

Curriculum Vitae
LUCAS J. CARR, PH.D.

Address: Iowa Bioscience Innovation Facility, Room 115
Department of Health and Human Physiology
University of Iowa
Iowa City, IA 52242

Telephone: (319) 353-5432

Email: Lucas-Carr@uiowa.edu

**Behavioral Medicine
Laboratory Website:** <https://sites.google.com/view/uibehavioralmedlab>

**Community Health
Collaborative Website:** <https://chtc.sites.uiowa.edu/>

EDUCATIONAL AND PROFESSIONAL HISTORY

1. Higher Education

2008 PhD, Physiology, Department of Zoology and Physiology, University of Wyoming
2004 MS, Exercise Physiology, Department of Kinesiology, University of Wyoming
2002 BS, Exercise Science, Department of Kinesiology, University of Wyoming

2. Professional and Academic Positions

2018-Present **Associate Professor**, Department of Health and Human Physiology, University of Iowa,
Iowa City, IA

2012-2018 **Assistant Professor**, Department of Health and Human Physiology, University of Iowa,
Iowa City, IA

2010-2012 **Assistant Professor**, Department of Kinesiology, East Carolina University, Greenville, NC

2008-2010 **Postdoctoral Fellow**, Department of Psychiatry and Human Behavior at Warren Alpert
Medical School of Brown University; Centers for Behavioral and Preventive Medicine,
The Miriam Hospital; Providence, RI

3. Honors and Awards

2022 University of Iowa Exercise is Medicine Program awarded Most Innovative in ActiveU
Competition by American College of Sports Medicine Midwest Chapter. Role: Director

2019-2023 University of Iowa Exercise is Medicine Program awarded Gold Level Status by
American College of Sports Medicine. Role: Director

2011 Policy, Management & Education, Oak Ridge Associated Universities

2010 Teaching Grant Award, East Carolina University

4. Memberships

2020-Present Iowa Obesity Society

2020-Present Obermann Center Fellow, University of Iowa

2020-Present Holden Comprehensive Cancer Center, University of Iowa

2016-2017	American Heart Association Member
2009-Present	Society of Behavioral Medicine
2011-Present	Sedentary Behavior Research Network
2012-Present	Obesity Research and Education Initiative, University of Iowa

SCHOLARSHIP

Areas of Research Interest

- Understanding determinants of lifestyle health behaviors
- Planning, implementing and evaluating lifestyle behavior interventions
- Implementing and evaluating Exercise is Medicine® protocols in healthcare systems

Referred Publications

Link to Google Scholar Profile: <https://scholar.google.com/citations?user=SHn4jCEAAAAJ&hl=en>

	All	Since 2019
Citations	4490	2420
h-index	29	23
i10-index	39	33

1. Fabiana, N, Gupta, A, Wong, S, Tran, J, Mohammad, YZ, Bal, S, Fiedorowicz, JG, Firth, J, Stubbs, B, Vancampfort, D, Schuch, FB, **Carr, LJ**, Shorr, R, Cortese, S, Manchia, M, Hartman, CA, Hoye, A, Fusar-Poli, P, Koyanagi, A, Vieta, E, Nielsen, R, Holt, R, Correll, CU, Rietz, ED, Taipale, H, Lehto, K, Larsson, H, Nordentoft, M, Dragioti, E, Skonieczna-Zydecka, K, and Solmi, M. Physical activity, suicidal ideation, suicide attempt and death among individuals with mental or other medical disorders: a systematic review of observational studies. *Neuroscience & Biobehavioral Reviews*. 2024, Vol 158, 105547.
2. Rogers EM, Banks NF, Trachta ER, Gibbs BB, **Carr LJ**, Jenkins NDM. Acceptability of Performing Resistance Exercise Breaks in the Workplace to Break up Prolonged Sedentary Time: A Randomized Control Trial in US Office Workers and Students. *Workplace Health and Safety*. (Accepted on Oct 27, 2023.)
3. Crippes, L, Saxby, S, Farnoosh, S, Bisht, B, Gill, C, Rubenstein, L, Ten Eyck, P, **Carr, LJ**, Darling, WG, Hoth, K, Kamholz, J, Snetselaar, L, Titcomb, T, and Wahls, T. Diet-induced changes in functional disability are mediated by fatigue in relapsing-remitting multiple sclerosis: A secondary analysis of the WAVES randomized parallel-arm trial. *Multiple Sclerosis Journal: Experimental, Translational, and Clinical*. 2023, Vol 9, Issue 4.
4. Moylan, CB, Marcussen, B, **Carr, LJ**, Daly, JM, and Slayman, TG. Personal and Professional Physical Activity Practices among Sports Medicine Physicians. *Current Sports Medicine Reports*. (In press)
5. **Gallagher J**, Bayman EO, Cadmus-Bertram LA, Jenkins NDM, Pearlman A, Whitaker KM, **Carr LJ**. Physical activity among rural men: Barriers and preferences. *Prev Chronic Dis*. 2023, Oct 5;20:E88. doi: 10.5888/pcd20.230046
6. Fabiana, N, Gupta, A, Fiedorowicz, JG, Firth, J, Stubbs, B, Vancampfort, D, Schuch, F, **Carr, LJ**, and Solmi, M. The Effect of Exercise on Suicide in Individuals with Mental or Physical Illness: A Systematic Review and Meta-Analysis. *Journal of Affective Disorders*, 2023, 330:1, 335-366.

