

**ELIZABETH ORSEGA-SMITH, PhD**

Associate Professor

Department of Behavioral Health & Nutrition

University of Delaware

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**EDUCATION**

PhD	<b>The Pennsylvania State University</b> Biobehavioral Health with emphasis in Exercise and Health Psychology. Dissertation: <i>Physical activity changes through self-efficacy and social support in post-menopausal women</i> (Chair: Shannon Mihalko)	2000
MS	<b>East Stroudsburg University</b> Cardiac Rehabilitation and Primary Prevention	1989
BS	<b>The Pennsylvania State University</b> Exercise and Sports Science.	1988

**PROFESSIONAL EXPERIENCE**

	<b>UNIVERSITY OF DELAWARE</b>	
2007- present	Associate Professor in Behavioral Health & Nutrition	
2009- present	Program Director, Graduate Health Promotion Program	
	<b>UNIVERSITY OF DELAWARE</b>	
2001- 2007	Assistant Professor in Health, Nutrition & Exercise Sciences Faculty Member in Graduate Health Promotion Program	
	<b>THE PENNSYLVANIA STATE UNIVERSITY</b>	
2000-01	Post-doctoral Fellow	
	<b>THE PENNSYLVANIA STATE UNIVERSITY</b>	
1996-00	Research Associate/Assistant	
	<b>THE PENNSYLVANIA STATE UNIVERSITY</b>	
1996-99	Instructor, Biobehavioral Health & Kinesiology Cardiovascular Psychophysiology Lab Coordinator	

**HONORS AND AWARDS**

- 2021 Excellence in Service Award, Society of Behavioral Medicine
- 2018 Excellence in Service Award, College of Health Sciences
- 2018 Mary W. Wells Memorial Diversity Award, 2<sup>nd</sup> place Eastern Region Winner, National Extension Association of Family & Consumer Sciences

- 2018 Mary W. Wells Memorial Diversity Award, 3<sup>rd</sup> place National Winner, National Extension Association of Family & Consumer Sciences
- 2017 University of Delaware Excellence in Advising and Mentoring Nomination
- 2011 University of Delaware Excellence in Advising and Mentoring Nomination
- 2009 University of Delaware Excellence in Teaching Nomination
- 2004 Physical Activity and Public Health Fellow

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## SCHOLARLY ACTIVITY

(32% of my workload)

### Referred Publications at rank

# denotes lead, corresponding, or senior author; \* denotes mentored graduate student; + denotes mentored undergraduate student

1. Robson, S., Rex, S., Greenwalt, K., Peterson, P. & #**Orsega-Smith, E.** (2021). Using participatory research to engage underserved population in healthy eating and physical activity behaviors in Delaware. *Nutrients* 13 (7): 2353.  
<https://doi.org/10.3390/nu13072353>
2. Kuczarski, M, **Orsega-Smith, E.**, Mode, N, Rawal, R, Evans, M, & Zonderman, A. (2021). Healthy Behaviors Associated with Changes in Mental and Physical Strength in Urban African American and White Adults. *Nutrients* 13 (6): 1824.  
<https://doi.org/10.3390/nu13061824>
3. #**Orsega-Smith E**, \*Beiman, A., & +Keough, K. (2021). Engaging Older Adults through a Virtual Brain Training Program. *Journal of Gerontology and Geriatric Medicine*, 7: 084  
DOI: 10.24966/GGM-8662/100084
4. \*Groot, M., & #**Orsega-Smith, E.** (2020). Frailty vs. Wise as Thematic Verbatim Perceptions of Aging from College Students Enrolled in a Health and Aging Course. *Creative Education*, 11(08), 1231.
5. #**Orsega-Smith, E. M.**, \*Kalksma, P. J., +Harris, W., & +Drazich, B. (2020). Older Adults and Exergames Olympics: Feasibility and Fun. *Activities, Adaptation & Aging*, 1-17.
6. Suminski, R. R., Dominick, G. M., Saponaro, P., **Orsega-Smith, E. M.**, Plautz, E., & Saponaro, M. (2020). High-Tech Video Capture and Analysis for Counting Park Users. *Journal for the Measurement of Physical Behaviour*, 1(aop), 1-10.

7. Bowen, M. E., Gaynor, B., Phillips, L. J., **Orsega-Smith, E.**, Lavery, A., Mitchell, A. B., & Basehore, H. K. (2020). Factors Associated With Health Service Use Among Older Adults in a Mobile Veterans Program. *Journal of Gerontological Nursing*, 46(5), 15-22.
8. **#Orsega-Smith E**, Goodwin S, Ziegler M, \*Greenawalt K, \*Turner J, †Rathie E.(2019). Aging and the Art of Happiness: Time Effects of A Positive Psychology Program with Older Adults. *OBM Geriatrics*;3(1):19; doi:10.21926/obm.geriatr.1901029.
9. \*Greenawalt, K., **#Orsega-Smith, E.**, \*Turner, J., Goodwin, S. & †Rathie, E. (2019). The impact of “The Art of Happiness” class on community dwelling older adults: a positive psychology intervention, *Activities, Adaptation & Aging*, 43:2, 118-132, DOI: 10.1080/01924788.2018.1493898
10. **#Orsega-Smith, E.**, \*Slesinger, N. & Cotugna, N. (2019) Local Pediatricians Partner with Food Bank to Provide Produce Prescription Program, *Journal of Hunger & Environmental Nutrition*, 15(3), 353-359. DOI: 10.1080/19320248.2019.1592051
11. Suminski RR, Robson SM, May LL, \*Blair RI, **Orsega-Smith EM**.(2018). Actual neighborhood-level crime predicts body mass index z-score changes in a multi-racial/ethnic sample of children. *Preventive Medicine Reports*,12,164-169. doi: 10.1016/j.pmedr.2018.09.012. eCollection 2018 Dec.
12. \*Turner, J., \*Greenawalt, K., Goodwin, S., †Rathie, E., & **#Orsega-Smith** (2017). The development and implementation of the Art of Happiness in community-dwelling older adults. *Educational Gerontology*, 43 (12), 630-640.
13. Robson,S., **Orsega-Smith,E.**, \*Greenawalt, K. & Peterson, P. ( 2017). The Association Between Fruit and Vegetable Consumption and Fruit and Vegetable Stage of Change in Underserved Communities Engaging With Cooperative Extension Services. *Journal of Nutrition Education & Behavior*,49(9), 772-776.
14. Papas, M., \*Stoltz, N., & **#Orsega-Smith, E.**, Sparling, E., & Freedman, B. (2017).The Importance of Inclusion for Cardiovascular Health Promotion Programs in Delaware, *Health Promotion Practice*, June DOI: 10.1177/1524839917704209
15. \*Jackey, B., Cutogna, N., & **#Orsega-Smith** (2017). Food label knowledge, usage and attitudes of older adults. *Journal of Nutrition in Gerontology and Geriatrics*,36(1), 31-47.
16. Payne, L., Zimmerman, J., Mowen, A.,**Orsega-Smith, E.**, & Godbey, G. (2013). Community size as a factor in health partnerships in community parks and recreation, 2007. *Preventing Chronic Disease*, 10:120238. DOI: <http://dx.doi.org/10.5888/pcd10.120238>

17. **#Orsega-Smith, E.**, Getchell, N., & \*Palkovitz, L. (2012). Does gender influence physical activity and psychosocial factors in older adult exercisers? A pilot study. *Women in Sports and Physical Activity Journal*, 21, 61-70.
18. **#Orsega-Smith, E.**, <sup>+</sup>Davis, J., <sup>+</sup>Slavish, K., & <sup>+</sup>Gimbutas, L. (2012). Wii Fit Balance Intervention in Community-Dwelling Older Adults. *Games for Health Journal*, Vol. 1, No. 6: 431-435.
19. Mowen, A., Payne, L., **Orsega-Smith, E.**, & Godbey, G. (2009). Assessing the health partnerships practices of park and recreation agencies: Findings and implications from a national survey. *Journal of Park and Recreation Administration*, 27 (3), 116-131.
20. **#Orsega-Smith, E.** & Getchell, N. (2009). The older exerciser: Comparing physical function between team and individual sport participants. *Journal of Health, Social, and Environmental Issues*, 10 (1), 41-50.
21. **#Orsega-Smith, E.**, Getchell, N., \*Neeld, K., \*MacKenzie, S. (2008). Teaming up for senior fitness: A group-based approach. *JOPERD*, 79 (1), 39-44.
22. **#Orsega-Smith, E.**, Payne, L., Mowen, A., Ho, C., & Godbey, G. (2007). The role of social support and self-efficacy in shaping leisure time physical activity in older adults. *Journal of Leisure Research*, 39 (4) 705-727.
23. Mowen, A., **Orsega-Smith, E.**, Payne, L., Ainsworth, B., & Godbey, G. (2007). The role of park proximity and social support in shaping park visitation, daily physical activity, and perceived health. *Journal of Physical Activity and Health*, 21(2), 167-179.
24. Bibik, J., **Orsega-Smith, E.**, & Goodwin S. (2007). High school students' attitudes towards physical education in Delaware. *The Physical Educator*, 64 (4), 192-204.

