

CURRICULUM VITAE

2018

CECILIA WATKINS, Ph.D., C.H.E.S.
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 Graduation Committee 2018
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, 2001-2008
School Health Committee, 2001-2008
Special Events Committee, 2001-2013
Dissertation Committee:
 Kara Haughtigan, March 2015-2016
 Beverly Mortimer, March 2014
Thesis Committees:
 Mackenzie Pennington, 2017-2018
 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:

Watkins, C., Macy, G., Golla, V., Lartey, G., Basham, J., (2017). The “Total Worker Health” Concept: A Case Study in a Rural Workplace. *Journal of Occupational and Environmental Medicine*, (2017) doi:10.1097/JOM.0000000000001273

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)*.

Articles Submitted For Publication:

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. Logan Aluminum, Behavior Change. Logan Aluminum Management Meeting. March, 8, 2018.

Watkins, C., 3rd Annual Roadmap To A Healthy Workplace Summit, Barren River Initiative To Get Healthy Together (BRIGHT) Coalition Meeting. November 15, 2017.

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. 4th 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

RCAP Grant. Impact of a Wellness Program aimed at Middle School Foodservice Employees. Principal Investigator, Dr. Ann Embry. Co-investigator, **Dr. Cecilia Watkins.** (\$15,518). Applied March 2018. Under review.

American Cancer Society Tobacco-Free Generation Campus Initiative Grant. Becoming a Tobacco-Free Campus in Kentucky. Principal Investigator, Dr. Cecilia Watkins, Co PI: Dr. Gretchen Macy. (\$40,000.00) Applied December, 2017. Under review.

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) Applied April, 2017. 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. 22st 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. 22st Annual Art and Science Health Promotion Conference, San Diego, California, 2012

Kentucky Public Health Association Conference, Louisville, KY, 2012. Faculty Sponsor (**1st 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. 21st Annual Art and Science Health Promotion Conference, Colorado Springs, Colorado, 2011

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

Kentucky Public Health Association Conference, Louisville, KY, 2011 Faculty Sponsor (**1st 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 (**1st 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 (**1st 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 (**2nd 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, Spring '18

PH 402 Worksite Health Promotion
PH 484 Community Organization/ Health Education
Center of Environmental & Workplace Health (Applied Research)

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