7. **Thompson, HG**, Whitaker, KM, Young, R, and **Carr, LJ**. University stakeholders largely unaware and unsupportive of university pouring rights contracts with companies supplying sugar-sweetened beverages, *Journal of American College Health*. 2023, 71:2, 403-410.
8. Whitaker KM, Jones MA, Dziewior J, Anderson M, Anderson C, Barone Gibbs B, and **Carr, LJ**. Feasibility, acceptability, and preliminary efficacy of a single-arm, remotely-delivered health coaching intervention to increase physical activity and reduce sedentary time during pregnancy. *BMC Pregnancy and Childbirth*. 2022;22:740.
9. Dziewior, J, **Carr, LJ**, Pierce, GL, & Whitaker, KM. College students report less physical activity and more sedentary behavior during the COVID-19 pandemic. *Journal of American College Health*, 2022, DOI: 10.1080/07448481.2022.2100708.
10. **Benzo, RM**, Farag, A, Whitaker, KM, Xiao, Q, and **Carr, LJ**. Examining the impact of 12-hour and night shifts on nurses' fatigue: prospective cohort study. *International Journal of Nursing Studies Advances*. (Accepted for publication, 3/2/2022).
11. Oh, M, Jacobs, DR, Gabriel, KP, Bao, W, Pierce, GP, **Carr, LJ**, Ding, J, and Whitaker, KM. Longitudinal associations of cardiorespiratory fitness with pericardial adipose tissue. *American Journal of Cardiology*. Mar 19;S0002-9149(22)00186-2. doi: 10.1016/j.amjcard.2022.02.031.
12. Oh M, Jacobs DR, Pettee Gabriel K, Bao W, Pierce GL, **Carr LJ**, Ding J, Whitaker, KM. Cross-sectional and longitudinal associations of lifestyle behaviors with pericardial adipose tissue: the MESA study. *Med Sci Sports Exerc*. 2022;54(6), 984-993.
13. Larson, ST, Slayman, T, and **Carr, LJ**. Exercise Counseling for Older Adults. *The Journal of Family Practice*. 2022 (Accepted for publication on Nov 11, 2021).
14. Lawrence M, **Carr LJ**, Hart K, Whitaker KM. Perceived stress and support preferences during bed rest in twin pregnancies: a cross-sectional online survey. *Midwifery*. 2021;104(2022):103189.
15. **Gallagher, J** and **Carr, LJ**. Leisure but Not Occupational Physical Activity and Sedentary Behavior Associated with Better Health. *Journal of Occupational and Environmental Medicine*. 2021 Nov 1;63(11):e774-e782.
16. **Gallagher, J** and **Carr, LJ**. Response to: Does the dissociated effect of Physical Activity and Sedentary Behaviors on overall health depend on their occupational or leisure setting? *Journal of Occupational and Environmental Medicine*. 2021. Nov 1;63(11):e774-e782.
17. Schneider, AS, Moon, C, Whitaker, KM, Zhang, D, **Carr, LJ**, Bao, W, and Xiao, Q. Cross-sectional and prospective associations between self-reported sleep characteristics and cognitive function in men and women: The Midlife in the United States Study. *Journal of Sleep Research*. 2021;00:e13515.
18. Francis, SL, Simmering, JE, Polgreen, LA, Evans, NJ, **Hosteng, KR**, **Carr, LJ**, Cremer, JF, Coe, S, Cavanaugh, JE, Segre, AM, and Polgreen, PM. Gamifying accelerometer use increases physical activity levels of individuals pre-disposed to type II diabetes. *Preventive Medicine Reports*. 2021, Vol 23, Sept, 101426. [L](#)
19. Wahls, T, Titcomb, T, Bisht, B, Ten Eyck, P, Rubenstein, L, **Carr, LJ**, Darling, WG, Hoth, K, Kamholz, J, and Snetselaar, L. Impact of the Swank and Wahls Elimination Dietary Interventions on Fatigue and Quality of Life in Relapsing-remitting Multiple Sclerosis: the WAVES Randomized Parallel-arm Clinical Trial. *Multiple Sclerosis Journal: Experimental, Translational and Clinical*. 2021, Jul 31;7(3):20552173211035399.
20. Schneider, AS, Bao, W, Whitaker, KM, Moon, C, **Carr, LJ**, and Xiao, Q. Association of Sleep with Risk of Alzheimer's Disease Mortality: NIH-AARP Diet and Health Study. *Journal of Applied Gerontology*. 2021 Jun 10;7334648211019207. doi: 10.1177/07334648211019207.
21. **Benzo, RM**, Whitaker, KM, Xiao, Q, Farag, A, and **Carr, LJ**. A Comparison of Occupational Physical Activity and Sedentary Behavior Patterns of Nurses Working 12-Hour Day and Night Shifts. *International Journal of Nursing Studies*. 2021, Volume 3, November, 100028.

22. **Hosteng, KR**, Simmering, JE, Polgreen, LA, Cremer, JF, Segre, AM, Francis, SL, Whitaker, KM, Polgreen, PM, and **Carr, LJ**. Multilevel mHealth Intervention Increases Physical Activity of Older Adults Living in Retirement Community. *Journal of Physical Activity & Health*. 2021, 18,7,851-857.
23. Pottebaum, E, Warmoth, A, Ayyappan, S, Dickens, DS, Jethava, Y, Modi, A, Tomasson, MH, **Carr, LJ**, and Bates, ML (2021). Wearable monitors facilitate exercise in adult and pediatric stem cell transplant. *Exercise and Sport Sciences Reviews*.
24. **Gold, JM, Carr, LJ**, Thomas, JG, Burrus, J, O'Leary, KC, Wing, RR, and Bond, DS. (2020) Conscientiousness in Weight Loss Maintainers and Regainers. *Health Psychology*.
25. Karvinen, KH, Brunet, J, and **Carr, LJ**. (2019) Family history of cancer as a cue to action for physical activity behaviour and beliefs, *Psychology & Health*.
26. **Hosteng, KR**, Reichter, AP, Simmering, JE, and **Carr, LJ**. (2019) Uninterrupted Classroom Sitting is Associated with Increased Discomfort and Sleepiness Among College Students. *Int. J. Environ. Res. Public Health*.16 (14), pii: E2498.
27. Welk, GJ, Bai, Y, Lee, J, Godino, J, Saint-Maurice, PF, and **Carr, LJ**. (2019) Standardizing analytic methods and reporting in activity monitor validation studies: Guidelines to advance research and practice. *Medicine and Science in Sports and Exercise*. Aug;51(8):1767-1780.
28. **Gremaud, AL, Carr, LJ**, Simmering, JE, Evans, NJ, Cremer, JF, Segre, AM, Polgreen, LA, and Polgreen, PM. (2018) Gamifying Accelerometer Use Increases Physical Activity Levels of Sedentary Office Workers. *Journal of the American Heart Association*. 7(13):e007735 .
29. Polgreen, L, Anthony, C, **Carr, LJ**, Simmering, J, Evans, NJ, Foster, E, Segre, AM, Cremer, J, and Polgreen, PM. (2018) The Effect of Automated Text Messaging and Goal Setting on Pedometer Adherence and Physical Activity in Patients with Diabetes, a Randomized Controlled Trial. *PLoS One*. May 2;13(5):e0195797.
30. Wahls T, Scott MO, Alshare Z, Rubenstein L, Darling W, **Carr LJ**, Smith K, Chenard CA, LaRocca N, Snetselaar L. Dietary approaches to treat MS-related fatigue: comparing the modified Paleolithic (Wahls Elimination) and low saturated fat (Swank) diets on perceived fatigue in persons with relapsing-remitting multiple sclerosis: study protocol for a randomized controlled trial. *Trials*. 2018 Jun 4;19(1):309.
31. **Benzo, RM**, Kruse, NT, Hughes, WE, Casey, DP, and **Carr, LJ**. (2018) Acute Effects of Interrupting Sitting on Discomfort and Alertness of Office Workers. *Journal of Occupational and Environmental Medicine*. Sep;60(9):804-809.
32. Kruse, NT, Hughes, WE, **Benzo, RM, Carr, LJ** and Casey, DP. (2018) Workplace Strategies to Prevent Sitting-Induced Endothelial Dysfunction. *Medicine and Science in Sports and Exercise*. Apr;50(4):801-808.
33. **Jerome, M**, Baquero, B, Janz, KJ, and **Carr, LJ**. (2017) Introducing Sit-stand Desks Increases Classroom Standing Time among College Students. *Preventive Medicine Reports*. 8, 232-237.
34. Jao, YL, Gardner, S and **Carr, LJ**. (2017) Measuring Weight-bearing Activities in Patients with Previous Diabetic Foot Ulcers. *Journal of Wound Ostomy and Continence Nursing*. 44(1):34-40.
35. Larsen, B, **Carr, LJ**, Dunsiger, SI, and Marcus, BH. (2017) Effect of Moderate Intensity Demonstration Walk on Self-Reported Moderate Intensity Physical Activity. *Journal of Exercise Science and Fitness*. 15(1):1-7.
36. **Benzo, RM, Gremaud, AL, Jerome, M** and **Carr, LJ**. (2016) Learning to Stand: The Acceptability and Feasibility of Introducing Standing Desks into College Classrooms. *International Journal of Environmental Research and Public Health*. Aug 15;13(8).
37. Tucker, S, and **Carr, LJ**. (2016) Translating physical activity evidence to hospital settings: A call for culture change. *Clinical Nurse Specialist*. Jul/Aug; 30;4:208-15.

