Funded

**ASTHO Grant:** Partnership for a Fit KY. Health Impact Assessments: Building States' Capacity to Address Childhood Obesity. Funded (\$15,000) 2010. (Consultant)

**CDC Grant:** Barren River District Health Department. Translating Research to Protect Health through Health Promotion, Prevention, and Preparedness (R18). Not Funded (\$425,000) 2009

**NORA II Grant:** Kentucky Workers' Perception; Environmental Factors Influencing Obesity at the workplace. Principal Investigator. Not funded (\$8,000) 2008

**PIE Grant:** Faculty Workshop: Funded (\$200) 2006

**Western Kentucky University Junior Faculty Grant:** Worker's Perception of Environmental Factors Influencing Obesity. Principal Investigator. Funded (\$5000) 2005/2006

**CHHS Faculty Scholarship Grant:** Worker's Perception of Environmental Factors Influencing Obesity. Principal Investigator. Funded (\$1,500) 2005/2006

**PTA HIV/STI Train the Trainer:** Kentucky Department of Education. Funded (\$22,360) 2004/2005

**NIH Grant (R01):** Obesity at the Worksite, Principal Investigator. Not Funded (\$2.3 MM) 2003-2004

**White Paper:** 1) Ergonomic/ Fitness Mobile Unit 2) Childhood Obesity Center. Principal Investigator. Not funded. 2003

**Health Professions Faculty Curriculum Development Grant:** Relationship of the study to the educational goals of the health education program: Service learning, on hands experience for students, relationship with community for university. Principal Investigator. Funded (\$2000) 2002

**Action Agenda Grant** Proposal endorsed by Department Head. Not Funded. (\$2000) 2001

## **ADDITIONAL PROFESSIONAL ACTIVITIES**

Reviewer for Health Promotion Practice – ScholarOne Manuscripts. Conducting Community Health Needs Assessments in Rural Communities: Lessons Learned. June 2014.

Reviewer for Health Promotion Practice – ScholarOne Manuscripts. Indian Student Perspectives on Obesity and School-Based Obesity Prevention: A qualitative Examination. May 2013.

Reviewer for Jossey-Bass Publishing, Proposal for textbook, Workplace Health Promotion: From Theory to Practice, Author, Carl I. Fertman, January, 2013.

Developed Graduate Worksite Health Promotion Certificate Program, 2012

Western Kentucky University/Department of Public Health. Worksite Health Promotion Certificate Marketing. 22<sup>st</sup> Annual Art and Science Health Promotion Conference, San Diego, California, 2012

Making Connections Session, The necessity for a national governing body that oversees the national network of worksite health promotion. 22<sup>st</sup> Annual Art and Science Health Promotion Conference, San Diego, California, 2012

Kentucky Public Health Association Conference, Louisville, KY, 2012. Faculty Sponsor (**1<sup>st</sup> Place KPHA Student Chapter**)

Reviewer for Jossey-Bass Publisher. Proposal for a textbook, the fourth edition of Health Promotion in the Workplace, by Michael O'Donnell. January, 2012

Developed Graduate Worksite Health Promotion Course for Department of Public Health, 2011

Western Kentucky University/Department of Public Health. Worksite Health Promotion Certificate Marketing. 21<sup>st</sup> Annual Art and Science Health Promotion Conference, Colorado Springs, Colorado, 2011

Making Connections Session. Standards in Worksite Health Profession. 21<sup>st</sup> Annual Art and Science Health Promotion Conference, Colorado Springs, Colorado, 2011

Kentucky Public Health Association Conference, Louisville, KY, 2011 Faculty Sponsor (**1<sup>st</sup> Place KPHA Student Chapter**)

Developed Worksite Health Promotion Certificate WKU, Department of Public Health, 2010

Reviewer for American Journal of College Health, 2010

Kentucky Public Health Association Conference, Louisville, KY, 2010 Faculty Sponsor (**1<sup>st</sup> Place KPHA Student Chapter**)

