

Helen W. Bland, PH.D.

Department of Health Policy and Community Health

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EDUCATION

- 1995** Ph.D.
Community Health Education
Department of Health Education & Recreation
Southern Illinois University at Carbondale
- 1984** M.S.
Food and Nutrition
Department of Food and Nutrition
Southern Illinois University at Carbondale
- 1983** B.S.
Food and Nutrition
Department of Food and Nutrition
Southern Illinois University at Carbondale

HONORS AND AWARDS

- 2022** 25 Years of Service, Georgia Southern University
- 2019** 2019 Excellence in Diversity Awards, Office of Multicultural Affairs
Distinguished Faculty Award/ Georgia Southern
- 2017** Best Poster Presentation, 2017 National Youth at Risk Conference,
“Understanding Obesity and Self-Esteem: What Your Weight in Middle School Says About You Now”.
- 2010** Best Brief Oral Presentation, American Association for Health Education,
AAHPERD Annual Convention
- 2005-2006** Who’s Who Among America’s Teachers
- 2004-2005** Who’s Who Among America’s Teachers
- 2003-2004** Georgia Southern University’s Award for Excellence in Service
- 2002** College of Health and Professional Studies Award for Service
- 2001-2002** Nominated, Excellence in Teaching CHHS
- 2001** GSU Faculty Volunteer of the Year
- 2000** Who’s Who Among American Teachers
- 1993 – present** Eta Sigma Gamma, National Honorary Society for Health Education
- 1994 – present** Phi Kappa Phi, National Honorary Society for Educators
- 1998** Outstanding Troop Leader for 1997-1998, Girl Scouts Cherry Service Unit
- 1997** Outstanding Volunteer for 1996-1997. Girl Scouts Cherry Service Unit
- 1980-84** Kappa Omicron Phi, National Honorary Society for Food & Nutrition

ACADEMIC EXPERIENCE

- 2011- Present** **PROFESSOR, TENURED.** – Georgia Southern University (GSU).
Department of Health Policy and Community Health in the Jiann-Ping Hsu College of Public Health. Full Graduate Faculty. Mentor B. S. in Public Health undergraduate majors. Teach in the undergraduate and graduate Public Health curriculum. Courses taught include:
PUBH 3132: Health Care Systems and Advocacy
PUBH 3136: Principles of Environmental Health
PUBH 3231: Epidemiology & Biostatistics
PUBH 3430: Sexuality Education
PUBH 3431: Introduction to Global Health
PUBH 4134: Research Methods and Evaluation
COHE 6130: Research Methods in Health Sciences
PUBH 7890: Directed Individual Study
Practicum Site Supervisor: CARES Contact Notification Team
- 2001- 2011** **ASSOCIATE PROFESSOR, TENURED** – Georgia Southern University (GSU).
Department of Health and Kinesiology. Program Director for Undergraduate Programs in Health and Kinesiology. Program Coordinator for Undergraduate Community Health Program, Full Graduate Faculty. Advise and mentor community health undergraduate majors. Serve as Graduate Thesis Chair and Thesis Committee Member. Taught in the undergraduate and graduate Health curriculum. Courses taught include:
HLTH 2130: Foundations of Health Education
HLTH 3134: Research Methods and Evaluation
HLTH 3230: Community Health
HLTH 3231: Epidemiology & Vital Statistics
HTLH 4618: Senior Seminar in Community Health
HLTH 4798/4799: Internship for Community Health/ Health Behavior
HLTH 4230: Maternal and Child Health
HLTH 4231: Health Aspects of Aging
HLTH 4330: Promotional Strategies in Health Promotion
HLTH 7235: Community Health Education Methods
HLTH 7999: Thesis
- 1995- 2001** **ASSISTANT PROFESSOR** - Georgia Southern University (GSU).
Department of Health and Kinesiology (Tenure Track Position), Program Coordinator for Undergraduate Community Health Program, Full Graduate Faculty. Advised and mentored community health undergraduate majors. Served as Thesis Chair and Committee Member. Courses taught include:
HLTH 1520: Healthful Living
HLTH 3131: Health and Disease
HLTH 3132: Health Care Systems
HLTH 3134: Research Methods and Evaluation
HLTH 3230: Community Health
HLTH 3231: Epidemiology & Vital Statistics
HTLH 4618: Senior Seminar in Community Health
HLTH 6130: Research Methods in Health Science
HLTH 7330: Health Services Administration
- 1995** **HEALTH EDUCATION INSTRUCTOR** - John Logan Comm. College, Cartersville IL.
Taught HTH 110 - Health Education. A basic course which covered theories and foundations for health and health education. Also consisted the categorical health topics of mental health, stress management, nutrition and exercise, sexuality, substance use, etc.

- 1993-1995 HEALTH EDUCATION GRADUATE TEACHING ASSISTANT** - Southern Illinois University at Carbondale (SIUC).
Taught a general health course for non-health majors entitled "Healthful Living". Content areas consisted of sexuality, nutrition, exercise, alcohol and drugs, and death education.
- 1993-1994 GRADUATE RESEARCH ASSISTANT** - Southern Illinois University at Carbondale.
Assisted faculty in the Department of Health & Recreation in numerous research projects which resulted in four professional presentations, a publication, and submission of articles to journals. Primary responsibilities consisted of statistical analysis of data and written synopsis of findings and conclusions.
- 1992-1993 CENTER FOR BASIC SKILLS GRADUATE TEACHING ASSISTANT** - SIUC.
Taught Sociology 101, a course entitled "The New Student". Content areas included stress management, values clarification, addiction and drugs, interpersonal communication, and time management.
- 1982-1983 FOOD SCIENCE GRADUATE TEACHING ASSISTANT** - Southern Illinois University at Carbondale. Department of Food and Nutrition, College of Human Resources.
Teaching assistant for "Food Science", a course for food and nutrition majors. Responsible for students' laboratory experiments.
- 1982-1983 GRADUATE RESEARCH ASSISTANT** - Southern Illinois University.
For the College of Human Resources, researched the nutritional value of the thrifty Food Plan promoted by the U.S. Government Welfare Office.

INTERNATIONAL COMMUNITY HEALTH PROFESSIONAL EXPERIENCE

Annual Medical Trips – Haiti

Medical Translator - Emory

- 1987-1991 International Health Consultant** - U.S. Governmental Agencies and Private Voluntary Organizations (PVOs), 1987 to 1991. Job title, employer, and brief description are as follows:
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|---|--|
| Information, Education, & Communication Specialist | International Planned Parenthood Federation - Haiti (IPPF). Assisted in developing an education manual on contraceptives. Conducted mid-term evaluation of PVOs receiving IPPF funding. 1991. |
| Evaluator | University Research Corporation/Voluntary Agencies for Child Survival. Conducted an evaluation of ten PVOs receiving Child Survival Grant funding from US Agency for International Development (US AID). Haiti, 1991. |
| Health Trainer | Peace Corps. Health trainer for Peace Corps health volunteers in Haiti. Adapted volunteers' health knowledge and skills in order to work within Haitian Health Care System. 1989-1990. |
| Team Member | University Research Corporation/Voluntary Agencies for |

Child Survival. Assisted in the procurement of a grant from USAID for the funding of the National Haitian Institute for Public Health. Cite Soleil, Haiti, 1989.

Team Leader

Coalition of PVOs in Haiti. Conducted a seminar on non-formal education methodologies for Haitian health educators of PVOs. Haiti, 1989.

Team Leader

CARE International. Conducted a series of seminars to train Haitian health workers in nutrition, health promotion/prevention, maternal health, and child care. Haiti, 1987-1988.

1985-1986 **Public Health Educator** - PLAN International of Haiti. Trained national staff in the areas of oral rehydration therapy, breastfeeding, vaccinations, and nutrition to facilitate the operation of prenatal and "well-baby" clinics. Curriculum development for grade school classes on hygiene, health, and nutrition.

1983-1985 **Community Health Promoter** - West Indies Self Help of Haiti. Worked under a grant funded by Food and Agriculture International Office at SIUC. Taught nutrition and health education in various settings that included primary schools, women educational classes and the Wesleyan School for Student Nurses. Operated a clinic for severely malnourished infants, with nutrition education as an integral element.

SCHOLARLY PRODUCTIVITY

PUBLICATIONS

Refereed Articles

Under Review

Titcomb, D. A., Melton, B., **Bland, H.W.**, and Miyashita, T. (2022). Evaluation of the Craniovertebral Angle

In Standing versus Sitting Positions in Young Adults with and without Severe Forward Head Posture.

Journal of Sport and Health Science. (rejected 9/8/2022, will resubmit with other journal).

Aslakson, A., Melton, B., **Bland, H.W.** & Biber, D. (2022). The Impact of Physical Activity Level on Perceived Stress, Burnout, and Stress Resilience Among Long-Term Care Employees During COVID-19. *Journal of Aging and Long-Term Care.* (submitted May 6, 2022, under review).

Titcomb, D. A., Melton, B., Miyashita, T. & **Bland, H. W.** (2022). The Effects of Postural Education or Corrective Exercise on the Craniovertebral Angle: A Randomized Controlled Trial. *International Journal of Exercise Science.* (under review October 27, 2022).

Monaco, J., Melton, B., **Bland, H.W.** & Teague. (2021). Effects of Small Group Training on Engagement of

New Gym Members. *Translational Journal of the American College of Sports Medicine* (Submitted)

March 21, 2021).

Monaco, J., Melton, B., **Bland, H.W.** & Teague, M. (2021). Effects of a 12-Week Body Transformation Contest on Exercise Sustainability of New Gym Members. *Journal of Health Research* (Submitted March 22, 2021).

Ulery, J., Melton, B., **Bland, H.W.**, & Riggs, A.J. (2021). The Impact of Internet and Social Media on Supplement Use in Runners. *Health Education Research*. (Submitted Jan. 24, 2021, under review).

Accepted for Publication, In Press.

Aslakson, A. J., Melton, B. M., **Bland, H. W.**, & Biber, D. D. (2023). Physical activity solutions to decrease occupational stress. *ACSM's Health and Fitness Journal* (Accepted for publication Oct.23, 2022; in press).

Figgins, M., DeShaw, K., Melton, B., & **Bland, H.W.**, & DeShaw, K. (2023). The effects of a college wellness course on students' stress, anxiety, and physical activity levels during the COVID-19 pandemic. *IAHPERD Illinois Journal*. (Accepted for publication, Oct. 28, 2022 to be published March 2023).

Published

Aslakson, A., Melton, B., **Bland, H.W.** & Biber, D. (2022). Physical Activity Levels among American Long-Term Employees during the COVID-19 Pandemic. *Journal of Long-Term Care*. Pp 277-288. DOI:<https://doi.org/10.31389/jltc.140>

Palacios, A. M., Villanueva, L. M., Flynn, M. B., Parker, E., Dickinson, S., Reinhart, G. A. & **Bland, H.W.** (2022). Children attending the Guatemala City Municipal Nurseries with a Comprehensive Nutrition Program Are Associated with Greater Math and Fluid Intelligence Scores. *Nutrients*, 14 (1366). <https://doi.org/10.3390/nul4071366>.

Titcomb, D. A., Melton, B., Miyashita, T., & **Bland, H. W.** (2022). Evidence-based corrective exercise intervention for forward head posture in Adolescents and Young Adults without Musculoskeletal Pathology: A Critically Appraised Topic. *Journal of Sport Rehabilitation*, 31 (5), 640-644.

Ulery, J., Melton, B., **Bland, H.W.** & Riggs, A.J. (2021). Understanding the Scientific Evidence and Regulatory State of the U.S. Dietary Supplement Industry: Considerations for Health and Fitness Practitioners. *Strength and Conditioning Journal*, 43(6) 87-94.

Ulery, J. Melton, B., **Bland, H.** Riggs, AJ (2021). Associations between Health Status, Training Level, Motivations for Exercise, and Dietary Supplement Use Among Recreational Runners. *Journal of Dietary Supplements*, (13), 1 – 16. DOI: [10.1080/19390211.2021.1910395](https://doi.org/10.1080/19390211.2021.1910395).

Burgess, V.N, Antonio, J., **Bland, H.W.**, Wagner, R., Tartar, J.L., & Melton, B. F. (2020). The Effect of Timing and Type of Exercise on the Quality of Sleep in Trained Individuals. *International Journal of Exercise Science*, 13(7), 837-858.

Oghogho, E. & **Bland, H.** (2019). Middle School to College: Impact of Weight on Self-Esteem Over Time. *The College Student Journal* 53 (3), 338-350.

- Harris, B., Melton, B. **Bland, H**, Carpentier, A, Gonzales, J., & Catemacci, K.. (2018). Enhancing Psychosocial Constructs Associated with Technology-Based Physical Activity: A Randomized Control Trial Among African-American Women, *American Journal of Health Education*, 49(2), 74-85.
- Telfair, J., Trivedi, R., **Bland, H** & Raegon, V. (2018). Child Public Health. *In Oxford Bibliographies in Childhood Studies*. Ed. Heather Montgomery. New York: Oxford University Press.
DOI:10.1093/OBO/9780199791231-0193
- Melton, B., **Bland, H.**, Marshall, E., & Bigham, L. (2016). The Effectiveness of a Physical Activity Educational Campaign in a Rural Obstetrics and Gynecology. *Maternal and Child Health Journal*. DOI: 10.1007/s10995-016-2039-4.
- Melton, B., Williamson, J., **Bland, H.**, & Zhang, J. (2016). Using the Exercise is Medicine on Campus platform to assess college students' practice of physical activity in a rural setting. *Journal of Georgia Public Health Association*. 5(4) 360-364.
- Casebolt, K., **Bland, H.**, Russell, J., & Melton, B. (2015). Student Perceptions of Instructional Physical Activity Programs in Higher Education and their Intention to Engage in Lifelong Physical Activity, *PSAHPERD Journal*, 85 (3), 29-33.
- Melton, B., Russell, J., **Bland, H.** Casebolt, K, Chandler, K, & Williamson, J. (2015). The Impact of Health Behaviors on perceived Physical, Mental, and Social Health Status Among College Students. *GAPHERD*, 47(2) 23-30.
- Melton, B., **Bland, H.**, Harris, B., Kelly, D. & Chandler, K. (2015). Evaluating A Physical Activity App in the Classroom: A Mix Methodological Approach Among University Students. *The Physical Educator*, 72(4), 601-620.
- Melton, B., Bigham, L., & **Bland, H.** (2014). Application of a Course-Long Health Behavioral Change Project. *Journal of Health Education Teaching Techniques*, 1(1), 45-63.
- Bland, H.**, Melton, B., Bigham, L., & Welle, P. (2014) Quantifying the Impact of Physical Activity on Stress Tolerance in College Students. *College Student Journal* 48(4), 559-568.
- Melton, B., Bigham, L., **Bland, H.**, Bird, M., & Fairman. C. (2014). Relationship between Health Behaviors and Technology Usage among Late Adolescents. *American Journal of Health Behavior* 38 (4) 510-518.
- Johnson, K., **Bland, H.W.**, & Melton, B.F. (2013). Adults' Attitudes Toward Teen Pregnancy and Sexuality Education in Georgia High Schools. *GAHPERD Journal*, 45(2), 8-14.
- Melton, B., Bigham, L. & **Bland, H.** (2013) The Feasibility of Using Video Journaling to Collect Ecological Momentary Assessment Data: Application to Health Behavior Change Interventions. *Journal of Computing in Higher Education*. DOI 10.1007/s1125-013-9065-8.
- Bland, H.**, Melton, B., Marshall, E. S., Nagle, J. (2013). Measuring Exercise Self-Efficacy in Pregnant Women: Psychometric properties of the Pregnancy-Exercise Self-Efficacy Scale (P-ESES). *Journal of Nursing Measurement*, 21(3), 349-359.