38. Carr, LJ, Dunsiger, SI, and Marcus, BH. (2016) Long-term Surveillance of Physical Activity Habits of Latinas enrolled in a 12 month Physical Activity Intervention. *Journal of Physical Activity and Health*. Jul;13(7):740-6.
39. Carr, LJ, Swift, M, Ferrer, A, and Benzo, RM. (2016) Cross-sectional Examination of Long-term Access to Sit-stand Desks in a Professional Office Setting. *American Journal of Preventive Medicine*. 50(1):96-100.
40. Carr, LJ, Leonhard, C, Tucker S, Fethke N, Benzo, RM, and Gerr, F. (2016) Total Worker Health™ Intervention Increases Activity of Sedentary Workers. *American Journal of Preventive Medicine*. 50(1):9-17.
41. Manini, T, Carr, LJ, King, AC, Marshall, S, Robinson, TN and Rejeski, WJ. (2015) Interventions to Reduce Sedentary Behavior. *Medicine and Science in Sports and Exercise*. 47(6):1306-10
42. Maeda H, Quartiroli, A, Vos, PW, Carr LJ, and Mahar, MT. (2014) Feasibility of retrofitting a university library with active workstations to reduce sedentary behavior. *American Journal of Preventive Medicine*. 46(5):525-528.
43. Voss, MW, Carr, LJ, Clark, R, Weng, T. (2014) Revenge of the "sit" II: Does lifestyle impact neuronal and cognitive health through distinct mechanisms associated with sedentary behavior and physical activity? *Mental Health and Physical Activity*. 2014; 7(1):9-24.
44. Carr, LJ, Maeda, H, Luther, B, Rider, P, Tucker, S and Leonhard, C. (2014) Acceptability and Effects of a Seated Active Workstation During Sedentary Work: A Proof of Concept Study. *International Journal of Workplace Health Management*. 2014; 7(1):2-15.
45. Karvinen K, and Carr LJ. (2014) Does the Perception that God Controls Health Outcomes Matter for Health Behaviors? *Journal of Health Psychology*. 2014;7(1):2-15.
46. Carr, LJ, Karvinen, K, Peavler, M, Smith, R and Cangelosi, K. (2013) Multicomponent Intervention to Reduce Daily Sedentary Time: A Randomised Controlled Trial. *BMJ Open*. 3: e003261.
47. Jilcott-Pitts, SB, Carr, LJ, Brinkley, J, Byrd, JL, Crawford, T and Moore, JB. (2013) Associations between Neighborhood Amenity Density and Health Indicators among Rural and Urban Youth. *American Journal of Health Promotion*. Sep-Oct;28(1):e40-3.
48. Karvinen, K, Carr, LJ and Stevinson, C. (2013) Resources for Physical Activity in Cancer Centers in the United States. *Cancer Journal of Oncology Nursing*. Dec;17(6):E71-6.
49. Carr, LJ, Dunsiger, SI, Lewis, B, Ciccolo, JT, Hartman, S, Bock, BC, Dominick, G, & Marcus, BH. (2013) Randomized Controlled Trial Testing the Efficacy of an Internet Physical Activity Intervention for Sedentary Adults. *Health Psychology*. 32(3):328-36.
50. Carr LJ, Walaska K, and Marcus BH. (2012) Feasibility of a Portable Pedal Exercise Machine for Reducing Sedentary Time in the Workplace. *British Journal of Sports Medicine*. 46(6):430-435.
51. Carr LJ and Mahar MT. (2012) Accuracy of Intensity and Inclinometer Output of Three Activity Monitors for Identification of Sedentary Behavior and Light Intensity Activity. *Journal of Obesity*, Volume 2012, Article ID 460271, 9 pages, 201.
52. Carr LJ and Dunsiger, SI. (2012) Search Query Data to Monitor Interest in Behavior Change: Application for Public Health. *PLoS ONE*. 7(10): e48158.
53. Jilcott SB, McGuirt JT, Carr LJ, Wu Q, and Keyserling TC. (2012) Associations between body mass index, shopping behaviors, amenity density, and characteristics of the neighborhood food environment among female adult Supplemental Nutrition Assistance Program (SNAP) participants in eastern North Carolina. *Ecology of Food and Nutrition*. Nov;51(6):526-41.
54. Carr LJ. Commentary on Atkin et al. (2012) Non-Occupational Sitting and Mental Well-Being in Employed Adults. *Annals of Behavioral Medicine*. 43(2):149-150.
55. Carr LJ, Dunsiger SI, and Marcus BH. (2011) Validation of Walk Score™ for Estimating Access to Walkable Amenities. *British Journal of Sports Medicine*. 45:1144-1148.

