

## SARA WILCOX

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Arnold School of Public Health  
University of South Carolina  
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### EDUCATION AND TRAINING

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- 1996 - 1998      *Postdoctoral Fellow in Cardiovascular Disease Epidemiology and Prevention*  
Stanford Center for Research in Disease Prevention  
Stanford University School of Medicine, Palo Alto, CA  
Primary advisor: Abby C. King, PhD
- 1995 - 1996      *Predoctoral Clinical Psychology Intern in Geropsychology*  
Veterans Affairs Palo Alto Health Care System, Palo Alto, CA  
Primary advisor: Larry W. Thompson, PhD
- 1991 - 1996      *Doctoral Training Program in Clinical Psychology*  
Specialty Track: Adult Development and Aging  
Washington University, St. Louis, MO  
*MA: December, 1993; PhD: August, 1996*  
Primary advisor: Martha Storandt, PhD
- 1987 - 1991      *Undergraduate Major in Psychology*  
Northwestern University, Evanston, IL  
*BA with honors: June, 1991*

### PROFESSIONAL POSITIONS

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- 2012 -            *Director, Prevention Research Center, Arnold School of Public Health,*  
*University of South Carolina (Interim Director, 2011-2012)*
- 2010 -            *Professor, Department of Exercise Science, Arnold School of Public Health,*  
*University of South Carolina*
- 2010 -            *Adjunct Professor, Department of Psychology, University of South Carolina*
- 1999 -            *Faculty Affiliate, Women and Gender Studies Program, University of South*  
*Carolina*
- 2004 - 2010      *Associate Professor, Department of Exercise Science, Arnold School of*  
*Public Health, University of South Carolina*

- 2004 - 2010      *Adjunct Associate Professor*, Department of Psychology, University of South Carolina
- 1999 - 2004      *Assistant Professor*, Department of Exercise Science, Arnold School of Public Health, University of South Carolina
- 2000 - 2004      *Adjunct Assistant Professor*, Department of Psychology, University of South Carolina
- 1999 - 2003      *Adjunct Assistant Professor*, Section on Social Sciences and Health Policy, Department of Public Health Sciences, Wake Forest University School of Medicine,
- 1998 - 1999      *Assistant Professor*, Section on Social Sciences and Health Policy, Wake Department of Public Health Sciences, Forest University School of Medicine

## **LICENSURE**

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- 2000 -              *Licensed Clinical Psychologist*, South Carolina (license #775)
- 1998 - 2000      *Licensed Psychologist and Health Services Provider Psychologist*, North Carolina (license #2466)

## **MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS**

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- American College of Sports Medicine (Fellow)
- American Psychological Association
- American Public Health Association
- Gerontological Society of America
- National Academy of Kinesiology (Fellow, elected)
- Society of Behavioral Medicine (Fellow)

## **HONORS, AWARDS, & RECOGNITIONS**

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- 2018 - 2021      Board of Trustees, American College of Sports Medicine (elected)
- 2018              "Face of South Carolina," SC Thrive, selected for the work I've done with the faith-based community in Fairfield County, SC
- 2016              Fellow, Society of Behavioral Medicine
- 2015              Fellow, National Academy of Kinesiology (elected, Fellow #555)
- 2014 - 2015      Southeastern Conference (SEC) Academic Leadership Development Program Fellow (1 of 4 faculty at the University of South Carolina selected by the Provost)

- 2010 Recipient of the University of South Carolina Educational Foundation Faculty Research Award for Health Sciences
- 2009 Article nominated by the Robert Wood Johnson Foundation (RWJF) as 1 of 25 that “had major policy impact, affected our work and thinking, or stood out in some other way.” Article was then chosen to be in the top 10 list of most influential RWJF research articles (2008: The Year in Research) based on open votes and by the Vice President for Research and Education of the RWJF (article: *Wilcox et al., 2008, Am J Prev Med*).
- 2007 Nominated by University of South Carolina President Sorenson for the 2008 Governor’s Young Researcher Award for Excellence in Scientific Research
- 2007 Recipient of the Arnold School of Public Health Faculty Research Award, University of South Carolina
- 2006 Fellow, American College of Sports Medicine
- 2006 - 2007 President, Delta Omega Society, Mu Chapter
- 2003 Inducted into Delta Omega Society, Mu Chapter (national honorary public health society)
- 2003 Physical-e-Fit (program developed collaboratively with the 7<sup>th</sup> Episcopal District of the AME church and MUSC) was the recipient of the 2003 Faith-Based Award from the South Carolina Governor’s Council on Physical Fitness
- 2001 Recipient of the Fellowship Fund for Epidemiological Research on Physical Activity (Ralph S. Paffenbarger, Jr. award). Recognized at the annual ACSM meeting in Baltimore, MD.
- 1998 Recipient of the Katharine McCormick Fund for Women travel grant (bequest to Stanford University School of Medicine).
- 1997 Recipient of the National Institute on Aging Summer Institute on Aging Research Fellowship.
- 1995 Recipient of the American Psychological Association Science Directorate Student Travel Award.
- 1994 Received the American Psychological Association Division 20 (Adult Development and Aging) Award for Student Research.
- 1994 Received honors on doctoral subject matter oral examinations.
- 1992 - 1994 National Institute on Aging Training Fellowship
- 1992 Received honors on doctoral qualifying examinations.

- 1991 - 1996 Full Tuition Remission Awards, School of Arts and Sciences,  
Washington University, St. Louis, MO
- 1991 Graduated with honors in psychology, Northwestern University, Evanston, IL

## **RESEARCH INTERESTS**

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- Translation, dissemination, and implementation of evidence-based health behavior change programs into community settings
- Community-based interventions to increase physical activity and promote healthy eating in older adults, women, and persons of color
- Faith-based interventions
- Factors influencing physical activity and healthy eating in diverse populations

## **PUBLICATIONS**

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### **Peer-Reviewed Publications**

\*\* Author was a student or post-doctoral fellow at the time of submission or resulted from the work the student did while at USC. Sara Wilcox was the student's primary mentor or dissertation chair (or co-mentor or co-chair) or mentored the student on this paper.

\* Author was a student or post-doctoral fellow at the time of submission or resulted from the work the student did while at USC. Sara Wilcox was not the student's primary mentor or primary mentor for this paper.

### **In press**

1. Liese, A.D., Sharpe, P.A., Bell, B.A., Hutto, B., Stucker, J., **WILCOX, S.** (in press). Persistence and transience of food insecurity and predictors among residents of two disadvantaged communities in South Carolina. Appetite.
2. Liu, J., **WILCOX, S.**, Wingard, E., Turner-McGrievy, G., Hutto, B., Burgis, J. (in press). A behavioral lifestyle intervention to limit gestational weight gain in pregnant women with overweight and obesity. Obesity.
3. \*Bernhart, J.A., Turner-McGrievy, G.M., Eustis, S., Wilson, M., Hutto, B., Wilcox, S., Frongillo, E., Murphy, E.A. (in press). Sensor-measured physical activity is associated with decreased cardiovascular disease risk in African Americans. Lifestyle Medicine.
4. \*Regan, E.W., Handlery, R., Stewart, J.C., Pearson, J.L., **WILCOX, S.**, Fritz, S. (in press). Integrating survivors of stroke into cardiac rehabilitation improves cardiovascular endurance and functional strength. Journal of the American Heart Association.
5. \*Boutté, A.K., Turner-McGrievy, G.M., Eberth, J.M., **WILCOX, S.**, Liu, J., Kaczynski, A.T. (in press). Healthy food density is not associated with diet quality among pregnant women with overweight/obesity in South Carolina. Journal of Nutrition Education and Behavior.

6. Liu, J., **WILCOX, S.**, Wingard, E., Burgis, J.T., \*Schneider, L., \*Dahl, A. (in press). Strategies and challenges in recruiting overweight and obese pregnant women for a behavioral lifestyle intervention. Women's Health Reports.
7. \*\*Bernhart, J.A., **WILCOX, S.**, Saunders, R.P., Hutto, B., Stucker, J. (in press) Associations between program implementation and church members' health behaviors in a countywide study of the Faith, Activity, and Nutrition program. Preventing Chronic Disease.
8. Turner-McGrievy, G.M., \*Crimarco, A., **WILCOX, S.**, \*Boutté, A., Hutto, B.E., Muth, E.R., Hoover, A. (in press). The role of self-efficacy and information processing in weight loss during an mHealth behavioral intervention. Digital Health.  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/33294209/>
9. \*Wende, M.E., Liu, J., McClain, A.C., **WILCOX, S.** (in press). Gestational weight gain disparities in South Carolina: Temporal trends, 2004-2015. Paediatric and Perinatal Epidemiology. Epub ahead of print July 28, 2020.  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/33196107/>
10. \*Wende, M.E., Kaczynski, A.T., \*Bernhart, J.A., \*Dunn, C.G., **WILCOX, S.** (2020). Objective church environment audits and attendee perceptions of healthy eating and physical activity supports within the church setting. International Journal of Environmental Research and Public Health, 17, 3598.  
DOI: 10.3390/ijerph17103598  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/32443819/>
11. \*\*Bernhart, J.A., **WILCOX, S.**, Decker, L., Ehlers, D.E., McKeever, B.W., O'Neill, J.R. (in press) "It's having something that you've done it for" – Applying Self-Determination Theory to participants' motivations in a for-cause physical activity event. Journal of Health Psychology. Epub ahead of print August 6, 2020. DOI: 10.1177/1359105320947811  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/32757667/>
12. \*\*Boyd, J., **WILCOX, S.** (in press). Mediation analysis of the relationships between God locus of control and health behaviors in college students. Review of Religious Research. Epub ahead of print 3/17/2020.
13. \*Boutté, A. K., Turner-McGrievy, G. M., **WILCOX, S.**, Liu, J., Eberth, J. M., Kaczynski, A. T. (in press). Associations of maternal stress and/or depressive symptoms with diet quality during pregnancy: A narrative review. Nutrition Reviews. Epub ahead of print June 29, 2020. doi: 10.1093/nutrit/nuaa019  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/32529223/>
14. Botchway, M., Turner-McGrievy, B., Frongillo, E., **WILCOX, S.**, Wilson, M., Davey, M., Crimarco, A. (in press). "They eat what they eat, I eat what I eat." Examining the perspectives and experiences of African Americans who adopt plant-based diets. American Journal of Lifestyle Medicine. Epub ahead of print March 6, 2020
15. **WILCOX, S.**, \*\*Jake-Schoffman, D.E., Saunders, R.P., Kinnard, D., Kaczynski, A.T., Hutto, B., James, K.L. (in press). Predictors of implementation in phase 2 of the Faith, Activity, and Nutrition Dissemination and Implementation Study: Application of the

Consolidated Framework for Implementation Research (CFIR). Translational Behavioral Medicine. Epub ahead of print 3/28/2020.