Refereed Publications prior to 2007

25. Sasidharan, V., Payne, L., **Orsega-Smith, E.**, & Godbey, G. (2006). Older adults' physical activity participation and perceptions of wellbeing: Examining the role of social support for leisure. *Managing Leisure*, 11(3), 164-185.
26. Hutnick, N., Williams, N., Kraemer, W., **Orsega-Smith, E.**, Dixon, R., Bleznak, A., & Mastro, A. (2005). Exercise and lymphocyte activation following chemotherapy for breast cancer. *Medicine and Science in Sports and Exercise*, 37 (11), 1827-1836.
27. Payne, L., **Orsega-Smith, E.**, Godbey, G., & Roy, M. (2005). The relationship between personal health and park use among adults 50 and over: Results from an exploratory study. *Journal of Park and Recreation Administration*, 23(2), 1-20.
28. Peterson, M., **Orsega-Smith, E.**, & Tholstrup, L. (2004). Validity of the body mass index-silhouette matching test. *American Journal of Health Behavior*, 28(5), 437-443.

29. **Orsega-Smith, E.**, Mowen, A., Payne, L., & Godbey, G. (2004). The interaction of stress and park use on psycho-physiological health in older adults. *Journal of Leisure Research*, 26(2), 232-256.
30. **Orsega-Smith, E.**, Payne, L., & Godbey, G. (2003). Physical and psychosocial characteristics of older adults who participate in a community-based exercise program. *Journal of Aging & Physical Activity*, 11(4), 516-532.
31. Ho, C., Payne, L., **Orsega-Smith, E.**, & Godbey, G. (2003). The role of municipal recreation and parks in public health. *Parks & Recreation*, 38 (4), 18, 20-27.
32. Payne, L., Mowen, A., & **Orsega-Smith, E.** (2002). An examination of park preferences and behaviors among urban residents: the role of residential location, race, & age. *Journal of Leisure Sciences*, 24 (2), 181-198.
33. **Orsega-Smith, E.**, Payne, L., Catzenmeyer, C., & Godbey, G. (2000). Community recreation and parks: the benefits of a healthy agenda. *Parks and Recreation*, 35 (10), 68-74.
34. Payne, L., **Orsega-Smith, E.**, Godbey, G., & Spangler, K. (1999). The role of leisure in health. *Parks and Recreation*, 34 (10), 72-77.
35. Payne, L., **Orsega-Smith, E.**, Godbey, G., & Roy, M (1998). Local parks and the health of older adults: Results from an exploratory study. *Parks and Recreation*, 33 (10), 64-70.

#### Manuscripts in Review

Orsega-Smith, Beiman, & Wolfle. (In review). Snapshot of Senior Centers in Delaware Coping with COVID- 19 Restrictions, Challenges and Successes. *Journal of Community Practice*.

Sullivan, **Orsega-Smith**, Mackenzie, Mattei, Greenawalt, & Peterson (Revise and resubmit). Subjective and objective perceptions of weight in Hispanics and African Americans and its relationship to fruit and vegetable consumption and physical activity. *Journal of Health Disparities, Research, & Practice*.

#**Orsega-Smith**, Wolfle, Amato (in review). Outcomes Associated with a Community-based Brain Training Program for Older Adults. *Journal of Activities Adaptations and Aging*.

Pacanowski, **Orsega-Smith**, & Donovan (in review). Exploring the effects of daily self-weighting: behavioral and psychological responses to the scale among female undergraduates. *Journal of American College Health*.

#### Invited publications:

Heffner, Hughes, **Orsega-Smith** (2020). Fostering Collaborations Between SBM and GSA: An Interview with Dr. Barbara Resnick. *Fall 2020 SBM Outlook*  
<https://www.sbm.org/publications/outlook/issues/fall-2020/fostering-collaborations-between-sbm-and-gsa-an-interview-with-dr-barbara-resnick/full-article>

Freiberg-Felsted & **Orsega-Smith** (2019). Mindful Aging: Improved pathway towards health and quality of life. *Summer 2019 SBM Outlook*.  
<https://www.sbm.org/publications/outlook/issues/summer-2019/mindful-aging-pathway-improved-health-quality-of-life/full-article>

**Orsega-Smith, E.** (2010). Nintendo's Wii and senior adults: What can we learn? *American College of Sports Medicine Bulletin*, August 24, 2010.  
<https://www.multibriefs.com/briefs/acsm/active8-24.htm>

Payne, L., Mowen, A., Godbey, G., & **Orsega-Smith, E.** (2008). Working towards a common goal. *Park and Recreation*, September, 103-109.

#### Manuscripts in Preparation

**Orsega-Smith**, Goodwin, Greenawalt, Turner. (In preparation). College students and Happiness *Journal of School Health*

Williams, **Orsega-Smith** & Ruggiero ( In preparation). Exploring technology and its perceptions and intentions to use in older adults. *Journal of Medical Internet Research- Aging*.

Orsega-Smith, Dominick & Peterson. (In preparation) Process Evaluation Examining the Formative Steps for CBPR in 2 Ethnically Diverse Communities. *Journal of Health Promotion Practice*.

Orsega-Smith, Ruggiero, Leonard, Amato, O'Hara. (in preparation). Demo, Debrief, and Do: Lessons learned . *Innovative Higher Education*.

#### Published Books or Book Chapters

1. *Leisure, Health and Wellness: Making the connections* (2<sup>nd</sup> edition; in progress). Payne, L.L., Schmalz, D., **Orsega-Smith, E.**, & Janke, M. (eds.). Sagamore-Venture Publishing.
2. Payne , L. **Orsega-Smith, E.** (2010). Relations between leisure and wellness. In L. Payne, B. Ainsworth, & G. Godbey ( Eds.) *Leisure, Health, & Wellness: Making the Connections*. ( pp. 21-30). State College, Pennsylvania: Venture Publishing.

3. Katzenmeyer, C., Payne, L., & **Orsega-Smith, E.** (2003). *Active Options Resource Guide Improving the health of older adults*. National Recreation and Park Association: Ashburn, VA.

### **Published Abstracts**

1. Hughes, **Orsega-Smith, E.**, McMahon, & Lorig (2021). Rapid Adaptation and Translation of Health Promotion Programs for Older Adults: Lessons Learned from the COVID-19 Pandemic. *Annals of Behavioral Medicine*, (Vol 55, pp S598).
2. **Orsega-Smith, E.**\*Beiman, & <sup>+</sup>Keough. (2021). Impact of a virtual community brain training program for community dwelling older adults. *Annals of Behavioral Medicine* (Vol 55, ppS268).
3. **Orsega-Smith, E.**, <sup>+</sup>Wolfle, B. D., & <sup>+</sup>Amato, N. M. (2020, May). Feasibility study of a brain training program in senior center. *Annals of Behavioral Medicine* (Vol. 54, pp. S258-S258).
4. \*Sahd, L., Fang, R., Baker, S. **Orsega-Smith, E.** & Weins, K. (2019, October), Barriers to Cooking and Culinary Confidence Among College Athletes. *Journal of the Academy of Nutrition and Dietetics*. Vol 119 (10), S A 109.
5. \*Williams, S., **Orsega-Smith, E.**, & Ruggiero, L. (2019, March). Tailoring and implementing a healthy living interventions for diverse older adults attending a senior center: Lessons learned. *Annals of Behavioral Medicine*. (Vol. 53, pp. S583-S583).
6. Gothe, N. P., **Orsega-Smith, E.**, Escoffery, C., Niemiec, S. L. S., Hevel, D. J., & Mullen, S. P. (2019, March). Aging with technology: Importance of technology to the future of geriatric health promotion research and practice. *Annals of Behavioral Medicine*. (Vol. 53, pp. S477-S477).
7. **Orsega-Smith, E.**, & Goodwin, S. (2019, March). Impact of a positive psychology course for older adults over time. *Annals of Behavioral Medicine*. (Vol. 53, pp. S327-S327).
8. \*Blair, R. I., **Orsega-Smith, E.**, & Mackenzie, M. (2018, April). Personality dimensions predict perceived stress levels, mindfulness scores, and coping styles in college students. *Annals of Behavioral Medicine* (Vol. 52, pp. S368-S368).
9. **Orsega-Smith, E.**, <sup>+</sup>Rathie, E., \*Turner, J. L., \*Greenawalt, K. E., & Goodwin, S. (2018, April). Comparison of college students and older adults in happiness intervention. *Annals of Behavioral Medicine* (Vol. 52, pp. S353-S353).