56. Carr LJ, Dunsiger SI, and Marcus BH. Walk Score as a Global Estimate of Neighborhood Walkability. (2010) *American Journal of Preventive Medicine*. Nov;39(5):460-3.
57. Ciccolo JT, Carr LJ, and Krupel K, and Longval J. (2010) The Role of Resistance Training in the Prevention and Treatment of Chronic Disease. *American Journal of Lifestyle Medicine*. July/August. 4(4):293-308. Carr LJ, Bartee RT, Dorozynski CM and Smith DT. (2009) Eight-month Follow-up of Physical Activity and Central Adiposity: Results from Internet-delivered Intervention in Overweight Adults. *Journal of Physical Activity and Health*. July;6(4):444-55.
58. Smith DT, Bartee RT, Carr LJ, and Dorozynski CM. (2009) Prevalence of overweight and out-of-school seasonal periods on body mass index in American Indian schoolchildren. *Preventing Chronic Disease*. Jan;6(1):A20.
59. Smith DT, Carr LJ, Dorozynski CM, and Gomashe C. (2009) Internet-delivered Lifestyle Physical Activity Intervention: Limited Inflammation and Antioxidant Capacity Efficacy in Overweight Adults. *Journal of Applied Physiology*. Jan;106(1):49-56.
60. Carr LJ, Bartee RT, Dorozynski CM, Broomfield JF, Smith ML and Smith DT. (2008) Internet-delivered Behavior Change Program Increases Physical Activity and Improves Cardiometabolic Disease Risk Factors in Sedentary Adults: Results of a Randomized Controlled Trial. *Preventive Medicine*. 2008. May;46(5):431-8.
61. Smith DT, Vendela MJ, Bartee RT, and Carr LJ. (2008) Body Mass Index in Rural First Grade Schoolchildren: Progressive Increase in Boys. *Journal of Rural Health*. 24(1):40-8.

Book Chapters

1. Pekmezi, DM, Carr, LJ, Barbera, B and Marcus, BH. (2012). The Role of Physical Activity in Treatment of Substance Use Disorders. In Meyer, A., & Gullotta, T. (Eds.) *Physical Activity as Intervention: Promoting Health and Prevention Disease*. New York: Springer Publishing.

Grant Funding

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| June 2023- June 2024 | Integration of Fitbit Data with the Hartford HealthCare EHR to Support Physical Activity Assessment and Counseling in Metabolic and Bariatric Surgery Patient Care: A Feasibility Study. Fitbit Investigator Initiated Research Award. Award Amount: \$100,000, Role: Co-I |
| June 2023- June 2024 | Feasibility and Efficacy of a Primary-Care Based Behavioral Counseling Intervention among Adults with Cardiovascular Disease Risk Factors. Fitbit Investigator Initiated Research Award. Award Amount: \$100,000, Role: PI |
| March 2023- June 2023 | <i>Muscle Strength Exercise Evaluation Study</i> . Sponsor: HHP Indirect Cost Recovery Award. Award Amount: \$5,000, Role: Co-I |
| June 2022 - May 2023 | <i>Feasibility, Acceptability and Efficacy of a Remotely-Delivered Lifestyle Survivorship Program for AYA Cancer Survivors</i> . Sponsor: University of Iowa Hospitals and Clinics Adolescent and Young Adult (AYA) Cancer Program. Award amount: \$24,566, Role: PI |
| June 2022 - May 2023 | <i>Impact of YouTube educational videos in improving the knowledge base on various cancer related topics amongst AYA cancer patients</i> . Sponsor: University of Iowa Hospitals and Clinics Adolescent and Young Adult (AYA) Cancer Program. Award amount: \$7,300, Role: Co-I |

Jan 2022-Jan 2023	<i>Move-ome: mapping 24 hour activity cycles to midlife to promote lifelong cognitive health and resilience.</i> Sponsor: University of Iowa Jumpstart Program. Award amount: \$75,000, Role: Co-I
Jun 2020 - Jun 2022	<i>Exercise is Medicine Physical Activity Intervention.</i> Sponsor: Stead Family. Award amount: \$100,000, Role: PI
Jan 2020 - Jan 2021	<i>Usability Test of Fidget Sitter.</i> Sponsor: Symbas, LLC. Award amount: \$3,000, Role: PI
May 2019 - May 2020	<i>Study of the AYActive! intervention in a sample of AYA survivor.</i> Sponsor: University of Iowa Hospitals and Clinics adolescent and young adult (AYA) Cancer Program. Award amount: \$6,863, Role: PI
Feb 2019 - Feb 2020	<i>Testing an Innovative Physical Activity Intervention among Community Dwelling Older Adults,</i> Sponsor: University of Iowa Institute for Clinical and Translational Science Pilot Grant. Award amount: \$37,000, Role: PI
Jan 2019 - Jan 2020	<i>Development of a Service-Learning Program to Increase the Physical Activity Levels of Iowans.</i> Sponsor: University of Iowa Provost Office for Community Outreach. Award amount: \$8,000, Role: PI
Jun 2018 - Jun 2019	<i>Accuracy and Acceptability of StandDesk Monitor for Measuring Time spent Sitting and Standing at a Workstation Cooperative Agreement No.U19OH008858.</i> Sponsor: Centers for Disease Control and Prevention/National Institute for Occupational Safety and Health. Award amount: \$29,549, Role: PI
Jun 2016 - Jun 2019	<i>Dietary Approaches to Treating Multiple Sclerosis Related Fatigue.</i> Sponsor: National MS Society. Role: Co-I
Jun 2018 - May 2019	<i>Instructor-led Activity Breaks to Reduce Classroom Sitting Time.</i> Sponsor: Iowa State Fraternal Order of Eagles. Award amount: \$3,000, Role: PI
Sep 2016 - Sep 2018	<i>An m-Health Intervention to Increase Physical Activity and Reduce Sedentary Time for Pre-Diabetics.</i> Sponsor: National Institute of Health (1R21DK108019-01A1) Award Amount: \$228,750, Role: Consultant
Jun 2017 - May 2018	<i>Predicting Use of Sit-to-Stand Desks in Sedentary Office Workers</i> Sponsor: Iowa State Fraternal Order of Eagles. Award amount: \$1,500, Role: PI
June 2016 - June 2017	<i>Does Interrupting Prolonged Seated Work Protect the Health of Sedentary Employees?</i> Sponsor: Heartland Center for Occupational Health and Safety, University of Iowa; Training Grant No. T42OH008491 from the Centers for Disease Control and Prevention/National Institute for Occupational Safety and Health. Award amount: \$15,000, Role: PI
April 2014 - April 2016	<i>Strengthening the Cardio Metabolic Clinic Program for Child/Adolescent Weight Loss with Innovative Behavioral Strategies.</i> Sponsor: Stead Family Excellence Award, Award amount: \$47,500, Role: Co-PI
July 2013 - July 2014	<i>Efficacy of a Combined Ergonomic Health Promotion Intervention on Employee Health.</i> Sponsor: Healthier Workforce Center for Excellence Pilot Grant, Cooperative Agreement No. U19OH008858 from the Centers for Disease Control and Prevention (CDC) / National Institute for Occupational Safety, Award amount: \$30,000, Role: PI

