**Adam Hege, PhD, MPA**

Associate Professor & Public Health Undergraduate Program Director Leon Levine Hall, 430

Department of Public Health and Exercise Science Boone, NC 28608

Beaver College of Health Sciences Phone: (828) 262-7102

Appalachian State University Email: hegeba@appstate.edu

1. **ACADEMIC EXPERIENCE:**

**Appalachian State University** Aug. 2015 - present

**Honors College**

***Faculty Mentor (Beaver College of Health Sciences)*** May 2022 - present

**Department of Public Health and Exercise Science**

***Associate Professor (Tenured)***  July 2020 – present

- Teach undergraduate public health courses, engage in public health, epidemiological, and social

science research, and provide service to the university, department, community, and profession.

***Public Health Program Director*** July 2019 – present

-Provide leadership, advocacy and recruitment for the growing undergraduate program; mentor faculty on areas of professional development; coordinate course scheduling; curriculum creation, mapping and assessment; build and strengthen community partnerships and internship relationships; manage CEPH accreditation requirements; and perform other administrative duties as needed.

***Assistant Professor***  Aug. 2015 - June 2020

**University of North Carolina Greensboro**

**Department of Public Health Education**

***Research and Teaching Assistant*** Aug. 2011 - May 2015

1. **EDUCATION:**

**Doctor of Philosophy, Community Health Education** 2011 - 2015

University of North Carolina Greensboro - Greensboro, NC

Minor: Educational Research Methodology

*Dissertation:* “The Relationship between Long-Haul Truck Drivers’ Work Organization and Body Mass Index (BMI), Waist Circumference, and Cardio-Metabolic Disease Risk”

Dissertation Chair: Dr. Mike Perko

**Master of Public Administration** 2009 - 2011

Appalachian State University - Boone, NC

Concentration: Public Management

**Master of Science, Sport Studies** 2006 - 2007

High Point University - High Point, NC

Concentration: Health and Exercise Science

**Bachelor of Arts, Athletic Training** 1999 - 2003

University of North Carolina Wilmington - Wilmington, NC

**III. PROFESSIONAL AND LEADERSHIP DEVELOPMENT:**

**Chancellor’s Academic Leadership Development program:** selected among Appalachian State faculty and staff to participate in the year-long (2022-2023) exploration and development of leadership capabilities for leadership at the university.

**Agents of Change Leadership program** (Leaders: Emily Wilson & Blair Berry): selected among 55 Appalachian State applicants for a semester-long (Fall 2019) training and development in leadership for change in higher education.

**IV. RESEARCH/SCHOLARSHIP:**

*\*h-index (Google Scholar): 16 \*i-10 index (Google Scholar): 19 Citations (Google Scholar): 743*

Research Interests/Expertise: Social determinants of health; Occupational safety and health; Rural health; Health equity/Health disparities; Food access and security; Adverse Childhood Experiences

**A. Current/Past Projects:**

***Current:***

***Public Health AmeriCorps in Rural Appalachia to Prepare, Mitigate, Respond and Recover from Acute Impacts on Mental Health (2022 – 2025).*** The goals of the project are (1) to recruit, train, and develop new generations of public health leaders ready to respond to public health needs through public health service and capacity building in North Carolina’s rural Appalachian communities. Help meet public health needs of the North Carolina rural Appalachian communities by providing needed capacity and support to local public health preparedness settings in collaboration with state and regional partners, to advance more equitable health outcomes for communities who are currently and historically underserved; (2) provide pathways to good quality public health-related careers by providing exposure through onsite experience, training, and more, with a focus on recruiting PH AmeriCorps members who reflect the communities in which they will serve.

***Reducing health disparities with community-engaged patient navigation (2022-2023).*** This project involves a collaboration with Wake Forest University School of Medicine and seeks to develop and implement a patient navigation program with local and rural cancer center clinical sites.

***Long-Haul Truck Driver occupational safety and health disparities (2014 – present).*** This epidemiological research examines the risk factors involved with being a long-haul truck driver and the adverse work conditions involved. The primary focus areas are: sleep-related health and safety issues, obesity/cardiometabolic disease consequences, and infectious disease risks.

***Past:***

***Watauga Compassionate Community Initiative (WCCI) (2017 – 2022).*** Served on the leadership team and as the co-chair of the data subcommittee. WCCI seeks to address trauma related to adverse childhood experiences in the local community and takes on the form of a grassroots/community coalition of professionals and local stakeholders from numerous disciplines.

***Partnership to Evaluate Wellbeing and Food Resources for Young Adults (2019 – 2022).*** This project is a collaboration between numerous universities and colleges across the United States. The focus is on further understanding of food insecurity among students and how to more effectively intervene and inform policy. This work expanded to a more direct focus on NC colleges and universities in the context of COVID-19.

***Factors contributing to the spread of COVID-19 in Nursing Homes (2020 – 2022).*** The objective of this research is to determine what nursing home characteristics are the best predictors of the spread of COVID-19 in nursing homes across the United States, with an emphasis on the southeastern region. Funded by Appalachian State University’s Office of Research and the Research Institute for Environment, Energy, and Economics.

***Social distancing and physical activity behaviors among trail users in Boone, NC and Morgantown, WV during the COVID-19 pandemic (2020 – 2022).*** This project is a collaboration between Appalachian State researchers and West Virginia University researchers. The research explores the social/physical distancing behaviors of trail users in the respective communities during the COVID-19 pandemic. Funded by Appalachian State University’s Office of Research.

***North Carolina Behavioral Risk Factor Surveillance System (2017 – 2021).*** This research, along with public health, social work, nutrition and healthcare management, and athletic training researchers makes use of data collected through the CDC’s BRFSS data for North Carolina and examines numerous health issues. In particular, we are most interested in the impacts on western North Carolina and the Appalachian region.

***McDowell County Community Health (2017 – 2020)*.** Working with leaders from the county regarding health and social issues, this has involved the collection of data and analysis of data to support initiatives and evaluation. The ongoing work began in the summer of 2017 and has been supported by Appalachian State University’s Office of Research and the Beaver College of Health Sciences.

***Social Determinants of Health and Health Disparities in two rural Appalachia communities (2016 – 2017).*** This community-engaged research involved working with two rural United Methodist churches and their leaders to further understand barriers to health in the communities. During the process, I collected both survey and focus group data for analysis and worked with leaders to develop strategies for addressing issues such as: healthcare access, food insecurity, transportation, and poverty.

***Active Living in Rural Appalachia Communities (2016 – 2017).*** This research made use of the Rural Active Living Assessment tools provided by Active Living Research. I worked with colleagues to collect data across 16 towns in northwestern Appalachian communities of North Carolina.

**B. Books:**

1. Barth, M., Bell, R., Grimmer, K., Thompson, K., **Hege, A.** Eds. (2020). *Public Health Nutrition: Rural, Urban, and Global Community-Based Practice*. Springer Publishing: New York, NY.

**C. Book Chapters:**

2. **Hege, A.,** Presnell, D., Reed-Ashcraft, K., Caldwell, K., Pyles, D., Bouldin, E.D., Warren, J.

(2020). Advocacy and action in Appalachia Aimed at Adverse Childhood Experiences: The Watauga Compassionate Community Initiative. In the *Handbook of Research on Leadership and Advocacy for Children and Families in Rural Poverty*. IGI Global: Hershey PA.

1. **Hege, A.**, Farris, A., Dailey, A., Julian, M. (2020). Promoting Nutritional Health, Healthy Food Systems, & Well Being of Community. In *Public Health Nutrition: Rural Urban, and Global Community-Based Practice*.

**D. Peer-Reviewed Publications in Print or Press (\*students, \*\*community partners):**

39. Lane, S., Spaulding, T., **Hege, A.**, Sugg, M. (In press). Self-Reported Resilience of North

Carolina Long-Term Care Organizations and Public Health Agencies in the midst of the

COVID-19 Pandemic. *International Journal of Disaster Risk Reduction*. Impact Factor: 4.84

38. Lemke, M., Thiese, M.K., **Hege, A.**, Ogbonnaya, U.C.\*, Hegmann, K. (In press). Metabolic syndrome among Commercial Truck Drivers: The Relationship between Condition Prevalence and Crashes. *American Journal of Industrial Medicine.* Impact Factor: 3.08

37. Roy, M., **Hege, A.**, & Bouldin, E.D. (In press). Association between low health literacy and adverse health behaviors in North Carolina, 2016. *Journal of Appalachian Health*. Impact Factor: N/A

36. Christiana, R.W., Daily, S.M., Bias, T., Haas, V., Shay, E., Dyer, A., Venrick, H., Broce, R., **Hege, A.**, Moyers, S.I., Abildso, C. (2022). Effectiveness of a Point-of-Decision Prompt to Encourage Physical Distancing on Greenways and Rail-Trails During the COVID-19 Pandemic. *Environment and Behavior*, 54(6): 951-970. Impact Factor: 6.55

35. Bauler, S., **Hege, A.**, Davis, T.\*\*, Schluth, E.\*, Pruitt, C\*, Moreno, V.\*, Verhaeghe, M., Bouldin, E. (2022). Behavioral Determinants of COVID-19 Vaccine Hesitancy at a rural university in North Carolina. *Health Psychology and Behavioral Medicine*, 10(1): 467-479. doi.org/10.1080/21642850.2022.2074007. Impact Factor: 1.40

