

KARA M. WHITAKER

Department of Health and Human Physiology
College of Liberal Arts & Sciences, University of Iowa
E116 Field House, Iowa City, Iowa 52242
Office: 319-335-7907; Fax: 319-335-6669
E-mail: kara-whitaker@uiowa.edu
v. 01.29.2024

EDUCATION AND TRAINING

- 2015 - 2017 *Postdoctoral Fellow, Cardiovascular Disease Epidemiology and Prevention*
University of Minnesota School of Public Health, Minneapolis, MN
- 2011 - 2015 *PhD, Exercise Science, Health Aspects of Physical Activity emphasis*
University of South Carolina, Arnold School of Public Health, Columbia, SC
- 2009 - 2011 *MPH, Exercise Science, Physical Activity Surveillance emphasis*
University of South Carolina, Arnold School of Public Health, Columbia, SC
- 2005 - 2009 *BS, Kinesiology, Movement Science emphasis, Women's Studies minor*
University of Michigan, Kinesiology, Ann Arbor, MI

PROFESSIONAL POSITIONS

- 2023 - *Associate Professor*
Department of Health and Human Physiology
College of Liberal Arts & Sciences, University of Iowa, Iowa City, IA
- 2018 - *Adjunct Faculty*
Department of Epidemiology
College of Public Health, University of Iowa, Iowa City, IA
- 2018 - 2023 *Assistant Professor*
Department of Health and Human Physiology
College of Liberal Arts & Sciences, University of Iowa, Iowa City, IA

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- 2015 - American Heart Association
2011 - American College of Sports Medicine

AWARDS AND HONORS

- 2024 2023 Outstanding Reviewer Award, Journal of Sport and Health Sciences
2022 Gerry Sue Arnold Alumni Award, Arnold School of Public Health, University of South Carolina

2022	Early Career Scholar of the Year Award, University of Iowa
2021	Fellow, American College of Sports Medicine
2021	Fellow, American Heart Association
2018	Trudy Bush Fellowship for Cardiovascular Disease Research in Women's Health, American Heart Association EPI/Lifestyle
2017	Early Investigator Travel Award, American Heart Association EPI/Lifestyle
2016	Postdoctoral Association Career Development Award, University of Minnesota
2015	Delta Omega Honorary Society in Public Health Inductee, University of South Carolina
2014	Norman J. Arnold Doctoral Fellowship, University of South Carolina
2010	Public Health Traineeship Award, University of South Carolina
2009	James B. Angell Scholar, University of Michigan
2005 - 2009	University Honors, University of Michigan

RESEARCH INTERESTS

- Physical activity, sedentary behavior, and sleep epidemiology
- Maternal and child health
- Cardiovascular disease
- Racial, ethnic, and socioeconomic health disparities

PUBLICATIONS SUMMARY

Order	Publications		Presentations		Totals		
	Peer	Non	Conference	Invited	Pubs	Talks	All
1. First	30	2	25	5	32	30	62
2. Senior	11	1	16		12	16	28
3. Second	12		7		12	7	19
4. Mid	36		23		35	23	58
Count	89	3	71	5	92	76	168

*Citations (count): 2170; h-index: 27; i10-index: 49

PUBLICATIONS

Peer-Reviewed Publications:

1. VanWiel L, Unke M, Riley S, **Whitaker K**. Associations of pelvic floor dysfunction and postnatal mental health: a systematic review. *J Reprod Infant Psychol [In Press]*.
2. Paley JL, Jones MA, Catov JM, **Whitaker KM**, Kozai AC, Barone Gibbs B. Associations of physical activity and sedentary behaviors with depressive symptoms and mood disturbance throughout pregnancy. *J Women's Health*. [In Press]
3. Banks NF, Rogers EM, Stanhewicz AE, **Whitaker KM**, Jenkins NDM. Resistance exercise lowers blood pressure and improves vascular endothelial function in individuals with elevated blood pressure or stage-1 hypertension. *Am J Physiol Heart Cir Physiol*. 2024;326(1):H256-H269. [Link](#)
4. Thrower A, Jones MA, Quinn T, **Whitaker KM**, Gibbs B. Occupational physical activity as a determinant of daytime activity patterns and pregnancy and infant health. *PLoS One*. 2023;18(12):e0296285. [Link](#)

5. **Whitaker KM**, Jones MA, Smith K, Catov J, Feghali M, Kline C, Santillan D, Santillan M, Zimmerman MB, Barone Gibbs B. Study design and protocol of the multi-site Pregnancy 24/7 cohort study. *Am J Epidemiol*. 2023. Epub ahead of print. [Link](#)
6. 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;20:E88. PMC10557978 [Link](#)
7. Borrowman JD, Kumboltz R, Jones MA, **Whitaker KM**. Occupational pregnancy discrimination is associated with negative health impacts for pregnant persons and their children. *J Occup Environ Med*. 2023;65(12):e791-e796. PMID: 37757779 [Link](#)
8. Lane-Cordova A, **Whitaker KM**, Tahir M, Barone Gibbs B, Catov J, Carnethon M, Gunderson EP. Associations of physical activity and lactation duration with cardiometabolic risk factors: the CARDIA Study. *JACC: Advances*. 2023;2(4):100378. PMC10426753 [Link](#)
9. Adamowicz JL, Velez-Bermudez ME, Thomas EB, Kershaw K, Kiefe C, Allen NB, **Whitaker KM**. Psychological resources and incident hypertension in the Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Health Psychology*. 2023;42(6):368-377. [Link](#)
10. Song, C. Bancks M, **Whitaker KM**, Wong M, Carson AP, Dutton G, Goff D, Larsen PG, Gunderson E, Jacobs DR, Kiefe C, Lewis CE, Lloyd-Jones D, Shikany J, Kershaw K. Contribution of social, behavioral, and contextual exposures to Black-White disparities in incident obesity: The CARDIA Study. *Obesity*. 2023;31:1402-1414. [Link](#)
11. Jones MA, **Whitaker KM**, Paley JL, Thrower A, Stoner L, Barone Gibbs B. Brachial-femoral pulse wave velocity in 2-4-year-old children: A feasibility study. *Blood Press Monit*. 2023;28(1):11-16. PMC9830551 [Link](#)
12. Oh M, Cho W, Lee DH, **Whitaker KM**, Schreiner PJ, Terry JG, Kim JY. Long-term association of pericardial adipose tissue with incident diabetes and prediabetes: The coronary artery risk development in young adults study. *Epidemiol Health*. 2023;45:e2023001. [Link](#)
13. Pettee Gabriel K, Jaeger BC, Lewis CE, Sidney S, Dooley EE, Carnethon MR, Jacobs DR, Jr., Hornikel B, Reis JP, Schreiner PJ, Shikany JM, **Whitaker KM**, Arynchyn A, Sternfeld B. Analysis of cardiorespiratory fitness in early adulthood and midlife with all-cause mortality and fatal or nonfatal cardiovascular disease. *JAMA Netw Open*. 2023;6(2):e230842. PMC9975906 [Link](#)
14. Thompson HG, **Whitaker KM**, Young R, Carr LJ. University stakeholders largely unaware and unsupportive of university pouring rights contracts with companies supplying sugar-sweetened beverages. *J Am Coll Health*. 2023;71(2):403-410. [Link](#)
15. Gadgil MD, Ingram KH, Appiah D, Rudd J, **Whitaker KM**, Bennett WL, Shikany JM, Jacobs DR, Jr., Lewis CE, Gunderson EP. Prepregnancy protein source and bcaa intake are associated with gestational diabetes mellitus in the cardia study. *Int J Environ Res Public Health*. 2022;19(21). PMC9658365 [Link](#)
16. **Whitaker KM**, Jones MA, Dziewior J, Anderson M, Anderson C, Gibbs BB, Carr LJ. Feasibility, acceptability, and preliminary efficacy of a single-arm, remotely-delivered health coaching intervention to increase physical activity and reduce sedentary behavior during pregnancy. *BMC Pregnancy Childbirth*. 2022;22(1):740. PMC9526811 [Link](#)
17. Wallace MK, Jones MA, **Whitaker K**, Barone Gibbs B. Patterns of physical activity and sedentary behavior before and during pregnancy and cardiometabolic outcomes. *Midwifery*. 2022;114:103452. PMC9588711 [Link](#)

18. Dziewior J, Carr LJ, Pierce GL, **Whitaker K**. College students report less physical activity and more sedentary behavior during the covid-19 pandemic. *J Am Coll Health*. 2022;1-9. [Link](#)
19. Oh M, Jacobs DR, Pettee Gabriel K, Bao W, Pierce GL, Carr LC, Terry JG, Ding J, Carr JJ, **Whitaker, KM**. Ten-year change in TV viewing and physical activity are associated with concurrent 10-year changes in pericardial adipose tissue: the CARDIA Study. *J Phys Act Health*. 2022;19:531-539. [Link](#)
20. Benzo RM, Farag A, **Whitaker KM**, Xiao Q, Carr LJ. Examining the impact of 12-hour day and night shifts on nurses' fatigue. *IJNS Advances*. 2022;100076. [Link](#)
21. Jones MA, Diesel SJ, Gibbs BB, **Whitaker KM**. Concurrent agreement between actigraph and activpal for measuring physical activity in pregnant women and office workers. *J Meas Phys Behav*. 2022;5(2):69-75. PMC9635580 [Link](#)
22. Oh M, Gabriel KP, Jacobs DR, Jr., Bao W, Pierce GL, Carr LJ, Terry JG, Ding J, Carr JJ, **Whitaker KM**. Cardiorespiratory fitness in adults aged 18 to 34 years and long-term pericardial adipose tissue (from the coronary artery risk development in young adults study). *Am J Cardiol*. 2022;172:130-136. PMC9117508 [Link](#)
23. Schneider AC, Moon C, **Whitaker K**, Zhang D, Carr LJ, Bao W, Xiao Q. Association of sleep with risk of alzheimer's disease mortality: Nih-aarp diet and health study. *J Appl Gerontol*. 2022;41(4):1057-1065. PMC9131728 [Link](#)
24. Oh M, Jacobs DR, Jr., Gabriel KP, 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. [Link](#)
25. Pettee Gabriel K, Jaeger BC, Sternfeld B, Dooley EE, Carnethon MR, Jacobs DR, Jr., Lewis CE, Hornikel B, Reis JP, Schreiner PJ, Shikany JM, **Whitaker KM**, Sidney S. Factors associated with age-related declines in cardiorespiratory fitness from early adulthood through midlife: Cardia. *Med Sci Sports Exerc*. 2022;54(7):1147-1154. PMC9201221 [Link](#)
26. Jones MA, **Whitaker K**, Taverno Ross SE, Davis K, Libertus K, Gibbs BB. Maternal sedentary behavior and physical activity across pregnancy and early childhood growth. *Child Obes*. 2022;18(6):399-408. PMC9634982 [Link](#)
27. **Whitaker KM**, Ryan R, Becker C, Healy H. Gestational weight gain in twin pregnancies and maternal and child health: An updated systematic review. *J Womens Health (Larchmt)*. 2022;31(3):362-381. [Link](#)
28. **Whitaker KM**, Jones MA, Wallace MK, Catov J, Barone Gibbs B. Associations of objectively measured physical activity and sedentary time with pregnancy-specific health-related quality of life. *Midwifery*. 2022;104:103202. PMC8671341 [Link](#)
29. Lawrence M, Carr L, Hart K, **Whitaker KM**. Perceived stress and support preferences during bed rest in twin pregnancies: a cross-sectional online survey. *Midwifery*. 2022;104:103189. [Link](#)
30. Schneider AC, Moon C, **Whitaker KM**, Zhang D, Carr LJ, Bao W, 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. *J Sleep Res*. 2021;00:e13515. [Link](#)
31. Gibbs BB, Jones MA, **Whitaker KM**, Ross ST, Davis KK. Measurement of barriers, attitudes, and expectations for sitting less in pregnancy. *Am H Health Behav*. 2021;45(6):956-970. PMC9243676 [Link](#)