- Melton, B., Marshall, E. S., **Bland, H.**, Schmidt, M. (2013). American Rural Women's Exercise Self-Efficacy and Their Perceived Benefits and Risks of Exercise During. *Nursing and Health Sciences*, 15, 468-473.
- Marshall, E. S., Melton, B., **Bland, H.**, Nagle, J. (2013). Physical Activity and Muscular Strengthening in Pregnancy: A Comparison Between Rural and Urban Women. *Online Journal of Rural Nursing and Health Care*, 13(1), 50-65.
- Marshall, E. S., **Bland, H.**, Melton, B., Nagle, J. (2012). Perceived Barriers to Physical Activity Among Pregnant Women Living in a Rural Community: A Preliminary Case. *Public Health Nursing*, 30(1), 9.
- Bland, H.**, Melton, B., Welle, P., Bigham, L. (2012). Stress Tolerance: New Challenges for the Millennial College Students. *College Student Journal*, 46(2), 362-375.
- Bland, H.**, Riggs, A. J., Melton, B. (2012). Comparing Body Image Dissatisfaction Among Middle Aged Women. *The GAHPERD Journal*, 45(1), 11-18.
- Welle, P. & **Graf, H.** (2011). Effective Lifestyle Habits and Coping Strategies for Stress Tolerance Among College Students. *American Journal of Health Education* 42(2), 96-105.
- Riggs, A.J., Melton, B. & **Graf, H.** (2011) Dining Out Nutritional Activity. *Health Education Teaching Techniques Journal*, 1(1)2-12.
- Egli, T., **Bland, H.**, Melton, B., Czech, D. R. (2011). Effects of Sex, Race, and Age on College Students' Exercise Motivation of Physical Activity. *Journal of American College Health*, 59(5), 399-407.
- Welchel, K., Chopak-Foss, J., & **Bland, H.** (2011). A Descriptive Study of Relief Behaviors of Persons with Migraine Headaches. *Eta Sigma Gamma*, 28(0), 8-15.
- Graf, H.**, Melton, B., & Gonzales, S. (2010). A Qualitative Study of Stress, Stressors and Stress Management. *Journal of Georgia Public Health*, 5(1), 24-37.
- Onyenwoke, A.C., Romanchik-Cerpovicz, J.E., Frost, L.D., & **Graf, H.** (2009). Vitamin C Concentration, Syneresis and Consumer Perceptions of a Fermented Dairy Product Upon Fortification with Cucumber and Raspberry. *Georgia Journal of Science* 67(11), 45.
- Hice, K., Melton, B., **Graf, H.**, Rossi, S. J., & Czech, D. R. (2009). Incorporating Weight Management Curriculum into Physical Activity Courses. *The GAHPERD Journal*, 41(3), 16-20.
- Melton, B., **Graf, H.**, & Chopak-Foss, J. (2009). Achievement and Satisfaction in Blended Learning versus Traditional. *International Journal of Scholarship of Teaching & Learning*, 3(1).
- Graf, H.** Welle, J., Riggs, A.J. (2008). Factors Affecting Obesity among High School Students in Rural Georgia: Nutritional Practices. *GAHPERD Journal* , 3(1), 26-36.
- Hansman, C. & **Graf, H.** (2002). Listening to the voices of Haiti: Exploring the connection of education, health and quality of life in the democratization of a society. *PAAACE Journal of Lifelong Learning*, 11, 37-51.

- Patterson, S. M. & **Graf, H.** (2000). Integrating Complementary and Alternative Medicine into the Health Education Curriculum. *Journal of Health Education*, 31(6), 346-351.
- Graf, H.** & Hansman, C. (1999). Assessing the perceived importance of preparing Health Educators to teach adult learners. *The International Electronic Journal of Health Education*, 2(4), 170-177.
- Oswalt, S. & **Welle-Graf, H.M.** (1999). Eating Disorders: No Longer Trapped by Food. *The International Electronic Journal of Health Education*, 2(1), 6-12.
- Glover, N. M. & **Welle-Graf, H.M.** (1998). The use of multimodal teaching techniques to enhance meaningful understanding of rehabilitation concepts. *Journal of Rehabilitation Education*, 12(3), 221-235.
- Oswalt, S., **Welle-Graf, H.M.**, Minter, L. & Glover, S. (1998). Need for HIV home testing kit option and education. *Journal of College Student Development*, 39(6), 627-629.
- Ritzel, D., Hanson, C. L., **Welle-Graf, H.**, Kittleson, M. (1998). An assessment of disaster Preparedness among rural residents along a major fault line. *The International Electronic Journal of Health Education*, 1(1), 19-25.
- Welle, H.M.**, Russell, R.D., & Kittleson, M.J. (1995). Philosophical Trends in Health Education: Implications for the 21st Century. *Journal of Health Education*, 26(6), 326-337.
- Welle, H.M.**, Kittleson, M.J., & Ogletree, R. J. (1995). A Content Analysis of the First Year of the HEDIR List: Implications for the Future. *Journal of Health Education*, 26(6), 366-371.
- Welle, H. M.**, & Kittleson, M.J. (1994). Impact of College Health Education and Physical Education Courses on Personal Wellness. *Wellness Perspectives: Research, Theory, and Practice*, 10(3), 3-14.

Non-Referred Articles

- Graf, H.** (2002). Rural Health and Economic Development: Examining Correlations. *Southern Economic Developer*, 11 (1), 16-22.
- Mearse, L. & **Graf, H.** (Spring, 2001). Linkage Between Pesticide Exposure and Leukemia Documented: What You Can Do to Protect Your Child. *Cure Report*. 6, 9.
- Graf, H.** (2001, February 4). New flag is welcome. *The Statesboro Herald*, p.5A.
- Graf, H.** & Szwarc, T. (2000). Understanding legislative issues related to rural health care delivery in Georgia. *Southern Economic Developer*, 9(2), 23-31.
- Mearse, L. & **Graf, H.** (2000). Pesticide link to the development of childhood leukemia: We need you to help us discover the truth. *Cure Report*. 5.
- Welle, H.M.**, Hamilton, D., Whitt D., & Herceg, D. (1997). Sharing the Vision of Health Education. Community Health Education: A Process and Product. *GAHPERD Journal*, 31(2), 46-48.
- Hamilton, D., **Welle, H.M.**, Pajaro, S., & Moore, T. (1997). Sharing the Vision of Health Education.

GAHPERD Journal, 31(1), 53-54.

Book Chapters and Books

- Black, J., Furney, S. **Graf, H.**, & Nolte, A. (2010). *Philosophical Foundations of Health Education* (Eds.). Hoboken, NJ: Jossey & Bass Publishers.
- Graf, H.** (2000). Establishing and maintaining community service-learning partnerships. In J. Greenberg (Ed.). *Service-Learning in Health Education*. Washington DC: AAHE Publishers, 80 - 99
- Welle, H.M.** & Ludwig, M., K. (1998) Disease Mnemonics: A Learner-Centered Activity. In D. Champeau (Ed.). *Great Teaching Ideas For Health*. Boston, MA: Allyn & Bacon (pp. 19-21).
- Welle, H.M.** & ORourke, K. (1997) Around the World of Addictions: An Adolescent Perspective. In D. Champeau (Ed.). *Great Teaching Ideas For Health*. Boston, MA: Allyn & Bacon (pp.71-73).
- Hamilton, D., Chopak, J. & **Welle, H.** (1997). Education Strategies for Eating Disorders Prevention. IN R. Warkentin & D. Rae (Eds.). *Investing in Our Youth: Pooling Community Resources*. New York, NY: McGraw-Hill, Inc. (pp. 135-140).
- Contributing Author. (1989). *Gid Kolaboratris Pou Fe Edikasyon Nan Domen LaSante*. [Educational Manual for Community Health Workers]. (Available from CARE International, Port-au-Prince Haiti.)
- Weaver, B., & **Welle, H.M.** (1986). *Chan ak Istwa Pou Edikasyon Sante: Yon Pwogram Pou Prepare Promote Sante an Ayiti*. [Songs and Stories for Health Education: A Training Manual to Prepare Health Promoters in Haiti]. Port-au-Prince, Haiti: La Presse Evangelique.

GRANT PROPOSALS

- Melton, B., Martin, M., Johnson, L., & **Bland, H.**, (May 2014). Increasing Active Modes of Transportation. Center for Sustainability, Georgia Southern University (Internal Grant). Awarded: \$7,000.00
- Melton, B, **Bland, H.** Colquitt, G., Harris, B., Riggs, A.J., Patterson, S., & Shankar, P. (October 2014). Exercise is Medicine – On Campus Campaign. Georgia Southern University, Internal Grant Service Award. Awarded: \$3,000.00.
- Melton, B., **Bland, H.**, & Allen, D. (June 1, 2014). Preventing Early Childhood Obesity using App-Linked Accelerometers Grant. Gerber Foundation (External Grant). \$294,678.00. Not funded.
- Bland, H.** Travel Award. Faculty Development Committee, Georgia Southern University. (Spring 2014) Awarded: \$880.00.
- Melton, Bridget (Principal), **Bland, Helen** (Co-Principal), Harris, Brandonn (Co-Investigator), Marshal, Elaine (Co-Investigator). Grant, "Use of App Link Accelerometers to Increase Physical Activity Levels Among Young African American Women," Sponsored by Faculty Seed Grants, Georgia Southern University, \$9,550.00. (July 2013 – July 2014). Awarded: \$10,000.00.

- Cardenas, A., Melton, B., & **Bland, H.** "Cessation Success Program". Faculty Service Award. Georgia Southern University (June, 2013). Awarded: \$1,810.00
- Melton, Bridget (Principal), **Bland, Helen (Co-Principal)**, Grant, "Prenatal Physical Activity Media Campaign in a Rural Community: A Physician Office Based Pilot Study," Sponsored by Rural Health Research Institute, Georgia Southern University, \$9,800.00. (January 2012 – July 2012).
- Melton, Bridget, **Bland, Helen**, and Barillo, Anthony. External Grant. Prenatal Physical Activity Media Campaign: A Physician Office Based Study. Applying Behavioral Economics to Perplexing Problems in Health and Health Care. Sponsored by Robert Wood Johnson Foundation. \$100,000.00 (November 2011). Not funded.
- Melton, Bridget, **Bland, Helen**, and Marshall, Elaine. External Grant. HRSA Moms and Babies: Healthy From the Start (MB:HFS). Sponsored by U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Health Resources and Services Administration. \$407,000.00. (March 2011). Not funded.
- Melton, Bridget, Marshall, Elaine, **Graf, Helen**, Schmidt, Michael, Guion, W. Kent, (2010-2011). Grant, "Prenatal Primary Prevention of Childhood Obesity Using a Technology-Enhanced Educational Program," Sponsored by Board of Regents of the University System of Georgia, State, \$24,844.00.
- Melton, Bridget, **Bland, Helen**, Marshall, Elaine, Riggs, A.J., Schmidt, M., & Guion, K. External Grant. Prenatal Primary Prevention of Childhood Obesity Using an Interactive Online Educational Program. Sponsored by Gerber Foundation. \$300,000.00. (December 2010). Not funded.
- Melton, Bridget, **Bland, Helen**, and Marshall, Elaine. External Grant. Evaluation of a Novel Early Childhood Obesity Intervention: Fit Moms = Healthy Babies. Sponsored by National Institutes of Health NIH R21. \$270,000.00. (June 2010). Not funded.
- Pate, T (PI) & **Graf, H** (technical writer). (2007-2010). The Lighthouse Adult Daycare Center. HOGAAA Grant 2007-2111. Amount Awarded: \$102,352.00.
- Melton, B., Czech, D., Hansen, A., Chopak-Foss, J., Black, R., **Graf, H.**, and Riggs, A.J. (2008-2010). Healthful Living Hybrid/On-line Customization Project. McGraw Hill Publishing. Amount Awarded: \$50,000.00.
- Graf, H.** (Project Director) (2005-2006). Georgia Family Link, Georgia Children's Trust Fund Commission. Amount Awarded: \$69,409.
- Graf, H.** (Project Director) (2004-2005) Georgia Family Link, Georgia Children's Trust Fund Commission. Amount Awarded: \$76,331.
- Graf, H.** (Project Director) (2003-2004). Georgia Family Link, Georgia's Children Trust Fund Commission. Amount Awarded: \$97,809.
- Graf, H.** (Evaluation Consultant). (2003). SEaGAIL: Southeast Georgia AIDS Info Link: Providing Access Quality to HIV/AIDS Information Resources. Amount Awarded: \$2500.
- Guion, W. K. (PI) & **Graf, H.** (Evaluation Consultant) (2003). HIV Prevention Project for Migrant and Seasonal Workers Program Evaluation. Amount Awarded \$1500.

