# Curriculum Vitae

# SECTION I--Personal Information & Highlights

**Name:** Paul A. Estabrooks, PhD **Date:** December 2022

**Work Address:** 248 HPER North, U of Utah **Phone:** (720) 261-7587

Salt Lake City, 84112 **E-mail:** paul.estabrooks@health.utah.edu

**Positions:**

University of Utah

2022-present Associate Dean of Community Engagement, College of Health, University of Utah

2022-present Professor, Department of Health & Kinesiology, University of Utah

University of Nebraska Medical Center

2016-2021 Harold M. Maurer Distinguished Chair, Department of Health Promotion, University of Nebraska Medical Center

2016-2021 Professor, Department of Health Promotion, University of Nebraska Medical Center

Virginia Tech

2012-2015Professor, Family Medicine, Virginia Tech Carilion School of Medicine

2012-2015 Senior Director of Research, Carilion Clinic

2011-2015 Director, Translational Obesity Research Center, Virginia Tech

2010-2015 Professor, Human Nutrition, Food, & Exercise, Virginia Tech

2007-2010 Associate Professor, Human Nutrition, Food, & Exercise, Virginia Tech

Kaiser Permanente

2003-2007 Research Scientist, Institute for Health Research, Kaiser Permanente Colorado

Kansas State University

1999-2003 Assistant Professor, Kinesiology, Kansas State University

1999-2003 Exercise Specialist, Office of Community Health, Kansas State University

# Highlights

# Publications (n=291; H-Index=71): 276 Peer Reviewed Publications; 14 Book Chapters; 1 Textbook

# Current Federal Funding: 3 R01 or equivalents as CO-I (National Cancer Institute-$3 million in total costs; CDC $2.4 million in total costs).

#### **Research Translated into Practice**

*Walk Kansas* a group dynamics-based physical activity (PA) intervention developed in 2001 delivered 2002-Present (183,000 participants to date).

*Diabetes Prevention Group PA and Nutrition Intervention* a brief practical group dynamics-based program for pre-diabetes patients developed in 2003 delivered in 2004-Present (~8,000 participants).

*Move More: Clinical PA Program* a group dynamics-based clinical intervention developed in 2004 delivered 2005-2009 (~500 participants).

*Family Connections with IVR support* a social ecological theory-based childhood obesity treatment program developed collaboratively with KP weight management. Used as the research basis for the Healthy Choice Hotline roll out in Kaiser Permanente Colorado.

*Fit Extension* a group dynamics-based PA and fruit & vegetable intervention developed in 2008 delivered 2009-2012 (2,400).

*FitRx90* an existing clinical weight loss program delivered to employees of a regional healthcare system. Integrated behavioral strategies into existing program, developed a maintenance program, and improved weight loss outcomes. 2012-present (approximately 200 employees).

*Healthy Lifestyles Nurse Care Coordinator Delivered Weight loss program* adapted the diabetes prevention program lifestyle intervention for chronic care nurses to provide for patients delivered 2015-present (~800 patients).

*Weigh and Win* a commercially available community weight loss program with social cognitive theory and behavioral economics approaches integrated into standard practice delivered 2011-present (~100,000 participants to date).

#### **Selected Awards**

Research to Practice Dissemination Award of Excellence, *Society of Behavioral Medicine (2003)*

# Early Career Distinguished Scientist North Am Soc for the Psych of Sport and PA (2005)

Distinguished Service Award *Society of Behavioral Medicine* (2007)

Fellow *Society of Behavioral Medicine* (2009)

Lawrence W. Green Paper of the Year Award *Health Education & Behavior* (2009)

Harold M. Maurer Distinguished Chair in Public Health (2016)

University of Nebraska Medical Center Distinguished Scientist (2017)

Fellow *National Academy of Kinesiology* (2022)

#### **Selected Teaching Indicators**

26 MS/MPH & 10 PhD students completed; 3 PhD current students; 22 students receiving research awards; Led creation of Behavioral & Community Graduate Track at Virginia Tech; Developed graduate courses in Dissemination & Implementation Science; Translational Science; Team Science; Research Methods

# SECTION II--Education

**Universities (Dates and Degrees):**

The University of Calgary 1990-1993 BPE with Distinction.

The University of Calgary 1994-1996 MSc Kinesiology

The University of Western Ontario 1996-1999 PhD Kinesiology

# SECTION III—Grants and Publications

**Extramural Research Grants:**

#### Principal or Co-Principal Investigator

**Ongoing:**

**Estabrooks**/Locke (1/2022-12/2022). Developing Tools to Improve Participation in Existing Lifestyle Interventions. Margolis Foundation. Goal to assess and develop prototype tools to increase reach in evidence-based interventions for diabetes prevention and self-management (62,000 in total Costs).

**Estabrooks/**Jackson/Locke (8/2022-7/2023). Exploring pathways for preventive screening follow-up. Mobile Health Innovation Collaborative. Goal to improve referral, access, and utilization of diabetes prevention programs by Wellness Bus participants (25,000 in total costs).

**Completed:**

**Estabrooks** (2021-2022). Great Plains IDEA Clinical and Translational Research Network Community Engagement and Outreach Core. NIH-NIGMS U54GM115458. Community Engagement and Outreach goal: To provide infrastructure, consultation, and training to improve regional capacity for community-engaged clinical and translational research. Role: Core Director. (800,000 in total costs).

**Estabrooks** (2017-2021). Preventing Diabetes with Digital Health and Coaching for Translation and Scalability (PREDICTS). Omada Health. Goal to test the effectiveness of an electronically supported diabetes prevention program. Role: Implementation PI. (1,900,000 total costs)

**Estabrooks** (2018-2020). Rural Patient and Stakeholder Engagement in Research. PCORI 10693-UON. Overall goal: Identify and test tools to support patient and stakeholder engagement in rural areas of the great plains. Role: Principal Investigator. (250,000 total costs).

Zoellner, **Estabrooks** MPI (2017-2020). A randomized-controlled trial to compare the reach, effectiveness and maintenance of two family-based childhood obesity treatment programs in a medically underserved region. PCORI. Overall goal: To develop community capacity to implement and sustain a childhood obesity treatment program that effectively reduces child weight status. Role: MPI (2,000,000 total costs)

**Estabrooks;** Hill (2018). An Evaluability Assessment of the One for Good Initiative. Robert Wood Johnson Foundation. Overall goal: To determine the potential for evaluation of a community-industry partnership focused on improving health. Role: MPI. ($70,000 total costs).

**Estabrooks P**; Zoellner J (2013-2015). Dan River Region POPS: Partnering for Obesity Planning and Sustainability. NIH-NIMHD. Role: MPI. Goal: To assess community capacity to develop, implement, and sustain a childhood obesity reduction initiative in the Dan River Region. To determine the potential reach (i.e., proportion of target population & representativeness), effectiveness (i.e., changes in child BMI z-scores over a 6 month period), feasibility (i.e., the degree to which the intervention can be adopted, implemented, and sustained as intended) and cost (i.e., resource and staffing costs) of the newly developed intervention. (Direct: $507K; Total $790K)

**Estabrooks PA** (2012-2015). Contract for Services as Senior Research Director for Carilion Clinic. Carilion Clinic. Role: PI. Goal: To facilitate research that leads to documentable changes in patient outcomes ($300,000 total costs).

**Estabrooks, P. A.** (2007-2013). Tailored Worksite Weight Control Programs. National Institutes of Health: NIDDK. Goal: To determine the effectiveness of an internet and monetary incentive-based weight loss intervention for employees. (Direct: 3 million; Total: 4.5 million)

**Estabrooks, P. A.** (2010-2013). Tailored Worksite Weight Control Programs. Research Supplements to Promote Diversity in Health-Related Research Program National Institutes of Health: NIDDK. Goal: To examine the influence of social networks on the effectiveness of an internet and monetary incentive-based weight loss intervention for employees. (Direct: $150K; Total $225K)

**Estabrooks, P.A.** (2009-2010). Preventing excessive weight gain in obese low-income women during pregnancy. Carilion Clinic. (Total: 30,000).

**Estabrooks, P. A.** (2004-2010). Mechanisms of Physical Activity Change. National Institutes of Health: NIDDK. Goal: To determine the causal mechanisms of physical activity behavior change for middle-aged and older adults. (Direct: 2 million; Total: 2.8 million)

**Estabrooks, P.A.** (2007-2009). Piloting a clinical/community integrated pediatric obesity program. Carilion Clinic. (Total: 80,000).

**Estabrooks, P.A.** (2004-2006). Community Obesity Prevention Initiative. Center for Disease Control and Prevention: Public Health Prevention Specialist Program (Total: $120,000)

**Estabrooks, P.A**. (2003-2005). Developing a Self-Sustaining Physical Activity Program for Under-Served Older Adults. American Heart Association (Total: $120,000)

**Estabrooks, P.A.** (2004-2006). Managing weight in overweight and at risk children. Garfield Memorial Fund (Total: $250,000)

**Estabrooks P.** (2006)**.** Community Capacity Development, Planning and Implementation of Healthful Eating and Activity Living Initiatives in Colorado. Colorado Department of Public Health and Environment. (Total: 50,000)

**Estabrooks, P.A.** & Beck, A. (2004-2005). Innovative strategies for worksite weight control. Kaiser Foundation Care Management Institute (Total: 44,000)

**Estabrooks, P. A.** & Bradshaw, M. (2002-2003). Integrating telephone contacts and group-dynamics principles to increase physical activity for older adults who use congregate meal sites: A pilot study. Kansas Social and Rehabilitative Services (Total: $50,000).

Dzewaltowski, D. A., & **Estabrooks, P. A.** (2001-2005). Evaluation of the Kansas Department of Health and Environment Community Healthy Intervention Process. Kansas Health Foundation (Total: $129,478)

**Estabrooks, P. A.** & Bradshaw, M. (2001-2002). The effectiveness of a group-dynamics intervention on the promotion of physical activity for older adults at congregate meal sites. Kansas Social and Rehabilitative Services (Total: $30,000)

**Estabrooks, P.A.** Gyurcsik, N.C., (2001). Evaluating the efficacy of the Arthritis Foundation People with Arthritis Can Exercise (PACE) program. Kansas Dept of Health & Env (Total: $10 096).

**Estabrooks, P. A.** & Bradshaw, M. (2000-2001). The feasibility of physical activity programming for older adults who used congregate meal sites. Kansas Social and Rehabilitative Services (Total: $30,000)

Dzewaltowski, D. A., & **Estabrooks, P. A.** (2000-2001). Connect Kansas. Kansas Department of Social and Rehabilitation Services: Office of the Secretary for the Advancement of Prevention (Total: $100,000)

**Estabrooks, P. A.** & Carron, A. V. (1997). Social influences in the elderly: An application of the Theory of Planned Behavior. Association for the Advancement of Applied Sport Psychology Graduate Research Grant (Total: $535).

**Estabrooks, P. A.** & Carron, A. V. (1997/98). Social influences and elderly exercisers. Canadian Fitness and Lifestyle Research Institute of Canada Research Grant (Total: $8,100).

#### Co-Investigator

**Ongoing:**

Buman M; Pereira M (2020-2025). Stand & move at work II: effectiveness and implementation. National Cancer Institute (R01 CA250527). Overall goal: To test both the effectiveness and implementation of a multicomponent behavioral intervention designed to support the use of sit-stand workstations.

Role: Co-I—Implementation Science expert

Ehlers D (2021-2026). Enhancing cognitive function in breast cancer survivors through community-based aerobic exercise training. National Cancer Institute (R37 CA252060) Overall goal: this Hybrid Type I effectiveness-implementation study will examine the effectiveness of a 6-month, community-based aerobic exercise program and gather information on the intervention’s potential for scalability as defined by the RE-AIM framework (i.e., reach, effectiveness, adoption, implementation, maintenance).  Role: Co-I.

Hill JL; Heelan KA (2019-2024). Translating Efficacious Pediatric Weight Management Interventions into Rural & Micropolitan Communities. Centers for Disease Control and Prevention (U18 DP006431). Overall goal: To collaboratively refine and develop an intervention package for the BHF that includes materials necessary for others to implement the intervention in new metropolitan/rural locations. Role: Senior scientist, Co-I—implementation science expert and mentor.

Potter JF (2019-2024). Nebraska Geriatric Workforce Enhancement Training. Health Services Research Administration. Overall goal: To improve the healthcare and healthcare outcomes of Nebraska’s older population by educating teams of primary care of providers, patients, their families and caregivers on evidence-based practices. Role: Consultant, Mentor.

Stoutenberg M; Trilk J (2022-2023). Implementing and Evaluating the Comprehensive Integration of Physical Activity into a Major Health System and Connecting Patients to Community-Based Physical Activity Programs. National Heart, Lung, and Blood Institute (R56 HL157218). Overall goal: Examine the reach, effectiveness, adoption, implementation, and maintenance of Exercise is Medicine GreenvilleTM. Role: Co-I, D&I expert.