34. Lane, S., Sugg, M., Spaulding, T., **Hege, A.**, Iyer, L. (2022). Southeastern U.S. predictors of COVID-19 in nursing homes during three different time periods. *Journal of Applied Gerontology*, 41(7): 1641-1650. Impact Factor: 2.65

33. Hagedorn-Hatfield, R., Hood, L.B., **Hege, A**. (2022). A Decade of College Student Hunger: What We Know and Where We Need to Go. *Frontiers in Public Health.* [doi.org/10.3389/fpubh.2022.837724](https://doi.org/10.3389/fpubh.2022.837724).Impact Factor: 6.46

32. **Hege, A.**, Lane, S., Spaulding, T., Sugg, M., Iyer, L. (2022). County-Level Social Determinants of Health and COVID-19 in Nursing Homes, United States, June 1, 2020—January 31, 2021. *Public Health Reports*, 137(1): 137-148. Impact Factor: 3.12

31. Olfert, M.D., Hagedorn-Hatfield, R.L., Houghtaling, B., Esquivel, M.K., Hood, L.B., MacNell, L., Soldavini, J., Berner, M., Savoie Roskos, M.R., Hingle, M.D., Mann, G.R., Waity, J.F., Knol, L.L., Walsh, J., Kern-Lyons, V., Paul, C., Pearson, K., Goetz, J.r., Spence, M., Anderson-Steeves, E., Wall-Bassett, E.D., Lillis, J.P., Kelly, B., **Hege, A.**, Fontenot, M.C., Coleman, P. (2021). Struggling with the basics: food and housing insecurity among college students across twenty-two colleges and universities. *Journal of American College Health*, DOI: 10.1080/07448481.2021.1978466. Impact Factor: 3.09

30. Bias, T., Daily, S., Abildso, C., Venrick, H., Shay, E., Moyers, S., **Hege, A.**, Haas, V., Dyer, A., Broce, R, Christiana, R.W. (2021). Systematic observation of physical distancing behaviors of trail users during the COVID-19 pandemic. *Journal of Healthy Eating and Active Living*, 1(3): 111-116. Impact Factor: N/A

29. Lemke, M.K., Oberlin, D.J., Apostolopoulos, Y., **Hege, A.**, Sönmez, S., Wideman, L. (2021). Work, physical activity, and metabolic health: Understanding insulin sensitivity of long-haul truck drivers. *Work: A Journal of Prevention, Assessment & Rehabilitation*, 69(1): 225-233. Impact Factor. Impact Factor: 1.51

28. Hagedorn, R.L., Olfert, M.D., MacNell, L., Houghtaling, B., Hood, L.B., Savoie Roskos, M.R., Goetz, J.R., Kern-Lyons, V., Knol, L.L, Mann, G.R., Esquivel, M.K., **Hege, A.**, Walsh, J., Pearson, K., Berner, M., Soldavini, J., Anderson-Steeves, E., Spence, M., Paul, C., Waity, J.F., Wall-Bassett, E.D., Hingle, M.D., Kelly, E.B., Lillis, J.B., Coleman, P., Fontenot, M.C. (2021). College Student Sleep Quality and Mental and Physical Health are Associated with Food Insecurity in a Multi-Campus Study. *Public Health Nutrition*, 24:(13): 4305-4312. Impact Factor: 3.18

27. Patterson, M.S., Nelon, J.L., Lemke, M.K., Sönmez, S, & **Hege, A**., Apostolopoulos, Y. (2021). Exploring the role of social network structure in disease risk among U.S. long-haul truck drivers in urban areas. *American Journal of Health Behavior*, 45(1): 174-185. Impact Factor: 1.97

26. Lemke, M., **Hege, A**., Apostolopoulos, Y., Sönmez, S. (2021). Hours-of-service compliance and safety outcomes among long-haul truck drivers. *Transportation Research Part F: Traffic Psychology and Behaviour*, 76: 297-308*.* Impact Factor: 2.52

25. Fiske, E., Reed-Ashcraft, K., **Hege, A.**, Harmon, K. (2021). An Interprofessional Course on Trauma-Informed Care. *Nurse Educator*, 46(4): E50-E54. DOI: 10.1097/NNE.0000000000000935. Impact Factor: 2.08

24. Sugg, M., Spaulding, T., Lane, S., Runkle, J., Harden, S.\*, **Hege, A.**, Iyer, L. (2021). Mapping Community-Level Determinants of COVID-19 Transmission in Nursing Homes: A multi-scale approach. *Science of the Total Environment*, 752: 141946*.* Impact Factor: 6.55

23. Reed-Ashcraft, K, **Hege, A.**, Fiske, B., Harmon, K., Glover, J., Forliti, K.\* (2020). Addressing Adverse Childhood Experiences, Trauma and Resilience through Interprofessional Course Development. *Journal of Interprofessional Care*, DOI: 10.1080/13561820.2020.1826413. Impact Factor: 2.21

22. **Hege, A.**, Bouldin, E.D., Roy, M., Bennett, M.\*, Attaway, P.\*, Reed-Ashcraft, K. (2020). Adverse Childhood Experiences among adults in North Carolina, USA: Influences on risk factors for poor health across the lifespan and intergenerational implications*. International Journal of Environmental Research and Public Health*, 17(22): 8548. Impact Factor: 2.85

21. Bouldin, E.D., Vandenberg, A.\*, Roy, M., **Hege, A.**, Zwetsloot, J.J, Howard, J.S. (2020). Prevalence and domains of disability within and outside Appalachian North Carolina: 2013-2016 BRFSS. *Disability & Health Journal*., 13(2), 100879. Impact Factor: 1.47

20. Roy, M., Bouldin. E., Bennett, M.\***, Hege, A.** (2019). Adult food security and the relationship with Adverse Childhood Experiences among residents of Appalachian North Carolina. *Journal of Appalachian Health,* 1(3): 17-26. Impact Factor: N/A

19. **Hege, A.** Lemke, M.K., Apostolopoulos, Y., & Sönmez, S. (2019). The Impact of Work Organization, Job Stress, and Sleep on the Health Behaviors and Outcomes of U.S. Long-Haul Truck Drivers. *Health Education & Behavior*, 46(4): 626-636. Impact Factor: 2.40

18. **Hege, A.**, Lemke, M.K., Apostolopoulos, Y., Whitaker, B., & Sönmez, S. (2019). Work-life conflict among U.S. long-haul truck drivers: Influences of work organization, perceived job stress, sleep, and organizational support. *International Journal of Environmental Research and Public Health,* 16(6): 984. Impact Factor: 2.85

17. **Hege, A.**, Lemke, M.K., Apostolopoulos, Y., & Sönmez, S. (2018). Occupational health disparities among U.S. long-haul truck drivers: the influence of work organization and sleep on cardiovascular and metabolic disease risk. *PLOS ONE,* 13(11): e0207322. Impact Factor: 2.78

16. **Hege, A.**, Ball, L., Christiana, R.W., Wallace, C.\*, Hubbard, C.\*, Truesdale, D.\*, Hege, J.\*\*, Fleming, H.\*\* (2018). Social determinants of health and the effects on quality of life and wellbeing in two rural Appalachia communities: The community members’ perspective and implications for health disparities. *Family & Community Health*, 41(4): 244-254. Impact Factor: 1.37

15. Lemke, M.K., Apostolopoulos, Y., **Hege, A.**, Newman, S., Sönmez, S. (2018). Can subjective sleep problems detect latent sleep disorders among commercial drivers? *Accident Analysis & Prevention*, 115: 62-72. Impact Factor: 3.06

14. **Hege, A.**, Christiana, R.W., Battista, R., Parkhurst, H\*. (2017). Active Living in Rural Appalachia: Using the Rural Active Living Assessment (RALA) Tools to Explore Environmental Barriers. *Preventive Medicine Reports*, 8: 261-266. CiteScore: 2.38

13. Lemke, M.K., **Hege, A.**, Apostolopoulos, Y., Wideman, L., Sönmez, S. (2017). Work and Sleep among Transport Operators: Disparities and Implications for Safety. *Journal of Transport and Health, 7:* 298-309. (Corresponding author) Impact Factor: 2.58

12. **Hege, A.,** Lemke, M.,Apostolopoulos, Y., Perko, M., Sönmez, S., Strack, R. (2017). U.S. Long-Haul Truck Driver Work Organization and the Association with Cardiometabolic Disease Risk. *Archives of Occupational and Environmental Health,* 72(5): 303-310. Impact Factor: 1.48

11. Lemke, M.K., Apostolopoulos, Y., **Hege, A.**, Wideman, L., Sönmez, S., Muhammad, S. (2017). Work Organization, Sleep, and Metabolic Syndrome among Long-Haul Truck Drivers. *Occupational Medicine*, 67(4): 274-281. Impact Factor: 1.22

10. Lemke, M.K., Apostolopoulos, Y., **Hege, A.**, Wideman, L., Sönmez, S., Muhammad, S. (2017). Work, Sleep, and Cholesterol Levels of U.S. Long-Haul Truck Drivers. *Industrial Health,* 55(2): 149-161. Impact Factor: 1.32

9. Apostolopoulos, Y., Lemke, M.K., **Hege, A.**, Sang, H., Sönmez, S., Wideman, L., Oberlin, D.J. (2016). Work and Chronic Disease: Comparison of Cardiometabolic Risk Markers Between Truck Drivers and the General U.S. Population. *Journal of Occupational and Environmental Medicine*, 58(11), 1098-1105. Impact Factor: 1.59

