

Curriculum Vitae
Richard R. Suminski, Ph.D., M.P.H., F.A.C.S.M

Associate Professor
Department of Behavioral Health and Nutrition
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University of Delaware
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Academic Preparation:

- 1996 **Ph.D., Exercise Physiology**, University of Pittsburgh, Pittsburgh, PA.
- 1996 **M.P.H., Epidemiology**, University of Pittsburgh, Pittsburgh, PA.
- 1994 **M.S., Master of Science**, Exercise Science, University of Pittsburgh, Pittsburgh, PA
- 1990 **Graduate Minor, Quantitative Research Methods**, University of Pittsburgh, Pittsburgh, PA.
- 1986 **B.S., Psychology**, University of Pittsburgh, Pittsburgh, PA

Professional Experience:

- 2016- **Associate Professor**, University of Delaware, Newark, DE.
- 2015-2016 **Principal Investigator**, National Development and Research Institutes, Kansas City, MO.
- 2005-2015 **Associate Professor**, Kansas City University of Medicine and Biosciences (KCU), Department of Physiology.
- 2000-2005 **Assistant Professor**, The Ohio State University, School of Physical Activity and Educational Services.
- 1996-2000 **Assistant Professor**, University of Houston, Department of Health and Human Performance.
- 1996 **Post-Doctoral Fellow**, Children's Hospital of Pittsburgh, Division of Pediatric Endocrinology.

Additional Professional Experience:

- 2003-2005 **Graduate Coordinator**, Ohio State University, Columbus, OH.

1999-2000	Exercise Science Coordinator , University of Houston, Houston, TX.
1999-2000	Human Performance Laboratory Director , University of Houston, Houston, TX.
1997-2000	Internship Coordinator , University of Houston, Houston, TX.
1995	Exercise Physiologist , Forbes Regional Health Center Cardiac Rehabilitation Unit.
1990-1995	Graduate Research Assistant , University of Pittsburgh, Department of Instruction and Learning.
1988-1989	Exercise Specialist : St. Francis Hospital Employee Wellness Program. Pittsburgh, PA
1989	Exercise Therapist : St. Justin's Geriatric Center. Pittsburgh, PA.
1992-1994	Staff Director of Therapeutic Programs : University of Pittsburgh, Pittsburgh, PA.
1988-1990	Cardiac Rehabilitation Intern : Pittsburgh Exercise Program, University of Pittsburgh, Pittsburgh, PA.

Research Leadership Experience:

2016- **Director**, Center for Innovative Health Research (CIHR), University of DE, Newark, DE.

The CIHR was founded in 2016 to stimulate faculty and student research in the Department of Behavioral Health and Nutrition and the College of Health Sciences. My main objectives as Director are to:

- Obtain funds to implement and sustain CIHR operations.
- Develop initiatives that support clinical and non-clinical research and the translation of research outcomes into evidence-based practices.
- Foster the creation and maintenance of strategic alliances and partnerships between CIHR researchers, other academic sites, hospitals/clinics, nonprofit organizations, and commercial organizations.
- Support activities related to undergraduate and graduate student education/training in research.
- Oversee the management of all CIHR contract and sponsored research programs, partnerships, IRB/compliance, policies, audits, and financial responsibilities.

2010-2015

Director, Office of Community Health Research (OCHR), Kansas City University of Medicine and Biosciences, Kansas City, MO.

The OCHR was initially established to support the research efforts of a core group of KCU faculty. It quickly evolved into a critical aspect of the KCU research infrastructure and provided research services (e.g., grant/manuscript preparation support) to all KCU faculty and students. As the Director, my primary goals were to:

- Develop a regional (5 county) health research network consisting of community organizations, public health agencies, health care systems, and academic institutions.
- Implement and manage a technologically-based infrastructure that promoted data sharing among health research network partners and enhanced data collection, distribution, and utilization activities.
- Create research-related educational opportunities for KCU medical students and residents of the greater Kansas City area.

Research

Peer Reviewed Scientific Journal Publications Related to Physical Activity- Environmental Interactions (*student names italicized*)

Suminski RR, Dominick G, Sapanaro P, Orsega-Smith EM, Plautz E, Sapanaro M. High-Tech Video Capture and Analysis for Providing Counts of Park Users. *Journal for the Measurement of Physical Behaviour*. 2020, 3(2): 147-156.

Suminski R, Jackson-Short C, Noel Duckworth N, Plautz E, Speakman K, Landgraf R, Patterson F. Dover Micro Open Street Events: Evaluation Results and Implications for Community-Based Physical Activity Programming. *Frontiers in Public Health* 2019; 7: 356.

Suminski RR Jr, Robson S, Turner J, Plautz E. Promoting Small Business Support of Youth Physical Activity in Low-Income, Minority Neighborhoods: Protocol for a Randomized Controlled Trial. *JMIR Res Protoc*. 2019, Jul 30;8(7):e13141.

Suminski RR Jr, Dominick G, Sapanaro P. Assessing Physical Activities Occurring on Sidewalks and Streets: Protocol for a Cross-Sectional Study. *JMIR Res Protoc*. 2019;8(7):e12976.

Suminski RR, Gregory Dominick G, *Plautz E*. Validation of the Block Walk Method for Assessing Physical Activity Occurring on Sidewalks/Streets. *International Journal of Environmental Research and Public Health*. *Int. J. Environ. Res. Public Health* 2019, 16(11), 1927; <https://doi.org/10.3390/ijerph16111927>

Suminski RR, Robson SM, May LL, *Blair RI*, Orsega-Smith EM. Actual neighborhood-level crime predicts body mass index z-score changes in a multi-racial/ethnic sample of children. *Preventive Medicine Reports* 2018 Sep 24;12:164-169.

Suminski RR, Taylor WC, May LE and *Blair RI*. Primary Care Provider's Consideration of Environmental Factors When Counseling Patients about Physical Activity. *SM Prev Med Public Health*. 2017; 1(2): 1009.

Suminski, RR, K Heinrich, J Wasserman, R Rasu. "Perceived Neighborhood Size: Implications for Physical Activity-Environment Research." *J Physical Activity and Health*. 2015, Feb;12(2):282-8.

Suminski, RR, TJ *Presley*, J Wasserman, C *Mayfield*, E McClain. "Playground Safety is Associated with Playground, Park, and Neighborhood Characteristics." *J Physical Activity and Health*. 2015, Mar;12(3):402-8.

Suminski RR, J Wasserman, C *Mayfield*, A *Kheyfets*, J *Norman*. Walking during Leisure-Time in Relation to Perceived Neighborhoods. *Environment and Behavior*. 2014, Epub; doi: 10.1177/0013916513520605.

Suminski, RR, Wasserman J, *Mayfield C*, *Freeman E*, *Brandl R*. Bicycling policy indirectly associated with overweight/obesity. *American Journal of Preventive Medicine*. 2014 Dec; 47(6):715-21.