32. Pluch AE, Pettee Gabriel K, Fulton J, Lewis BE, Schreiner PJ, Sternfeld B, Sidney S, Siddique J, **Whitaker KM**, Carnethon MR. Steps per day and all-cause mortality in middle age in the Coronary Artery Risk Development in Young Adults (CARDIA) Study. *JAMA Network Open*. 2021;4(9):e2124516. PMC8417757 [Link](#)
33. Zhang D, Pettee Gabriel K, Jacobs DR Jr, Sidney S, Sternfeld S, **Whitaker KM**. Longitudinal associations of physical activity and depressive symptoms: CARDIA. *Prev Med Rep*. 2021;23:101489. PMC8318903 [Link](#)
34. Jones MA, **Whitaker KM**, Taverno Ross SE, Davis K, Libertus K, Barone Gibbs B. Maternal sedentary behavior and physical activity across pregnancy and early childhood motor development. *Children*. 2021;8(7):549. PMC8304240 [Link](#)
35. Barone Gibbs B, Sternfeld B, **Whitaker KM**, Brach JS, Hergenroeder AL, Jacobs DR, Jr., Reis JP, Sidney S, White D, Pettee Gabriel K. Bidirectional associations of accelerometer-derived physical activity and stationary behavior with self-reported mental and physical health during midlife. *Int J Behav Nutr Phys Act*. 2021;18(1):74. PMC8180096 [Link](#)
36. Liu J, Hung P, Alberg AJ, Hair NL, **Whitaker KM**, Simon J, Taylor SK. Mental health among pregnant women with COVID-19 related stressors and worries in the United States. *Birth*. 2021;48:470-479. [Link](#)
37. Pettee Gabriel K, Karvonen-Gutierrez CA, Colvin AB, Ylitalo KR, **Whitaker KM**, Lange-Maia BS, Lucas AR, Dugan SA, Derby C, Cauley JA, Sternfeld B. Associations of accelerometer-determined sedentary behavior and physical activity with physical performance outcomes by race/ethnicity in older women. *Prev Med Rep*. 2021;23:101408. PMC8173313 [Link](#)
38. Full KM, **Whitaker KM**, Gabriel KP, Lewis CE, Sternfeld B, Sidney S, Reis JP, Jacobs DR, Jr., Gibbs BB, Schreiner PJ. Cardiovascular risk and functional burden at midlife: Prospective associations of isotemporal reallocations of accelerometer-measured physical activity and sedentary time in the cardia study. *Prev Med*. 2021;150:106626. PMC8567420 [Link](#)
39. Jones MA, **Whitaker K**, Wallace M, Barone Gibbs B. Demographic, socioeconomic, and health-related predictors of objectively measured sedentary time and physical activity during pregnancy. *J Phys Act Health*. 2021; 18(8):957-964. [Link](#)
40. Benzo R, Farag A, **Whitaker KM**, Xiao Q, Carr LJ. A comparison of occupational physical activity and sedentary behavior patterns of nurses working 12-hour day and night shifts. *IJNS Advances*. 2021;3:100028. [Link](#)
41. Hosteng K, Simmering JE, Cremer JF, Segre AM, Polgreen LA, Polgreen PM, **Whitaker KM**, Carr LJ. Multilevel mhealth intervention increases physical activity of older adults living in retirement community. *J Phys Act Health*. 2021;18(7):851-857. [Link](#)
42. Jones MA, Catov JM, Jeyabalan A, **Whitaker KM**, Barone Gibbs B. Sedentary behavior and physical activity across pregnancy and birth outcomes. *Paediatr Perinat Epidemiol*. 2021;35:341-349. PMC8186559 [Link](#)
43. Oh M, Zhang D, **Whitaker KM**, Letuchy EM, Janz KF, Levy SM. Moderate-to-vigorous intensity physical activity trajectories during adolescence and young adulthood predict adiposity in young adulthood: The Iowa Bone Development Study. *J Behav Med*. 2021;44(2):231-240. [Link](#)
44. Luehrs R, Pierce GL, Kalhan R, Jacobs DR Jr, **Whitaker KM**. Cigarette smoking and longitudinal associations with blood pressure: the CARDIA study. *J Am Heart Assoc*. 2021;10(9):e019566. PMC8200766 [Link](#)

45. **Whitaker KM**, Pettee Gabriel K, Laddu P, White DK, Sidney S, Sternfeld B, Lewis CE, Jacobs DR Jr. Bidirectional associations of accelerometer measured sedentary behavior and physical activity with knee pain, stiffness, and physical function: the CARDIA Study. *Prev Med Rep.* 2021;22:101348. PMC8005813 [Link](#)
46. **Whitaker KM**, Zhang D, Kline CE, Catov J, Barone Gibbs B. Associations of sleep with sedentary behavior and physical activity patterns across pregnancy trimesters. *Women's Health Issues.* 2021;31(4):366-375 [Link](#)
47. **Whitaker KM**, Hung P, Alberg AJ, Hair NJ, Liu J. Variations in health behaviors among pregnant women during the COVID-19 pandemic. *Midwifery.* 2021;95:102929. PMC7825911 [Link](#)
48. **Whitaker KM**, Becker C, Healy H, Wilcox S, Liu J. Women's report of health care provider advice and gestational weight gain: a systematic review. *J Womens Health.* 2021;30(1):73-89. [Link](#)
49. **Whitaker KM**, Zhang D, Pettee Gabriel K, Ahrens M, Sternfeld B, Sidney S, Jacobs DR, Jr., Palta P, Yaffe K. Longitudinal associations of midlife accelerometer determined sedentary behavior and physical activity with cognitive function: The CARDIA study. *J Am Heart Assoc.* 2021:e018350. [Link](#)
50. Barone Gibbs B, Jones MA, Jakicic JM, Jeyabalan A, **Whitaker KM**, Catov JM. Objectively measured sedentary behavior and physical activity across 3 trimesters of pregnancy: The Monitoring Movement and Health study. *J Phys Act Health.* 2021;18(3):254-261. PMC8054065 [Link](#)
51. **Whitaker KM**, Baruth M, Schlaff RA, Connolly C, Liu J, Wilcox S. Association of provider advice and gestational weight gain in twin pregnancies: a cross-sectional electronic survey. *BMC Pregnancy Childbirth.* 2020;20(1):417. [Link](#)
52. Barone Gibbs B, Paley JL, Jones MA, **Whitaker KM**, Connolly CP, Catov JM. Validity of self-reported and objectively measured sedentary behavior in pregnancy. *BMC Pregnancy Childbirth.* 2020;20(1):99. [Link](#)
53. Pope ZC, Gabriel KP, **Whitaker KM**, Chen LY, Schreiner PJ, Jacobs DR, Jr., Sternfeld B, Carr JJ, Lloyd-Jones DM, Pereira MA. Association Between Objective Activity Intensity & Heart Rate Variability: CVD Risk Factor Mediation (CARDIA). *Med Sci Sports Exerc.* 2020;52(6):1314-1321. PMC7275933 [Link](#)
54. Quinn TD, Pettee Gabriel K, Siddique J, Aaby D, **Whitaker KM**, Lane-Cordova A, Sidney S, Sternfeld B, Barone Gibbs B. Sedentary Time and Physical Activity Across Occupational Classifications. *Am J Health Promot.* 2020;34(3):247-256. PMC7355336 [Link](#)
55. Barone Gibbs B, Aaby D, Siddique J, Reis JP, Sternfeld B, **Whitaker K**, Pettee Gabriel K. Bidirectional 10-year associations of accelerometer-measured sedentary behavior and activity categories with weight among middle-aged adults. *Int J Obes.* 2020;44(3):559-567. PMC7047540 [Link](#)
56. Mayne SL, Loizzo L, Bancks MP, Carnethon MR, Barber S, Gordon-Larsen P, Carson AP, Schreiner PJ, Bantle AE, **Whitaker KM**, Kershaw KN. Racial residential segregation, racial discrimination, and diabetes: The Coronary Artery Risk Development in Young Adults study. *Health Place.* 2020;62:102286. [Link](#)
57. **Whitaker KM**, Baruth M, Schlaff RA, Talbot H, Connolly CP, Liu J, Wilcox S. Provider advice on physical activity and nutrition in twin pregnancies: a cross-sectional electronic survey. *BMC Pregnancy Childbirth.* 2019;19(1):418. [Link](#)

58. Sternfeld B, Gabriel KP, Jiang SF, **Whitaker KM**, Jacobs DR, Jr., Quesenberry CP, Jr., Carnethon M, Sidney S. Risk Estimates for Diabetes and Hypertension with Different Physical Activity Methods. *Med Sci Sports Exerc.* 2019;51(12):2498-2505. PMC7138450 [Link](#)
59. Tahir MJ, Haapala JL, Foster LP, Duncan KM, Teague AM, Kharbanda EO, McGovern PM, **Whitaker KM**, Rasmussen KM, Fields DA, Harnack LJ, Jacobs DR, Jr., Demerath EW. Association of Full Breastfeeding Duration with Postpartum Weight Retention in a Cohort of Predominantly Breastfeeding Women. *Nutrients.* 2019;11(4). PMC6520964 [Link](#)
60. **Whitaker KM**, Xiao Q, Pettee Gabriel K, Gordon Larsen P, Jacobs DR, Jr., Sidney S, Reis JP, Barone Gibbs B, Sternfeld B, Kershaw K. Perceived and objective characteristics of the neighborhood environment are associated with accelerometer-measured sedentary time and physical activity, the CARDIA Study. *Prev Med.* 2019;123:242-249. [Link](#)
61. Sadr Dadres G, **Whitaker KM**, Haapala JL, Foster L, Smith KD, Teague AM, Jacobs DR, Jr., Kharbanda EO, McGovern PM, Schoenfeld TC, Le LJ, Harnack L, Fields DA, Demerath EW. Relationship of Maternal Weight Status Before, During, and After Pregnancy with Breast Milk Hormone Concentrations. *Obesity (Silver Spring).* 2019;27(4):621-628. PMC6432940 [Link](#)
62. Tahir MJ, Haapala JL, Foster LP, Duncan KM, Teague AM, Kharbanda EO, McGovern PM, **Whitaker KM**, Rasmussen KM, Fields DA, Jacobs DR, Jr., Harnack LJ, Demerath EW. Higher maternal diet quality during pregnancy and lactation is associated with lower infant weight-for-length, body fat percent, and fat mass in early postnatal life. *Nutrients.* 2019;11(3). PMC6471184 [Link](#)
63. **Whitaker KM**, Pettee Gabriel K, Buman MP, Pereira MA, Jacobs DR, Jr., Reis JP, Gibbs BB, Carnethon MR, Staudenmayer J, Sidney S, Sternfeld B. Associations of accelerometer-measured sedentary time and physical activity with prospectively assessed cardiometabolic risk factors: the CARDIA Study. *J Am Heart Assoc.* 2019;8(1):e010212. PMC6405708 [Link](#)
64. **Whitaker KM**, Lutsey PL, Ogilvie RP, Pankow JS, Bertoni A, Michos ED, Punjabi N, Redline S. Associations between polysomnography and actigraphy-based sleep indices and glycemic control among those with and without type 2 diabetes: the Multi-Ethnic Study of Atherosclerosis. *Sleep.* 2018;41(11). PMC6231520 [Link](#)
65. Pettee Gabriel K, Sidney S, Jacobs DR, Jr., **Whitaker KM**, Carnethon MR, Lewis CE, Schreiner PJ, Malkani RI, Shikany JM, Reis JP, Sternfeld B. Ten-year changes in accelerometer-based physical activity and sedentary time during midlife: the CARDIA Study. *Am J Epidemiol.* 2018;187(10):2145-2150. PMC6166210 [Link](#)
66. **Whitaker KM**, Jacobs DR, Jr., Kershaw KN, Demmer RT, Booth JN, 3rd, Carson AP, Lewis CE, Goff DC, Jr., Lloyd-Jones DM, Gordon-Larsen P, Kiefe CI. Racial disparities in cardiovascular health behaviors: the Coronary Artery Risk Development in Young Adults study. *Am J Prev Med.* 2018;55(1):63-71. PMC6014889 [Link](#)
67. **Whitaker KM**, Ingram KH, Appiah D, Nicholson WK, Bennett WL, Lewis CE, Reis JP, Schreiner PJ, Gunderson EP. Prepregnancy fitness and risk of gestational diabetes: a longitudinal analysis. *Med Sci Sports Exerc.* 2018;50(8):1613-1619. PMC6047908 [Link](#)
68. **Whitaker KM**, Pettee Gabriel K, Jacobs DR, Jr., Sidney S, Sternfeld B. Comparison of two generations of actiGraph accelerometers: the CARDIA Study. *Med Sci Sports Exerc.* 2018;50(6):1333-1340. PMC5953790 [Link](#)
69. Wilcox S, Liu J, Addy CL, Turner-McGrievy G, Burgis JT, Wingard E, Dahl AA, **Whitaker KM**, Schneider L, Boutte AK. A randomized controlled trial to prevent excessive gestational [Link](#)