8. Lemke, M.K., Apostolopoulos, Y, **Hege, A.,** Sönmez, S., Wideman, L. (2016).Understanding the Role of Sleep Quality and Sleep Duration in Commercial Driving Safety. *Accident Analysis & Prevention,* 97, 79-86. Impact Factor: 3.06

7. **Hege, A.**, Perko, M., Apostolopoulos, Y., Sönmez, S., Strack, R. (2016). U.S. Long-Haul Truck Driver Health Demands Integrated Approach. *International Journal of Workplace Health Management*, 9(4), 378-397. CiteScore: 0.84

6. **Hege, A.,** Perko, M., Apostolopoulos, Y., Sönmez, S., Strack, R. (2016). The Work Organization of Long-Haul Truck Drivers and the Association with Body Mass Index (BMI). *Journal of Occupational and Environmental Medicine,* 58(7), 712-717. Impact Factor: 1.59

5. Apostolopoulos, Y., Lemke, M. K., Sönmez, S., & **Hege, A.** (2016). The obesogenic environment of commercial trucking: A worksite environmental audit and implications for systems-based interventions.  *American Journal of Health Education*, 47(2), 85-93. CiteScore: 0.76

4. Apostolopoulos, Y., Sönmez, S., **Hege, A**, & Lemke, M. K. (2016).  Work Strain, Social Isolation and Mental Health of Long-Haul Truckers.  *Occupational Therapy in Mental Health*, 32(1), 50-69. Impact Factor: N/A

3. **Hege, A.**, Vallejos, Q. M., Apostolopoulos, Y., & Lemke, M. K. (2015). Health disparities of Latino immigrant workers in the United States. *International Journal of Migration, Health and Social Care*, *11*(4), 282-298. CiteScore: 0.53

2. Lemke, M., **Hege, A.**, Perko, M., Sönmez, S., Apostolopoulos, Y. (2015). Work patterns, sleeping hours and excess weight in commercial drivers. *Occupational Medicine*, 65(9), 725-731. Impact Factor: 1.22

1. **Hege, A.**, Perko, M., Johnson, A., Yu, C.H., Sönmez, S., Apostolopoulos, Y. (2015). Surveying the impact of work hours and schedules on commercial motor vehicle driver sleep. *Safety and Health at Work*, 6(2), 104-113. Impact Factor: 1.43

**E. Manuscripts under Review (\*students, \*\* community partners):**

8. Galphin, G.\*, **Hege, A.**, Page, A.D. Impacts of the COVID-19 pandemic on intimate partner violence and child maltreatment in rural northwest North Carolina. *Health and Social Care in the Community*. Impact Factor: 2.40.

7. Thompson, M., Schroeder Tyson, J., **Hege, A.** COVID-19 related distress and risk for suicide ideation and attempts in a national sample of college students. *Journal of American College Health*. Impact Factor: 2.40

6. Sugg, M., Ryan, S.\*, Spurlock, T.\*, **Hege, A.**, Chidozie Ogwu, M., Schroeder Tyson, J., Shay,

Shay, E., Renwick, K.A., Duncan, S., Hendren, C.O., Runkle, JD., Roy, M. Climate Change

and Health in Rural Mountain Environments: Knowledge Gaps and Barriers. *EcoHealth*. Impact Factor: 3.18

5. Lemke, M., Houghtaling, B., Winkler, M., **Hege, A.** Moving Upstream to Promote Healthy

Eating among Truck Drivers: Transforming Truck Stop Food Environments through Systems Change. *American Journal of Health Promotion*. Impact Factor: 2.96

4. Schroeder Tyson, J., Scalise II, D., **Hege, A.**, Sugg, M., Roy, M. Public Health Policy that

Leads with Equity in Rural Appalachia: Recommendations to Confirm Vaccination Status in

an Equitable Manner. *Disaster Medicine and Public Health Preparedness*. Impact Factor: 5.56

3. Hagedorn, R.L., Olfert, M.D., Houghtaling, B., Walsh, J., Wall-Bassett, E., Waity, J., Soldavini, J., Savoie Roskos, M., Pearson, K., Paul, C., Mann, G., MacNell, L., Porter Lillis, J., Knol, L., Kern-Lyons, V., Kelly, E.B., Hood, L., Hingle, M., **Hege, A.**, Goetz, J., Fontenot, M.C., Esquivel, M., Coleman, P., Berner, M. College Food Insecurity is Related to Lower Diet Quality and Cooking Self-Efficacy in a Multi-Institutional Investigation. *Journal of Nutrition Education and Behavior*. Impact Factor: 2.87

2. Hunnicutt, LE, Oakley, HN, Smith, CJ, **Hege, A.**, Meucci, M., Collier, SR. Differences in sleep quality in competitive gymnastic athletes during and after the competitive season. *Pediatric Research.* Impact Factor: 3.95

1. Kleiber, K.\*, Smith, CJ, Beck, SD, **Hege, A.**, West, CA, Corgan, MG Collier, SR. Familiarization with ambulatory sleep and blood pressure monitoring is necessary for representative data collection. *International Journal of Environmental Research and Public Health*. Impact Factor: 4.61

**F. Manuscripts in Preparation (\*students, \*\*community partners):**

4. Waity, J.F., Huelskamp, A., **Hege, A.**, Soldavini, J., Hood, L., Hagedorn, R. The COVID-19 Pandemic and College Student Food Access: A Qualitative Study at Four North Carolina Universities. *Journal of Hunger & Environmental Nutrition*. Impact Factor: 1.65.

3. Lemke, M.K., **Hege, A.** Work organization, occupational stress, and mental health and wellbeing among 21st century workers: An agenda for advancing research and prevention. *International Journal of Environmental Research and Public Health*. Special Issue: Invited Manuscript. Impact Factor: 4.61

2. Galphin, G.\*, Ruffin, G.\*, Carpenter, A.\*, Estes, A.\*, Benson, E.\*, **Hege, A**…. Food insecurity and the impacts on mental, physical and perceived health status outcomes among a sample of NC university and college students at eight schools. For submission to *Journal of American College Health*. Impact Factor: 3.09

1. Benson, E.\*, Carpenter, A.\*, Estes, A.\*, Galphin, G.\*, Ruffin, G.\*, **Hege, A.**….. How does food and housing insecurity influence the academic performance of university and college students? Evidence from a sample of North Carolina students at eight higher education institutions. For submission to *American Journal of Health Behavior*. Impact Factor: 1.97

**G. Peer-Reviewed Presentations (\*students, \*\*community partners):**

43. Peachey A, Weaver G, Cathorall M, **Hege A**, Bibeau D. (2022). Benchmark predictors of physical activity in the Well Workplace Checklist. American Public Health Association Annual Conference, Boston, MA.

42. Christiana RW, Daily SM, Bias TK, Haas V, Dyer AM, Shay E, **Hege A**, Broce R, Venrick H, Abildso CG. (2022). Encouraging physical distancing on greenways and rail-trails during the COVID-19 pandemic using a point-of-decision prompt. American Public Health Association Annual Conference, Boston, MA.

41. **Hege, A.**, Lane, S., Sugg, M., Minor, T., Spaulding T., Iyer, L. (2021). *Predictors of COVID-19 cases and deaths in nursing homes in the southeastern U.S.* American Public Health Association Annual Conference, Denver, CO.

40. Macfarlane, A.\*, Rogers, M.\*, Carpenter, A.\*, Estes, A.\*, Ayers, S.\*, Hancock, E.\*, Dull, E.\*, **Hege, A.**, Hagedorn, R., Hood, L., Waity, J., Soldavini, J., Hueslkamp, A., Wall-Bassett, E., MacNell, L., Paul, C., Lillis, J.P., Berner M. (2021). *Food and housing insecurity and the relationship with sleep health among students from eight North Carolina universities and colleges*. American Public Health Association Annual Conference, Denver, CO.

39. Galphin, G.\*, Ruffin, G.\*, **Hege, A.**, Carpenter A.\*, Austin, I.\*, Hancock, E.\*, Estes, A.\*, Dull, E.\*, Hagedorn, R., Hood, L., Waity, J., Soldavini, J., Hueslkamp, A., Wall-Bassett, E., MacNell, L., Paul, C., Lillis, J.P., Berner M. (2021). *Food insecurity and the impacts on mental and physical health status among students at eight NC universities and colleges*. American Public Health Association Annual Conference, Denver CO.

38. Lemke, M., Wolf, D., Drake, S., Yang, Y., **Hege, A.** (2021). *How do truck drivers die at work? A review of medical examiner cases from Harris County, Texas, 2016-2020*. American Public Health Association Annual Conference, Denver, CO.

37. Moore, A.\*, Benson, E.\*, Davis, S.\*, **Hege, A.**, Hagedorn, R., Hood, L., Waity, J., Soldavini, J., Hueslkamp, A., Wall-Bassett, E., MacNell, L., Paul, C., Lillis, J.P., Berner M. (2021). *Food and housing insecurity and differences between living on-campus and off-campus among students at eight different NC universities and colleges*. American Public Health Association Annual Conference, Denver, CO.

36. Collins, A.\*, Farris, A., **Hege, A.**, Gutschall, M.D. (2021). *Evaluating food access and nutrition education needs among food pantry clients from a Latinx micro-community in rural Appalachia*. Food and Nutrition Conference & Expo (Virtual).