Wasserman JA, **Suminski RR**, Xi J, *Mayfield CA*, Glaros A, Magie R. A Multi-level Analysis Showing Associations between School Neighborhood and Child Body Mass Index. *Int J Obes*. 2014, 38(7):912-18.

Suminski RR, Wasserman JA, *Mayfield CA*, McClain L. Neighborhood development corporations can positively alter environment features that could influence physical activity. *Journal of Physical Activity and Health*, 2014, 11, 1373 -1378. doi.org/10.1123/jpah.2012-0485

Suminski RR, Wasserman JA, *Mayfield CA*, McClain L. Relationships between Perceptions of Environmental Features and Physical Activity. *Perceptual and Motor Skills*. 2013; 117(Aug):1091-106.

Suminski, RR, *Connelley E*, May, LE, Wasserman, JA, Lee, RE, Olvera N. The Quality of Parks in Racial/Ethnic Minority Areas. *Environmental Justice*. 2012, 5(6): 271-278.

Suminski R, Ding D. Small Business Support of Youth Physical Activity Opportunities. *American J Health Promotion*. 2012 26(5):289-94

Suminski R, Ding D, Lee R, May L, *Tota T*, *Dinius D*. Youth Physical Activity Opportunities in Lower and Higher Income Neighborhoods. *J Urban Health*. 2011 Aug;88(4):599-615.

Suminski RR, Petosa R, Jones L, Hall L, Poston CW. Neighborhoods on the Move: A Community-Based Participatory Research approach to promoting physical activity. *Progress*

in Community Health Partnerships: Research, Education, and Action 2009;3(1):19-36.

Suminski RR, Petosa RL, Poston CW; Neighborhoods on the Move Partnership. Neighborhoods on the move: a community-based participatory research approach to promoting physical activity. Prog Community Health Partnersh. 2009;3(1):5

Suminski RR, Pyle SA, Taylor WC. Environmental Characteristics and Physical Activity in Racial/Ethnic Minority and Euro-American College Students. Percep Motor Skills 2009;108:465-78

Pyle, S. A., Magie, R., **Suminski, R. R.**, Glaros, A., Campbell, A., Peters, B., Boyajian-O'Neill, L., & Guillory, V. J. Score One for Health promotes community service. Academic Exchange Quarterly 2009;13:95-100.

Suminski RR, *Fritzsinger J*, *Leck T B*, Hyder M. Observing Physical Activity in Suburbs. Health Place 2008;14(4):894-9.

Suminski RR, Heinrich KM, Poston WSC, Hyder M, Pyle S. Characteristics of Urban Sidewalks/Streets and Objectively Measured Physical Activity. J Urban Health 2008;85(2):178-190.

Suminski RR, Market C, Poston W, Hyder M, Pyle S. Meteorological conditions affect physical activity in open-air settings. Int. J Biometeorology 2008;52(3):189-197.

Heinrich K, Lee RE, **Suminski RR**, Regan GR, et al. Associations between the Built Environment and Physical Activity in Public Housing Residents Int J Behav Nutr Phys Act 2007;4(1):56

Suminski RR, Poston W, Hyder M. Small business policies toward employee and community promotion of physical activity. Journal of Physical Activity and Health 2006;3(4):120-128.

Suminski, R, Petosa R, *Stevens E*. A method for observing physical activity on residential sidewalks and streets. J Urban Health 2006;83(3):434-443.

Suminski, R, Petosa R, Poston WCS, *Stevens E*, *Katzenmoyer L*. An observation method for determining the number of children and adults walking/biking to Elementary school. Journal of Physical Activity and Health 2006;3(1):37-47.

Suminski R, Petosa R, Poston C, *E Stevens*, *L Katzenmoyer*. Features of the Neighborhood Environment and Walking by U.S. Adults. American Journal of Preventive Medicine 2005;28:149-155.

Additional Peer Reviewed Scientific Journal Publications not Related to Physical Activity-Environmental Interactions (*student names italicized*)

Obrusnikova I, Cavalier AR, Novak HM, Blair AE, **Suminski RR**. Effects of a community-based familiarization intervention on independent performance of resistance-training exercise tasks by adults with intellectual disabilities. *Intellectual and Developmental Disabilities* (in press).

Obrusnikova, I, Firkin, CJ, Cavalier, AR, **Suminski, RR**. Effects of Resistance Training Interventions on Muscular Strength in Adults with Intellectual Disabilities: A Systematic Review and Meta-Analysis. *Disability and Rehabilitation* (submitted 8-3-2020).

Taylor WC, Das BM, Paxton RJ, Shegog R, **Suminski RR**, Johnson SR, Akintola OA, Hammad A, Guidry MK. Development and implementation of a logic model: Occupational stress, physical activity, and sedentary behavior in the workplace. *Work*. 2020;67(1):203-213. doi: 10.3233/WOR-203266.

Suminski RR, Patterson F, *Perkett M*, Heinrich KM, Carlos Poston WS. The association between television viewing time and percent body fat in adults varies as a function of physical activity and sex. *BMC Public Health*. 2019 Jun 13;19(1):736.

Suminski RR, *Blair RI*, Lessard L, Peterson M, Killingsworth R. Physical Education Teachers' and Principals' Perspectives on the Use of FitnessGram. *Sage Open Medicine*. 2019;7:1-7

Suminski RR, Poston, W.S.C., Haddock, C.K., Day S., Jitnarin N, Sara A. Jahnke SA, Dominick GM. Steady State Hydration Levels of Career Firefighters in a Large, Population-Based Sample," *Journal of Occupational and Environmental Medicine*. 2019 Jan;61(1):47-50.

Mansoori S, **Suminski R**, Kushner N, Cicalo C, Chai S. Added Sugar and Solid Fruit Predict Blood Pressure in Older Adults (P18-030-19). *Curr Dev Nutr*. 2019 Jun 13;3(Suppl 1):nzz039.P18-030-19.

Taylor WC, **Suminski RR**, Das BM, Paxton RJ, *Craig DW*. Organizational culture and implications for workplace interventions to reduce sitting time among office-based workers: A systematic review. *Frontiers in Public Health*. 2018;6:263.

May, LE, **Suminski, RR**, Langaker, MD. Influence of Maternal BMI and Exercise on Fetal Heart Outcomes. *Jacobs Journal of Gynecology & Obstetrics*. 2017, 1(1):1-6.

Taylor WC, **Suminski RR**, Das BM, Paxton RJ and *Blair RI*. Evaluation of Mayor's Wellness Councils: Recommendations for Website Content Informed by Community Coalition Action Theory. *SM Prev Med Public Health*. 2017; 1(1): 1005.

Poston, W.S.C., Haddock, C.K., Heinrich, K.M., Jahnke, S.A., Jitnarin, N., Batchelor, D.B., Feito, Y., & **Suminski, R.R.** (2017). Response to Letter to the Editor re: Poston et al., Is high-intensity functional training (HIFT)/CrossFit Safe for military fitness training? *Mil Med*. 2017

Jan;182(1):1476-1479.