- weight gain and promote postpartum weight loss in overweight and obese women: Health In Pregnancy and Postpartum (HIPP). *Contemp Clin Trials*. 2018;66:51-63. PMC5841597
70. Pettee Gabriel K, **Whitaker KM**, Duprez D, Sternfeld B, Lewis CE, Sidney S, Knell G, Jacobs DR, Jr. Clinical importance of non-participation in a maximal graded exercise test on risk of non-fatal and fatal cardiovascular events and all-cause mortality: CARDIA study. *Prev Med*. 2018;106:137-144. PMC6400469 [Link](#)
 71. **Whitaker KM**, Buman MP, Odegaard AO, Carpenter KC, Jacobs DR, Jr., Sidney S, Pereira MA. Sedentary behaviors and cardiometabolic risk: an isotemporal substitution analysis. *Am J Epidemiol*. 2018;187(2):181-189. PMC5860012 [Link](#)
 72. **Whitaker KM**, Marino RC, Haapala JL, Foster L, Smith KD, Teague AM, Jacobs DR, Fontaine PL, McGovern PM, Schoenfeld TC, Harnack L, Fields DA, Demerath EW. Associations of maternal weight status before, during, and after pregnancy with inflammatory markers in breast milk. *Obesity*. 2017;25(12):2092-2099. PMC5705414 [Link](#)
 73. Fields DA, George B, Williams M, **Whitaker K**, Allison DB, Teague A, Demerath EW. Associations between human breast milk hormones and adipocytokines and infant growth and body composition in the first 6 months of life. *Pediatr Obes*. 2017. PMC5540830 [Link](#)
 74. **Whitaker KM**, Everson-Rose SA, Pankow JS, Rodriguez CJ, Lewis TT, Kershaw KN, Diez Roux AV, Lutsey PL. Experiences of discrimination and incident type 2 diabetes mellitus: the Multi-Ethnic Study of Atherosclerosis (MESA). *Am J Epidemiol*. 2017;186(4):445-455. PMC5860562 [Link](#)
 75. **Whitaker KM**, Pereira MA, Jacobs DR, Jr., Sidney S, Odegaard AO. Sedentary behavior, physical activity, and abdominal adipose tissue deposition. *Med Sci Sports Exerc*. 2017;49(3):450-458. PMC5315590 [Link](#)
 76. **Whitaker KM**, Wilcox S, Liu J, Blair SN, Pate RR. Provider advice and women's intentions to meet weight gain, physical activity, and nutrition guidelines during pregnancy. *Matern Child Health J*. 2016;20(11):2309-2317. PMC5106319 [Link](#)
 77. Sharpe PA, **Whitaker K**, Alia KA, Wilcox S, Hutto B. Dietary intake, behaviors and psychosocial factors among women from food-secure and food-insecure households in the United States. *Ethn Dis*. 2016;26(2):139-146. PMC4836893 [Link](#)
 78. Liu J, **Whitaker KM**, Yu SM, Chao SM, Lu MC. Association of provider advice and pregnancy weight gain in a predominantly Hispanic population. *Womens Health Issues*. 2016;26(3):321-328. [Link](#)
 79. **Whitaker KM**, Choh AC, Lee M, Towne B, Czerwinski SA, Demerath EW. Sex differences in the rate of abdominal adipose accrual during adulthood: The Fels Longitudinal Study. *Int J Obes*. 2016;40(8):1278-85. PMC4970892 [Link](#)
 80. **Whitaker KM**, Wilcox S, Liu J, Blair SN, Pate RR. Patient and provider perceptions of weight gain, physical activity, and nutrition counseling during pregnancy: a qualitative study. *Womens Health Issues*. 2016;26(1):116-122. PMC4690786 [Link](#)
 81. **Whitaker KM**, Wilcox S, Liu J, Blair SN, Pate RR. African American and White women's perceptions of weight gain, physical activity, and nutrition during pregnancy. *Midwifery*. 2016;34:211-220. PMC4792697 [Link](#)
 82. Spiryda LB, **Whitaker KM**, Messersmith A, Banister CE, Creek KE, Pirisi-Creek LA. Clinical utility of molecular biomarkers in cervical squamous intraepithelial lesions in a young adult population. *J Low Genit Tract Dis*. 2016;20(1):26-30. PMC4691357 [Link](#)

83. **Whitaker KM**, Wilcox S, Liu J, Blair SN, Pate RR. Pregnant women's perceptions of weight gain, physical activity, and nutrition using Theory of Planned Behavior constructs. *J Behav Med.* 2016;39(1):41-54. PMC4753045 [Link](#)
84. Liu J, Wilcox S, **Whitaker K**, Blake C, Addy C. Preventing excessive weight gain during pregnancy and promoting postpartum weight loss: a pilot lifestyle intervention for overweight and obese African American women. *Matern Child Health J.* 2015;19(4):840-849. PMC4305038 [Link](#)
85. **Whitaker KM**, Sharpe PA, Wilcox S, Hutto BE. Depressive symptoms are associated with dietary intake but not physical activity among overweight and obese women from disadvantaged neighborhoods. *Nutr Res.* 2014;34(4):294-301. PMC4004962 [Link](#)
86. **Whitaker K**, Young-Hyman D, Vernon M, Wilcox S. Maternal stress predicts postpartum weight retention. *Matern Child Health J.* 2014;18(9):2209-2217. PMC4251762 [Link](#)
87. Baruth M, Becofsky K, Wilcox S, **Goodrich K**. Health characteristics and health behaviors of African American adults according to self-rated health status. *Ethn Dis.* 2014;24(1):97-103. PMC4230694 [Link](#)
88. **Goodrich K**, Cregger M, Wilcox S, Liu J. A qualitative study of factors affecting pregnancy weight gain in African American women. *Matern Child Health J.* 2013;17(3):432-440. PMC4284051 [Link](#)
89. **Goodrich KM**, Crowley SK, Lee DC, Sui XS, Hooker SP, Blair SN. Associations of cardiorespiratory fitness and parental history of diabetes with risk of type 2 diabetes. *Diabetes Res Clin Pract.* 2012;95(3):425-431. [Link](#)

Publications Under Review:

1. Wu F, Dwyer T, Venn A, Bazzano L, Daniels S, Jacobs D, Raitakari O, Sinaiko A, Steinberger J, Urbina E, Viikari J, **Whitaker K**, Woo J, Juonala M, Magnussen C. Child adiposity, adult adiposity, and adult cardiovascular events. Submitted to *New England Journal of Medicine*, January, 2024.
2. Kozai AC, Jones MA, Borrowman JD, Hauspurg A, Catov JM, Kline CE, **Whitaker KM**, Barone Gibbs B. Patterns of physical activity, sedentary behavior, and sleep across pregnancy before and during the SARS-CoV-2 pandemic. Submitted to *Midwifery*, November, 2023.
3. Gallagher J, Bayman E, Cadmus-Bertram L, Jenkins N, Pearlman A, **Whitaker K**, Carr L. The efficacy of a physical activity intervention tailored to rural men. Submitted to *Health Psychology*, November, 2023.
4. Borrowman JD, Jones MA, Krumboltz R, **Whitaker KM**. A qualitative study describing experiences of pregnancy discrimination in the workplace. Submitted to *Social Science and Medicine*, September, 2023.
5. Gallagher J, Bayman E, Cadmus-Bertram L, Jenkins N, Pearlman A, **Whitaker K**, Carr L. Formative study to inform a physical activity intervention targeted to rural American men. Submitted to *Health Promotion Practice*, June, 2023.
6. Schneider AC, Moon C, **Whitaker KM**, Zhang D, Carr LJ, Bao W, Xiao Q. Midlife in the United States (MIDUS) objectively measured sleep associations with cognitive function. Submitted to *Alzheimer's & Dementia*, November, 2022.
7. Zhao L, Liu J, **Whitaker KM**, Hung P, Hair N, Chen E, Alberg AJ. Perceived adverse changes in physical activity, sitting time, and sleep among postpartum women during the COVID-19 pandemic. Submitted to *Birth*, November, 2021.

Publications in Progress:

1. Whitaker KM, Evenson K, Gibbs B. Sedentary behavior and light-intensity physical activity and cardiovascular health in pregnancy: a science advisory for the American Heart Association.
2. **Whitaker KM**, Pettee Gabriel K, Chen B, Sternfeld B, Sidney S, Jacobs DR Jr, Launer L, Yaffe K, Bryan N. Associations of midlife accelerometer determined physical activity and sedentary behaviors with structural brain morphology 5 and 10 years later: CARDIA.
3. Gallagher J, Bayman EO, Cadmus-Bertram LA, Jenkins NDM, Pearlman A, **Whitaker KM**, Carr LJ. Designing a physical activity intervention for rural men: ORBIT model approach.
4. Zhang D, Kershaw K, Pettee Gabriel K, Kiefe C, Lewis CE, Jacobs DR Jr, Rana JS, Sidney S, **Whitaker KM**. Neighborhood poverty, neighborhood cohesion, and risk of non-fatal and fatal cardiovascular events and all-cause mortality: CARDIA.
5. Ingram KH, Bosch TA, Bantle AE, Wang Q, **Whitaker KM**, Van Wagner L, Chow L, Carr JJ, Jacobs J, Goff D, Sidney S, Shay C, Zu N, Lewis CE, Schreiner PJ. Low cardiorespiratory fitness is associated with pericardial, visceral, and hepatic adipose tissue accumulation.
6. Pettee Gabriel K, **Whitaker KM**, Chen B, Sternfeld B, Sidney S, Jacobs DR Jr, Yaffe K, Lewis B. Examining potential for physical activity recall and reporting bias by several indicators of cognitive status.
7. Boudreaux BD, Gabriel KP, Dooley E, Hornikel B, Jones R, Badon S, Palta P, Schwartz J, Sternfeld B, Quinn T, **Whitaker K**, Diaz K. 24-hour activity cycles and incident hypertension during midlife: the CARDIA study.

Invited Commentaries:

1. **Whitaker, KM**. Encouraging physical activity during key life events and transitions. [Link](#)
Available in: American Heart Association Professional Heart Daily. Retrieved December 1, 2021 from <https://professional.heart.org/en/science-news/supporting-physical-activity-in-patients-and-populations-during-life-events-and-transitions/Commentary>
2. **Whitaker KM**, Pereira MA. Television viewing linked to greater intra-abdominal fat, independent of physical activity and body mass index. *American College of Sports Medicine: Sports Medicine Bulletin*. Retrieved July 11, 2017 from <http://www.multibriefs.com/briefs/acsm/active071117.htm> [Link](#)

CONFERENCE: PRESENTATIONS

1. Gallagher J, Anthos B, Karunatilaka S, Krumboltz R, Wilhite K, Barone Gibbs B, **Whitaker KM**. Urban-Rural Differences in Device Measured Physical Activity during Pregnancy. Abstract submitted to: American College of Sports Medicine Annual Meeting: May 28-31, 2024; Boston, MA.
2. Williamson C, Wilhite K, Thrower A, Marshall E, Gallagher J, **Whitaker KM**, Barone Gibbs B. Leisure time physical activity, outcome expectations, and barriers during pregnancy in urban and rural individuals. Abstract submitted to: American College of Sports Medicine Annual Meeting: May 28-31, 2024; Boston, MA.