- Tedders, S. (Project Director), **Graf, H** & Ahmed, A (C0-Project Directors). (2002 – 2003). Asthma Initiative Assessment. Georgia Department of Community Health (RFP 491-03-00349). Amount Awarded: \$50,000.
- Guion, W. K. (PI) & **Graf, H.** (Evaluation Consultant) (2002 -2003). HIV Prevention Project for Migrant and Seasonal Workers Program Evaluation. Awarded \$1500.
- Graf, H.** & Ahmed, A. (2002). An Assessment of Staffing Issues in Southeast Georgia Rural Hospitals and Development of a Managerial Tool. ICAPP Regional Program, Awarded: \$20,000.
- Lamparski, M.K., Wesley, J., Russell, C. & **Graf, H.** (2002). Campus Alcohol Awareness Program: To Be Haunted or To Be Alive. Georgia Public Health Association. Amount Awarded: \$1,400.
- Reavis, C., Guion, K., Cornwell, C. & **Graf, H.** (2002). Biomarkers for Risk Assessment among Migrant Workers. STAR, National Center for Environmental Research. Not Funded. \$716,940.00
- Guion, W. K. (PI) & **Graf, H.** (Evaluation Consultant) (2001-2002). Perinatal Health Partners Program Evaluation. Amount Awarded: \$9000.
- Guion, W. K. (PI) & **Graf, H.** (Evaluation Consultant) (2001). HIV Prevention Project for Migrant and Seasonal Workers Program Evaluation. Amount Awarded \$1500.
- Graf, H.** (Principle Investigator). (2000). International Health Issues. Summer Georgia Summer University Faculty Development Grant. Amount Awarded: \$1,500.
- Grant Proposal, Listed as Evaluation Consultant.. (2000). Morehouse School of Medicine Institute in Rural Health. Submitted to Department of Health and Human Services, Health Resources and Services Administration (HRSA) Grant Application PHS 6025-1. Not Funded. \$900,000.
- Graf, H.** (Principle Investigator). (1999). Feasibility Study for the Development of Small Rural Hospital Cooperative. Regional Intellectual Capital Assets Partnership Program (ICAPP) via GSU Bureau of Business Research and Economic Develop (BBRED). Amount Awarded: \$14,625.00
- Welle-Graf, H.M.** (Co-Principle Investigator) & Hansman, C (1997). Crossing the Borders Grant. Georgia Southern University. Amount Awarded: \$500.00
- Welle, H.M.** (Principle Investigator). (1996). Quality of Life Perceptions Among Rural Haitians: The Effects of Democratization. Funded by the Americans Council Research Grant Program, University System of Georgia. Amount Awarded: \$2500.00
- Welle, H. M.** (Principle Investigator). (1995). Professional Travel Grant. Funded by the Faculty Development and Welfare Committee at Georgia Southern University. Amount Awarded: \$300.00

EVALUATION AND TECHNICAL REPORTS

- Bland, H.** & Gerbsch, J. [Co-Chairs and Contributing Authors]. (2019). Georgia Southern University Strategic Plan, 2019-2024. *Georgia Southern University Press*, Statesboro GA.

- Rife, F. & **Bland, H.** (November, 2014). External Evaluation Report for the State University of New York (SUNY). Exercise Science Program Review. Submitted to SUNY, Potsdam, NY. 9 pages.
- Bland, H.** (September, 2014). Process Report for the Chair of Community Health Behavior and Education (Internal Document). Submitted to Dr. Telfair, JIANN-PING HSU COPH, Georgia Southern University. 14 pages.
- Schulte, T., **Bland, H.**, & Evans, R.G. (May, 2014). Report on the Effectiveness of Extended Care Treatment Facility of Alcohol and Drug Addiction (1997-2013). Submitted to Willingway Hospital, Statesboro Ga. 15 pages.
- Bland, H.**, Harris, J., Jupp, J. et.al. (April, 2014). Final Report of the Georgia Southern University Ad Hoc Committee on Student Ratings of Instruction. 56 pages.
- Graf, H.** (June, 2006). Final Project Report, Georgia Family Link, Grant Activity Internal Document. Submitted to Georgia Children's Trust Fund Commission, 27 pages.
- Graf, H.** (June, 2006). Second Interim Project Report: Georgia Family Link, Grant Activity Internal Document. Submitted to Georgia Children's Trust Fund Commission, 62 pages.
- Graf, H.** (February 2006). First Interim Project Report: Georgia Family Link, Grant Activity Internal Document. Submitted to Georgia Children's Trust Fund Commission, 38 pages.
- Graf, H.** (June, 2005). Final Project Report, Georgia Family Link, Grant Activity Internal Document. Submitted to Georgia Children's Trust Fund Commission, 28 pages.
- Graf, H.** (June, 2005). Second Interim Project Report: Georgia Family Link, Grant Activity Internal Document. Submitted to Georgia Children's Trust Fund Commission, 42 pages.
- Graf, H.** (March 2005). First Interim Project Report: Georgia Family Link, Grant Activity Internal Document. Submitted to Georgia Children's Trust Fund Commission, 36 pages.
- Graf, H.** (June 2004) Final Project Report: Georgia Family Link, Grant Activity Internal Document. Submitted to Georgia Children's Trust Fund Commission, 32 pages.
- Graf, H.** (June 2004) Second Interim Project Report: Georgia Family Link, Grant Activity Internal Document. Submitted to Georgia Children's Trust Fund Commission, 15 pages.
- Graf, H.** (March 2004). First Interim Project Report: Georgia Family Link, Grant Activity Internal Document. Submitted to Georgia Children's Trust Fund Commission, 12 pages..
- Graf, H.** (2003, September). Midpoint Interim Project Evaluation of the SEaGAIL: Southeast Georgia AIDS Info Link for Oct. 2002 – June 2003. Prepared for Magnolia AHEC, 1-17.
- Graf, H.** & Guion, W. K. (2003, January). Project Evaluation of the Southeast Georgia Communities Project, Inc.: Migrantes Aprendiendo Preveccion Sobre el SIDA for Dec. 2001 – Dec. 2002. Prepared for MAPSS Project, 1-33.
- Graf, H.** & Guion, K. (2002, July). End-of-Year Evaluation Report of the Southeast Health Unit Perinatal Partnership (PHP) Program. *(PHP: Creating a Continuous Circle of Care for Mothers, Newborns,*

and Families. Prepared for the Southeast Health Unit PHP Program, 1-43

Guion, W. K. & **Graf, H.** (2002, January). Project Evaluation of the Southeast Georgia Communities Project: An HIV Prevention Education Project for Migrant and Seasonal Farm Workers for Dec. 2000 through Dec. 2001. Prepared for MAPSS Project, 1 – 12.

Graf, H. & Guion, K. (2001 - 2002). Process Evaluation of Staff, Provider and Client Satisfaction Surveys. Prepared for the Southeast Health Unit Perinatal Health Partnership (PHP) Program, 1-12.

Guion, W. K., Broach, E. Cornwell, C., **Graf, H.**, Hapsche, E., Pung, M.K., Reid, M., & Smith, L. (2001, July). Minority Mentorship Programs in Health Care: Literature Review and Best Practices. Prepared for the Georgia Rural Health Association, 1-17.

Graf, H. M. (2001, January). Southeast Georgia Rural Hospital Cooperative Feasibility Survey. Prepared for College of Health & Professional Studies, Bureau of Business and Economic Development (BBRED), and Intellectual Capital Assets Program (ICAPP). (35 page report with 300+pages in Appendices).

Guion, K. & **Graf, H.** (2001 – 2002). Formative and Summative Evaluation for the Perinatal Health Partnership (PHP) Program of the Southeast Health Unit in Georgia with the Center For Rural Health and Research of Georgia Southern University.

Welle-Graf, H. (1998). Evaluation of the Real Choices Program. Health Education Office, Georgia Southern University.

Welle, H. (1997). Evaluation of Community Ogeechee Wellness Council Annual Wellness Fair. Statesboro, GA.

Welle, H. M. (1996). Annual Evaluation of the Senior Companion Program. Center for Rural Health at Georgia Southern University.

Welle, H. M. (1991). University Research Corporation/Voluntary Agencies for Child Survival. Child Survival Grant funding from US Agency for International Development (US AID). Port-au-Prince, Haiti.

PRESENTATIONS

Professional, Peer-Reviewed Presentations

Palacios, AM., Nazaruk, D., Flynn, M., **Bland, H.**, Villanueva, L., Parker, E., Dickinson, S., & Reinghart, G.

(2022, submitted under review). From Evidence to Practice: Implementing Effective Nutrition and High-Quality Early Childhood Education in Low Resource Settings: The Successful Case of the Guatemala City Municipal Nurseries. World Congress of Public Health Conference. Rome, Italy.

Fagan, E., Riggins, A., Alston, A. Keko, M., Palacios, A. Bland, H., & Chopak-Foss, J. (submitted 12_12_22, under review). Knowledge of Pregnancy and Postpartum Complications up to One Year Postpartum Compared by Rurality. Georgia Public Health Association Annual Conference. Jekyll Island, GA.

- Alston, A., Bland, H., Palacios, A. & Fagan, E. (submitted 12_12_22, under review). Nutrition and Exercise Knowledge during Pregnancy: Public Health Implications. Georgia Public Health Association Annual Conference. Jekyll Island, GA.
- Titcomb, D., Melton, B., Miyashita, T., & Bland, H. (Feb. 24, 2023). The Effects of Education or Corrective Exercise on Forward Head Posture – A Randomized Controlled Trial. *Annual Meeting of Southeast Chapter of the American College of Sports Medicine*. Greenville, SC
- Fagan, E., Alston, A., **Bland, H.** & Palacios, A. (Oct. 28, 2022). Knowledge of Pregnancy Complications and Urgent Maternal Warning Signs up to One Year Postpartum. *State of the Public's Health Conference*, University of Georgia, Athens, GA.
- Cummins, S., Palacios, A.M., Bland, H.W. Knowledge on Exercise Behaviors During Pregnancy. *Georgia Southern University Research Symposium*. Statesboro, GA. April 19, 2022.
- Sutlive, C., Harris, D., Palacios, A.M., Bland, H.W. How much do we know about harmful exposures during pregnancy? Georgia Southern University Research Symposium. Statesboro, GA. April 19, 2022.
- Grant, T., Rawls, M., Edwards, L., Bland, H., & Palacios, A. (April 19, 2022). A Journey to Pregnancy Knowledge: Public Health Awareness. *Georgia Southern University Research Symposium*, Statesboro, GA.
- Farnsworth, H., Georgetown, Z., Jeudy, M., & Mack, N., Bland, H., & Palacios, A. (April 19, 2022). Assessing Nutrition Awareness: Maternal Health Outcomes. *Georgia Southern University Research Symposium*, Statesboro, GA.
- Ulery, J.A., Melton, B., Riggs, A. J. & **Bland, H.** (June, 2021). Associations Between Health Status, Training Level, Motivations For Exercise, And Supplement Use Among Recreational Runners. American College of Sports Medicine, Virtual National Conference.
- Johnson, K., McCook., H. & Oglesby, S. (**Bland, H.** Faculty Mentor). (November, 2019). Risking It All: How Stress Influences Risky Behavior among College Students. *Georgia Undergraduate Research Conference*, University of North Georgia, Gainesville, GA.
- Burke, D., Simmons, P., & Mui, C. (**Bland, H.** Faculty Mentor). (November, 2019). Mental Health among College Students: How Confident are You? *Georgia Undergraduate Research Conference*, University of North Georgia, Gainesville, GA.
- Iwunwa, G., & Ejiogu, S. (**Bland, H.** Faculty Mentor). (November, 2019). Impact of External Pressures on Academic Performance: Mental Health Resiliency. *Georgia Undergraduate Research Conference*, University of North Georgia, Gainesville, GA.
- Hall, E., Hudson, T., Curtis, B., Griffin, M., & **Bland, H.** (April, 2019). Cultural Competency Within the Healthcare Setting: Impact on Wellness. *National Conference on Undergraduate Research*, Kennesaw State University, Kennesaw, GA.
- Gatch, S. & **Bland, H.** (April, 2019). Fruit and Vegetable Consumption in Children: Impact of Parental Influence. *National Conference on Undergraduate Research*, Kennesaw State University,

Kennesaw, GA.