Invited Lectures

- 2023 **Carr, U.** Integrating Lifestyle Medicine into Primary Care. Centers for Disease Control and Prevention, Preventing Chronic Disease, Student Scientific Writing Panel. Online.
- 2023 **Carr, U.** Is Health Coaching Effective at Improving 24 Hour Activity Cycles and Cognitive Health in Midlife? Results of a Team Science Approach. Frontiers in Obesity, Diabetes and Metabolism Lecture Series. University of Iowa.
- 2023 **Carr, U.** Integrating Physical Activity into AYA Cancer Care. University of Iowa, Adolescent and Young Adult Cancer Clinic. Iowa City, IA.
- 2023 **Carr, U.** *Exercise is (Effective but Underutilized) Medicine.* University of Iowa Hospitals and Clinics. University of Iowa, Department of Family Medicine. Iowa City, Iowa.
- 2022 **Carr, U.** *Exercise is (Effective but Underutilized) Medicine.* University of Iowa Hospitals and Clinics. University of Iowa Staff Council. Iowa City, Iowa.
- 2021 **Carr, U.** *Making Physical Activity a Habit.* University of Iowa, Department of Physical Therapy, *Making Physical Activity a Habit.* Iowa City, Iowa.
- 2021 **Carr, U.** *Exercise is (Effective but Underutilized) Medicine.* University of Iowa Hospitals and Clinics. Department of Sports Medicine. Iowa City, Iowa.
- 2021 **Carr, U.** *Using a Service-Learning Model to Deliver a Sustainable Exercise is Medicine Program,* University of Iowa, Frontiers in Obesity, Diabetes, and Metabolism Lecture Series. Iowa City, Iowa.
- 2021 **Carr, U.** University of Iowa, Department of Bariatric Surgery, *Exercise is (Effective but Underutilized) Medicine,* Iowa City, Iowa.
- 2020 **Carr, U.** *Redesigning the Sedentary Classroom,* Iowa State University, Department of Kinesiology. Ames, Iowa.
- 2020 **Carr, U.** UI Diabetes Prevention Program, *Establishing Physical Activity as a Habit,* LiveWell, Iowa City, Iowa.
- 2020 **Carr, U.** Men's Health Seminar Series, *Exercise Recommendations for Men,* University of Iowa Hospitals and Clinics, Iowa City, Iowa.
- 2020 **Carr, U.** University of Iowa, Department of Rehab Therapy, *Exercise is Medicine,* Iowa City, Iowa.
- 2019 **Carr, U.** Iowa Physiological Society, *Exercise is Medicine at Iowa,* University of Iowa, Iowa City, Iowa.
- 2019 **Carr, U.** Weight Loss Management Seminar Series, *Physical Activity for Obesity Management,* University of Iowa Hospitals and Clinics, Iowa City, Iowa.
- 2019 **Carr, U.** University of Iowa, Integrative Medicine Grand Rounds, *Exercise is Medicine at Iowa,* Iowa City, Iowa.
- 2019 **Carr, U.** University of Iowa, Department of Health and Human Physiology, Gisolfi Lecture Series, *Using a Service-Learning Model to Deliver a Sustainable Exercise is Medicine Program,* Iowa City, Iowa.
- 2019 **Carr, U.** Iowa Physiological Society, *Exercise is Medicine at Iowa,* University of Iowa, Iowa City, Iowa.
- 2018 **Carr, U.** *Unpacking sedentary behavior reduction: intervention approaches and outcomes in populations with chronic conditions,* Society of Behavioral Medicine, New Orleans, Louisiana.
- 2017 **Carr, U.** Nutrition and Health Education Symposium, *Re-engineering Sedentary Work to Improve the Health of Workers.,* University of Missouri-Kirksville, Kirksville, Missouri.
- 2016 **Carr, U.** 18th Annual Occupational Health and Safety Symposium, *Re-engineering*

- Sedentary Work to Improve the Health of Workers*, Heartland Center for Occupational Health & Safety, Cedar Rapids, Iowa.
- 2016 **Carr, U.** *Re-engineering Sedentary Work to Improve the Health of Workers*, Heartland Center for Occupational Health & Safety, Iowa City, Iowa.
- 2016 **Carr, U.** Hawkeye Sports Symposium, *Imagining Exercise is Medicine in Iowa*, University of Iowa Sports Medicine, Coralville, Iowa.
- 2016 **Carr, U.** Iowa Governor's Safety and Health Conference, *Re-engineering Sedentary Work to Improve the Health of Workers*, State of Iowa, Altoona, Iowa.
- 2015 **Carr, U.** *The Effect of Active Motion Sitting on Worker Productivity and Occupational Sedentariness.*, Institute for Occupational Safety and Health, Sankt Augustin, Germany
- 2015 **Carr, U.** Kohn Colloquium Series, *Effectiveness of Active Workstations for Improving Health*, Department of Geography and Sustainability Sciences, University of Iowa, Iowa City, Iowa.
- 2015 **Carr, U.** Health Psychology Symposium, *Re-engineering Sedentary Worksite to Advance the Health of Sedentary Workers*, Division One Thirty Eight, Dept. of Health Psychology, University of Iowa, Iowa City, Iowa.
- 2015 **Carr, U.** Hawkeye Sports Symposium, *Imagining Exercise is Medicine in Iowa*, University of Iowa Sports Medicine, Coralville, Iowa.
- 2014 **Carr, U.** *Sustainably Preventing Sedentary Office Culture with Mindless Movement.*, World Congress on Safety and Health at Work, Frankfurt, Germany.
- 2014 **Carr, U.** *Texting to Improve Self-Care of Adult Diabetic Patients from Rural Communities.* National Evidence-Based Practice Nursing Conference, Coralville, Iowa
- 2014 **Carr, U.** *ACT Lunch and Learn, Effectiveness of Active Workstations for Improving Health, ACT*, Iowa City, Iowa.
- 2013 **Carr, U.** *ACT Testing Wellness Fair, Building Physical Activity Into the Day, ACT*, Iowa City, Iowa Presenters/Authors: Carr, Lucas
- 2013 **Carr, U.** *The Application of 'Optimal Default' Economic Theory to Physical Activity Promotion: Acute Metabolic, Cognitive, and Fine Motor Effects.*, Taiwan National Sports University Colloquim, Taoyuan, Taiwan
- 2013 **Carr, U.** *Promoting Physical Activity in the Worksite for the Prevention/Maintenance of Weight Gain.*, University of Northern Iowa, Waterloo, Iowa Presenters/Authors: Carr, Lucas
- 2013 **Carr, U.** *University of Iowa LEAP Program, Creating Optimal Environments for Improved Health.*, University of Iowa LEAP Program, Iowa City, Iowa.
- 2013 **Carr, U.** *Obesity Initiative Chalk Talk, Creating Optimal Environments for Improved Health.*, Obesity Research and Education Initiative, Iowa City, Iowa Presenters/Authors: Carr, Lucas
- 2013 **Carr, U.** *Creating Optimal Environments for Improved Health.*, University of Iowa Medical School, Iowa City, Iowa, United States

