

**GRETCHEN BROWN MACY, EdD, MS, MPH, CSCS**

**Department of Public Health  
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**EDUCATION**

***Doctor of Education in Kinesiology and Health Promotion***

August 2012

College of Education, University of Kentucky, Lexington, KY

Dissertation: "The Evaluation of the Life Is Cool Program"

***Masters in Public Health***

December 2011

Department of Public Health, Western Kentucky University, Bowling Green, KY

Area of Concentration: Health Education

Capstone: "Accessing Barriers to Physician Referral Rates to Diabetes Education in Bowling Green, KY"

***Masters of Science in Exercise Physiology***

May 2003

University of Louisville, Louisville, KY

***Bachelor of Arts in Exercise Science***

Transylvania University, Lexington, KY

Honors in Exercise Science

Graduated magna cum laude: Major: Exercise Science

**TEACHING EXPERIENCE**

**Western Kentucky University (2012-Present)**

Bowling Green, KY

Assistant Professor, Department of Public Health

**Bluegrass Community & Technical College (2005-2008)**

Lexington, KY

Adjunct Faculty, Department of Natural Sciences

## **PROFESSIONAL EXPERIENCE**

<b>Western Kentucky University</b> (2011)	Bowling Green, KY
Guest Lecturer, Department of Public Health	
<b>Western Kentucky University</b> (2010-2011)	Bowling Green, KY
Graduate Assistant, Department of Public Health	
<b>Barren River District Health Department</b> (2011)	Bowling Green, KY
Health Information Intern	
<b>Richmond Place Assisted Living</b> (2004-2005)	Lexington, KY
Exercise Physiologist	
<b>Body Structure Medical Fitness Facility</b> (2004)	Lexington, KY
Exercise Physiologist	
<b>Jewish Hospital Geron Lifestyle Center</b> (2003)	Louisville, KY
Exercise Physiologist/ Cardiac Rehabilitation Intern	

## **AWARDS/CERTIFICATIONS**

College of Health and Human Services Graduate Research  
Funding Award, *Western Kentucky University*  
2010-2011

Sarah Guerin Graduate Scholarship, University of Kentucky  
2008-2009

National Strength and Conditioning Association Certified Strength and Conditioning Specialist  
2002-Present

NASPE Student Major of the Year  
1997

## **GRANTS**

2017

**College of Health and Human Services Quick Turnaround Grant. G. Macy & C. Watkins.** Assessing attitudes, perceptions, and behaviors related to tobacco use and policy among faculty, staff and students. Awarded February 8, 2017 (\$1,500).

2016

**NIOSH Support for Conferences and Scientific Meetings (R13).** C Watkins, **G Macy**, J Hwang, J Basham. Roadmap to a Healthy Workplace Summit. Submitted August 11, 2016. Not Awarded.

**Central Appalachian Regional Education and Research Center Grant.** C Watkins, V Golla, **G Macy**, G Lartey. Integration of Health Promotion and Health Protection in Workplaces Located in a Rural State: Challenges and Implementation of Interventions, Awarded August 3, 2016 (\$12,000).

**Healthy Workforce Center of Excellence Pilot Grant (2).** C Watkins, V Golla, G Lartey, **G Macy**, W Sanderson. Integration of Health Promotion and Health Protection in Workplaces Located in a Rural State: Challenges and Implementation of Interventions. Not Awarded.

**Western Kentucky University RCAP Grant. G Macy & C Watkins,** Barriers of Implementation of Comprehensive Worksite Health Promotion Programs Among Rural Small Businesses. Not Awarded.

2015

**Healthy Workforce Center of Excellence Pilot Grant (1).** C Watkins, V Golla, G Lartey, **G Macy**, W Sanderson. Integration of Health Promotion and Health Protection in Workplaces Located in a Rural State: Challenges and Implementation of Interventions. Not Awarded.

**Healthy Communities Grant.** B Siddens, S Seshadri, L Houchin, J Golden, **G Macy**. BRIGHT: 5-2-1-0 Project. Not Awarded.

2014

**College of Health and Human Services Faculty Research Scholarship, G Macy, S Seshadri, A Michimi, J Golden, & G Lartey.** BRIGHT: Barren River Initiative to Get Healthy Together. (\$3,307).