35. Christiana, R.W., Daily, S., Bias, T., Abildso, C., Broce, R., Dyer, A., Haas, V., **Hege, A.**, Shay, E., Venrick, H. (2021). *Systematic observations of physical distancing behaviors of trail users during the COVID-19 pandemic*. Active Living Conference, Annual Conference (Virtual).

34. **Hege, A.**, Reed-Ashcraft, K., Presnell D.\*\*, Harwood, E.\*\*, Kelly, C.\*\*, Warren, J.\*\*, Bouldin, E. (2020). *Addressing adverse childhood experiences (ACEs) in a rural Appalachia community: A multidisciplinary community-academic partnership approach*. American Public Health Association Annual Conference, San Francisco, CA.

33. Patterson, M., Apostolopoulos, Y., Nelon, J., Lemke, M., Sonmez, S., **Hege, A.**, Prochnow, T. (2020). *Exploring the role of social network structure in sexually transmitted and bloodborne infection risk among long-haul truckers*. American Public Health Association Annual Conference, San Francisco, CA.

32. Fiske, B., Reed-Ashcraft, K., **Hege, A.**, Glover, J., Harmon, K. (2020). *Development of an Interprofessional Course Promoting Trauma-Informed Practice and Community Resilience*. Nursing Education Research Conference, Washington, D.C.

31. Farris, A., Collins, A., Farris, Z., **Hege, A.** (2020). *Research Abroad Impact on One Health and Intercultural Competence*. Conference on Higher Education Pedagogy.

30. Reed-Ashcraft, K., Fiske, B., Glover, J., Harmon, K., **Hege, A.** (2019). *One University’s Interprofessional Response to Support their ACEs’ Community Initiative in Appalachia*. Council on Social Work Education Annual Meeting, Denver, CO.

29. Reed-Ashcraft, K, **Hege, A.**, Presnell, D.\*\*, Kelly, C.\*\*, Warren, J.\*\* (2019). *Supporting a Community ACEs Initiative in Appalachia through an Engaged University-Community Partnership*. Council on Social Work Education Annual Meeting, Denver, CO.

28. Lemke, M.K., Apostolopoulos, Y., Sönmez, S., **Hege, A.** (2019). *Networks of U.S. long-haul truck drivers in urban areas: Understanding network structure and disease risk*. American Public Health Association Annual Conference, Philadelphia, PA.

**27. Hege, A.**, Bouldin, E.D., Davis, M.\*, Pittman, M.\*\*, Snow, M.\*\*, Edwards, H.\*\*, Avery, P.\*\*, Webb, G.\*\* (2019). *Health disparities linked to social determinants of health in a rural Appalachian North Carolina county: The use of mixed methods to inform intervention and policy development.* American Public Health Association Annual Conference, Philadelphia, PA.

26. Reed-Ashcraft, K., **Hege, A.**, Harmon, K., Fiske, B., Glover, J., Forltii, K.\*. (2019). *Development of an Interprofessional course at a university in Appalachia: Social Work, Public Health, and Nursing helping to support a community initiative focused on Adverse Childhood Experiences (ACEs)*. American Public Health Association Annual Conference, Philadelphia, PA.

25. **Hege, A.**, Reed-Ashcraft, K., Kelly, C.\*\*, Warren, J.\*\*, Presnell, D.\*\*, Bouldin, E.D., Forlitii, K.\* (2019). *An Academic-Community partnership to support a local community initiative focused on addressing adverse childhood experiences (ACEs) in rural Appalachia: The story of the Watauga Compassionate Community Initiative*. American Public Health Association Annual Conference, Philadelphia, PA.

24. Bennett, M.\*, Shirley, M.\*, Watts, M.\*, Schroeder, J.\*\*, **Hege, A.**, Bouldin, E. (2019). *Public Health in Rural Appalachia: Developing Capacity through Collaboration between a Local Public Health District and Academic, The Perspectives of Three Interns*. International Mountain Studies Symposium. Appalachian State University.

23. **Hege, A.**, Bouldin, E., Reed-Ashcraft, K., Attaway, P.\*, Bennett, M.\*, Adamovich, E.\* (2018). *Adverse Childhood Experiences among adults in Appalachian counties of North Carolina*. American Public Health Association Annual Conference, Mental Health section.

22. Porter, J.\*, Costa, M.\*, Slawsky, E.\*, Harden, S.\*, Schroeder, J.\*\*, Sugg, M., Shay, E., Bouldin, E., **Hege, A.\*** (2018). *Water Crisis and Wildfire Communication in Appalachia: A local health department/university collaborative between AppHealthCare and Appalachian State University*. North Carolina Public Health Association Annual Conference, September 2018.

21. Roy, M., **Hege, A.**, Bouldin, E., Christiana, R.W., Zwetsloot, J., Seitz, C. (2018). *Health literacy and the influence on risky health behaviors: An examination of Appalachian counties in North Carolina*. North Carolina Public Health Association Annual Conference, September 2018.

20. Bennett, M.\*, Bouldin, E., **Hege, A.** (2018). *Adverse Childhood Experiences and Food Insecurity in Appalachia.* North Carolina Public Health Association Annual Conference, September 2018.

19. Seitz, C., Bernard, J., **Hege, A.**, Bouldin, E.D. (2018). *Opinions of professors who learn (or do not learn) students’ names: An analysis of ratemyprofessors.com*. Elon University Teaching & Learning Conference.

18. Wallace, C.\*, **Hege, A.**, Hood, L., Christiana, R.W., Hubbard, C\*. (2018). *Barriers to Accessing Adequate, Healthy Foods in Two Rural Communities in North Carolina. Society for Nutrition Education & Behavior.* Abstract published in Journal of Nutrition Education & Behavior, 50 (7): S22-S23. (*Impact Factor: 2.57*)

17. Ramsdell, C., Galloway, A., **Hege, A.**, Wallin, C.\*\*, Johnston, L.\*, Coulter, C.\*\* (2017). *Gaining strength in the rural Appalachian food system through multidisciplinary collaboration*. Community Food Systems (CFS) Conference, Tufts University, Boston, MA.

16. **Hege, A.**, Hubbard, C.\*, Ball, L., Christiana, R., Wallace, C.\*, Truesdale, D\*. (2017). *Barriers to food access, health, and well-being in rural areas: The community members’ perspectives*. American Public Health Association Annual Conference, Public Health Education and Promotion section.

15. **Hege, A.**, Christiana, R., Parkhurst, H\*., & Battista, R. (2017). *Assessing active living and physical activity opportunities in rural North Carolina: Methodology, implications, and next steps*. American Public Health Association Annual Conference, Physical Activity Section.

14. Majeski, K.\*, Schroeder, J.\*\*, & **Hege, A.** (2017). *Via an Internship: Exploring and Strengthening Collaboration Between an Academic Institution and a Local Health Department*. North Carolina Public Health Association Annual Conference, September, 2017.

13. Hubbard, C.\*, Ball, L., **Hege, A.**, Christiana, R., & Gleason-Wallace, C.\* (2017). *Food security status in rural North Carolina: exploring coping strategies among community residents*. University of South Carolina 7th Annual Nutrition Symposium.

12. **Hege, A.**, Christiana, R.W. Parkhurst, H.\*, Battista, R. (2017). *Rural physical activity assessments of the Appalachia region of North Carolina*. Active Living Research Conference, March 1, 2017. Clearwater Beach, FL.

11. **Hege, A.**, Perko, M. (2016). *Examining the Work Organization of Long-Haul Truck Drivers and Its Relationship with Obesity and Cardiometabolic Disease Risk*. Poster Presentation. SOPHE Annual Conference, March 30-April 1, 2016. Charlotte, NC.

10. Lopez-Salm, A.\*\* & **Hege, A**. (2015). *The Health Educator as Advocate: Why, How, When and to Whom?* Oral Presentation. NC-SOPHE Annual Conference, October 8-9, 2015. Hickory, NC.

9. **Hege, A.**, Perko, M., Apostolopoulos, Y., Sonmez, S. *Work Organization and the Relationship with Cardiometabolic Disease Risk among Long-Haul Truck Drivers*. Poster Presentation. NC-SOPHE Annual Conference, October 8-9, 2015. Hickory, NC.

8. **Hege, A.**, Perko, M., Apostolopoulos, Y., Sonmez, S. (2015). *Long-Haul Truck Drivers’ Work Organization and Obesity – A Non-traditional Worksite Setting*. Poster Presentation. NC-SOPHE Midyear Conference, April 10, 2015. Statesville, NC.

7. Perko, M., Day, T., **Hege, A.** (2015). *Emerging Professionals in Worksite Health Promotion and LinkedIn Utility Survey*. Poster Presentation. NC-SOPHE Midyear Conference, April 10, 2015. Statesville, NC.

6. **Hege, A.**, Perko, M., Apostolopoulos, Y., Sonmez, S. (2014). *Assessing Truck Driver Sleep Health - An Underrepresented Worksite Wellness Population*.  Poster Presentation. NC-SOPHE Midyear Conference, April 11, 2014.  Browns Summit, NC.

5. Apostolopoulos, Y., Sonmez, S., Wideman, L., Yu, C.H., **Hege, A.**, Oberlin, D. & Johnson, A. (2013). *Paradigm Shift in Commercial Driver Sleep Research: From Reductionist Approach to Complex Adaptive Systems*. Oral Presentation. 21st ICOH (International Commission on Occupational Health) International Symposium on Shiftwork and Working Time. Sauipe Park, Bahia, Brazil.