May, LE, Spencer, K, Daniels, R, Rouse, J, Stoop, A, White, W, Suminski, R. Community Awareness of Pregnancy and Child Health in Four North Carolina Counties. *Journal of Pregnancy and Child Health*. 2016. 3(5): 294.

May, LE, Knowlton, J, Hanson, J, **Suminski, R**, Paynter, C, Fang, X, Gustafson, K. Effects of Exercise During Pregnancy on Maternal Heart Rate and Heart Rate Variability. *PM&R*. 2016, Volume 8, Issue 7: 611–617.

Mayfield CA, Suminski RR. Addressing Obesity with Pediatric Patients and Their Families in a Primary Care Office. *Prim Care*. 2015 Mar;42(1):151-7.

Rasu R, WA Bawa, R **Suminski, K** Snella, B Warady. Health Literacy Impact on National Healthcare Utilization and Expenditures. *Int J Health Policy Manag*. 2015 Nov; 4(11): 747–755.

Guillory VJ, **Suminski R**, Lai SM, Crawford G. Low birth weights in Kansas. *J Health Care Poor Underserved*. 2015;26(2):577-602.

May, LE, **Suminski, RR**. Amount of Physical activity in Pregnancy and infant heart outcomes. *Journal of Neonatal Biology*. 2014; 3(160):1-6.

McClain R, Wassermen J, *Mayfield C, Berry AC, Grenier G, Suminski RR*. In Response to Commentary on Injury Profile of Mixed Marital Arts Competitors. *Clin J Sport Med*. 2014 Nov;24(6):519-20.

Wasserman JA, *Fitzgerald JE, Sunny MA, Cole M, Suminski RR, Dougherty JJ*. Nonmedical use of stimulants among medical students. 2014 Aug;114(8):643-53.

McClain R, Wassermen J, *Mayfield C, Berry AC, Grenier G, Suminski RR*. Injury Profile of Mixed Marital Arts Competitors. *Clin J Sport Med*. 2014 Nov;24(6):497-501.

May, LE, Terry, M, Drake, WB, **Suminski, RR**. Effects of Exercise during Pregnancy on Pediatric Heart Measures. *J Cardiobiology*. 2014. S(1):1-5

May L, **Suminski RR**, Yeung AY, Linklater ER, Christensen C, et al. Pregnant Patient Knowledge of and Obstetric Provider Advice on Oral Health. *J Dent Oral Disord Ther*. 2014, 2(1), 1-6.

May L, **Suminski R**. *Berry A, Linklater E, Jahnke S*. Diet and Pregnancy: Health Care Providers and Patient Behaviors. *Journal of Perinatal Education*. 2014. 23(1):50-58.

Robinson LE, Irwin MJ, **Suminski RR**, *Palmer KK, Perez G*. Accuracy of self-reported height and weight in low-income, rural African American children. *J. Child. Adolesc. Behav*. 2014, 2:144 doi:10.4172/jcalb.1000144

May LE, **Suminski RR**, *Berry A, Langaker MD, Gustafson KM*. Maternal Physical Activity Mode and Fetal Heart Outcome. *Early Human Development*. 2014. 90(7):365-369.

May, LE, Scholtz, SA, **Suminski, RR**, Gustafson, KM. Aerobic exercise during pregnancy influences infant heart rate variability at one month of age. *Early Human Development*. 2014; 90(1 Jan):33-38.

Suminski RR, Wasserman JA, Guillory VJ, Hendrix D, May LE. Response: Bibliometric Measures and National Institutes of Health Funding at Colleges of Osteopathic Medicine. *J Am Osteopath Assoc*. 2013 Apr;113(4):266-8.

May, LE, **Suminski, RR**, Glaros, A, Pyle, S, Linklater, E. Exercise during pregnancy: the role of obstetric providers. *J Am Osteopath Assoc*. 2013, 113(8 Aug):612-19.

Davis A, *Daldalian MC, Mayfield CA, Dean K, Black WR, Sampilo ML, Gonzalez-Mijares M Suminski R*. Outcomes from an Urban Pediatric Obesity Program Targeting Minority Youth: The Healthy Hawks Program. *Child Obes*. 2013 Dec;9(6):492-500.

May LE, **Suminski RR**, Langaker MD, Yeh H-W, Gustafson KM. Regular maternal exercise dose and fetal heart outcomes. *Med Sci Sports Exerc* 2012 Jul;44(7):1252-8.

Suminski, RR, Hendrix, D, May, LE, Wasserman, JA, Guillory, VJ. Bibliometric Measures and National Institutes of Health Funding at Colleges of Osteopathic Medicine, 2006-2010. *J Am Osteo Assoc*. 2012 112:716-724 .

Suminski RR, May LE, Guillory VJ. Research Funding at Colleges of Osteopathic Medicine in the U.S. *J Am Osteo Assoc*. 2012 112:665-672.

Poston WSC, **Suminski, RR**, Hoffman, KM, Jitnarin, Ne, Hughey, Jh. Military Line Leadership and Tobacco Control: Perspectives of Military Policy Leaders and Tobacco Control Managers. *Military Medicine* 2010 Oct;175(10):811-6.

Suminski, R R. (2010) "Commentary on Olvera et al.'s Article Entitled, "Physical Activity in Latino Children: Research and Its Implications"," *The Journal of Applied Research on Children: Informing Policy for Children at Risk*: Vol. 1: Iss. 1, Article 8. Available at: <http://digitalcommons.library.tmc.edu/childrenatrisk/vol1/iss1/8>

Pyle SA, *Graham R, Suminski RR*, Poston W, Haddock CK, Glaros A. Depressive symptoms, self-rated mental health, functioning, and job satisfaction among firefighters. *International Fire Service Journal of Leadership and Management* 2009;3(1):19-24.

Suminski RR, Wier L, Poston WS, Arenare B, *Randles A*, Jackson AS. The effect of habitual smoking on measured and predicted VO₂max. *Journal of Physical Activity and Health* 2009;6(5):667-673.

Suminski RR, Robertson RJ, Goss FL, Olvera, N. Validation of the OMNI scale of perceived exertion in Spanish speaking youth. *Perceptual and Motor Skills* 2008;107:181-188.

Graham, R., Pyle, S. A., Haddock, C. K., Poston, W. S. C., & Suminski, R. R. Firefighter health: A pilot study of firefighter health surveillance. *International Fire Service Journal of Leadership and Management* 2008;2(2):41-48.

Suminski RR, Poston WS, Foreyt JP, St Jeor. Physical activity assessed with three different

methods and the Framingham Risk Score on 10-year coronary heart disease risk. *Medical Science Monitor* 2008;14(1):1-9.

Heinrich K, Poston W, Haddock K, **Suminski RR**. Obesity classification in military personnel: a comparison of body fat, waist circumference, and body mass index measurements. *Military Medicine* 2008;173 (1):167-173.