2013

**Kentucky Worksite Wellness Assessment Grant: (CDC Cooperative Agreement 2B01DP009022-13)** C Watkins, G Lartey, V Golla, & **G Macy**. Partner with the Kentucky Department for Public Health. Co-investigator. Funded (\$21,375.00).

2012

**Western Kentucky University RCAP Grant.** C Watkins, G Lartey, V Golla, & **G Macy**. A Pilot Study: Stress Management Assessment and Intervention for First Responders in Kentucky. Not awarded.

2011

**Kentucky Organ Donor Affiliates Grant.** J Bonaguro, C Nagy, G English, G Lartey & **G Macy**. Evaluation of the Life Is Cool Project. (\$24,309)

### **PUBLISHED MANUSCRIPTS**

**G. Macy** & C. Watkins. "A Mixed Methods Analysis of Workplace Health Promotion at Small, Rural Workplaces. *American Journal of Health Studies*: 31(4): 3-13.

**G. Macy**, C. Watkins, G. Lartey & V. Golla. "Depression screening, education, and treatment at the workplace: A pilot study utilizing the CDC Health Scorecard." *International Journal of Workplace Behavioral Health*: (): . DOI: 10.1080/15555240.2017.1282826.

**G. Macy**, M. Noland, G. Lartey, C. Nagy, J. Bonaguro & G. English. "Using the Theory of Planned Behavior to Predict Students' Intentions to Register as Organ Donors in the Future" *Transplant Journal of Australasia*: 25(3): 18-21.

C. Watkins, **G. Macy**, G. Lartey & V. Golla. "Results of the CDC Health Scorecard Statewide Assessment." *International Journal of Workplace Health Management*: 9(4): 398-410. DOI: 10.1108/IJWHM.-05-2015-0024.

**G. Macy**, M. Noland, G. English, J. Bonaguro, C. Nagy & G. Lartey. "Life Is Cool: Introduction to Organ Donation and Transplantation." *Journal of Health Education Teaching Techniques*: 2(2): 41-54.

R. Roka, A. Michimi, & **G. Macy**. "Body mass index and waist circumference as a predictor of hypertension in U.S. adults: a comparative analysis by gender and race and ethnicity." *High Blood Pressure and Cardiovascular Prevention*: 22(3): 265-273. DOI 10.1007/s40292-015-0106-3.

**G. Macy**, D. Shearer, & C. Hanshaw. "Assessing Barriers to Provider Referrals to a Diabetes Education Program." *The Kentucky Nurse*. July, August, September, 2014: 5-6.

**G. Macy**, C. Nagy, J. Bonaguro, G. English, M. Noland, & G. Lartey. "Evaluation of the Life Is Cool Program." *Transplant Journal of Australasia*: 23(1): 15-20.

### **TECHNICAL REPORTS**

C. Watkins, G. Lartey, **G. Macy**, V. Golla, & T. Lovely. "Results of the Kentucky Worksite Assessment: Utilization of the CDC's Health Scorecard." Published March, 2014.

C. Nagy, **G. Macy**, J. Bonaguro, G. English, & G. Lartey. "The Evaluation of the Life Is Cool Program." Submitted November, 2011.

## **MANUSCRIPTS UNDER REVIEW**

J. Hwang, R. Taylor, G. Macy, M. Cann, V. Golla. “A Mixed-Methods Approach to Assessing Exposure of Firefighters in Kentucky to Fire Smoke and Occupational Air Contaminants.” Submitted *Journal of Occupational and Environmental Hygiene* on May 13, 2017.

E. Aghenta, **G. Macy**, G. Lartey, & D. Shearer. “Examining Physical Activity Among College Students Using the Theory of Planned Behavior.”

## **MANUSCRIPTS IN PROGRESS**

**G. Macy** & C. Watkins. “Knowledge, Attitudes, and Behaviors Related to Tobacco Among Faculty, Staff and Students on a University Campus.” In Process.

C. Watkins & **G. Macy**. “A Mixed Methods Study Assessing the Challenges to Implementation of the “Total Worker Health” Concept in a Rural Workplace in Kentucky.” In Process.