Kentucky Worksite Wellness Conference, Lexington, February, 2010

Posters at the Capitol, Frankfort, Kentucky, January, 2010

The First International Conference on the Health Risk of Youth, Cancun, Mexico, January, 2010  
Developed and Implemented Worksite Health Promotion Minor, WKU Department of Public Health, 2009

Review for Jones & Bartlett Text, Introduction to Health Behavior Theory, 2009

Technology for Teaching – Preparing for a QM Course Review Workshop, 2009

Faculty Colloquium: Online Teaching and Learning Workshop, DELO, 2009

FaCET: When Good Intentions Go Bad Workshop, 2009

Kentucky Healthy Communities Summit, Lexington, KY, 2009

Kentucky Diabetes Prevention and Control Workshop, Bowling Green, KY, 2009

FaCET Summer Conference '09 Conference

MPH Student Fall Orientation, 2009

MPH Faculty Retreat, 2009

Engaging The Spirit Conference, 2009

Admissions Counselor Workshop, Presented Worksite Health Promotion Minor, 2009

Shaping Kentucky's Communities: Policies, Programs and People to Reduce Obesity Conference, Lexington, KY, 2009

Kentucky Public Health Association Conference, Louisville, KY, 2009 (**1<sup>st</sup> Place KPHA Student Chapter**)

Center for Clinical and Translational Science Conference, Lexington, KY 2009

Engaging The Spirit Conference, 2008

Kentucky Public Health Association Conference, Louisville, KY, 2008

Posters at the Capitol, Frankfort, KY, 2008

Political Engagement Project, 2007-2008

Reviewer for American Journal of College Health, 2008

Reviewer for American Journal of College Health, 2008

Engaging The Spirit Conference, 2007

American Public Health Association Conference, Washington, D.C., 2007

Kentucky Public Health Association Conference, Louisville, KY, 2007 (**2<sup>nd</sup> Place KPHA Student Chapter**)

Partnership for a Fit Kentucky, Bowling Green Region, 2006

Engaging The Spirit Conference, 2006

Kentucky Higher Education Compliance Assistance Symposium, 2006

American Public Health Association Conference, Boston, MA 2006

Kentucky Public Health Association Conference, Louisville, KY, 2006

Engaging The Spirit Conference, 2005

American Public Health Association Conference, Philadelphia, PA, 2005

Kentucky Public Health Association Conference, Louisville, KY, 2005

New Course Proposal and Design, Introduction to Ergonomics, 2003-2004

American Public Health Association Conference, Washington, D.C., 2004

Kentucky Public Health Association Conference, Louisville, KY, 2004

New Course Proposal and Design, Worksite Health Promotion, Fall 2003

Reviewer for American Association for Health Education 2004 National Conference, June 2003

Designed Correspondence Course PH 381 Community Health, 2003

American Public Health Association Conference, San Francisco, CA, 2003

Kentucky Public Health Association Conference, Louisville, KY, 2003

Designed Correspondence Course PH 165 Drug Abuse, 2002

Designed Correspondence Course PH 261 Foundations of Health Education, 2002

PH 467/G Supplement Design, August 2002

Logan Aluminum / Survey on Employee Satisfaction with Cafeteria October/November 2002

Wellness Council of Tennessee Committee / Well City Award for Chattanooga, TN. 1997

## **PROFESSIONAL MEMBERSHIPS**

Total Worker Health Affiliates Program, 2015-Present

Wellness Councils of America, University Affiliate Program, 2003-Present  
Kentucky Public Health Association 2002-Present

American Public Health Association 2002 –Present

Health Promotion Advocates 2010-Present

## **PROFESSIONAL CERTIFICATION**

C.H.E.S., 2000-2016

## **ADDITIONAL TRAINING**

Grant Administration at WKU, Sponsored Programs, July 26, 2017

Internal Grants at WKU Seminar, Sponsored Programs, Sept 5, 2012

Blackboard 9 Upgrade Training, June 24, 2010

Tegrity Blackboard Training/DELO, 2010

Research Compliance: Ethics Training Course, Self-Study Program, 2009

Collaborative Institutional Training Initiative, Self-Study Program, 2009

Basic/Refresher Course – Human Subjects Research Curriculum, Self-Study Program, 2009