10. **Orsega-Smith, E.**, Dominick, G. M., & \*Greenawalt, K. E. (2018, April). Examining physical activity influences within African American and Hispanic communities. *Annals of Behavioral Medicine* (Vol. 52, pp. S594-S594).
11. \*Greenawalt, K. E., **Orsega-Smith, E. M.**, Goodwin, S., \*Turner, J. L., & +Rathie, E. (2017, March). Predictors of subjective happiness in older adults. *Annals of Behavioral Medicine*. (Vol. 51, pp. S2214-S2215).
12. **Orsega-Smith, E. M.**, Goodwin, S., \*Greenawalt, K., \*Turner, J., & +Rathie, E. (2017, March). Instilling the art of happiness in community dwelling older adults. *Annals of Behavioral Medicine* (Vol. 51, pp. S1326-S1327).
13. **Orsega-Smith, E. M.**, Robson, S., & \*Greenawalt, K. (2017, March). Stages of change and fruit and vegetable consumption in minority populations. *Annals of Behavioral Medicine* (Vol. 51, pp. S2393-S2394).
14. **Orsega-Smith, E.**, \*Tudose, A., \*Sullivan, J., & \*Greenawalt, K. E. (2016, March). Community based participatory research approach to active living in Latino African American Communities. *Annals of Behavioral Medicine*. (Vol. 50, pp. S322-S322).
15. \*Kalksma, P., & **Orsega-Smith, E.** (2016, March). The effects of journaling and assisted bibliotherapy techniques on undergraduate stress levels. *Annals of Behavioral Medicine*. (Vol. 50, pp. S273-S273).
16. **Orsega-Smith, E.**, +Ferguson, J., +Plante, K., & +Farrell, A. (2014, April). Wii Fitt balance intervention for community dwelling older adults. *Annals of Behavioral Medicine* (Vol. 47, pp. S279-S279).
17. **Orsega-Smith, E.**, & \*Kukich, C. (2010, October). Caloric expenditure in Wii bowling older adults. *Gerontologist* (Vol. 50, pp. 338-338).
18. **Orsega-Smith, E.**, \*Smith, K., & \*Kukich, C. (2010, May) Analysis of Caloric Expenditure in Older Adults Playing the Wii. *Medicine & Science in Sports & Exercise: May 2010 - Volume 42 - Issue 5 - p 594.*  
doi: 10.1249/01.MSS.0000385482.91251.14
19. **Orsega-Smith, E.**, Payne, L., & Godbey, G. (2008, October). Leisure style and health among older adults: Does style matter? *Gerontologist* (Vol. 48, pp. 13-13).

Published Abstracts Prior to 2007

20. Concklin, E., Provost-Craig, M., **Orsega-Smith, E.**, & Getchell, N. (2006). Effects of a comprehensive, short-term exercise training program on balance, strength, mobility, and gait in older adults. *Medicine in Science in Sports and Exercise*, 38 (5S).



21. Payne, L., **Orsega-Smith, E.**, Godbey, G., & Van Puymbroeck.(2005). Psychosocial, environmental and demographic correlates of park use among three age cohorts of older adults. *Gerontologist*, 45S.
22. **Orsega-Smith, E.**, Ho, C.H., Payne, L., & Godbey, G. (2004). Factors affecting older adults' use of local parks and the mediating/moderating role of social supporting this relationship. *Gerontologist*, 44S.
23. **Orsega-Smith, E.**, Mastro, A.M., & Williams, N. (2004). Impact of strength training on quality of life and physical function in breast cancer survivors. *Annals of Behavioral Medicine*, 27S.
24. **Orsega-Smith, E.** & Payne, L. (2002). Effects of participation in a community wellness program for older adults. *Medicine and Science in Sports and Exercise*, 34 (5S).
25. **Orsega-Smith, E.** & Mihalko, S. (2002). Esteem changes over the course of an intervention for older women. *Annals of Behavioral Medicine*, 24S.
26. Payne, L & **Orsega-Smith, E.** (2001). Local parks and recreation as a context for health promotion: An impact study. *Gerontologist*, 41S.
27. **Orsega-Smith, E.**, Williams, N., & Mastro, A.(2001). Fatigue, quality of life, and physical function after chemotherapy for breast cancer. *Medicine and Science in Sports and Exercise*, 23 (5S).
28. Perry, M., Mastro. A., **Orsega-Smith, E.**, Miles, M., & Williams, N. (2001).Exercise training and immune function following chemotherapy for breast cancer. *Medicine and Science in Sports and Exercise*, 23 (5S).

#### Refereed Presentations

International/National Presentations:

\* denotes mentored graduate student; + denotes mentored undergraduate student

1. Ruggiero, L., **Orsega-Smith, E.**, & Barmaki , R.(2021). *Formative Examination of a Multi-Focus Educational Exergame Designed for Older Adults*. Presented at the Gerontological Society of America Scientific Meeting. Virtual Meeting. November 2021.
2. **Orsega-Smith, E.**, Kuczmariski, M. Davey, A., \*Wolfle, B., Evans, M., & Zonderman, A. (2021) *Do Inflammation Markers Moderate Associations Between Caregiving and Quality of Life, Health, and Depression*. Presented at the Gerontological Society of America Scientific Meeting. Virtual Meeting. November 2021.

3. Hughes, **Orsega-Smith, E.**, McMahon, & Lorig (2021). *Rapid Adaptation and Translation of Health Promotion Programs for Older Adults: Lessons Learned from the COVID-19 Pandemic*. Presented at Annual Meeting of the Society of Behavioral Medicine, Virtual. April 2021.
4. **Orsega-Smith, E.**, \*Beiman, & <sup>+</sup>Keough. (2021). *Impact of a virtual community brain training program for community dwelling older adults*. Presented at the Annual Meeting of the Society of Behavioral Medicine. Virtual. April 2021.
5. Goodwin, S. & **Orsega-Smith, E.** (2020). *Happy Students=Healthy Students and Happy School=Healthy School*. Presented at the Head to Toe Conference. Virtual Conference. July 2021.
6. \*Williams, **Orsega-Smith, E.**, & Ruggiero (2020). *Exploring Technology Perceptions and Intentions to Use in Older Adults*. Presented at Gerontology Society of America. Virtual Conference. November 2020.
7. **Orsega-Smith, E.**, <sup>+</sup>Wolfe, B. D., & <sup>+</sup>Amato, N. M. (2020). *Feasibility Study of a Brain Training Program in Senior Centers*. Annual Meeting of the Society of Behavioral Medicine. (meeting cancelled) presentation accepted.
8. Lessard, L. & **Orsega-Smith, E.** (2019). *Parent Support for Changes to Food Served in Child Care Facilities in Delaware Under the USDA's Child and Adult Food Program (CACFP)*. Presented at American Public Health Association Annual Meeting, Philadelphia, PA. November 2019.
9. \*Sahd, L., Fang, R., Baker, S. Weins, K., & **Orsega-Smith, E.** (2019). *Barriers to Cooking and Culinary Confidence Among College Athletes*. Presented at the Annual Food and Nutrition Conference and Expo. Philadelphia, PA. October 2019.
10. Gothe, N. P., **Orsega-Smith, E.**, Escoffery, C., Niemiec, S. L. S., Hevel, D. J., & Mullen, S. P. (2019). *Aging with technology: Importance of technology to the future of geriatric health promotion research and practice*. Presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. Washington, DC. March 2019.
11. \*Williams, S., **Orsega-Smith, E.**, & Ruggiero, L. (2019). *Tailoring and implementing a healthy living intervention for diverse older adults attending a senior center: Lessons learned*. Presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. Washington, DC. March 2019.
12. **Orsega-Smith, E.**, Goodwin, S., \*Rathie, E., Turner, J., & Greenawalt, K. (2019). *Impact of a positive psychology course for older adults over time*. Presented at the 40th

Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC. March 2019.