- Scott, B., Robinson, Q., Waters, S., Byrd, T. & **Bland, H.** (April, 2019). Dietary Intake Among Millennials: Overall Impact on Wellness. *National Conference on Undergraduate Research*, Kennesaw State University, Kennesaw, GA.
- Oghogho, E. (2017). (**Bland, H.** Faculty Mentor:). The Association between Obesity and Self Esteem in Adolescents and Youths. *Georgia Southern Research Symposium*. Statesboro GA.
- Oghogho, E. & **Bland, H.** (March, 2017). Understanding Obesity and Self-Esteem: What Your Weight in Middle School Says About You Now. *2017 National Youth-at-Risk Conference, Savannah, GA.*
- Keefe, K., Lathi, C., Thorton, W. & Turkowsky, E. (**Bland, H.**, Faculty Mentor). October 18, 2016. The Impact of Physical Activity on Quality of Life for Addiction Recovery Program Participants. 5th Annual State of Public Health Conference, Athens, GA.
- Higgins, M., Smith, B., Waters, D. & Babayemi, B. (**Bland, H.**, Faculty Mentor). October 18, 2016. Getting Elderly to Move: The Impact of Physical Activity on Arthritis. 5th Annual State of Public Health Conference, Athens, GA.
- Casebolt, K., Bland, H. W., Russell, J., & **Melton, B. F.** 2016 College/University Instructional Physical Activity Program & Wellness Half-Day Workshop. "Quality instructional physical activity programs in higher education." 2016 SHAPE America Conference in Minneapolis, MN. (April 5, 2016).
- Melton, B., Harris, B., & **Bland, H.** (April 2015). Building and Evaluating Personal Technology Physical Activity Interventions in Diverse Populations. Society of Behavioral Medicine, 36th Annual Meeting and Scientific Sessions, San Antonio, TX.
- Melton, B., **Bland, H.**, & Marshall, E. (May 28, 2014). "Evaluating the Effectiveness of a Physical Activity Media Campaign in a Rural OBGYN Office," American College of Sport Medicine, Orlando, FL.
- Melton, B., **Bland, H.**, Harris, B., & Marshall, E. (April, 2014). Enhancing physical activity classes with physical activity apps. American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD), St. Louis, MO.
- Oakley, K. & **Bland, H.** (March, 2014). Nurses' and Health Educators' Role in End of Life Decisions: Do Not Resuscitate Order. SOPHE Annual Meeting, Baltimore, MD.
- Marshall, E., Melton, B., & **Bland, H.** (February, 2014). Insurance coverage, knowledge, and physical activity among rural pregnant women. 28th Southern Nursing Research Society Conference, San Antonio, TX.
- Melton, B., Bland, H., Marshall, E., & Bigham, L. (April, 2014). Promoting physical activity to perinatal women within the clinical setting: A pilot study. 5th International Congress on Physical Activity and Public Health 9ICPAPH). Rio de Janerio, Brazil.
- Brandt, C., Jackson, J. & **Bland, H.** (April, 2014). Your life with Type II Diabetes: The impact on overall

- health. Research Symposium 2014. Georgia Southern University, Statesboro, GA.
- Paquinn, J., Martin, C., & **Bland, H.** (April, 2014). Parental Feeding Behavior: Influences of Elementary Children's Health. Research Symposium 2014. Georgia Southern University, Statesboro, GA.
- Harley, S., Hotard, R., Palmer, H., **Bland, H.**, & Melton, B. (March, 2014). Mental madness: Battling social stigma among college students. Sigma Theta Tau International Honor Society for Nursing Annual Research Symposium, Georgia Southern University, Statesboro, GA.
- Cagle, C., Kramer, N., **Bland, H.**, & Melton, B. (March, 2014). The impact of emotional support on diabetes self-management. Sigma Theta Tau International Honor Society for Nursing Annual Research Symposium, Georgia Southern University, Statesboro, GA.
- Ford, C. & Schnorr, J., **Bland, H.**, & Melton, B. (March, 2014). Physical activity of seniors: A study of fall risk in older adults. Sigma Theta Tau International Honor Society for Nursing Annual Research Symposium, Georgia Southern University, Statesboro, GA.
- Burnsed, E., Short, S., & Stegall, B., Melton, B. & **Bland, H.** (March, 2014). Building resilience among at risk youth. 25th Annual National Youth-At-Risk Conference. Savannah, GA.
- Holmes, J., & Lockhart, M., **Bland, H.** & Melton, B. (March 2014). Effects of Parental Feeding Styles on Childhood Obesity. 25th Annual National Youth-At-Risk Conference. Savannah, GA.
- Duncan, C., & Allen, C, **Bland, H.**, & Melton, B. (March 2014). How physical activity effects stress levels in elementary students. 25th Annual National Youth-At-Risk Conference. Savannah, GA.
- Bland, H.**, Melton, B., Marshall, E., & Joseph, S. (May 30, 2013) Physical activity and nutrition knowledge for pregnancy among preconceptual women. American College of Sport Medicine, Indianapolis, IN.
- Melton, B., Bigham, L., Bird, M., & **Bland, H.** (May 30, 2013) Relationship between technology use and health behaviors among late adolescents. American College of Sport Medicine, Indianapolis, IN.
- Bland, H.**, Marshall, E., & Melton, B. (March 2, 2013) Assessment of psychometric properties of an exercise self-efficacy scale for use with rural pregnant women. 27th Annual Southern Nursing Research Society Conference, Little Rock, Arkansas.
- Nagle, J., Melton, B., **Bland, H.**, Marshall, E. S., Schmidt, M., Guion, K. W., ACSM 2012 Annual Conference, "Associations Between Stage Of Behavior Change, Physical Activity, And Self-efficacy In Prenatal Women," American College of Sport Medicine, San Francisco, CA. (June 3, 2012).
- Melton, B., **Bland, H.**, Marshall, E. S., Schmidt, M., Guion, K. W., ACSM 2012 Annual Conference, "A Technology Enhanced Physical Activity Program for Pregnant Women: A Pilot Study," American College of Sport Medicine, San Francisco, CA. (June 2, 2012).
- Marshall, E. S., Melton, B., **Bland, H.**, AAHPERD National Convention 2012, "Self Efficacy & Perceived Benefits and Risk in Prenatal Women," American Alliance of Health, Physical Education, Recreation and Dance, Boston, MA. (March 16, 2012).

Bland, H., Melton, B., Bigham, L., AAHPERD National Convention 2012, "Influence of Physical Activity on Stress Tolerance in College Students," American Alliance of Health, Physical Education, Recreation and Dance, Boston, MA. (March 15, 2012).

Melton, B., **Bland, H.**, Marshall, E. S., AAHPERD National Convention 2012, "Pregnant Women On the Move: Exercise Patterns and Intentions Study," American Alliance of Health, Physical Education, Recreation and Dance, Boston, MA. (March 14, 2012).

Melton, B., **Bland, H.**, Marshall, E., & Nazaruk, D. (November, 2012). An Evidence-Based Prescription for Exercise During Pregnancy. GAHPERD, Savannah, GA.

Melton, B., **Bland, H.**, Marshall, E., & Nazaruk, D. (September, 2012). Prescription for Exercise During Pregnancy. Georgia Rural Health Association, Pine Mountain, GA.

Marshall, E., Melton, B, & **Bland, H.** SNRS National Convention 2012, "Barriers to Physical Activity During Pregnancy: Perceptions of a Sample Women Living in Rural Southern Communities," Southern Nursing Research Society, New Orleans, LA. (February, 2012).

Melton, B., **Bland, H.**, Marshall, E., Schmidt, M., & Guion, K. (October, 2011). Addressing childhood obesity through prenatal physical activity education. GAHPERD, Atlanta, GA.

Melton, B., **Bland, H.**, & Marshall, E. (April, 2011). Do pregnant women understand the link between their own physical activity and their child's health? Georgia Public Health Association, Atlanta Ga.

Marshall, E., Melton, B, & **Bland, H.** SNRS National Convention 2011, "Physical Activity Patterns and Intentions During Pregnancy Among a Sample of Women in Rural Underserved Areas of the Southeast United States," Southern Nursing Research Society, Jacksonville, FL. (February, 2011).

Riggs, A.J., Melton, B., & **Bland, H.** (November, 2010). Fun Nutritional Activities. GAHPERD. Savannah GA.

Melton, B., **Graf, H.**, Czech, D., & Egli, T. (July, 2010). Differences in exercise motivation between age, gender and race for college students. Athens Institute for Education and Research Conference, Athens, Greece.

Owens, H. M., & **Graf, H.** (March, 2010). Live well with stem cells: Health educators and biomedical technology. American Alliance for Health, Physical Education, Recreation and Dance. Indianapolis, IN.

Graf, H., Melton, B., & Riggs, A. J., AAHPERD National Convention 2010, "Nutrition Intervention for College Students: Fighting the Obesity Epidemic," American Alliance of Health, Physical Education, Recreation and Dance, Indianapolis, IN. (March 18, 2010).

Melton, B. & **Graf, H.**, AAHPERD National Convention 2009, "Addressing the Obesity Epidemic Within the Physical Activity Classroom," American Alliance of Health, Physical Education, Recreation and Dance, Tampa, FL. (April 2, 2009).

Graf, H., Melton, B. AAHPERD National Convention 2009, "Stress Tolerance Among the Millennials: Issues of Measurement," American Alliance of Health, Physical Education, Recreation and Dance, Tampa, FL. (April 2, 2009).

- Melton, B., **Graf, H.** Czech, D. & Egli, T. International Conference on Sport and Kinesiology, "Physical Activity Motivations in College Students," Athens, Greece. (July 1, 2010).
- Melton, B., **Graf, H.**, & Chopak-Foss, J. 2009 SoTL Commons Conference, "Improving Health Education Using a Hybrid Model," The International Scholarship of Teaching and Learning Conference, Statesboro, GA. (March 12, 2009).
- Melton, B., **Graf, H.**, Czech, D., & Rossi, S., ACHA 2008 Annual Conference, "Weight management curricula in physical education," American College of Health Association, Orlando, FL. (June 6, 2008).
- Melton, B. & **Graf, H.**, ACHA 2008 National Annual Convention, "Assessing the Effectiveness of Stress Coping Mechanisms Employed by College Students," America College Health Association, Orlando, FL. (June 6, 2008).
- Melton, B., Chopak-Foss, J., **Graf, H.** & Burdette, G. P., AAHPERD 2007 Annual National Convention, "Using Online Course Management System to Enhance the Health Curriculum" Baltimore, MD. (April 11, 2008).
- Graf, H.** & Welle, J. (June, 2008). Retrospective Case-Control Study of Factors that Contribute to Obesity Among College Students. American College Health Association National Convention, Orlando, FL.
- Melton, B. & **Graf, H.** (June, 2008). Assessing the Effectiveness of Stress Coping Mechanisms Employed by College Students. American College Health Association National Convention, Orlando, FL.
- Graf, H.**, Melton, B. & Welle, P. (March, 2008). Empowering the Millennials to Handle the Stressors Of College. 19th Annual National Youth-at-Risk Conference. Savannah, GA.
- Welle, P. & **Graf, H.** (March, 2008). Protecting High Schoolers Against Stress: What Works and What Doesn't. 19th Annual National Youth-at-Risk Conference. Savannah, GA.
- Thomas, S., Ubbes, V., Brown, K., & **Graf, H.** (April, 2005). Health Education Philosophies: What? So What? Now What? AAHPERD National Convention, Salt Lake City, Utah.
- Welle, J. & **Graf, H.** (April, 2005). Portrait of a Rural Community: CDC's YRBS Determines Fitness and Food Levels Among High Schoolers. AAHPERD National Convention, Salt Lake City Utah.
- Anderson, V.E. & **Graf, H.** (April, 2005). Fatism: An Exploratory Study of Discrimination Toward Obese People Among College-Aged Participants. AAHPERD National Convention, Chicago, IL.
- Cleveland, T. & **Graf, H.** (April, 2005). Contraceptive Use Among College Students at a Mid-Size University in the Southeastern Portion of the United States. AAHPERD National Convention, Chicago, IL.
- Cleveland, T. & **Graf, H.** (April, 2005). Perception of HIV/AIDS Among Men Who Have Sex with Men Since the Introduction of Highly Active Antiretroviral Therapy. AAHPERD National Convention, Chicago, IL.
- Graf, H.** & Nelson, M.L. (April, 2005). Exploratory Study of Breast Cancer Risk Behaviors Between

College-Aged Females of Different Eth Ethnic Backgrounds. AAHPERD Convention, Chicago, IL.

Ahmed, A. & **Graf, H.** (2003, November 17). Workforce shortage in rural hospitals: The Georgia experience. American Public Health Association 131st Annual Meeting, San Francisco, CA.

Guion, W.K. & **Graf, H.** (2002, Sept. 24). Evaluation: Concepts and Implementation. Office of Rural Health Services Network Grantees Conference. Macon, GA.

Graf, H. (2002, June). Career Opportunities in Health Science. Magnolia Coastland Area Health Education Center 5th Annual SEARCH Camp, Statesboro, GA.

Patterson, S. & **Graf, H.** (November, 2000). Complementary and Alternative Medicines: Ethical and Legal Issues for Health Educators. Society for Public Health Education, Boston, MA.

Hansman, C. & **Graf, H.** (September, 2000). Democracy for All? Listening to Haiti's Voices. 19th Annual Midwest Research to Practice Conference in Adult, Continuing, and Community Education, Madison, WI.

Graf, H. Mearse, L., Gibbs, S., Gore, G., Taylor, A., & Joy, J. (March, 2000). Enabling Undergraduate Health Education Students to Do Research: Empowering Students to Create Knowledge. American Association for Health Education National Convention. Orlando, FL.

Graf, H. & Patterson, S. (March, 2000). Non-Western Influences on Maternal and Child's Health and Healing. American Association for Health Education National Convention. Orlando, FL.

Patterson, S. & **Graf, H.** (March, 2000). Instructional Strategies for Integrating Complementary and Alternative Medicine into Health Education Courses. American Association for Health Education National Convention. Orlando, FL.

Welle-Graf, H.M. & Patterson, S.M. (June 1999). Utilizing the Diffusion of Innovation Theory to Establish Service Learning Partnerships. Society for Public Health Education 1999 Midyear Scientific Conference. Minneapolis, MN.

Patterson, S. M. & **Welle-Graf, H.M.** (June 1999). Complementary and Alternative Medicines, Cultural Influence and Health Education: Projection of Roles for the Health Educator. Society for Public Health Education 1999 Midyear Scientific Conference. Minneapolis, MN.

Welle-Graf, H. (1999, Sept. 9). Enabling Interns to Become Practitioners: The Power of Partnership. Georgia Public Health Association Annual Conference, Savannah GA.

Welle-Graf, H. M. & Hansman, C. (November, 1998). Promoting Interdisciplinary Collaboration: Preparing Health Educators to Teach Adults. American Public Health Association National Convention, Washington D.C.

Welle-Graf, H. M. & Hansman, C. (November, 1998). Promoting Literacy in Developing Nations: A Missing Health Promotion Element. American Public Health Association National Convention, Washington D.C.

Welle-Graf, H.M. (Panel Discussion) (November, 1998). Service Learning in Health Education: Community Needs Assessment. American Public Health Association National Convention, Washington D.C.