Tegrity Blackboard Training/DELO, 2009

Mental Health & Aging Coalition Conference, May, 2008

Undergraduate Advising Training, 2008

ICAP Training, February, 2007

WKU Blackboard New Faculty Tools Workshop, January, 2007

Degree Audit Workshop, October 2006

Kentucky Higher Education Compliance Assistance Symposium, WKU, August 2006

Blackboard Workshop on Blackboard Assessments, 2006

Public Health Core Curricula Workshop, CPE, Frankfort, August 2006

Workshop: Breaking through the barriers to writing proposals, by Dr. Robert Lucas, 2005

Grant Writing Seminar, NIOSH Education and Research Center, University of Cincinnati, 2005

Wellspring Workshop, Portland, Oregon, July 19-20, 2004

Obesity in the Built Environment, Washington, D.C., May, 2004

Ergonomic Evaluation Workshop, March 24-27, 2004

CHHS Grant Workshop, October 2003

Cultural Communication Issues in the Classroom, Summer Camp 2003

Summer Series on Aging, July 2002

Community Partner Workshop, April 2002

Bio-terrorism, March 2002

Domestic Violence, January 2002  
Web Building, October & November 2001  
Grant Writing, October 2001  
Dealing With Biological/Chemical Terrorism, October 2001  
Cultural Competency for Health Care Providers, October 2001  
Power Communication, September 2001

## STUDENT ENGAGEMENT ACTIVITIES

**PH 502 & PH 402 Worksite Health Promotion & Industrial Hygiene** / (20) students / Fieldtrip to Logan Aluminum to view health promotion programs, February 2017  
**KPHA Conference** / (30) students, Owensboro, KY, April, 2016, *Awarded Best Student Chapter in the state of Kentucky (8Years in a row)*  
**PH 502 & PH 402 Worksite Health Promotion** / (22) students / Fieldtrip to Logan Aluminum to view health promotion programs, February 2016  
**KPHA Conference** / (30) students, Owensboro, KY, April, 2015, *Awarded Best Student Chapter in the state of Kentucky (7Years in a row)*  
**PH 502 & PH 402 Worksite Health Promotion** / (19) students / Fieldtrip to Logan Aluminum to view health promotion programs, February 2015  
**KPHA Conference** / (30) students, Louisville KY, April, 2014, *Awarded Best Student Chapter in the state of Kentucky (6 Years in a row)*  
**PH 502 & PH 402 Worksite Health Promotion** / (17) students / Fieldtrip to Logan Aluminum to view health promotion programs, February 2014  
**KPHA Conference** / (30) students, Louisville KY, April, 2013, *Awarded Best Student Chapter in the state of Kentucky (5 Years in a row)*  
**PH 502 & PH 402 Worksite Health Promotion** / (20) students / Fieldtrip to Logan Aluminum to view health promotion programs, February 2013  
**22 Annual Art & Science of Health Promotion Conference, 2012** / (2) students, San Diego, California, *Awarded internships to attend conference*  
**KPHA Conference** / (30) students, Louisville KY, April, 2012, *Awarded Best Student Chapter in the state of Kentucky (4 years in a row).*  
**PH 402 Worksite Health Promotion** / (14) students / Fieldtrip to Logan Aluminum to view health promotion programs, March, 2012  
**KPHA Conference** / (33) students, Louisville, KY, March, 2011, *Awarded Best Student Chapter in the state of Kentucky (3 years in a row).*  
**PH 402 Worksite Health Promotion** / (15) students / Fieldtrip to Logan Aluminum to view health promotion programs, February, 2011  
**KPHA Conference** / (27) students, Louisville, KY, April, 2010, *Awarded Best Student Chapter in the state of Kentucky (2 years in a row).*  
**Posters at the Capitol** / (1) student, Frankfort, KY, February, 2010  
**PH 402 Worksite Health Promotion** / (17) students / Fieldtrip to Logan Aluminum to view health promotion programs, March, 2010  
**KPHA Conference** / (17) students, Louisville, KY, March, 2009, *Awarded Best Student Chapter in the state of Kentucky*  
**PH 402 Worksite Health Promotion** / (20) students / Fieldtrip to Logan Aluminum to view health promotion programs, February, 2009  
**Using Our Hearts and Minds to Prevent Heart Disease and Stroke in Kentucky; A Cardiovascular forum** / PH 585, International Health (10) students & PH 484, Community Organization (12) students presented posters and helped to facilitate forum. CK Center, April, 2008  
**Posters at the Capitol**, (2) students, Frankfort, KY, 2008  
**KPHA Conference** / (15) students, Louisville, KY, April, 2008