13. Goodwin, \*Rathie, **Orsega-Smith, E.**, Turner, Greenawalt.(2018). *Impact of a Happiness Intervention on one's well-being*. Paper presented at American School Health Association. Indianapolis, Indiana. October 2018.
14. **Orsega-Smith, E.**, Goodwin, Greenawalt, Turner, &\*Rathie. (2018). *Instilling the Art of Happiness in Community Dwelling Older Adults*. Presented at the National Aging Summit. American College of Preventive Medicine. Washington, DC. July 2018.
15. **Orsega-Smith, E.**, Dominick, \*Greenawalt, & Peterson. (2018). *Examining Physical Activity Influences within African American and Hispanic Communities*. Presented at the Annual Meeting of the Society of Behavioral Medicine. New Orleans, Louisiana. April 2018.
16. \*Blair, R., **Orsega-Smith, E.** & Mackenzie, M. (2018). *Personality Predicts Perceived Stress, Mindfulness Scores, and Coping Styles in College Students*. Presented at the Annual Meeting of the Society of Behavioral Medicine. New Orleans, Louisiana. April 2018.
17. **Orsega-Smith, E.**, \*Rathie, Turner, Greenawalt, Goodwin. (2018). *Comparison of college students and older adults in happiness intervention*. Presented at the Annual Meeting of the Society of Behavioral Medicine. New Orleans, Louisiana. April 2018.
18. Payne, Chen, **Orsega-Smith, E.**, Broughton, & Godbey. (2017). *Can Social Support for Physical Activity Backfire? The nuanced role of Social Support on Physical Activity & Health in Older Adults*. Presented at the National Taiwan University/University of Illinois at Urbana Champaign Global Issues Forum, Champaign, IL, September 21, 2017.
19. **Orsega-Smith, E.**, Goodwin, \*Greenawalt, \*Turner & +Rathie. (2017). *Lessons Learned From Teaching the Art of Happiness to Older Adults*. Presented at the International Association of Gerontology and Geriatrics World Conference. San Francisco, CA. July 2017.
20. **Orsega-Smith, E.**, Goodwin, \*Greenawalt, \*Turner, +Rathie. (2017). *Instilling the Art of Happiness in Community Dwelling Older Adults*. Presented at the Annual Meeting of the Society of Behavioral Medicine. San Diego, CA. March 2017.
21. \*Greenawalt, **Orsega-Smith, E.**, Goodwin, \*Turner, +Rathie. (2017). *Predictors of Subjective Happiness in Older Adults*. Presented at the Annual Meeting of the Society of Behavioral Medicine. San Diego, CA. May 2017.  
#student award winner for Aging Special Interest Group

22. **Orsega-Smith, E.,** \*Greenawalt, Robson & Peterson . (2017). *Stages of Change and Fruit and Vegetable Consumption in Minority Populations*. Presented at the Annual Meeting of the Society of Behavioral Medicine. San Diego, CA. May 2017.
23. **Orsega-Smith, E.,** \*Sullivan, \*Greenawalt. (2016). *Community Based Participatory Research approach to active living in Latino and African American communities*. Presented at the Annual Society of Behavioral Medicine Conference, Washington, DC, April 2016 .
24. <sup>+</sup>Santiago, <sup>+</sup>Magana, Papas, **Orsega-Smith, E.** (2016). *Una Vida Saludable: A PhotoVoice Project to Address Healthy Eating and Active Living Among Hispanic/Latino Adolescents*. Presented at the Annual Society of Behavioral Medicine Conference. Washington, DC, April 2016.
25. **Orsega-Smith, E.,** Ferguson, Plate, & Ferrell.(2014). *Wii Fitt balance Intervention for Community Dwelling Older Adults*. Presented at the Annual Society of Behavioral Medicine Conference. Philadelphia, PA. April 2014.
26. Payne, L. L., **Orsega-Smith, E.,** & Godbey, G. C. (2012). *Exploring the relationship between leisure style and health among adults 50 and over*. World Leisure Congress, Rimini, Italy. September 2012.
27. Payne, Zimmerman, Mowen, **Orsega-Smith, E.** & Godbey.(2011). *When it comes to Health Partnerships: Size Matters*. Presented at the National Recreation and Parks Association. Atlanta, Georgia. November 2011.
28. **Orsega-Smith, E.** & Kukich. (2010). *Caloric expenditure in Wii bowling older adults*. Presented at the Gerontological Society of America, New Orleans, LA, November 2010.
29. **Orsega-Smith, E.,** Smith, Kukich.(2010). *Analysis of Caloric Expenditure in Older Adults Playing the Wii*. Presented at the American College of Sports Medicine, Baltimore, MD, June 2010.
30. **Orsega-Smith, E.,** Payne,L., & Godbey, G. ( 2008). *Leisure style and health among older adults: Does style matter to health?* Presented at the Gerontological Society of America, Washington, DC, November 2008.
31. Mowen, A., Payne, L. L., **Orsega-Smith, E.,** & Godbey, G. (2008). *Health partnerships: Findings and implications from a national study*. Presented at the National Recreation and Park Association Leisure Research Symposium, Baltimore, MD. October 2008.

32. **Orsega-Smith, E.**, Beeson, K., Son, J., & Yanke, H.(2007). *Symposium #2: Psychosocial and physical aspects of Leisure Time Physical Activity*. Presented at the Gerontological Society of America, San Francisco, CA, November 2007.
33. **Orsega-Smith, E.**, Mackenzie, S., Neeld, K., Carrio, V., & Getchell, N. (2007). *Psychosocial factors in older adult team sports participants*. Presented at the Society of Behavioral Medicine Annual Meeting, Washington, DC., March 2007.
34. **Orsega-Smith, E.**, Mackenzie, S., Neeld, K., Carrio, V., & Getchell, N. (2007) *Navigating the aging processes: Does type of physical activity impact the continuum of aging?* AAHPERD, Baltimore, Maryland, March, 2007.

National/International Presentations Prior to 2007:

35. **Orsega-Smith, E.**, Payne, L., Mowen, A., Ho, C., & Godbey, G.(2006). *The Role of Social Support, Self-Efficacy, and Constraints to Physically Active Recreation in Older Adults*. Presented at the 59<sup>th</sup> Annual Scientific Meeting of Gerontological Society of America, Dallas, Texas. November 2006.
36. Concklin, E., Provost-Craig, M., **Orsega-Smith, E.**, & Getchell, N. (2006). *Effects of a comprehensive, short-term exercise training program on balance, strength, mobility, and gait in older adults*. American College of Sports Medicine 53<sup>rd</sup> Annual Meeting, Denver, Colorado. June 2006.
37. Hutnick, N.A., Williams, N.I., Kraemer, W.J., **Orsega-Smith, E.**, Dixon, R.H., Bleznak, A.D., & Mastro, A.M. (2006). *Exercise Intervention and Lymphocyte Activation Before and After Chemotherapy for Breast Cancer*. Presented at the 97th Annual Meeting of the American Association for Cancer Research, Washington, DC, April 2006.
38. Payne, L., **Orsega-Smith, E.**, Godbey, G. & Van Puymbroeck.(2005). *Psychosocial, environmental and demographic correlates of park use among three age cohorts of older adults*. Presented at the Gerontological Society of America, Orlando, Florida, November 2005.
39. Payne, L., **Orsega-Smith, E.**, & Godbey, G. (2005). *Psychosocial, environmental and demographic correlates of park use among older adults*. Presented at NRPA Leisure Research Symposium, San Antonio, TX, October 2005.
40. Mastro, A. M. Hutnick, Williams, N.I., Kraemer, W. J., **Orsega-Smith, E.**, Dixon, R. H. & Bleznak, A. D. (2005). *The Use of Exercise to Increase Lymphocyte Activation Following Chemotherapy for Breast Cancer*. Presented at the Era of Hope, Department of Defense, Breast Cancer Research Program Meeting, Philadelphia, PA, June 2005.

41. Hutnick, N., Williams, N.I, Kraemer, W.J., **Orsega-Smith, E.**, Dixon, R.H., Bleznak, A. D., & Mastro, A.M. (2005). *Exercise intervention and lymphocyte activation before and after chemotherapy for breast cancer*. Presented at the 96th Annual Meeting of the American Association for Cancer Research, Anaheim, CA, April 2005.
42. **Orsega-Smith, E.**, Ho, C.H., Payne, L., & Godbey, G.(2004). *Factors affecting older adults' use of local parks and the mediating/moderating role of social supporting this relationship*. Presented at the Gerontological Society of America National Meeting, Washington, D.C., November 2004.
43. Payne, L., **Orsega-Smith, E.**, & Godbey, G. (2004). *Public parks and recreation and health: Key findings from a national study*. Presented at National Recreation and Park Association Annual Congress, Reno, Nevada, October 2004.
44. Hutnick, N.A., Williams, N.I, Kraemer, W.J., **Orsega-Smith E.**, Dixon R.H., Bleznak A.D., & Mastro A.M. (2004).*Exercise intervention and Th1 (IFN-gamma) and Th2 (IL-6) cytokines following chemotherapy for breast cancer*. Presented at the 95<sup>th</sup> Annual Meeting of the American Association for Cancer Research, Orlando, FL, March 2004.
45. **Orsega-Smith, E.**, Mastro, A.M., & Williams, N. (2004). *Impact of strength training on quality of life and physical function in breast cancer survivors*. Presented at the Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Baltimore, Maryland. March 2004.
46. **Orsega-Smith, E.** & Payne, L. (2002). *Effects of participation in a community wellness program for older adults*. Presented at the American College of Sports Medicine, St. Louis, Missouri. May 2002.
47. **Orsega-Smith, E.** & Mihalko, S. (2002). *Esteem changes over the course of an intervention for older women*. Presented at the Society of Behavioral Medicine, Washington, D.C., April 2002.
48. Mastro, A.M., Williams, N.I, Ford, J., Fuener, K., **Orsega-Smith, E.**, Kraemer, W. J., Bleznak, A.D., Dixon, R.H , Underwood, J., Miles, M. & Wagner. K. (2002).*IL-6 and Interferon-Gamma Levels following Chemotherapy for Breast Cancer*. Presented at the American Association for Cancer Research 93<sup>rd</sup> Annual Meeting, San Francisco, CA, April 2002.
49. Payne, L & **Orsega-Smith, E.** (2001). *Local parks and recreation as a context for health promotion: An impact study*. Presented at the Gerontological Society of America, Chicago, Illinois. November, 2001.
50. **Orsega-Smith, E.**, Williams, N., & Mastro, A. (2001). *Fatigue, quality of life, and physical function after chemotherapy for breast cancer*. Presented at the American College of Sports Medicine, Baltimore, Maryland. June 2001.