## **RESEARCH IN PROGRESS**

C. Watkins, V. Golla, **G. Macy** & G. Lartey. “Integration of Occupational Safety and Workplace Wellness.” Award of an ERC Grant.

J. Hwang, R. Taylor, **G. Macy**, M. Cann & V. Golla. “Qualitative Assessment of Environmental Exposures Among Career and Volunteer Firefighters.”

R. VanWye, K. Furgal, **G. Macy**, & H. Wallman. “The Role of Patient Expectations on the Development of Plan of Cares in Physical Therapy.”

G. Lartey & **G. Macy**. “Perceptions of Concussion Among High School Coaches and Medical/Training Staff.”

## **Reviewer: Journals**

- *International Journal of Workplace Health Management*
- *Physical Therapy in Sport*
- *International Journal of Exercise Physiology*

## **PRESENTATIONS**

### **2017**

Hwang, J, R. Taylor, M. Cann, **G. Macy**, and V. Golla. 2017. A Mixed-Methods Approach to Assessing Exposure of Firefighters in Kentucky to Fire Smoke and Occupational Air Contaminants Council of State and Territorial Epidemiologists. 6<sup>th</sup> Annual Southeastern States Occupational Network (SouthON) Meeting. Nashville, TN.

## **2016**

C. Watkins, **G. Macy**, G. Lartey, & V. Golla. “Barrier Busters to Worksite Health Promotion Programs.” 2<sup>nd</sup> Annual Healthy Worksite Wellness Summit, Bowling Green, KY, April, 27, 2016.

## **2015**

C. Watkins, **G. Macy**. “Action Plans for Worksites.” Healthy Worksite Wellness Summit, Bowling Green, KY, April, 29, 2015.

## **2014**

R. Roka, A. Michimi, & **G. Macy**. “Body mass index and waist circumference as a predictor of hypertension in U.S. adults: a comparative analysis by gender and race and ethnicity.”\_Accepted for American Public Health Association Conference, New Orleans, LA, November, 2014.

C. Watkins, **G. Macy**, G. Lartey, & V. Golla.. “Results of the Kentucky Worksite Assessment: Utilization of the CDC’s Health Scorecard.” Centers for Disease Control and Prevention, Atlanta, GA, June 19, 2014.

C. Watkins, G. Lartey, **G. Macy** & V. Golla.. “Results of the Kentucky Worksite Assessment: Utilization of the CDC’s Health Scorecard.” Kentucky Public Health Association Conference, Louisville, KY, April 16, 2014.

C. Watkins, G. Lartey, **G. Macy** & V. Golla.. “Results of the Kentucky Worksite Assessment: Utilization of the CDC’s Health Scorecard.” Kentucky Department for Public Health, Frankfort, KY, April 11, 2014.

E. Aghenta, **G. Macy**, G. Lartey, & D. Shearer. “Using the Theory of Planned Behavior to Explain Physical Activity Among College Students.” Kentucky Public Health Association Conference, Louisville, KY, April 16, 2014.

M.Perkins, E. Aghenta, G. Lartey, & **G. Macy**. “Self-esteem among south central Kentucky college students.” Kentucky Public Health Association Conference, Louisville, KY, April 16, 2014.

## **2014**

**G. Macy**. “Evaluating the Community Health Improvement Plan; Healthcare.” Workshop for Healthcare Stakeholder Group of Barren River Community Health Planning Council. November 12, 2013.

## **2013**

Organized and Introduced panel for WKU's Weight of the Nation Panel on the obesity epidemic. October, , 2013. Western Kentucky University, Bowling Green, KY.

### **Prior to 2013**

**G. Macy.** "The Life Is Cool Program." Research Symposium for Jackson State Faculty, Bowling Green, KY. April 30, 2012.

**G. Macy.** "Body Mass Index (BMI); School Based Data Collection." School Nurse Conference, Barren River District Health Department, Bowling Green, KY. July 2011.

**G. Macy.** "Etiology and Prevention of Anterior Cruciate Ligament Tears." Exercise Physiology Major Symposium, University of Louisville, Louisville, KY. February 2003.