- Welle-Graf, H. M.** (Panel discussion). (April, 1998). A Win-Win Methodology: Service Learning in Health Education. American Association for Health Education AAHPERD National Convention, Reno, Nevada.
- Welle-Graf, H. M., & Boursiquot, M.** (April, 1998). Quality of Life Perceptions Among Haitians: The Effects of Democratization. American Association for Health Education AAHPERD National Convention, Reno, Nevada.
- Oswalt, S. & **Welle-Graf, H. M.** (March, 1998). Eating Disorders: Where Do We Go From Here?. Wellness '98 Conference. Myrtle Beach, SC.
- Hansman, C & **Welle-Graf, H.** (November, 1997). Preparing Health Educators: Collaborating Across Disciplines. American Association for Adult and Continuing Education National Convention, Cincinnati, Ohio.
- Welle, H.M. & Boursiquet, M.** (May, 1997). Quality of Life Perceptions Among Rural Haitians: The Effects of Democratization. Americas Council First Annual Spring Conference. Savannah, GA.
- Hamilton, D. & **Welle, H.** (April, 1997). The Art of Gentle Eating: An Experiential Intervention. American Association for Health Education National Conference. St. Louis, MO.
- Welle, H.M.** (November, 1996). Hidden Stories: Teaching Health in the West Africa Tradition. American Public Health Association National Convention, New York, NY.
- Welle, H.M., & Hansman-Ferguson, C.** (November, 1997). Transformative Learning: Educating Adults for Choice and Change. American Public Health Association National Conference., NY, NY.
- Welle, H.M. & O'Rourke, K.M.** (November, 1996). Multiculturalism: Teaching Students Its Implications for Health. American Public Health Association, New York, NY,
- Welle, H.M. & Hamilton, D.** (November, 1996). Eating Disorders Prevention and Intervention: A School-based Multidisciplinary Approach. American School Health Association National Convention, St. Louis, MO.
- Welle, H.M. & Ludwig, M.J.** (November, 1996). Disease Mnemonics: A Learner Centered Activity. American School Health Association National Convention, St. Louis, MO.
- O'Rourke, K.M., & **Welle, H.M.** (November, 1996) Around the World of Addictions: A Teenagers Perception. American School Health Association National Convention, St. Louis, MO.
- Hansman-Ferguson, K. & **Welle, H.M.** (October, 1996). Educating Adults for Choice: Implications for Health Educators. American Association for Adult and Continuing Education National Convention, Charlotte, NC.
- Welle, H.M., Russell, R. D., & Kittleson, M. J.** (April. 1996). A Single Dominant Philosophy for Health Education? ESG Faculty and SOPHE Members Respond. Association for the Advancement of Health Education, National Convention, Atlanta, GA.

Welle, H.M., Kittleson, M.J., & Olgetree, R. (April, 1996). A Content Analysis of the First Year of HEDIR LISTSERV. AA Health Education, National Convention, Atlanta, GA.

Welle, H.M., & Russell, R.D. (October, 1995). The Highs and Lows of Drug Use and Abuse: An Interplay of Motivations. American School Health Association, National Convention, Milwaukee, WI.

Hamilton, D., Chopak, J. & **Welle, H.** (1996). Eating Disorders and Youth. Seventh Annual Youth-At Risk Conference. Savannah, GA.

Kittleson, M.J., Ragon, B., **Welle, H.M.**, and Hanson, C. (November, 1995). The Relationship Among Levels of Distress, Personality Types, and Modes of Relaxing Among College Students. American Public Health Association, National Annual Convention, San Diego, CA.

Welle, H.M., Russell, R.D., & Verdiun, R. (April, 1995). Exploring Commonalties in the Philosophies of Health Education and Adult Education. Association for the Advancement of Health Education, Portland, OR.

Kittleson, M. J., Ragon, B., & **Welle, H.M.** (November,1994). College Students' Knowledge and Beliefs Regarding the Female Condom. American Public Health Association, Washington, D.C.

Kittleson, M.J., Ritzel, D.O., **Welle, H.M.**, & Hanson, C. (November, 1994). An Assessment of Disaster Preparedness Among Rural Residents Along a Major Fault Line. American Public Health Association, Washington, D.C.

Kittleson, M.J., Ragon, R., & **Welle, H.M.** (November, 1994). The Role of Teacher Training in College Students' Perception of Their High School AIDS Education and Health Education Classes. American Public Health Association, Washington, D.C.

Welle, H. M., & Russell, R. D. (April, 1994). An Exploration of Philosophical Trends and Preferences in Health Education. Association for the Advancement of Health Education, Denver, CO.

Welle, H.M., & Kittleson, M.J. (April, 1994). Impact of College Health Education and Physical Education Courses on Personal Wellness. Association for the Advancement of Health Education, Denver, CO.

Invited Lecturer/Speaker

Bland, H.W. (December, 2020). University System of Georgia. Thematic Content Analysis of Qualitative Data (n=888) for Post-Tenure Review Working Group. Given for Dr. Tristan Denley, Executive Vice Chancellor for Academic Affairs & Chief Academic Office at the Univ. System of GA and 15 others.

Guest Speaker (September 27, 2017). Jiann-Ping Hsu COPH Public Health Advisory Board Online Meeting.

Guest Speaker (2016 – 2020). PUBH 4133. Program Planning II Measurements and Statistics (SPSS) for Evaluating Community Program Effectiveness (twice a year).

Bland, H. PUBH 4133. Program Planning II for Dr. Lawrence. Measurements and Statistics (SPSS) for

Evaluating Community Program Effectiveness (Spring 2016).

Bland, H. PUBH 4133: Program Planning II for Dr. Walker. Measurement and Statistics (SPSS) for Evaluating Community Program Effectiveness (Fall, 2015)

Bland, H. (April 23, 2014). International Health and Haiti. CHBE 9630: Doctoral Seminar in Community Health, Georgia Southern University.

Bland, H. (November, 2013). Piti Piti Zwazo ap Fe Niche Li: Public Health Observations in Haiti. 15th Annual National French Week, Georgia Southern University, Statesboro, GA.

Bland, H. (February, 2013). A Presentation about Haiti. FREN 3336: Francophone Cultures of Africa and The Caribbean. Georgia Southern University, Statesboro, GA.

Bland, H. (November, 2011). Haiti in November 2011: After the Earthquake. 13th Annual National French Week, Georgia Southern University, Statesboro, GA.

Bland, H. (March, 2011). Piti, Piti Zwazo ap Fe Niche Li. FREN 3336: Francophone Cultures of Africa and the Caribbean. Georgia Southern University, Statesboro, GA.

Graf, H. (November, 2010). Haiti: Reflecting Back, Looking Forward. 12th Annual National French Week. Georgia Southern University, Statesboro GA.

Graf, H. (2002, June). Stress: What, So What, Now What? Southeast Georgia's Bankers Association Lunch and Learn, Claxton, GA.

Graf, H. (February, 2006). Haitian Creole Language Lessons and Explorations. FREN/AAST 3336: Francophone Cultures of Africa and the Caribbean. Georgia Southern University, Statesboro, GA.

Graf, H. (February 2006). Behind the Mountains: Politics and Culture in Haiti. Department of Literature and Philosophy, Georgia Southern University.

Graf, H. (November 2006). Life Lessons Learned from Haitian Proverbs: Something for Everyone. 8th Annual National French Week. Georgia Southern University.

Graf, H., Chopak-Foss, J. & Sturges, D. (November, 2005). Children Health and Survival. International Week at Georgia Southern, Statesboro, GA.

Graf, H. (November, 2005). Cultural Explorations of Haiti: Min Anpil Chay Pa Lou. 7th Annual National French Week at GSU, Statesboro, GA.

Graf, H. (2004, March). Instilling Positive Interdependence: Min Anpil Chay Pa Lou, Focus on Excellence Lecture, Georgia Southern University.

Graf, H. (2003, June 10). Career Opportunities in Health Science. Magnolia Coastland Area Health Education Center 5th Annual SEARCH Camp, Statesboro, GA.

Graf, H. (2003, April 18). Making Research User Friendly. 6th Annual Phi Kappa Phi Research Symposium. Georgia Southern University, Statesboro, GA.

- Graf, H.** (2001, Nov. 14). Health care for the Homeless. Hunger and Homelessness Week Brown Bag Lunch Series. Georgia Southern University, Statesboro, GA.
- Graf, H.M.** (April, 2001). An Anthropological Presentation on Haiti: People, Culture, and Artifacts. William James Middle School, Statesboro, GA.
- Graf, H.** (February, 2000). The Importance of Community Service: Girl Scouts. Optimist International Club. Statesboro, GA.
- Graf, H.** (January, 2000). Epidemiology and History of Tobacco Use. American Cancer Society Cancer and More Head and Neck Cancer Symposium. Statesboro, GA.
- Graf, H.M.** (December, 1999). Department of Health and Kinesiology: Graduate Degree Programs. Ogeechee Community Wellness Council, Statesboro, GA.
- Welle-Graf, H. M.** (November, 1998). Effects of Democratization on the Quality of Life of the People of Haiti. Department of Psychology Graduate Colloquium Series, Georgia Southern University, Statesboro, GA.
- Welle-Graf, H. M.** (October, 1998). The Role of Mid-Level Practitioners in Public Health. NURS 6131: Professional Roles and Issues in Nursing, Georgia Southern University, Statesboro, GA.
- Welle, H.M.** (July, 1997). Program Planning: An International Perspective. AED852: Program Planning in Adult and Secondary Education. Georgia Southern University, Statesboro, GA.
- Welle, H.M. & Corwin, S.** (February, 1997). Corporate Wellness: A Win-Win Situation. Bulloch Memorial Hospital. Statesboro, GA.
- Welle, H.M.** (July, 1996). Program Planning: International Challenges.. AED852: Program Planning in Adult and Secondary Education. Georgia Southern University, Statesboro, GA.
- Welle, H.M.** (1996). Lupus Erythematosus Disease. Senior Companion Program, In-Service Training. Statesboro, GA.
- Welle, H.M.** (March, 1996). AIDS and the African-American. COPS Program: Butler Housing Projects, Statesboro GA.
- Welle, H.M. & Hamilton, D.** (1996). Fatism: How Cultures Perpetuates Fear of Fatness and Eating Disorders. National Eating Disorders Awareness Week at Georgia Southern University, Statesboro, GA.
- Hamilton, D., & Welle, H.M.** (1995). The Art of Gentle Eating. Health Skills in the Eastern Tradition at Georgia Southern University, Statesboro, GA.
- Welle, H.M.** (1995). An Anthropological Presentation on Haiti: People, Culture, and Artifacts. Julia P. Bryant School, Statesboro, GA.

EDITORIAL WORK

Editorial/Review Boards

Associate Editor (2013-2016). *The Health Educator*. Journal of Eta Sigma Gamma, National Health Honorary Society.

Review Editor (2014- present). *Frontiers*. Journal in Child Health and Human Development.

Reviewer. (2012-present). Journal of Physical Activity and Health. Review manuscripts on request. Reviewed 2 manuscripts (Feb. 2012, Sept. 2012).

Reviewer. (2015-present). Public Library of Science ONE. Review manuscripts on request. (Inter-pregnancy Weight Change and the Risk of Recurrent Pregnancy Complications, April, 2015)

Reviewer (October, 2014). SOPHE Abstract Reviewer for 2015 National Conference, Portland, Oregon (9 total abstracts reviewed).

Reviewer. (2010-2012). Southern Online Journal of Nursing Research. Reviewed manuscripts upon request.

Reviewer. (1997-2010) .American Association for Health Education Research Consortium Board (AAHE/RCB). Review research presentation proposals presentation for AAHPERD National Convention.

Reviewer. (2010). Southern Online Journal of Nursing Research. Reviewed manuscript with focus on methodology.

Reviewer (2008). Journal of Eta Sigma Gamma. Reviewed articles submitted for the 2008 Eta Sigma Gamma Student Monograph.

Reviewer, Jossey-Bass Public Health Series, 2003 – 2004.

Executive Editor, National Certified Health Education Specialist Bulletin, 2000 – 2003.

Reviewer, International Electronic Journal for Health Education, 1998 – 2002.

Reviewer, Certified Health Education Specialist (CHES) Bulletin. National Commission for Health Education Credentialing, Inc.(NCHEC), 1997 – 1999.

Columnist, Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD) Journal, 1997.

Book Reviewer

Women's Health, Coursewise Publishing, Boulder, CO, 1998.

Core Concepts in Health: Brief 7th Edition. Mayfield Publishing Company: Mountain View, CA., 1996.

STUDENT SUCCESS AND MENTORING

Member, Dissertation Committees:

Karabi Barai (2021 to present). Dissertation Committee, DrPH
Alysia Johnson (2020 to present), Dissertation Committee, DrPH CHBE
Christine Cooper (2021 to present), Dissertation Committee, DrPH
Brianna Williams, (2019 to 2021) Dissertation Committee, DrPH
Tabitha Sirmans, (2020 to present) Dissertation Committee, Ed.D
Jill Johns, Dissertation (2020 to present) Committee, DrPH
Kristina Harbaugh, (2016 - 2020) Dissertation Committee. DrPh

Faculty Mentor of Undergraduate Student Research

- Keefe, K., Lathi, C., Thorton, W. & Turkowsky, E. (**Bland, H.**, Faculty Mentor). October 18, 2016. The Impact of Physical Activity on Quality of Life for Addiction Recovery Program Participants. 5th Annual State of Public Health Conference, Athens, GA.
- Higgins, M., Smith, B., Waters, D. & Babayemi, B. Keefe, K., Lathi, C., Thorton, W. & Turkowsky, (**Bland, H.**, Faculty Mentor). October 18, 2016. Getting Elderly to Mover: The Impact of Physical Activity on Arthritis. 5th Annual State of Public Health Conference, Athens, GA.
- Daniel, T., Smith, C. & **Bland, H.** (March, 2015). Diabetes Disparities: Socioeconomic Status and Feelings Towards Diabetes Care. 86th Annual GPHA Conference, Atlanta, GA.
- Thomas, K , Richardson, F. & **Bland, H.** (March, 2015). Pretty Hurts: Impact of Media and Social Pressures on Female College Students' Perception of Physical Appearance. 86th Annual Georgia Public Health Association Conference, Atlanta, GA.
- Good, S., Young, R., & **Bland, H.** (March, 2015). Self-Esteem in Children: A Parental Perspective. 26th Annual National Youth-At-Risk Conference. Savannah, GA.
- Burke, J., & Jensen, A. (**Bland, H.**, Faculty Mentor). November, 2014. Stress, College & Physical Activity: Does One Affect the Other? Georgia Undergraduate Research Conference, Georgia Southern University, Statesboro, Ga.
- Brown, F. (**Bland, H.**, Faculty Mentor). November, 2014. Can Exercise Make You Smarter: A Relationship Between Physical Activity and GPA. Georgia Undergraduate Research Conference, Georgia Southern University, Statesboro, Ga.
- Mills, S. & Wiltse, J. (**Bland, H.**, Faculty Mentor). November, 2014. Strays from Rays: Behavior Intention of Artificial Tanning in College Students. Georgia Undergraduate Research Conference, Georgia Southern University, Statesboro, GA.
- Hearn, H. & Williams, L. (**Bland, H.**, Faculty Mentor). November, 2014. Drinking Among College Students: The Use of Alcohol due to Social Pressures. Georgia Undergraduate Research Conference, Georgia Southern University, Statesboro, Ga.
- Andrews, C. & Garrett, A. (**Bland, H.**, Faculty Mentor). November, 2014. Eating Disorders Association