3. Wilhite K, Kozai A, Davis K, **Whitaker KM**, Gibbs BB. Effects of the sedentary behavior reduction in pregnancy intervention (SPRING) on sleep outcomes in pregnant individuals. Abstract submitted to: American College of Sports Medicine Annual Meeting: May 28-31, 2024; Boston, MA.
4. Thrower A, **Whitaker KM**, Modlin S, Barone Gibbs B. Associations of yoga as a form of leisure-time physical activity with adverse pregnancy outcomes. Abstract submitted to: American College of Sports Medicine Annual Meeting: May 28-31, 2024; Boston, MA.
5. Barrowman JD, Jones MA, Barone Gibbs B, Catov J, **Whitaker KM**. Physical activity during pregnancy and postpartum blood pressure. Abstract submitted to: American College of Sports Medicine Annual Meeting: May 28-31, 2024; Boston, MA.
6. Borrowman JD, Story WT, Carr LJ, Pierce GL, Barone Gibbs B, **Whitaker KM**. Assessing postpartum physical activity determinants and desired intervention components in individuals with a history of hypertensive disorders. Oral presentation at: Midwest American College of Sports Medicine Annual Meeting; October 12-14, 2023; Indianapolis, IN. ***Awarded Outstanding Doctoral Student Oral Presentation** N/A
7. Filip TF, Gallagher J, Jones M, Barone Gibbs B, **Whitaker KM**. Green space exposure and maternal depression, physical activity, and adverse birth outcomes in pregnancy. Poster presentation at: Midwest American College of Sports Medicine Annual Meeting; October 12-14, 2023; Indianapolis, IN. N/A
8. Gallagher JB, Jones MA, Boonstra E, Borrowman JD, Unke M, Barone Gibbs B, **Whitaker KM**. Integrating thigh accelerometer and wrist actigraphy data to estimate 24-hour activity in pregnancy. Oral presentation at: Midwest American College of Sports Medicine Annual Meeting; October 12-14, 2023; Indianapolis, IN. N/A
9. Unke M, Gorzelitz J, Carr L, **Whitaker KM**. Knowledge of Relative Energy Deficiency in Sports (RED-S) among coaches of high school female runners. Poster presentation at: Midwest American College of Sports Medicine Annual Meeting; October 12-14, 2023; Indianapolis, IN. N/A
10. Krumboltz R, Borrowman JD, **Whitaker KM**. Perceived stress across pregnancy in rural and urban populations. Poster presentation at: Midwest American College of Sports Medicine Annual Meeting; October 12-14, 2023; Indianapolis, IN. N/A
11. VanWiel L, Barone Gibbs B, **Whitaker KM**. Physical activity in pregnancy and pelvic floor dysfunction. Poster presentation at: Midwest American College of Sports Medicine Annual Meeting; October 12-14, 2023; Indianapolis, IN. N/A
12. Gallagher J, Bayman EO, Cadmus-Bertram L, Pearlman A, Jenkins NDM, **Whitaker KM**, Carr LJ. The efficacy of a physical activity intervention tailored to rural men. *Med Sci Sports Exerc.* 2023;55(9S):442-443. Poster presentation at: American College of Sports Medicine Annual Meeting and World Congresses; May 30-June 2, 2023; Denver, CO. [Link](#)
13. **Whitaker KM**, Boonstra E, Jones ME, Dziewior J, Unke M, Gibbs BB. Integrating Actiwatch and activPAL data to estimate physical activity and sedentary behavior in pregnant women. *Med Sci Sports Exerc.* 2023;55(9S):245- [Link](#)

246. Poster presentation at: American College of Sports Medicine Annual Meeting and World Congresses; May 30-June 2, 2023; Denver, CO.
14. Jones ME, Gibbs BB, Dziewior J, **Whitaker KM**. Demographic and health-related correlates of latent class activity profiles in pregnancy. *Med Sci Sports Exerc.* 2023;55(9S):449-450. Poster presentation at: American College of Sports Medicine Annual Meeting and World Congresses; May 30-June 2, 2023; Denver, CO. [Link](#)
 15. Kozai AC, Jones MA, Catov JM, **Whitaker KM**, Gibbs, BB. Activity patterns across pregnancy before and during the SARS-CoV-2 Pandemic. *Med Sci Sports Exerc.* 2023;55(9S):451. Poster presentation at: American College of Sports Medicine Annual Meeting and World Congresses; May 30-June 2, 2023; Denver, CO. [Link](#)
 16. Dooley EE, Jaeger BC, Sternfeld B, Lewis CE, Sidney S, Carnethon MR, Jacobs DR, Reis JP, Schreiner PM, Shikany JM, **Whitaker KM**, Pettee Gabriel K. Sex differences in all-cause mortality: Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Med Sci Sports Exerc.* 2023;55(9S):162-163. Oral presentation at: American College of Sports Medicine Annual Meeting and World Congresses; May 30-June 2, 2023; Denver, CO. [Link](#)
 17. Piroska B, **Whitaker KM**, Levy S, Janz K. Construct validity of grip rate of force development to assess muscle weakness in older adults. *Med Sci Sports Exerc.* 2023;55(9S):742. Poster presentation at: American College of Sports Medicine Annual Meeting and World Congresses; May 30-June 2, 2023; Denver, CO. [Link](#)
 18. Thrower A, Quinn T, Jones MA, **Whitaker KM**, Gibbs BB. The association of different occupational activities with negative pregnancy health outcomes. Late breaking 3-minute oral thesis competition at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; February 28 – March 3, 2023; Boston, MA. N/A
 19. **Whitaker KM**, Pettee Gabriel K, Helverson A, Zhang D, Sternfeld B, Sidney S, Jacobs DR, Palta P, Yaffe K, Bryan N. Prospective associations of midlife physical activity and sedentary behavior with brain structure: the CARDIA study. *Circulation.* 2023;147(Suppl 1):AMP05. Moderated poster presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; February 28 – March 3, 2023; Boston, MA. [Link](#)
 20. Jones MA, Barone Gibbs B, Pettee Gabriel K, Kershaw K, VanWiel L, Ajibewa T, Jones R, Jacobs D, **Whitaker KM**. Moderation of associations between lifetime racial discrimination and cardiometabolic health by physical activity in the Coronary Artery Risk Development in Young Adults (CARDIA) study. *Circulation.* 2023;147(Suppl 1):AP123. Poster presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; February 28 – March 3, 2023; Boston, MA. [Link](#)
 21. Kozai AC, Tony Parks TW, Catov JM, Lane A, Skvarca L, Jones MA, **Whitaker KM**, Barone Gibbs B. Association between life's essential 8 cardiovascular health scores during pregnancy and vascular integrity in the placenta. *Circulation.* 2023;147(Suppl 1):AP246. Poster presentation at: American Heart [Link](#)

- Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; February 28 – March 3, 2023; Boston, MA.
22. Jenkins N, Barone Gibbs B, Santillan M, Jones MA, Kline C, Feghali M, Thomas E, Catov J, **Whitaker KM**. Adverse childhood experiences are associated with elevated blood pressure and disturbed sleep in the first trimester of pregnancy in young adult women. *Circulation*. 2022;146(Suppl 1):A11891. Poster presentation at: American Heart Association Scientific Sessions; November 5-7, 2022; Chicago, IL. [Link](#)
 23. Dzewior JM, Jones M, Barone Gibbs B, Kline CE, **Whitaker KM**. Sleep patterns and depressive symptoms across pregnancy. Poster presentation at: Midwest American College of Sports Medicine Annual Meeting; October 20-22, 2022; Indianapolis, IN. N/A
 24. Hsu T, Jones MA, **Whitaker KM**. Neighborhood environmental support for physical activity is associated with moderate-to-vigorous physical activity across pregnancy. Oral presentation at: Midwest American College of Sports Medicine Annual Meeting; October 20-22, 2022; Indianapolis, IN. ***Awarded Outstanding Doctoral Student Oral Presentation** N/A
 25. Kozai A, Jones MA, Levine M, **Whitaker KM**, Barone Gibbs B. Relation Between Poor Maternal Cardiovascular Health Scores During Pregnancy and Adverse Pregnancy Outcomes. Poster presentation at: Society for Pediatric and Perinatal Epidemiology Research Annual Meeting; June 13-14, 2022; Chicago, IL. N/A
 26. Thrower A, Jones A, **Whitaker KM**, Barone Gibbs B. Associations of active compared to sedentary occupations with pregnancy health outcomes. Poster presentation at: American College of Sports Medicine Annual Meeting and World Congresses; May 31-June 4, 2022; San Diego, CA. [Link](#)
 27. Jones MA, **Whitaker KM**, Paley JL, Stoner L, Barone Gibbs B. Feasibility of brachial-femoral pulse wave velocity in young children and comparability to normative data. Poster presentation at: American College of Sports Medicine Annual Meeting and World Congresses; May 31-June 4, 2022; San Diego, CA. [Link](#)
 28. **Whitaker KM**, Jones MA, Dzewior J, Anderson M, Anderson C, Barone Gibbs B, Carr L. Efficacy of a virtual health coaching intervention to increase physical activity and reduce sedentary time during pregnancy. *Med Sci Sports Exerc*. 2022;54(9S):171. Oral presentation at: American College of Sports Medicine Annual Meeting and World Congresses; May 31-June 4, 2022; San Diego, CA. [Link](#)
 29. Jones MA, Jenkins ND, Pettee Gabriel K, Kiefe CI, Jacobs DR, Kershaw KN, **Whitaker KM**. Associations of adverse childhood family environment with adult sedentary behavior and physical activity, the Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Circulation*. 2022;145(Suppl 1):AMP28. Moderated Poster Presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 1-4, 2022; Chicago, IL. [Link](#)
 30. Lane L, **Whitaker KM**, Tahir M, Barone Gibbs B, Catov JM, Carnethon MR, Gunderson EP. Associations of physical activity and lactation duration with cardiometabolic risk factors: the CARDIA study. *Circulation*. 2022;145(Suppl 1):AP015. Poster Presentation at: American Heart Association, Epidemiology

- and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 1-4, 2022; Chicago, IL.
31. **Whitaker KM**, Hung P, Alberg AJ, Hair NL, Liu J. Variations in health behaviors among pregnant women during the Covid-19 pandemic. Oral presentation to the American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; May 20-21, 2021; virtual event. N/A
 32. Oh M, Pettee Gabriel K, Jacobs DR Jr., Terry JG, Ding J, Carr JJ, Robinson JG, Bao W, **Whitaker KM**. 10-year change in TV viewing is associated with concurrent change in pericardial adipose tissue in middle-aged adults. *Circulation*. 2021;143:A071. Oral presentation to the American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; May 20-21, 2021; virtual event. [Link](#)
 33. Reichter AP, **Whitaker KM**, Litton EL, Volson E, Melton S, Nelson A, Carr LJ. Acceptability and efficacy of a remotely-delivered Exercise is Medicine physical activity health coaching intervention. Poster presentation to the North American Society for the Psychology of Sport and Physical Activity; June 9-11, 2021; virtual event. [Link](#)
 34. **Whitaker KM**, Jones M, Catov J, Barone Gibbs B. Associations of device-measured physical activity and sedentary time with pregnancy-specific health-related quality of life. E-poster presentation to ACSM's 68th Annual Meeting; June 1-5, 2021; virtual event. [Link](#)
 35. Oh M, Pettee Gabriel K, Jacobs DR, Terry JG, Ding J, Carr JJ, Robinson JG, Bao W, **Whitaker KM**. Cardiorespiratory fitness and pericardial adipose tissue: Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Med Sci Sports Exerc*. 2021;53(8S):179. E-poster presentation to ACSM's 68th Annual Meeting; June 1-5, 2021; virtual event. [Link](#)
 36. Dziewior JM, Carr LJ, Pierce, GL, **Whitaker KM**. Physical Activity and Sedentary Behavior in College Students During the COVID-19 Pandemic. *Med Sci Sports Exerc*. 53(8S):184-185. E-poster presentation to ACSM's 68th Annual Meeting; June 1-5, 2021; virtual event. [Link](#)
 37. Ingram KH, Bantle AE, Wang Qi, **Whitaker KM**, Van Wagner L, Chow L, Carr JJ, Jacobs DR, Sidney S, Shay C, Lewis B, Schreiner PJ. Low cardiorespiratory fitness is associated with pericardial, visceral, and hepatic adipose tissue accumulation in the Coronary Artery Risk Development in Young Adults Study. *Med Sci Sports Exerc*. 53(8S):178. E-poster presentation to ACSM's 68th Annual Meeting; June 1-5, 2021; virtual event. [Link](#)
 38. **Whitaker KM**, Kline CE, Catov J, Barone Gibbs B. Associations of sleep, physical activity, and sedentary behavior across pregnancy trimesters. *Med Sci Sports Exerc*. 2020;52(7S):667. Accepted as thematic poster presentation at: ACSM's 67th Annual Meeting, 11th World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise in Regenerative Medicine; May 26 – May 30, 2020; San Francisco, CA. Conference cancelled due to COVID-19. [Link](#)
 39. Jones MA, **Whitaker KM**, Catov JM, Barone Gibbs B. Influence of physical activity and sedentary behavior during pregnancy on labor and delivery [Link](#)