**PH 402 Worksite Health Promotion** / (18) students / Fieldtrip to Logan Aluminum to view health promotion programs, 2008  
**KPHA Conference** / (16) students, Louisville, KY, April, 2007  
**Posters at the Capitol**, (1) student, Frankfort, KY, February, 2007  
**PH 484 Community Organization Class** / (14) students / Trip to Frankfort to view the legislative in process, February, 2007  
**PH 484 Community Organization Class** / (14) students / Designed and Implemented Smoke-free Symposium for community and campus, Fall, 2007  
**PH 548 Community Organization Class** / (16) students / In conjunction with the Political Engagement Project and The Great Conversation, Designed and conducted a Campus Forum for a Smoke-free Community, Spring, 2007  
**PH 402 Worksite Health Promotion** / (13) students / Fieldtrip to Logan Aluminum to view health promotion programs, March, 2007  
**KPHA Conference** / (12) students, Louisville, KY, April, 2006  
**Mammoth Cave Fieldtrip** / (13) students / Fieldtrip for PH 484 Community Organization Class to view how surrounding communities work with federal agency for the betterment of all, 2006-07  
**PH 548 Community Organization Class** / (13) students / Trip to Frankfort to view the legislative process 2006  
**KPHA** (10) students attended HPV Vaccine Press Release with Lieu Gov Pence, 2006  
**PH 402 Worksite Health Promotion** / (18) students / Fieldtrip to Logan Aluminum to view health promotion programs, March, 2005  
**PH 484 Community Organization Class** / (17) students / Trip to Frankfort to view the legislative process, February, 2005  
**KPHA Conference** / (9) students, Louisville, KY, April, 2005  
**PH 402 Worksite Health Promotion** / (15) students / Trip to Logan Aluminum to view health promotion programs, March, 2004

#### **AWARDS & HONORS**

The Sara C. Stice Health Education Award, 2011 State Award  
 Professor of The Year, SGA December, 2008 University Award  
 Nominated for CHHS Faculty Service Award, 2008  
 Nominated for CHHS Faculty Advising Award, 2007  
 The Western Scholar Article, Fall 2006  
 Acknowledgement, Khubchandani, J. (2006). *A Comprehensive Review of Foreign Exams*.  
 WKU's Doers & Deeds of Excellence, twice recognized in 2005  
 WKU's Doers & Deeds of Academic Excellence, 2003-2004  
 Ergonomic Achievement, DuPont, 1997  
 Achievement of Appreciation, Florida International University, 1995

#### **VOLUNTEER ACTIVITIES**

2014 Speaker at Breast Cancer Event, Barre Co. Bowling Green, KY  
 2012 Relay for Life  
 2012/13 WKU United Way  
 2011 Relay for Life  
 2011/12 WKU United Way  
 2011 Relay for Life  
 2005/6 WKU United Way  
 2001-12 Trash-masters Cleanup Barren River Lake  
 2003-07 Bowling Green Running Club  
 2000 Presidential Campaign Volunteer  
 1996 Olympics (Accreditation Officer)