Olvera N, Sharma S, Rodríguez A, **Suminski R**, Powers TG. BMI tracking in Mexican American children in relation to maternal BMI. *Ethn Dis* 2007;7(4):707-13.

Suminski, R, Petosa R, *Stevens E*. Web-assisted instruction for changing social cognitive variables related to physical activity. *J American College Health* 2005;54(4):219-25.

Olvera N, **Suminski RR**, TG Powers. Intergenerational perceptions of body image in Hispanics: role of BMI, gender, and acculturation *Obes Res*. 2005;13(11):1970-9.

Petosa R, Hertz B, Cardina CE, **Suminski R**. Social Cognitive Theory Variables Associated with Physical Activity among High School Students. *International Journal of Sports Medicine* 2005;26(2):158-163.

Utter AC, Robertson RJ, Green JM, **Suminski RR**, McAnulty SR, Nieman DC Validation of the Adult OMNI Scale of Perceived Exertion for Walking/Running Exercise. *Med Sci Sport Exercise*. 2004;36(10):1776-80.

Suminski R.R., N. Ryan, W.S. Poston, A.S. Jackson. Measuring aerobic fitness of Hispanic youth 10 to 12 years of age. *International Journal of Sports Med* 2004;25:61-7.

Petosa R., **Suminski RR**, Hertz B. Predicting vigorous physical activity using Social Cognitive Theory. *American J Health Behavior* 2003;27(4):301-310.

Goss F, Robertson R, DaSilva S, **Suminski R**, Kang J, Metz K. Ratings of perceived exertion and energy expenditure during light to moderate activity. *Percept Mot Skills* 2003;96:739-47.

Haines DJ, Knutson D, **Suminski RR**. Adult obesity treatment modalities – an overview. *American Journal of Medicine and Sports* 2002;4:282-290.

Utter, A.C., J. Kang, R.J. Robertson, D.C. Nieman, E. Chaloupka, **R.R. Suminski**, C.R. Piccinni, A. Teles. and M. Davis. Effect of carbohydrate ingestion on ratings of perceived exertion during a competitive marathon. *Medicine & Science in Sports and Exercise* 2002;34(11):1779-1784.

Suminski RR, Mattern CO, Devor ST. Influence of racial origin and skeletal muscle properties on disease prevalence and physical performance. *Sports Medicine* 2002;32:667-673.

Suminski RR, Petosa R. Stage of change for exercise among ethnically diverse college students. *J American College Health* 2002;51:26-31.

Suminski RR, Petosa R, Utter AC, Zhang J. Physical activity among ethnically diverse college students. *J American College Health* 2002;51:75-80.

Poston W.S., C.K. Haddock, N.E. Olvera, **R.R. Suminski**, R.S. Reeves, J.K. Dunn, C.L. Hanis, and J.P. Foreyt. Evaluation of a culturally appropriate intervention to increase physical activity. *American Journal of Health Behavior* 2001;25:396-406.

Anding J., **Suminski, RR** and *Boss* L. Dietary intake, body mass index, exercise, and alcohol: Are urban college women following the dietary guidelines for Americans? *Journal of American College Health* 2001;49(4):167-71.

Suminski, R.R., Robertson, R.J., Goss, F.L., & Arslanian, S. Peak oxygen consumption and skeletal muscle bioenergetics in African-American and Caucasian men. *Medicine and Science in Sports Exercise* 2000;22:1123-1129.

Stein, R.J., O'Byrne, K.K., **Suminski, R.R.**, & C.K. Haddock, C.K. Etiology and treatment of obesity in adults and children: Implications for the addiction model. *Drugs and Society: A Journal of Contemporary Issues* 1999;15:1(2):103-122.

Suminski R.R., W.S. Poston, A.S. Jackson, and J.P. Foreyt. Early identification of Mexican American children who are at risk for becoming obese. *Int. J. Obes* 1999;23:823-829.

Suminski R. R., J. Anding, J. Zhang, D. Smith, J. Kang and A. C. Utter. Risk and reality: The association between cardiovascular disease risk factor knowledge and selected risk reducing behaviors. *Family and Community Health* 1999;21(1):51-62.

Kang J., D.E. Kelley, R.J. Robertson, F.L. Goss, **R.R. Suminski**, A.C. Utter, and S.G. DaSilva. Substrate utilization and glucose turnover during exercise of varying intensities in individuals with NIDDM. *Med. Sci. Sports Exerc* 1999;Jan:82-88.

Utter A.C., M. Stone, H. O'Bryant, **R. Suminski**, and B. Ward. Sport seasonal changes in body composition, strength and power of collegiate wrestlers. *J. Strength Cond. Res* 1998;12(14):266-271.

Kang J., R.J. Robertson, F.L. Goss, S.G. Dasilva, **R.R. Suminski**, A.C. Utter, R.F. Zoeller, and K.F. Metz. Metabolic efficiency during arm and leg exercise at the same relative intensities. *Med. Sci. Sports Exerc* 1997;29(3):377-382.

Suminski R.R., R.J. Robertson, F.L. Goss, S. Arslanian, J. Kang, S. Dasilva, A.C. Utter, and K.F. Metz. Acute effect of amino acid ingestion and resistance exercise on plasma growth hormone concentration in young men. *Int. J. Sport Nutr* 1997;7(1):48-60.

Suminski R.R., R.J. Robertson, S. Arslanian, S.G. Dasilva, J. Kang, A.C. Utter, F.L. Goss and K.F. Metz. The perception of effort during resistance exercise. *J. Strength Cond. Res* 1997;11(4): 261-265.

Pereira, M.A., S.J. Fitzgerald, E.W. Gregg, W.J. Ryan, **R.R. Suminski**, M.J. Joswiak, A.C. Utter, J.M. Zmuda. A collection of physical activity questionnaires for health-related fitness. *Med. Sci. Sports Exerc* 1997;29(6 Suppl):S1-S205

Utter A.C., F. L. Goss, S. Dasilva, J. Kang, **R. Suminski**, P.A. Borsa, R. Robertson, and K. Metz. Development of a wrestling specific performance tests. *J. Strength Cond. Res.* 1997;11(2):88-91.