**Completed:**

Lee RE (2016-2021). Sustainability via active garden education. NIMHD. Overall goal: To determine the impact of SAGE, a gardening and nutrition education program, on physical activity and fruit and vegetable consumption in low-to-middle income 3-5 years olds at daycare. Role: Co-I

Rizzo M (2016-2021). Great Plains IDEA Clinical and Translational Research.

NIGMS. Overall goal: To develop infrastructure, networks, and scholars that conduct high quality clinical and translational research. Role: Co-Director; Co-I.

Zoellner, JM (2016-2018). SIPsmartER Southwest Virginia: A systems-based approach to disseminate and implement an effective sugar-sweetened beverage reduction intervention. NCI. Overall Goal: to develop, establish feasibility, and determine the potential utility of an implementation strategy for SIPsmartER, which will reflect system-level needs and resources specific to SIP*smart*ER, as well as build general capacity related to organizational health literacy. Role: Co-I

Almeida, FA (2012-2017). The reach and effectiveness of technology-enhanced diabetes prevention programs. NIDDK. Goal: to determine the reach and effectiveness of two different technology enhanced interventions to support weight loss for patients at risk for diabetes. Role: Co-I, mentor, study design, intervention development, IVR development, RE-AIM evaluation.

Madigan, M (2014-2016). Balance recovery training for fall prevention in retirement communities. NIA. Goal: To investigate balance recovery training (BRT) as a specific exercise which may be the most beneficial to prevent falls and fractures and their associated morbidities and mortality in older adults living in retirement communities. Role: Co-I, implementation science expert, study design and evaluation (427,799).

Levesque, L. (2012-2013). Dissemination of 'Pausa Activa', a strategy to enhance physical activity promotion in health care settings in Mexico: Investigating program implementation and impact. Operating Grant Population Health Intervention Research. Institute of Cancer Research/Public Health Agency of Canada (199,431).

Zoellner J (2011-2016). SIPSMARTER: A nutrition literacy approach to reducing sugar-sweetened beverages. The National Cancer Institute. Role: Mentor, Collaborating Investigator. Goal: To determine the effectiveness of a small group and automated telephone counseling intervention to improve health literacy and reduce sugar sweetened beverage consumption. (3,000,000)

You W (2010-2013). Dynamic Interactions of Monetary and Nonmonetary Incentives in Weight Loss Interventions. National Heart, Lung, and Blood Institute. Role: Mentor, Collaborating Investigator. Goal: To determine optimal type, magnitude, and timing of financial incentives to increase participation in weight loss programs (250,388).

Glasgow, R.E. (2007-2012). Linking Self-Management and Primary Care for Diabetes. NIDDK. Role: Co-Investigator. Goal: To determine the effectiveness of multi-modal intervention techniques for improving diabetes self-management. (2,500,000)

Lee, R. (2005-2010). Ecological Strategies to Maintain Physical Activity among Ethnic Minority Women. National Institutes of Health (2,200,000)

Dickinson P (2005-2007). Multiple Interactive Technologies to Enhance Care (MiTEC). Robert Wood Johnson Foundation (299,989). Goal: To integrate behavioral interventions within primary care using technology facilitated approaches. Role: Co-I

Tinkelman, D. (2005-2007 Telephone Counseling for Weight Management. Colorado Department of Public Health and Environment. (307,442)

Glasgow, R. (2004-2005). Common metrics and RE-AIM evaluation of Health E-Technologies. Robert Wood Johnson Foundation ($40,000).

Glasgow, R. (2003-2007). RE-AIM Evaluation of Tailored Smoking Harm Reduction. National Cancer Institute, NIH (2,100,000).

Glasgow, R. (2003-2005). Evaluating and enhancing the reach and dissemination of health promotion interventions. Robert Wood Johnson Foundation ($40,000).

Glasgow, R. (2001-2002). Evaluating and enhancing the reach and dissemination of health promotion interventions: The behavior change consortium. Robert Wood Johnson Foundation ($140,000).

Dzewaltowski, D. A., & Johnston, J. (1999-2003). Health Youth Places. National Institutes of Health: Institute of Child Health and Human Development. ($1,400,000).

Lee RE (2011-2013). Multinational collaboration to increase PA in Hispanics. NCI. Role: Consultant. Goal: To generate research collaborations that investigate physical activity promotion in Mexicans and Mexican Americans. (50,000)

McAuley E (2009-2013). Activity, Gait, & Efficacy (AGEII): Functional limitations and quality of life. NIA. Role: Consultant. Goal: Test the effectiveness of a DVD-delivered home-based physical activity intervention targeting flexibility, toning, and balance (FTB) activities when compared with an attention control condition to reduce functional limitations and enhance functional performance and quality of life (QOL) in older adults. (2,000,000)

Nahm E (2009-2013). Dissemination of a theory-based bone health program in online communities. NINR. Role: Consultant. Goal: compare the long-term impact of two SCT-based online bone health interventions in adults age 50 and older targeting two large online communities (SeniorNet, MyHealtheVet). (2,100,00).

##### Jones R (2012 – 2017). An Interactive Preventive Health Record to Increase Colorectal Cancer Screening. NCI. Role: Consultant Goal: This study will develop and evaluate the effectiveness of the theory-based MyCRCS+ intervention, which will be integrated into an existing interactive preventive health record (2,200,000)

**Intramural Research Grants:**

#### Principal/Co-Principal Investigator

**Estabrooks PA** (2016-2018). Food for Health Forming Team Grant.

**Estabrooks, P.A.** (2004-2005). Prevention Rapid Cycle Research Team. KPCO (200,000)

**Estabrooks, P. A.** & Fultz, P. A., (2001-2003). Examining positive youth development through 4-H clubs and after-school programs. AES. ($40,000).

**Estabrooks, P. A.** & Gyurcsik, N. C., (2001). Applying the Healthy Places Framework to a senior’s living community. Research and Extension-Healthy Places Intiative. ($7,500).

Gyurcsik, N. C., **Estabrooks, P. A.,** & Lohse-Knous, B. (2001-2003). Reducing the negative impact of arthritis through physical activity and nutrition education. AES. ($40,000).

**Estabrooks, P. A.** (2000). Assessing community need for physical activity resources. Kansas State University Small Research Grant ($2,000).

**Estabrooks, P. A.** (2000). Availability of physical activity classes for older Kansans. Galachia Center on Aging. ($1,200).

**Estabrooks, P. A.** (1999). Refinement and validation of the physical activity environment questionnaire for older adults. Kansas State University Small Research Grant ($2,500).

**Refereed Publications (Author Alphabetical Order; \*denotes students and trainee authors; senior author is designated by final author papers; times cited from google scholar April 2019)**

* + - 1. Akers J, **Estabrooks PA,** Davy BM. (2010). Translational Research: Bridging the gap between long-term weight loss maintenance research and practice. *Journal of the American Dietetic Association, 110,* 1511-1522. (Times Cited 89)

1. \*Allen KC, Zoellner JM, Motley M, **Estabrooks PA**. (2011). Understanding the internal and external validity of health literacy interventions: A systematic literature review using the RE-AIM framework. Journal of Health Communication, 16, 55-72. (Times Cited 81).
2. Alexander R, **Estabrooks PA,** Brock DJP, Hill JL, Whitt-Glover MC, Zoellner JM. (2021). Capacity development and evaluation of a parent advisory team engaged in childhood obesity research. *Health Promotion Practice, 22,* 102-111.[doi.org/10.1177/1524839919862251](https://doi.org/10.1177%2F1524839919862251)
3. Almeida FA, \*Brito FA, **Estabrooks PA** (2013). Modelo RE-AIM: Tradução e Adaptação cultural para o Brasil. *Revista Familia, Ciclos de Vida e Saude no Contexto Social, 1*, <http://sitioanterior.uftm.edu.br/revistaeletronica/index.php/refacs/article/viewFile/602/421>. . (Times Cited 12)
4. Almeida FA, Michaud TL, Wilson KE, Schwab RJ, Goessl C, Porter GC, Brito FA, Evans G, Dressler EV, Boggs AE, Katula JA, Sweet CC, **Estabrooks PA**. Preventing diabetes with digital health and coaching for translation and scalability (PREDICTS): A type 1 hybrid effectiveness-implementation trial protocol. *Contemp Clin Trials.* 2020;88:105877.
5. Almeida FA, Pardo KA, Seidel RW, Davy BM, You W, Wall SS, Smith EM, Greenawald MH, Estabrooks PA (2014) Design and Methods of "diaBEAT-it!": A Hybrid Preference/Randomized Control Trial Design using the RE-AIM Framework. *Contemporary Clinical Trials, 38,* 383-396. (Times Cited 8)
6. \*Almeida FA, Shetterly S, Smith-Ray RL, **Estabrooks PA.** (2010) Reach and effectiveness of a weight loss intervention in patients with prediabetes in Colorado. *Preventing Chronic Disease, 7,*(5). <http://www.cdc.gov/pcd/issues/2010/sep/09_0204.htm> (Times Cited 37)
7. \*Almeida, F. A., Smith-Ray, R. L., Van Den Berg, R., SchrienerP., Gonzales M., Onda, P., **Estabrooks, P. A.**, (2005). Utilizing a simple stimulus control strategy to increase physician referrals for physical activity promotion. *Journal of Sport and Exercise Psychology, 27,*505-514. (Times Cited 11)
8. Almeida FA, Smith-Ray RL, Dzewaltowski DA, Glasgow RE, Lee RE, Thomas DSK, Xu S, **Estabrooks PA**. (2015). An interactive computer session to initiate physical activity in sedentary cardiac patients: randomized controlled trial. *Journal of Medical Internet Research, 17,* e206*.* (Times Cited 4)
9. Almeida FA, Wall S, Glasgow RE, Linnan L, Davy B, Hill J, You W, **Estabrooks PA.** (2014) What types of worksites participate in weight loss trials? REFACS (online); 2(2):121-28.
10. Almeida FA, Wall SS, You W, \*Harden SM, Hill JL, \*Krippendorf BE, **Estabrooks PA**. (2014). The association between worksite physical environment and employee nutrition, and physical activity behavior and weight status. *Journal of Occupational and Environmental Medicine, 56,* 779-784*.* (Times Cited 23)
11. Almeida FA, You W, Harden SM, Allen KC, Davy BM, Glasgow RE, Hill JL, Linnan LA, Wall SS, Yenerall J, Zoellner, JM, **Estabrooks PA**. (2015) Effectiveness of a Worksite-based Weight Loss Randomized Controlled Trial: The WORKSITE Study. *Obesity*, *23,* 737-745. DOI: 10.1002/oby.20899*.* (Times Cited 20)
12. AuYoung M, Linke SE, Pagoto S, Buman MP,Craft LL, Richardson CR, Hutber A, Marcus B, **Estabrooks P**, Sheinfeld GorinS. (2016). Integrating physical activity into primary care. *American Journal of Medicine, 129,* 1022-1029*.* (Times cited 31)
13. Aviles J, \*Porter GC, **Estabrooks PA**, Alexander NB, Madigan ML. (2020) Potential implementation of reactive balance training within continuing care retirement communities. *Translational Journal of the American College of Sports Medicine*, 5, 51-58.
14. Bailey AN, Porter KJ, Hill JL, Chen Y, **Estabrooks PA**, Zoellner JM (2016). The impact of health literacy on rural adults’ satisfaction with a multi-component intervention to reduce sugar-sweetened beverage intake. Health Education Research 31 (4), 492-508. (Times cited 3)
15. Beauchamp M, Dunlop W, Downey S, **Estabrooks P.** (2012). First impressions count: Perceptions of surface-level and deep-level similarity within postnatal exercise classes and implications for program adherence. Journal of Health Psychology, 17, 87-99. (Times Cited 8)
16. Beauchamp MR, Harden SM, Wolf SA, Rhodes RE, Liu Y, Dunlop WL, Schmader T, Sheel AW, Zumbo BD, **Estabrooks PA**. (2015). Group based physical activity for older adults (GOAL) randomized controlled trial: study protocol. *BMC Public Health,* 15:592*,* doi:10.1186/s12889-015-1909-9*.* (Times Cited 9)
17. Beauchamp MR, Ruissen G, Dunlop WL, **Estabrooks PA,** Harden SM, Wolf SA, Schmader T, Puterman E, Sheel AW, Rhodes RE. (2018) Group based physical activity for older adults (GOAL) randomized controlled trial: Exercise adherence outcomes. *Health Psychology, 37,* 451-461*.* (Times cited 5)
18. Bennett EV, Hurd Clarke, L., Wolfe, S., Dunlop, W.L., Harden, S.M., Liu, Y., **Estabrooks, P.A**., Rhodes, R. E., & Beauchamp, M. R. (2018). Older adults’ experiences of group-based physical activity: a qualitative study from the ‘GOAL’ randomized controlled trial. *Psychology of Sport and Exercise, 39,* 184-192. (Times cited 2)
19. \*Blackman KCA, Zoellner J, \*Berrey LM, \*Alexander R, Fanning J, Hill JL, **Estabrooks PA**. Assessing the Internal and External Validity of Mobile Health Physical Activity Promotion Interventions: A Systematic Literature Review Using the RE-AIM Framework. J Med Internet Res 2013;15(10):e224. URL: http://www.jmir.org/2013/10/e224/ doi: 10.2196/jmir.2745. (Times Cited 55)
20. \*Blackman KCA, Zoellner JM, \*Kadir A, \*Dockery B, \*Johnson SB, Almeida FA, McCrickard S, Hill JL, You W, **Estabrooks PA.** (2015). Examining the Feasibility of Smartphone Game Applications for Physical Activity Promotion in Middle School Students. *Games for Health, 4,* 409-419*.* (Times Cited 5)
21. \*Blackman KCA, Zoellner JM, McCrickard S, Harlow J, Winchester WW, Hill JL, You W, **Estabrooks PA.** (2016) Developing mobile apps for physical activity in low socioeconomic status youth. *Journal of Mobile Technology in Medicine, 5,* 33-44. (Times cited 2)
22. Brito FA, Zoellner JM, Hill JL, You W, Alexander R, Hou X, **Estabrooks PA (**2019). From Bright Bodies to iChoose: Using a CBPR approach to develop childhood obesity intervention materials for rural Virginia. *Sage Open, (9),* 1. [https://doi.org/10.1177/2158244019837313](https://doi.org/10.1177%2F2158244019837313)
23. Brock DJP, **Estabrooks PA,** Hill JL, Barlow ML, Alexander RC, Price BE, Marshall R, Zoellner JM. (2019) Building and sustaining community capacity to address childhood obesity: A 3-year mixed-methods case study of a community-academic advisory board. *Family and Community Health, 1,* 62-79.
24. Brock DJP, **Estabrooks PA,** Yuhas M, Wilson J, Montague D, Price BE, Elliot K, Hill JL, Zoellner JM. (2021). Assets and challenges to recruiting and engaging families in a childhood obesity treatment research trial: Insights from academic partners, community partners, and study participants. *Frontiers of Public Health, 9,* 100.
25. Bull, S. S., Gillette, C., Glasgow, R., & **Estabrooks, P.** (2003). Worksite Health Promotion Research: To What Extent Can We Generalize the Results and What is Needed to Translate Research to Practice? *Health Education and Behavior, 30,* 537-549. (Times Cited 149)
26. \*Burke SM, Carron AV, Eys MA, & **Estabrooks PA.** (2006) Group versus Individual Approach? A Meta-Analysis of the Effectiveness of Interventions to Promote Physical Activity. *Sport and Exercise Psychology Review, 1,* 19-35*.* (Times Cited 166)
27. Burke, S. M., Carron, A. V., Spink, K. S., **Estabrooks, P. A.,** Hill,J. L., Loughead, T. M., Patterson, M. M. & Rosenkranz, S. R. (2005). Cohesion as Shared Beliefs in Exercise Classes. *Small Group Research, 36,* 267-288. (Times Cited 33)
28. \*Burke SM, Shapcott KM, Carron AV, Bradshaw MH, **Estabrooks PA.** (2010). Group Goal Setting and Group Performance in a Physical Activity Context. *International Journal of Sport and Exercise Psychology, 8,* 245-261*.* (Times Cited 18)
29. Carron, A. V., Brawley, L. R., Eys, M. A., Bray, S. R., Colman, M., Dorsch, K., **Estabrooks, P.** A., Hall, C. R., Hardy, J., Hausenblas, H. A., Madison, R., Paskevich, D. M., Prapavessis, H., Spink, K. S., & Terry, P. C. (2003). Do individual perceptions of group cohesion reflect shared beliefs? An empirical analysis. *Small Group Research, 34*, 468-496. (Times Cited 93)
30. Carron, A. V., Brawley, L. R., Bray, S. R., Eys, M. A., Colman, M., Dorsch, K., **Estabrooks, P. A**., Hall, C. R., Hardy, J., Hausenblas, H. A., Madison, R., Paskevich, D. M., Prapavessis, H., Spink, K. S., & Terry, P. C. (2004). Using consensus as a criteria for groupness: Implications for the Cohesion-Group Success Relationship. *Small Group Research, 35,* 1-26. (Times Cited 58)
31. Carron AV, **Estabrooks PA**, Horton H, Prappavessis H, & Hausenblas H. (1999). Reductions in social anxiety associated with group membership: Distraction, anonymity, security, or diffusion of evaluation? *Group Dynamics, 3,* 1-9. (Times Cited 30)
32. Chen Y, Kaestle CE, Zoellner J, **Estabrooks PA.** (2013). Children’s acquisition of tobacco media literacy skills: A focus group analysis. *Journal of Children and Media.* DOI:10.1080/17482798.2012.755633 (Times Cited 7)
33. Chen Y, Porter KJ, **Estabrooks PA**, Zoellner JM. (2017). Development and evaluation of the sugar-sweetened beverages media literacy (SSB-ML) scale and its relationship with SSB consumption. Health Communication, 32, 130-1317. (Times cited 3)
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**Books**