## TEACHING ASSIGNMENTS

### WKU, Ongoing

Correspondence Course PH 165 Drug Abuse, (Designed & Teach)  
Correspondence Course PH 381 Community Health, (Designed & Teach)  
Correspondence Course PH 261 Foundations of Health Education, (Designed & Taught)  
2003-11  
WKU On Demand PH 502 Health Promotion in the Workplace. (Designed & Teach)  
2014-Present  
WKU On Demand Professional Workplace Health Promotion Certificate (Design & Teach) 2014-Present

### WKU, Fall '17

PH 580 Introduction to Public Health (Web)  
PH 548 Community Organization  
PH 502 Health Promotion In The Workplace  
Center of Environmental & Workplace Health (Applied Research)

### WKU, Summer '17

PH 165 Drug Abuse (Web)  
PH 546 Internship

### WKU, Spring '17

PH 402 Worksite Health Promotion  
PH 484 Community Organization/Health Education  
PH 502 Workplace Health Promotion  
Research

### WKU, Winter'17

PH 165 Drug Abuse (Web)

### WKU, Fall '16

PH 100 Personal Health (Web)  
PH 580 Introduction to Public Health  
PH 548 Community Organization  
Research

### WKU, Summer '16

PH 165 Drug Abuse (Web) (2)

### WKU, Spring '16

PH 402 Worksite Health Promotion  
PH 484 Community Organization/Health Education  
PH 502 Workplace Health Promotion  
Research

### WKU, Winter'16

PH 165 Drug Abuse (Web)

### WKU, Fall '15

PH 100 Personal Health (Web)  
PH 580 Introduction to Public Health  
PH 548 Community Organization  
Research



WKU, Summer'15

PH 165 Drug Abuse (Web) (2)

WKU, Spring '15

PH 402 Worksite Health Promotion  
PH 484 Community Organization/Health Education  
PH 502 Workplace Health Promotion  
Research

WKU, Winter'15

PH 165 Drug Abuse (Web)

WKU, Fall'14

PH 100 Personal Health (Web)  
PH 580 Introduction to Public Health  
PH 548 Community Organization  
Research

WKU, Summer'14

PH 165 Drug Abuse (Web) (2)

WKU, Spring '14

PH 402 Worksite Health Promotion  
PH 484 Community Organization/Health Education  
PH 502 Workplace Health Promotion  
Research

WKU, Winter'14

PH 165 Drug Abuse (Web)

WKU, Fall'13

PH 100 Personal Health (Web)  
PH 580 Introduction to Public Health  
PH 548 Community Organization  
Research

WKU, Summer'13

PH 165 Drug Abuse (Web) (2)

WKU, Spring '13

PH 402 Worksite Health Promotion  
PH 484 Community Organization/Health Education  
PH 502 Workplace Health Promotion  
Research

WKU, Winter'13

PH 165 Drug Abuse (Web)

WKU, Fall'12

PH 100 Personal Health (Web)  
PH 456 Independent Study (Request by Undergrad coordinator)  
PH 548 Community Organization  
Research

WKU, Summer'12

PH 165 Drug Abuse (Web) (3)

WKU, Spring'12

PH 484 Community Organization  
PH 402 Worksite Health Promotion (Web)  
PH 548 Community Organization  
Research

WKU, Winter'12

PH 165 Drug Abuse (Web)

WKU, Fall'11

PH 100 Personal Health TA  
PH 530 Graduate Worksite Health Promotion  
PH 548 Community Organization  
PH 580 Introduction to Public Health

WKU, Summer'11

PH 165 Drug Abuse (Web)  
PH 261 Foundations of Health Education (Web)

WKU, Spring '11

PH 484 Community Organization  
PH 402/G Worksite Health Promotion (Web)  
PH 548 Community Organization  
PH 585 International Health (Web)

WKU, Winter'11

PH 165 Drug Abuse (Web)

WKU, Fall'10

PH 100 Personal Health / Web (2 courses)  
PH 548 Community Organization  
Research

WKU, Summer '10

PH 165 Drug Abuse (Web) (2 courses)  
PH 490 Internship

WKU, Spring '10

PH 100 Personal Health/Web  
PH 585 International Health  
PH 484 Community Organization  
PH 402/G Worksite Health Promotion/ Web (New Design)  
PH 530 Independent Study (Requested by MPH Director to teach for 3 students)  
PH 546 Independent Study (Requested by Undergrad Coordinator to teach for 3 students)