DOI: 10.1093/tbm/ibaa025

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/32221601>

16. \*\*Bernhart, J.A., Wende, M.E., Kaczynski, A.T., **WILCOX, S.**, Dunn, C.G., Hutto, B. (in press). Assessing the walkability environments of churches in a rural southeastern county of the United States. Journal of Public Health Management & Practice. Epub ahead of print October 31, 2019.  
DOI: 10.1097/PHH.0000000000001076  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/31688738>

## 2021

1. Whitaker, K.M., Becker, C., Healy, H., **WILCOX, S.**, Liu, J. (2021). Women's report of health care provider advice and gestational weight gain: A systematic review. Journal of Women's Health (Larchmt), 30(1), 73-89. Epub ahead of print 4/29/2020.  
DOI: 10.1089/jwh.2019.8223  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/32343926/>
2. Sharpe, P.A., Stucker, J., **WILCOX, S.**, Liese, A.D., Bell, B.A. (2021). Recruitment and retention for the evaluation of a healthy food initiative in economically disadvantaged, majority African American communities. Family and Community Health, 44(1), 43-51.  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/33214409/>
3. \*\*Dunn, C.G., **WILCOX, S.**, Saunders, R.P., Kaczynski, A.T., Blake, C.E., Turner-McGrievy, G.M. (2021). Healthy eating and physical activity interventions in faith-based settings: A systematic review using the Reach, Effectiveness/Efficacy, Adoption, Implementation, Maintenance framework. American Journal of Preventive Medicine, 60(1), 127-135.  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/33341177/>

## 2020

4. Whitaker, K.M., Baruth, M., Schlaff, R.A., Connolly, C.P., Liu, J., **WILCOX, S.** (2020). Association of provider advice and gestational weight gain in twin pregnancies: a cross-sectional electronic survey. BMC Pregnancy and Childbirth, 20(1), 417.  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/32703169/>
5. Sharpe, P.A., Bell, B.A., Liese, A.D., **WILCOX, S.**, Stucker, J., Hutto, B.E. (2020). Effects of a food hub initiative in a disadvantaged community: A quasi-experimental evaluation. Health and Place. 63 (2020), 102341. Epub ahead of print April 24, 2020.  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/32543428/>
6. \*McDonald, S.M., Yeo, S., Liu, J., **WILCOX, S.**, Sui, X., Pate, R.R. (2020). Association between change in maternal physical activity during pregnancy and infant size, in a sample overweight or obese women. Women & Health, 60(8), 929-938.  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/32588785/>
7. \*Wende, M.E., Kaczynski, A.T., \*Bernhart, J.A, \*Dunn, C.G., **WILCOX, S.** (2020). Objective church environment audits and attendee perceptions of healthy eating and

- physical activity supports within the church setting. International Journal of Environmental Research and Public Health, 17(10), 3598.  
DOI: doi:10.3390/ijerph17103598  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/32443819/>  
Full article: <https://www.mdpi.com/1660-4601/17/10/3598>
8. **WILCOX, S.**, Saunders, R.P., Jake-Schoffman, D., Hutto, B. (2020). The Faith, Activity, and Nutrition (FAN) Dissemination and Implementation Study: 24-Month organizational maintenance in a countywide initiative. Frontiers in Public Health, 8, 171.  
DOI: 10.3389/fpubh.2020.00171  
Abstract: <https://pubmed.ncbi.nlm.nih.gov/32528919/>  
Full article: <https://www.frontiersin.org/articles/10.3389/fpubh.2020.00171/full>
  9. \*\*Dunn, C.G., **WILCOX, S.**, \*\*Bernhart, J.A., Blake, C.E., Kaczynski, A.T., Turner-McGrievy, G.M. (2020). Church leaders' views of obesity prevention efforts for children and youth. Journal of Nutrition Education and Behavior, 52(3), 259-269. Epub ahead of print October 2019.  
DOI: 10.1016/j.jneb.2019.09.019 PMID: 7064414  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/31677941>
  10. \*\*Bernhart, J.A., La Valley, E.A., Kaczynski, A.T., **WILCOX, S.**, Jake-Schoffman, D.E., \*\*Peters, N., \*Dunn, C.G., Hutto, B. (2020). Investigating socioeconomic disparities in the potential healthy eating and physical activity environments of churches. Journal of Religion and Health, 59(2), 1065-1079. Epub ahead of print 8/21/2018.  
DOI: 10.1007/s10943-018-0687-y PMID: 6384145  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/30132179>
  11. \*\*Boyd, J.M., **WILCOX, S.** (2020). Examining the relationship between health locus of control and God Locus of Health Control: Is God an internal or external source? Journal of Health Psychology, 25(7), 931-940. Epub ahead of print November 2017.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/29115175>
  12. Lane-Cordova, A.D., Schneider, L.R., Tucker, W.C., Cook, J.W., **WILCOX, S.**, Liu, J. (2020). Dietary sodium, potassium, and blood pressure in normotensive pregnant women: the National Health and Nutrition Examination Survey. Applied Physiology, Nutrition, and Metabolism, 45(2), 155-160. Epub ahead of print June 28, 2019.  
DOI: 10.1139/apnm-2019-0186  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/31251883>
  13. Turner-McGrievy, G.M., **WILCOX, S.**, Frongillo, E.A., Murphy, A., Hutto, B., Williams, K., Crimarco, A., Wilson, M.J., Davey, M. (2020). The Nutritious Eating with Soul (NEW Soul) Study: Study design and methods of a two-year randomized trial comparing culturally adapted soul food vegan vs. omnivorous diets among African American adults at risk for heart disease. Contemporary Clinical Trials, 88(2020), 105897. Epub ahead of print November 16, 2019.  
DOI: 10.1016/j.cct.2019.105897 PMID: 6952545  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/31743793>
  14. Sharpe, P.A., **WILCOX, S.**, Stucker, J., Kinnard, D., \*\*Bernhart, J., James, K.L. (2020). Community health advisors' characteristics and behaviors, role performance, and volunteer satisfaction in a church-based healthy eating and physical activity intervention.

Journal of Community Health, 45(1), 88-97. Epub ahead of print August 9, 2019.  
DOI:10.1007/s10900-019-00722-w PMID: 6957697  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/31399893>

15. \*Regan, E., \*Middleton, A., Stewart, J.C., **WILCOX, S.**, Pearson, J.L., Fritz, S. (2020). The six-minute walk test as a fall risk screening tool in community programs for persons with stroke: a cross-sectional analysis. Topics in Stroke Rehabilitation, 27(2), 118-126.  
DOI: 10.1080/10749357.2019.1667657  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/31622172>
16. **WILCOX, S.**, Sharpe, P.A., Liese, A.D., \*\*Dunn, C., Hutto, B. (2020). Socioeconomic factors associated with diet quality and meeting dietary guidelines in disadvantaged neighborhoods in the Southeast United States. Ethnicity and Health, 25(8), 1115-1131. Epub ahead of print 7/2/2018.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/29966432>

## 2019

17. Whitaker, K.M., Baruth, M., Schlaff, R.A., Halbot, H., Connolly, C.P., Liu, J., **WILCOX, S.** (2019). Provider advice on physical activity and nutrition in twin pregnancies: a cross-sectional electronic survey. BMC Pregnancy and Childbirth, 19(1), 418.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/31727013>
18. \*Olskamp, K., Tang, W., Choi, S.K., \*Kannaley, K., **WILCOX, S.**, Friedman, D.B. (2019). Organizational messages and caregiver perceptions about physical activity and brain health. Gerontology and Geriatric Medicine, 5, 1-8. Epub ahead of print June 28, 2019.  
DOI: 10.1177/2333721419855794 PMID: 31236428 PMID: PMC6572898  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/31236428>
19. \*Boutté, A.K., Turner-McGrievy, G.M., **WILCOX, S.**, Hutto, B., Muth, E., Hoover, A. (2019). Comparing changes in diet quality between two technology-based tracking devices. Journal of Technology in Behavioral Science, 4, 25-32.  
DOI: 10.1007/s41347-018-0075-1
20. Turner-McGrievy, G.M., \*Dunn, C.G., **WILCOX, S.**, \*Boutté, A.K., Hutto, B., Hoover, A., Muth, E. (2019). Defining adherence to mobile dietary self-monitoring and assessing tracking over time: Tracking at least two eating occasions per day is best marker of adherence within two different mHealth randomized weight loss interventions. Journal of the Academy of Nutrition and Dietetics, 119, 1516-1524.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/31155473>
21. \*Dunn, C., Turner-McGrievy, G.M., **WILCOX, S.**, Hutto, B. (2019). Dietary self-monitoring through calorie tracking but not digital photography is associated with significant weight loss: The 2SMART pilot study, a six-month randomized trial. Journal of the Academy of Nutrition and Dietetics, 119, 1525-1532.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/31155474>
22. Saunders, R.P., **WILCOX, S.**, \*\*Jake-Schoffman, D.E., Kinnard, D., Hutto, B., Forthofer, M., Kaczynski, A.T. (2019). The Faith, Activity, and Nutrition (FAN) Dissemination and Implementation Study, Phase 1: Implementation monitoring methods and results. Health Education and Behavior, 46(3), 388-397. Epub ahead of print December 21, 2018.



Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/30577714>

23. \*\*Bernhart, J.A., \*\*Dunn, C.G., **WILCOX, S.**, Saunders, R.P., Sharpe, P.A., Stucker, J. (2019). Church leaders' barriers and facilitators before and after implementing a physical activity and nutrition intervention. Health Education Research, 34(2), 188-199. Epub ahead of print January 2, 2019.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/30601982>
24. \*Tang, W., Friedman, D.B., \*Kannaley, K., Davis, R.E., **WILCOX, S.**, Levkoff, S.E., Hunter, R.H., Gibson, A., Logsdon, R.G., Irmiter, C., & Belza, B. (2019). Experiences of caregivers by care recipient's health condition: A study of caregivers for Alzheimer's disease and related dementias versus other chronic conditions. Geriatric Nursing, 40(2), 181-184. Epub ahead of print October 23, 2018.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/30366611>
25. Turner-McGrievy, G., \*\*Jake-Schoffman, D.E., Singletary, C., Wright, M., Crimarco, A., Wirth, M.D., Shivappa, N., Mandes, T., West, D.S., **WILCOX, S.**, Drenowatz, C., Hester, A., McGrievy, M.J. (2019). Using commercial physical activity trackers for health promotion research: Four case studies. Health Promotion Practice, 20(3), 381-389. Epub ahead of print April 1, 2018.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/29618233>
26. Forthofer, M., **WILCOX, S.**, Kinnard, D., Hutto, B., Sharpe, P. (2019). Sumter County on the Move!: Evaluation of a walking group intervention to promote physical activity within existing social networks. Journal of Physical Activity and Health, 16(1), 22-28.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/30518302>
27. \*McDonald, S.M., Liu, J., **WILCOX, S.**, Sui, X., Pate, R.R. (2019). Maternal physical activity prior to and during pregnancy does not moderate the relationship between maternal body mass index and infant macrosomia. Journal of Science and Medicine in Sport, 22(2), 186-190. Epub ahead of print 7/21/18.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/30055958>
28. McGough, E.L., Lin, S.Y., Belza, B., \*\*Becofsky, K.M., Jones, D.L., Liu, M., **WILCOX, S.**, Logsdon, R.G. (2019). A scoping review of physical performance outcomes measures used in exercise interventions for older adults with Alzheimer disease and related dementias. Journal of Geriatric Physical Therapy, 42(1), 28-47. Epub ahead of print November 2017.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/29210934>

## 2018

29. \*\*Jake-Schoffman, D.E., Turner-McGrievy, G., **WILCOX, S.**, Moore, J.B., Hussey, J.R., Kaczynski, A.T. (2018). The mFIT (Motivating Families with Interactive Technology) Study: A randomized pilot to promote physical activity and healthy eating through mobile technology. Journal of Technology in Behavioral Sciences, 3, 179-189. epub ahead of print 3/21/2018.  
DOI: 10.1007/s41347-018-0052-8
30. Sharpe, P.A., Liese, A.D., Bell, B.A., **WILCOX, S.**, Hutto, B.E., Stucker, J. (2018) Household food security and use of community food sources and food assistance

programs among food shoppers in neighborhoods of low income and low food access. Journal of Hunger and Environmental Nutrition, 13 (4), 482-496.  
Abstract: <https://www.tandfonline.com/doi/full/10.1080/19320248.2017.1364188>