51. Perry, M., Mastro, A., **Orsega-Smith, E.**, Miles, M., & Williams, N. (2001). *Exercise training and immune function following chemotherapy for breast cancer*. Presented at the American College of Sports Medicine, Baltimore, Maryland. June 2001.
52. **Orsega-Smith, E.**, Mihalko, S.L., & Graham, J.W. (2000). *Efficacy Changes Over the Course of a 12 Week Physical Activity Intervention in Post-menopausal Women*. Presented at the 53<sup>rd</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C. November 2000.
53. **Orsega-Smith, E.** & Mihalko, S.L. (2000). *Incorporating Physical Activity into the Daily Lives of Women*. Presented at the American College of Sports Medicine, Indianapolis, Indiana. June 2000.
54. **Orsega-Smith, E.** & Mihalko, S.L. (2000). *Self-efficacy and Self-esteem in Older Women*. Presented at the Society of Behavioral Medicine Annual Meeting, Nashville, Tennessee. April 2000.
55. **Orsega-Smith E.**, Payne, L., Roy, M. & Godbey, G. (1999). *The Relationship Between Daily Stress and Park Activity in Adults Ages 50 and Over*. Presented at the 5<sup>th</sup> World Congress on Physical Activity and Aging, Orlando, Florida. August 1999.
56. Payne, L., **Orsega-Smith, E.**, Roy, M. & Godbey, G. (1998). *Influence of Park Use and Other Leisure on State of Health among Adults 65-84*. Presented at the 51<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, Philadelphia, Pennsylvania. November 1998.
57. Payne, L., Godbey, G., **Orsega-Smith, E.** & Roy, M. (1998). *An Exploration of the Relationship Between Park Use and Health Among People 50 and Over*. Presented at the National Recreation and Park Association. Miami, Florida. October 1998.
58. **Orsega-Smith, E.**, Roy, M.P., Godbey, G. & Payne, L. (1998). *Cardiovascular Responses to Variation in Daily Life Stress and Social Support in a Retired Sample*. Presented at the International Congress of Behavioral Medicine, Copenhagen, Denmark. August 1998.
59. Roy, M., **Orsega-Smith, E.**, Payne, L., Vaidya, P., Pavucek, A., SooHoo, C., & Godbey, G. (1998). *Different Patterns of Recreation and Health Measures in Older Adults (50-99yrs)* . Presented at the 45<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Orlando, Florida. June 1998.
60. **Orsega-Smith, E.**, Nelson, T., Lambert, B., Vaidya, P., Pavucek, A., SooHoo, C., & Roy, M.P. (1998). *Anthropometric Predictors of Cardiovascular Function in Students*,

*& their Association with Health Behaviors*. Presented at the 45<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Orlando, Florida. June 1998.

61. Roy, M.P., **Orsega-Smith, E.**, Payne, L., & Godbey, G. (1998). *The Association Between Recreational Activity Frequency and Measures of Health in Adults 50-99 Years of Age*. Presented at the Nineteenth Annual Meeting of the Society of Behavioral Medicine, New Orleans, Louisiana. March 1998.
62. Roy, M.P., **Orsega-Smith, E.**, Ponirakis, A., Lambert, B., & Hutchinson, B.K. (1998). *Individual Differences in Cortisol Reactivity to Lab Stress: The Association with Recent Daily Life Stress*. Presented at the Nineteenth Annual Meeting of the Society of Behavioral Medicine, New Orleans, Louisiana. March 1998.

Local/regional peer reviewed presentations:

\* denotes mentored graduate student; + denotes mentored undergraduate student

1. Orsega-Smith, E., Leonard, T., Ruggiero, L., \*O'Hara, J., & \*Amato, N. (2021). *Demo, Debrief and Do: Implementation and Impact*. Presented at University of Delaware Summer Faculty Institute . Virtual Conference. June, 2021.
2. \*Williams, S., **Orsega-Smith, E.** & Ruggiero, L. (2019). *The Connection Between Self-Efficacy And Behavioral Intention Toward The Adoption Of Technology Among Older Adults Attending A Senior Center*. Presented at the University of Delaware Graduate Research Forum. Newark, DE. April, 2019.
3. \*Williams, S., **Orsega-Smith, E.**, & Ruggiero, L. (2019). *Tailoring and Implementing a Healthy Living Intervention for Diverse Older Adults Attending as Senior Center: Lessons Learned*. Presented at the University of Delaware College of Health Sciences Research Symposium. Newark, DE. February, 2019.
4. **Orsega-Smith, E.**, Dominick, G., & Greenawalt, K. (2019). *PA Influences within African American and Hispanic Communities*. Presented at the University of Delaware College of Health Sciences Research Symposium. Newark, DE. February, 2019.
5. **Orsega-Smith, E.** (2017). *Connecting Generations: Older Adults and College Students*. Presented at the University of Delaware Summer Faculty Institute. Newark, DE. June, 2017.
6. **Orsega-Smith, E.**, Goodwin, \*Greenawalt, \*Turner, +Rathie. (2017). *Instilling the Art of Happiness in Community Dwelling Older Adults*. Presented at the ACCEL Community Research Exchange. Newark, Delaware. May, 2017.



7. **Orsega-Smith, E.**, Greenawalt, \*Mattei, \*Breneman. (2017). *Impact of an Active Living CBPR Program in Diverse Ethnic Populations*. Presented at the ACCEL Community Research Exchange. Newark, DE. May, 2017.
8. \*Greenawalt, K., **Orsega-Smith, E.**, Goodwin, S., Turner, J. (2017). Predictors of Subjective Happiness in Older Adults. Presented at the University of Delaware 7th Annual Graduate Student Forum. Newark, DE. April, 2017.
9. \*Sullivan, J. & **Orsega-Smith, E.** (2016). *Subjective and Objective Perceptions of Weight in African Americans and Hispanics*. Presented at the University of Delaware 6<sup>th</sup> Annual Graduate Student Forum. Newark, DE. April, 2016.
10. +Root, +Benatti, **Orsega-Smith, E.** (2015). *Worldwide Aging: International and Intergenerational Activities for the Older Adult Population*. Presented at the Midatlantic American College of Sports Medicine, Harrisburg, PA. November, 2015.
11. +Draszak, E., +Sullivan, J., & **Orsega-Smith, E.** (2013). *KINECTing Generations to Physical Activity*. Presented at the Midatlantic American College of Sports Medicine Annual Meeting. Harrisburg, PA. November, 2013.
12. +Farrell, A., +Ferguson, J., + Plante, K.,& **Orsega-Smith E.** (2013). *Challenging Balance in Older Adults Using the Wii Fit Balance Program*. Presented at the Midatlantic American College of Sports Medicine Annual Meeting. Harrisburg, PA. November, 2013.
13. Kalksma P., Drazich, B. Harris, W., & **Orsega-Smith, E.** (2012). *Wii Kinect with Seniors.. Summer Olympics 2012*. Presented at the Midatlantic American College of Sports Medicine Annual Meeting. Harrisburg, PA. November, 2012.
14. +Yurkanin, K., +O'Hanlon, C., & **Orsega-Smith E.** (2012). *Older Adults & Exergames*. Presented at the Midatlantic American College of Sports Medicine Annual Meeting. Harrisburg, PA. November, 2012.
15. **Orsega-Smith, E.** +Davis, & +Mitchell. (2012) *Wii Balance and Older Adults*. Presented at the Delaware Health Science Alliance. Wilmington, DE. May, 2012.
16. +Nydick, +Berrue,& **Orsega-Smith, E.** (2011). *Can Older Adults Connect with the Kinect?* Presented at the Midatlantic American College of Sports Medicine Annual Meeting. Harrisburg, PA . November, 2011.
17. +Davis, +Mitchell, & **Orsega-Smith, E.**(2011). *Balance Intervention Using Wii Fit Plus in Community Dwelling Older Adults*. Presented at the Midatlantic American College of Sports Medicine Annual Meeting. Harrisburg, PA. November, 2011.