Carron, A. V., Hausenblas, H. A., & **Estabrooks, P. A.** (2002). The Psychology of Physical Activity. St. Louis, MO, McGraw Hill. (Times Cited 245)

### Book Chapters

1. Carron, A. V., Hausenblas, H. A., & **Estabrooks, P. A.** (1999). Social influence in exercise involvement. In S. Bull (Ed.), *Adherence Issues in Exercise and Sport,* Chichester, England: John Wiley & Sons
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11. **Estabrooks PA,** Smith EM (2014). Health Promotion. In RC Eklund (Ed.) *Encyclopedia of Sport and Exercise Psychology.* Thousand Oaks, CA: Sage Publications, Inc*.*
12. Glasgow RE, Bayliss E, Estabrooks PA, (2005) Translation research in diabetes: asking broader questions. In *Evidence-Based Endocrinology.* Montori VM, Ed. Totowa, NJ, Humana Press, 2005, p. 241–256
13. Johnson LKJ, Porter GC, **Estabrooks PA.** Social inequities in childhood obesity: Trends, determinants, and interventions. *Obesity in Childhood and Adolescents, 2018.*
14. Paskevich, D. M., **Estabrooks, P.A.**, Brawley, L. R., & Carron, A. V. (2001). Cohesion in Sport and Exercise. In R. Singer, H. Hausenblas, & C. Ganelle (Eds.) *Handbook of Research on Sport Psychology 2nd edition.*  New York; Macmillan (Times Cited 119)

**Individual Citation Statistics**

Total Citations Through February, 2022=16269 (Google Scholar: <https://scholar.google.com/citations?hl=en&user=jBo6_psAAAAJ&view_op=list_works&sortby=pubdate>)

Average Citations/publication=61 (based on 267 publications); Average Citations/year=625 (based on 26 years since first publication as a graduate student)

Average Publications/year=10

\*h-index=68

\*i10-index=184

\* measure of an individual’s scientific research impact

# SECTION IV--Teaching Experience

**General Areas of Academic Specialization:**

Behavioral Medicine Physical Activity and Public Health Social Psychology

Group Dynamics Community Physical Activity Behavior Modification

Leadership Knowledge Translation Implementation Science

Public Health Scientific Writing Community Oriented Primary Care

**Courses Developed and Taught**

While at Kansas State University (1999-2002) I had a split position 50/50 between the Department of Kinesiology and the Office of Community Health. My role at the Office of Community Health focused on developing community partnerships through the Cooperative Extension system to intiate health promotion interventions for broad application. My role in the Department of Kinesiology included the traditional balance of research, teaching, and service. From 2003-2007, I worked at Kaiser Permanente-Colorado in the Institute for Health Research with no teaching responsibilities in an 85% soft-money research position (i.e., salary reliant on securing extramural funding). From 2007 to 2015, I took a 100% research position with Virginia Tech, though also sought out teaching opportunities—primarily in the graduate program. Since January of 2016, I have had an administration and research heavy position (90% FTE) at the University of Nebraska Medical Center, but have also been actively involved in teaching. Of note, at Virginia Tech I led the development of the Behavioral Track for the PhD program in the Department of Human, Nutrition, Food and Exercise as well as leading the development of an interdisciplinary graduate education program in translational obesity research. More recently, I led the integration of dissemination and implementation science into our Master of Public Health, Doctorate of Public Health (introduced in 2020), and doctorate in Health Promotion and Disease Prevention Research at the University of Nebraska Medical Center. Finally, the table below highlights the courses I have taught, whether I developed it (or substantially adapted it), the years taught and if the student evaluations were greater than 4.0 on a 5-point scale (excellent to outstanding) averaged across offerings.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Dev | 99 | 00 | 01 | 02 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | >4.0 |
| Group Dynamics PA (G) | √ | √ | √ | √ |  |  |  | √ |  |  |  |  |  |  |  |  |  |  |  | √ |
| PA Leadership (G) | √ |  | √ |  | √ |  |  |  |  |  |  |  |  |  |  |  |  |  |  | √ |
| PA Special Topics (G) |  | √ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Exercise Psych (U) | √ | √ | √ | √ | √ |  |  |  |  |  |  |  |  |  |  |  |  |  |  | √ |
| Fitness Promotion(U) |  |  | √ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | √ |
| Worksite Weight Loss (G) |  |  |  |  |  | √ |  |  |  |  |  |  |  |  | √ |  |  |  |  | √ |
| D&I Science (G) | √ |  |  |  |  |  | √ |  | √ |  | √ |  |  |  |  |  |  | √ | √ | √ |
| Intervention Research Methods (G) | √ |  |  |  |  |  | √ |  |  | √ |  | √ |  |  |  |  |  |  |  | √ |
| Public Health PA & Nutrition (G) |  |  |  |  |  |  |  | √ |  |  |  |  |  |  |  |  |  |  |  |  |
| Behavioral PA & Nutrition (U) | √ |  |  |  |  |  |  |  |  | √ |  |  |  |  |  |  |  |  |  | √ |
| Intro to Translational Science (G) | √ |  |  |  |  |  |  |  |  |  | √ |  | √ |  |  |  |  |  |  |  |
| Introduction to Team Science (G) | √ |  |  |  |  |  |  |  |  |  |  | √ |  | √ |  |  |  |  |  |  |
| Community-Oriented PC (G) |  |  |  |  |  |  |  |  |  |  |  |  |  |  | √ |  | √ |  |  | √ |
| Scientific Writing (G) | √ |  |  |  |  |  |  |  |  |  |  |  |  |  |  | √ |  |  | √ | √ |
| Foundations of Public Health (G) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | √ |  |  |  |

PA: Physical Activity; U: Undergraduate course; G: Graduate course; PC: Primary Care

### Supervision of Graduate Students—Major Professor

#### Graduates (PhD)

1. LaKaija Johnson PhD Candidate. Examining the processes and infrastructure to improve scientific team productivity. (Spring 2022)
   1. Awards: *Association for Clinical and Translational Science 2021 Award for Team Science in Clinical and Translational Research*
   2. Publications resulting from graduate work: 2
   3. Publications under review: 1
   4. Publications in preparation: 1
2. Gwenn Porter PhD. Practice-based research networks and rural and urban approaches to weight management. (Spring, 2020)
   1. Awards: *American Heart Association Pre-Doctoral Fellowship 2018-2020; College of Public Health Outstanding Poster Award, UNMC 2018; University of Nebraska Medical Center Graduate Student of Distinction 2018. Meritorious Student Abstract, Society of Behavioral Medicine 2020. Editor’s Pick Papers of the Year Award, Am J Health Promotion 2020.*
   2. Publications resulting from graduate work: 6
3. Sallie Beth Johnson PhD Candidate. Integrated research practice partnership for clinical obesity treatment. (Fall, 2016)
   1. Awards: *Institute for Critical Technology and Applied Science 4-year fellowship*
   2. Publications resulting from graduate work: 5
4. Fabiana Brito, PhD candidate. Clear communication in childhood obesity treatment. (Spring 2016).
   1. Awards: *Society of Behavioral Medicine, Meritorious Student Abstract (2016); Society of Behavioral Medicine, Citation Abstract Award (2016).*
   2. Publications resulting from graduate work: 2
5. Kacie Allen (now Blackman), PhD. Health literacy and health promotion in minority youth. Spring 2013.
   1. Awards: *Virginia Tech Graduate Student Alliance Research Symposium, 1st place oral presentation; Initiative for Maximizing Student Diversity Scholar (2010-2011); Institute on Teaching and Mentoring, Maximizing Access to Research Careers Program Travel Award Recipient (2011); Translational Obesity Research Program Graduate Research Award (2010-2011)*
   2. Publications resulting from graduate work: 5
6. Samantha Downey (now Harden), PhD. Group dynamics in physical activity promotion for pregnant women. (Spring, 2013)
   1. Awards: *Society of Behavioral Medicine, Meritorious Student Abstract (2010); Translational Obesity Research Program Graduate Research Award (2010-2011); American Heart Association Dissertation Fellowship (2011-2012)*
   2. Publications resulting from graduate work: 8
7. Serena Parks, PhD. Health promotion in foster care. (Spring, 2012)
   1. Awards: *Hagan’s Family Fund Dissertation Award (2010-2011); Translational Obesity Research Program Graduate Research Award (2010-2011)*
   2. Publications resulting from graduate work: 2
8. Erin Smith, PhD. School nutrition and physical activity policies in Title 1 and non-Title 1 schools. (Spring 2012).
   1. Awards: *Fralin Institute Doctoral Fellowship (2009-2010); Hepler Research Award (2010)*
   2. Publications resulting from graduate work: 5
9. Amy Thayer, PhD. Community Matters: A proposal for the exploration and measurement of overweight and obesity within a representative sample of lesbians. December, 2010.
   1. Awards: *Gay and Lesbian Medical Association Dissertation Award (2009-2010)*
   2. Position: Associate Director of Research at the Center on Philanthropy at Indiana University
   3. Publications resulting from graduate work: 1
10. Courtney Robert (now Pinard), PhD. Environmental influences of childhood eating and physical activity behaviors. July, 2010.
    1. Awards: *Society of Behavioral Medicine, Citation Abstract Award (2009), Meritorious Student Abstract (2009), Meritorious Student Abstract (2010).*
    2. Position on Completion of Degree: Research Assistant Professor at the Institute for Nutrition Research, the University of Nebraska at Omaha Health Sciences Center
    3. Publications resulting from graduate work: 5