Conference Presentations

National and International

- 2024 Mather, J, McKay, R, Bond, D, Wu, Y, **Carr, U.**, Greco, A. Physical Activity as a Vital Sign: Association of Self-Reported Physical Activity Levels with Cardiometabolic Risk Profile in a Large Health Care System. Presentation at the American College of Cardiology Conference, Atlanta, GA.
- 2023 Wu, Y, Papsavas, PK, Gunstad, J, **Carr, U.**, Zaleski, A, Tishler, DS, Santana, C, Bond,

- DS. Living in Neighborhoods That Support Cognability Relates to Meeting National Physical Activity Guidelines among Patients Pursuing Metabolic and Bariatric Surgery. Poster presentation at National American Society for Medical and Bariatric Surgery Conference, Las Vegas, NV.
- 2023 **Gallagher, J**, Bayman, EO, Cadmus-Bertram, L, Jenkins, NDM, Pearlman, A, Whitaker, KM, and Carr, LJ. The Efficacy of a Physical Activity Intervention Tailored to Rural Men. Poster presentation at National American College of Sports Medicine Conference, Denver, CO.
- 2022 **Gallagher, J**, Bayman, EO, Cadmus-Bertram, L, Jenkins, NDM, Pearlman, A, Whitaker, KM, and Carr, LJ. Promoting Physical Activity in Rural Men: A Needs Assessment. Poster presentation at National American College of Sports Medicine Conference, San Diego, CA.
- 2021 **Gallagher, J and Carr, LJ**. *Occupational and Leisure-Time Physical Activity have Different Associations with BMI And Mood*. National American College of Sports Medicine Conference, Online.
- 2021 Dzewior, J, **Carr, LJ**, Pierce, GP, and Whitaker, K. *Physical Activity and Sedentary Behaviors in College Students During the COVID-19 Pandemic*. National American College of Sports Medicine Conference, Online.
- 2021 Bisht, B, Titcomb, TJ, Darling, WG, **Carr, LJ**, Hoth, KF, Ten Eyck, P, Rubenstein, L, Kamholz, JA, Snetselaar, LG, and Wahls, TL. *Association of Lifestyle Physical Activity with Physical and Cognitive Fatigue in Individuals with Relapsing Remitting Multiple Sclerosis*. Consortium of Multiple Sclerosis Centers Conference, Orlando, FL.
- 2021 Reichter, Alison Phillips, Whitaker, Kara M, Litton, Erin L, **Carr, LJ**. *Acceptability and efficacy of a remotely-delivered Exercise is Medicine physical activity health coaching intervention*, NASPSPA, Online/Remote
- 2021 Bisht, B, Titcomb, T J, Darling, W G, **Carr, L J**, Hoth, K F, Ten Eyck, P, Rubenstein, L, Kamholz, J, Snetslaar, L G, Wahls, T L. *Effects of Wahls Elimination and Swank Dietary Patterns on Motor Functions and Mood of Individuals with Multiple Sclerosis*. Americas Committee for Treatment and Research in Multiple Sclerosis Forum. Virtual/Online.
- 2020 **Hosteng, Katie**, Francis, Shelby L, Cremer, James, Simmering, Jacob E, Polgreen, Philip, **Carr, LJ**. *MapTrek Residential: A Multilevel mHealth Intervention for Increasing Physical Activity Among Older Adults*. Annual Society of Behavioral Medicine Conference, San Francisco, California.
- 2020 Bisht, B, Titcomb, T J, Darling, W G, **Carr, L J**, Hoth, K F, Ten Eyck, P, Rubenstein, L, Kamholz, J, Snetslaar, L G, Wahls, T L. *Effects of Wahls Elimination and Swank Dietary Patterns on Motor Functions and Mood of Individuals with Multiple Sclerosis*. ACTRIMS Conference.
- 2019 **Carr, LJ**, Francis, Shelby L, Simmering, Jacob E, Polgreen, Philip. *Validation of a Desk-Based Monitor to Measure Occupational Sitting and Standing Time*, Annual Society of Behavioral Medicine Conference, Washington, DC.
- 2018 Kruse, Nicholas T, Casey, Darren P, Benzo, RM, **Carr, LJ**. *Acute Effects of Interrupting Sitting on Discomfort and Alertness of Office Workers*, Annual Society of Behavioral Medicine Conference, New Orleans, Louisiana.
- 2018 **Carr, LJ**, Mattern, KD, Burrus, JT. *Associations between BMI, Weight-related Health Behaviors, Academic Performance, and Cognitive Ability*. Annual Society of Behavioral Medicine, New Orleans, Louisiana.
- 2018 Gold, J, Burrus, JT, **Carr, LJ**. *Healthy Habits Mediate the Effects of Conscientiousness*

- on Sustained Weight Loss Maintenance*, Annual Society of Behavioral Medicine Conference, New Orleans, Louisiana.
- 2018 Gold, J, **Carr, LJ**, Thomas, G, Burrus, JT, O'Leary, K, Wing, R, Bond, DS. *Personality and Weight Loss Maintenance: Comparing Conscientiousness of Successful and Unsuccessful Weight Loss Maintainers*, Annual Society of Behavioral Medicine Conference, New Orleans, Louisiana.
- 2018 **Carr, LJ**, Mattern, KD, Burrus, JT. *The Relationship of Conscientiousness to Adolescent Health and Health-Related Behaviors*, Annual Society of Behavioral Medicine Conference, New Orleans, Louisiana.
- 2017 Gremaud, A.L, Simmering, J.E., Coe, S., Evans, N.J., Polgreen, L., Cremer, J.F., Segre, A.M., Polgreen, P.M., & **Carr, L.J.** *MapTrek as a Mobile Health Game for Increasing Physical Activity Levels in Sedentary Office Workers*. Poster presented at Fraternal Order of Eagles Diabetes Research Center Poster Session, Iowa City, IA.
- 2017 Jerome, M, Gremaud, AG, Benzo, R, Hosteng, K and **Carr, LJ**. Higher Education: Testing the Efficacy of Height Adjustable Sit-Stand Desks in College Classrooms. Poster presented at Annual Society of Behavioral Medicine Meeting, San Diego, CA.
- 2017 **Carr, LJ**, Dunsiger, SI, and Marcus, BH. Identifying Unique Patterns of Daily Activity Among Latinas Enrolled in a 12-month Physical Activity Intervention. Poster presented at Annual Society of Behavioral Medicine Meeting, San Diego, CA.
- 2017 Hosteng, K, Benzo, R, Phillips, A, and **Carr, LJ**. Impact of Prolonged Classroom Sitting Time on Student Perceptions of Physical Discomfort and Alertness. How much is too much? Poster presented at Annual Society of Behavioral Medicine Meeting, San Diego, CA.
- 2017 Gremaud, AL, Simmering, JE, Coe, S, Evans, NJ, Polgreen, L, Cremer, JF, Segre, A, Polgreen, P, and **Carr, LJ**. More than Just a Game? A Randomized Controlled Trial of Pokémon Go On Physical Activity Habits. Poster presented at Annual Society of Behavioral Medicine Meeting, San Diego, CA.
- 2017 Karvinen, K, Burnett, J, and **Carr, LJ**. Chronic Disease Risk Perceptions: Does weight status and physical activity levels impact people's perceptions? Poster presented at International Society of Behavioral Nutrition and Physical Activity Conference, Victoria, Canada.
- 2016 Evans, N, **Carr, LJ**, Polgreen, L, Segre, A, and Polgreen, P. An mHealth Intervention to Encourage Physical Activity. Poster presented at Annual Society of Behavioral Medicine Meeting, Washington, D.C.
- 2016 **Carr, LJ**, Dunsiger, SI and Marcus, BH. Long-term Surveillance of Physical Activity Habits of Latinas enrolled in a 12 month Physical Activity Intervention. Poster presented at Annual Society of Behavioral Medicine Meeting, Washington, D.C.
- 2016 Mailey, E, Buman, M, **Carr, LJ** and King AC. Novel intervention strategies for reducing sedentary behavior in the workplace. Selected symposium presentation at Annual Society of Behavioral Medicine Meeting, Washington, D.C.
- 2015 Benzo, R, Jerome, M, Gremaud, A and **Carr, LJ**. Needs Assessment for Introducing Standing Desks into College Classrooms. Poster presented at Sedentary Behavior and Health Conference. Urbana-Champaign, IL.
- 2015 Benzo, R, Swift, M, Ferrer, A and **Carr, LJ**. Comparison of Sit-Stand Workstation Versus Traditional Sitting Workstations on Long-term Sedentary Behavior and Health Outcomes. Poster presented at Annual Society of Behavioral Medicine Meeting, San Antonio, TX.