### **POSTER PRESENTATIONS**

**G. Macy,** A. Michimi, S. Seshadri, "Barren River Initiative to Get Healthy Together (BRIGHT) Project." College of Health and Human Services Research Showcase, Bowling Green, KY, March, 2016.

**G. Macy,** A. Michimi, S. Seshadri, J. Golden, K. Carter, M. Noall, "Barren River Initiative to Get Healthy Together (BRIGHT) Project." Kentucky Public Health Association Conference, Owensboro, KY, April, 2015.

**G. Macy,** C. Nagy, J. Bonaguro, G. English, & G. Lartey. "Evaluation of the Life Is Cool Project." American Public Health Association Conference, San Francisco, CA October 29, 2012.

**G. Macy,** C. Nagy, J. Bonaguro, G. English, & G. Lartey "The Life Is Cool Project." Kentucky Public Health Association Conference, Louisville, KY. March 29, 2012.

### **MENTORED STUDENT RESEARCH**

#### **THESIS CHAIR**

E. Aghenta, **G. Macy,** G. Lartey, & D. Shearer. "Using the Theory of Planned Behavior to Explain Physical Activity Among College Students." May, 2014.

#### **THESIS COMMITTEE**

K. Dispennette, J. Crandall, M. Schafer, G. Macy. "The effects of Bingocize on fall risk, health knowledge, and quality of life in community-dwelling older adults."

#### **STUDENT CAPSTONE CHAIR**

A. Koskei, "Marijuana use perceptions among users and non- users." May, 2013.

K. Morgan. "School based dental programs- A pilot study of the effect of "The Mighty Molar" program on parental knowledge, behaviors, and dental professional use in the Barren River District Area, KY." May, 2015.

P. Chavan, "Seat belt and Booster Seat Use among Drivers, Passengers and Children in Barren, Hart and Metcalfe Counties, Kentucky." May, 2013.

V. Chemweno, "Trend Analysis of Adult Smoking Rates in Kentucky, 2002-2010." May, 2013.

D. Glaser, "Prescription Opioid Abuse among Adolescents in Warren County - Findings from Parental Knowledge Survey." May, 2013.

L. Glass, "US. Public Health Service FDA Food Code and Impact on Restaurant Scores." May, 2013.

J. Patel, "Obesity and Drinking Patterns among the Adult Population in Kentucky." May, 2013.

M. Zahmak, "Socio-Demographic Factors and Colonoscopy/Sigmoidoscopy Use among Americans Age 50-75 Years, 2010: A Cross-Sectional Study from Behavioral Risk Factors Surveillance System." May, 2013.

V. Nikam, "Relationship of Physical Activity, Fruit and Vegetable Intake, and Race with Obesity among Houston, Texas High School Students." May, 2013.

R. Roka, "Body Mass Index and Waist Circumference as a predictor of Hypertension in an Adult U.S. Population: A Comparative Analysis." May, 2013.

#### STUDENT POSTER PRESENTATIONS

J. Nasson, "Ethical Reasoning and the Culture Change Movement in Long-Term Care." CHHS Research Showcase, Bowling Green, KY, March, 2017.

S. Pennington, "Ethical Considerations in Geriatric Occupational Therapy." CHHS Research Showcase, Bowling Green, KY, April, 2016.

Y. Chen, "The Role of Hypertension in the Prevention of Cardiovascular Disease." Kentucky Public Health Association Conference, Owensboro, KY, April, 2016.

K. Uju, "Anemia Among Pregnant Women in Nigeria." Kentucky Public Health Association Conference, Owensboro, KY, April, 2016.

R. Bailey. "Prescription Opioid Abuse in Kentucky." Kentucky Public Health Association Conference, Owensboro, KY, April, 2015.

R. Bailey. "Prescription Opioid Abuse in Kentucky." WKU Student Research Conference, Bowling Green, KY, April, 2015.



B. Alipoorabedi. "Diabetes Mellitus and Renal Failure." Kentucky Public Health Association Conference, Owensboro, KY, April, 2015.

P. Tadakamalla & M. Smith, "Self-Efficacy in Oral Cancer Screening Among Medical Providers in South Central Kentucky." Kentucky Public Health Association Conference, Louisville, KY, April, 2014.