4. **Hege, A.**, Kelley, A., Johnson, A., Brown, M. (2013). *The Translation of Spiritual Self in Teaching*. Oral Presentation. Lilly Conference on College and University Teaching. Greensboro, NC.

3. Aronson, R.E., Lovelace, K., Smith, M., **Hege, A.**, Shah, G. (2012). *Using Expert Panels to Elicit Potential Multi-Level Determinants of EBPH Practice Related to Population Health, Social Determinants and Alleviating Health Disparities*. Oral Presentation. American Public Health Association National Conference. San Francisco, CA.

2. Kauffman, T., **Hege, A.**, Brown, M. (2012). *To Text or Not to Text – Barriers within Technology and Learning*. Oral Presentation. Lilly Conference on College and University Teaching. Greensboro, NC.

1. Perko, M., Williams, R., **Hege, A.** (2011). *Female College Athlete Alcohol Use Impacted by Perceptions of Other Athletes’ Attitudes*. Poster Presentation. National Conference on Girls and Women in Sport and Physical Activity. Greensboro, NC.

**H. Non Peer-Reviewed Publications/Public Lectures/Media (\*students, \*\*community partners):**

8. **Hege, A.**, Galphin\*, G., Ruffin, G.\*, Clavel O.R.\* ACEs in Appalachia – What We Know and What We Are Learning Through the COVID-19 Pandemic. *The Journal of the Blue Cross NC Institute for Health & Human Services*, Adverse Childhood Experiences volume, 2022. <https://libres.uncg.edu/ir/asu/f/Journal%20of%20the%20Blue%20Cross%20NC%20Institute%20for%20Health%20and%20Human%20Services_Vol_2_May_2022.pdf#page=11>

7. **Hege, A.** What is Sustainable Health (And Why You Need to Know)? *The Journal of the Blue Cross NC Institute for Health & Human Services*, Sustainable Health volume, 2021. <https://libres.uncg.edu/ir/asu/f/Journal%20of%20the%20Blue%20Cross%20NC%20Institute%20for%20Health%20and%20Human%20Services_Vol_1_Summer_2021.pdf#page=11>

6. University Forum Lecture Series, Spring 2021. “Finding Expression in Contested Public Spaces – Pathways to Free Speech and Civic Engagement.” With Dr. Spoma Jovanovic, Dr. Martha McCaughey, and Dr. Brian MacHarg. April 7, 2021.

5. Appalachian and the Community Together (ACT) Office “Across the Disciplines” Podcast. “COVID-19: The Intersection of Politics, Art and Health.” October 12, 2020. <https://open.spotify.com/episode/6E9NC0yJMtnld8ZVnpQyxc>

4. Interview with Hickory Daily Record. Health inspections have stopped in Catawba County – What does that mean for you? App State professor says health professionals lack resources. March 31, 2020. <https://www.hickoryrecord.com/news/health-inspections-have-stopped-in-catawba-county-what-does-that-mean-for-you/article_a31336f2-a61e-5ba7-877a-fbdc38262b27.html>

3. Find Your Sustainability: Adam Hege on Social Justice and Food Insecurity in Rural Appalachia. Podcast with Dr. Lee Ball, Director of Sustainability. January 19, 2018.

<http://appalachianmagazine.org/podcasts/sustain/id/823>

2. Interview with Neal Charnoff, NPR/WFDD Morning Edition. Appalachian State Offers Food Pantry for Students and Staff. Aired December 20, 2017. <https://www.wfdd.org/story/appalachian-state-offers-food-pantry-students-and-staff>

1. **Hege, B.A.** “Truck Drivers and other American workers deserve better”. *Watauga Democrat.* (Published online Sept. 6, 2015; Published in-print Sept. 9, 2015). <http://www.wataugademocrat.com/opinion/letters_to_editor/letter-truck-drivers-and-other-american-workers-deserve-better/article_facb841b-b827-540d-a5eb-7cd89538e01e.html>

**V. GRANTS, HONORS, AND AWARDS:**

**External Grant Proposals/Funding:**

*Funded:*

*Co-Investigator (Co-I).* (July 2022- June 2025). *Public Health AmeriCorps in Rural Appalachia to Prepare, Mitigate, Respond and Recover from Acute Impacts on Mental Health.* AmeriCorps and Centers for Disease Control and Prevention. Total funded: $1,038,630 (3% annual effort/12% annual summer effort). Lead PI: Jennifer Schroeder Tyson.

*Co-Investigator (Co-I).* (July 2022 – June 2023). *Reducing health disparities with community-engaged patient navigation*. Wake Forest School of Medicine, Clinical and Translational Science Institute (CTSI). Total funded: $30,000 (3% effort/12% summer effort). Co-PI’s: Ronny Bell (Wake Forest School of Medicine) and Bonny Morris (Take the Fight to Cancer).

*Pending:*

*Co-Investigator (Co-I, Site PI for Appalachian State University)*. (November 2022 – November 2027). Multidisciplinary Multi-Modal Smart and Safety Systems (3M-3S) Center. University Transportation Centers, US Department of Transportation (DOT). Total proposed: $15,000,000; App State: ~$150,000 per year (15% annual effort/66% summer effort). Lead PI: Mohamed Abdel-Aty (University of Central Florida).

*Not Funded:*

*Co-Investigator (Co-I)*. (Submitted in November 2021 for 2022-2024). *The Road Ahead: Exploring Opportunities for Healthy Truck Stop Food and Physical Activity Environments*. National Institute of Occupational Safety and Health (NIOSH) Exploratory/Developmental Grant Program (R21). National Institutes of Health (NIH). Total request: $275,000 (Subaward: $11,522). PI: Bailey Houghtaling (Louisiana State University).

*Co-Investigator (Co-I)*. (Submitted in September 2021 for 2022-2024). *Institutional Award for Undergraduate Student Training*. American Heart Association (AHA). Total request of $165,000. PI: Scott Collier. Not funded.

*Co-Investigator (Co-I)*. (Submitted in May 2021 for 2021-2024 – Under Review). *Strengthening the Local Food System & Food Resilience in McDowell County, NC*. United States Department of Agriculture (USDA), National Institute of Food and Agriculture (NIFA), Community Foods Project (CFP). Total request of $357,416 (3 years – 10% effort annually). PI: Foothills Food Hub. Not funded.

*Co-Principal Investigator* (Co-PI) with Dr. Michael K. Lemke (University of Houston-Downtown). (Submitted in February 2021 for 2021-2023). *Risks of COVID-19 and other respiratory infectious disease spread among commercial drivers: Using agent-based simulation modeling to understand transmission and identify preventive interventions*. National Institute of Occupational Safety and Health (CDC/NIOSH) R21. Total request of $369,891 (Direct Costs: $274,144). (2 years - 15% effort annually). Not funded.

*Co-Investigator* (Co-I). (Submitted in June 2020 for 2021-2024). *Examining the impact of highway rest area food and beverage offerings on dietary behaviors to inform cardio-metabolic disease risk reduction programs and policies*. National Institutes of Health (NIH) R15. Total request of $471,334 (3 years – 10% effort annually).

PI: Dr. Jared McGuirt (University of North Carolina at Greensboro) – Not funded.

*Co-Principal Investigator* (Co-PI) with Crystal Kelly (Children’s Council of Watauga County) and Denise Brewer (Department of Family and Child Studies). (Submitted in March 2020 for 2020-2023). *Analyzing cross-sector community initiatives and the alignment of systems to promote a culture of health for children and families in rural Appalachia*. Robert Wood Johnson Foundation. Interdisciplinary Research Leaders. Total request of $350,000 – Not funded.

*Co-Principal Investigator* (Co-PI) with Jennifer Warren, Executive Director of Western Youth Network (WYN). (Submitted in 2018 for 2-year funding). “Preventing Trauma, Building Resilience and Addressing Adverse Childhood Experiences (ACEs) in Rural Appalachia: An Upstream Systems Approach.” Robert Wood Johnson Foundation. Systems for Action: Making Health a Shared Value. Total request of $242,508 – Not funded (Made it to final reviews).

*Supporting Investigator*. (2017). “The Appalachian Model: Activating Local Capacity for Access to Food and Water”. National Science Foundation. Total request of $1,800,311 – Not funded.

*Supporting Investigator*. (2016). “From Collective Knowledge to Action: Water Resources, Public Health, and Adaptive Planning in a Rural Mountain Environment”. Environmental Protection Agency STAR grant. Total request of $399,787 - Not funded (made it to final stage).

**Appalachian State University – Internal Grant Proposals/Funding:**

*Funded:*

*Co-Principal Investigator.* (2021-2022). Creating a Minor in Spanish for Health and Helping Professions. Chancellors Innovation Scholars Program. **($9,998 – Funded)**. PI: Dr. Adrienne Erazo.

*Co-Investigator/Climate Literacy Fellow*. (2021-2022). Climate Response-Ability: Closing the Climate Literacy Gap with Innovative, Interdisciplinary and Empowering Climate Education at Appalachian. Chancellors Innovation Scholars Program. **($10,000 – Funded).** Co-PI’s: Brian Burke, Laura England, Rick Rheingans, Shea Tuberty.

*Faculty Mentor for Undergraduate Research Assistantship for Emily Benson.* (Summer 2021). Food insecurity among NC university and college students during the COVID-19 pandemic. **($1,000 – Funded).**

*Co-Investigator.* (Jan. – June 2021)*.* Factors contributing to Nursing Home resilience in the face of COVID-19 for North Carolina. Research Institute for Environment, Energy and Economics (RIEEE) CONCERT program. **($9,553 – Funded**). PI: Dr. Sandi Lane.