- among Early Adults: College Students and their Non-College Peers. Georgia Undergraduate Research Conference, Georgia Southern University, Statesboro, Ga.
- Mateo, I. (Faculty Mentor: **H. Bland**). (April, 2014). Stresspression? A Study on the Relationship between Perceived Stress, Depression and College Females. Phi Kappa Phi 17th Annual Research Symposium, Georgia Southern University, Statesboro, GA.
- Bonham, K. & Tomlin, B. (April, 2014). Health Status within the Workplace. Phi Kappa Phi 17th Annual Research Symposium, Georgia Southern University, Statesboro, GA. (Faculty Mentor: **H. Bland**).
- Hughey, S. (April, 2013). Perceptions towards active military with PTSD. Phi Kappa Phi 16th Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA. (Faculty Mentor: **H. Bland**).
- Avery, W. (April, 2013). The effectiveness of a deep breathing meditation intervention to reduce test anxiety. Phi Kappa Phi 16th Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA. (Faculty Mentors: B. Melton & **H. Bland**).
- Breffle, J., Dorrell, J., Flecksteiner, A., & Williamson, J. (April, 2013). Actively defeating diabetes: An evaluation of a community health intervention. AAHPERD National Conference, Charlotte, NC. (Faculty Mentors: B. Melton & **H. Bland**).
- Shorts, K. (April, 2012). Don't be Silent, STOP Domestic Violence: Health Educators and Social Issues. Phi Kappa Phi 15th Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA. (Faculty Mentor: **H. Bland**).
- Reichel, K. (April, 2012). Healthy Behaviors at the Farmer's Market. Phi Kappa Phi 15th Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA. (Faculty Mentor: **H. Bland**).
- Austin, N. (Aug 2009 – May 2011). Effects of body image upon portion size. Undergraduate Honors Thesis. Dept. of Health and Kinesiology, Georgia Southern Univ. (Honors Thesis: Member).
- Hermazes, R. (Aug.2009 – May 2011). Effect of red meat elimination upon athlete's performance. Undergraduate Honors Thesis, Dept. of Health and Kinesiology, Georgia Southern Univ. (Honor's Thesis: Member).
- Blount, A. (April, 2010). Parkinson's disease patients: A qualitative study of disease perception. Phi Kappa Phi 13th Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA. (Faculty Mentor: **H. Bland**).
- Hunter, E. (April, 2010). Anxiety and alcohol among college students; The books or the bottle. Phi Kappa Phi 13th Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA. (Faculty Mentor: **H. Bland**).
- Miller, H. O. (April, 2010). Live well with stem cells: Health educators and biomedical technology. Phi Kappa Phi 13th Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA. (Faculty Mentor: **H. Bland**).

Faculty Advisor: 9th Annual Undergraduate Research Poster Presentations (April, 2007). 32 individual student research projects.

Welle, P. (April, 2007). A Study of the Effectiveness of Lifestyle Habits and Coping Strategies on Stress Tolerance in College Students by Race and Gender. Young Epidemiology Scholars Competition, Washington DC. National Finalist, 3rd Place. Awarded: \$20,000.00.

Faculty Advisor: 8th Annual Undergraduate Research Poster Presentations (April, 2006). 25 individual student research projects.

Welle, P. (April, 2006). A Retrospective Case-Control Study of Stress in Tolerance in Adolescents. Young Epidemiology Scholars Competition, Washington DC. Regional Finalist. Awarded: \$2,000.00.

Faculty Advisor for Presentation of T. Cleveland, MPH Student (April 2005). 3rd Annual Graduate Student Scholarship Day. GSU, Statesboro, GA.

Faculty Advisor: 7th Annual Undergraduate Research Poster Presentations (April, 2005). 29 individual student research projects.

Welle, J. (April, 2005). Cross-Sectional Study of Local High School Students: CDC Youth Risk Behavioral Survey Hits Home. Young Epidemiology Scholars Competition, Washington DC. Regional Finalist.
Awarded: \$2,000.00.

Rimer, R. & Graf, H. (faculty mentor). (April 2004). Seat Belt Use Among Students at Georgia Southern University, Phi Kappa Phi Research Symposium.

Faculty Advisor. 6th Annual Undergraduate Research Poster Presentations, Department of Public Health. (April 2004). 25 Research Projects.

Welle, J. (April, 2004). Retrospective Case-Control Factors of that Contribute to Obesity Among Young Adults. Young Epidemiology Scholars Competition, Washington DC. Regional Finalist.
Awarded: \$2,000.00.

Faculty Advisor. 5th Annual Undergraduate Research Poster Presentations, Department of Public Health. (2003, April 24). 24 Research Projects.

Bishop, J. & Wiley, L. (April, 2002). A Comparison of parental Attitudes Towards Youth Sports. Phi Kappa Phi 5th Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA.

Carter, C. & Williams, L. (April, 2002). 2001 GSU Wellness Fair. Phi Kappa Phi 5th Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA

Faculty Advisor. 4th Annual Undergraduate Research Poster Presentations, Department of Health and Kinesiology. (2002, April 25). 16 Research Projects.

Kunda, B., Pierce, L., & Webster, S. (March, 2001). *Does Support for Organs Donation and Knowledge of Organ Procurement Processes Predict Willingness of College Students to Donate Organs?*

- American Association for Health Education National Convention, Cincinnati, OH.
- Harris, A. (March, 2001). *Abilities and Care of Elderly: Attitudinal Study Conducted Among College Students*. American Association for Health Education National Convention, Cincinnati, OH.
- Faculty Advisor. Evaluation of the University Wellness Council Fair, Spring 2001.
- Faculty Advisor. 3rd Annual Undergraduate Research Poster Presentations, Dept of H&K. April 2001.
- Annual H & K Undergraduate Research Poster Presentation Day (1999 – 2003). Held each April, with average of 20 undergraduate student research presentations each year.
- Clabby, M., & Russell, K.. (March, 2000). College Students: Are You Healthy? American Association for Health Education National Convention. Orlando, FL.
- Cody, R., & Chea, T. (March, 2000). Level of Comfort Associated with Condom Use. American Association for Health Education National Convention. Orlando, FL.
- Bess, J., & Goodwin, A. (March, 2000). Sexual Attitudes of College Students. American Association for Health Education National Convention. Orlando, FL.
- Akins, L., Titzer, C., & Wynn, E. (March, 2000). GSU Sororities: What Do They Think About Sex? Phi Kappa Phi 3rd Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA.
- Morris, A. & Pridgen, A. (1999, April 23). Sexually Transmitted Disease and Partner Notification Behaviors Among GSU College Students. Phi Kappa Phi 2nd Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA.
- Trawick, L. & Levette, A. (1999, April 23). Evaluation of Binge Drinking Among GSU Sorority vs. NonSorority Members. Phi Kappa Phi 2nd Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA.
- Rhodes, P. & Rhodes, T. (May, 1998). Cancer Screening: Examine Your Attitudes. Phi Kappa Phi 1st Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA.
- McElveen, S. & Thomas, N. (May, 1998). GSU Students: Sexually Ethical or Not? Phi Kappa Phi 1st Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA.
- Tilmon, R. & Robinson, A. (May, 1998). Ogeechee Wellness Fair: Did You Make the Grade? Phi Kappa Phi 1st Annual Undergraduate Research Symposium, Georgia Southern University, Statesboro, GA.

Graduate Student Thesis/ Capstone

- Capstone Evaluator (2016). Evaluated 9 Capstone Experiences for Master's students in all 5 MPH disciplines.
- Williamson, J.A., Melton, B., **Bland, H.**, Zhang, J. (December , 2015). *Using the Exercise is Medicine® on Campus module to assess college students knowledge, attitudes, and practice in a rural setting*. Capstone Experience, Department of Epidemiology, JIANN-PING HSUCOPH, Statesboro, GA.
- Capstone Evaluator (April, 2014). Evaluation of 7 MPH students Research Capstone Poster and

Presentations.

Marco Ruggerio (May 2012). *Compensation Theory: Can Female Swimmers Balance Inseason and Out of Physical Activity and Nutritional Intake*. M.S., Kinesiology; Member, Thesis Committee.

Traci L. Cleveland (August, 2006). *Perceived Threat of HIV/AIDS Among Men who have Sex with Men and Heterosexual Males*. Masters of Public Health, Chair, Thesis Committee.

Todd Lane. (December 2005). *Effects of Dynamic Stretch, Static Stress and Proprioceptive Neuromuscular Facilitation on Running Velocity, Step Length and Step Rate*. Exercise Science, Member, Thesis Committee.

Mary Miller. (May 2005). *Pregnancy Intendedness in a High Risk Group: Reassessing Its Meaning*. Masters in Public Health. Chair, Thesis Committee

Ngaga, Irene. (May 2004). *Impact of Education on Diabetes Control*. Masters of Public Health. Chair, Thesis Committee.

Lee, Shelby. (May 2004). *The Impact of Source and Accuracy of Sexuality Information on Correct Contraceptive Use*. Masters of Public Health. Thesis Committee Member

Guzman, Angela. (August 2003). *The Prevalence of Disordered Eating Behaviors Among Sorority vs. Non Sorority Women*. Masters of Public Health. Thesis Committee Member

Mearse, Lydia. (May 2001) *The Role of Pesticides in the Development of Childhood Leukemia*. Masters of Public Health. Chair, Thesis Committee

Maternal and Child Health Training Manual (Limited Circulation)

Lesson Plans and Teaching Activities for Maternal and Child Health Manual. (2005). Authored by the Students of HLTH 4230: Maternal and Child Health. Statesboro, GA: GSU Print Shop, 547 pages.

Lesson Plans and Teaching Activities for Maternal and Child Health Manual. (2002). Authored by the Students of HLTH 4230: Maternal and Child Health. Statesboro, GA: GSU Print Shop, 589 pages.

Lesson Plans and Teaching Activities for Maternal and Child Health Manual. (2001). Authored by the Students of HLTH 4230: Maternal and Child Health. Statesboro, GA: GSU Print Shop, 282 pages.

Lesson Plans and Teaching Activities for Maternal and Child Health Manual. (2000). Authored by the Students of HLTH 4230: Maternal and Child Health. Statesboro, GA: GSU Print Shop, 427 pages.

Lesson Plans and Teaching Activities for Maternal and Child Health Manual. (1999). Authored by the Students of HLTH 4230: Maternal and Child Health. Statesboro, GA: GSU Print Shop, 488 pages.

Lesson Plans and Teaching Activities for Maternal and Child Health Manual. (1998). Authored by the Students of HLTH 4230: Maternal and Child Health. Statesboro, GA: GSU Print Shop, 282 pages.

SERVICE

USG BOARD OF REGENTS SERVICE

Member (2020-2021). University System of Georgia, Board of Regents. Post-Tenure Review Working Group. Sole Representative of the Comprehensive Universities of the University System of Georgia.

UNIVERSITY, COLLEGE AND DEPARTMENTAL SERVICE

University

Member, (2019 – present). President’s Learning Network, Georgia Southern University.

Donor. Day for Southern Contribution. (1995-present). For the Love of Blue Campaign.

Faculty Leader. (2019-2021). Certified COVID-19 Contract Tracer. Worked daily on the CARES Contact Notification Team for Georgia Southern University.

Faculty Senate, Immediate Past President, Georgia Southern University, 2020-2021

Faculty Leader. (2020-2021). Employment Engagement Survey Presentations for University Strategic Planning Committee.

Member. President’s Diversity Advisory Council (PDAC). 2020 -2021.

Faculty Senate President, Georgia Southern University, 2019-2020.

Member. (2019-2020) Georgia Southern University Leadership Development Institute. (Dr. Marrerro and 65 campus leaders chosen by Dr. Marrerro who are committed to professional and personal growth).

Faculty Senate Executive Committee, Georgia Southern University, 2018-2021.

Senator, Faculty Senate. Georgia Southern University, 2017 – 2020.

Member, Faculty Senate Welfare Committee, Georgia Southern University, 2018-2020.

Co-Chair, Georgia Southern Awards of Excellence Committee, Georgia Southern University, 2019-2021.

Member, Strategic Planning Enrollment Committee, Georgia Southern University, 2018-2020.

Search Committee Chair, Faculty Senate Administrative Specialist, Georgia Southern University,

2019.

Member. President's Advisory Council (PAC), Georgia Southern University, 2018-2020.

Co-Chair, (2018-2021). University Strategic Planning Committee

Co-Chair, (2018 - 2019). Subcommittee on University Mission & Vision Statement, University Strategic Planning

President Elect, Faculty Senate (2018-2019)

Member (2018-2019) Faculty Development Committee, Subcommittee to work on Faculty Handbook.

Senator (2017-2019). Georgia Southern University Faculty Senator

Senator (2017-2019). Senate Executive Committee, Faculty Senate, GSU

Member (2013-2017). Georgia Southern University's Academic Assessment Steering Committee for Institutional Effectiveness (Reviewed 20 Program Assessments.)

Member (2013-2018). GSU IRB Review Member Alternate.

Member (2016-2018). Faculty Senate, Faculty Development Committee.

Steering Committee (May 9-10, 2016). GSU Academic Assessment Retreat.

Presider. (April 5, 2016). Phi Kappa Phi Research Symposium Session III.

Participant (February 4, 2016). Third Annual Assessment Symposium.