31. \*Besenyi, G.M., Schooley, B.L., Turner-McGrievy, G., **WILCOX, S.**, Wilhelm Stanis, S.A., Kaczynski, A.T. (2018). The electronic community Park Audit Tool (eCPAT) Project: Exploring the use of mobile technology for youth empowerment and advocacy for healthy community policy, systems, and environmental change. Frontiers in Public Health, Digital Health, 6, Article 332.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/30515373>  
Article: <https://doi.org/10.3389/fpubh.2018.00332>
32. Kaczynski, A.T., \*\*Jake-Schoffman, D.E., \*\*Peters, N.A., \*\*Dunn, C.G., **WILCOX, S.**, Forthofer, M. (2018). Development and testing of the Church Environment Audit Tool in faith-based settings. American Journal of Health Behavior, 42(3), 17-26.  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/29663977>
33. \*McDonald, S.M., Yeo, S., Liu, J., **WILCOX, S.**, Sui, X., Pate, R.R. (2018). Associations between maternal physical activity and fitness during pregnancy and infant birthweight. Preventive Medicine Reports, 11, 1-6.  
DOI: [10.1016/j.pmedr.2018.04.019](https://doi.org/10.1016/j.pmedr.2018.04.019) PMID: 30065908 PMCID: PMC6066610  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/30065908>
34. Sharpe, P.A., **WILCOX, S.**, Kinnard, D., Condrasky, M.D. (2018). Community health advisors' participation in a dissemination and implementation study of an evidence-based physical activity and healthy eating program in a faith-based setting. Journal of Community Health, 43(4), 694-704. Epub ahead of print February 2018.  
DOI: 10.1007/s10900-018-0473-5 PMID: 29427128  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/29427128>
35. \*\*Jake-Schoffman, D.E., **WILCOX, S.**, Kaczynski, A.T., Turner-McGrievy, G., Friedman, D.B., West, D.S. (2018). E-media use and preferences for physical activity and public health information: Results of a web-based survey. Journal of Public Health Management and Practice, 24(4), 385-391. E-pub ahead of print July 2017.  
DOI: 10.1097/PHH.0000000000000638 PMID: 28763431  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/28763431>
36. \*\*Warren, T.Y., **WILCOX, S.**, St. George, S.M., Brandt, H.M. (2018). African American women's perceived influences on and strategies to reduce sedentary behavior. Qualitative Health Research, 28(7), 1112-1122. Epub ahead of print January 2018.  
DOI: 10.1177/1049732317748605 PMID: 29291686  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/29291686>
37. **WILCOX, S.**, Saunders, R.P., Kaczynski, A.T., Forthofer, M., Sharpe, P.A., Goodwin, C., Condrasky, M., Kennedy, Sr., V., \*\*Jake-Schoffman, D.E., Kinnard, D., Hutto, B. (2018). Faith, Activity, and Nutrition Randomized Dissemination and Implementation Study: Countywide adoption, reach, and effectiveness, American Journal of Preventive Medicine. 54(6), 776-785. Epub ahead of print April 2018.  
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Note: Article was a finalist for the American Journal of Preventive Medicine 2015 Paper of the Year.

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Eyler, A.A., Matson-Koffman, D., Vest, J.R., Evenson, K., Sanderson, B., Thompson, J., Wilbur, J., **WILCOX, S.**, Young, D. R. (2002). Environmental, policy, and cultural factors related to physical activity in a diverse sample of women: The Women's Cardiovascular Health Network Project – Introduction and methodology. In A.A. Eyler (Ed.). Environmental, Policy, and Cultural Factors Related to Physical Activity in a Diverse Sample of Women: The Women's Cardiovascular Health Network Project (pp. 1-15). New York: Haworth Medical Press. **Note: Author order beyond 1<sup>st</sup> 3 is alphabetical.**

219. King, A.C., Baumann, K., O'Sullivan, P., **WILCOX, S.**, & Castro, C. (2002). Effects of moderate-intensity exercise on physiological, behavioral, and emotional responses to family caregiving: A randomized controlled trial. Journal of Gerontology: Medical Sciences, 57, M26-M36.

PMID: 11773209

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/11773209>

## 2001

220. **WILCOX, S.**, Irwin, M., \*Addy, C., Ainsworth, B.E., Stolarczyk, L., \*Whitt, M., Tudor-Locke, C. (2001). Agreement between participant-rated and compendium-coded intensity of daily

- activities in a tri-ethnic sample of women 40 years and older. Annals of Behavioral Medicine, 23(4), 253-262.  
DOI: 10.1207/S15324796ABM2304\_4 PMID: 11761342  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/11761342>
221. **WILCOX, S.**, Parra-Medina, D., Thompson-Robinson, M., & Will, J. (2001). Nutrition and physical activity interventions to reduce cardiovascular disease risk in health care settings: a quantitative review with a focus on women. Nutrition Reviews, 59(7), 197-215.  
PMID: 11475446  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/11475446>
222. **WILCOX, S.**, Shumaker, S.A., Bowen, D.J., Naughton, M.J., Rosal, M.C., Ludlam, S.E., Dugan, E., Hunt, J.R., & Stevens, S. (2001). Promoting adherence and retention to clinical trials in special populations: A Women's Health Initiative workshop. Controlled Clinical Trials, 22 (3), 279-289.  
PMID: 11384790  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/11384790>
223. **WILCOX, S.**, O'Sullivan, P., King, A.C. (2001). Caregiver coping strategies: wives versus daughters. Clinical Gerontologist, 23(1/2), 81-97.  
Abstract: [https://www.tandfonline.com/doi/abs/10.1300/J018v23n01\\_08](https://www.tandfonline.com/doi/abs/10.1300/J018v23n01_08)
224. Atienza, A.A., Henderson, P., **WILCOX, S.**, & King, A.C. (2001). Gender differences in cardiovascular response to dementia caregiving. The Gerontologist, 41(4), 197-215.  
PMID: 11490047  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/11490047>
225. Espeland, M.A., Kumanyika, S., Wilson, A.C., **WILCOX, S.**, Chao, D., Bahnson, J., Reboussin, D.M., Easter, L., & Zheng, B. (2001). Lifestyle interventions influence relative errors in self-reported diet intake of sodium and potassium. Annals of Epidemiology, 11, 85-93.  
PMID: 11164124  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/11164124>
- 2000**
226. **WILCOX, S.**, King, A.C., Vitaliano, P.P., & Brassington, G.S. (2000). Anger expression and natural killer cell activity in family caregivers participating in a physical activity trial. Journal of Health Psychology, 5(4), 431-440.  
DOI: 10.1177/135910530000500403 PMID: 22049187  
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227. **WILCOX, S.**, & King, A.C. (2000). Self-favoring bias for physical activity in middle-aged and older adults. Journal of Applied Social Psychology, 30(9), 1773-1789.  
Abstract: <https://onlinelibrary.wiley.com/doi/pdf/10.1111/j.1559-1816.2000.tb02467.x>
228. **WILCOX, S.**, Brenes, G.A., Levine, D., Sevick, M., Shumaker, S.A., & Craven, T. (2000). Factors related to sleep disturbance in older adults experiencing knee pain or knee pain with radiographic evidence of knee osteoarthritis. Journal of the American Geriatrics Society, 48(10), 1241-1251. PMID: 11037011  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/11037011>

229. **WILCOX, S.**, Castro, C., King, A.C., Housemann, R., & Brownson, R. (2000). Determinants of leisure time physical activity in rural compared with urban older and ethnically diverse women in the United States. Journal of Epidemiology and Community Health, *54*, 667-672.  
PMID: 10942445  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/10942445>
230. **WILCOX, S.**, & King, A.C. (2000). Alcohol consumption in older adults: A comparison of two assessment methods. Journal of Applied Gerontology, *19*, 170-180.  
Abstract: <http://journals.sagepub.com/doi/abs/10.1177/073346480001900204>
231. **WILCOX, S.**, King, A.C., Castro, C., & Bortz II, W. (2000). Do changes in physical activity lead to dietary changes in middle and older age? American Journal of Preventive Medicine, *18*(4), 276-283.  
PMID: 10788729  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/10788729>
232. King, A.C., Castro, C., **WILCOX, S.**, Eyler, A.A., Sallis, J.F., Brownson, R.C. (2000). Personal and environmental factors associated with physical inactivity among different racial-ethnic groups of U.S. middle-aged and older-aged women. Health Psychology, *19*(4), 354-364.  
PMID: 10907654  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/10907654>

#### 1999

233. **WILCOX, S.**, King, A.C., Brassington, G.S., & Ahn, D.K. (1999). Physical activity preferences in middle-aged and older adults: A community analysis. Journal of Aging and Physical Activity, *7*, 386-399.  
Abstract: <https://journals.humankinetics.com/doi/abs/10.1123/japa.7.4.386>
234. **WILCOX, S.**, & Stefanick, M.L. (1999). Knowledge and perceived risk of major diseases in middle-aged and older women. Health Psychology, *18*, 346-353.  
PMID: 10431935  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/10431935>
235. **WILCOX, S.**, & King, A.C. (1999). Sleep complaints in older women who are family caregivers. Journal of Gerontology: Psychological Sciences, *54B*, P189-P198.  
PMID: 10363041  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/10363041>

#### 1998 and earlier

236. King, A.C., Kiernan, M., Ahn, D.K., & **WILCOX, S.** (1998). The effects of marital transitions on physical activity levels: Results from a 10-year community study. Annals of Behavioral Medicine, *20*, 64-69.  
DOI: 10.1007/BF02884450 PMID: 9989310  
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/9989310>
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Abstract: <http://journals.sagepub.com/doi/10.1111/j.1471-6402.1997.tb00130.x>

238. **WILCOX, S.**, & Storandt, M. (1996). Relations among age, exercise, and psychological variables in a community sample of women. Health Psychology, 15, 110-113.

PMID: 8681918

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/8681918>

239. LaBarge, E., & **WILCOX, S.** (1995). Emotional effects of cognitive testing in demented vs. non-demented healthy older people [Letter]. Journal of the American Geriatrics Society, 43, 838-839.