#### Graduates (MS)

1. Shawna Doerksen, MS, Integrating a F&V message with an on-going physical activity initiative. December, 2003.
   1. Position on Completion of Degree: PhD Student at University of Illinois, Champaign- Urbana.
   2. Publications resulting from graduate work: 2
2. Elizabeth Fox, MS. Physical Activity Promotion at Congregate Meal Sites for Older Adults. Projected completion: December, 2002.
   1. Position on Completion of Degree: Wellness Coordinator, Wellness Center, Kirwin, KS.
   2. Publications resulting from graduate work: 3
3. Michelle Gattshall, MA, Measuring the home environment for physical activity and healthful eating. Spring 2007.
   1. Position on Completion of Degree: Research Specialist, Institute for Health Research, Kaiser Permanente Colorado
   2. Publications resulting from graduate work: 3
4. Edith Nault, MS. Theory of Planned Behavior: Item response sets and the prediction of physical activity. Spring 2013/
   1. Position on completion of degree: Dietary internship, University of Pittsburgh.
   2. Publications resulting from graduate work: 1
5. Raheem Paxton, MS. Determinants of physical activity in 4-H youth. Spring, 2002.
   1. Position on Completion of Degree: PhD Student at the University of Hawaii
   2. Publications resulting from graduate work: 1
6. Kerry Potter, MS. Internet and incentive-based weight loss programs for college freshmen. Spring, 2010.
   1. Position on Completion of Degree: Dietary Internship at Baylor University
   2. Publications resulting from graduate work: 2
7. Richard Rosenkranz, MS. Social Support and Quality of Life of Elite Triathletes. Graduated: December, 2001.
   1. Position on Completion of Degree: PhD at Kansas State University
8. Sara Rosenkranz, MS. Leadership in Physical Activity Classes for Older Adults. Graduated: December, 2001.
   1. Position on Completion of Degree: Lab Technologist Kansas State University
   2. Publications resulting from graduate work: 2
9. Mita Shah-Baghat, MS. Reach, retention and effectiveness of a commercial weight-loss program. Spring, 2009.
   1. Awards: *Society of Behavioral Medicine, Meritorious Student Abstract (2009).*
   2. Position on Completion of Degree: Instructor, Montclair State University
   3. Publications resulting from graduate work: 1 (under review)
10. Vanessa Shannon, MS. Group Cohesion and Quality of Life in Individuals with Arthritis. Spring, 2002.
    1. Position on Completion of Degree: PhD, University of Tennessee
    2. Publications resulting from graduate work: 1
11. Linda Staley. Master of Science. Understanding reimbursement approaches for weight loss treatment. Spring 2017.
    1. Position on Completion of Degree: Carilion Clinic Marketing
12. Anna Taggart. Master of Science. Integrating wearable devices in weight loss programs.
    1. Position on completion of degree: University Wellness, Texas A&M University. Spring 2016.
13. Xiaolu Hou, Master of Science. Teach-back and Teach-to Goal methods for childhood obesity treatment.
    1. Position on completion of her degree: Dietetic internship Maryland. Spring 2016.
14. Stacey Toner, MS, Using a team-based physical activity promotion program to increase the use of available facilities by the spouses of men employed in the Military. Spring, 2004.
    1. Position on Completion of Degree: Instructor, Department of Physical Education, West Point
15. Dinah Watson, MS. Group processes and performance of collegiate tennis teams. Graduated: May, 2001.
    1. Position on Completion of Degree: Assistant Coach, Kansas State University Women’s Tennis

#### Graduates (MPH)

* + - 1. Muhammad Javaid-Community Oriented Primary Care. Fall 2016.
      2. Shaylee Larson-Community Oriented Primary Care. Fall 2016.
      3. Michelle Wiese -Community Oriented Primary Care. Spring 2017
      4. Gina Schwieger-Health Promotion. Fall 2017
      5. Mariah Morgan-Health Promotion. Fall 2017
      6. Kwamy Togbey-Health Promotion Fall 2017
      7. Ashley Carroll-Health Promotion Fall 2018
      8. Lindsey Arneson-Health Promotion Fall 2019
      9. Maria Mushi-Health Promotion Spring 2019
      10. Echohawk Lefthand-Health Promotion Fall 2019
      11. Emiliane Pereira-Health Promotion Spring 2020
      12. Priyanka Chaudhaury-Health Promotion Spring 2020
      13. Jordan McCullough-Health Promotion Spring 2022

Current Students (PhD)

1. Caitlin Golden, PhD Student. Understanding adoption and implementation of childhood obesity treatment programs in rural communities. (Projected completion Spring 2022).
   1. Awards: *University of Nebraska Medical Center Competitive Graduate Fellowship (2020).*
   2. Publications resulting from graduate work: n/a
   3. Publications under review: 2
   4. Publications in preparation: 1
2. Emiliane Pereira, PhD Student. Dissemination and implementation science in health promotion. (Projected completion Spring 2024).
   1. Awards: *n/a.*
   2. Publications resulting from graduate work: n/a
   3. Publications under review: 0
   4. Publications in preparation: 0

Current Students (MPH/MS)

### Elizabeth Morris – Maternal and Child Health

# SECTION V--Honors, Awards, Services & Presentations

Honors, Awards:

1992-1993: *Dean’s list*, Department of Physical Education, The University of Calgary

1995: *Research Scholarship*, The University of Calgary

1997: *Research Award*, Association for the Advancement of Applied Sport Psychology

1997-1999: *Research Scholarship*, University of Western Ontario

1997-1999: *Doctoral Fellowship*, Social Sciences and Humanities Research Council of Canada

1999: *Post Doctoral Fellowship*, Social Sciences and Humanities Research Council of Canada (Awarded and Declined)

1999: *Graduate Student Research Award*, The North American Society for The Psychology of Sport and Physical Activity

2003: *Citation award for exceptional research*, Society of Behavioral Medicine

2003: *Research to Practice Dissemination Award of Excellence*, Society of Behavioral Medicine

2004: Cooper Institute of Aerobic Fitness, *Young Investigator Award-First Place*: Increasing Physical Activity in Populations: Understanding Diffusion and Dissemination.

2004: Journal of Aging and Physical Activity, *Original Research Article of the Year Award.*

2005: Journal of Aging and Physical Activity, *Original Research Article of the Year Award.*

# 2005: N American Society for the Psych of Sport and Phys Activity: Early Career Distinguished Scientist Award, Denver CO

# 2006: Kaiser Permanente Colorado Prevention Department: Summit Excellence Award for Diabetes Prevention & Physical Activity Promotion, Denver CO

2007: Society of Behavioral Medicine, *Distinguished Service Award,* Washington DC

2009: Society of Behavioral Medicine, *Fellow,* Montreal Canada

2009: Lawrence W. Green Paper of the Year Award *Health Education & Behavior*

2010: Centers for Scientific Review Behavioral Medicine Interventions and Outcomes Study Section Member

2012: Society of Behavioral Medicine, *Distinguished Service Award,* New Orleans LA

2013: Western University Albert Taylor Distinguished Alumni in Kinesiology Award

2015: National Institutes of Health Time Sensitive Obesity Programs and Policy Study Section Chair

2016: Harold M. Maurer Distinguished Chair in Public Health

2016: Michael P. O’Donnell Paper of the Year Award, American Journal of Health Promotion

2017: Distinguished Scientist, University of Nebraska Medical Center

2019: President's Faculty Excellence Awards Committee the University of Nebraska

Innovation, Development, and Engagement Award

2019: Editor’s Pick Paper of the Year Award, American Journal of Health Promotion

2020: Chair, President's Faculty Excellence Awards Committee the University of Nebraska

Innovation, Development, and Engagement Award

**Membership in Academic or Professional Societies:**

American College of Sports Medicine, 2000-present

American Diabetes Association, 2003-2005

American Psychological Association, 2000-2003

American Public Health Association, 2016-present.

Association for the Advancement of Applied Sports Psychology, 1996-2002

Canadian Society for Psychomotor Learning and Sport Psychology, 1995-2001

International Society for Behavioral Nutrition and Physical Activity, 2001-present

North American Society for the Psychology of Sport and Physical Activity, 1996-present.

Society of Behavioral Medicine, 1997-present.

**Academic Services:**

#### Society of Behavioral Medicine

2003-2004 Translation Research to Practice Abstract Review Track Chair

2006 Annual Meeting Program Co-Chair.

2007 Annual Meeting Program Chair.

2007-2009 Elected to office of Physical Activity Special Interest Group Chair

2009-2012 Elected to office of Secretary Treasurer.

2010-2012 Health Policy Committee Chair

2014-2015 Health Policy Council Chair

Research Review Committees

#### Scientific Grant Review

2004-2005 Invited Member, National Cancer Institute, Dialogue on Dissemination

2006-2007 NIH The Chronic Fatigue Syndrome Special Emphasis Panel (study section)

2006,2008 NIH Dissemination and Implementation Research in Health Study Section

2006-2011 Robert Wood Johnson Foundation Expert Panel Childhood Obesity

2007 NIDDK. Chair of Special Review Panel for Economics of Weight Loss

2008-2010 NIH Behavioral Medicine Interventions and Outcomes Study Section Ad Hoc Member

2010-2014 NIH Behavioral Medicine Interventions and Outcomes Study Section

2011 NIDDK Centers for Diabetes Translation Research Study Section Sub-Chair

2013-2016 NIH Chair of Time Sensitive Obesity Research Study Section

2017 NIH Behavioral Medicine Interventions and Outcomes Study Section Ad Hoc

2017 Stimulating Innovations in Intervention Research for Cancer Prevention and Control Study Section—Special Emphasis Panel

2017 NIH Health Enhancing Physical Activity Interventions Study Section-Special Emphasis Panel

2017 NIH Implementation Science Research to Improve Dental, Oral and Craniofacial Health-Special Emphasis Panel

2018 NIH Pragmatic Research and Natural Experiments Special Emphasis Panel-Chairperson.

2018 NIH Health Enhancing Physical Activity Interventions Special Emphasis Panel-Chairperson.

2019 NIH Health Enhancing Physical Activity Interventions Special Emphasis Panel

2019 NIH Behavioral Medicine Interventions and Outcomes Study Section Ad Hoc

2020 NIH Pragmatic Research and Natural Experiments Special Emphasis Panel-Chairperson.

2020 NIH Pragmatic and Implementation Studies for the Management of Pain to Reduce Opioid Prescribing Special Emphasis Panel. July 24th

2020 NIH STIMULATE-2: T4 Implementation Research for HLBS Diseases and Disorders Special Emphasis Panel. October 22nd

2021 NIH Faculty Institutional Recruitment for Sustainable Transformation (FIRST) Program: FIRST Cohort Study Section. June 2nd

2021 NIH P50 Review Centers for Multiple Chronic Diseases Associated with Health Disparities: Prevention, Treatment, and Management Study Section. July 27 & 28th.