*Co-Investigator.* (June 2020-June 2021). Social distancing and physical activity behaviors among trail users in Boone, NC and Morgantown, WV during the COVID-19 pandemic. COVID-19 Research Clusters program. Office of Research. **($7,430 – Funded)**. PI: Dr. Rich Christiana.

*Co-Investigator.* (June 2020-June 2021). Factors contributing to the spread of COVID-19 in Nursing Homes. COVID-19 Research Clusters program. Office of Research **($7,500 – Funded)**. PI: Dr. Sandi Lane.

*Faculty Mentor for Undergraduate Research Assistantship for Kristen Estepp.*(Fall 2019).An epidemiological study of the work, safety and health of U.S. long-haul truck drivers. **($1,000 – Funded).**

*Graduate Research Associate Mentoring Program (GRAM)* Recipient. 2018-2020. Students: Nicole Oakley, India Roseman. **(Funded - $24,000).**

Summer 2018 CONCERT grant – with Dr. Elizabeth Shay and Dr. Maggie Sugg (Department of Geography). Research Institute for Environment, Energy and Economics (RIEEE). **(Funded - $2,160).**

Summer 2018 Research Scholarship. Beaver College of Health Sciences. **(Funded – $5,000).**

*Principal Investigator*. (Fall 2017). Food insecurity and other health challenges in a rural North Carolina community: What are the environmental and cultural barriers and what can be done? University Research Council Grant - $4,954.58 **(Funded - $2,500)**.

*Faculty Mentor* for *Undergraduate Research Assistantship* for Maggie Bennett. (Fall 2017). Understanding and addressing food insecurity and other health and quality of life issues in rural Appalachia counties and communities – (**$1,000 – Funded)**.

Summer 2017 Research Scholarship. Beaver College of Health Sciences. **(Funded - $5,000).**

*Faculty Mentor* for *Undergraduate Research Assistantship* for Hannah Parkhurst. (Summer 2016). Active Living Environmental Assessments of Rural Towns in the High Country region – (**$1,000 – Funded)**.

Summer 2016 Research Scholarship. Beaver College of Health Sciences. **(Funded - $5,000).**

*Faculty Mentor* for Rachel Ertl. (Spring 2016). “Real Talk”. Project focused on mental health issues experienced among rural youth in High Country region of North Carolina. Clinton Global Initiative University Student Project Grant – (**$2,000 – Funded)**.

*Not Funded:*

*Principal Investigator.* (2021). Connecting Public Health Action in a Time of Pandemic: Utilizing a Think Tank Platform to Develop Training for the Next Generation of Data Science and Professionals in Public Health to Address Social Determinants of Health and Health Disparities. Chancellor’s Innovation Scholars Program 2020-2021 – Not funded. (Request of $9,890).

*Co-Investigator.* (2021).High Country peer-led community climate dialog – Communicating risk and resilience. Research Institute for Environment, Energy and Economics (RIEEE) CONCERT program – Not funded. PI: Dr. Elizabeth Shay.

*Principal Investigator*. (Spring 2019). An interdisciplinary collaboration to investigate the unique occupational safety and health challenges of commercial vehicle drivers. Chancellor’s Innovation Scholars program - $9,855 - Not funded.

*Principal Investigator*. (Summer 2017). Proposal for the 2nd Annual Appalachian Energy Summit Grant Program - $5,000 – Not funded.

*Co – Investigator* with Kristin Lanae Ball. (Spring 2016). “Utilizing community-based participatory research (CBPR) to understand and address food insecurity in rural North Carolina.” University Research Council Grant - $4,298.84 – Not funded.

*Principal Investigato*r. (Spring 2016). “Utilizing community-based participatory research (CBPR) to understand and address food insecurity in rural North Carolina.” Sustainability Council Grant - $997 – Not funded.

**Honors/Awards and Nominations:**

Nominated and an Appalachian State University finalist for the North Carolina Board of Governors James E. Holshouser, J. Award for Excellence in Public Service (2021)

Nominated by Appalachian State University for the 2021 NC Campus Compact Engaged Faculty Award, Fall 2020

Appalachian State University Beaver College of Health Sciences “Interprofessional Education Champion” Award, Fall 2020

Nominated for and an Appalachian State University finalist for the North Carolina Board of Governors James E. Holshousher, Jr. Award for Excellence in Public Service (2019)

Appalachian State University Beaver College of Health Sciences “Making a Difference” Award (Fall 2018)

Nominated by Appalachian State University for the 2018 NC Campus Compact Engaged Faculty Award (Spring 2018)

Appalachian State University College Award for Excellence in Community Engagement (Spring 2017)

Nominated for ASU Undergraduate Research Mentorship Excellence Award (2017, 2018, 2019, 2020)

**VI. TEACHING:**

**Appalachian State University**

**Department of Public Health and Exercise Science**

**Introduction to Public Health (PH 2000):** This course is designed to provide an overview of public health with an emphasis on the population perspective and the impacts of health care systems. This course will provide students with the tools to think critically about the various areas of public health including environmental and social/behavioral influences on the health of the public in the U.S. The fields of public health and medicine will also be compared and contrasted.

Spring 2018: 31 students, Summary Evaluation – 4.9 / 5

Fall 2018: 37 students, Summary Evaluation – 4.8 / 5

Spring 2019: 44 students, Summary Evaluation – 4.7 / 5

Fall 2019: 45 students, Summary Evaluation – 5.0 / 5

Spring 2021 (Online): 49 students, Summary Evaluation – 4.7 / 5

Fall 2021 (Hybrid): 55 students, Summary Evaluation – 4.8 / 5

Summer 2022 (Online): 28 students, no evaluations

**Professional Development in Public Health (PH 2400):** In this course, students will interact with faculty, peers, and professionals in related fields. Topics will focus on basic skills/qualities of professionalism, vocational opportunities, developing resumes and cover letters, interviewing, certifications, networking/professional associations, continuing education planning/graduate school, professional planning, and other current professional issues in preparation for post-graduate career development.

Spring 2020 (Online): 22 students, Summary Evaluation - COVID-19 semester, no evaluations

Fall 2020 (Hybrid): 31 students, Summary Evaluation – 4.7 / 5

**Community Health (PH3250/Previously HP3200): *Designated as ‘Service Learning’ course*** This course provides an overview of working with a community to assess its health and social needs. Topic areas will include health-related quality of life, community and cultural concepts, special population needs, capacity assessment and basic data collection methods, leadership, management, and administration principles, communicating health information, and future trends in the global community. In addition, this course will serve as a service learning course, as students will engage with community agencies through service and actively learning about the community health process.

Fall 2016: 35 students, IDEA score – 60, Summary Evaluation - 4.7 / 5

Fall 2016 (Online): 25 students, Summary Evaluation - 4.8 / 5

Spring 2017: 27 students, IDEA score – 62, Summary Evaluation – 4.7 / 5

Spring 2017: 28 students, IDEA score – 58, Summary Evaluation – 5 / 5

Fall 2017: 21 students, Summary Evaluation – 4.7 / 5

Fall 2017: Online, 24 students, Summary Evaluation – 4.6 / 5

Spring 2018: 26 students, Summary Evaluation – 4.6 / 5

Fall 2018: 30 students, Summary Evaluation – 4.8 / 5

Spring 2019: 27 students, Summary Evaluation – 4.8 / 5

Spring 2022: 28 students, Summary Evaluation – 4.9 / 5

**Health Policy, Ethics & Law (PH4600/Previously HP4600)**: This course provides an overview of the public health policy process in the US including the roles, influences and responsibilities of governmental agencies at all three levels of government; examination of historical and current public health policy issues; survey of methods for analyzing public health policy; and strategies for advocacy.

Fall 2016: 9 students, IDEA score – 66, Summary Evaluation - 4.7 / 5

Fall 2017: 11 students, Summary Evaluation – 4.9 / 5

Spring 2018: 23 students, Summary Evaluation – 4.8 / 5

Fall 2018: 9 students, Summary Evaluation – 5 / 5

Spring 2019: 35 students, Summary Evaluation – 4.9 / 5

Fall 2019: 29 students, Summary Evaluation – 4.8 / 5

Spring 2020 (Online): 39 students, Summary Evaluation – COVID-19 semester, no evaluations

Fall 2020 (Online): 34 students, Summary Evaluation – 5 / 5

Spring 2021 (Online): 34 students, Summary Evaluation – 4.8 / 5

Fall 2021 (Hybrid): 44 students, Summary Evaluation – 5 / 5

Spring 2022: 21 students, Summary Evaluation – 5 / 5

Spring 2022: 22 students, Summary Evaluation – 4.9 / 5

Fall 2022: 28 students, Summary Evaluation - / 5

**Seminar in Rural Public Health (PH4650):** This course provides in-depth coverage of how public health is approached by different organizations within a rural community. Topics, assigned reading, and guest lecture will be selected based on the current health concerns of the rural population being studied during the course.

Spring 2020 (Online): 23 students, Summary Evaluation - COVID-19 semester, no evaluations

**Health Program Planning & Evaluation I (HP2100)/Now PH3800 Public Health Interventions I:** This course provides an in-depth overview of health promotion planning and evaluation for all health promotion settings including community, schools, clinical, and worksite. Specifically, students will study how to assess individual and community needs for health promotion, plan and implement effective programs, evaluate the effectiveness of programs, and coordinate the provision of health promotion services.