Kang J., R.J. Robertson, J.M. Hagberg, D.E. Kelly, F.L. Goss, S.G. DaSilva, **R.R. Suminski**,

National Institutes of Health ACCEL ShoRe DE-Center for Translational Research A Next Generation Method for Assessing Park Usage and Environmental Context \$20,000	Suminski (PI)	6/18-7/19
Delaware Division of Health FitnessGram use according to physical education teachers and school principals \$25,000	Suminski (PI)	6/17-12/17
National Institutes of Health (1R15MD010206-01) A Sustainable Mechanism for Supporting Youth Physical Activity Resources in Low- Income, Minority Neighborhoods. \$453,999	Suminski (PI)	8/15-7/16
Health Care Foundation of Greater KC Building Congregation and Community Capacity to Promote Health \$150,000	Hunter (PI)	07/15-06/16
Kansas Health Foundation Leveraging Cross-sector Partnerships to Promote Health in Wyandotte County \$250,000	Hunter (PI)	07/15-12/16
Kingman, AZ Fire Department Proposal to Develop a Physical Agility Test for Kingman, AZ Fire Department	Pyle (PI)	10/15-9/16
A.T. Still University Research Grant Maternal and Child birth outcomes in Kansas \$2000	Guillory (PI)	09/14-1/16
Kansas City University of Medicine Respiratory Health before and after a Smoking Ban in Public Housing	Suminski (PI)	6/14-5/15
Mid-American Regional Counsel. The Impact of a Smoking Policy on Smoking Habits and Respiratory Health of Public Housing Residents	Suminski (PI)	6/14-3/15
Local Initiative Support Corporation. A Comprehensive Model for Assessing the Effects of Neighborhood Development on Health Behaviors and Health Outcomes. \$6000.00.	Suminski (PI)	1/12-1/13
Kansas City University of Medicine. A Comprehensive Model for Assessing the Effects of Neighborhood Development on Health Behaviors and Health Outcomes \$10,000.	Suminski (PI)	12/11-12/12
Kansas City University of Medicine Small business support of youth physical activity opportunities	Suminski (PI)	1/09-1/10

\$4,000.

Robert Wood Johnson Foundation Small Business Promotion of Youth Physical Activity Opportunities \$99,583	Suminski (PI)	1/09-1/10
Department of Homeland Security Developing a Health Surveillance System for the Fire Service: The Heart Healthy Heroes Project \$999,333	Pyle (PI)	7/08-6/10
American Heart Association The Cardiovascular Health of Fire Service Employees \$154,000	Pyle (PI)	1/08-12/09
Kansas City University of Medicine The Association between Characteristics of the Physical Environment, Physical Activity and Youth BMI \$15,000	Suminski (PI)	01/06-12/07
Centers for Disease Control and Prevention Project ComFit: A Community-Based Physical Activity Program \$1,087,000	Suminski (PI)	10/02-09/05
The Ohio State University Building Community Support for Physical Activity \$39,500	Suminski (PI)	03/02-02/03
The Ohio State University \$9,000	Suminski (PI)	01/01-12/02
National Institutes of Health (1R03DK58927) Determinants of Physical Activity in Children \$71,613	Olvera (PI)	09/00-03/02
National Institutes of Health Risk Reduction in African-American Middle-Aged Men \$108,610	Hyman (PI)	04/00-03/05
Program for Enhanced External Research Physical Activity, Physical Fitness and Obesity in Hispanic Children 8-18 Years of Age \$5,000	Suminski (PI)	06/98-05/99
COE Faculty Development Computing Grant \$2,000	Suminski (PI)	06/98-05/99

AAHPERD Research Grant Program The SKILL Project: Successful Kinesthetic Instruction for Life-long Learning Teaching "SKILL" to Young Hispanic Children Who are at Risk for Obesity \$10,000	Goodway (PI)	02/98-01/99
NASPE Grant Influence of an Instructional Program on the Fundamental Motor Skills, Fitness, and Physical Education Knowledge of Young Hispanic Children who are At-Risk \$2,495	Goodway (PI)	8/97-7/98
University of Houston Reliability and Validity of 20 Meter Shuttle Run Test in Hispanic and White Children 12- 15 Years of Age \$6,000	Suminski (PI)	10/96-9/97
University of Houston Health Behaviors and Risk Factors for Cardiovascular Disease in Home-Schooled Children 10- 13 years old \$1200	Suminski (PI)	12/96-11/97
University of Houston Peak Physiological Responses to Maximal Treadmill, Cycle, and Arm Exercise: Are There Racial Differences? \$2,000	Suminski (PI)	10/96-9/97
Hewlett International Small Grants Program A Collection of Physical Activity Questionnaires for Health Related Research \$20,000	Kriska, (PI)	6/95-5/96
University of Pittsburgh \$1000	Suminski (PI)	4/95-3/96
Children's Hospital of Pittsburgh \$5000	Suminski (PI)	9/94-8/95
University of Pittsburgh \$1500	Suminski (PI)	4/93-3/94
Quaker Oats, Gatorade Corp. \$1000	Suminski (PI)	5/92-4/93

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DaSilva S., R. Robertson, F. Goss, J. Kang, **R. Suminski**, A. Utter, N. Moyna, B. Sussman, M. O'Connor and K. Metz. Differences in running economy, VO₂max and vVO₂max among well trained male and female distance runners. *Med Sci Sports Exerc* 25(suppl):172, 1993.

Suminski R., R. Robertson, F. Goss, S. DaSilva, J. Kang, A. Utter and K. Metz. Ratings of perceived exertion during resistance exercise: relation to lactic acid. Presented at the ACSM Mid-Atlantic Regional Meeting, Ithica, NY, November, 1993.

Suminski R., R. Robertson, F. Goss, A. Robinson, S. DaSilva, J. Kang, A. Utter and K. Metz. Growth hormone release in response to the combination of resistance exercise and amino acid ingestion. Presented at the ACSM Mid-Atlantic Regional Meeting, Newark, Delaware, Feb. 1993.

Suminski R., R. Robertson, F. Goss, A. Robinson, S. DaSilva, J. Kang, A. Utter and K. Metz. The effect of amino acid ingestion and resistance exercise on growth hormone responses in young males. Presented at the ACSM National Meeting, Seattle, WA, June, 1993.

Kang J., R. Robertson, B. Denys, S. DaSilva, P. Visich, F. Goss, L. Bonci, **R. Suminski**, A. Utter and K. Metz. Carbohydrate feeding following carbohydrate loading enhances prolonged exercise performance. *The Physiologist* 35(4):191, 1992.

Evaluation Reports

Bike/Walk KC: Evaluated two of their main programs (Local Spokes and KC B Cycle) along with data they obtained from customers of the ride share program. Local Spokes is designed to promote bicycle use and healthy lifestyles in lower-income children. Recommended comparing the effectiveness of Local Spokes with more traditional school-based health promotion.

Mid American Regional Counsel: Evaluated the effects of the Kansas City Housing Authority's smoking ban policy on smoking rates and respiratory health among residents.

Local Initiatives Support Corporation (LISC): Evaluated the impact of a neighborhood revitalization initiative called NeighborhoodsNOW on environmental characteristics related to physical activity/nutrition behaviors and health outcomes (e.g. body mass index - BMI) in low-income, urban areas. An initial summary of this evaluation can be found at:

http://www.lisc.org/media/filer_public/3c/12/3c122f2a-41e1-4233-9d68-e5989be210b6/healthassessmentreport_final_shrunk.pdf

Score One for Health: This program involves having KCUMB medical students conduct health screenings on ~12,000 lower-income, elementary school children each year. In our evaluations of Score 1, we explored its impact on KCUMB medical students learning experiences and several health indicators of childhood health including BMI, blood pressure, diabetes, vision, dental, and hearing. The results of our latest, four-year evaluation of this program can be found at:

<http://kcumb.uberflip.com/i/328218/29>

Artists Helping the Homeless: This is a large scale community service program that focuses on helping the chronically homeless navigate the health care system and find a better life.