#### Scientific Oversight

2011-present Look AHEAD Data Safety and Monitoring Board (National Committee)

2010-2015 Exercise Training in Dialysis Patients Data Safety and Monitoring Board Chair (Regional Committee)

University Service

2007-2015: Faculty Mentor Program-Provide mentorship for junior faculty members in the College of Agriculture and Life Sciences

2007: Human Nutrition Foods and Exercise Promotion and Tenure Committee

2010-present: Human Nutrition, Foods, and Exercise Graduate Committee

2007: Human Nutrition Foods and Exercise Promotion and Tenure Committee

2008: Chair of the Human Nutrition Foods and Exercise Promotion and Tenure Committee

2008: Chair of search committee for HNFE

2008-2010: Lead for Strategic Planning on Research for Department of Human Nutrition, Foods, & Exercise

2008-2015: Hokie Wellness Advisory Board

2011-2015: Founder and Director of the Fralin Translational Obesity Research Center

2012-2015: Co-director of the Translational Obesity Research Interdisciplinary Graduate Education Program

2012-2015: Chair, Carilion Clinic Physicians Research Committee

2012-2015: Carilion Clinic Security Governance Committee

2012-2015: Chair, Carilion Clinic Annual Research Conference Organizing Committee

2012-Present: Chair, Carilion Clinic Merit Committee and Research Acceleration Program

2013: Human Nutrition Foods and Exercise Promotion and Tenure Committee

2013: Chair of search committee for HNFE

2013-2015: Translational Medicine, Biology, and Health-Planning committee, Health Implementation Science Track Chair, and Admissions Committee

2016-2019: Center for Patient, Family, and Community Engagement in Chronic Care Management (CENTRIC)—Professional Development Co-Chair

2016: Chair, Search Committee for Buffet Early Childhood Institute/College of Public Health Community Chair.

2016: Search Committee Member, Comparative Effectiveness Research

2016-present: College of Public Health Leadership Team

2016-present: College of Public Health Community-Based Health Transformation Workgroup

2019: President's Faculty Excellence Awards Committee: the University of Nebraska Innovation, Development, and Engagement Award

2020: Chair, President's Faculty Excellence Awards Committee the University of Nebraska Innovation, Development, and Engagement Award

Other Service

1998 Editorial Assistant, The Journal of Applied Sport Psychology.

1999-present: Intermittent Reviewer—Journals with more than 5 reviews Am J of Health Promotion; Am Journal of Preventive Medicine; American Journal of Public Health; Annals of Behavioral Medicine; Annals of Family Medicine; Arthritis Care & Research; Avante; Diabetes Care; Health Psychology; Psychology of Sport and Exercise; Research Quarterly for Exercise and Sport; Social Science and Medicine; The Journal of Behavioral Medicine; The Journal of Physical Activity and Aging; The Journal of Sport and Exercise Psychology

1999-2003 Member, Gerontology Faculty, Kansas State University.

1999-2003 Member, Aging Research Team, Kansas State University.

1999-2003 Member, Research Coalition on Adolescent Health, Kansas State University.

2003 Special Issue Editor, Psychology of Sport and Exercise

2003-2010 Associate Editor, Exercise and Sport Sciences Reviews.

2005-2010 Editorial Board Member, Journal of Aging and Physical Activity

2010-2012 Associate Editor, Health Psychology

2017-2020 Associate Editor, Preventing Chronic Disease—Implementation Science Content

2015-2021 Roybal Center Advisory Committee Member

National Work Groups:

2001: National 4-H Council (December, 2001). Invited member of the Youth Development Research Task Force.

2004-2009: National Community Health Initiative Evaluation Board.

2005-2007: National Cancer Institute Dialogue on Dissemination Workgroup.

2006-2009: National Cancer Institute Implementation of Evidence Based Interventions Workgroup.

2008-2009: Carilion Board of Governors Research Committee

2009: National Heart, Lung, & Blood Institute Workgroup on Evidence-based implementation of cardiovascular disease prevention guidelines. Washington DC.

2010-2014: NIH/SBM Patient Reported and Behavioral Outcomes in Electronic Health Records

2016: United States Veteran’s Health Administration State of the Art Obesity Management Workgroup

1999-present: National RE-AIM workgroup.

2014-present Canadian Partnership Against Cancer Knowledge Mobilization Steering Committee

State and Local Committees

2000-2003: Kansas Department of Health and Environment/Arthritis Foundation Statewide Arthritis Steering Committee.

2001-2003: Kansas Department of Health and Environment/Arthritis Foundation Evaluation Team.

2010-2015: Virginia Foundation for Healthy Youth Advisory Board

2016: Center for Prevention Technologies-Adaptation Training for Public Health Professionals.