18. <sup>+</sup>Slavish, <sup>+</sup>Gimbutas, & **Orsega-Smith, E.** (2010). *Balance intervention using Wii Fit Plus in community dwelling older adults*. Presented at Midatlantic American College of Sports Medicine Annual Meeting. Harrisburg, PA, November, 2010.
19. <sup>+</sup>Kukich, <sup>+</sup>Smith, & **Orsega-Smith, E.** (2009). *Analysis of Caloric Expenditure in Older Adults Playing the Wii*, Presented at Midatlantic American College of Sports Medicine Annual Meeting. Harrisburg, PA, November, 2009.

Local /regional presentations prior to 2007:

20. **Orsega-Smith, E.**, Payne, L., & Mowen, A. (2004). *Local initiatives...How to improve the health of our communities*. Presented at the Eastern District Association of AAPHERD, Burlington, Vermont, March, 2004.
21. **Orsega-Smith, E.**, Nelson, T., Lambert, B., Vaidya, P., Pavuck, A., SooHoo, C., & Roy, M.P.(1997). *Differences in Anthropometric Predictors of Systolic Blood Pressure*. Presented at the Mid-Atlantic Chapter of the American College of Sports Medicine, State College, Pennsylvania, November, 1997.
22. **Orsega-Smith, E.**, Payne, L., Vaidya, P., Pavucek, A., SooHoo, C., Roy, M., & Godbey, G. 1997). *Patterns of Recreational Activity and measures of Health in Older Adults (50-99 yrs.)*. Presented at the Mid-Atlantic Chapter of American College of Sports Medicine, State College, Pennsylvania, November, 1997.

Invited Presentations

*A Health Profile of Older Veterans: Implications and Opportunities for Behavioral Medicine Research*. SBM Webinar Moderator. May, 2019.

*Aging Well Conversation*. Invited Speaker. University of Delaware College of Health Sciences Speaker Series. September, 2018.

*Motivational Interviewing and Cardiopulmonary Rehabilitation*. Invited Speaker. 2016 Weekend Update for Outpatient Cardiac Rehab Nurses. Harrisburg, PA. October, 2016.

*Why Physical Activity Matters*. Invited Speaker. CHEER Center, Georgetown, DE. February, 2014.

*Active Aging, What is Important*. Invited Speaker. OSHER Center for LifeLong Learning. Wilmington, DE. November, 2013.

*Energizing, Integrating and Involving Your Network: Evaluation Research and Community Partnerships for Obesity Prevention.* Invited Speaker. DEHEAL Annual Meeting. Dover, DE. March, 2013.

*Panel Discussion of Engaging Individuals in Health.* Invited Speaker. Delaware Health Science Alliance. Christiana Care. Newark, DE. November, 2012.

*The Health Benefits of Parks and Recreation.* Invited Speaker. National Health & Livability Summit. Atlanta, GA, April, 2007.

*Getting Older Adults Physically Active: Programs that Work.* Invited Speaker. Health Education Network of Delaware. Dover, Delaware, September, 2003.

*Health promotion programs that work.* Invited Speaker. Promoting Healthy Lifestyles in Delaware: Innovations in Prevention, Screening, and Evaluation Workshop. Newark, Delaware, January, 2002.

*Active Options: Associated health related outcomes to a community based program.* Invited Speaker. NRPA Pre-conference Workshop. Denver, Colorado, October, 2001.

*Bringing together health and physical activity.* Invited Speaker. PAAPHERD Pre-conference Workshop. Seven Springs, Pennsylvania, December, 1999.

## GRANT ACTIVITY

### Ongoing:

*WE Care Program Evaluation. (Subcontract Co-I).* Administration for Community Living/EHRI. 2019-2022. \$91,000/year.

Completed Research Support: ( \$2.5 million funding since promotion to Associate Professor)

*Virtual brain training for community dwelling older adults. PI.* University of Delaware Undergraduate Research and Service Summer Service Learning Scholarship. 2020. \$6,000.

*Brain training camp for older adults. PI.* University of Delaware Undergraduate Research and Service Summer Service Learning Scholarship. 2019. \$4,000.

*Community workshop and nutrition/physical activity exergame implemented in senior centers. Co-PI.* University of Delaware Undergraduate Research and Service Summer Service Learning Scholarship. 2018. \$8,000.

*Policies and Practices for Building an Intergenerational Framework. PI.* Center for Innovative Health Research Seed Grant. 2018. \$5,000.

*Scientific Misinformation in this Information Age.* **PI.** University of Delaware General Education Fund. 2016. Course release plus \$ 10,000.

*Connecting Generations: Aging adults and College students.* **PI.** University of Delaware Center for Teaching Effectiveness and Learning Transformational Grant. 2016. \$7000.

*Healthy Lifestyles Interventions: A Community Cooperative Agreement”* **Co –PI,** Primary investigator for the New Castle County and Kent County Section Initiative. The Division of Public Health, Delaware Department of Social Services. 2014- 2017. 12.5% cost. (\$276, 000/year)

*Art of Happiness with Older Adults.* **PI.** University of Delaware Undergraduate Research and Service Summer Service Learning Scholarship. 2016. \$4,000.

*Worldwide Aging: International and Intergenerational Activities for the Older Adult Population.* **PI.** University of Delaware Undergraduate Research and Service Summer Service Learning Scholarship. 2015. \$4,000.

*Older Adults, Grandchildren and Exergames: A Multigenerational Activity!* **PI.** University of Delaware Undergraduate Research and Service Summer Service Learning Scholarship. 2014. \$12,000.

*Exergames and older adults.* **PI.** University of Delaware Undergraduate Research and Service Summer Service Learning Scholarship. 2013. \$20,000.

*Health Promotion and Cancer Prevention Environmental Scan.* **PI.** State of Delaware. Department of Public Health Contract # 13-291. 2013. \$49,999.

*Implement a state-wide health promotion campaign to increase physical activity, improve healthy eating, and promote greater advocacy for improving the health of communities in Delaware.* **Co-PI.** State of Delaware Department of Health and Human Services, Division of Public Health. 2012 – 2015. \$252,000 per year.

*Wii and Seniors.* **PI.** University of Delaware Undergraduate Research and Service Summer Service Learning Scholarship. 2011. \$16,000

*Wii and Seniors.* **PI.** University of Delaware Undergraduate Research and Service Summer Service Learning Scholarship. 2010. \$8,000

*Wii and Seniors.* **PI.** University of Delaware Undergraduate Research and Service Summer Service Learning Scholarship. 2009. \$8,000.

*Health Promotion Campaign to Promote Physical Activity.* **Co-I.** Delaware Division of Public Health. 2006. \$400,000.

*Psychosocial & Physical Characteristics of Older Adults in Recreational Team Sports.* **PI.** University of Delaware's General University Research. June 2006. (\$6,000 funded).

*Partnerships between Park and Recreation Agencies and Health Organizations.* Principal Investigators: Andrew Mowen, Geoffrey Godbey. **Co-I.** The National Recreation Foundation. 2006- 2007. \$80,000.

*Power of Choice: Helping Youth with Eating and Fitness Decisions.* Co-I. Cooperative Extension Competitive Grant Program. 2004-2005. \$10,000.

*Physical Activity and Public Health Fellowship: Elizabeth Orsega-Smith.* American Heart Association. September 2003. (\$2,000 funded).

*Physical Activity and Nutrition Demonstration Project Evaluation.* PI. University of Delaware's Center for Academic Practice. 2002-2003. \$4,235.

*The Relation of Local Government Recreation and Park Services to the Health of Older Adults.* **PI.** Robert Wood Johnson Foundation. 2002-2004. \$321,345.

*Wellness into the 21<sup>st</sup> Century.* **PI.** University of Delaware's General Education Fund, 2001-2003. \$4,850.

*Creating a Nationally Based Activity Program.* **Co-I.** National Recreation & Parks Association, 1999- 2000. \$20,000.

*An Evaluation of Active Options.* **Co-I.** National Recreation and Parks Association, 1998-1999. \$40,000.

*Physical Activity in Post-menopausal Women.* **PI.** College of Health and Human Development Dissertation Grant, 1999.

*The Relationship between the Use of Local Government Park Services and State of Health.* Principal Investigators: Geoffrey Godbey & Mark P. Roy, **Co-I.** National Recreation and Park Association, 1996-1998. \$84,000

*The Role of Cortisol Reactivity in Delaying Blood Pressure Recovery Following A Laboratory Stressor.* Principal Investigator: Mark Roy, **Co-I.** College of Health & Human Development, 1995. \$4500.

Under Review:

*Educational exergame to support healthy aging: Game adaptation and development of methodology for measurement of movement engagement and cognitive function.* Orsega-Smith and Ruggiero (**MPI**). National Institute of Health R21. (Submitted Oct 16, 2021).