- 2015 **Carr, LJ**, O'Neill, M, Ramesh, S, Ferrer, A, Benzo, R and Leonhard, C. Efficacy of Active Sitting Desks for Reducing Occupational Sedentary Time and Improving Health. Oral presentation at Annual Society of Behavioral Medicine Meeting, San Antonio, TX.
- 2015 Leonhard, CL and **Carr, LJ**. Optimal Default Settings in Prevention. Poster presentation at Health Disparities Conference, New Orleans, LA.
- 2014 Jao, Y, Gardner, S, **Carr, LJ**, Haedtke, C, Liang, I, Pruitt, L, & Laheta, J. *The validity of ActivPAL and ActiGraph in measuring weight-bearing activities in persons with prior diabetic foot ulcers*. Oral presentation at the MNRS 38th Annual Research Conference, St. Louis, MO.
- 2014 **Carr, LJ**, Benzo, R, Ramesh, S, Ferrer, A & Tucker, S. Efficacy of a Two-Way Texting Intervention for Diabetes Self-Management Improvements amongst Rural Adults with Uncontrolled Diabetes. Poster presented at Annual Society of Behavioral Medicine Meeting, Philadelphia, PA.
- 2013 **Carr, LJ** Luther, B, Rider, P and Leonhard, CL. Comparing the Physical, Cognitive and Work Performance Effects of Using an Active Elliptical Machine Desk versus a Standard Desk. *Annals of Behavioral Medicine*. 45(S2):B159.
- 2013 **Carr, LJ**, Larsen, B and Dunsiger, SI. Effect of Moderate Intensity Demonstration Walk on Self-Reported Moderate Intensity Physical Activity. *Annals of Behavioral Medicine*. 45(S2).

Regional and Local

- 2023 Unke, M, Gorzelitz, J, **Carr, LJ**, and Whitaker, KM. Knowledge of Relative Energy Deficiency in Sport (RED-S) Among Coaches of High School Female Runners. Poster presentation at Midwest American College of Sports Medicine Conference, Indianapolis, IN.
- 2023 **Steinke L, Farkas, N**, Gorzelitz, J, Mellen, K, Litton, E, Moon, C, Zhang, M, Schroeder, M, and **Carr, LJ**. Testing the Efficacy of a Lifestyle Survivorship Program on Cancer-related Health Outcomes and Pyschosocial Mechanisms of Action Among Adult Cancer Survivors. Poster presentation at Midwest American College of Sports Medicine Conference, Indianapolis, IN.
- 2023 **Farkas, N, Steinke L, Gorzelitz, J, Mellen, K, Litton, E, Moon, C, and Carr, LJ**. The Efficacy of Lifestyle Behavioral Counseling on Physical Activity, Diet, and Sleep Activities in Young and Middle Age Cancer Survivors. Oral presentation at Midwest American College of Sports Medicine Conference, Indianapolis, IN.
- 2023 **Andrews, M, Wolff, M, and Carr, LJ**. Health and Physical Activity Skills Course Health Outcomes. Poster presented at Dept of Health and Human Physiology Research Day. Iowa City, IA
- 2023 **Wolff, M and Carr, LJ**. Teaching as Research: Evaluation of an Experiential Learning Project. Poster presented at Dept of Health and Human Physiology Research Day. Iowa City, IA
- 2023 **Barnum, H, Omar, D, Rochford, K, Farkas, N, Steinke, L**, Gorzelitz, J, Moon, C, Schroeder, M, Mellen, K, Litton, EL, and **Carr, LJ**. Preliminary Findings of a Remotely-delivered Lifestyle Cancer Survivorship Program. Poster presented at Dept of Health and Human Physiology Research Day. Iowa City, IA
- 2023 **Defalla, S**, Litton, EL, Voss, M, Whitaker, KM, Moon, C, Jenkins, NDM, and Carr, LJ. Long-term Effectiveness of a Remotely-delivered Health Coaching Intervention on

Psychosocial Mechanisms of Action. Poster presented at Dept of Health and Human Physiology Research Day. Iowa City, IA

- 2022 **Gallagher, J**, Bayman, EO, Cadmus-Bertram, L, Jenkins, NDM, Pearlman, A, Whitaker, KM, and **Carr, LJ**. Rural Men’s Preferences in Focus-Area and Delivery of a Health Promotion Intervention. Poster presentation at Midwest American College of Sports Medicine Meeting. Indianapolis, IN.
- 2021 Reichter, AP, Whitaker, KM, Litton, EL, **McAllister, K, Thakor, R, Gallagher, J**, and **Carr, LJ**. Theory-based, Student-delivered Health Coaching Intervention Improves Physical Activity. Poster presented by student at University of Iowa Student Undergraduate Research Festival.
- 2021 **Tuken, D, Donnelly, E**, Jenkins, NDM, and **Carr, LJ**. The Acceptability of an Active Sitting Device among Sedentary Office Workers. Poster presented by student at University of Iowa Student Undergraduate Research Festival.
- 2021 Gallagher, J and **Carr, LJ**. Internal Building Design Features Associated with More Movement and Less Sitting at Work. Oral presentation at Midwest American College of Sports Medicine Meeting. Online.