2016-2018: Live Well Omaha Kids Steering Committee

2016-present: Children’s Whole Child Center Advisory Board

### Academic Presentations:

##### Invited Presentations (chronological order; + Reflect International Invitations)

1. **Estabrooks, P.** (2000). Physical Activity for Older Adults. Presentation at the annual Senior University sessions, Flush, KS.
2. **Estabrooks, P.** (2000). Physical Activity, Group Cohesion, & Women’s Health. Annual Kansas Women’s Health Conference, Wichita, KS.
3. **Estabrooks, P.** (2001). Emerging Group-Based Research in Physical Activity. University of Western Ontario. London, ON.
4. **Estabrooks, P.A.** & Gyurcsik, N.C. (Co Presenters, 2001). Coping with Arthritis: A Report Prepared for the Kansas Statewide Arthritis Steering Committee. Presentation at the meeting of the Kansas Statewide Arthritis Steering Committee, Topeka, KS.
5. **Estabrooks, P.A.** & Gyurcsik, N.C. (Co Presenters, 2001). A Summary of the Arthritis Foundation Aquatics Study. Presentation at the meeting of the Arthritis Foundation Aquatics Program Directors, Wichita, KS.
6. Glasgow, R.E., Bull, S.S., **Estabrooks, P.,** Dzewaltowski, D.A., & Klesges, L.M. Priority issues for evaluating adherence research. Presented at meeting on Innovative Adherence Research Priorities, sponsored by the NIH Network on Adherence Research and the Office of Behavioral and Social Sciences Research. Washington, D.C., April 2, 2002
7. **+Estabrooks, P.A.,** & Bradshaw, M. (2003 October) Determining the Public Health Impact of a Community Implemented Physical Activity Program. Symposium presented at the VIIth *International Olympic Committee Olympic World Congress on Sport Sciences*, Athens, Greece.
8. **Estabrooks, P.A.** (2004). Behavioral Strategies for Risk Reduction. Colorado Cardiovascular Health Summitt, Denver CO.
9. **+Estabrooks, P.A.** (2005). Determining the Public Health Impact of Community and Clinical Physical Activity Programs. Alberta Heart Health Project, Capital Health & University of Alberta. Edmonton, AB.
10. **Estabrooks, P.A.** Understanding the Public Health Impact of Physical Activity Interventions. Colorado State University Exercise Science Lecture. Fort Collins CO, January 2006
11. **Estabrooks, P.A.** Disseminating Body and Soul: Pulling Apart Dissemination Outcomes, Channels and Intervention. National Cancer Institute Body & Soul Meeting. Washington DC, May 2006.
12. **Estabrooks, P.A.** Optimizing Health Promotion Practice Through Research and Practice Partnerships. Invited presentation for the HMO Research Network Annual Meeting. Boston MA, May 2006.
13. **Estabrooks, P.A.** Theory, Reality, and Partnerships: The Pursuit of Practical, Scalable, and Sustainable Physical Activity Interventions. Early Career Distinguished Scientist Award Keynote at the Annual Meeting of the North American Society for the Psychology of Sport and Physical Activity. Denver CO, May 2006
14. **Estabrooks, P.A.** Multi-Modal Technologies for Tailored Self-Management Support. Invited presentation for the American Diabetes Association Annual Meeting. Washington DC, June 2006.
15. **+Estabrooks, P. A.** The RE-AIM Framework applied to the Prevention and Management of Chronic Disease. Invited presentation for International CARE VI conference on clinical care related to physical therapy across chronic conditions. Leeds, UK. September 2006.
16. **Estabrooks, P. A.** Obesity Prevention: Policy & Program Applications to Increase Public Health Impact. Center of Excellence in Public Health Training and Obesity Prevention. Centers for Disease Control and Prevention. Chapel Hill, North Carolina. November, 2006
17. **Estabrooks, P.**A. Strategies to enhance behavior changes: family-based strategies. Care Management Institute Meeting on Non-surgical Techniques to Manage Severe Obesity. San Francisco CA, November 2006.
18. **Estabrooks, P. A.** (2007).Understanding context and impact: Metrics for understanding worksite wellness programs. National Institute for Occupational Safety and Health (NIOSH) Worklife 2007. Washington D.C., September 10, 2007.
19. **Estabrooks PA.** (2007). Designing Obesity Prevention Interventions to Increase Public Health Impact. Obesity Prevention in Public Health University of North Carolina-Chapel Hill. September 2007.
20. **Estabrooks PA.** (2007). Participatory Dissemination: Promoting Healthy Weight Loss through Exercise and Lifestyle Changes to Prevent Diabetes. 2007 Diabetes Symposium and Workshop: Bridging the Gap with Education. Charleston, West Virginia. October 2007.
21. **Estabrooks PA.** (2007). Designing sustainable clinical & community programs for public health impact. Agency for Health Care Quality and Research Primary Care Research Methods & Statistics Conference. San Antonio, Texas. December 2007.
22. **Estabrooks PA.** (2008). Metrics and Methods for the Dissemination of Behavioral Interventions. Workshop on Behavioral Methodologies in Cancer Research for Underrepresented Investigators. National Cancer Institute. San Diego CA. March 2008.
23. **Estabrooks PA.** (2008). Into Action: Planning a Statewide Physical Activity Program. EFNEP/SCNEP Annual Conference. Charlottesville VA. April 2008.
24. **+Estabrooks PA.** (2008). Group Dynamics, Physical Activity, & Public Health. The University of British Columbia School of Human Kinetics Seminar Series. Vancouver BC.
25. **+Estabrooks PA.** (2008). How Can We Increase the Translation of Research into Practice? 5th World Congress on the Prevention of Diabetes and its Complications, Helsinki Finland. June 2008.
26. **Estabrooks PA.** (2008). Metrics and Methods for Translational Behavioral Research. Florida Dietetic Association. Boca Raton FL. July 2008.
27. Good D & **Estabrooks PA.** (2008). From basic research to clinical practice. American College of Lifestyle Medicine. Roanoke College, VA. September 2008.
28. **Estabrooks PA.** (2008). Conquering the Epidemic--Physical Activity and Childhood Obesity. Presented at the 2nd Annual Conference of Combating Childhood Overweight. Southwest Virginia Higher Education Center, Abbington VA. November 2008
29. **Estabrooks PA.** (2009). The Science of Behavior Change: Evidence-based Practice to Practice Based-Evidence. The keynote presentation for the University of Illinois Science of Behavior Change Symposium. Champaign, IL. March 2009.
30. **+Estabrooks PA.** (2010). The potential of place-based recruitment strategies to reach a representative study sample. The University of Windsor School of Kinesiology Seminar Series. Windsor Ontario. May 2010.
31. **Estabrooks PA.** (2010).Participatory dissemination: getting to physical activity, programs that are effective, reach a lot of people, and can be sustained. University of Illinois at Chicago. Chicago IL. June 2010.
32. **+Estabrooks PA.** (2010). The RE-AIM Framework. Workshop presented at the International Society of Behavioral Nutrition and Physical Activity. Minneapolis MN. June 2010.
33. **Estabrooks PA.** (2010). It may work, but who is going to participate? Issues of Reach in Health Promotion Initiatives. Kansas State University Kinesiology Seminar Series. Manhattan KS. November 2010.
34. **Estabrooks PA** (2010). What's in the Home is What's on the Plate: Evidence-based strategies for counseling families about the home food and physical activity environment. Nutri-Bitessm Webinars. [http://www.nutri-biteswebinarseries.com/webinars.htm#](http://www.nutri-biteswebinarseries.com/webinars.htm). ConAgra Food Sciences Institute. October 2010.
35. **+Estabrooks PA** (2011) Five steps to getting people to be more active and stick with it. Keynote presentation for Sport Canada Manitoba, Cal Botteril Legacy Lecture. October 12, 2011. Winnipeg Manitoba, Canada
36. **+Estabrooks PA.** (2011). What’s better a program that reaches a lot of people but has a small effect or one that has a large effect but doesn’t reach many people? Keynote presentation at the Annual Meeting of the Canadian Society for Psychomotor Learning and Sports Psychology. October 15, 2011. Winnipeg Manitoba, Canada.
37. **Estabrooks PA** & You W (2011). Financial incentives to encourage participation in weight loss programs: How much is enough? Invited Seminar for the Northwestern University Department of Preventive Medicine. September 2011. Chicago, IL.
38. **+Estabrooks PA.** (2011). Understanding successful family-based interventions from the RE-AIM perspective. Talk at the Encouraging Healthy Eating And Physical Activity In The Family Setting two-day roundtable meeting. December 2011. Brussels, Belgium.
39. **+Estabrooks PA** (2011). New Paradigms to Improve Physical Activity and Nutrition: The Role of Translational Research. Keynote presentation at Beyond 2011: New Paradigms to Improve Physical Activity and Nutrition, June 2011, Auckland New Zealand
40. **+Estabrooks PA** (2011). Translational research: Opportunities for the psychology of physical activity field. Seminar presented at the Annual Meeting of the North American Society for the Psychology of Sport and Physical Activity, June 2011, Burlington ME.
41. **Estabrooks P.** (2012). Applying the RE-AIM Model: Balancing Research Rigor with Context and Relevance. Presentation delivered as part of the NIDDK Workshop on Innovations in Translational Behavioral Science. April 2012, New Orleans, LA.
42. **Estabrooks P.** February 2012. Reach: A missing link to achieving a public health impact with health promotion interventions? Public Health Seminar Series: Health Promotion and Disease Prevention. Sponsored by the Departments of Public Health and School of Medicine. Virginia Commonwealth University.
43. **Estabrooks P.** March 2012. Integrated-Research Practice Partnerships to Promote Healthy Eating, Physical Activity, and Weight Control. Seminar Speaker at University of Illinois, Chicago Cancer Center.
44. **+Estabrooks P.** November 2012. Group Dynamics-Based Physical Activity Interventions-Not Lost in Translation. Seminar delivered during the Bert Carron Group Dynamics Symposium. London, Canada.
45. **Estabrooks, P.** January 2013. Keeping it Real: RE-AIM in the context of patient-centered outcomes research. Seminar delivered at the University of North Carolina, Chapel Hill Lineberger Cancer Center. Chapel Hill, NC.
46. **+Estabrooks, P.** February 2013. Translational Science in Behavioral Medicine. Seminar delivered at the University of Queensland Cancer Prevention Research Centre. Brisbane, Australia.
47. **+Estabrooks, P.** February 2013. Translational Science in the Behavioral Domain: More interventions please... but enough with the efficacy! Keynote talk delivered at the Australasian Society of Behavioral Health and Medicine. Newcastle, Australia.
48. **Estabrooks, P.** March 2013. Identifying patient-reported behavioral and psychosocial data elements for EHRs. Talk delivered at the Health Outcomes Meeting of the Alliance Cancer Control Program. Chicago, IL. (Delivered via video conference).
49. **+Estabrooks, P.** April 2013. Keys for Translating Physical Activity Interventions into Practice: Theory, Integration, Scalability, and Existing Measures. Talk delivered when awarded the Albert Taylor Distinguished Alumni Award at the University of Western Ontario. London, Canada.
50. **Estabrooks, P.** April 2013. Keys for Translating Physical Activity Interventions into Practice: Theory, Integration, Scalability, and Existing Measures. Talk delivered at the Penn State Department of Kinesiology Seminar. State College, PA.
51. **+Estabrooks PA.** February 2014. Aplicacion del modelo RE-AIM a la promocion de la actividad fisica y control de peso en la comunidad y centros de salud. Plenary talk delivered at the **El XVI Congreso Internacional de Avances en Medicina (CIAM). Guadalajara, Mexico.**
52. **+Estabrooks PA,** Galaviz K, Jauregui E, Lee RE, & Ortiz Hernandez L**.** February 2014. Fundamentos del Modelo RE-AIM. Workshop delivered at the **El XVI Congreso Internacional de Avances en Medicina (CIAM). Guadalajara, Mexico.**
53. **+Estabrooks P.** February 2015. Estabrooks PA. February 2014. Estrategias d Modificacion de al Conducto: Para Hacer que el Cambio Suceda. Plenary talk delivered at the El XVII Congreso Internacional de Avances en Medicina (CIAM). Guadalajara, Mexico.
54. **+Estabrooks P.** February 2015. ¿Cómo evaluar un programa de actividad fisica y ejercicio en la clinica y en la comunidad? Plenary talk delivered at the El XVII Congreso Internacional de Avances en Medicina (CIAM). Guadalajara, Mexico.
55. **+Estabrooks P**. March 2015. La ciencia de la Implementación: La mejora de la salud pública a través de la Actividad Física y Nutrición Políticas y Prácticas. Symposium delivered at the 16th Congreso de Investigacion en Salud Publica. Cuernavaca, Mexico
56. **Estabrooks PA.** December 2015. Designing and conducting research on policy implementation. Active Living Research Webinar Series. <http://activelivingresearch.org/designing-and-conducting-research-policy-implementation>
57. **Estabrooks PA.** November 2015. Translational behavioral medicine for health behavior change. The National Cancer Institute Cognitive, Affective, and Social Processes in Health Research (CASPHR) Workgroup. Bethesda, MD
58. **Estabrooks PA.** November 2015. Ready, RE-AIM, and Fire: A Planning and Evaluation Model for Dissemination and Implementation Research. American Heart Association Annual Meeting. Orlando Florida.
59. **Estabrooks PA.** October 2016. Planning and Evaluating Practical Weight Management Interventions Using the RE-AIM Framework. Presentation for the Dissemination and Implementation at Washington University, co-sponsored by the Prevention Research Center, the Center for Diabetes Translational Research, and the Institute for Public Health’s Center for Dissemination and Implementation. St. Louis Missouri.
60. **Estabrooks PA.** June 2017. Dissemination, Implementation, Knowledge Translation, and Scale up of Nutrition and Physical Activity Interventions in the Pursuit of a Public Health Impact. Keynote at the International Society of Behavioral Nutrition and Physical Activity. Victoria Canada.
61. **Estabrooks PA.** June 2017. Practical use of dissemination and implementation outcomes, theories, and research designs. Getting Dissemination and Implementation Ideas Funded. Workshop organized by the University of Colorado and Colorado Children’s Hospital. Denver Colorado.
62. Estabrooks PA. September 2017. Collaborating to achieve long term behavior change. Keynote at the Weigh and Win Community Partners Annual Meeting. Denver Colorado.
63. Estabrooks PA. October 2017. Developing Dissemination and Implementation Research Projects Using Integrated Research Partnerships and Hybrid Effectiveness-Implementation Designs. Arizona State University Visiting Public Health Scholar Lecture. Phoenix AZ.
64. Estabrooks, PA. April 2018. Translational Research, Implementation Science, and Hybrid Effectiveness-Implementation Designs to Promote Physical Activity and Weight Control. Keynote at the Center for Disease Control and Prevention Translational Research Day 2018. Atlanta, GA.
65. Estabrooks PA. Making systems-changes to promote physical activity and weight control through implementation science. Visiting Scholar Presentation at Capital Medical University. Beijing, China. June 7, 2018.
66. Estabrooks PA. Picking and Applying a Dissemination & Implementation Science Theory. Applied talk at the University of Nebraska Medical Center 2nd Annual Dissemination and Implementation Science Workshop. Omaha, NE, August 6th, 2018.
67. Estabrooks PA. Operationalizing Type 2 Hybrid Effectiveness Implementation Designs. Breakout session at the University of Nebraska Medical Center 2nd Annual Dissemination and Implementation Science Workshop. Omaha, NE, August 6th, 2018.
68. Estabrooks PA. Addressing Obesity in Nebraska. Talk at the University of Nebraska Policy Maker Research Summit. Lincoln NE, September 26th, 2018.
69. Estabrooks PA. Dissemination and Implementation Science Workshop. Two-day invited workshop at Arizona State University. Phoenix, Az, March 11-12, 2019.
70. Estabrooks PA. Partner, Prioritize, Practice: Practical Research for Local Impact. Invited talk at the University of Anahuac Xalapa. Xalapa Mexico, June 21, 2019.
71. Estabrooks PA. Operationalizing evidence-based principles: The 5 A’s approach to behavior change. Invited talk at the University of Anahuac Xalapa. Xalapa Mexico, June 21, 2019.
72. Estabrooks PA. Implementation science and the co-production of evidence to promote healthy weights. Invited talk at the University of Kansas Medical Center. Kansas City, MO, November 12, 2019.
73. Estabrooks PA, You W. Financial incentives to improve the reach of weight management programs. Invited talk at the Obesity Society Annual Meeting, Las Vegas, NV. November 3, 2019.
74. Estabrooks PA. Leveraging Small Systems: Implementation science and the co-production of evidence to promote healthy weights. Invited talk at the University of California, San Diego. San Diego, CA, January 14, 2020.
75. Estabrooks PA. Leveraging Small Systems: Implementation science and the co-production of evidence to promote healthy weights. Invited talk at the University of California, San Diego. San Diego, CA, January 14, 2020.
76. Estabrooks PA. Applying Dissemination and Implementation Science to Exercise is Medicine. Invited presentation for the American College of Sports Medicine, San Diego, CA, January 15, 2020.
77. Estabrooks PA. Community Engagement and Clinical and Translational Research. Resource sharing talk for North Dakota State University, Fargo, ND, February, 21, 2020.
78. Estabrooks PA. Evaluation Approaches for Exercise is Medicine. Invited webinar for the American College of Sports Medicine. August 17, 2020.
79. Estabrooks PA. Principles of Implementing Pragmatic Trials in Obesity. Invited talk for the he Obesity Society Virtual Meeting. October, 27, 2020.
80. Estabrooks PA. An Overview of Dr. Warren Berggren’s Career and the goal of the Berggren Lecture Series. Omaha, NE, November 9, 2020.
81. Estabrooks PA. Dissemination and Implementation Grant Writing Workshop-Virtual Sessions. Omaha NE, December 2020.
82. Estabrooks PA. Scale-up, Implementation, and Adaptation: Opportunities for Exercise is Medicine in Dissemination and Implementation Science. American College of Sports Medicine Annual Meeting, Invited Virtual Talk, April 23, 2021.
83. Estabrooks PA. Planning, Evaluating, and Matching of Dissemination and Implementation Strategies to Outcomes using the RE-AIM Framework. University of Kentucky, Invited Webinar for the Transdisciplinary Implementation Science Alliance, April 29, 2021.
84. Estabrooks PA. The Implementation Research Logic Model: Benefits, challenges, and proposed adaptations when used with the RE-AIM, Webinar for National RE-AIM Workgroup and Great Plains IDeA Clinical and Translational Research Network, May 27, 2021
85. Estabrooks PA, King K, Almeida FA, Su D. Healthy at Home: Digital Healthcare Interventions to Address the Secondary Health Effects Related to Social, Behavioral, and Economic Impact of COVID-19. Three community presentations and discussions focused on developing a local weight loss program for Black Americans. Omaha, NE. February 3, 10, 17, 2021.
86. Estabrooks PA. Integrated research-practice partnerships: A strategy for improving the dissemination and implementation of evidence-based health promotion interventions. Talk at the Annual Diabetes, Metabolism Research Center. University of Utah, September 2022.
87. Estabrooks PA. An Overview of Dissemination & Implementation Science in Physical Activity and Health Promotion. Keynote Talk at the National Academy of Kinesiology Annual Meeting. Providence, RI. September 2022.
88. Wexler L, Estabrooks PA. Understanding the specific aims page and why it is so important. Promoting Indigenous Research Leadership. Fargo ND. October 2022.
89. Estabrooks PA. Dealing with confusion and grief: One summary statement process. Promoting Indigenous Research Leadership. Fargo ND. October 2022.
90. Estabrooks PA. Using Implementation Science to Increase Impact and Equitable Access to Evidence-Based Health Behavior Interventions. E-Connecting for Healthy Eating and Exercising in Rural Communities, St. Louis, MO. October 2022.
91. Estabrooks PA. Translational Dissemination& Implementation Science. Population Health Science Seminar Series, University of Utah. November 2022.