Unfunded:

*Adapting a new educational exergame to support healthy aging: exploratory examination of knowledge, lifestyle behaviors, engagement, and cognitive functioning.* Orsega-Smith and Ruggiero (**MPI**). National Institute of Health R21. (Submitted Oct 15, 2020).

*Adaptation and evaluation of a novel health game to support healthy aging.* **Co-PI**. Research Retirement Foundation. \$240,000. (Submitted February 2020).

*An innovative model to standardize, support, and sustain tailored community-clinic linkages to promote diabetes prevention efforts and enrollment in the National Diabetes Prevention Program lifestyle intervention in underserved communities.* **Co-PI**. BAA Number: 75D301-19-R-67835, Centers for Disease Control. \$500,000 (Submitted Feb 2019)

*Intergenerational Programming: Identifying and Describing a Valuable At-Risk Community Asset.* **PI**. Russell Sage Foundation Intergenerational Grant. \$151,800. (submitted May 2019)

*Intergenerational Programming: Identifying, Describing, and Building a Valuable At-Risk Community Asset to Build a Culture of Health.* **PI**. RWJF Pioneering Award. \$347,000. (submitted October 2019)

*Connecting Generations to Advance the Culture of Health.* **PI**. Robert Wood Johnson Interdisciplinary Fellows. \$117,661 ( Submitted March 2018)

*Art of Happiness Program" through a Randomized Control Trial.* **PI**. Research Retirement Foundation. (\$148,758) (Submitted May 2018).

*Asset Mapping and Best Practices Inventory of Intergenerational Programs in New Castle County.* **PI**. American Association for Retired Persons, Delaware. \$21,177.00. (Submitted -Fall 2017)

*Art of Happiness Program through a Randomized Clinical Control Trial.* **PI**. Research Retirement Foundation. \$119,96 (Submitted Fall 2017)

*Health Coaching in the Community: Increasing skills in health literacy to manage diabetes/prediabetes.* **PI**. ACE award/ ACCEL: \$20,000 (Submitted June 2016)

*Food Environment Photovoice Project.* **Co-PI**. IHRC's \$50,000 (submitted Fall 2014).

*The Use of Health Ambassadors to Increase Community Engagement on Kent and Sussex. Co-PI. State of Delaware Department of Health & Human Services. \$500,000 (Submitted March 2012).*

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## TEACHING

### Courses TAUGHT:

#### Undergraduate:

HESC155 (PERSONAL HEALTH MANAGEMENT)  
HESC 214 (WELLNESS ACROSS THE LIFESPAN)  
HESC 332 (HEALTH BEHAVIOR THEORY & ASSESSMENT)  
\*HESC 335 (HEALTH & AGING)  
BHAN 155 (PERSONAL HEALTH MANAGEMENT)  
\*BHAN 160 (HBS FIRST YEAR EXPERIENCE)  
BHAN 322 (INTERNATIONAL COMMUNITY HEALTH)  
BHAN 332 (HEALTH BEHAVIOR THEORY & ASSESSMENT)  
\*BHAN 335 (HEALTH AND AGING)  
\*HLPR 430 (BEHAVIOR CHANGE STRATEGIES AND TACTICS)

#### Graduate:

HESC 609 (SURVEY RESEARCH METHODS)  
BHAN 609 (GRADUATE RESEARCH METHODS)  
\*HLPR 630 (GRADUATE BEHAVIOR CHANGE STRATEGIES AND TACTICS)  
HLPR 803(ADVANCED PROGRAM PLANNING)  
HLPR 809 (HEATH BEHAVIOR THEORY)  
\*HLPR 813 (HEALTH & AGING)  
\*HLPR 815 (HEALTH & EXERCISE PSYCHOLOGY)

\* indicates courses developed

#### Study Abroad Program Development:

Italy June 2019, Courses: BHAN 335 Health and Aging. Engaged students in the Italian culture to gain a better understanding of how they age well. Incorporated guest speakers and trips to aging related community centers.

Australia Winter 2017. Courses: BHAN322 International Community Health. Engaged students in visits to 5 different community health agencies. Collaborating University: University of Melbourne, (Trinity College)

#### *Chaired Graduate Student Committees*

Name	Graduation Date	Degree	Title of thesis	Outcome
Marybeth Groot	May 2021	MS	Understanding PA trajectories and falls in older adults with MCI	Health Science Specialist, Temple University,
Alana Beiman	May 2021	MS	Impact of COVID 19 on intergenerational relationships	Junior Copywriter, Havas Health +
Brandi Wesley	May 2020	MS	Comparison of counties in Kansas with low and high percentages of low birthweight on social economic, environmental and behavioral factors	Program Coordinator. Chester County, Maternal and Child Health Consortium
Stephanie Williams	May 2019	MS	The Connection Between the Perception of Advancing Technology and Technology Usage Among Older Adults Attending A Senior Center	
Erica Rathie	August 2019	MS	Perceptions and outcomes of older adults and school aged children engaged in a penpal program	
Kimberly Moore	December 2018	MS	Perceived importance of implemented retention strategies for FNEP program	Extension Program Coordinator, Cooperative Extension University of Delaware
Serita Porter	May 2018	MS	Facilitators and barriers to exercise among African Americans	Fitness Coordinator, University of Delaware
Rachel Blair	May 2018	MS	Personality dimensions predict perceived stress levels, mindfulness scores and perceived coping styles in college students	Research Coordinator, School of Medicine at Temple University
Katie Greenawalt	May 2017	MS	Impact of “The Art of Happiness” intervention on the	Program Coordinator,



			community dwelling older adults*	Penn State Cooperative Extension
Beverly Jackey	May 2016	MS	Food Label knowledge , usage and attitudes of older adults	Program Coordinator, University of Maryland Cooperative Extension
Jill Sullivan	May 2016	MS	Subjective and objectives perceptions of weight in Hispanics and African Americans and its relationship to fruit and vegetable consumption and physical activity	Health Specialist, Apple Company
Paula Kalksma	May 2015	MS	The Effects of Assisted Bibliotherapy and Journaling on Undergraduates' Perceived Stress Levels	Adjunct Professor, Rowan University
Alina Tudose	May 2015		Hispanics and Latinos in New Castle County: Health promotion and prevention programs and readiness to engage in health behavior change	Health Promotion Specialist, International Caucus, University of Delaware
Jill Simonds	May 2015		Using the Structural Model of Health Behavior As a Framework to Measure School Garden Success	Strategy and Stewardship at Nemours, Wilmington, DE
Kristin Blaha	May 2014	MS	Attitudes, beliefs , barriers and diet quality of CrossFit athletes on the Paleolithic diet?	Registered Dietician, Bayhealth Dover, DE
Brittany VanSickle	May 2014	MS	Effects of humor incorporation into nutrition lectures	Director of Training and Engagement, Healthcare Consultancy Group
Nicole Stoltz	May 2014	MS	Effectiveness of cardiovascular disease prevention program for individuals with disabilities	Mental Health Research Program Support

				Specialist at Rowan University
Kelsey Brayman	May 2014	MS	Utility of a website based information and the theory of planned behavior for understanding physical activity intentions for breast cancer survivors	Senior Wellness Consultant, CareFirst BlueCross BlueShield of DE
Gwen Branscome	May 2014	MS	Physical activity and self-efficacy changes in college students	LRGRP at CareFirst BlueCross BlueShield
Lindsay Palkovitz	August 2011	MS	HIV/AIDS prevention knowledge and myths among school students in the Kwale district	Cofounder of an NGO in rural, Kwale, Kenya, to empower the most vulnerable members of the Digo tribal community
Elisabeth Clarke	May 2012	MS	Evaluation of employee wellness programs	Health Strategy Implementer at Highmark Blue Cross Blue Shield
Jennifer Linton	May 2012	MS	Osteoporosis Risk in Middle Aged Black Women	Adjunct Professor, University of Delaware
Kerrigan Smith	May 2012	MS	What is the relationship between the nutritional value of foods consumed by families in Oaxaca, Mexico, and the beliefs of mothers regarding the importance and perceived ability to prepare healthy meals?	
Colin Dobbins	May 2012	MS	Demographic, physical, and psychosocial characteristics of CrossFit participants	Program Analyst at USAID
Orlagh Maria Gallivan	May 2011	MS	Mobile Diabetes Wellness Initiative Impact Evaluation	