Grant Consulting and Scholarly Collaborations

Health Research Group Kansas City, MO: Provide advice on the measurement of physical fitness and physical activity and the interactions between the built environment and physical activity. Current/past projects:

- National Institutes of Health: Project title, "Cardiovascular Risk in Fire Service Personnel".
- National Institutes of Health: Project title, "Understanding the Role of the Built Environment on Obesity Risk in Thailand".
- National Institutes of Health: Project title, "An Analysis of Environmental Risk Factors for Obesity".
- Department of Defense Broad Agency: Project title, "Obesity Prevention for Air Force Personnel".

Auburn University, School of Kinesiology at Auburn University: Collaborated with Dr. Leah E. Robinson on a research project examining physical activity and Social Cognitive Theory constructs in rural, African American children.

University of North Texas HSC at Fort Worth, Department of Behavioral and Community Health: Collaborated with Dr. Raheem Paxton on a study exploring environmental barriers to physical activity in African American breast cancer survivors.

Division of Health Promotion and Behavioral Sciences Center for Health Promotion and Prevention Research, School of Public Health, The University of Texas Health Science Center at Houston: On-going collaboration with Dr. Wendell Taylor. Currently examining the links between Mayor's Wellness Counsels and physical activity.

University of Cincinnati Medical College, Department of Environmental Health: Provided advice on the measurement of physical fitness and physical activity. Past projects:

- Centers for Disease Control and Prevention: Project title, "Weight Loss Impact on Musculoskeletal Health".
- National Institutes of Health: Project title, "Impact of Worksite and Neighborhood Built Environment on the Reduction of Obesity".
- National Institutes of Health: Project title, "Elderly Postural Balance in Sub-optimal Environments".

Consultant Houston Galveston Area Council: Project title, "Project B.E.S.T.: Building Exceptional Students Together".

Consultant State of Texas: Project title, "Beneficios: Providing guidance to Mexican American fathers".

Consultant Texas Coordinating Board for Higher Education: Project title, "Revising the Jump Into Action Curriculum for Diabetes Prevention in Elementary and Middle School Children".

Consultant University of Texas Health Science Center and the YMCA of greater Houston, TX: Analyzed focus group data obtained from human resource personnel at Houston businesses to develop an understanding of worksite health and wellness programs.

Johnson Space Center/National Aeronautics and Space Agency (NASA), Clearlake, TX: Co-authored a publication on the relationship between smoking and predicted maximal oxygen consumption.

Hoglund Brain Imaging Center University of Kansas Medical Center, KC, KS: Examined the relationship between brain activity and responses to reward and punishment in exercisers and non-exercisers.

Body of Knowledge, Houston, TX: Currently the Scientific Coordinator responsible for deciding which health outcome parameters best reflect the effectiveness of the Body of Knowledge Health Promotion System.

Teaching

Courses and Lectures Taught

Public Health/Research

- Data Analysis in the Health Sciences
- Basics of Epidemiological Research
- Interpreting Scientific Studies
- Critical Thinking in Research Design
- Epidemiology and Prevention of Diabetes
- Epidemiology of Cardiovascular Disease
- Foundations of Physical Activity Research
- Teaching Health and Fitness Courses at the College Level
- Measurement of Physical Activity
- Promoting Behavior Change in Sport, Leisure, and Exercise
- Exercise Leadership and Sports Management
- The Role of Exercise in Health

Physiology/Medicine

- Growth Hormone
- Calcium Metabolism and Homeostasis
- Bone/skeletal maintenance
- Adrenal Gland
- Gastrointestinal - Nutritional Needs of the Well Patient
- Hypothalamus and Pituitary
- Thyroid: Hyper / Hypo / Goiter
- Thyroid Hormone Synthesis and Regulation
- Skeletal Muscle Physiology and Exercise
- Cardiopulmonary Adaptations to Exercise
- Sports Medicine
- Renal Physiology
- Applied Physiology of Exercise
- The Physiology of Exercise and Sport Performance
- Responses and Adaptations to Exercise
- Exercise Testing

Courses Developed

- Data Analysis in the Health Sciences
- Basics of Epidemiological Research
- Interpreting Scientific Studies
- Critical Thinking in Research Design
- Cardiopulmonary II: Cardiopulmonary Adaptations to Exercise
- Cardiopulmonary II: Epidemiology of Cardiovascular Disease
- Hypothalamus and Pituitary Physiology
- Adrenal Gland Physiology
- Growth Hormone Physiology

- Thyroid Hormone Synthesis and Regulation
- Calcium Metabolism and Homeostasis
- Bone Maintenance Skeletal Integrity
- Epidemiology and Prevention of Diabetes
- Behavioral Research 199 and 299
- Counseling for Exercise in Primary Care
- Applied Physiology of Exercise
- Promoting Behavior Change in Sport, Leisure, and Exercise
- Physiology of Exercise and Sport Performance
- Teaching Health and Fitness Courses at the College Level
- Measurement of Physical Activity
- Foundations of Physical Activity Research
- Physical Activity and Public Health
- Exercise Epidemiology
- Exercise Leadership and Sports Administration
- Graduate Minor in Physical Activity and Health

Advising

- Academic Advisor University of Delaware (2016-present)
- Academic Advisor Kansas City University of Medicine and Biosciences (2006-2016)
- Academic Advisor The Ohio State University (2000-2005)
- Academic Advisor at University of Houston (1997-2000)
- UH Kinesiology Club: Faculty advisor (1998-2000)
- Academic advisor to University of Houston football recruits.

Student Support

- 2016-Present – Provide grant support for 4-6 students/semester
- 2012-13: Obtained internal funding for eight medical students to work on various research projects.
- 2012: Obtained external funding from the Local Initiative Support Corporation for five medical students to work on various research projects.
- 2003-2005: Obtained external funding from the Centers for Disease Control and Prevention to support the research of four graduate students.
- 2004: Obtained funding for a student from Workforce Development at Ohio State University to work on our research projects.
- 2003: Assisted a student in obtaining an Ohio State University Graduate School Fellowship.
- 2003: Obtained student funding through a diversity grant sponsored by Ohio State University.
- 2003-2003: Obtained an Outreach and Engagement Grant for a student to work on developing a community-based physical activity program for an underserved area of Columbus, OH.
- 2003-2003: Obtained internal funding to support two graduate students' work on the development of the web-based lectures and laboratory courses.