PMID: 7602051

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## Chapters in Textbooks

1. **WILCOX, S.**, & King, A.C. (2018). Goal Setting and Behavioral Management. D.J. Rose (Ed). Physical Activity Instruction of Older Adults, 2<sup>nd</sup> edition. Champaign, IL: Human Kinetics Publishers.
2. **WILCOX, S.** & Baruth, M. (2018). Behavioral Theories and Strategies for Promoting Exercise. In D. Riebe, Senior Ed and J.K. Ehrman, G. Liguori, & M. Magal, Associate Eds. ACSM's Guidelines for Exercise Testing and Prescription (10<sup>th</sup> ed., pp. 377-404). Philadelphia: Wolters Kluwer.  
Note: authors contributed equally to this chapter.
3. **WILCOX, S.**, & Shepard, D. (2010). Informational Approaches to Promoting Physical Activity: Community-wide Campaigns. In D.R. Brown, G. W. Heath, & S. L. Martin, Eds.. Promoting Physical Activity: A Guide to Community Action – Second Edition. Champaign, IL: Human Kinetics Publishers.
4. **WILCOX, S.**, & Ainsworth, B.E. (2008). The measurement of physical activity. In S.A. Shumaker, J.K. Ockene, & K.A. Riekert (Eds.). The Handbook of Health Behavior Change (3<sup>rd</sup> ed., pp. 327-346). New York: Springer.
5. **WILCOX, S.**, & King, A.C. (2005). Goal setting and behavioral management. C.J. Jones & D.J. Rose (Eds). Physical Activity Instruction of Older Adults (pp. 111-127). Champaign, IL: Human Kinetics Publishers.
6. **WILCOX, S.**, & King, A.C. (2003). Health behaviors and adherence. W.R. Hazzard, J.P. Blass, J.B. Halter, J.G. Ouslander, & M.E. Tinetti (Eds). Principles of Geriatric Medicine and Gerontology (5<sup>th</sup> ed., pp. 265-283). New York: McGraw-Hill.
7. **WILCOX, S.**, Tudor-Locke, C.E., & Ainsworth, B.E. (2002). Physical activity patterns, assessment, and motivation in older adults. R. Shephard (Ed.). Physical Activity and Gender Differences in the Aging Process (pp. 13-39). Boca Raton, FL: CRC Press.
8. **WILCOX, S.**, & King, A.C. (2000). Type, frequency, and correlates of sleep complaints in older women caring for a family member with dementia. B. Vellas & L.J. Fitten (Eds). Research and Practice in Alzheimer's Disease (Vol. 3, pp. 315-322). New York: Springer.

9. **WILCOX, S.**, & King, A.C. Health behaviors and aging. (1999). W.R. Hazzard, J.P. Blass, W.H. Ettinger, J.B. Halter, & J.G. Ouslander (Eds). Principles of Geriatric Medicine and Gerontology (4<sup>th</sup> ed., pp. 287-302). New York: McGraw-Hill.

### **Unrefereed Publications or Reports**

1. Rheume, C., Abbott, J., **WILCOX, S.** (2006). Active For Life®: Community Organization Interviews. Report submitted to the Robert Wood Johnson Foundation.
2. **WILCOX, S.**, Sharpe, P.A., DerAnanian, C., Vrazel, J., Abbott, J., Ramsey, C. (2004). Factors Influencing Physical Activity in People with Arthritis. Final Report. Submitted to the Centers for Disease Control and Prevention. Distributed to the South Carolina State Plan for Arthritis.
3. **WILCOX, S.** (1999). Regular physical activity may help promote sleep. ADVANCE for Managers of Respiratory Care, 8, 48-49.

### **CURRENTLY FUNDED GRANTS**

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#### **Principal Investigator**

Agency: Prisma Health

Title: Integrating a Healthy Lifestyle Curriculum into Midlands Healthy Start Program for Low-Income Pregnant and Postpartum Women in South Carolina

**Principal Investigators:** Jihong Liu and **Sara Wilcox** (in kind effort)

Total Costs: \$20,000 (all direct costs)

Granting Period: 04/01/2020 – 03/31/2021

Agency: Centers for Disease Control and Prevention

Title: USC PRC Center and Core Research Project: National Implementation Study of the Faith, Activity, and Nutrition (FAN) Program

**Principal Investigator:** **Sara Wilcox** (25-35%)

Co-Investigators: Andrew Kaczynski, Ruth Saunders, Patricia A. Sharpe, Caroline Rudisill, Brooke McKeever

Total Costs: \$3,750,000 (Direct: \$2,979,452)

Granting Period: 09/30/2019 – 09/29/2024

Agency: National Institutes of Health (NICHD) (R01)

Title: Promoting Healthy Weight in Pregnancy and Postpartum among Overweight/Obese Women

**Principal Investigators:** **Sara Wilcox** (15-30%) & Jihong Liu (Multiple PIs)

Co-Investigators: Gabrielle Turner-McGrievy, Cheryl Addy, Judith Burgis

Total Costs: \$2,901,888 (Direct: \$2,003,203)

Granting Period: 08/06/2014 – 04/30/2021

## Co-Investigator

Agency: USC, ASPIRE-I

Title: Baseline evaluation of a major park renovation natural experiment to improve diverse health outcomes in Columbia

Principal Investigator: Andrew Kaczynski

Co-Investigators: **Sara Wilcox**, Spencer Moore, James Hussey

Total Costs: \$14,971

Granting Period: 07/01/2020 – 09/30/2021

Agency: National Institutes of Health (R21)

Title: Reducing sedentary time using an innovative mHealth intervention among total knee replacement patients

Principal Investigators: Christine Pellegrini

Co-Investigators: **Sara Wilcox (7.5%)**, Julia Lee (Northwestern University)

Total Costs: \$516,091 (Direct: \$378,533)

Granting Period: 04/01/2020 – 01/31/2023

Agency: National Institutes of Health (R41)

Title: eCPAT: Advancing public park information and technology resources to diverse audiences for healthy communities

Principal Investigator: Andrew Kaczynski

Co-Investigators: Ben Schooley, Brie Turner-McGrievy, **Sara Wilcox (2.1%)**

Total Costs: \$224,843 (Direct: \$173,276)

Granting Period: 04/15/2018 – 03/31/2019 (no cost extension to 2021)

Agency: National Institutes of Health (Diversity supplement)

Title: A nutrition-based approach to reduce heart disease risk among overweight African Americans: use of soul food plant-based or omnivorous diets to address cardiovascular disease (Diversity supplement: Dissemination and implementation of Nutritious Eating with Soul)

Principal Investigator: Gabrielle Turner-McGrievy

Student: John Bernhart

Co-Investigators: **Sara Wilcox**, Caroline Rudisill

Total Costs: \$227,460

Granting Period: 04/01/2020 – 03/31/2022

Agency: National Institutes of Health (R01)

Title: A nutrition-based approach to reduce heart disease risk among overweight African Americans: use of soul food plant-based or omnivorous diets to address cardiovascular disease

Principal Investigator: Gabrielle Turner-McGrievy

Co-Investigators: **Sara Wilcox (10%)**, Angela Murphy, Edward Frongilo

Total Costs: \$3,275,411 (Direct: \$2,273,864)

Granting Period: 7/15/2017 – 4/30/2022

## Mentor

Agency: American Heart Association

Title: Renin angiotensin aldosterone system components and vascular function in women after an adverse pregnancy outcome

Principal Investigator: Abbi Lane-Cordova  
Mentors: **Sara Wilcox**, Jihong Liu, Janet Catov, Bo Fernhall  
Granting Period: 7/2018-6/2021  
Total Costs: \$231,000 (Direct Costs: \$210,000)

## **COMPLETED FUNDED GRANTS**

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### **Principal Investigator**

Agency: Centers for Disease Control and Prevention  
Title: Health Promotion and Disease Prevention Research Center, Core Research Project:  
Faith, Activity, and Nutrition – Dissemination in Underserved Communities  
**Principal Investigator: Sara Wilcox (25-35%)**  
Co-Investigators: Margaret Condrasky, Andrew Kaczynski, Ruth Saunders, Patricia A.  
Sharpe  
Total Costs: \$3,682,431  
Granting Period: 09/30/2014 – 09/29/2019

Agency: National Institutes of Health (NICHD) (R01)  
Title: Supplement to Promoting Healthy Weight in Pregnancy and Postpartum among  
Overweight/Obese Women (*Research Supplements to Promote Diversity in Health-Related  
Research for Ms. Alycia Boutté, doctoral student in the Department of Health Promotion,  
Education, and Behavior*)  
**Principal Investigator: Sara Wilcox**  
Total Costs: \$103,714  
Granting Period: 02/01/2017 – 04/30/2019

Agency: National Institutes of Health (NCI) (R01)  
Title: Evaluating a Food Hub's Impact on Food Access, Diet and Weight in a Food Desert  
**Principal Investigator: Patricia A. Sharpe, Sara Wilcox (since 8/1/2016)**  
**Co-Investigators: Sara Wilcox (prior to 8/1/2016) (10%), Angela Liese, Bethany Bell,**  
Total Costs: \$2,742,375  
Granting Period: 03/01/2013 – 07/31/2019

Agency: Centers for Disease Control and Prevention  
Title: SIP 09-028: Evaluation of a Self-directed, Packaged Physical Activity Program for  
Adults with Arthritis  
**Principal Investigator: Sara Wilcox**  
Co-investigators: Patricia Sharpe, Bruce McClenaghan, Katherine Leith, Robert Moran  
Total Costs: \$824,741  
Granting Period: 09/30/2009 – 09/28/2012 (no-cost extension through 2014)

Agency: Centers for Disease Control and Prevention  
Title: Health Promotion and Disease Prevention Research Centers  
**Principal Investigator: Sara Wilcox (as of 5/2011; Co-Investigator before that date)**  
Co-investigators: Patricia Sharpe, Melinda Forthofer  
Total Costs: \$3,421,250  
Granting Period: 09/30/2009 – 09/28/2014

Agency: Centers for Disease Control and Prevention



Title: SIP 09-027: Healthy Aging Research Network Collaborating Center

**Principal Investigator: Sara Wilcox, Katherine Leith**

Co-investigators: Daniela Friedman

Total Costs: \$368,885

Granting Period: 09/30/2009 – 09/28/2014

Agency: National Institutes of Health (NHLBI)

Title: *A Partnership to Promote Physical Activity and Healthy Eating in AME Churches (R01)*

**Principal Investigator: Sara Wilcox**

Co-Investigators (USC): Ruth Saunders, Cheryl Addy, Marsha Dowda

Co-Investigators (MUSC): Marilyn Laken

Co-Investigators (Clemson): Margaret Condrasky

Total Costs: \$3,302,379

Granting Period: 07/10/2006 – 03/31/2011 (no-cost extension to 2013)

Agency: National Institutes of Health (NHLBI)

Title: *Supplement to a Partnership to Promote PA and Healthy Eating in AME Churches (Research Supplements to Promote Diversity in Health-Related Research for Ms. Tatiana Warren, doctoral student in the Department of Exercise Science)*

**Principal Investigator: Sara Wilcox**

Total Costs: \$174,773

Granting Period: 01/01/2008 – 12/31/2011 (no-cost extension to 2013)

Agency: National Institutes of Health (NICHD)

Title: Promoting Healthy Weight in Pregnancy and Postpartum among Overweight/Obese Women (R21 – 1 year funded under ARRA mechanism)

**Principal Investigators: Jihong Liu & Sara Wilcox**

Co-Investigators: Cheryl L. Addy, Christine Blake, Anthony Gregg

Total Costs: \$ 181,250

Granting Period: 09/13/2010 – 08/31/2011 (no-cost extension to 2013)

Agency: Centers for Disease Control and Prevention

Title: SIP 13-04: PRC's Healthy Aging Research Network

**Principal Investigator: Sara Wilcox (9/30/04 – 9/29/06)**, Delores Pluto (9/30/06 – 9/29/08), Steven Hooker (9/30/08 – 9/29/08)

Co-Principal Investigator: Delores Pluto (9/30/04 – 9/29/06), **Sara Wilcox (9/30/06 – 9/29/09)**

Co-Investigators: Steven Hooker, Katherine Leith, Delores Pluto, Ken Watkins, Harriet Williams

Total Costs: \$248,795

Granting Period: 09/30/2004 – 09/29/2009

Agency: Robert Wood Johnson Foundation

Title: Evaluation of the Active for Life® Program

**Principal Investigator: Sara Wilcox**

Co-Investigators: Sarah Griffin, Marsha Dowda

Total Costs: \$971,283

Granting Period: 02/01/2004 – 01/31/2009

Agency: Centers for Disease Control and Prevention

Title: Health-e-AME Faith-Based Physical Activity Initiative (Subcontract from MUSC)