- type. *Med Sci Sports Exerc.* 2020;52(7S):199. Accepted as slide presentation at: ACSM's 67th Annual Meeting, 11th World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise in Regenerative Medicine; May 26 – May 30, 2020; San Francisco, CA. Conference cancelled due to COVID-19.
40. Paluch AE, Pettee Gabriel K, Fulton J, Carlson S, Lewis CE, Schreiner PJ, Sidney S, Sternfeld S, **Whitaker KM**, Siddique J, Carnethon MR. Association of steps per day with premature mortality: results from the CARDIA study. *Med Sci Sports Exerc.* 2020;52(7S):531-532. Accepted as poster presentation at: ACSM's 67th Annual Meeting, 11th World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise in Regenerative Medicine; May 26 – May 30, 2020; San Francisco, CA. Conference cancelled due to COVID-19. [Link](#)
41. Full KM, Pettee Gabriel K, **Whitaker KM**, Lewis CE, Sternfeld S, Barone Gibbs B, Sidney S, Reis J, Jacobs DR Jr, Schreiner PJ. Prospective associations of accelerometer-measured waking activity with cardiometabolic multimorbidity in the CARDIA study. *Circulation.* 2020;141(Suppl 1):P375. Poster presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 3 – 6, 2020; Phoenix, AZ. [Link](#)
42. Barone Gibbs B, Jones MA, Jakicic JM, Jeyebalan A, **Whitaker KM**, Catov JM. Prospective associations of prenatal sedentary behavior and physical activity trajectories with adverse pregnancy outcomes. *Circulation.* 2020;141(Suppl 1):MP13. Moderated poster presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 3 – 6, 2020; Phoenix, AZ. [Link](#)
43. Paluch AE, Pettee Gabriel K, Fulton J, Carlson S, Lewis CE, Schreiner PJ, Sidney S, Sternfeld S, **Whitaker KM**, Siddique J, Carnethon MR. Association of steps per day with diabetes, hypertension, and obesity over 10 years: results from the Coronary Artery Risk Development in Young Adults Study. *Circulation.* 2020;141(Suppl 1). Poster presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 3 – 6, 2020; Phoenix, AZ. [Link](#)
44. Pope ZC, Pettee Gabriel K, **Whitaker KM**, Chen LY, Schreiner PJ, Jacobs DR Jr, Sternfeld B, Carr JJ, Lloyd-Jones DM, Pereira MA. Associations between accelerometer-estimated physical activity intensity and heart rate variability: mediation by glycemic measures and triglycerides (from the CARDIA study). *Med Sci Sports Exerc.* 2020;141(Suppl 1):P497. Poster presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 3 – 6, 2020; Phoenix, AZ. [Link](#)
45. **Whitaker KM**, Pettee Gabriel K, Chen B, Ahrens M, Sternfeld B, Sidney S, Jacobs DR Jr, Palta P, Yaffe K. Prospective study of midlife sedentary behavior, physical activity, and cognitive function: the CARDIA study. *Med Sci Sports Exerc.* 2020;141(Suppl 1):38. Oral presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 3 – 6, 2020; Phoenix, AZ. [Link](#)
46. Jones MA, Catov J, **Whitaker KM**, Barone Gibbs B. Influence of physical activity and sedentary behavior during pregnancy on labor and delivery type. *International Journal of Exercise Science*, 9(8). Poster presentation at: Mid-

- Atlantic Regional Chapter ACSM Annual Meeting; November 1 – 2, 2019; Harrisburg, PA.
47. **Whitaker KM**, Baruth M, Schlaff RA, Connolly CP, Liu J, Wilcox S. Provider advice on weight gain, physical activity, and healthy eating in twin pregnancies. *Med Sci Sports Exerc.* 2019;51(Suppl 6):457. Poster presentation at: ACSM's 66th Annual Meeting, 10th World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise, Circadian Rhythms and Sleep; May 28 – June 1, 2019; Orlando, FL. [Link](#)
 48. Barone Gibbs B, Jones MA, Paley JL, **Whitaker KM**, Connolly CP, Catov JM. Validity of objectively-measured and self-reported sedentary behavior across three trimesters of pregnancy. *Med Sci Sports Exerc.* 2019;51(Suppl 6):1367. Poster presentation at: ACSM's 66th Annual Meeting, 10th World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise, Circadian Rhythms and Sleep; May 28 – June 1, 2019; Orlando, FL. doi: 10.1249/01.mss.0000561599.24984.4a [Link](#)
 49. Jones MA, Catov J, Jeyevalan A, Jakicic J, **Whitaker K**, Barone Gibbs B. Sedentary behavior across pregnancy, gestational age at delivery, and birthweight. *Med Sci Sports Exerc.* 2019;51(Suppl 6):1793. Free communication/slide at: ACSM's 66th Annual Meeting, 10th World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise, Circadian Rhythms and Sleep; May 28 – June 1, 2019; Orlando, FL. [Link](#)
 50. Quinn T, Pettee Gabriel K, Siddique J, Aaby D, **Whitaker K**, Lane-Cordova A, Sidney S, Sternfeld, B, Barone Gibbs B. Accelerometer-determined sedentary time and physical activity across standard occupational categories in CARDIA. *Med Sci Sports Exerc.* 2019;51(Suppl 6):2003. Poster presentation at: ACSM's 66th Annual Meeting, 10th World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise, Circadian Rhythms and Sleep; May 28 – June 1, 2019; Orlando, FL. [Link](#)
 51. Cruz AB, **Whitaker K**, West J, Soutenberg M, Weible EA, Connolly CP. Exercise is Medicine®: physical activity prescriptions and behavior during pregnancy. *Med Sci Sports Exerc.* 2019;51(Suppl 6):456. Poster presentation at: ACSM's 66th Annual Meeting, 10th World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise, Circadian Rhythms and Sleep; May 28 – June 1, 2019; Orlando, FL. [Link](#)
 52. **Whitaker KM**, Xiao Q, Pettee Gabriel K, Gordon Larsen P, Jacobs DR Jr, Sidney S, Reis JP, Barone Gibbs B, Sternfeld B, Kershaw KN. Perceived and objective characteristics of the neighborhood environment are associated with accelerometer-measured sedentary time and physical activity, the CARDIA Study. *Circulation.* 2019;139(Suppl 1):041. Oral presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 5 – 8, 2019; Houston, TX. [Link](#)
 53. Barone Gibbs B, Aaby D, Siddique J, Reis J, **Whitaker K**, Sternfeld B, Pettee Gabriel K. Bidirectional associations between accelerometer-measured sedentary time, physical activity, and weight over 10 years in the CARDIA Study. *Circulation.* 2019;139(Suppl 1):P317. Poster presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 5 – 8, 2019; Houston, TX. [Link](#)

54. Quinn T, Pettee Gabriel K, Siddique J, Aaby D, **Whitaker K**, Lane-Cordova A, Sidney S, Sternfeld B, Barone Gibbs B. Accelerometer-determined sedentary time and physical activity across employment status categories in CARDIA. *Circulation*. 2019;139(Suppl 1):P422. Poster presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 5 – 8, 2019; Houston, TX. [Link](#)
55. **Whitaker KM**, Gabriel KP, Jacobs DR, Sidney S, Sternfeld B. Comparison of two generations of ActiGraph accelerometers: the CARDIA study. *Med Sci Sports Exerc*. 2018;50(Suppl 1 5S):1252. Poster presentation at: ACSM's 65th Annual Meeting, 9th World Congress on Exercise is Medicine and World Congress on the Basic Science of Muscle Hypertrophy and Atrophy; May 29 – June 2, 2018; Minneapolis, MN. [Link](#)
56. Gabriel KP, Sidney S, Jacobs DR, Carnethon M, Lewis CE, Schreiner P, Malkani R, Shikany J, **Whitaker KM**, Reis JP, Sternfeld B. Ten year changes in accelerometer-determined physical activity and sedentary time during midlife: CARDIA. *Med Sci Sports Exerc*. 2018;50(Suppl 1 5S):2551. Oral presentation at: ACSM's 65th Annual Meeting, 9th World Congress on Exercise is Medicine and World Congress on the Basic Science of Muscle Hypertrophy and Atrophy; May 29 – June 2, 2018; Minneapolis, MN. [Link](#)
57. **Whitaker KM**, Ingram KH, Appiah D, Nicholson WK, Bennett WL, Lewis CE, Reis JP, Schreiner PJ, Gunderson EP. Cardiorespiratory fitness, physical activity, and television viewing before pregnancy and risk of gestational diabetes: a longitudinal analysis from the CARDIA study. Oral presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 20 – 23, 2018; New Orleans, LA. [Link](#)
58. Demerath EW, Bruch T, Marino R, Smith K, Foster L, **Whitaker KM**, Schoenfuss TC, Fields DA. Excessive gestational weight gain as a predictor of breastmilk fat content. Poster Presentation at: The Obesity Society Annual Meeting; Oct 30 – Nov 2, 2017; Washington, DC. N/A
59. Demerath EW, Dadores GS, **Whitaker KM**, Foster L, Smith K, Teague A, Haapala J, Jacobs DR Jr, Fontaine PL, McGovern PM, Harnack L, Fields DA. Maternal metabolic status and breastmilk hormone concentrations in exclusively breastfeeding women. Poster presentation at: The Obesity Society Annual Meeting; Oct 30 – Nov 2, 2017; Washington, DC. N/A
60. Demerath EW, **Whitaker KM**, Foster L, Smith KD, Teague A, Haapala JL, Marino R, Fontaine PL, McGovern PM, Schoenfuss T, Harnack L, Jacobs DR Jr, Fields DA. Breastmilk output is negatively related to maternal pre-pregnancy BMI and pregnancy glycemia in nondiabetic, exclusively breastfeeding women. Poster presentation at: Pediatric Academic Societies Meeting; May 6 – 9, 2017; San Francisco, CA. N/A
61. **Whitaker KM**, Odegaard AO, Carpenter KC, Jacobs DR Jr, Sidney S, Buman MP, Pereira MA. Sedentary behaviors and cardiometabolic risk, an isothermal analysis. *Med Sci Sports Exerc*. 2017;49(Suppl 1 5S):1912. Thematic poster presentation at: ACSM's 64th Annual Meeting, 8th World Congress on Exercise is Medicine; May 30 – June 3, 2017; Denver, CO. [Link](#)

62. **Whitaker KM**, Jacobs DR Jr, Kershaw KN, Booth JN, Goff DC, Lloyd-Jones DM, Demmer RT, Gordon-Larsen P, Kiefe CI. Racial disparities in cardiovascular health behaviors are partially explained by socioeconomic, psychosocial and environmental factors: the Coronary Artery Risk Development in Young Adults (CARDIA) study. *Circulation*. 2017;135(Suppl 1):A04. Oral presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 7 – 10, 2017; Portland, OR. [Link](#)
63. Kershaw KN, Dutton G, Goff DC, Gordon-Larsen P, Gunderson E, Jacobs DR Jr, Kiefe CI, Lewis CE, Lloyd-Jones DM, Ning H, Shikany J, Sidney S, **Whitaker KM**. Contributions of social, behavioral, and neighborhood factors to racial disparities in incident obesity: the Coronary Artery Risk Development in Young Adults (CARDIA) study. *Circulation*. 2017;135(Suppl 1):MP080. Poster presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 7 – 10, 2017; Portland, OR. [Link](#)
64. **Whitaker KM**, Foster L, Duncan Smith K, Jacobs DR Jr, Fontaine PL, McGovern PM, Schoenfuss TC, Harnack LJ, Fields DA, Demerath EW. Maternal obesity, breastmilk c-reactive protein and infant growth. Poster presentation at: The Obesity Society Annual Meeting; Oct. 31 – Nov. 4, 2016; New Orleans, LA. N/A
65. **Whitaker KM**, Odegaard AO, Jacobs DR Jr, Sidney S, Pereira MA. Associations of sedentary behavior and visceral adipose tissue. *Med Sci Sports Exerc*. 2016;48(5 Suppl 1):226. Poster presentation at: ACSM's 63rd Annual Meeting, 7th World Congress on Exercise is Medicine and World Congress on the Basic Science of Energy Balance; May 31 – June 4, 2016; Boston, MA. [Link](#)
66. **Whitaker KM**, Gray H, Fontaine PL, Fields DA, Demerath EW. Expressed breast milk volume may need to be considered in studies of lactational programming of obesity. *FASEB J*. 2016;30(1S):1150.7. Poster presentation at: Experimental Biology Annual Meeting; April 2 – 6, 2016; San Diego, CA. [Link](#)
67. **Whitaker KM**, Everson-Rose SA, Pankow JS, Rodriguez CJ, Lewis TT, Kershaw KN, Diez-Roux A, Lutsey PL. Perceived discrimination and incident type 2 diabetes: the Multi-Ethnic Study of Atherosclerosis (MESA). *Circulation*. 2016;133(Suppl 1):AP050. Oral and poster presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 1 – 4, 2016; Phoenix, AZ. [Link](#)
68. **Whitaker KM**, Choh AC, Lee M, Czerwinski SA, Demerath EW. Sex differences in the rate of visceral adipose tissue accrual during adulthood. *Circulation*. 2016;133(Suppl 1):AP289. Poster presentation at: American Heart Association, Epidemiology and Prevention and Lifestyle and Cardiometabolic Health Annual Meeting; March 1 – 4, 2016; Phoenix, AZ. [Link](#)
69. **Whitaker K**, Wilcox S, Liu J. Women's perceptions of weight gain, physical activity, and dietary guidelines during pregnancy. *Ann Behav Med*. 2015;49(Suppl 1):D115. Poster presentation at: The Society of Behavioral Medicine 36th Annual Meeting and Scientific Sessions; April 22 – 25, 2015; San Antonio, TX. [Link](#)