Danielle Reeves	May 2011	MS	Partnership between the Delaware Office of Preparedness and Faith-Based Organizations for Health Preparedness	Principle Health Promotion Consultant at Kaleidoscope Health Message
Stefanie Busch	May 2010	MS	Mediating the potentially harmful effects of caregiving: the psychological benefits of regular physical activity in individuals with multiple sclerosis and their caregivers	MS in Nursing University of Georgia
Amy Gleason	May 2009	MS	Baby boomers preferences regarding assisted living	Resource Coordinator, Genesis Healthcare
Aubrie Beltz	May 2009	MS	Business plan for startup Health coaching business, BLOOM	
Corey Schwartz	May 2009	MS	Health implications of Masters' students required to do traditional research-based projects versus those who have the opportunity to do non research-based projects and internships.	Program Analyst, Nemours Children's Health Services, Newark, DE
Darlene Bazelle	May 2009	MS	Business plans for insurance companies	
Sherrie Mayberry	May 2008	MS	Impact of a spousal protective factor on combat veterans and their spouses PTSD symptoms	Asst Professor University of Uniformed Health Sciences
Stephanie Szalma	May 2008	MS	An evaluation of the physical education curriculum contents of Delaware public and charter schools	Head Athletic Trainer at SUNY Maritime College

*Undergraduate Senior Theses (2<sup>nd</sup> or 3<sup>rd</sup> Reader committee member)*

<b>Name</b>	<b>Year</b>	<b>Area</b>
Francesco Hernandez	2019-2020	Biological Sciences
Phoebe Balascio	2019-2020	Physical Therapy

Joie Tang	2019-2020	Physical Therapy
Gina Roslin	2019-2020	Biological Sciences
Anna Nowak	2018-2019	Neuroscience
Maria DePinto	2018-2019	Psychology
Heather Marsh	2018-2019	Cognitive Science
Alysia Vega	2018-2019	Nutrition
Michayla Patel	2017-2018	Biological Sciences
Vanessa Hatton	2017-2018	Psychology
Adrienne Fraczkowski	2017-2018	Nutrition
Peter Sariano	2017-2018	Biomedical Engineering
Morgan Spurrier	2016-2017	Cognitive Science
Emily Wunsch	2016-2017	Exercise science
Abigail Osbourne	2016-2017	Cognitive Science
Andrew Kuczmariski	2015-2016	Exercise Science
Andrew Kim	2015-2016	Exercise Science
Alex Shilder	2015-2016	Exercise Science
Max Wilkerson	2015-2016	Exercise Science
Autumn Cohen	2014-2015	Exercise Science
Nicole Gomes	2014-2015	Exercise Science
Sarah Howie	2014-2015	Exercise Science
Timothy Kelly	2014-2015	Exercise Science

Undergraduate Research and Service Learning Summer Scholars

Year	Project	Name of student	Advanced Degree
2021	Expanding Virtual Brain Training into the Aging Community	Jill Bevan Delaney Moore Sara Schwartz	
2020	Virtual Brain Training for Older Adults **, #	Kerry Keough Alejandra Salazar-Soto	
2019	Brain Training Summer Camp **	Brianna Wolfle	MS- University of Delaware
2018	Using an exergame and workshop to older adults**	Keani Craig Amber Rance	MPH- University of Delaware
2016	Factors Associated with Cognitive Ability in Older Adults	Rosy Magana	MPH-West Chester University

2016	Art of Happiness*, **, #, #, #	Erica Rathie	MS- University of Delaware
2015	Using Photovoice with Latino youth to explain PA**	Vanessa Santiago Rosy Magana	MPH- West Chester University MPH-West Chester University
2015	Worldwide Aging: Lessons learned and translated to Delaware older adults*	Lindsay Benatti Lindsey Root	
2014	Engaging Older Adults through Intergenerational Exercise to Increase Social Connections*	Chelsea Ganc Kaleigh Pendergrast Lindsey Root.	MS- University of Delaware
2013	KINECTing Generations Through Exercise... An Intergenerational Approach to Increasing Physical Activity!*	Jillian Sullivan Emily Druzak Jenna Ferguson Katie Plante	MS- University of Delaware BS-Nursing MS- University of Delaware MS- Aldelphi University
2012	Olympics and Wii Sports in Older Adults*, #  Using Wii with Adult Day Care Members*	Paula Kalksma Whitney Harris Brittany Drazdich Kristin Yukanin Caitlin O'Hanlon	MS- University of Delaware  MSNP-University of Delaware MS- University of Delaware
2011	Balance intervention using Wii Fitt plus in community	Julie Davis Theresa Mitchell Emily Berrue Kayleigh Nydak	

	dwelling older adults*,#		
2010	Using Wii Fit Balance program with older adults*,#	Kelley Slavish Laura Gimbutas	MS- University of Delaware
2009	Getting Older Adults to play Wii Tennis and use Wii Fitt*,**	Kerrigan Smith Christine Kukich	MS- University of Delaware MS –University of Delaware

\*poster/paper presentation at regional conference\*\* poster/paper presentation at national conference, # publication

*Undergraduate Research/Independent study supervised*

<b>2007-2009</b>	<b>2010-2015</b>	<b>2016-2021</b>
Elise Lomboy	Lindsey Benatti Emily Berrue Kelly Crawford Julie Davis Brittany Drazdich Emily Duszak Alex Ferrell Jenna Ferguson Chelsea Ganc Laura Gimbutas Whitney Harris Paula Kalksma Christine Kukich Rosymar Magana Alexis Mattei Theresa Mitchell KayleighNydak Caitlin O’Hanlon Kayleigh Pendergrast Katie Plante Lindsey Root Vanessa Santiago Kelly Slavish Kerrigan Smith Jillian Sullivan Chrissy Yurkanin	Nicolette Amato Keani Craig Kerry Keough Belinda Kesselly Kenzi McMahan Amber Rance Erica Rathie Alejandra Salazar-Soto Brianna Wolfle

*Graduate Research/Independent Research Supervised:*

<b>2007-2009</b>	<b>2010-2015</b>	<b>2016-2021</b>
Jackie Breerwood Sherrie Mayberry Laura Saperstein	Elizabeth Clarke Beatrice Gaynor Megan Grua Laura Gumbutas Beverly Jackey Paula Kalksma Jennifer Lee Jill Simonds Kerrigan Smith Victoria Stefanson Paige Wooley	Rachel Blair Katie Greenawalt Marybeth Groot Caitlin Hennings Kimberly Moore Serita Porter Erica Rathie Nicole Slessinger Jennie Turner Brianna Wolfle

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**SERVICE ACTIVITIES**

Professional Organizations

Leadership Roles:

- 2021 Administration on Aging :Administration for Community Living, Alzheimer’s Disease Programs Initiative (ADPI) Grants to States and Communities Grant Reviewer
- 2019-2021 Society of Behavioral Medicine: Aging Special Interest Group Co-Chair
- 2018- present Society of Behavioral Medicine: Annual Meeting Abstract Reviewer
- 2012 National Recreation and Park Association , Leisure Science Symposium, Abstract Reviewer
- 2005-2006 Health Education Network of Delaware Annual Program Committee Chair
- 2004-2006 Health Education Network of Delaware Vice-president

Journal Co-Editor:

2017- present Journal of Leisure Research

AdHoc Reviewer Duties

BMC Geriatrics  
Journal of Aging and Physical Activity  
Leisure Science Symposium

Journal of Park and Recreation Administration  
Journal of Sport and Exercise Psychology  
American Journal of Health Promotion  
Journal of Psychology and Health

**ASSOCIATION MEMBERSHIPS:**

American College of Sports Medicine  
Society of Behavioral Medicine  
Gerontological Society of America

**CERTIFICATIONS/AWARDS**

Physical Activity and Public Health Fellow  
Certified Exercise Specialist: American College of Sports Medicine  
Health Coaching Certificate

Community Level:

2017 Evidenced-based Decision-Making for Community Action, Facilitated 5-Day Workshop

2016 Attended and received 4 day training in Evidenced-based Decision-Making for Community Action course, A CDC sponsored program

University Level:

University:

2021-current Graduate Community Engaged Certificate Faculty Review Board  
2020-present International Studies Committee-Faculty Senate  
2017-present Faculty Senator (College of Health Science Representative)  
2017-2020 Moderator for Summer Scholars Symposium  
2016-2017 Title IX Committee for University of Delaware Athletics  
2015-2016 GenEd CORE Curriculum Committee  
2011 Task Force for Social Sciences Research  
2009 Undergraduate Public Health Minor Committee

College of Health Sciences:

2017 First Steps Reviewer  
2009-2010 University Forum and Reunion Weekend Committee  
2008 Parents and Family Weekend Committee Member

Department of Behavioral Health & Nutrition:

2018-present Health Promotion and Behavioral Science Graduate Committee



2020-present BHAN Graduate Curriculum Committee  
2016-2020 Promotion and Tenure Committee  
2014- present Health Coaching Advisory Committee  
2010-2018 Faculty Advisor for Health Behavior Science Major Club  
2009-present Graduate Health Promotion Program Chair  
2008- 2013 Health Behavior Science Program Chair  
2004- 2005 Health Behavior Management, Program Chair  
2003-2013 Undergraduate Curriculum Committee  
2003-2010 DELAWORLD Summer Advisor  
2002 United Way Campaign Coordinator  
1996-97 Department of Biobehavioral Health, Penn State University  
Colloquium Committee