Principal Investigator: Marilyn Laken

**Principal Investigator of USC subcontract: Sara Wilcox**

Total Costs: \$610,506 to USC (\$1,257,640 for the entire project)

Granting Period: 9/30/2002 – 09/30/2005 (extension through 9/30/06)

Agency: Centers for Disease Control and Prevention & Association of Schools of Public Health

Title: Factors Influencing Physical Activity in People with Arthritis

**Principal Investigator: Sara Wilcox**

Co-Principal Investigator: Patricia A. Sharpe

Total Costs: \$149,819

Granting Period: 09/30/2002 – 09/29/2004 (includes one-year extension)

Agency: Department of Defense

Title: The Effect of a Home-Based Walking Intervention on Quality of Life, Body Composition, and Estrogen Metabolism in Post-Menopausal Cancer Survivors

**Principal Investigators: Charles Matthews & Sara Wilcox**

Total Costs: \$72,250

Granting Period: 09/01/2001 – 08/31/2002 (due to delays from the Army, this project began 10/04 and ended 9/06)

Agency: Centers for Disease Control and Prevention

Title: Creation of a Prevention Research Center Network for Healthy Aging

**Principal Investigator: Sara Wilcox**

Co-Principal Investigator: Kenneth Watkins

Co-Investigators: Harriet Williams, Thomas Brown, Jr., Delores Pluto

Total Costs: \$96,810

Granting Period: 09/30/2001 – 09/29/2004

Agency: The National Council on the Aging

Title: Healthy Aging Network: NCOA Supplement

**Principal Investigator: Sara Wilcox**

Total Costs: \$11,700 (for supplement to the above grant)

Granting Period: 09/01/2002 – 12/31/2003

Agency: Robert Wood Johnson Foundation

Title: Evaluation of the Active for Life® Program

**Principal Investigator: Sara Wilcox (4/2003 +)**

Co-Investigators: Sarah Griffin, Russell Pate, Barbara Ainsworth, Dennis Shepard

Total Costs: \$747,146

Granting Period: 02/01/2002 – 01/31/2004

Agency: American College of Sports Medicine

Title: Physical Activity in Rural African American and White Women

**Principal Investigator: Sara Wilcox**

Total Costs: \$14,998

Granting Period: 07/01/2001 – 06/30/2002

Agency: University of South Carolina, Research and Productive Scholars Award

Title: Ethnic Differences in Stress Responses to Family Caregiving

**Principal Investigator: Sara Wilcox**

Total Costs: \$14,000

Granting Period: 4/01/2001 – 6/30/2002

**Co-Principal Investigator**

Agency: National Institutes of Health

Title: The HHER Lifestyle Program for CVD Risk Reduction (R01)

Principal Investigator: Deborah Parra-Medina

**Co-Principal Investigator: Sara Wilcox**

Co-Investigators: Cheryl Addy, Barbara Ainsworth, Gwen Felton, Dawn Wilson, Mary Beth Poston

Total Costs: \$2,152,232

Granting Period: 06/01/2004 – 05/31/2008 (no-cost extension through 5/31/2009)

Agency: U.S. Army

Title: A diet, physical activity, and meditation intervention in men with rising prostate-specific antigen (PSA)

Principal Investigator: James Hebert

**Co-Principal Investigator: Sara Wilcox**

Co-Investigators: Charles Matthews, Jane Teas, William JM Hrushesky, David Blask, Sue Heiney

Granting Period: 05/01/2003 – 07/01/2004 (project funded through 2006, but due to other grants, I transitioned off this project)

Agency: Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation

Title: The Women's Cardiovascular Health Network Project: Identifying Environment, Policy, and Psychosocial Factors Important for Designing Culturally-Appropriate Physical Activity Programs for Women

Principal Investigator: Barbara E. Ainsworth

**Co-Principal Investigator: Sara Wilcox**

Co-Investigators: Donna Richter, Karla Henderson

Total Costs: \$119,474 (CDC); \$50,000 (RWJF)

Granting Period: 09/30/1999 – 08/29/2001 (CDC); 01/01/02 – 12/31/02 (RWJF)

Agency: Centers for Disease Control and Prevention

Title: Heart Healthy and Ethnically Relevant Lifestyle (HHER Lifestyle) Pilot

Principal Investigator: Deborah Parra-Medina

**Co-Principal Investigator: Sara Wilcox**

Co-Investigators: Alexandra Evans, Kenneth Watkins

Total Costs: \$64,307

Granting Period: 09/30/2000 – 08/29/2001

Agency: South Carolina Cancer Center

Title: The Effect of a Walking Program on Estrogen Metabolism in Overweight Postmenopausal Women

**Principal Investigators:** Charles Matthews, **Sara Wilcox**, Jay Fowke

Total Costs: \$14,919

Granting Period: 06/01/2000 – 07/31/2001

## Co-Investigator

Agency: USC Office of the Provost

Title: Examining the efficacy of theory-based persuasive communications for promoting physical activity in public parks: A pilot study

Principal Investigators: Andrew Kaczynski

**Co-Investigators:** Sara Wilcox (in kind), Rachel Davis, Jim Hussey, Sonya Wilhelm Stanis, Aaron Hipp, Morgan Hughey, Stowe

Submitted: 01/31/2017

Total Costs: \$19,945

Granting Period: 07/01/17-06/30/19

Agency: National Institutes of Health (NCI) (R21)

Title: ParkIndex: A tool for advancing parks and public health research and practice

Principal Investigators: Andrew Kaczynski

Co-Investigators: Sara Wilcox (2.6%), Jim Hussey

Total Costs: \$352,506

Granting Period: 07/07/2016 – 06/30/2018 (extended to 2019)

Agency: Centers for Disease Control and Prevention

Title: Implementing Road Map Actions through a New Healthy Brain Initiative Network (Special Interest Project 14-002; Healthy Brain Initiative Network Collaborating Center)

Principal Investigators: Daniela B. Friedman

**Co-Investigators:** Sara Wilcox (4%), Sue Levkoff

Total Costs: \$474,998 (Direct Costs: \$331,692)

Granting Period: 09/30/2014 – 09/29/2019

Agency: National Institutes of Health (NCI) (R21)

Title: Increasing Dietary Self-Monitoring and Weight Loss in an mHealth Intervention

Principal Investigator: Gabrielle Turner-McGrievy

**Co-Investigators:** Sara Wilcox (5%)

Total Costs: \$353,198 (Direct: \$250,388)

Granting Period: 12/01/2014 – 11/30/2016 (extended to 2017)

Agency: USC Office of the Provost

Title: Examining the efficacy of theory-based persuasive communications for promoting physical activity in public parks: A pilot study

Principal Investigators: Andrew Kaczynski

**Co-Investigators:** Sara Wilcox (in kind), Rachel Davis, Jim Hussey, Sonya Wilhelm Stanis, Aaron Hipp, Morgan Hughey

Proposed Granting Period: 07/01/17-06/30/19

Total Costs: \$19,945

Agency: USC ASPIRE-I

Title: eCPAT: Advancement and feasibility testing of public park information and technology resources to support healthy communities

Principal Investigators: Andrew Kaczynski

**Co-Investigators:** Benjamin Schooley, Sara Wilcox (in kind), Gabrielle Turner-McGrievy

Total Costs: \$14,987

Granting Period: 05/16/2016 – 05/15/2017

Agency: Academy of Nutrition and Dietetics Foundation

Title: Self-Monitoring Assessment in Real Time (2-SMART): Improving Dietary Self-Monitoring Through Digital Photography and Crowdsourcing  
Principal Investigator: Gabrielle Turner-McGrievy  
**Co-Investigators: Sara Wilcox** (in kind)  
Total Costs: \$5,000  
Granting Period: 09/01/2015 – 08/31/2016

Agency: University of South Carolina Office of Research  
Title: Impact of a lifestyle intervention among overweight/obese pregnant women on cardiometabolic biomarkers  
Principal Investigator: Nansi Boghossian & Jihong Liu  
**Co-Investigators: Sara Wilcox** (in kind)  
Total Costs: \$15,000  
Granting Period: 05/16/2015 – 05/15/2016

Agency: Richland Memorial Hospital Research and Education Foundation, Grant-In-Aid award  
Title: Barriers to exercise in pregnancy  
Principal Investigators: Natalie Buckham  
Co-Investigators: Kerry Sims, Jihong Liu, **Sara Wilcox** (in kind)  
Granting Period: 11/2015 – 08/2016  
Total Costs: \$8,461  
Note: served as a mentor to Dr. Buckham and also worked with a doctoral student to code all qualitative survey responses, analyze qualitative data, prepare a report of findings, and contribute to abstract submissions.

Agency: University of South Carolina Office of Research  
Title: ParkIndex: Development of a prototype tool for advancing parks and public health research and practice  
Principal Investigator: Andrew T. Kaczynski  
**Co-Investigators: Sara Wilcox** (in kind), Jim Hussey, Dwayne Porter  
Total Costs: \$14,950  
Granting Period: 05/16/2015 – 05/15/2016

Agency: USC (ASPIRE I) (Intramural)  
Title: Refining and Pilot Testing Social Networks for Modeling Healthy Behaviors: The Social Pounds Off Digitally (Social POD) study  
Principal Investigator: Brie Turner-McGrievy  
**Co-Investigators: Sara Wilcox**, Michael Huhns, Hoday Valafar, Patrick Malone  
Submitted: 01/27/2014  
Granting Period: 05/01/2014 – 04/30/2015  
Total Costs: \$14,995

Agency: Intramural - USC (ASPIRE)  
Title: Neighborhood Physical and Social Environment and Residents' Physical Activity Patterns  
Principal Investigator: Andrew Kaczynski  
**Co-Investigators: Sara Wilcox**, Darcy Freedman, Stephanie Child  
Submitted: 1/23/13  
Granting Period: 06/01/2013 – 05/31/2014  
Total Costs: \$14,835

Agency: Intramural - USC/MUSC SCTR Discovery Grant  
Title: The Efficacy of Agent-Mediated Social Networks for Modeling Healthy Behaviors  
Principal Investigator: Gabrielle Turner-McGrievy  
**Co-Investigators:** Sara Wilcox, Michael Huhns, Patrick Malone, Hoday Valafar  
Total Costs: \$29,986  
Granting Period: 03/01/2013 – 05/30/2014

Agency: Intramural - USC/MUSC SCTR Discovery Grant  
Title: eCPAT: Using mobile technology to assess the acceptability, feasibility, and efficacy of the Community Park Audit Tool with youth  
Principal Investigator: Andrew T. Kaczynski  
**Co-Investigators:** Gabrielle Turner-McGrievy, Benjamin Schooley, Sonja A. Wilhelm Stanis, Sara Wilcox, Gina M. Besnyi,  
Total Costs: \$30,000  
Granting Period: 03/01/2013 – 06/31/2014

Agency: National Institutes of Health (NIDDK)  
Title: Behavioral/Support Intervention for Diet and Exercise Among Underserved Women (R01)  
Principal Investigator: Patricia A. Sharpe  
**Co-Investigators:** Sara Wilcox  
Total Costs: \$2,713,730  
Granting Period: 08/01/2007 – 05/31/2012 (one-year no-cost extension)

Agency: National Institutes of Health  
Title: Diet & Activity Community Trial: High-Risk Colon Polyps (R24)  
Principal Investigator: James Hebert  
**Co-Investigators:** Swann Adams, Cheryl Armstead, Elizabeth Murphy, James Hardin, J. Mark Davis, James Burch, Sara Wilcox  
Total Costs: \$2,829,569  
Granting Period: 07/01/2008 – 06/30/2013