WKU, Winter'10

PH 165 Drug Abuse (Web)

WKU, Fall'09

PH 100 Personal Health / Web (2 courses)  
PH 580 Introduction to Public Health / Web  
PH 548 Community Organization/Web (New Design)

WKU, Summer '09

PH 165 Drug Abuse (Web) (2 courses)

WKU, Spring '09

PH 100 Personal Health

PH 585 International Health

PH 484 Community Organization

PH 402/G Worksite Health Promotion

WKU, Winter '09

PH 165 Drug Abuse (Web)

WKU, Fall '08

PH 100 Personal Health / Web (New Design)

PH 580 Introduction to Public Health / Web (New Design)

PH 580 Introduction to Public Health

PH 548 Community Organization

WKU, Summer '08

PH 165 Drug Abuse (Web) (2 courses)

WKU, Spring '08

PH 585 International Health

PH 484 Community Organization

PH 402/G Worksite Health Promotion

WKU, Winter '08

PH 165 Drug Abuse (Web)

WKU, Fall '07

PH 580 History and Philosophy of Public Health

PH 548 Community Organization

PH 261 Foundations of Health Education

WKU, Summer '07

PH 165 Drug Abuse (Web) (2 courses)

WKU, Spring, '07

PH 585 International Health (New Course)

PH 484 Community Organization

PH 402/G Worksite Health Promotion

Research

WKU, Fall '06

PH 580 History and Philosophy of Public Health

PH 548 Community Organization

Release time (Obesity/ Perceptions in the Workplace) & (Consumer Directed Health Plans)

WKU, Summer '06

PH 165 Drug Abuse (Web)

WKU, Spring '06

PH 484 Community Organization

PH 402/G Worksite Health Promotion

PH 381 Community Health

PH 548 Community Organization

PH 261 Foundations of Health Education

WKU, Fall '05

PH 261 Foundations of Health Education  
PH 580 History and Philosophy of Public Health  
PH 580 History and Philosophy of Public Health / Web

WKU, Spring '05

PH 467/G Drug Education  
PH 402/G Worksite Health Promotion  
PH 484 Community Organization  
Release time (WellWorks / Research: Consumer-driven Insurance)

WKU, Fall '04

PH 467/G Drug Education  
PH 402/G Worksite Health Promotion  
PH 381, Community Health / Release time (HIV Grant)

WKU, Summer '04

PH 467/G Drug Education  
PH 381, Community Health

WKU, Spring '04

PH 467/G Drug Education  
PH 402/G Worksite Health Promotion  
PH 381, Community Health  
PH 261, Foundations of Health Education

WKU, Fall '03

PH 467/G Drug Education  
PH 402/G Worksite Health Promotion  
PH 381, Community Health  
PH 261, Foundations of Health Education

WKU, Summer '03

PH 467/G Drug Education  
PH 381, Community Health

WKU, Spring '03

PH 467/G Drug Education  
PH 461/G School Health Education  
PH 381, Community Health  
PH 261, Foundations of Health Education

WKU, Fall '02

PH 467/G Drug Education  
PH 461/G School Health Education  
PH 381, Community Health  
PH 261, Foundations of Health Education  
PH 100 Personal Health

WKU, Summer '02

PH 467/G Drug Education

WKU, Spring '02

PH 467/G Drug Education  
PH 381 Community Health (2 courses)

PH 165 Drug Abuse  
PH 100 Personal Health

WKU, Fall '01

PH 381, Community Health (2 courses)  
PH 165, Drug Abuse  
PH 100, Personal Health (2 courses)

WKU, Spring '01

PH 100, Personal Health (2 courses)

University of Tennessee, Spring 2000

Health 110, Public Health  
Health 225, Drug Abuse

University of Tennessee, Fall 1999

Health 200, Human Sexuality  
Health 230, CPR

Florida International University, Fall 1994

Freshman Experience Course