70. **Whitaker K**, Wilcox S, Liu J. Association of psychosocial factors and change in physical activity from mid-to late-pregnancy. *Med Sci Sports Exer.* 2014;46(5S):858-860. Thematic poster presentation at: ACSM's 61st Annual Meeting and the 5th World Congress on Exercise is Medicine; May 27 – 31; 2014; Orlando, FL. [Link](#)
71. **Goodrich K**, Sharpe P, Wilcox S, Hutto B. Association of depressive symptoms, sedentary behavior, and dietary intake. *Med Sci Sports Exerc.* 2013;45(5):Suppl s280. Poster presentation at: ACSM's 60th Annual Meeting and 4th World Congress on Exercise is Medicine; May 28 – June 1, 2013; Indianapolis, IN.
72. **Goodrich K**, Young-Hyman D, Marlo M. Maternal stress as a predictor of postpartum weight retention. *Ann Behav Med.* 2013;45(Suppl 2):s28. Poster presentation at: The Society of Behavioral Medicine 34th Annual Meeting and Scientific Sessions; March 20 – 23; 2013; San Francisco, CA. [Link](#)
73. **Goodrich K**, Wilcox S. (April, 2012). Exercise during pregnancy: perspectives of African American women. *Ann Behav Med.* 2012;43(Suppl 1):s43. Poster presentation at: The Society of Behavioral Medicine 33rd Annual Meeting and Scientific Sessions; April 11 – 14, 2012; New Orleans, LA. [Link](#)
74. **Goodrich K**, Wilcox S. Associations between weight status, chronic health conditions, and perceived health in African American women. Poster presentation at: The Society of Behavioral Medicine 32nd Annual Meeting and Scientific Sessions; April 27 – 30, 2011; Washington, DC. N/A

CONFERENCE: INVITED/SYMPOSIA

1. **Whitaker KM**, Jones MA, Barone Gibbs, B. Moving for two: how 24-hour behaviors in pregnancy impact mom and baby. Accepted as Tutorial Lecture at: American College of Sports Medicine Annual Meeting; May 28-31, 2024; Boston, MA.
2. **Whitaker KM**. Physical activity and sedentary behavior and risk of hypertensive disorders of pregnancy. Professional talk at: North American Artery Society Annual Meeting; June 16-17, 2023; Iowa City, IA.
3. **Whitaker KM**, Jones MA. Sedentary behavior in pregnancy: implications for maternal and child health. Professional talk at: Midwest American College of Sports Medicine Annual Meeting; October 20-22, 2022; Indianapolis, IN.
4. **Whitaker KM**. My First Grant Funding Breakthrough – Tips and Tricks for Early Career Researchers. Early career panel discussion at: American Heart Association Scientific Sessions; November 13-17, 2021; Virtual Conference.

GRANTS SUMMARY

	PI	Co-I	Mentor	Grant Total
Pending	-	\$3,855,093	\$233,155	\$4,088,248
Active	\$6,718,035	\$3,778,379	\$267,073	\$10,763,487
Complete	\$24,000	\$175,000	\$27,200	\$226,200
Total	\$6,742,035	\$7,808,472	\$527,428	\$15,077,935

PENDING GRANTS

2023 Agency: National Institutes of Health (NHLBI) (R01HL164662-01A1S3)
 Title: Sedentary behavior, physical activity, and 24-hour behavior in pregnancy and offspring health: the Pregnancy 24/7 Offspring Study Gallagher Diversity Supplement
 Multiple Principal Investigators: **Kara Whitaker**, Bethany Barone Gibbs
 Primary Mentor: **Kara Whitaker**
 Diversity Supplement Candidate: Jacob Gallagher
 Granting period: 01/01/2024 – 12/31/2025
 Total costs: \$233,155

2023 Agency: National Institutes of Health (NIA) (R01AG085303)
 Title: 24-Hour Activity Cycle and Hippocampal Metabolites and Function in Aging
 Principal Investigator: Chooza Moon
 Co-Investigators: Michelle Voss, **Kara Whitaker (10%)**, Boxiang Wang, Vincent Magnotta, Emily Sinnwell
 Granting period: 07/01/2024-06/30/2029
 Total costs: \$3,855,093

ACTIVE GRANTS

2024 Agency: Barbara and Richard Csomay Gerontology Research Award
 Title: Clusters of continuous glucose, sleep monitoring, and pain
 Principal Investigator: Alison Anderson
 Co-Investigators: **Kara Whitaker**, Chooza Moon, Brian O’Neill, Mark Yorek, Charisse Madlock-Brown, Lauren Cook
 Granting period: 01/01/2024-12/31/2024
 Total Costs: \$15,000

2023 Agency: National Institutes of Health (NHLBI) (R01HL164662-01A1S2)
 Title: Sedentary behavior, physical activity, and 24-hour behavior in pregnancy and offspring health: the Pregnancy 24/7 Offspring Study Administrative Supplement
Multiple Principal Investigators: Kara Whitaker, Bethany Barone Gibbs
 Granting period: 09/12/2023 – 08/31/2024
 Total costs: \$24,544

2023 Agency: National Institutes of Health (NHLBI) (R01HL164662)
 Title: Sedentary behavior, physical activity, and 24-hour behavior in pregnancy and offspring health: the Pregnancy 24/7 Offspring Study
Multiple Principal Investigators: Kara Whitaker (30%), Bethany Barone Gibbs
 Co-Investigators: Robert Roghair, Bridget Zimmerman, Masia Feghali, Sharon Ross
 Granting period: 04/17/2023-03/31/2028

Total costs: \$3,261,303
Impact Score 26 (8th percentile)

- 2023 Agency: Department of Health and Human Physiology, University of Iowa
Title: Muscle strengthening exercise validation study
Principal Investigator: Jessica Gorzelitz
Co-Investigators: Kara Whitaker, Lucas Carr
Granting period: 03/15/2023 – 06/30/2023
Total costs: \$5,000
- 2020 Agency: National Institutes of Health (NHLBI) (R01HL153095)
Title: Sedentary behavior, physical activity, sleep, and hypertensive disorders of pregnancy: the Pregnancy 24/7 cohort study
Principal Investigator: Kara Whitaker (35%)
Co-Investigators: Bethany Barone Gibbs, Christopher Kline, Janet Catov, Maisa Feghali, Mark Santillan, Donna Santillan, Bridget Zimmerman,
Granting period: 09/15/2020-08/31/2025
Total Costs: \$3,432,188
Impact score 20 (5th percentile)
- 2020 Agency: National Institutes of Health (NIA) (R01AG067513)
Title: 24-hour activity cycles to optimize cognitive resilience to Alzheimer’s Disease in African Americans: The Jackson Heart Study.
Principal Investigators: Kelley Gabriel, Priya Palta
Co-Investigators: Kara Whitaker (5%), Mario Sims, Beverly Windham, Adolfo Correa, Joseph Schwartz, Keith Diaz, Casey Durand
Granting period: 09/15/2020-05/31/2024
Total costs: \$3,778,379
- 2020 Agency: National Institutes of Health (NHLBI) (R01 HL149796)
Title: Young adult and midlife transitions in physical activity and sedentary behavior with heart failure risk and progression: Coronary Artery Risk Development in Young Adults.
Principal Investigator: Kelley Pettee Gabriel
Co-Investigators: Baojiang Chen, James Shikany, Cora Lewis, Andrea Cherrington, Mercedes Carnethon, Sadiya Khan, Pamela Schreiner, David Jacobs, Steve Sidney, Jamal Rana, Myron Gross, Joao Lima, Casey Durand
Consultant: Kara Whitaker
Granting period: 08/01/2020-07/31-2024
Total costs: \$6,533,169

COMPLETED GRANTS

- 2021 Agency: Office of the Vice President for Research, University of Iowa
Title: Move-ome: mapping 24-hour activity cycles in midlife to promote cognitive health and resilience
Principal Investigator: Michelle Voss
Co-Investigators: Lucas Carr, Kara Whitaker, Chooza Moon, Nathaniel Jenkins, Li-Chun Lin
Granting period: 01/01/2022-12/31/2022

Total costs: \$75,000

- 2020 Agency: Stead Family
Title: Exercise is Medicine Physical Activity Intervention
Principal Investigator: Lucas Carr
Co-Investigator: Kara Whitaker (3%)
Granting Period: 7/1/20-6/30/22
Total Costs: \$100,000
- 2020 - 2021 Agency: University of South Carolina, COVID-19 Research Initiative Grant
Title: Impacts of social distancing practice on vulnerable pregnant and postpartum women during the outbreak of COVID-19: cross-sectional electronic surveys.
Principal Investigators: Jihong Liu
Co-Investigators: Sherri Taylor, Anthony Alberg, Nicole Hair, Peiyin Hung
Consultant: Kara Whitaker
Granting Period: 05/01/2020-04/30/2021
Total Costs: \$24,954
- 2019 - 2021 Agency: Iowa Fraternal Order of Eagles
Title: A pilot intervention to increase physical activity during pregnancy
Principal Investigator: Kara Whitaker
Co-Investigator: Lucas Carr
Granting period: 06/03/2019 – 06/03/2021
Total costs: \$5,000
- 2019 Agency: Office of Outreach and Engagement, University of Iowa
Funding Mechanism: Community Impact Grant
Title: Development of a service-learning program to increase physical activity in Iowans
Principal Investigators: Lucas Carr, Kara Whitaker, Alison Reichter, Helena Laroche
Granting period: 01/02/2019-12/30/2019
Total Costs: \$8,000
- 2018 - 2019 Agency: University of Iowa, College of Liberal Arts and Sciences
Funding Mechanism: Old Gold Summer Fellowship
Title: Patient-provider communication on weight gain, physical activity, and nutrition in twin pregnancies
Principal Investigator: Kara Whitaker
Granting period: 07/01/2018-06/30/2019
Total Costs: \$6,000
- 2014 - 2015 Agency: University of South Carolina, Office for the Vice President for Research
Funding Mechanism: Support to Promote Advancement of Research and Creativity
Title: Patient-provider perceptions of weight gain, physical activity, and nutrition in pregnancy
Principal Investigator: Kara Whitaker
Co-Investigators: Sara Wilcox, Jihong Liu
Total Costs: \$5,000

FACULTY-MENTORED GRANTS & FELLOWSHIPS

2023 Agency: National Institutes of Health, National Cancer Institute, Extramural Loan Repayment Program for Clinical Researchers (LRP-CR)
 Title: Feasibility, interests and attitudes surrounding home-based comprehensive exercise programs in endometrial cancer survivors
 Principal Investigator: Jessica Gorzelitz, PhD
Mentors: Kara Whitaker, Mary Charlton
 Granting Period: 07/01/2023-06/30/2025

STUDENT-MENTORED GRANTS & FELLOWSHIPS

2023 Agency: Barbara and Richard Csomay Gerontology Research Award for PhD Students and Postdoctoral Fellow
 Title: Engaging rural adults with type 2 diabetes in adaptation of a physical activity intervention mobile app.
 Principal Investigator: Chelsea Howland
Co-Investigators: Kara Whitaker, Stephanie White, Chooza Moon, Karen Lopez
 Granting period: 02/01/2024-01/31/2024
 Total costs: \$3,000