Agency: National Institutes of Health (NCHMD)  
Title: Home-based Exercise for Management of HIV-associated Cardiovascular Disease Risk (R21)  
Principal Investigator: Gregory A. Hand  
**Co-Investigators:** Steven Blair, Cheryl Addy, Stephanie Burgess, Xuemei Sui, Sara Wilcox  
Total Costs: \$ 399,065  
Submitted: 5/3/2010 (revised application)  
Granting Period: 12/01/2010 – 11/30/2012

Agency: National Institutes of Health (NIDDK)  
Title: Supplement to Behavioral/Support Intervention for Diet and Exercise Among Underserved Women (Research Supplements to Promote Diversity in Health-Related Research for Dr. Gayenell Magwood, faculty at MUSC)  
Principal Investigator: Patricia Sharpe  
**Co-Investigators:** Sara Wilcox  
Total Costs for second year: \$120,047  
Granting Period: 07/01/09 – 06/30/12

Agency: Body Media, Inc.  
Title: Use of Electronic Feedback on Diet and Physical Activity to Enhance Weight Management  
Principal Investigator: Steven N. Blair  
**Co-Investigators:** Gregory Hand, Mei Shui, Rebecca A. Meriwether, **Sara Wilcox**  
Total Costs: \$205,515  
Granting Period: 11/05/2007 – 04/04/2009

Agency: Centers for Disease Control and Prevention  
Title: Prevention Research to Promote and Protect Brain Health  
Principal Investigator: Daniela Friedman (current) / James Laditka (previous)  
**Co-Investigators:** Sara Corwin, Sarah Laditka, Robert McKeown, Deborah Parra-Medina, **Sara Wilcox**, Harriet Williams  
Total Costs: \$825,863  
Granting Period: 09/30/2006– 09/29/2009

Agency: Centers for Disease Control and Prevention  
Title: Health Promotion and Disease Prevention Research Centers  
Principal Investigator: Steven Hooker  
**Co-Investigators:** Russell Pate, Dennis Shepard, Fran Wheeler, Dawn Wilson, Patricia Sharpe, **Sara Wilcox**, Alexandra Evans  
Total Costs: \$4,395,665  
Granting Period: 09/30/2004 – 09/29/2009

Agency: National Institutes of Health (NIA)  
Title: Factors Influencing Physical Activity in Older African American Men (R21)  
Principal Investigator: Steven P. Hooker  
**Co-Investigator: Sara Wilcox**  
Total Costs: \$396,000  
Granting Period: 07/01/2006 – 06/30/2008 (no cost extension through 6/30/2009)

Agency: Centers for Disease Control and Prevention  
Title: Community Based Approaches for Preventing Alzheimer's Disease (Supplement to the Healthy Aging Research Network, PI: Sara Wilcox)  
Principal Investigator: James Laditka  
**Co-Investigators:** Carol Cornman, Sara Corwin, Sarah Laditka, Marcia Lane, Robert McKeown, Deborah Parra-Medina, Terry Territo, **Sara Wilcox**, Harriet Williams  
Total Costs: \$156,789  
Granting Period: 09/30/2005 – 09/29/2006

Agency: Centers for Disease Control and Prevention  
Title: Participatory Research for Physical Activity Promotion  
Principal Investigator: Patricia Sharpe  
**Co-Investigators: Sara Wilcox**, Regina Fields, Barbara Ainsworth  
Total Costs: \$1,371,739  
Granting Period: 9/30/2002 – 09/30/2005 (extended through 09/30/06)

Agency: Centers for Disease Control and Prevention  
Title: Health Promotion and Disease Prevention Research Centers  
Principal Investigator: Barbara Ainsworth

**Co-Investigators:** Russell Pate, Dennis Shepard, Fran Wheeler, Harris Pastides, **Sara Wilcox**, Alexandra Evans

Annual Costs: \$517,621

Granting Period: 09/30/1998 – 09/29/2004

Note: Involvement of S. Wilcox as of 9/30/2001

Agency: Centers for Disease Control and Prevention

Title: Nutrition, Physical Activity, and Obesity Network

Principal Investigator: Alexandra Evans

**Co-Investigators:** Barbara Ainsworth, Charles Matthews, **Sara Wilcox**

Annual Costs: \$10,000

Granting Period: 09/30/2000 – 09/29/2003

Note: Involvement of S. Wilcox from 9/30/2001-12/31/2002

Agency: Center for Health Promotion & Risk Reduction in Special Populations, USC College of Nursing, National Institute of Nursing Research

Title: Effects of Acupuncture and Nursing Back Rub on Stress-Induced Oral Disease in HIV+ Individuals

Co-Principal Investigators: Gregory Hand, Kenneth Phillips

**Co-Investigators:** James Carson, J. Mark Davis, Barbara Latham, Michelle Rojas, Bruce Schell, William Skelton, **Sara Wilcox**

Total Costs: \$10,000

Agency: Centers for Disease Control and Prevention

Title: Heart Healthy and Ethnically Relevant Tools (HHER Tools)

Principal Investigator: Deborah Parra-Medina

Co-Principal Investigator: Roger Sargent

**Co-Investigators:** **Sara Wilcox**, Rose Marie Hendrix, Lynn Thomas

Total Costs: \$99,981

Granting Period: 09/30/1999 – 08/29/2000

## Consultant

Agency: NIH (National Institute of Minority Health and Health Disparities) (R15)

Title: Healthy Living Program for Filipino Lay Leaders

Principal Investigators: Cheryl Albright and Clementina Ceria-Ulep (University of Hawaii at Manoa)

**Consultant / Data Safety and Monitoring Board Members:** **Sara Wilcox**, Brook Harmon, Melissa Bopp

Dates of Award: 09/26/2017 – 5/31/2020

Total: \$424,462

Agency: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control

Title: Use of Tele-Exercise as an Alternative Delivery Channel for Translating an Evidence-Based Fall-Prevention Program into Practice for Older Adults in West Virginia

Principal Investigator: Dina Jones (West Virginia University)

**Consultant:** **Sara Wilcox**

Dates of Award: 08/01/2017 – 7/31/2019

Total: \$330,000



Agency: Agency: National Institutes of Health (NHLBI R01 HL128666)  
Title: Escalating Proportion of Weight-Loss Maintainers Via Modules Prior to Weight Loss (Stanford Healthy Heart Study)  
Principal Investigator: Michaela Kiernan (Stanford Prevention Research Center)  
**Consultant / Data Safety Monitoring Board Members: Sara Wilcox, Stephen Fortmann, Tricia Leahey**  
Dates of Award: 08/01/2015 – 7/31/2020

Agency: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control  
Title: Translation of an Evidence-Based Fall-Prevention Program into Rural West Virginia Churches  
Principal Investigator: Dina Jones (West Virginia University)  
**Consultant: Sara Wilcox**  
Dates of Award: 09/30/12 – 09/29/15  
Total: \$540,669

Agency: National Institutes of Health  
Title: Faith in Action (Fe en Accion)  
Principal Investigator: Elva Arredondo & John Elder (San Diego State University)  
**Advisory Board Member: Sara Wilcox**  
Dates of Award: 12/01/2010 – 10/31/2014

Agency: National Institutes of Health (NHLBI)  
Title: Study of the Naturalistic Dissemination Process of an Evidence-based Program  
Principal Investigator: Andrea Dunn (Klein Buendel, Inc.)  
**Consultant: Sara Wilcox**  
Dates of Award: 12/01/05 – 11/30/09 (no cost extension through 2011)

Agency: National Institutes of Health (NCI)  
Title: Promoting Healthy Weight with 'Stability First'  
Principal Investigator: Michaela Kiernan (Stanford Prevention Research Center)  
**Consultant / Data Safety Monitoring Board Member: Sara Wilcox**  
Dates of Award: 07/11/07 – 05/31/2011

Agency: National Institutes of Health (NCI)  
Title: Understanding Change in Physical Activity Postpartum  
Principal Investigator: Kelly Evenson (UNC-Chapel Hill)  
**Consultant: Sara Wilcox**  
Dates of Award: 09/30/2004 – 02/29/2010

Agency: National Institutes of Health (NHLBI)  
Title: Preventing Risks of Long Sleep  
Principal Investigator: Shawn Youngstedt  
Co-Investigators: Daniel F. Kripke, Richard Bogan  
**Ombudsperson: Sara Wilcox**  
Granting Period: 07/01/2003 – 6/30/2006

Agency: National Institutes of Health  
Title: Clinical Facilitating Center, Women's Health Initiative

Principal Investigator: Sally Shumaker  
**Consultant: Sara Wilcox**  
Dates of Participation: 1999-2003

Agency: National Institutes of Health (NIA)  
Title: Teaching Healthy Lifestyles to Caregivers  
Principal Investigator: Abby C. King  
**Consultant: Sara Wilcox**  
Dates of Participation: 1999-2000

## **STUDENT-MENTORED FUNDED GRANTS**

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Agency: South Carolina Honors College, Undergraduate Research and Scholars Program  
Title: The Implementation and Evaluation of the Faith, Activity, and Nutrition Program  
Principal Investigator: Mackenzie Walker (EXSC undergraduate, honors college)  
**Advisor: Sara Wilcox**  
Total Costs: \$1,260  
Granting Period: 01/14/2019 – 04/26/2019

Agency: University of South Carolina (SPARC)  
Title: Patient and Provider Perceptions of Weight Gain, Nutrition, and Exercise in Pregnancy  
Principal Investigator: Kara Goodrich (EXSC doctoral student, BBIP T32 training program)  
**Advisor: Sara Wilcox**  
Co-Mentor: Jihong Liu  
Total Costs: \$4,770  
Granting Period: 05/01/2014 – 07/31/2015

Agency: Intramural - University of South Carolina (SPARC)  
Title: An fMRI Investigation of Fitness-Induced Cognitive Reserve in Older Women  
Principal Investigator: Katie Becofsky (EXSC doctoral student, BBIP T32 training program)  
Mentor: Roger Newman-Norlund  
**Co-Mentor and Advisor: Sara Wilcox**  
Total Costs: \$5,000  
Granting Period: 05/15/2013 – 07/31/2014

Agency: Intramural – McCausland Center  
Title: Neural Implementation of Fitness-Induced Cognitive Reserve in Older Adults  
Principal Investigator: Katie Becofsky (EXSC doctoral student, BBIP training program)  
**Faculty Advisor: Sara Wilcox**  
Total Costs: Funded for 20 hours of MRI Scans

Agency: American College of Sports Medicine  
Title: Evaluation of a Faith-Based Behavior Change PA Program  
Principal Investigator: Melissa Bopp (EXSC doctoral student)  
**Faculty Advisor: Sara Wilcox**  
Total Costs: \$5000  
Granting Period: 07/01/2004 – 06/30/2005

Agency: American College of Sports Medicine

Title: Mediating Effects of Self Regulation on Older Adult's PA  
Principal Investigator: Michelle Renee Umstattdt (HPEB doctoral student)  
**Faculty Advisor: Sara Wilcox**  
Total Costs: \$5000  
Granting Period: 07/01/2004 – 06/30/2005