- 2001-2002: Obtained internal funding to support the research of a graduate student (Lindsey Waggle).
- Meredith McHenry was supported for data entry and management for the study “Physical Activity Patterns and Nutritional Habits in Low-Income, Mexican American Families” (1998-1999).
- Margie Sterr was supported for data collection for the study “Physical Activity Patterns and Nutritional Habits in Low-Income, Mexican American Families” (1998-1999).
- Noel Ryan was supported for data collection for the study “Peak Physiological Responses to Arm, Cycle, and Treadmill Exercise: Are There Black/White Differences” (1997). \$2000.
- Noel Ryan also was supported for data collection for the study “Reliability and Validity of 20 Meter Shuttle Run Test in Hispanic and White Children 12-15 Years of Age”. (1998-1999). \$2200

Involvement in Graduate/Professional Exams, Thesis, Dissertations

Summary Table

Role	Completed
Doctoral dissertation advisor	2
Master’s Thesis Advisor	11
Master’s Non-Thesis Advisor	8
Doctoral dissertation committee member	11
Doctoral general exam committee chair	1
Doctoral general exam committee member	9
Master’s committee member	4
Master’s examination committee member	1

Service

Grant Reviewing Activities

- **National Institutes of Health.** Risk, Prevention and Health Behavior Integrated Review Group Psychosocial Risk and Disease Prevention Study Section PRDP. October 15 - 16, 2020
- **National Institutes of Health.** ZRG1 F18-Z 20 L, Epidemiology and Population Sciences Fellowships. June 20, 2019 - June 20, 2019
- **Federal Emergency Management Association.** Fire Prevention and Safety (FP&S) Research and Development (R&D) Science Review. May, 2019.

- **Federal Emergency Management Association.** Fire Prevention and Safety (FP&S) Research and Development (R&D) Science Review. May, 2018.
- **Centers for Disease Control and Prevention. Special Emphasis Panel.** Health Promotion and Disease Prevention Centers. 2017.
- **Centers for Disease Control and Prevention. Special Emphasis Panel.** Health Promotion and Disease Prevention Centers. 2016.
- **Centers for Disease Control and Prevention.** Special Emphasis Panel ZDP1 EEO 12 National Center for Chronic Disease Prevention and Health Promotion DP15-001: Natural Experiments of the Impact of Population-targeted Health Policies to Prevent Diabetes and its Complications. May 5-6, 2015
- **Centers for Disease Control and Prevention.** CGH Special Emphasis Panel. ZGH1 HMS 03. Conducting Public Health Research in Thailand by the Ministry of Public Health (MOPH) (U01). April 15, 2015.
- **Centers for Disease Control and Prevention.** CGH Special Emphasis Panel. ZGH1 HMS 01. Conducting Public Health Research in Kenya. April 1, 2015.
- **Centers for Disease Control and Prevention** DP14-011 - Panel K - Chronic Disease Self-Management and Workplace Health - SIPs 14-030, 031, & 032 ZDP1 EEO (K) June 09, 2014 - June 10, 2014
- **Centers for Disease Control and Prevention.** Special Emphasis Panel: Panel M - Nutrition and Obesity Policy Network (Evidence-based): SIPs 14-026, 027 meeting. June 19-20, 2014.
- **Centers for Disease Control and Prevention.** Scientific review panel for Funding Opportunity Announcement DP14-011 – Panel L – Physical Activity Policy Network (Sedentary Lifestyles): SIPs 14-024, 025. June 11-12, 2014.
- **Centers for Disease Control and Prevention. Special Emphasis Panel.** ZDP1 EEO (01) RDP14-001: HEALTH PROMOTION AND DISEASE PREVENTION RESEARCH CENTERS (PRC). 11/17/13.
- **Centers for Disease Control and Prevention.** Special Emphasis Panel ZDP1 EE07C: Medical Resident Knowledge and Practice in Physical Activity, Nutrition and Obesity Counseling for Primary Care Prevention: Competitive Supplements (U48). 6/29/2012.
- **Centers for Disease Control and Prevention.** Special Emphasis Panel RFA-DP09-00102SUPP10: Workplace Health Research Network. Health Promotion and Disease Prevention Research Centers: Competitive Supplements (U48). 6/29/2010.
- **American Osteopathic Association.** Research Abstracts. 6/10/2010.
- **Centers for Disease Control and Prevention.** Special Emphasis Panel reviewing applications for DP10-003: Prevention Research Centers Comparative Effectiveness

Research Program (CER). 4/5/2010.

- **National Institutes of Health.** Special Emphasis Panel/Scientific Review Group 2010/05 ZRG1 HDM-D (58) R Stage 1 of the NIH Challenge Grant applications. 3/13/2010
- **American Osteopathic Association,** Research Grant Proposals: 10-11-619 Comparative Spinal Stiffness, Pain, and Disability Reduction in Idiopathic Chronic Low-Back Pain With OMT and Therapeutic Spinal Mobilizer Treatment and 10-15-625 Clinical Outcomes Study Assessing the Effectiveness of Osteopathic Manipulation in Treating the Lillosoas Muscle. Feb 22, 2010.
- **Centers for Disease Control and Prevention.** 2009/08 ZCD1 AWI (18) CDC Grants for Public Health Research Dissertation, PAR07-231. 11/18/2009.
- **Centers for Disease Control and Prevention.** 2009/05 ZCD1 CJM (11) Translating Research to Protect Health through Health Promotion, Prevention, and Preparedness (Panel D), CD09-001. 7/21/09
- **National Institutes of Health.** Special Emphasis Panel/Scientific Review Group: RFA OD-09-003: Challenge Grants Editorial Panel 3, 2009/10 ZRG1 HDM-G (58) R. Stage 1 of the NIH Challenge Grant applications. 6/26/2009.
- **National Institutes of Health.** Special Emphasis Panel/Scientific Review Group: RFA OD-09-003: Challenge Grant Editorial Panel 26, 2009/10 ZRG1 HDM-P (58) R. Stage 1 of the NIH Challenge Grant applications. 6/27/2009.
- **National Institutes of Health.** Community-Level Health Promotion Study Section. 06/05-06/2009.
- **University of Houston,** Grants to Enhance and Advance Research, “Mothers and daughters exercising together” March 12, 2009.
- **American Osteopathic Association,** Research Grant Proposals: 09-01-600 “Structural asymmetry and its relation to sports injury” and 09-11-603 “Objective measure of shoulder somatic dysfunction”. Feb 15, 2009.
- **Centers for Disease Control and Prevention.** Special Emphasis Panel: DP09-001 Health Promotion and Disease Prevention Research Centers. 01/13-14/2009
- **National Institutes of Health.** Community-Level Health Promotion Study Section. 02/05-06/2009.
- **National Institutes of Health.** Community-Level Health Promotion Study Section. 10/02-03/2008.
- **National Institutes of Health.** Community-Level Health Promotion Study Section. 06/14-15/2008.
- **American Osteopathic Association,** Research Grant Proposal: 08-28-574 An Evaluation of an OMM Distance Learning Course. Feb 27, 2008