Fall 2015: 25 students, IDEA score – 63, Summary Evaluation - 4.7 / 5

Fall 2015: 24 students, IDEA score – 47, Summary Evaluation - 4.2 / 5

Spring 2016: 25 students, IDEA score – 58, Summary Evaluation – 4.4 / 5

Spring 2016: 30 students, IDEA score – 56, Summary Evaluation – 4.4 / 5

**Health Behavior Change (HP 3700)/Now PH3700 Foundations in Health Behavior:** Focuses on the development, implementation, and improvement of interventions and programs targeted at health behaviors. Research and theoretical issues are discussed on a broad range of behaviors- from diet and exercise patterns to safety behaviors. Diverse theoretical perspectives on health behavior are discussed. The personal, family, social, institutional, and cultural determinants of health behavior are considered.

Fall 2015: 25 students, IDEA score – 51, Summary Evaluation - 4.4 / 5

Spring 2016: 36 students, IDEA score - 62, Summary Evaluation – 4. 7 / 5

Summer 2016: 17 students

Spring 2017: 40 students, IDEA score – 54, Summary Evaluation – 4.7 / 5

Summer 2017: 16 students

**Climate Responses & Response-Ability (PH 3530):** As climate change has accelerated to the level of global emergency, students all over the world are asking important questions about the future and how we can secure a just and livable climate. This course is a cross-disciplinary look at the many solutions we can implement to reduce the harms of climate change, both through climate mitigation and adaptation. Students will practice envisioning and evaluating climate responses from the perspectives of effectiveness and justice, and will consider applications of various climate solutions within our region.

Spring 2022: 20 students, Summary Evaluation – 4.8 / 5

**Independent Study (PH 3500): Spring 2022:** (Student: Annalyn Hall): This course entitled “Truck Driver Health”, is focused on reviewing and synthesizing the relevant academic literature and governmental reports related to the mental health of long-haul truck drivers.

**Independent Study (PH 3500): Fall 2021:** (Student: Grace Ruffin): This course entitled “Global Maternal Health”, is focused on reviewing and synthesizing the relevant academic literature related to maternal health and violence and the existing disparities.

**Independent Study (PH 3500): Fall 2020, Fall 2019:** (Student: Corinne Dopp): This course entitled, “Health in Law Enforcement”, is focused on understanding and addressing health and wellness-related issues among law enforcement here at App State and in the surrounding area.

**Independent Study (PH 3500): Spring 2020:** (Student: Caroline Pruitt): This course entitled “Rural Health Disparities” was developed to help the student take what she had previously learned in PH 4600 and apply a research project to it that focused on rural mental health and substance abuse challenges.

**Independent Study (PH 3500): Fall 2018:** (Student: Maggie Bennett): This course is entitled, “Adverse Childhood Experiences and Food Insecurity in Rural Appalachia” and is focused on using state-level data to examine the association between the two critical public health issues in rural Appalachian counties of North Carolina.

**Independent Study (HP 3500): Spring 2017:** (Student: Danielle Truesdale): This course entitled, “Food Insecurity in Rural Appalachia”, is focused on getting Danielle involved in ongoing research regarding food insecurity in the High Country and surrounding region.

**Independent Study (HP 3500): Spring 2016:** (Student: Rachel Ertl); Coordinating a research study titled “Real Talk” with Western Youth Network, which focuses on further understanding and addressing health disparities experienced by local youth. The project was funded by a Clinton Global Initiative University Student Project grant ($2,000).

**ASE To Dominican Republic (PH 3530) / Constructing Connections: Cross-Cultural Connections and Community Development in El Cidral, Dominican Republic: Spring 2018: (14 students).** This program involved travel to La Rosas, Dominican Republic where students worked with an organization called Service for Peace. While in La Rosas, the group worked in assisting with the construction of a water tower alongside the community to further the development of the town. Students left Dominican Republic with a first-hand experience of the cycle of poverty and how it affects communities.

**CHS 3531/5531 (cross-listed) Trauma-Informed Practice: Fall 2019: (31 students).** The purpose of this course is to familiarize students in the health professions with trauma, specifically the trauma of adverse childhood experiences (ACEs), and the relationship of ACEs to neurobiology, growth and development, social determinants of health, health risk behaviors, and poor health outcomes. Students learn about the roles, perspectives, and regulations guiding the inter-related disciplines of nursing, public health, and social work and learn about the evidence-based and promising practices used to prevent, identify, and treat trauma, and to build resiliency.

**University of North Carolina Greensboro**

**Department of Public Health Education**

**Race, Ethnicity & Health (HEA 450, online): Spring 2014:** This course explores in-depth the racial, ethnic, and cultural dimensions that underlie health and health disparities.

**Community Health Interventions II (HEA 466): Fall 2013.** Theory and practice in selecting, developing and implementing community-level interventions to improve the health of individuals and communities.

**Personal Health (HEA 201 – 3 semesters): Spring and Fall 2012; Spring 2014.** This course provides a study of determinants of healthful and safe living for various age groups; emphasis on analyses and interpretations of research methods and findings within a social ecological conceptual framework.

***Graduate Teaching Assistant:***

**Applied Program Planning (HEA 648): Fall 2013:** *Teaching Assistant for Master’s level course;* Responsibilities included providing ongoing feedback to 17 MPH students regarding their proposal for their required internship/practicum experience.

**Management of Community Health Organizations (HEA 612): Spring 2012:** *Teaching Assistant for Master’s level course;* Responsibilities included grading student assignments and giving appropriate feedback.

**Introduction to Public Health Education Practice (HEA 339): Fall 2012:** *Teaching Assistant for Undergraduate intensive writing course;* Responsibilities included giving support and grading of student writing assignments.

**Catawba Valley Community College**

**Health and Physical Education**

**Community Health (HEA 120): Spring 2008.** This course provides information on community health and the promotion of active and healthy lifestyles for the general population. Topics include health education and current information about health trends.

**Personal Health and Wellness (HEA 110): Fall 2008 - Spring 2009.** This course

provides information on personal health and wellness and the promotion of individual healthy lifestyles. Topics include cardiovascular health, the five components of physical fitness, obesity, stress management, drug abuse, alcohol abuse, proper nutrition, sexually transmitted diseases, and taking control of personal safety and awareness.

**VII. SERVICE:**

**Master’s Thesis Committees:**

Committee Member. (Chair: Brook Harmon). Student: Madelyn Huey. “Faith-based institutions using community health needs data to develop intervention plans for addressing food insecurity and health disparities.” (2021-2022).

Committee Member. (Chair: Melissa Gutschall). Student: Allison Collins. “Evaluation of social determinants of a micro community in a rural Appalachian town.” (2020 – 2021).

Committee Member. (Chair: Scott Collier). Student: Lainey Hunnicutt. “The effects of changing sleep environment and sleep architecture on autonomic function and associated cardiovascular risks in a population of firefighters.” (2019-2020). Defended on June 30, 2020.

Committee Member. (Chair: Scott Collier). Student: Kasey Kleiber. “Familiarization with at home sleep and blood pressure monitoring.” (2018-2019). Defended on April 12, 2019.

**Undergraduate Honors College Thesis Committees:**

Chair. Student: Ella Brose.

Chair. Student: Emily Baker.

Committee Member (2nd reader). Student: Amelia Rhodes.

Chair. Student: Grace Galphin. “The Impacts of Self Isolation and Stay at Home Orders during COVID-19 on Intimate Partner Violence and Child Maltreatment in the High Country.” Defended on April 13, 2022.

Chair. Student: Grace Ruffin. “Racial Disparities in Maternal Health and Birthing Outcomes Among Women in the United States.” Defended on April 19, 2022.

Chair. Student: Osonia Clavel. “Effects of Adverse Childhood Experiences (ACEs) and food insecurity among the Latinx population in North Carolina.” Defended on April 18, 2022.

Committee Member. Student: Annie Bresko (Communication Sciences and Disorders). “How Speech-Language Pathology Graduate Student Clinicians Perceive the Importance of Standardized Training in Dysphagia: A Qualitative Study. Defended on April 5, 2022.

Committee Member. Student: Katie Tobin (Nutrition). “Evaluation of the Watauga Food Distribution Network Initiatives and Coalition.” Defended on April 26, 2022.

Chair. Student: Gracyn Travitz. “The impacts of food insecurity on school-aged Chinese children.” Defended on April 26, 2021.

Chair. Student: Caroline Pruitt. “From substance use to mental health: how the COVID-19 pandemic is disproportionally affecting LGBTQ+ college students.” Defended on December 10, 2020.

Committee Member. Student: Makayla Pittman (Social Work). “Trauma across the lifespan and implications for Social Work practice. Defended on December 1, 2020.

Chair. Student: Haley Davidson (Exercise Science). “The importance of health literacy in healthcare and the identification of low health literacy in a Spanish speaking population.” Defended on May 1, 2020.

Committee Member (2nd reader). Student: Fahiima Mohamed (Political Science). “The Red Sea as Theater for Great Power Competition: How have the Geopolitics of the Red Sea shaped the Horn of Africa and Fueled Great Power Competition.” Defended on November 25, 2019.