TEACHING

Courses Taught at the University of Iowa

2021-Present	HHP:6030 Physical Activity and Dietary Behavior Change
2013-Present	HHP:3050 Obesity: Causes, Consequences, Prevention and Treatment
2013-Present	HHP:4420 Planning, Implementing, and Evaluating Health Interventions

Students Supervised at the University of Iowa

Ph.D. Candidates

<i>Name</i>	<i>Years</i>	<i>Outcome</i>
Emily Rogers (Committee member)	2020 - 2023	Culmination
Jacob Gallagher (Primary mentor)	2019 - 2023	Culmination
Aaron Schneider (Committee member)	2017 - 2021	Culmination
Minsuk Oh (Committee member)	2019 - 2021	Culmination
Katie Hosteng (Primary mentor)	2016 – 2020	Culmination
Roberto Benzo (Primary mentor)	2016 - 2020	Culmination
Kristen Metcalf (Committee member)	2016 - 2018	Culmination
Shelby Francis (Committee member)	2015 - 2017	Culmination
Ying-Ling Jao (Committee member)	2013 - 2014	Culmination

Master’s Candidates

<i>Name</i>	<i>Years</i>	<i>Outcome</i>
Jenny Springer	2023-Present	Culmination 2025
Lauren Steinke	2022-Present	Culmination 2023
Nicholas Farkas	2022-Present	Culmination 2024

Ethan Pottebaum (Committee member)	2019-2021	Culmination
Madeline Lawrence (Committee member)	2019-2021	Culmination
Madeline Dohleman (Primary mentor)	2019-2021	Culmination
Jackie Dziewior (Committee member)	2019-2021	Culmination
Helaina Thompson (Primary mentor)	2017-2019	Culmination
Matt Jerome (Primary mentor)	2015- 2017	Culmination
Allene Gremaud (Primary mentor)	2015- 2017	Culmination
Maggie King (Committee member)	2015- 2017	Culmination
Roberto Benzo (Primary mentor)	2013- 2015	Culmination

Undergraduate Honors Students:

Eva Donnelly	2021-2022	Culmination
Katie McAllister	2021-2022	Culmination
Haley Wolf	2019-2020	Culmination
Whitney Bernacki	2019-2020	Culmination
Ashley Raulli	2016- 2017	Culmination
Sydney Hofferber	2016- 2017	Culmination
Maggie Swift	2013- 2014	Culmination

SERVICE

Professional

2023	Invited Ad hoc Reviewer, Lifestyle Change and Behavioral Health Study Section, NIH Center for Scientific Review
2023-Present	Associate Editor, Preventing Chronic Disease Journal
2016-Present	Society of Behavioral Medicine, Conference Abstract Review Committee, Co-Chair
2019	Mohammed Bin Rashid University of Medicine and Health Sciences, Grant Review Committee, Reviewer, Grant Proposals, Asked to review grant proposals for this medical academic institution.
2013-2020	Ad hoc reviewer for NIH Behavioral Medicine, Interventions and Outcomes (BMIO) Study Section. Scientific Review Officer: Dr. Lee Mann
2016	Invited member of Iowa Department of Public Health's Obesity Reduction Task Force
2016	Invited reviewer for NIOSH Pilot Projects Research Training Program at the Southwest Center for Occupational and Environmental Health
2013-2014	Early Career Grant Reviewer for NIH Behavioral Medicine, Interventions and Outcomes Study Section. Scientific Review Officer: Dr. Lee Mann
2013	Invited attendee of NIH (NHLBI, NIA) workshop targeting federal research agendas of sedentary behavior research.
2012	National Science Foundation Study Section: Smart Health Panel in the Information & Intelligent Systems Division (IIS). Program Director: Dr. Fahmida Chowdhury.

University

2022-Present	Well-Being and Mental Health Campus Collaborative, Subcommittee Chair
2021	Future of Work at the University of Iowa, Member

2018-Present Intergrated Health Management Advisory Board, Member
2012-2018 Obesity Research Research & Education Initiative Committee Member

Department

2019-Present Founding Director, Community Health Collaborative, University of Iowa
2022-Present Program Area Head, Health Studies, Health Promotion, Exercise Science, Department of Health and Human Physiology-
2022-Present Director of Undergraduate Studies, Health Studies, Health Promotion, Exercise Science, Department of Health and Human Physiology
2014-2021 Tenure Track Faculty Search Committee, Member (5)
2014-2021 Instructional Track Faculty Search Committee, Member (2)
2018 - Present Community Health Collaborative, Founding Director
2017 - Present B.A. Undergraduate Program, Director
2019-2021 Instructional Track Faculty Annual Review Committee
2019-2021 Tenure Track Faculty Annual Review Committee
2019 - 2020 HHP Strategic Planning Committee, Member
2014-2020 HHP Scholarship Committee, Member

Recent Media Contributions

2023 Above and Beyond Cancer, Podcast, Interviewed on Physical Activity and Health, National
2023 Washington Post, Web, Interviewed on Tik Tok Run Until Challenge, National
2023 KCRG, TV, Interviewed on challenges of weight loss, Regional
2022 Medical News Today, Web, Interviewed on New Weight Loss Guidelines, International
2022 The Chronicle of Higher Education, Web, Interviewed on Pouring Rights Contracts, National
2022 The University Network, Web, Interviewed on Smartphone app to motivate exercise, National
2021 The Enthusiasm Diaries, Podcast, Interviewed on Health Promotion and Impact, National
2020 Talk of Iowa, Radio, Interviewed on Screen Time and Health, State
2020 KCRG, TV, Interviewed on Exercising during COVID, Regional
2020 Big Ten Network, Interviewed on Benefits of Exercise during COVID, National
2018 Science Daily, Web, Interviewed on Turning Exercise into a Game, National
2018 The Boston Globe, Newspaper, Interviewed on research study of pedal exercise desk, National
2018 The Gazette, Newspaper, Interviewed on UI Exercise is Medicine program, Regional
2017 Fast Company Design, Magazine, Interviewed on Sitting and Chairs, International
2016 LA Times, Newspaper, Interviewed on Benefits of Standing, National
2016 Magazine, Fast Company, International
2016 National Public Radio, Web, Interviewed on Benefits of Standing, International
2015 Iowa Public Radio, Interviewed on Benefits of Standing at Work, State
2015 Reuters News, Web, Interviewed on Sit-stand Desks, National
2015 Daily Iowan, News, Interviewed on Obesity Research, Regional
2015 Verge of Discovery, Podcast, Interviewed on Occupational Health, International
2015 The Atlantic, Magazine, Interviewed on pedal exercise research, International
2013 Wall Street Journal, Newspaper, Interviewed on Falling Down on the Job, National

2011

Chicago Tribune Newspaper, Interviewed on pedal exercise research, National