2023 Agency: National Institutes of Health (NHLBI) (R01HL164662-01A1S1)
 Title: Sedentary behavior, physical activity, and 24-hour behavior in pregnancy and offspring health: the Pregnancy 24/7 Offspring Study Diversity Supplement
 Multiple Principal Investigators: **Kara Whitaker**, Bethany Barone Gibbs
 Primary Mentor: Sharon Ross
Co-Mentors: Kara Whitaker, Bethany Barone Gibbs, Stefano Bagnato
 Diversity Supplement Candidate: Jean-Paul Marrero-Rivera
 Granting period: 09/01/2023 – 08/31/2025
 Total costs: \$164,414

2023 Agency: Fraternal Order of Eagles Foundation
 Title: A remote postpartum intervention targeting movement behaviors after hypertensive disorders of pregnancy
 Principal Investigator: Jaclyn Dziewior (PhD Candidate)
Advisor: Kara Whitaker
 Total Costs: \$2,500
 Granting period: 4/19/2023-03/18/2024

2023 Agency: Fraternal Order of Eagles Foundation
 Title: Changes in 24-hour movement patterns in paternal partners
 Principal Investigator: Jacob Gallagher (Postdoctoral Researcher)
Advisor: Kara Whitaker
 Total Costs: \$1,500
 Granting period: 4/19/2023-03/18/2024

2023 Agency: American Heart Association (1018306)
 Title: Remote postpartum intervention targeting movement behaviors after hypertensive disorders of pregnancy
 Principal Investigator: Jaclyn Dziewior (PhD Candidate)

Advisor: Kara Whitaker

Total Costs: \$97,659

Granting period: 01/01/2023-12/31/2024

Percentile rank: 22.9%

- 2023 Agency: University of Iowa, Graduate and Professional Student Government
Title: Remote postpartum intervention targeting movement behaviors after hypertensive disorders of pregnancy
Principle Investigator: Jaclyn Dziewior
Advisor: Kara Whitaker
Total costs: \$1,000
Grant awarded: 03/22/2023
- 2023 Agency: University of Iowa, College of Liberal Arts and Sciences, John and Elsie Mae Ferentz Research Fund
Title: Social media use and body dissatisfaction among postpartum women
Principal Investigator: Asel Nasr
Advisor: Kara Whitaker
Total costs: \$950
Grant awarded: 02/17/2023
- 2022 Agency: Heartland Center for Occupational Health and Safety
Title: Perceived occupational pregnancy discrimination and health outcomes of pregnant persons and their children
Principal Investigator: Jaclyn Dziewior (PhD Student)
Advisor: Kara Whitaker
Total Costs: \$5,000
Granting period: 07/01/2022-06/30/2023
- 2022 Agency: Woodrow W. Morris Gerontology Research Fund for Faculty and Csomay Center, JD and Jill Thoreson Optimal Aging Initiative Fund
Title: Usability and acceptance of the Fitbit Inspire 3 in rural older adults with type 2 diabetes
Principal Investigator: Chelsea Howland
Co-Investigator: Kara Whitaker
Granting period: 02/01/2023 – 01/31/2024
Total costs: \$10,000
- 2020 Agency: University of Iowa, Center for Advancement Student Impact Grant
Title: Women's experiences of bed rest during twin pregnancies
Principal Investigator: Madeline Lawrence (MS Thesis Student)
Advisor: Kara Whitaker
Total Costs: \$1,000
Granting Period: 05/25/2020-08/31/2020
- 2020 Agency: University of Iowa, Graduate College Graduate College Summer Fellowship
Title: Construct validity of grip rate of force development and relaxation in the assessment of muscle weakness in older adults
Principal Investigator: Piroska Boros (PhD Candidate)

Advisor: Kara Whitaker

Total Costs: \$5,000

Granting Period: 07/01/2020-08/031/2020

- 2019 Agency: University of Iowa, College of Liberal Arts and Sciences
Dissertation Writing Fellowship
Title: Associations of physical activity, fitness, sedentary behavior, and sleep with cardiac fat in middle-aged adults
Principal Investigator: Minsuk Oh (PhD Candidate)
Advisor: Kara Whitaker
Total Costs: \$13,750
Granting Period: 06/01/2020-12/31/2020
- 2019 Agency: University of Iowa Graduate and Professional Student Government
Title: Construct validity of grip rate of force development and relaxation in the assessment of muscle weakness in older adults
Principal Investigator: Piroska Boros (PhD Candidate)
Advisor: Kara Whitaker
Total Costs: \$1,500
Granting Period: 10/10/2019-05/09/2019

TEACHING

Courses Taught:

- 2018 - 2023 University of Iowa, College of Liberal Arts and Sciences, Department of Health and Human Physiology
Instructor
Course Title: Physical Activity Psychology (Undergraduate)
Enrollments:
2018, Fall: 60
2019, Spring: 60
2020, Spring: 60
2020, Fall: 60
2021, Spring: 60
2022, Spring: 90
2022, Fall: 90
2023, Spring: 90
2023, Fall: 90
- 2018 - 2023 University of Iowa, College of Liberal Arts and Sciences, Department of Health and Human Physiology
Instructor or Co-Instructor
Course Title: Seminar in Health Promotion (Graduate)
Enrollments:
2018, Spring: 11
2019, Spring: 10
2020, Spring: 4
2021, Spring: 4
2022, Spring: 5

2023, Spring: 9
2024, Spring: 9

2020 - 2021 University of Iowa, College of Liberal Arts and Sciences, Department of Health and Human Physiology

Instructor

Course Title: Research Methods and Ethics (Graduate and Honors Undergraduate)

Enrollments:

2020, Fall: 9 (Graduate), 5 (Honors Undergraduate)

2021, Fall: 19 (Graduate), 5 (Honors Undergraduate)

2019 University of Iowa, College of Liberal Arts and Sciences, Department of Health and Human Physiology

Instructor

Course Title: Epidemiology of Physical Activity (Graduate)

Enrollments:

2019, Fall: 5

2013 - 2015 University of South Carolina, School of Public Health, Department of Exercise Science

Instructor

Course Title: Psychology of Physical Activity (Undergraduate)

Enrollments:

2013, Fall: 40

2014, Spring: 65

2014, Summer: 10

2014, Fall: 70

2015, Spring: 98

Invited Guest Lectures:

2023 University of Iowa, Department of Community and Behavioral Health

Course title: Maternal and Child Health Seminar

Lecture title: 24-Hour Activity and Maternal-Child Health

2022 University of Iowa, Department of Community and Behavioral Health

Course title: Maternal and Child Health Seminar

Lecture title: Sedentary Behavior in Pregnancy and Maternal Child Health

2022 University of Iowa, Department of Epidemiology

Course title: Epidemiology of Chronic Diseases

Lecture title: 24-hour Movement Behaviors in Pregnancy and Maternal-Child Cardiovascular Health

2019 University of Iowa, Department of Health and Human Physiology

Course title: Metabolic Exercise Testing and Prescription

Lecture title: Physical Activity in Pregnancy

2018, 2019 University of Iowa, Department of Health and Human Physiology

Course title: Research Methods

Lecture title: Mixed Methods Research

- 2018, 2019 University of Iowa, Department of Health and Human Physiology
Course title: Social Determinants of Health
Lecture title: Racial Disparities in Cardiovascular Health Behaviors
- 2017 University of Minnesota, School of Public Health, Division of Epidemiology
Course title: Epidemiology Methods I
Lecture title: Cohort Studies
- 2017 University of Minnesota, School of Public Health, Division of Epidemiology
Course title: Obesity and Eating Disorder Interventions
Lecture title: Environmental Factors, The Built Environment and Physical Activity
- 2015 University of South Carolina, School of Public Health, Department of Exercise Science
Course title: Neuro Repair and Rehabilitation
Lecture title: Theories of Behavior Change
- 2012, 2013 University of South Carolina, Arnold School of Public Health, Columbia, SC
Course title: Psychology of Physical Activity
Lecture title: Physical Activity during Pregnancy

Invited Presentations:

- 2023 Iowa State University, Food Science and Human Nutrition
Session title: 24-Hour Activity and Maternal-Child Health
- 2022 University of Iowa, Women's Wellness and Counseling Services
Presentation title: Physical Activity and Women's Health Laboratory
- 2021 Kinesiology Graduate Students' Association
Session title: Sedentary behavior, physical activity, sleep and cardiovascular risk in pregnancy, the Pregnancy 24/7 cohort study
- 2020 University of Iowa, Women's Wellness and Counseling Services
Presentation title: Physical Activity and Women's Health during Pregnancy

Postdoctoral Students – Major Advisor

- 2023 - Jacob Gallagher
- 2021-2022 Melissa A. Jones
Current Position: Assistant Professor, Oakland University
- 2019-2020 Dong Zhang
Current Position: Postdoctoral Researcher, University of Arkansas for Medical Sciences

Doctoral Students – Major Advisor or Chaired Dissertation:

- 2021 - Lisa VanWiel
Dissertation Title: TBD
- 2021 - Jaclyn Dziewior

Dissertation Title: Remote postpartum intervention targeting movement behaviors after hypertensive disorders of pregnancy

2018 - 2021 Minsuk Oh
Dissertation Title: Associations of sedentary behavior, physical activity, and cardiorespiratory fitness with cardiac adiposity
Current Position: Postdoctoral Research Associate, Public Health, Baylor University

2017 - 2020 Piroska Boros
Dissertation Title: Construct validity of grip rate of force development and relaxation in the assessment of muscle weakness in older adults
Current Position: Assistant Professor, Health Sciences, University of the Ozarks

Doctoral Students – Dissertation Committee Member:

In progress Meina Zhang (Nursing)
Dissertation Title: TBD

In progress Morgan Wolff (Department of Epidemiology)
Dissertation Title: Impact of dietary inflammation and sedentary behavior on knee osteoarthritis status, functionality, and inflammatory biomarkers

2023 Nile Banks
Dissertation Title: Examining vascular mechanisms for the blood pressure lowering effect of resistance training
Current Position: Postdoctoral Scholar

2023 Virginia Nuckols
Dissertation Title: Effects of sedentary time on artery stiffness and brain health in healthy pregnancy and hypertensive pregnancy disorders

2023 Jacob Gallagher
Dissertation Title: Developing a physical activity intervention in rural men
Current Position: Postdoctoral Fellow, Physical Activity and Women's Health Lab, University of Iowa

2020 Aaron Schneider
Dissertation Title: Lifespan changes in cognition: the relationship of sleep and cognitive outcomes in the MIDUS and NIH-AARP Diet and Health studies
Current Position: Lecturer, Health and Human Physiology, University of Iowa

2019 Roberto Benzo
Dissertation Title: The effects of shift type, consecutiveness of work shift on U.S. hospital nurses' occupational physical activity, sedentary behavior, and momentary ratings of fatigue intensity
Current Position: Postdoctoral Fellow, Miller School of Medicine, University of Miami

2019 Katie Hosteng
Dissertation Title: Residential MapTrek: a multilevel mHealth intervention for increasing physical activity among older adults
Current Position: Clinical Trials Research Associate, University of Iowa

Doctoral Students – Behavioral and Biomedical Interface Program Faculty Mentor:

- 2023 Tess Filip
Project title: Relationships with green space exposure on maternal depression and neonatal birth outcomes
- 2022 Ti Hsu
Project title: Associations of perceived stress and movement behaviors in women during pregnancy, preliminary findings from the Pregnancy 24/7 study
- 2021 Sara Diesel
Project title: Concurrent agreement between ActiGraph and activPAL for measuring moderate-to-vigorous intensity physical activity in two populations: pregnant women and office workers
- 2020 Jenna Adamowicz
Project title: Psychological resources and incident hypertension: longitudinal findings from the Coronary Artery Risk Development in Young Adults (CARDIA) study

Masters Students – Major Advisor:

- 2022 - Kenzie Unke
Thesis Title: Awareness and Knowledge of RED-S Among High School Female Running Coaches
- 2019 - 2021 Madeline Lawrence
Thesis Title: Women's experiences of bed rest during twin pregnancies
- 2019 - 2021 Jaelyn Dziewior
Thesis Title: Sedentary behavior and physical activity among college students during Covid-19

Masters Students – Committee Member:

- 2023 - Andrea Babock
Thesis Title: Evaluating functional fitness changes in endometrial cancer survivors following a 10-week home-based comprehensive exercise program
- 2019 - 2021 Violetta Shatalova
Thesis Title: Role of cardiorespiratory fitness in the relation between physical activity and arterial stiffness and hippocampal volume in inactive older adults
- 2018 - 2020 Madeline Dohleman
Thesis Title: Acceptability and preliminary efficacy of an Exercise is Medicine physical activity intervention
- 2018 - 2020 Helaina Thompson
Thesis Title: Opinions and attitudes about sugar-sweetened beverage policy in a university setting

2017 - 2019 Virginia Nuckols
Thesis Title: Cognitive and vascular function in women with a history of preeclampsia

Undergraduate Students – Honors Thesis, Practicum, or Project Advisor:

2022 - Asel Nasar (Global Health Studies)
Honors Thesis: Postpartum body dissatisfaction: exploring social media usage and impact on postpartum mental health in Iowa City, IA

2021 - 2022 Mackenzie Unke
Independent Study Project Title: Pregnancy 24/7

2021 - Elena Muntz
Undergraduate Research Experience Project Title: Pregnancy 24/7

2019 - 2021 Rachel Ryan
Independent Study Project Title: Associations of gestational weight gain in twin pregnancies with maternal and infant outcomes

2019 - 2021 Courtney Becker
Undergraduate Research Experience Project Title: Provider advice and pregnancy gestational weight gain, a systematic review
Independent Study Project Title: Associations of gestational weight gain in twin pregnancies with maternal and infant outcomes

2019 MacKenzie Walters
Independent Study Project Title: Development of a mHealth physical activity intervention during pregnancy

2019 Danielle Wissink
Independent Study Project Title: Implementation of a mHealth physical activity intervention during pregnancy

2019 Hailee Talbot
Independent Study Project Title: Provider advice and women's physical activity and dietary behaviors in twin pregnancies

SELECT MEDIA COVERAGE

2022 IowaNow (2022). Whitaker receives alumni award from South Carolina Arnold School of Public Health. Retrieved May 24, 2022 from: <https://now.uiowa.edu/2022/05/whitaker-receives-alumni-award-south-carolina-arnold-school-public-health>

2022 Arnold School of Public Health, University of South Carolina (2022). 2022 Alumni Award Winners. Retrieved May 23, 2022 from:

https://www.sc.edu/study/colleges_schools/public_health/about/awards/alumni_award/2022_alumni_awards.php

- 2022 Office of the Vice President for Research, University of Iowa (2022). UI announces recipients of Discovery and Innovation awards. Retrieved March 22, 2022 from: <https://research.uiowa.edu/impact/news/ui-announces-recipients-discovery-and-innovation-awards>
- 2021 IowaNow (2021). Whitaker named ACSM, AHA fellow. Retrieved December 10, 2021 from: <https://now.uiowa.edu/2021/12/whitaker-named-acsm-aha-fellow>
- 2020 Iowa College of Liberal Arts and Sciences (2020). Pregnancy 24/7: Kara Whitaker awarded \$3.5 million to study impact of sedentary behavior on pregnancy. Retrieved October 27, 2020 from: <https://clas.uiowa.edu/news/pregnancy-247-kara-whitaker-awarded-35-million-study-impact-sedentary-behavior-pregnancy>
- 2020 Iowa College of Public Health News (2020). Iowa researchers receive grant to study hypertensive disorders of pregnancy. Retrieved October 8, 2020 from: <https://www.public-health.uiowa.edu/news-items/iowa-researchers-receive-3-5m-grant-to-study-hypertensive-disorders-of-pregnancy/>
- 2018 IowaNow (2018). UI Study finds black Americans face education, income barriers to healthy behaviors. Retrieved May 23, 2018 from: <https://now.uiowa.edu/2018/05/ui-study-finds-black-americans-face-education-income-barriers-healthy-behaviors>
- 2018 U.S. News (2018). Get fit to cut your diabetes risk during pregnancy. Retrieved April 27, 2019 from <https://health.usnews.com/health-care/articles/2018-04-27/get-fit-to-cut-your-diabetes-risk-during-pregnancy>
- 2018 IowaNow (2018). Study finds better fitness in pre-pregnant women linked with less risk of gestational diabetes. Retrieved March 28, 2019 from <https://now.uiowa.edu/2018/03/study-finds-better-fitness-pre-pregnant-women-linked-less-risk-gestational-diabetes>
- 2018 Omole, M. (2018). How racism affects your health: what new research tells us about the links between discrimination and stress. *The Walrus*. Retrieved March 12, 2019 from <https://thewalrus.ca/how-racism-affects-your-health/>
- 2018 Nebbe, C. (Host). (2018). New year, new tools for health assessment. [Radio Program]. In B. Stanton (Producer), *Talk of Iowa*. Iowa City, IA: Iowa Public Radio. Retrieved January 9, 2018 from <http://iowapublicradio.org/post/new-year-new-tools-health-assessment>

ADDITIONAL TRAINING

- 2023 Write to Change the World 2-Day Intensive Seminar, The OpEd Project
- 2023 Path to Distinction Faculty Search Training, University of Iowa
- 2023 Kognito Suicide Prevention Training, University of Iowa
- 2021 BUILD Beyond the Numbers Training, University of Iowa

2021	Eliminating Bias in Peer Review Training, NIH
2021	Implicit Bias Training, University of Iowa
2021	Research Mentor Training Seminar Series, University of Iowa
2019	Systematic Review and Meta-Analysis Seminar Series, University of Iowa
2016	Office of Equity and Diversity Certificate Program, University of Minnesota

ACTIVE CERTIFICATIONS

2017 -	ACSM Exercise is Medicine Credential
2016 -	Team ICG Cycle Instructor
2016 -	ACE YMCA Group Fitness Instructor
2013 - 2017	Les Mills BodyPump Instructor
2011 -	Schwinn Cycle Instructor
2010 -	ACSM Personal Trainer

SERVICE

Professional Leadership Roles:

2022 - 2024	<i>Lifestyle Physical Activity Committee</i> American Heart Association, Council on Lifestyle and Cardiometabolic Health
2022 - 2025	<i>Strategic Health Initiative for Women, Sport, and Physical Activity Committee Member</i> American College of Sports Medicine
2022 - 2023	<i>Leadership and Diversity Training Program Mentor</i> American College of Sports Medicine
2019 - 2023	<i>EPI & CVSN Prevention Science Committee Member</i> American Heart Association, Council on Epidemiology and Prevention
2018 - 2023	<i>Steering Committee Member</i> Coronary Artery Risk Development in Young Adults (CARDIA) Study
2018 - 2023	<i>New Investigators Subcommittee Chair</i> Coronary Artery Risk Development in Young Adults (CARDIA) Study
2018 - 2022	<i>EPI Early Career Committee Member</i> American Heart Association, Council on Epidemiology and Prevention
2018 - 2020	<i>Exercise Is Medicine, Clinical Practice Committee Member</i> American College of Sports Medicine
2016 - 2017	<i>Professional Development Seminar Series Convener</i> Epidemiology and Community Health, School of Public Health, University of Minnesota
2016 - 2017	<i>Life Course Perspectives on Obesity Seminar Series Co-Convener</i> Epidemiology and Community Health, School of Public Health, University of Minnesota

University Service:

2023 – 2026 *Faculty Senate, Member*
University of Iowa

College Service:

2022 - *Behavioral and Biomedical Interface Program, Executive Committee, Member*
University of Iowa, College of Liberal Arts and Sciences, Psychological and Brain Sciences

2021 *Associate Dean of Natural, Mathematical, and Social Sciences Search Committee, Member*
University of Iowa, College of Liberal Arts and Sciences

2020 - *Behavioral and Biomedical Interface Program, External Advisory Committee, Member*
University of Iowa, College of Liberal Arts and Sciences, Psychological and Brain Sciences

Departmental Service:

2023 - 2024 *Tenure Track Faculty Therapeutic Recreation/Child Life Search Committee, Chair*
University of Iowa, Department of Health and Human Physiology

2023 *Promotion & Tenure Committee Member*
University of Iowa, Department of Health and Human Physiology

2022 - *Executive Committee Member*
University of Iowa, Department of Health and Human Physiology

2022 - *Director of Graduate Studies*
University of Iowa, Department of Health and Human Physiology

2022 *Instructional-Track Faculty Review (2), Chair*
University of Iowa, Department of Health and Human Physiology

2021 - 2022 *Tenure Track Faculty Health Promotion Search Committee, Chair*
University of Iowa, Department of Health and Human Physiology

2020 - *Equity, Diversity, and Inclusion Committee, Member*
University of Iowa, Department of Health and Human Physiology

2020 - 2021 *Tenure Track Faculty Health Promotion Search Committee, Member*
University of Iowa, Department of Health and Human Physiology

2020 *Instructional-Track Faculty Review (2), Chair*
University of Iowa, Department of Health and Human Physiology

2019 - 2020 *Tenure Track Faculty Health Promotion Search Committee, Member*
University of Iowa, Department of Health and Human Physiology

- 2019 *Instructional-Track Faculty Review (I), Chair*
University of Iowa, Department of Health and Human Physiology
- 2018 - 2019 *Tenure Track Faculty Health Promotion Search Committee, Member*
University of Iowa, Department of Health and Human Physiology
- 2018 - *Faculty Advisory Board, Member*
Exercise is Medicine on Campus, University of Iowa

Peer Review:

Grant reviews (study sections):

- 2024 *Special Emphasis Panel Study Section*
Biobehavioral Medicine and Health Outcomes, Ad hoc reviewer
National Institutes of Health (January review)
- 2022 *Special Emphasis Panel Study Section – Topics in Health Services and Clinical Informatics Research, Ad hoc reviewer*
National Institutes of Health (November review)
- 2021 *Special Emphasis Panel Study Section - Risk Prevention and Lifestyle Change, Behavioral Medicine, Psychosocial Development, and Behavioral Health Outcomes, Ad hoc reviewer*
National Institutes of Health (December review)
- 2021 *Kidney, Nutrition, Obesity, and Diabetes (KNOD) Study Section, Ad hoc reviewer*
National Institutes of Health (June review)

Conference submission reviewer

- 2018 - 2023 American Heart Association, Epidemiology and Prevention | Lifestyle and Cardiometabolic Health Scientific Sessions

Award submission reviewer

- 2020 - 2021 American Heart Association, Epidemiology and Prevention | Lifestyle and Cardiometabolic Health 2022 Scientific Sessions
EPI Early Career Travel Grant Reviewer
EPI Mentoring Award Reviewer

Poster moderator

- 2024 Physical Activity Moderated Poster Session.
American Heart Association, Epidemiology and Prevention | Lifestyle and Cardiometabolic Health 2024 Scientific Sessions
- 2023 Physical Activity Moderated Poster Session.
American Heart Association, Epidemiology and Prevention | Lifestyle and Cardiometabolic Health 2023 Scientific Sessions

Editorial Boards

2023 - *Guest Editor, Journal of Sport and Health Sciences*
Special Edition: Physical Activity Epidemiology

Ad hoc reviewer – journals

- Annals of Epidemiology (2023)
- Journal of Physical Activity and Health (2023)
- Journal of Sport and Health Science (2015, 2023, 2023, 2023, 2023, 2024, 2024)
- Journal for the Measurement of Physical Behaviour (2023)
- Journal of Reproductive and Infant Psychology (2023)
- American Heart Association Statements (2022)
- Acta Obstetrica et Gynecologica Scandinavica (2022)
- European Journal of Obstetrics & Gynecology and Reproductive Biology (2022)
- BMC Pregnancy and Childbirth (2016, 2022)
- International Journal of Health Policy and Management (2021)
- Medicine and Science in Sports and Exercise (2018, 2020, 2021)
- Midwifery (2021)
- American Journal of Epidemiology (2020)
- Diabetologia (2020)
- Plos One (2019, 2019, 2020)
- Maternal and Child Health Journal (2016, 2017, 2019)
- Obesity (2018, 2022)
- Public Health Nutrition (2018)
- American Journal of Preventive Medicine (2017, 2018)
- Journal of Women's Health (2017)
- Women's Health Issues (2016, 2017, 2023)
- International Journal of Obesity (2016)
- The Journal of Pediatrics (2016)
- Appetite (2015)
- International Journal of Sport and Exercise Psychology (2015)
- Journal of Endocrinology, Diabetes & Obesity (2015)
- Journal of Psychosomatic Research (2014)