## **TEACHING**

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### **Courses Taught**

- 2000 - Department of Exercise Science, Arnold School of Public Health, University of South Carolina
- Graduate Courses:
- Selected Topics in Exercise Science (EXSC 755)
  - Behavioral Aspects of Physical Activity (EXSC 710 / HPEB 713)
  - Research Seminar in Exercise Physiology (EXSC 783)
- Undergraduate Courses:
- Current Topics in Exercise Science (EXSC 555)
  - Psychology of Physical Activity (EXSC 410 / PSYC 565)
    - From 2004-2015, supervised doctoral student(s) who served as the instructor(s) for the course
- 1995 *Instructor*, Barnes College School of Nursing, St. Louis, MO  
Undergraduate Course: Mental Health and Aging
- 1994 - 1995 *Teaching Assistant*, Department of Psychology, Washington University, St. Louis, MO  
Graduate Courses: Statistics (two-semester course)
- 1994 & 1995 *Instructor*, Departments of Psychology and Gerontology, University of Missouri in St. Louis, St. Louis, MO  
Undergraduate/Graduate Courses: Mental Health and Aging (two courses)
- 1994 *Instructor*, University College, Washington University, St. Louis, MO *Course:*  
Undergraduate Course: Psychology of Aging

### **Postdoctoral Fellows**

- 2009 - 2011 Meghan Baruth, The role of positive health on health outcomes and community-based physical activity interventions  
(Also mentored by Dr. Steven Blair)  
(Current position: Associate Professor, Saginaw Valley State University)
- 2004 - 2006 Elizabeth Fallon, Community-based approaches to physical activity promotion  
(Current position: American Cancer Society)

## Doctoral Students - Major Advisor or Chaired or Co-Chaired Dissertation

- In progress      Kelsey Day (enrolled 2019) (BBIP T32 program), Topic tbd
- In progress      Lindsay Decker (enrolled 2016; I became her mentor in 2018), Topic tbd
- 2019              John Bernhart, Investigating for-cause physical activity events for physical activity promotion and public health impact: An investigation using Self-Determination Theory (Current Position: Postdoctoral Fellow, University of South Carolina)
- 2018              Caroline Dunn (co-chair), Examining faith-based communities as leverage points for the prevention of childhood and adolescent obesity (Current Position: Postdoctoral Fellow, Harvard University)
- 2016              Danielle Schoffman (co-chair), Enhancing parent-child communication and promoting physical activity and healthy eating through mobile technology: A randomized trial  
\*\* Received a USC SPARC (Support to Promote Advancement of Research and Creativity) research award  
\*\* 2016 Breakthrough Scholar  
\*\* 2016 Arnold School of Public Health Doctoral Achievement Award.  
\*\* 2016 Delta Omega Inductee  
(Completed a T32 postdoctoral fellowship at the University of Massachusetts School of Medicine; Current Position: Assistant Professor, University of Florida)
- 2015              Kara Whitaker (Goodrich) (BBIP T32 program), Patient and provider perceptions of weight gain, physical activity, and nutrition in pregnancy  
\*\* Received a USC SPARC (Support to Promote Advancement of Research and Creativity) research award.  
\*\* 2015 Delta Omega Inductee.  
(Completed a T32 postdoctoral fellowship at the University of Minnesota; Current Position: Assistant Professor, University of Iowa)
- 2015              Tatiana Warren, Patterns of sedentary behavior and associations with health risks among African American adults  
\*\* Supported on a diversity supplement from my R01.  
\*\* Delta Omega Inductee.  
(Current Position: Business Intelligence Specialist, Community Works, Bon Secours Baltimore Health System)
- 2014              Katie Potter (Becofsky) (BBIP T32 program), The effects of exercise training on cognitive reserve and cognitive function in healthy older women  
\*\* Received a USC SPARC (Support to Promote Advancement of Research and Creativity) research award.  
(Completed T32 postdoctoral fellowship at Brown University; Current Position: Assistant Professor, University of Massachusetts at Amherst)

- 2014 Joni Marr, Understanding the relationship between health locus of control and God health locus of health control and health behaviors in college students through mediation analysis  
(Current Position: Associate Professor, Winthrop University)
- 2012 Jorge Banda, Examining park use in financially disadvantaged, rural communities (ASPH/CDC Prevention Research Center Minority Health Fellow)  
\*\* Received the 2012 Arnold School of Public Health Doctoral Achievement Award.  
(Completed T32 Postdoctoral Fellow, Stanford University School of Medicine; Current Position: Assistant Professor, Purdue University)
- 2009 Meghan Baruth, Social support and physical activity in African Americans  
(Current position: Associate Professor, Saginaw Valley State University)
- 2006 Diana Lattimore, Barriers experienced by older adults participating in a telephone-based physical activity program, and relations to outcomes  
(Current position: Associate Professor, University of San Francisco)
- 2005 Melissa Bopp, Evaluation of a faith-based physical activity intervention  
\*\* Received an American College of Sports Medicine dissertation award.  
(Current position: Associate Professor, Pennsylvania State University)
- 2005 Cheryl DerAnanian, Understanding factors that influence exercise in non-exercisers, insufficiently active individuals, and exercisers with arthritis: A quantitative and qualitative approach (Co-Chair of committee)  
(Postdoctoral Fellowship at University of Illinois-Chicago, Current position: Associate Professor, Arizona State University)

### **Doctoral Students – Dissertation Committee Member**

- In progress Sabrina Karim, Department of Epidemiology and Biostatistics  
Trajectories, prevention strategies, and health impacts of perinatal depression
- In progress Allison Lewis, Department of Exercise Science
- In progress Becky Kyrlyluk, Department of Exercise Science  
Strengthening the evidence-base for youth nutrition programs  
\*\* Received a USC SPARC (Support to Promote Advancement of Research and Creativity) research award.  
\*\*BBIP T32 program
- 2020 Elizabeth Regan, Department of Exercise Science  
Integrating survivors of stroke into cardiac rehabilitation  
\*\*BBIP T32 program
- 2019 Alycia Boutté, Health Promotion, Education, and Behavior  
Exploring the impact of stress, depressive symptoms, and the nutritional built environment among overweight and obese pregnant women

\*\* Supported on a diversity supplement from my R01.

- 2018 Laura Kurzban, Psychology  
Service use among individuals with serious mental illness and physical health problems  
\*\*BBIP T32 program
- 2018 Anthony Walker, Department of Health Promotion, Education, and Behavior  
Use of the theory of self-determination framework to study the effects of a diabetes self-management education program on motivation in 45 - 65 year-old African American males with Type 2 diabetes
- 2018 Alicia Dahl, Health Promotion, Education, and Behavior  
Healthy motivations for moms-to-be (Healthy MoM2B) Study: A mobile health intervention targeting gestational weight gain during first-time pregnancies among overweight and obese women  
\*\*Supported on my R01 study for her assistantship
- 2017 Samantha McDonald, Department of Exercise Science  
Maternal physical activity and cardiorespiratory fitness during pregnancy and its relation to infant size
- 2015 Sarah Hales, Department of Health Promotion, Education, and Behavior  
Refinement and pilot testing social networks for encouraging healthy behaviors: The Social Pounds Off Digitally (Social POD) Study
- 2015 Gina Besenyi, Department of Health Promotion, Education, and Behavior  
ECPAT: Development and testing of mobile technology to engage youth in active living policy, systems, and environmental health promotion efforts
- 2014 Amanda Paluch, Department of Exercise Science  
Longitudinal evaluations of objectively measured total physical activity. A look beyond the typical recommendations of MVPA
- 2012 John Sieverdes, Department of Exercise Science  
Using technology to enhance behavior change
- 2008 Jennifer Gay, Department of Health Promotion, Education, and Behavior  
Testing self-determination theory and the roles of social and physical environments in an adult beginning exerciser population
- 2011 Kerry McIver, Department of Exercise Science  
The contribution of in-school physical activity to total physical activity in elementary school students
- 2008 Sweta Tewary, College of Social Work  
Marital quality and its influence on disease management self-efficacy among people with rheumatoid arthritis
- 2005 Renee Umstattd, Department of Health Promotion, Education, and Behavior

The roles of self-regulation and self-efficacy in physical activity behavior and correlates of self-regulation in an older adult population

\*\* Dissertation was ancillary to study in which I was PI (Active for Life)

\*\* Supported on my study for her assistantship

\*\* Received the 2005 Arnold School of Public Health Doctoral Achievement Award

\*\* Received an American College of Sports Medicine Dissertation Award

2004 JoEllen Vrazel, Department of Health Promotion, Education, and Behavior  
Using qualitative methods to elicit perspectives from middle-aged women about social environmental influences on their physical activity behavior

2004 Julie Stone, Department of Exercise Science  
Incidence of menstrual dysfunction in female off-road cyclists

2004 Emily Severt, Department of Exercise Science  
Characteristics of veterans seeking care for low back pain

2003 Colleen Reardon, Department of Psychology  
The influence of maternal attitudes and behaviors on the development of weight concern, body dissatisfaction, and the use of weight control methods among first through fifth grade girls

2002 Mary Greaney, Department of Health Promotion, Education, and Behavior  
Body size perception and physical activity among older, urban, African American women

### **Masters Students – Thesis, Practicum, or Project Advisor**

2017 Nathan Peters, MS, Department of Exercise Science  
Identifying associations between religious commitment and preventive health behaviors in a southeastern rural community (thesis)

2016 Lauren Reid, MPH, Department of Exercise Science  
Revision of AHA's Faith in Heart toolkit to include physical activity (practicum)

2014 Ryan Falck, MS, Department of Exercise Science  
The effects of *Arthritis Foundation's* "Walk With Ease" program on cognitive function (thesis)

2011 Kara Goodrich, MPH, Department of Exercise Science  
Preventing excessive weight gain in pregnancy (practicum)

2009 Mary Cregger, MS, Department of Exercise Science  
Barriers to physical activity and healthy eating in pregnancy (thesis)

2007 Jennifer DePercin, MS, Department of Exercise Science  
Blue Cross / Blue Shield of South Carolina corporate fitness center low usage project (project)

2003 Larissa Oberrecht, MS, Department of Exercise Science

The assessment of environmental supports for physical activity in faith-based organizations (project)

- 2001 Amy Skiba, MS, Department of Exercise Science  
A pilot evaluation of the effects of a 12-week walking program on quality of life in breast cancer survivors (project)

### **Masters Students – Committee Member**

- 2017 Marilyn Wende, Department of Epidemiology  
Trends in gestational weight gain in South Carolina, 2004-2015 (thesis)
- 2014 Noma Louise Mgutshini, Department of Epidemiology  
Gestational weight gain and the risk of obesity among preschool children: Is this mediated through birth weight? (thesis)
- 2011 Shericka Harris, Department of Epidemiology  
Correlates of physical activity during pregnancy and its association with gestational weight gain during pregnancy (thesis)
- 2003 Jared Reis, Department of Exercise Science  
Physical activity assessment during and after phase II cardiac rehabilitation (thesis)
- 2000 Deidre Watson, Department of Exercise Science  
Effects of a four-week ingestion of two nutritional supplements on mood, perceived exertion, and performance during strenuous resistance exercise (thesis)
- 2000 Jason Winnick, Department of Exercise Science  
Effect of carbohydrate ingestion on physical and mental performance during exercise designed to mimic team sports (thesis)
- 2000 Meredith Jamieson, Department of Exercise Science  
Health related quality of life in CVD (thesis)

### **SERVICE**

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#### **Professional Leadership Roles (Selected)**

- 2021 - *Editorial Board Member, Contemporary Clinical Trials*
- 2018 – 2021 *Trustee, Board of Trustees, American College of Sports Medicine*
- 2006 - 2010 *Consulting Editor, Health Psychology*
- 2006 - 2007 *Conference Planning Committee Member, Healthy Aging Research Network Symposium: Effective Community-Based Physical Activity Programs for Older Adults*