Committee Member (2nd reader). Chair: Dr. JP Jameson, Department of Psychology. Student: Shayla Moniz (Psychology). “Mental health disparities and lack of access to primary care among ethnic minorities in rural areas.” (2018-2019). Defended on April 15, 2019.

Committee Member (2nd reader). Chair: Dr. Marty Root, Department of Nutrition and Healthcare Management. Student: Rebecca Howell (Nutrition). “Barriers and challenges to those with celiac disease and residing in rural western North Carolina.” Defended April 27, 2018.

Committee Member (2nd reader). Chair: Dr. Lanae Ball, Department of Nutrition and Healthcare Management. Student: Conner Wallace (Nutrition). “Understanding Food Insecurity, Coping Strategies, and Food Access Issues in a Rural NC Community.” Defended July 10, 2017.

Chair. Student: Hannah Parkhurst. “Barriers and the Built Environment: An Assessment of Physical Activity in Rural Appalachia.” Defended July 31, 2017.

**University:**

Quality Enhancement Plan (QEP), Steering Committee (2021 – current)

University Research Council, (2021 – current)

Search Committee, Director of Wellness and Prevention Services (2021 - 2022)

Humanities Council (2020 – current)

Faculty Senate Ad-Hoc Committee on Faculty Salaries. (2019 – 2020)

University Forum Committee. (2019 – current)

Peer Assisted Review Enterprise (PARE) Committee member (2018-current)

MLK Challenge, Site Leader (2017-current)

* Day of Service with students in the local community to honor the legacy of Dr. Martin Luther King, Jr. Have served at the May Wildlife Rehabilitation Center at Lees McRae College (2017), Western Youth Network (2018), Farm Café (2019), and Horse Helpers of the High Country (2020)

Faculty Transfer Mentor (Fall 2017- current)

Student/Faculty Exchange and Common Reading Book Discussion Leader (Fall 2017 - current)

Trailhead Academy Faculty Leader (Summer 2017)

Equity in Action (2017)

* Student run conference at Appalachian State University geared towards educating all participants on issues and topics related to diversity, equality, equity, and social justice

AppalFRESH Collaborative, member (2016 – current)

* Collaborative focuses on research, education, and engagement related to socially, economically and ecologically viable food systems.

Sustainability Council, member (2016 - current)

Plemmons Fellows Scholarship Review Committee

* (Dec. 2016 – Feb. 2017), (Dec. 2017 – Feb. 2018), (Dec. 2018 – Feb. 2019)

House Calls, annual outreach event to on and off-campus students

- Jan. 25, 2016 -Sept. 6, 2018

- Aug. 31, 2016 -Sept. 5, 2019

- Jan. 30, 2017 (cancelled)

Open House, on-campus recruiting (2016-current)

Hubbards Program

* “Bringing Social Justice to the Curriculum: A Panel Discussion (Panel Facilitator with Lee Ball and Heather Jo Mashburn), March 25, 2016

Be Well-AppState

* Guest Speaker, “Obesity Prevention in the Workplace: The Need for a Comprehensive Approach; March 15, 2016

INTERSECT Social Justice Retreat (Facilitator – Applied and Selected, Oct. 2015-March 2016)

**College:**

Beaver College of Health Sciences College Sustainability Council Liaison (March 2016-current)

Dean’s Strategic Planning Committee (2017 – current)

Departmental representative on the Dean’s Advisory Committee (2018 – current)

Interprofessional Education (IPE) Advisory Board (2018 – current)

**Department:**

Promotion and Tenure Committee (Chair):

Fall 2021-Spring 2022

Faculty Search Committee (Chair):

Public Health, Non-Tenure Track Lecturer (Sept. 2021 -April 2022)

Faculty Search Committee (Member):

Public Health, Tenure-Track Assistant Professor (Sept. 2021 – March 2022)

Blue Cross Blue Shield Endowed Distinguished Professorship (Sept. 2020 – Jan. 2021)

Open-Rank Professor (Endowed) in Public Health (Sept. 2018 – March 2019)

Professorship (Endowed) in Public Health (Oct. 2017 – March 2018)

Public Health, 2 positions (Oct. 2016 – March 2017)

Health Promotion (Oct. 2015 - Feb. 2016)

Exercise Science (March 2016 – April 2016)

Teaching Peer Review:

ES 2040 (Primary Observer) Instructor, Gregory Anoufriev, October 26, 2021

ES 4000 (Primary Observer) Instructor, Keane Hamilton, November 10, 2020

ES 2040 (2nd Observer) Instructor, Zachary Farris, October 23, 2020

ES 4620 (Primary Observer) Instructor, Rebecca Kappus, October 8, 2019

PH 3530 (2nd Observer) Instructor, Chris Seitz, March 22, 2019

ES 2031/Lab (Primary Observer) Instructor, Gregory Anoufriev, November 5, 2018

ES 5645 (Primary Observer) Instructor, Scott Collier, April 12, 2018

ES 3550 (2nd Observer) Instructor, Herman van Werkhoven, April 14, 2017

HP 4200 (2nd Observer) Instructor, Erin Bouldin, April 4, 2017

HP 2100 (2nd Observer)Instructor, Rich Christiana, Nov. 13, 2015

Attendance:

Convocation (Sep. 3, 2015) Convocation (August 20, 2018)

Graduation (Dec. 12, 2015) Graduation (December 15, 2018)

Graduation (May 13, 2016) Convocation (August 27, 2019)

Convocation (August 15, 2016) Graduation (May 10, 2019)

Graduation (December 10, 2016) Graduation (December 13, 2019)

Graduation (May 12, 2017) Graduation (May 16, 2020)

Convocation (August 21, 2017) Graduation (December 12, 2021)

Graduation (December 16, 2017) Graduation (May 6, 2022)

Graduation (May 11, 2018)

Public Health Program Area:

Member, PH CEPH Accreditation Committee (2015-current)

Member, PH Curriculum Committee (2015-current)

Designated Leader for CEPH accredited Undergraduate Public Health program (2016-current)

Faculty Advisor for American Mock World Health Organization (AMWHO) Club (2017-2019)

Faculty Advisor for Appalachian State University student-led Public Health Club (2015-2019, 2021-current)

**Profession:**

Editorial Board: *Frontiers in Public Health, Occupational Safety and Health section (2022 – current)*

Editorial Board: *Journal of Appalachian Health (2022 – current)*

Guest Editor: International Journal of Environmental Research and Public Health, Special Issue: “Work organization, occupational stress and mental health and wellbeing: Advances in the evidence and intervention approaches.” (2021 - 2022)

Advisory Board: UNC-Wilmington’s Undergraduate Public Health Program (2021 – current)

Associate Editor: *Family and Community Health* (2021 – current)

Editorial Board: *Behavioral Medicine* (2021 – current)

Review Board: *American Journal of Health Behavior* (2020 – current)

Editorial Board/Guest Editor: *International Journal of Environmental Research and Public Health*, Special Issue: “Food Insecurity, Social Determinants of Health and Quality of Life in Rural and Remote Areas.” (2019 – 2020)

Journal Reviewer

*BMC Public Health Yale Journal of Biology and Medicine*

*International Journal of Environmental Research and Public Health Applied Sciences*

*American Journal of Industrial Medicine Preventive Medicine Reports*

*Journal of Transport & Health Journal of Racial and Ethnic Disparities*

*Journal of Safety and Health at Work American Journal of Preventive Medicine Preventing Chronic Disease SSM Population Health*

*International Journal of Industrial Ergonomics American Journal of Health Behavior*

*Social Sciences Research Behavioral Medicine*

*International Journal of Health Policy and Management Tobacco Prevention & Cessation*

*Journal of Occupational and Environmental Medicine BMJ Open*

*Injury Prevention Preventive Medicine*

*Public Health Nature and Science of Sleep*

*PLOS One Occupational and Environmental Medicine*

*Journal of Appalachian Health Int. Arch. of Occup. and Envir. Health*

*Journal of Health Care for the Poor and Underserved Journal of Occupational Health*

*Journal of Sleep Research Social Science & Medicine*

Conference Abstract Reviewer

American Public Health Association Annual Conference (Fall 2016 – current)

Society for Public Health Education Annual Conference (Fall 2017 – current)

Professional Organization Boards and Committees

Governing Councilor (elected), American Public Health Association, representing the Public Health Education and Health Promotion Section (PHEHP) (2020 – 2022)

NCPHA Academic/Practice-Based Research Committee (2018 – current)

NC SOPHE Advocacy Committee (2013 – current)

APHA committee sections (Occupational Safety and Health, Public Health Education and Health Promotion) (2013 – current)

Academic Liaison for North Carolina Public Health Association and Member of Governing Council. Appointed by the President (Brittan Wood) (2018 – 2019)

Chair of North Carolina Society for Public Health Education Advocacy Committee and on Executive Committee (2014 - 2016)

**Community:**

Watauga Compassionate Community Initiative (2018 – 2022)

- Leadership committee, Data sub-committee co-chair with Dr. Kellie Reed-Ashcraft

Boone United Methodist Church

- Church Council, Lay Delegate to Annual Conference, Health and Safety team

Hunger and Health Coalition

- A Simple Gesture Food Insecurity/Food Delivery program

Watauga County Parks and Recreation

- Volunteer Youth Baseball Coach (9 and 10-year old)

- Volunteer Youth Basketball Coach (11 and 12-year old)

**VIII. PROFESSIONAL MEMBERSHIPS:**

American Public Health Association North Carolina Public Health Association

Society for Public Health Education North Carolina Society for Public Health Education