##### Conference Presentations (Selected presentations from over 100. \*Reflects Trainees under my supervision):

1. Estabrooks PA, Hill JL, Heelan KA, Zoellner JM, Bartee T, Abbey B. (2019).  A systems-based approach for childhood obesity treatment across clinical and community contexts. Panel talk at the Annual Conference on the Science of Dissemination and Implementation in Health. Washington DC, December 6, 2019.
2. Estabrooks PA, Hill JL, Heelan KA, Zoellner JM, Bartee T, Abbey B. (2019).  Systems-based approaches for the uptake of evidence-based childhood obesity treatment interventions to advance equity in small towns and rural areas. Panel presentation at the Annual Conference on the Science of Dissemination and Implementation in Health. Washington DC, December 6, 2019.
3. Estabrooks PA, Geary C, Zimmerman L, Rizzo M, Cramer M. Gathering actionable information from an innovative action planning process for the Great Plains IDeA Clinical and Translational Research Network. Paper session at the Annual Meeting of the American Evaluation Association, Minneapolis MN. November 14, 2019
4. Stevenson JF, Fede J, Culnane M, Goldman S, Estabrooks PA. Evaluating Community Engagement in Clinical and Translational Research: Building Trustable Science. Paper session at the Annual Meeting of the American Evaluation Association, Minneapolis MN. November 14, 2019
5. Johnson, L. J., Almeida, F.A., Cramer, M. E., Rohde, J., Estabrooks, P. (2019) Baseline Network Analysis of Authorship Prior to The Initiation of a Regional Clinical and Translational Research Award. Poster presentation at the Society of Behavioral Medicine, Washington, D.C., March  7, 2019.
6. Estabrooks, P., Johnson, L., Rohde, J., Geary, C., Zimmerman, L., Rizzo, M., & Cramer, M. (2019). 3369 Assessment to Action: Engaging network member’s in identifying needs and directions of network improvement. Journal of Clinical and Translational Science, 3(S1), 130-130. doi:10.1017/cts.2019.296
7. Porter, G.C., Estabrooks, P. Preliminary reach results of a hybrid type I effectiveness-implementation weight loss trial. (Accepted) Poster Presentation, International Society of Behavioral Nutrition and Physical Activity, Prague, Czech Republic, June 2019.
8. Porter, G.C., Estabrooks, P. Preliminary reach results of a hybrid type I effectiveness-implementation weight loss trial. (Accepted) Poster Session, College of Public Health Student Research Conference, University of Nebraska Medical Center, April 2019.
9. Johnson, L.J., Porter, G.C., Rohde, J., Cramer, M.E., Estabrooks, P.A. Implementing a continuous quality improvement intervention in a clinical and translational research network. (Accepted) Oral Presentation, Science of Team Science, East Lansing, MI. May 2019
10. Estabrooks PA, Cramer M, Rohde J. Evaluation to Action: Quarterly Reports and Continuous Quality Improvement. Presentation at the American Evaluation Association Annual Meeting, Cleveland, OH, November 2018.
11. Estabrooks PA. Integrated Research Practice Partnerships to Promote Sustained Physical Activity Behaviour and Programs. Workshop at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting. Hong Kong, China. June 5, 2018. Paul Estabrooks, Samantha Harden, Fabio Almeida, Jennie Hill, Sarah Elizabeth Johnson
12. Harriet Koorts, Femke van Nassau, Rachel Laws & Paul Estabrooks. June 2018. Planning interventions for implementation in practice: What to think about, why to think about it and how to do it. Workshop at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting. Hong Kong, China. June 2, 2018.
13. Porter, G.C., Schwab, R., Bartee, T., Heelan, K., Hill, J., Michaud, T., & Estabrooks, P. Feasibility of providing a weight management program to support primary care practices in Nebraska: A qualitative analysis. Paper Session, North American Primary Care Research Group, Washington, D.C. June 2018.
14. Porter, G.C., Wilson, K., Harden, S., Almeida, F., McGuire, T., Kleppe, L., & Estabrooks, P. Effects of adding an activity tracker to an ongoing community-based weight-loss program. Paper Session, International Society of Behavioral Nutrition and Physical Activity, Hong Kong, China, June 2018.
15. Porter, G.C., Schwab, R., & Estabrooks, P. Feasibility of providing a weight management program to support rural primary care practices in Nebraska: A qualitative analysis. Poster Session, College of Public Health Student Research Conference, University of Nebraska Medical Center, April 2018.
16. Aikens JE, Clemow L, Kessler RS, Sieber W, Goodie J, Estabrooks P. April 2016. Primary Care Behavioral Health: Integration and Translation. Symposium at the Annual Meeting of the Society of Behavioral Medicine. Washington, DC.
17. \*Brito F, Zoellner J, Kolivras KN, Hill J, You W, Estabrooks P. Investigating Changes in Home Media Environment and Child Weight Status in a Childhood Obesity Intervention. Presentation at the Annual Meeting of the Society of Behavioral Medicine. Washington, DC.
18. Estabrooks PA, Frisard M, Hill JL, Hooper M, Marshall R, Plumb K, Price B, Wiles K, Zoeller JM. November 2014. Selection of an evidence-based pediatric weight management program in a health disparate region: A CBPR case study. Presentation at the Annual Meeting of the North American Primary Care Research Group. New York, NY.
19. Johnson SB, Almeida FA, Greenawald M, Bartlett J, Grey W, You W, Davy BM, Zoellner JM, Estabrooks PA. November 2014. Integrating patient choice into a weight loss maintenance program: A pragmatic randomized pilot trial.Presentation at the Annual Meeting of the North American Primary Care Research Group. New York, NY.
20. **Estabrooks PA.** April 2014. Influencing physical activity through research practice partnerships. Symposium talk presented at the Annual Meeting of the Society of Behavioral Medicine. Philadelphia, Pennsylvania.
21. **Estabrooks PA,** Glasgow RE. Kessler R. November 2013. Rapid, Relevant Research for Scientists and Practitioners: RE-AIM in Designing and Evaluating Primary Care Programs and Policies. Workshop at the Annual Meeting of the North American Primary Care Research Group. Ottawa, Ontario, Canada.
22. **Estabrooks PA,** You W, Almeida FA, Linnan L, Wall S, Davy B, Hill JL, Zoellner J. May 2013. Assessing Reach in Worksite Weight Loss Programs. Symposium talk presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity. Ghent, Belgium.
23. \*Riebl SK, Paone AC, \*Hedrick VE, Zoellner JM, Estabrooks PA, and Davy BM. The Comparative Validity of Interactive Multimedia Questionnaires to Paper Administered Questionnaires for Beverage Intake and Physical Activity. Presented at the 29th Annual Graduate Research Symposium, Virginia Tech, Blacksburg, VA. March 27, 2013.
24. **Estabrooks P.**, K. Galaviz\*, S. Harden\*, F. Almeida, K. Allen\*, L. Berrey\*, S. Mama\*, R. Lee. November 2012. Physical Activity Interventions Among Hispanics: A RE-AIM Review. Presentation delivered at the Texas Obesity Research Center Biennial Conference. Houston, TX.
25. **Estabrooks PA,** Boyle M, Emmons KM, Glasgow RE, Hess BW, Kaplan RM, Krist AH, Moser RP, Taylor MV. Identifying patient-reported behavioral and psychosocial data elements for EHRs. Symposium talk presented at the Annual Meeting of the Society of Behavioral Medicine. New Orleans, LA. April 12, 2012.
26. **Estabrooks PA,** Krist A, Glasgow RE, Hesse BW. Identifying, Assessing, and Acting Upon, Common Behavioral and Psychosocial Data Elements within Electronic Health Records. Symposium delivered at the Annual Meeting of the Society of Behavioral Medicine. New Orleans, LA. April 12, 2012.
27. Almeida FA, **Estabrooks PA** (2011). Examining the relationship between social environmental influences and successful weight loss among a sample of overweight and obese employees. Poster presented at the International Society of Behavioral Nutrition and Physical Activity, June 2011, Melbourne Australia.
28. Almeida FA, **Estabrooks PA** (2011). The use of an interactive computer session to initiate physical activity in sedentary adults. Annals of Behavioral Medicine, 41(S1):C-132, 2011. Poster presented at the Society of Behavioral Medicine Annual Meeting, April 2011, Washington DC.
29. \*Downey SM, **Estabrooks PA** (2011). The feasibility and effectiveness of group medical visits to prevent excessive gestational weight gain. Annals of Behavioral Medicine, 41(S1):A-116, 2011. Poster presented at the Society of Behavioral Medicine Annual Meeting, April 2011, Washington DC.
30. **Estabrooks PA**, \*Downey SM, \*Summers S, \*Wages J (2011). Is a research-practice partnership developed program as effective at changing physical activity and reaching participants as an evidence-based program? Poster presented at the International Society of Behavioral Nutrition and Physical Activity, June 2011, Melbourne Australia.
31. **Estabrooks PA**, \*Downey SM, \*Summers S, \*Wages J (2011). Translating physical activity programs into community practice: A randomized controlled adoption trial. . Paper presented at the International Society of Behavioral Nutrition and Physical Activity, June 2011, Melbourne Australia.
32. **Estabrooks P,** You W, Hashemi A, \*Summers S (2011). Type, Value, and Timing: The Relationship between Incentives for Weight Loss and Potential Program Reach. Paper presented at the *Annual Meeting of the Society of Behavioral Medicine.* Washington, DC. April 2011
33. \*Robert CA, **Estabrooks PA (**2011). Measures of the home environment related to childhood obesity: A systematic review. Annals of Behavioral Medicine, 41(S1):A-090 2011. Poster presented at the Society of Behavioral Medicine Annual Meeting, April 2011, Washington DC.
34. \*Robert CA, **Estabrooks PA** (2011). Validation of a survey instrument assessing physical and social components of the home environment related to childhood obesity. Annals of Behavioral Medicine, 41(S1):A-091 2011. Poster presented at the Society of Behavioral Medicine Annual Meeting, April 2011, Washington DC.
35. Lee RE, O'Connor DP, Smith-Ray R, Mama SK, Medina AV, **Estabrooks PA** (2011). Effects and mediators of a social cohesion intervention to increase physical activity and improve dietary habits in women of color: Health is Power. Annals of Behavioral Medicine, 41(S1):A-135, 2011. Poster presented at the Society of Behavioral Medicine Annual Meeting, April 2011, Washington DC.
36. \*Parks Sl, Almeida FA, **Estabrooks PA** (2011). Using interactive voice response technology to support physical activity goal setting. Annals of Behavioral Medicine, 41(S1):2105, 2011. Paper presented at the Society of Behavioral Medicine Annual Meeting, April 2011, Washington DC.
37. \*Smith E, \*Capogrossi K, **Estabrooks P** (2011). The strength and comprehensiveness of school wellness policies (SWPs) between selected rural and city schools. Annals of Behavioral Medicine, 41(S1):2135, 2011. Paper presented at the Society of Behavioral Medicine Annual Meeting, April 2011, Washington DC.
38. Wall SS, Almeida FA, **Estabrooks PA** (2011). Work-site physical environmental factors that relate positively to employee physical activity and weight status. Annals of Behavioral Medicine, 41(S1):2079, 2011. Paper presented at the Society of Behavioral Medicine Annual Meeting, April 2011, Washington DC.
39. \*Downey S, Estabrooks P (2010). Evidence-based principles and adaptations to a community physical activity program: Perceptions of community health professionals. Paper presented at the *Annual Meeting of the Society of Behavioral Medicine.* Seattle, WA. April 2010. Meritorious student abstract award.
40. Estabrooks P, Hill J, Almeida F. (2010). Beyond social support: understanding social factors within the context of worksite weight loss interventions. Paper presented at the *Annual Meeting of the Society of Behavioral Medicine.* Seattle, WA. April 2010.
41. Kiernan M, Estabrooks P, Gorin A, Autienza A. (2010). A new look at the role of social support for long-term weight management. Symposium presented at the *Annual Meeting of the Society of Behavioral Medicine.* Seattle, WA. April 2010.
42. \*Potter K, Dennis E, \*Downey S, Davy B, Estabrooks P. (2010). Fit Freshmen: A mixed methods approach to developing weight control strategies for 1st year college students. Poster presented at the *Annual Meeting of the Society of Behavioral Medicine.* Seattle, WA. April 2010.
43. \*Robert C, Hart M, Estabrooks P. (2010). Reach, implementation and effectiveness of a pilot to treat childhood obesity in low-income families. Paper presented at the *Annual Meeting of the Society of Behavioral Medicine.* Seattle, WA. April 2010. Meritorious student abstract award.
44. Cardon G, Estabrooks P, Kukkonen-Harjula K, Van Acker R, Dunton G, Klesges L. Gathering information beyond effectiveness to enhance dissemination: using the re-aim framework for the evaluation of physical activity interventions. Symposium presented at the *Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity.* Minneapolis, MN. June 2010.
45. \*Thayer A, Estabrooks P. (2010). Community Matters: The Exploration of Overweight and Obesity within a Representative Sample of Lesbians. Paper presented at the *Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity.* Minneapolis, MN. June 2010.
46. McGuire T, **Estabrooks PA.** (2010).The top 10 mistakes companies make when trying to engage employees in a wellness program. The Obesity Congress. Washington DC. September 2010.
47. Zoellner J, **Estabrooks PA, \***Allen K, Motley M. (2010). Emerging opportunities for future health literacy interventions: A systematic literature review and application of the RE-AIM framework. Health Literacy Annual Research Conference. Washington DC. October 2010.