- 2005 - 2010      *Editorial Board Member*, Psychology and Aging
- 2003 - 2009      *Associate Editor*, Journal of Aging and Physical Activity
- 2004 - 2007      *Editorial Board Member*, Journal of Physical Activity and Health
- 2002 - 2011      *Member*, Strategic Health Initiatives (SHI) - Behavioral Strategies Committee,  
American College of Sports Medicine
- 1998 - 2000      *Co-Convener*. Health Promotion and Disease Prevention informal interest  
group, Gerontological Society of America

### **Peer Review (Selected)**

#### *Grant reviews (study sections):*

- Ad hoc grant reviewer, *National Institutes of Health* (2010, 2015, 2017, 2020)
- Member, Psychosocial Risk and Disease Prevention Study Section, *National Institutes of Health* (6/2006 – 6/2009)
- Temporary Member, Psychosocial Risk and Disease Prevention Study Section, *National Institutes of Health* (2/2004 - 10/2005)
- Grant Proposal Reviewer, The Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance (2000-2003)

#### *Conference submission reviewer:*

- American Public Health Association Susan B. Anthony Aetna Award for Excellence in Research on Older Women (2013-2017, 2020)
- Healthy Aging Research Network Symposium: Effective Community-Based Physical Activity Programs for Older Adults. From Research to Practice (2006)
- Gerontological Society of America (2000, 2003, 2004)
- American Psychological Association, Division 35 – Psychology of Women (1998, 1999, 2000)
- Society of Behavioral Medicine (1998, 2000, 2003, 2005, 2006, 2008, 2013, 2014, 2018)
- American Psychological Association, Division 20 – Adult Development and Aging (1998)
- American Psychological Association, Division 20 Student Awards (1998)

*Ad hoc reviewer - journals:*

- ACSM's Health and Fitness Journal (2010, 2011)
- American Journal of Epidemiology (2010)
- American Journal of Lifestyle Medicine (2011)
- American Journal of Preventive Medicine (2001- 2003, 2005-2006, 2009-2011, 2014, 2016)
- American Journal of Public Health (2016, 2019)
- Annals of Behavioral Medicine (2001- 2004, 2009)
- Annals of Leisure Research (2014)
- Arthritis Care and Research (2002, 2007-2009, 2011-2014, 2020)
- Clinical Child and Family Psychology Review (2002)
- Clinical Gerontologist (2004, 2005)
- Contemporary Clinical Trials (2011, 2012, 2018, 2020)
- Developmental Review. Perspectives in Behavior and Cognition (1999)
- Ethnicity & Disease (2001, 2003, 2004)
- Evaluation and Program Planning (2013, 2020)
- Exercise and Sport Sciences Reviews (2003)
- Family and Community Health (2012)
- Health Education & Behavior (2001, 2003- 2005)
- Health Education Research (2001, 2002, 2005)
- Health Psychology (2000, 2001, 2003-2005, 2007-2013, 2017, 2018, 2020)
- International Journal of Behavioral Medicine (1998)
- International Journal of Sport Psychology (2002)
- Journal of Aging and Physical Activity (2002-2009)
- Journal of Aging Research (2014)
- Journal of the American Geriatrics Society (2007)
- Journal of Applied Gerontology (2001, 2007, 2009)
- Journal of Behavioral Medicine International (1998)
- Journal of Clinical Rheumatology (2012)
- Journal of Epidemiology and Community Health (2001, 2002)
- Journal of Gerontology: Psychological Sciences (1999-2001)
- Journal of Gerontology: Medical Sciences (2004)
- Journal of Gerontology: Social Sciences (2015, 2016)
- Journal of Nutrition Education and Behavior (2019, 2020)
- Journal of Physical Activity and Health (2003- 2011)
- Journal of Public Health Management and Practice (2007)
- Journal of Racial and Ethnic Health Disparities (2016-2018)
- Journal of Religion and Health (2014, 2016-2018)
- Journal of Rural Health (2008)
- Journal of Urban Health (2012)
- Journal of Women's Health (2016)
- Journal of Women's Health and Gender-Based Medicine (2001)
- Medicine and Science in Sports and Exercise (2000, 2003, 2004, 2006, 2007, 2011)
- Obesity (2010-2012)
- PLOS ONE (2015, 2019)
- Preventing Chronic Disease (2004, 2014, 2016)
- Preventive Medicine (2000, 2001, 2003, 2004, 2011)
- Preventive Medicine Reports (2019, 2020)
- Psychology and Aging (2003-2009)
- Psychology of Women Quarterly (1999)

- Research Quarterly for Exercise and Sport (2001, 2006, 2007, 2013)
- Social Science and Medicine (2001, 2012, 2014, 2017, 2018)
- Translational Behavioral Medicine (2019)
- Women and Health (2001-2002)

### **Standing Committees – Selected Examples**

2019 -	Member, Healthy Palmetto Leadership Council, Charge is to provide strategic direction for healthy eating and active living efforts in South Carolina
2018 - 2019	Member, Live Healthy South Carolina Chronic Conditions Workgroup (to guide the 2018-2023 State Health Improvement Plan), South Carolina Department of Health and Environmental Control
2017 – 2019	Member, Excellence Initiative, University of South Carolina
2017 – 2020	Member, Faculty Grievance Committee, University of South Carolina
2015 - 2017	Chair, Tenure and Promotion Committee, Arnold School of Public Health, University of South Carolina
2014 - 2017	Member, Executive Committee, Department of Exercise Science, University of South Carolina
2014 -	Member, National Physical Activity Plan, Faith-Based Sector Committee
2015 - 2019	Member, Evaluation Committee, SCaledown (South Carolina State Obesity Plan), South Carolina Department of Health and Environmental Control, South Carolina Institute of Medicine and Public Health
2015 - 2019	Member, Action Team (Leadership Team), SCaledown (South Carolina State Obesity Plan), South Carolina Department of Health and Environmental Control, South Carolina Institute of Medicine and Public Health
2013 - 2014	Member, South Carolina Obesity Strategic Planning Committee, Faith Task Force, South Carolina Department of Health and Environmental Control
2013 - 2015	Member, Active Living Council, Healthy Carolina, Student Health Services, University of South Carolina
2012-2017	Member, South Carolina Medical Association Childhood Obesity Task Force
2011 -	Executive Committee, USC Behavioral-Biomedical Interface Program (BBIP). BBIP is supported in part by a NIH T32 pre-doctoral training grant via the National Institute of General Medical Sciences. It enrolls doctoral students in Epidemiology, Exercise Science, and Psychology.
2011 - 2013	Member, Internal Research Advisory Board, Office of Research, University of South Carolina

- 2009 - 2012 Member, South Carolina Partnership for Healthy Aging, South Carolina Department of Health and Environmental Control
- 2006 - 2010 Co-Chair, Magellan Scholars Program (awards research grants to undergraduates), Office of the Vice President for Research and Health Sciences, University of South Carolina (**Proposal reviewer from 2010 – 2016**)
- 2006 - 2008 Member, Research Council Committee, Office of the Vice President for Research and Health Sciences, University of South Carolina
- 2004 - 2007 Director, Division of Health Aspects of Physical Activity, Department of Exercise Science, University of South Carolina
- 2004 - 2007 Member, Arnold School of Public Health Research Advisory Committee, University of South Carolina
- 2002 - 2011 Member, Strategic Health Initiatives – Behavioral Strategies Committee, American College of Sports Medicine
- 2002 - 2005 Member, Institutional Review Board, University of South Carolina

## **CLINICAL**

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- 2000 – *Licensed Clinical Psychologist*, South Carolina (license #775)
- 1998 - 2000 *Licensed Psychologist and Health Services Provider Psychologist*, North Carolina (license #2466)
- 1996 - 1998 *Postdoctoral Fellow*, Preventive Cardiology Clinic and Stanford Center for Research in Disease Prevention, Stanford University School of Medicine, Stanford, CA  
*Supervisor:* Abby C. King, PhD  
*Experience:* Provided brief psychological assessments and cognitive-behavioral change interventions to patients with multiple risk factors for cardiovascular diseases. Provided psychosocial and health behavior assessments, health behavior change interventions, and psychosocial referrals to older women family caregivers of family members with dementia.
- 1995 - 1996 *Predoxal Clinical Psychology Intern*, Veterans Affairs Palo Alto Health Care System, Palo Alto, CA  
*Director of Training:* Jacqueline Becker, PhD & Antonette Zeiss, PhD  
*Supervisors:* Larry Thompson, PhD, Dolores Gallagher-Thompson, PhD, William Lynch, PhD, ABPP, Bruce Linenberg, PhD, Patricia Ashbrook, PhD, & Vicki Ellis, RN  
*Rotations:* Outpatient psychotherapy with older adults, geriatric medical clinic (assessments and brief interventions), inpatient hospice, psychological and neuropsychological assessment, inpatient psychiatry, long-term psychotherapy, and partial hospitalization (day hospital)
- 1992 - 1995 *Clinical Assistant*, Psychological Service Center, Washington University, St.

Louis, MO

*Supervisors:* Richard Kurtz, PhD, Amy Bertelson, PhD, Rose Boyarsky, PhD, Lois Franklin, PhD, & Dorothy Van Buren, PhD

*Experience:* Individual and group psychotherapy, personality and neuropsychological assessments. Populations included personality, mood, adjustment, and eating disorders.

- 1991 - 1995      *Neuropsychological Testing*, Alzheimer's Disease Research Center, St. Louis, MO  
*Supervisors:* Martha Storandt, PhD & Emily LaBarge, EdD  
*Experience:* Neuropsychological testing of community dwelling older adults with Alzheimer's disease, Parkinson's disease, and Multi-Infarct dementia.
- 1994              *Psychotherapy Supervisor*, Psychological Service Center, Washington University, St. Louis, MO  
*Experience:* Provided group psychotherapy supervision for graduate students under the direction of Richard Kurtz, PhD
- 1994              *Clinical Assistant*, St. Louis University Behavioral Medicine Unit (inpatient and day hospital), St. Louis, MO  
*Supervisor:* Sue Ann Bauserman, PhD  
*Experience:* Group psychotherapy. Populations included anxiety (particularly obsessive compulsive disorder), mood, chronic pain, and eating disorders.
- 1993 - 1994      *Clinical Assistant*, Senior Stress Unit (inpatient), St. Anthony's Psychiatric Center, St. Louis, MO  
*Supervisors:* Lynn Gulick, PhD & Christine Gibson, LCSW  
*Experience:* Individual and group psychotherapy, psychosocial and cognitive assessments. Populations included older adults with mood, anxiety, and psychotic disorders, and dementias.

## **SPECIALTY TRAINING SEMINARS ATTENDED**

- 2003              *10<sup>th</sup> Annual Teaching Research Ethics Workshop* (4-day training seminar), Poynter Center for the Study of Ethics and American Institutions, Indiana University, Bloomington, IN.
- 1998              *Postgraduate Course on Research Directions and Strategies: Physical Activity and Public Health* (8-day training seminar)  
Sponsored by the Centers for Disease Control and Prevention, the University of South Carolina School of Public Health, and the South Carolina Department of Health and Environmental Control.
- 1997              *National Institute on Aging Summer Institute on Aging Research* (7-day training seminar)  
Sponsored by the National Institute on Aging and the Brookdale Foundation
- 1997              *23rd Ten-day Seminar on the Epidemiology and Prevention of Cardiovascular Disease*

Sponsored by the American Heart Association and the National Heart, Lung,  
and Blood Institute

(Updated: 1/20/2021)