Member (2013-present) Georgia Southern University's Academic Assessment Steering Committee for Institutional Effectiveness (Review Program Assessments – 20 per year)

Member (2013-present). GSU IRB Review Member Alternate (Review 5 – 7 protocols per year)

Member (2003-2016). Phi Kappa Phi Research Symposium Organizing Committee.

Donor (1995-2012). A Day for Southern On Campus, Dept. of Health and Kinesiology.

Senator (2013 – 2015). Faculty Senate, Jiann-Ping Hsu College Of Public Health.

Member (2013-2015) Jiann-Ping Hsu COPH Academic Steering Committee for Institutional Effectiveness (College Assessments.)

Member (2013-2014). Georgia Southern University Ad Hoc Committee on Student Ratings of Instruction Committee.

Representative (2012-2015). General Education & Core Curriculum Committee, Faculty Senate Committee Membership.

Faculty Volunteer (August 19, 2012). Conversations with Professors. GSU, Statesboro GA.

Elected Member, (2003-2005) Undergraduate Committee, Subcommittee of Faculty Senate.

Guest Speaker. (February, 2005). Haitian Creole Language Lessons and Explorations. FREN/AAST 3336: Francophone Cultures of Africa and the Carribean. Georgia Southern University, Statesboro, GA.

Faculty Mentor. (October 2004) GSU Circle of Omicron Delta Kappa.

Elected Member. (2003-2004). Faculty Grievance Committee, 2003-2004.

Presider, (April, 2003). Phi Kappa Phi Research Symposium Session I-C.

Member. (2002 to 2003). Georgia Southern University Non-Profit Agency Board, Office of Volunteer Services

Faculty Advisor. (Fall 2003). Magnolia AHEC SeaGAIL (Southeast Georgia AIDS Info Link) Training 13 students trained.

Faculty Mentor. (Fall 2002). Service Learning Component 1000 hours given in Community Service.

Faculty Advisor. (October, 2002). Alcohol Awareness Day to GSU.

Faculty Volunteer. (September, 2002). Community Plunge sponsored by the Office of Volunteer Services.

Faculty Mentor. (Fall 2001). Service Learning Component 912 hours given in Community Service.

Faculty Advisor. (April, 2001). National Organ Donation Education Day at GSU.

Advisory Board Member. (1995-2001) Georgia Southern University's Area Senior Companion Program.

Team Leader, Step Into Statesboro. Sponsored by the GSU Office of Volunteer Services (Fall, 2001).

Member, United Way Citizens Review Committee. Appointed GSU Representative, 1998-1999, 2001.

Team Leader for American Red Cross. Step Into Statesboro. Georgia Southern University Volunteer Service, 1999.

Reader, Georgia Southern University Graduation Ceremony, Winter 1998.

Faculty Participant. National Collegiate Alcohol Awareness Week at Georgia Southern University, 1997.

Member, CLASS ACT, College of Liberal Arts and Social Sciences Community Advisory Board, Georgia Southern University, 1996-1997.

Member, Steering Committee. Committee for National Eating Disorder Awareness Week. Georgia Southern University, 1995-96.

College Service

POD Volunteer (2021). Helped run students who wanted to get vaccinated against COVID-19 from one station to another.

Member (2019). JPH CPH P & T Committee (for one person only).

Chair. (2017). JPH CPH College Curriculum Committee.

Chair (2017). JPH CPH P & T Committee.

Founder/Facilitator (2017). JPH CPH Welfare Committee and JPH CPH Women in Leadership Sub-committees.

Co-Chair (2016-2018). JPH CPH Welfare Committee and JPH CPH Women in Leadership Sub committees.

Participant (April 20-22, 2016). Jiann-Ping Hsu CPH Council of Education for Public Health Site Visit.

Chair (2015-present). Jiann-Ping Hsu CPH College Curriculum Committee.

Member (2013-present). Jiann-Ping Hsu CPH Promotion & Tenure Review Committee.

Barista and Proprietor. (2012-present). Purchase all supplies and coffee for Jiann-Ping Hsu CPH 1st Floor Hendrix Community Coffeehouse.

Peer Evaluation, (September, 2015). Mid-Term Class Evaluator, Dr. Eremeeva. PUBH 3136: Prin of Environmental Health, Department of Environmental Health (Internal Document).

Mentorship (December, 2015). Dr. Asli Aslan. PUBH 3136: Principle of Environmental Health. Guidance on teaching undergraduates, supply of course materials: ppts, assignments, quizzes, exams.

Member (2014-2015). Jiann-Ping Hsu CPH Diversity Committee.

Member (2014-2015), Jiann_Ping Hsu CPH Faculty Process and P&T Assessment Committee.

Member (2013-2015). Jiann-Ping hsu CPH Promotion and Tenure Committee.

Member (2013-2014). Jiann-Ping Hsu CPH Online Course Development Program run by CT2.

Member (2013-2014). Jiann-Ping Hsu CPH Chairs' Search Committee. Searched for Departmental Chair of Health Policy and Management.

Senator (2012-2013). Faculty Senate, College of Health and Human Sciences Senator.

Member (2012-2013). Promotion and Tenure, CHHS Committee.

Member (2010). Strategic Planning for CHHS, Workshop.

Member. (2005). Jiann-Ping Hsu School of Public Health Taskforce.

Faculty Advisor and Participant. (November, 2005). Annual Thanksgiving Food Drive. Collected 4132 food items to make 200 food baskets for the Senior Companion Program.

Faculty Mentor. (Fall 2004). Service Learning Component 1849 hrs given in Community Service.

Faculty Advisor and Participant (October 2004). Homelessness and Hunger Annual Tent Event.

Faculty Advisor. (November 2004). 6th Annual CHPS Holiday Food Drive for the Statesboro Food Bank, Inc., 3,387 Food items.

Co-Captain and Participant. (April, 2004). CHHS American Cancer Society Relay-for-Life.

Faculty Advisor and Member. (April, 2003). American Cancer Society's Relay for Life, CHHS Health Care Bears Team.

Participant. (April, 2003). March of Dimes, WalkAmerica, CHHS Team.

Banner Marshal, (2003) College of Health and Human Sciences Fall Graduation.

Member. (2000-2003). Center for Rural Health and Research Faculty Advisory.

Faculty Advisor. (2002). 3rd Annual CHPS Holiday Food Drive for the Statesboro Food Bank, Inc., 1,407 food items.

Participant. (April, 2002). March of Dimes, WalkAmerica, CHPS Team.

Participant. (Feb. 2002). American Cancer Society's Relay for Life, CHPS Chippers Team.

Member. (2001-2002). CHPS Strategic Planning & Reorganization Committee.

Committee Member. United Way of Southeast Georgia Citizen Review/Allocation Panels, GSU Representative, 2001.

Faculty Advisor. National Organ Donation Education Day at GSU. (2001, April 26).

Faculty Advisor. (2001). 2nd Annual CHPS Holiday Food Drive for the Statesboro Food Bank, Inc., 660 food items.

Elected Member, CHPS Representative to the GSU Faculty Senate Representative: Faculty Research Grant Sub-Committee, 2000- 2002.

Faculty Participant, Honor's Day Academic Procession, 1998 – 2002.

Elected Member, CHPS Representative to the GSU Faculty Senate Representative. Faculty Service Grant Sub-Committee, 1996 - 1999.

Member, College of Health and Professional Studies Faculty Advisory Committee, 1996-97.

Member, College of Health and Professional Studies Newsletter Committee, 1995-96.

Departmental Service

Reviewer (2019 – 2021). SOPHAs for Department of Health Policy and Community Health.

Member (2017-2018). Departmental Retreat Planning Committee.

Co-Mentor (2018-2019). Redesign and develop PUBH 4134, for adaption of this course on Armstrong being taught by Dr. Katie Mercer.

Facilitator (2016-2018). Departmental and Faculty Course Scheduling by Semester.

Member (2015-2016). Admissions Committee for Master/Doctoral Student Applications, SOPHAS
Reviewer.

Member (2015- present) Faculty Process and P & T Assessment Committee.

Evaluator. (September, 2014). Process Report for the Chair of CHBE (Internal Document).

Faculty Advisor (October, 2013). 3rd Annual OTC Medicine Drive for the Medical Trip to Port-au-Prince, Haiti. 1100+ OTC Medicine items donated.

Advisor, (2001-2012). Undergraduate Health Education and Promotion Students. Dept. of Health and Kinesiology. CHHS.

Faculty Advisor (October, 2012). 2nd Annual OTC Medicine Drive for the Medical Trip to Port-au-Prince, Haiti. 872 OTC Medicine items donated.

Member (2011-2012). Departmental Promotion and Tenure Committee. Dept. H&K.

Faculty Advisor (October, 2011). 2nd Annual OTC Medicine Drive for the Medical Trip to Port-au-Prince, Haiti. 950+ OTC Medicine items donated.

Member (2007-2011). Departmental Program and Curriculum Committee. Dept. H&K.

Program Director. (2005-2011). Undergraduate Programs for Health & Kinesiology.

Program Coordinator. (2001-2008). Health Science Majors for Dept. of Health and Kinesiology.

Faculty Advisor. (2001-2008). Health Science Major's Club.

Faculty Mentor. (Fall 2006). Service Learning Component Total of 2693 hours given in Community Service by students for such agencies as American Red Cross, Amethyst Project, After School Kid Program of Bulloch County, East Georgia Regional Medical Center, Women's Place, etc

Faculty Advisor and Participant. (April 2006). Fund Raiser for Health Science Student Injured in Robbery, Bake Sale, Raised \$240.00.

Faculty Advisor and Participant. (September 2005). American Red Cross Fund Raiser for Hurricane Katrina Victims, Bake Sale, Raised \$913.00.

Faculty Mentor. (Fall 2005). Service Learning Component 1548 hours given in Community Service.

Faculty Advisor and Participant. (2005). The Food Bank, Inc. of Statesboro. Donation of baked goods.

Faculty Advisor. (March 2005). Introduction to Disaster Services (ARC). 26 Health Science Students Certified.

Faculty Advisor. (April 2005). Shelter Management Certification (ARC). 34 Health Science Students Certified.

Member. (2005). Search Committee Community Health Position.

Member. (2005). Search Committee Food and Nutrition Position.

Member. (2003-2004). External Funding Task Force.

Faculty Advisor and Participant (October, 2003). Homelessness and Hunger Annual Tent Event.

Faculty Advisor. (Spring, 2003). American Red Cross Introduction to Disaster Services Course. 25 students certified.

Faculty Advisor. (Fall 2003). American Red Cross Weapons of Mass Destruction/ Terrorism (WMD/T) Course. 6 students certified.

Member. (2002-2003). Public Health Associate Professor Search.

Member. (2001-2002). Dept. Promotion and Tenure Committee.

Member. (2001-2002). Transcultural Opportunities Task Force.

Program Coordinator, Community Health Majors for Dept. of Health & Kinesiology, 1995 – 2001.

Contributor. Program Review Document for the Master of Health Services Administration. Spring 2001.

Faculty Advisor, Eta Sigma Gamma of GSU Chapter (Omicron Upsilon), Spring 2001.

Faculty Advisor, Community Health Major's Club, 2000- 2001.

Contributor, SABPAC Self-Study Manual for Accreditation for Health Science Majors, 1999 to 2005.

Faculty Sponsor, Homelessness Annual Tent Event, GSU Office of Volunteer Services, 1998 to 2008.

Member, Health Science Cluster, Georgia Southern University, 1996- 2012.

Member, Program and Curriculum Committee (Department of Health and Kinesiology), 2000 to 2001.

Member, Faculty Development Committee (Department of Health and Kinesiology), 1999-2000.

Faculty Representative, Georgia Southern University Visitation Day, 1999 – 2006.

Member, Promotion and Tenure Committee (Department of Health and Kinesiology), 1998-1999.

Peer Teaching Evaluator, Dr. Matt Williamson & Dr. Judith McLaughlin (Department of Health and Kinesiology), 1999.

Member, Departmental Institutional Review Board (Department of Health and Kinesiology), 1996-1998.
Contributor, New Curriculum Design and Implementation for B. S. in Health Science, Community Health Major (Department of Health and Kinesiology), 1997 – 1998.

Contributor, Masters of Health Services Administration (MHSA) Program Proposal for submission to the Board of Regents, (Department of Health and Kinesiology), 1997 - 1998.

Member, Program and Curriculum Committee (Department of Health and Kinesiology), 1996-1997.

Member, Internship Task Force (Department of Health and Kinesiology), 1996-1997.
Faculty & Co-Sponsor of Gamma Upsilon, Eta Sigma Gamma (Department of Health & Kinesiology), 1995-1997.

Search Committee Chair, Community Health Assistant/Associate Professor (Department of Health and Kinesiology), 1996-1997.

Search Committee Member, Behavioral Aspects. (Department of Health and Kinesiology). 1996.

PROFESSIONAL SERVICE ACTIVITIES

Member, Relay for Life, American Cancer Society Marvin Pittman Team; April, 2019.

Member, American Cancer Support Group, Statesboro GA, 2015- present.

American Heart Association. (2018). Local Facilitator. The Children's Heart Association. Donated 50 student and faculty crocheted hats.

Statesboro Food Bank (2017). Organized Fall Food Drive for Food Bank – over 500 items collected.

- Statesboro Food Bank (2019 – present). Plant and cultivate a 2-acre vegetable garden and donate hundreds of pounds of fresh produce annually.
- Statesboro Food Bank (2018) Organized Fall Food Drive for Food Bank – over 100 items collected.
- Statesboro Food Bank (2018) Organized Fall Food Drive for Food Bank – over 100 items collected.

2017 CLICK for Babies National Campaign: Period of Purple Crying Caps. Local Facilitator. (October 2017). Children's Healthcare of Atlanta. Donated 50 student and faculty crocheted hats.

Member (October, 2013 - 2018). Medical Mission Team to Haiti. Served as Community Health Educator, Translator. Port-au-Prince, Haiti. (annually for one week in October).