48. **Estabrooks PA.** (2010). Reach and participation in internet-based worksite weight loss programs. Presented in the symposium “Technology and innovation in worksite health promotion”. American Public Health Association. Denver, CO. November 2010.
49. \*Downey, SM, \*Wages, J, **Estabrooks, P**, Jackson, S. What leads to the choice of delivering a community physical activity program? *Annual Meeting of the Society of Behavioral Medicine,* April 2009. Honorable Mention Physical Activity Special Interest Group Student Research Award.
50. **Estabrooks, P**, Almeida, F, \*Wages, J. Translating the principles from the psychology of physical activity into practice. *Annual Meeting of the Society of Behavioral Medicine,* April 2009
51. \*Parks, SL, **Estabrooks, PA.** Employee perceptions of the importance and job related outcomes of losing weight as it relates to BMI status and gender. *Annual Meeting of the Society of Behavioral Medicine,* April 2009
52. \*Robert, CA, **Estabrooks, PA,** Kiecolt, KJ. Public opinion for nutrition policies to prevent and treat obesity. *Annual Meeting of the Society of Behavioral Medicine,* April 2009. Citation Abstract Award. Meritorious Student Research Award.
53. \*Shah-Bhagat, M, **Estabrooks PA.** Reach by effectiveness: understanding the impact of a commercial worksite weight loss program. *Annual Meeting of the Society of Behavioral Medicine,* April 2009. Meritorious Student Research Award.
54. \*Wages, JG, Jackson, S, Bradshaw, M, Chang, M, **Estabrooks, P**. Different strategies are related to increased participation rates in an identical physical activity program offered in rural versus metropolitan areas. *Annual Meeting of the Society of Behavioral Medicine,* April 2009.
55. **Estabrooks, PA.** Practical applications of systems thinking: Implementing lifestyle interventions. *Annual Meeting of the Society of Behavioral Medicine,* March 2008
56. \*Smith-Ray, R., Almeida, F., Estabrooks P. Move More: Translating an Efficacious Group Dynamics Physical Activity Intervention into Effective Clinical Practice”, *20th Annual Convention of the Association for Psychological Science*, May 2008.
57. \*Almeida, F. A., \*Smith-Ray, R. L., Van Den Berg, R., SchrienerP., Gonzales M., **Estabrooks, P.** A., (December 2004). Utilizing a simple stimulus control strategy to increase physician referrals for physical activity promotion. *Cooper Institute Annual Scientific Meeting*. October, 2004.
58. \*Doerksen, S. & **Estabrooks, P.A.** Integrating a Fruit & Vegetable Consumption Intervention with a Successful Community Physical Activity Program. *Society of Behavioral Medicine Annual Conference*. March, 2004
59. **Estabrooks, P.A.,** Bradshaw, M.H. Determining the public health impact of a community implemented physical activity program. *Translating Research into Practice: Advancing Excellence from Discovery to Delivery.* July, 2004.
60. **Estabrooks, P.A.,** Bradshaw, M.H. The diffusion of an effective physical activity program: the sustainability, adoption, & reach of Walk Kansas. *Cooper Institute Annual Scientific Meeting*. October, 2004.
61. **Estabrooks, P.A.,** Nelson, C.C., Xu, S., King, D., Bayliss, E.A., Gaglio, B., Nutting, P.A., Glasgow, R.E.. The Frequency and Behavioral Outcomes of Goal Choices in the Self-Management of Diabetes. *American Diabetes Association Annual Conference*. June, 2004.
62. **Estabrooks, P.A.**, Toobert, D.J., Glasgow, R.E. Importance and sustainability of group cohesion in diabetes support groups. *American Diabetes Association Annual Conference*. June, 2004.
63. \*Smith-Ray, R.L., \*Almeida, F., & **Estabrooks, P.A.** The reinvention and diffusion of evidence based principles for physical activity promotion and diabetes prevention. *Cooper Institute Annual Scientific Meeting*. October, 2004.
64. \*Doerksen, S.E., **Estabrooks, P.A.,** King, A.C. Using group dynamics and individual attention to increase physical activity of rural congregate meal site participants. *International Society for Behavioral Nutrition and Physical Activity.* June, 2003.
65. Dzewaltowski, D.A., **Estabrooks, P.A.** A web-based resource center for program evaluators and researchers concerned with translating health behavior research into practice: [www.re-aim.org](http://www.re-aim.org). *Annals of Behavioral Medicine.* 25 Supplement: S107, March 2003.
66. **Estabrooks, P A.,** Bradshaw, M H., Dzewaltowski, D A. Effectiveness of a community physical activity intervention. *Medicine & Science in Sports & Exercise.* 35(5) Supplement 1:S135, May 2003.
67. **Estabrooks, P.A.,** Bradshaw, M., Dzewaltowski, D.A., Klesges, L. The reach and adoption of “Walk Kansas”: Translating Research into Practice. *Annals of Behavioral Medicine*. 25 Supplement: SO49, March 2003.
68. **Estabrooks, P.A.,** Dzewaltowski, D.A., Sy, O.S., Milliken, G.A. The relationship between the school lunch environment and fruit and vegetable consumption. *Paper presented at the International Society for Behavioral Nutrition and Physical Activity*. June, 2003.
69. \*Fox, E.H., **Estabrooks, P.A.** The feasibility of physical activity programs offered in conjunction with congregate meals for frail older adults. *Annals of Behavioral Medicine. 25 Supplement*: B-37, March 2003.
70. \*Hill, J L., Dzewaltowski, D A., **Estabrooks, P A.** Incidence of ergogenic aid use among eighth grade youth. *Medicine & Science in Sports & Exercise. 35(5) Supplement* 1:S327, May 2003.
71. Klesges, L.M., **Estabrooks, P.A.** Planning for translation and dissemination: RE-AIMING interventions to improve applicability and enhance evaluations. *Annals of Behavioral Medicine. 25 Supplement: S170,* March 2003.
72. **Estabrooks, P. A.,** Bradshaw, M. H., & \*Wyrill E. H. (2002, May) County Health Agents: Physical Activity Prevalence, Self-Efficacy, And Value. *Poster to be presented at the annual conference of the American College of Sports Medicine*, St. Louis, MO.
73. **Estabrooks, P. A.,** Bradshaw, \*M. H., Wyrill, E., Berg, J., & Dzewaltowski, D. A. (2002, July). Delivery Agent Characteristics Predict County Level Adoption Of A Physical Activity Intervention. *Paper presented at the annual conference of the International Society for Behavioral Nutrition and Physical Activity*, Seattle, Washington.
74. **Estabrooks, P. A.,** Dzewaltowski, D. A., Glasgow, R., & Klesges, L. (July, 2002). Translating Research To Practice: Examining The External Validity Of School-Based Behavior Change Interventions. *Paper presented at the annual conference of the International Society for Behavioral Nutrition and Physical Activity*, Seattle, Washington.
75. **Estabrooks, P. A.,** Dzewaltowski, D. A., Karteroliotis, K., Gyurcsik N., & Hill, J. L., (2002, April). The School Lunch Social Environment Questionnaire: Factorial And Predictive Validity. *Poster presented at the annual conference of the Society of Behavioral Medicine*, Washington, D.C.
76. **Estabrooks, P. A.,** Dzewaltowski, D. A., Gyurcsik, N. C., & Johnston, J. A. (2001, March). The after-school program group environment questionnaire: factorial and predictive validity. *Poster presented at the meeting of the Society of Behavioral Medicine.*  Seattle, Washington.
77. **Estabrooks, P. A.,** \*Hill, J. L., Dzewaltowski, D. A., Gyurcsik, N. C., & Milliken, G. A. (2001, October). Individual level psychosocial variables moderate the influence of the group level social environment on older adult physical activity class attendance. *Poster presented at the Cooper Institute Conference -- Innovative Approaches to Understanding and Influencing Physical Activity.* Dallas, Texas.
78. **Estabrooks, P. A.** & Gyurcsik (2001, March) Resources for physical activity participation: a metropolitan analysis. *Paper presented at the meeting of the Society of Behavioral Medicine*. Seattle, Washington.
79. **Estabrooks, P.A.** & Gyurcsik, N.C. (2001, May) When Does Intention Predict Physical Activity? The Moderating Role Of Struggle With Acute Thoughts*. Paper presented at the meeting of the American College of Sports Medicine.* Baltimore, Maryland.
80. Lee, R. E., Spence, J. S., & **Estabrooks, P. A.** (2001, March). Applying an ecological framework to physical activity research: multiple layers of theory and data. Symposium presented at the meeting of the Society of Behavioral Medicine. Seattle, Washington.
81. **Estabrooks, P. A.** & Carron, A. V. (2000, April). The physical activity environment questionnaire: A multi-dimensional measure of class cohesion for older adults. *Paper presented at the meeting of the Society of Behavioral Medicine.*  Nashville, Tennessee.
82. **Estabrooks, P. A.** & Gyurcsik, N. C. (2000, June). Group cohesion, acute thoughts, intention, and behavior in the exercise domain. *Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity*. San Diego, California.
83. Brawley, L. R., Carron, A. V., Paskevich, D., & **Estabrooks, P. A.** (1999, June). Topical issues in cohesion research. Symposium presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity. Clearwater, Florida.
84. Carron, A. V., **Estabrooks, P. A.**, Paskevich, D., & Brawley, L. R. (1999, June). Advances in cohesion research: Issues, correlates, and new directions. Symposium presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity. Clearwater, Florida.
85. **Estabrooks, P. A.**, Brawley, L. R., Paskevich, D., & Carron, A. V. (1999, June). Advances in group cohesion research in exercise and sport. Symposium presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity. Clearwater, Florida.
86. **Estabrooks, P. A.** & Carron, A. V. (1999, June). Short and long-term effects of class cohesion on exercise adherence of the elderly: From prediction to practice. *Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity*. Clearwater, Florida.
87. **Estabrooks, P. A.,** Carron, A.V., & Holdsworth, K. (1999, May). Team-building in exercise classes for older adults. *Poster presented at the Active Living Coalition for Older Adults: National Forum on Older Adults and Active Living*. London, Ontario.
88. **Estabrooks, P. A.** & Nigg, C. R. (1999, March). Validation of the stages of change model for mild, moderate, and strenuous physical activity. *Poster presented at the meeting of the Society of Behavioral Medicine.* San Diego, California.
89. Paskevich, D., **Estabrooks, P. A.**, Carron, A. V., & Brawley, L. R. (1999, June). The correlates of cohesion in sport and exercise. Symposium presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity. Clearwater, Florida.
90. **Estabrooks, P.** (1998, October). The self-efficacious theory of planned behavior, or measurement and conceptual issues in the field of exercise psychology. Symposium presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology. Fredericton, New Brunswick.
91. **Estabrooks, P. A.** & Carron, A. V. (1998, October). Predicting perceptions of task and affective forms of social support with group cohesion in elderly exercisers. *Paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology*. Fredericton, New Brunswick.
92. **Estabrooks, P. A.** & Carron, A. V. (1998, September). Motives for and barriers to exercise in the elderly. *Paper presented at the meeting of the Association for the Advancement of Applied Sport Psychology*. Cape Cod, MA.
93. **Estabrooks, P. A.** & Carron, A. V. (1998, June). Previous exercise, task cohesion and scheduling self-efficacy in the elderly. *Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity*. Chicago, Illinois.
94. **Estabrooks, P. A.** & Nigg C. R. (1998, March). The relationships between group cohesion, attitude, self-efficacy, and exercise behavior. *Poster presented at the meeting of the Society of Behavioral Medicine.* New Orleans, LA.
95. Rodgers, W. M., **Estabrooks, P.,** McGannon, Munroe, K., Blanchard, C., & Nigg, C. (1998, October). Exploring conceptual distinction and overlap in theoretical approaches to exercise behavior. Symposium presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology. Fredericton, New Brunswick.
96. Carron, A. V., **Estabrooks, P.**, Munroe, K., & Dennis, P. (1997, October). Group norms in sport teams. Symposium presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology. Niagara Falls, Ontario.
97. **Estabrooks, P.** & Carron, A. V. (1997, September). The association among social support, subjective norm, and group cohesion in elderly exercisers. *Paper presented at meeting of the Association for the Advancement of Applied Sport Psychology.* San Diego, CA.
98. **Estabrooks, P**. & Carron, A. V. (1997, September). Group cohesion, confidence, and attitude toward exercise in the elderly. *Paper presented at the meeting of the Association for the Advancement of Applied Sport Psychology.* San Diego, CA.
99. **Estabrooks, P.** & Carron, A. V. (1997, October). Control beliefs and exercise in the elderly. *Paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology.* Niagara Falls, Ontario.
100. **Estabrooks, P.,** Courneya, K. S., & Nigg, C. R. (1997, May). Does fitness testing plus relapse prevention training increase exercise participation better than fitness testing alone. *Poster session presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity.*  Denver, CO.
101. **Estabrooks, P.**, Munroe, K., Dennis, P., & Carron, A. V. (1997, October). Group norms in sport teams: An Overview of Recent Research. Symposium presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology. Niagara Falls, Ontario.
102. **Estabrooks, P.** & Courneya, K. S. (1996, June). Exercise intention and exercise behavior: Applying the self-schema theory. *Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity*. Muskoka, ON.
103. **Estabrooks, P.,** Courneya, K. S., & Nigg, C. R. (1995, October). Is stimulus control on its own sufficient for increasing attendance at a fitness facility? *Paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology*, Vancouver, BC.