D. Walker, **G. Macy**. "Colon Cancer in Kentucky." Kentucky Public Health Association Conference, Louisville, KY, April, 2014.

M. Yousuf, **G. Macy**. "Ill-Effects of Carbonated Beverages on Teeth." Kentucky Public Health Association Conference, Louisville, KY, April, 2014.

E. Aghenta, **G. Macy**, G. Lartey, & D. Shearer. "Using the Theory of Planned Behavior to Explain Physical Activity Among College Students." Kentucky Public Health Association Conference, Louisville, KY, April, 2014.

M. Perkins, E. Aghenta, G. Lartey, & **G. Macy**. "Self-esteem among south central Kentucky college students." Kentucky Public Health Association Conference, Louisville, KY, April, 2014.

### **CONFERENCES ATTENDED**

Kentucky Public Health Association Conference, Owensboro, KY, April 2017.

Healthy Worksite Wellness Summit, Bowling Green, KY, April 27, 2016.

Kentucky Public Health Association Conference, Owensboro, KY, April 2016.

2015 Howard L. Bost Memorial Health Policy Forum: Building Healthy Places, Bowling Green, KY. September 28, 2015.

Healthy Worksite Wellness Summit, Bowling Green, KY, April, 29, 2015.

Kentucky Public Health Association Conference, Owensboro, KY, April, 2015.

Western Kentucky University Student Research Conference, Bowling Green, KY, March 2013.

Kentucky Public Health Association Conference, Louisville, KY, April 16, 2014.

Western Kentucky University Student Research Conference, Bowling Green, KY, March 2013.

The Art and Science of Health Promotion Conference, Colorado Springs, CO, March, 2014.

Kentucky Public Health Association Conference. Louisville, KY, March, 2013.

Western Kentucky University Student Research Conference, Bowling Green, KY, March 2013.

Kentucky Public Health Association Conference, Louisville, KY. March 29, 2012.

School Nurse Conference, Barren River District Health Department, Bowling Green, KY. July 2011.

### **SERVICE**

## **PROFESSIONAL AND UNIVERSITY SERVICE**

Barren River Initiative To Get Healthy Together (BRIGHT) Coalition, 2013-Present

BRIGHT Worksite Stakeholder Group Healthy Worksite Summit Planning Committee, 2014-Present

Bowling Green Junior High Youth Services Center Advisory Council, 2015-Present

WKU Blood Drive Committee, 2013-Present

WKU Kentucky Public Health Association Student Chapter Faculty Co-Sponsor, 2012-Present

College of Health and Human Services Awards Committee, 2012-Present

Kentucky Public Health Association, Conference Committee Chair, 2012-Present

Kentucky 4-H Dollars and Sense Volunteer, 2012-Present

WKU Department of Public Health Practical Experience Committee, 2012-2017

WKU Department of Public Health Culminating Experience Committee, 2012-2017

Taught courses on Conflict Resolution to Bowling Green Independent School students, 2016

Community Action of Southern KY Poverty Simulation Participant, 2015

BRIGHT School Health Stakeholder Group, 2012-2014

Exhibitor at The Art & Science Health Promotion Conference, Colorado Springs, Colorado, 2014

*Healthy Days* Volunteer, 2012-2014

Director of *WKU's Weight of the Nation*, 2013

WKU Department of Public Health Liaison to Barren River District Health Department, 2012-13

Speaker at the Nurse's Health Conference, 2013

WKU's Focus on Western Public Health Representative, 2012

Curriculum Development:

- Developed graduate Worksite Assessment course, 2016

Search Committees:

- Public Health Environmental Health Faculty Position, 2017 - Present
- Healthcare Administration Faculty Position, 2016 - 2017
- Public Health Environmental Health Faculty Position, 2013 - 2015
- Healthcare Administration Faculty Position, 2014 - 2015



**PROFESSIONAL MEMBERSHIPS**

Kentucky Public Health Association, 2011-Present

American Public Health Association, 2012-2014

Association for Prevention Teaching and Research, 2013-2014

American College of Sports Medicine, 2003-04