- **Michael Smith Foundation for Health Research.** Career Investigator Program. Review of application #: 1715, Bredin: Play Space Size and Toddlers Physical Activity. Feb 15, 2008.
- **National Institutes of Health.** Member special review panel. Special Emphasis Panel/Scientific Review Group NHLBI Clinical Trials Review Committee (2007)
- **Centers for Disease Control and Prevention.** Member special emphasis panel. Funding announcement entitled, “Improving public health practice through translation research”. FOA CD07-005. (2007).
- **The British Diabetic Association.** Dr Alison Kirk “Development and evaluation of an internet based physical activity intervention for people with Type 2 diabetes.” Jan 2007
- **National Institutes of Health.** Member special emphasis panel/Scientific review group. Funding announcement entitled, "Site Specific Approaches to Prevention or Management of Pediatric Obesity RFA DK-04-013" (2005).
- **Centers for Disease Control and Prevention.** Member special emphasis panel. Funding announcement entitled, “Health Protection Research Initiative RFA-CD-04-002” (2004).
- **Michael Smith Foundation for Health Research.** Career Investigator Program. Review of application #CI-SCH-90 (02-1) POP, Rhodes (2003).

Reviewer for Scientific Journals:

- Integrative and Comparative Biology.
- Psychology, Health & Medicine
- International J of Biometeorology
- Perceptual and Motor Skills.
- American Journal of Preventive Medicine.
- American Journal of Health Promotion.
- Perceptual and Motor Skills.
- Salud Publica de Mexico.
- Journal of Urban Health.
- Preventive Medicine.
- Environment and Behavior.
- ISRN Obesity.
- Military Medicine.
- International Scholarly Research Network - Obesity.
- Military Medicine.
- BioMedical Central.
- Psychology of Sport & Exercise.

- Progress in Community Health Partnerships: Research, Education, and Action.
- Journal of Physical Activity and Health.
- CES4Health.
- Journal of Adolescent Health.
- Progress in Community Health Partnerships: Research, Education, and Action.
- Journal of Applied Research on Children.
- Accident Analysis and Prevention.
- Public Health Nutrition.
Health and Place.
- Medicine and Science in Sports and Exercise.
- Annals of Epidemiology.
- Obesity.
- Journal of Sports Sciences.
- Research Quarterly for Exercise and Sports.
- Preventing Chronic Disease.
- Health Education Research.
- American Journal of Public Health.
- Journal of Clinical Epidemiology.
- American Journal of Medical Science.
- Social Science and Medicine.
- Adapted Physical Activity Quarterly.
- International J of Obesity.
- International J of Sports Medicine.
- Journal of the American Medicine Women’s Association.
- Measurement in Physical Education and Exercise Science.

Committees:

- 2020-present: UD IRB Committee
- 2019-present UD Research Committee
- 2016-present: UD Safety Committee
- 2016-present UD Health Behavior Committee
- 2008-2016: Kansas City University of Medicine and Biosciences, IRB Committee.
- 2009-2016 Kansas City University of Medicine and Biosciences, Research Strategy Committee.
- 2005-2013: Kansas City University of Medicine and Biosciences, Admissions Committee.
- 2008-2013: Kansas City University of Medicine and Biosciences Rank and Promotion
- 2008-2009: Kansas City University of Medicine and Biosciences, Chair, Research Committee.
- 2004-2005: The Ohio State College of Education Research Committee.
- 2005: The Ohio State University’s Behavioral/Social Science Institutional Review Board.
- 2001-2002: The Ohio State University Wellness Collaborative
- 2002-2005: The Ohio State University, Sport, Fitness, and Health Program Committee.
- 1997-2000: University of Houston: IRB Committee
- 1998-2000: University of Houston: Faculty Development Committee

- 1998-2000: University of Houston: Graduate Committee
- 1996-2000: University of Houston: Exercise Science Committee

Community Leadership

- Fellow the American College of Sports Medicine.
- Member American College of Sports Medicine – current.
- Member American Society of Epidemiology – current.
- Judge, HOSA Delaware, 2017,2018.
- Health Sciences Summer Camp Committee, College of Health Sciences, UD, 2018-present.
- Member, KC-Chronic Disease Coalition – 2006-2008
- Member, The Ohio State University, PAES Instructional Enhancement Initiative, 2002-2003.
- Judge, The Ohio State University Extension, 4-H Youth Program.
- Chair, American College of Sports Medicine National Conference symposium “Cardiovascular Disease Risk Factors I” Baltimore, MD, 2001.
- Chair, Health Promotion in Business, Texas Alliance for Health, Physical Education, Recreation and Dance, 1999-2000.
- Member Texas Chapter of the American College of Sports Medicine, 1996-2000
- Member Texas Alliance for Health, Physical Education, Recreation and Dance, 1997-1999
- Member Forum for Exercise, Sport, and Physical Activity. Steering Committee, 1997.
- Advisor, Pasadena Independent School District: Committee on Physical Fitness Testing in Physical Education Class. October 1996 - 1997.
- Organizer, San Jacinto Family YMCA - Health Kids Day. April 1997.
- Organizer, San Jacinto Family YMCA - Youth Watch on Weight. June - Aug 1997.
- Scientific Advisor, San Jacinto YMCA. Aug. 1997 - 1999.

Community Engagement

- Volunteer, Salvation Army: 2008 – present.
- Volunteer, Cross-Lines: 2009 – 2016.
- Collaborator: Local Initiative Support Corporation (LISC): 2009-2016
- Volunteer, Nelson Atkins Museum: 2009-2012.
- Collaborator: Medary Elementary School, Columbus, Ohio: 2002-2005.
- Volunteer, 4-H of Ohio: 2001-2004.
- Volunteer Research Coordinator: Ohio State Wellness Collaborative: 2003
- Volunteer: Chicano Family Center: For the Health of the Family Project: 1999.
- Volunteer, Regional Advisory Committee for Adolescent Health: 1999.
- Volunteer, Pasadena Independent School District, Committee on Physical Fitness Testing in Physical Education Class: 1998.
- Volunteer, San Jacinto Family YMCA, Medical Advisory Board: 1997-1999.
- Volunteer, Museum of Health and Medical Science: 1998.
- Volunteer, San Jacinto YMCA, First Step Program: 1997.
- Volunteer, Good Neighbor Clinic Adolescent Outreach Program. 1997.

- Volunteer, Houston Galveston Area Council: 1997.
- Volunteer, State of Texas, “Beneficios: Providing Guidance to Mexican American Fathers”: 1996.
- Volunteer, Texas Coordinating Board for Higher Education: 1996

Awards:

- OSU, College of Education 2003 Distinguished Scholarship Award: Given to faculty who advance their field, transform knowledge, and contribute to public policy.
- Office of Information Technology (OIT) Course Enhancement Award 2002.
- Jean M. Slack Fellowship: Awarded to one doctoral student each year for excellent scholarly accomplishments.
- ACSM Certified Exercise Specialist for Preventive and Rehabilitative Exercise Programs.