Emory School of Medicine (2016 – 2018). Medical Translator, Haitian Creole. South Georgia Farmworkers Health Project, Emory University School of Medicine, Department of Family and Preventative

- Medicine. Bainbridge, GA; Cairo, GA; and Attapulcus, GA. (annually in June).
- Camillus Health Clinic. (2015- 2019) . Eligibility Specialist/Intake of Patients. Free clinic for medically indigent. 6 times per year. Sylvania, GA.
- External Reviewer. (July, 2015). Evaluation of Dr. Laura Gaydos, (for promotion) Assistant Professor of Health Policy and Management in the Rollins School of Public Health, Emory University. Atlanta, GA.
- Evaluator. (November, 2014). External Evaluation Report for the State University of New York (SUNY). Exercise Science Program Review. Submitted to SUNY, Potsdam, NY. 9 pages.
- Member (November, 2012). Medical Mission Team to Haiti. Served as Community Health Educator, Translator. Port-au-Prince, Haiti.
- Member (November, 2011). Medical Mission Team to Haiti. Served as Community Health Educator, Translator. Port-au-Prince, Haiti.
- Member (2005-2011). American Association for Health Education (AAHE) History and Philosophy Committee.
- Member, Committee for Service-Learning of the American Association for Health Education (AAHE), 1998 – 2008.
- Presider. (April, 2006). *Teaching Human Sexuality* (Nottingham, Schroeder, Whalen, & Proscia). AAHPERD National Convention, Salt Lake City, UT.
- Presider. (April, 2005). *Organizing and Delivering International Travel/study Courses and Tours* (Davis, Hensley & Ping). AAHPERD National Convention, Chicago, IL.
- Presider. (April, 2004). *Revenge of the Puffmeister: Small Towns Fight Tobacco*. (Chopak, Lidstone, Hughes). AAHPERD National Convention, New Orleans, LA.
- Selected Member. Competencies Update Project Advisory Committee. National Role Delineation Project for Health Education Profession. 1999 – 2003. (25 Health Educators Chosen Nationwide to study current Responsibilities and Competencies for the Health Education Profession).
- Elected Officer, Vice Chair, Executive Committee. National Commission of Health Education Credentialing, Inc. (NCHEC) Allentown, PA. (2001-2002).
- Elected Commissioner, Board of Commissioners of National Commission of Health Education Credentialing, Inc. 1997 – 2002.
- Nominated. Salt Lake 2002 Olympic Torch Relay.
- Elected Officer, Treasurer, Executive Committee. National Commission of Health Education Credentialing, Inc. (NCHEC) Allentown, PA, 1999 – 2001.
- Reviewer, Health Education Directory (HEDIR) Technology Seminar at the American Association for Health Education National Convention, Boston MA, 1999.

Elected Officer, Secretary, Executive Committee. National Commission of Health Education Credentialing, Inc. (NCHEC) Allentown, PA, 1998.

Member, Role Delineation Project. National Commission for Health Education Credentialing, Inc. Consortium of 15 Health Educators Chosen Nationwide, Lehigh Valley, PA, 1998.

Presider, American Association for Health Education National Convention, Reno, NV, 1998.

Member, Examination Construction Workshop, Certified Health Education Specialist (CHES) Examination, NCHEC. 7 Health Educators Chosen Nationwide, Washington DC, 1997.

Member, Item Writing Workshop, Certified Health Education Specialist (CHES) Examination, NCHEC, 12 Health Educators Chosen Nationwide, LaCrosse Wisconsin, 1997.

Committee Member, Prevention Credentialing Consortium of Georgia, Inc. Atlanta, GA, 1995 – 1996.

Track Officiator (March 29, 2014). 45th Statesboro Relays. Statesboro High School Track Team, Statesboro GA.

Statistician. (April- May, 2014). Report on the Effectiveness of Extended Care Treatment Facility of Alcohol and Drug Addiction: Willingway Hospital (1997-2013). Report prepared by Tyler Schulte, Intern. Assisted by Drs. Helen Bland and Greg Evans. Statesboro GA.

Sponsor (March, 2013). Southeastern Georgia Communities Project, Inc. Migrant and Seasonal Farmworker Donation Drive. March, 2013. Collected 700+ Items.

Track Officiator (March 30, 2013). 45th Statesboro Relays. Statesboro High School Track Team, Statesboro GA.

Member (2010 – present). USA Track and Field Bulloch County Track Club. Statesboro, GA. Track officiators that help host track and cross country meets for local high school and middle school runners.

Member (2011 – present). Haiti Medical Trip Awareness and Fund Raising Events, Statesboro GA. Hold fund raising events throughout the year in local community. Meetings/ events are held every month. Cross Country Coach. (2001 – 2011) Statesboro High School. Statesboro, GA.

Founder and Sponsor. (2005-2011). Statesboro Pacers Teen Team. Running club for teenagers in the Bulloch County community and surrounding area. Meets 3 times per week during the summers.

Assistant Track Coach, Distance Runners. (2004-2007). Statesboro High School.

Researcher. (February, 2004). Statesboro High School Advance Placement Course Study and Report.

Faculty Advisor and Participant (December, 2003). Make-A-Wish Foundation Christmas Party, 7 Children and Families Sponsored and party hosted.

Facilitator and Implementer (Spring, 2003). Construction of a Meditation Garden at Safe Haven: Domestic Violence Shelter. Statesboro, GA.

Fundraiser and Sponsor (Fall 2003). Olympian Hopeful Turena Lane. Raised \$1,609.00 for Olympic Trials.

Facilitator and Participant (Summer, 2003). Designed and help painted ten 10' x 6' murals for Julia P. Bryant Elementary School. Statesboro, GA.

Girl Scout Leader (1995 – 2004). Cherry Service Unit Troop #414.

Judge. (July, 2002). 3rd Annual Women's Fair, C0-Sponsored by Amethyst Project, Inc. and Ogeechee Technical College.

Assistant Track Coach. (Spring 2001 – 2003). William James Middle School, Statesboro, GA.

Vice President (2001-2002). Parents & Teachers Association, William James Middle School, Statesboro.

Girl Scout Facilitator, Silver Award for Cadette Troop #414. 2nd Highest Award in the Girl Scout Program. 1st Troop in Bulloch County to Receive this Award (April, 2001).

Faculty Mentor, Evaluation of the Ogeechee Community Wellness Council Annual Health Fair (2001, February)., Statesboro, GA.

Chair, School Health Grant Task Force for Bulloch County Schools, Bulloch County, GA, 1998.
President. Ogeechee Community Wellness Council. Bulloch County, GA, 1997 – 1998.

Girl Scout Leader. Girl Scouts of America. Cadette Girl Scouts: 1999 – 2001. Junior Girl Scouts: 1996-1999, Brownie Girl Scouts: 1995 – 1996, Statesboro, GA.

Co-Chair. Ogeechee Community Wellness Council Annual Health Fair. Statesboro Mall, Bulloch County, GA, 1997.

Vice Chair, Ogeechee Community Wellness Council, Bulloch County, GA, 1996-1997.

Member, Bulloch County Council on Child Abuse, Bulloch County, GA, 1996-1997.
Steering Committee, Cardiac Support Group, Bulloch Memorial Hospital, Statesboro, GA, 1996.

Judge for the Young Careerist Competition, Statesboro Business and Professional Women. Statesboro, GA, 1996.

CURRENT PROFESSIONAL ORGANIZATION MEMBERSHIP

Society of Health and Physical Educators (SHAPE) (1994 - present). Member No. 2076522.

GAHPERD (2005-present). Member No. GAH3661500.

Eta Sigma Gamma (1994 – present). Member No.

Phi Kappa Phi (PKP). (1994-present). Member No.

Society for Public Health Education (SOHPE). (2013- present)

Georgia Association of USA Track and Field (GA USATF) (2008-present).

USA Track and Field (USATF). (2008-present).

Georgia High School Association (GHSA). (2003-2011).

National Federation of State High School Coaches Association (NFHS Coaches Association). (2003-2011).

CONFERENCE ATTENDEE/ PROFESSIONAL DEVELOPMENT ACTIVITIES FOR PROFESSIONAL DEVELOPMENT

67th Annual Meeting Society for Public Health Education. (March 30- April 1, 2016). Theme: Investing in the Future of Health Education. Charlotte, NC.

27th Annual National Youth-At-Risk Conference. (March 6-9, 2016). Theme: Helping Adults Serve Youth. Savannah, GA.

Georgia Association of Educational Leaders (Jan. 31- Feb. 2, 2016). Theme: Politics and the Community Conversation. Athens, GA.

Surviving the First Weeks: Strategies for Effective Teaching. (August 26, 2015) Brown Bag Events: Critical Conversations on Teaching and Learning. Centers for Teaching and Technology, Georgia Southern University.

Quality Matters Training (September, 2015). Applying the Quality Matters Rubric (APPQMR). Georgia Southern University.

The Ins and Outs of Health Management on Cruise Ships. (September 2, 2015). Public Health Practice Guest Lecture Series, JPH COPH, Georgia Southern University.

Behavioral Interventions that Work Training. (Sept. 10, 2015). Georgia Education Leadership Institute, Georgia Department of Education. Atlanta GA.

Safe Space Training (Dec. 3, 2015). Counseling and Career Development Center, Georgia Southern University.

41st Annual Georgia's Association of Educational Leaders Summer Conference. (July-12-14, 2015). Theme: Beyond the Race to the Top. Jekyll Island, GA.

Georgia Association for Health. Physical Education, Recreation and Dance (GAHPERD), Inc. (November, 2012). Savannah GA.

Georgia Rural Health Association (GRHA), (September, 2012). Calloway Gardens, Pine Mountain, GA.

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), (March, 2012), Boston, MA.

Indiana Rural Health Association (June 2011). Indianapolis, IN.

Faculty Learning Community (FLC) on Service-Learning and Civic Engagement. (2007-2011). Georgia Southern University, Statesboro GA.

Georgia Association for Health, Physical Education, Recreation and Dance (GAHPERD), Inc. (November, 2010). Savannah GA.

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), (March, 2010), Indianapolis, IN.

Center for Online Teaching (Spring 2010). Developing a Sexuality Education Online Course. Georgia Southern University, Statesboro GA.

USA Track and Field (Jan. 2010). USATF Official Track and Field Rules Clinic. Bulloch Co. Track Club.

CERTIFICATIONS/ TRAININGS

Teaching Online Certificate (June, 2020). Teaching Online Courses Workshop – SU20D (5 week course). Center for Teaching Excellence, Georgia Southern University.

Certificate COVID-19 Contact Tracing (May, 2020). John Hopkins University, Online Training via Coursera.

“Black Lives Matter Panel Discussion” Workshop by the Center for Africana Studies (October, 2020)

Child Abuse: Mandatory Reporting (Full Course). *Safe Colleges Training*. December, 2020.

Coronavirus Awareness (Full Course). *Safe Colleges Training*. October 2020.

FERPA: Confidentiality of Records (Full Course). *Safe Colleges Training*. December, 2020.

Hazard Communication: Right to Understand (GHS) (Full Course). *Safe Colleges Training*. October 2020.

Title IX: Roles of Employees (Full Course). *Safe Colleges Training*. November, 2020.

Cybersecurity Awareness. Georgia Southern University. October 2020.

Active Shooter Training. (August, 2016). Georgia Southern University Office of Public Safety. Statesboro GA.

CITI Training (2016-2019). Human Subjects – Social and Behavioral Research. Basic Refresher Curriculum
Completion Report. Reference ID 10805334.

Safety in Our Schools: Education, Prevention, Management. (June 28-30, 2016). 14 hour seminar.
Sponsored by GEMA, Homeland Security, Georgia Dept. of Education, & US Attorney’s Office

Eligibility Specialist Training (October 2, 2015). Georgia Volunteer Health Care Program (GVHCP),
Georgia
Department of Public Health.

Surviving the First Weeks: Strategies for Effective Teaching. (August 26, 2015) Brown Bag Events:
Critical
Conversations on Teaching and Learning. Centers for Teaching and Technology, Georgia Southern
University.

Quality Matters Training (September, 2015). Applying the Quality Matters Rubric (APPQMR). Georgia
Southern University.

The Ins and Outs of Health Management on Cruise Ships. (September 2, 2015). Public Health Practice
Guest
Lecture Series, Jiann-Ping Hsu COPH, Georgia Southern University.

Behavioral Interventions that Work Training. (Sept. 10, 2015). Georgia Education Leadership Institute,
Georgia Department of Education. Atlanta GA.

Safe Space Training (Dec. 3, 2015). Counseling and Career Development Center, Georgia Southern
University.

Office of Research Integrity (February 2014). Completed the requirements for “Breaking Through
the Barriers to Writing Proposals”. Georgia Southern University. Workshop conducted by
Dr. Robert A. Lucas, Director of the Institute for Scholarly Productivity.

Centers for Teaching and Technology Certificate (Fall 2013). Completed the requirements for
Teaching and Developing Online Courses. Georgia Southern University. This is an online
Faculty development course for online course design and delivery strategies.

Member, Graduate Faculty (2013-present). Jack A. Averitt, College of Graduate Studies. Georgia Southern
University, Statesboro GA.

CITI Training (2013-2016). Human Subjects – Social and Behavioral Research. Basic Refresher
Curriculum
Completion Report. Reference ID 10805334.

CITI Training (2013-2016). IRB Members. Basic Refresher Curriculum Completion Report. Reference ID
10992012.

Level 1 Certified USA Track and Field Official (2008-present). Can officiate at USA Track and Field Meets.

National Institutes of Health (NIH) Office of Extramural Research (May 2010). NIH Web-based training course “Protecting Human Research Participants”. Certification No. 451069.

American Red Cross, Client Casework: Providing Emergency Assistance, Disaster Services Course (2007).

American Red Cross, Community Services Overview, Disaster Services Course (2007).

American Red Cross, Fulfilling our Mission, Disaster Services Course (2007).

Georgia High School Association Community/ Lay Coach (July 2003)

AESP/NFHS Sports First Aid, July 2003.

ASEP/NFHS Coaching Principles, July 2003.

GHSAA – Georgia High School Association Coach, July 2003.

ARC WMD/T: American Red Cross Weapons of Mass Destruction/ Terrorism. (November 2003).

American Red Cross Shelter Management Certified (2003).

American Red Cross Certification for Introduction to Disaster Services (2002).

Certified Health Education Specialist CHES (1997-2002) Certification No.

(3/2022)