
Julia R. Varnes, PhD, MPH, MCHES®

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Primary Interest Areas

Student development & professional preparation; social-emotional health; motivational interviewing;
health promotion planning & evaluation;

Education

Ph.D.	University of Florida <i>Major:</i> Health and Human Performance <i>Minor:</i> Research and Evaluation Methodology Dissertation: Body Image Disturbance, Objectification, and College Women Chair: Dr. Michael Stollefson, Assistant Professor, Department of Health Education and Behavior	2013
M.P.H.	University of Maryland, College Park <i>Emphasis:</i> Community Health Education <i>Advanced Graduate Coursework:</i> Measurement Statistics and Evaluation Advisor: Dr. E.D. Glover, Professor and Chair, Department of Public and Community Health, School of Public Health	2008
M.S.	University of Florida <i>Major:</i> Health Science Education <i>Emphasis:</i> Health Promotion Advisor: Dr. R. Morgan Pigg, Professor, Department of Health Science Education	2003
B.S.	University of Florida <i>Major:</i> Health Science Education <i>Emphasis:</i> Community Health	with Honors, 2002

Certifications & Specialized Training

Motivational Interviewing Network of Trainers (MINT) Training of New Trainers (TNT)	2017
Master Certified Health Education Specialist (MCHES®), ID# 27035	2016
Tobacco Treatment Specialist	2008
Phlebotomy Certification, Maryland (expired)	2005
HIV 501 Testing and Counseling (expired)	2001

Professional Experience

Senior Lecturer University of Florida, Department of Health Education and Behavior	2020-present
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Lecturer 2014-2020
University of Florida, Department of Health Education and Behavior

Affiliate Faculty 2014-present
University of Florida, Center for Sexualities, Gender, and Women's Studies Research

Health Promotion Specialist 2013-2014
University of Florida, GatorWell Health Promotion Services

- Planned, implemented, and evaluated health promotion programs at the University of Florida, focusing on alcohol, other drugs, and interpersonal violence prevention (AOD-IVP).
- Developed, implemented, and analyzed results of quantitative and qualitative assessments.
- Served as an advocate for environmental and policy change that focuses on AOD-IVP.
- Developed relationships and collaborated with campus and community partners in programming efforts that serve to positively enhance students' learning and living environment.
- Provided oversight and coordination to the peer education group STRIVE (Sexual Trauma/Interpersonal Violence Education).
- Supervised the STRIVE Graduate Assistant (doctoral student), paid Graduate Peer Educators, and Graduate Practicum students.
- Successfully implemented efforts to recruit, train, and retain volunteer undergraduate peer educators.

Consultant 2010-2013
University of Florida Area Health Education Centers (AHEC) Program, College of Medicine

- Trained incoming Tobacco Program Coordinators.
- Worked with UF Health Shands to provide tobacco training to healthcare providers; implement systems change within the hospital; facilitate tobacco cessation classes; and develop web training modules for healthcare professionals.

Graduate Assistant 2010-2013
University of Florida, Department of Health Education and Behavior

- Instructor for various courses
- Research Assistant to Dr. Michael L. Stelfox
- Teaching assistant for various courses (see p. 4)

Education & Training Coordinator, Tobacco Programs 2008-2010
University of Florida Area Health Education Centers (AHEC) Program, College of Medicine

- Planned and coordinated annual Learning Afternoon for 700+ health professions (HP) students (Medicine, Dentistry, Nursing, Pharmacy, and Public Health).
 - Collaborated with faculty from the HP disciplines to develop, implement, and evaluate health behavior change curriculum for HP students. Curriculum was utilized by several Universities throughout the state of Florida.
 - Facilitated the design and dissemination of educational preparation materials via online learning systems for HP students to complete prior to the Learning Afternoon.
 - Coordinated and organized all event planning tasks for the Learning Afternoon for HP students (large group lectures and small group interdisciplinary activities).
- Annually planned and coordinated the Applied Learning Days (ALD) for HP students.
 - Collaborated with faculty from the HP colleges to develop tobacco prevention curriculum for middle school students, which were presented by HP students.
 - Coordinated the compilation of, and disseminated teaching materials to, HP student teams for their visits to the middle schools.

- Recruited middle school classrooms for ALD school visits. Scheduled and coordinated these visits. More than 700 HP students from the University of Florida visited 140+ schools in 13 Florida counties each year during Red Ribbon Week.
- Wrote, edited, and distributed bi-annual newsletter (electronic and print) on current tobacco issues to health professionals.
- Collaborated at the local, regional, and state level to implement systems and policy change specific to tobacco use prevention and cessation.
- Supervised interns.

Graduate Intern 2007

University of Maryland, College Park; University Health Center, Center for Health & Well-Being

- Developed Body Image programming provided to University of Maryland students.
- Assisted Pre-Internship students in developing grant proposals.
- Analyzed University of Maryland, National College Health Assessment data.

Research Assistant / Interventionist 2006-2007

University of Maryland, College Park, School of Public Health, Center for Health Behavior Research

- Performed tasks specific to clinical research studies including marketing; determining participant eligibility; collecting consent, blood and vital signs, and adverse events and concomitant medications; documentation on Case Report Forms and Source Documents; and counseling participants.
- Assisted with writing and editing grant submissions, and IRB proposals.

Note: All studies were funded by either government grants or pharmaceutical companies and focused on tobacco addiction and cessation.

Graduate Assistant 2004-2006

University of Maryland, College Park - Department of Public and Community Health

- Instructor
- Faculty supervisor to Graduate and Undergraduate Interns
- Teaching Assistant

Research Assistant, Podcasting Pilot Study 2005

University of Maryland, College Park, Dean's Office, College of Health and Human Performance

- Supervised by Dr. Robert Gold.

Health Educator, Independent Contractor 2003

Women's Health Bridges, Tampax Health Education, Proctor & Gamble

Graduate Teaching Assistant 2002-2003

University of Florida - Department of Health Science Education

Family Planning Assistant (I & II)/Nursing Assistant 2002

Planned Parenthood of North Central Florida, Gainesville, FL.

Health Educator 2002

Education Department: Planned Parenthood of North Central Florida, Gainesville, FL

- Completed as partial requirement for Bachelors of Science degree.
- Assisted with existing programs and implemented specialty and new programs, including conceptualization, development and implementation of Planned Parenthood NCF's first annual National Condom Week Awareness Program

- Conducted sexuality / health presentations for students of varying ages (middle school to college aged).
- Supervised two peer educators.
- Conducted HIV testing and counseling.
- Provided pregnancy options counseling.

Patient Care Assistant

2000-2001

SHANDS at the University of Florida - Central Staffing Office

Teaching

Instructor for Resident Undergraduate Courses

University of Florida

HSC 3102, Personal and Family Health
HSC 4134, Emotional Health & Health Counseling
HSC 4143, Drug Education
HSC 4302, Methods & Materials in Health Science Education

University of Maryland, College Park

HLTH 140, Personal and Community Health

Instructor for Resident Graduate Courses

University of Florida

HSC 5135, Emotional Health & Health Education
HSC 5142, Drug Education
HSC 6318, Planning Health Education Programs
HSC 6712, Evaluating Health Education Programs

Development of Online Courses

University of Florida

HSC 5135, Emotional Health and Health Education (Graduate)
HSC6318, Planning Health Education Programs (Graduate; in progress)
HSC 6712, Evaluating Health Education Programs (Graduate)

Instructor for Online Courses

University of Florida

HSC 3537, Health & Medical Terminology (Undergraduate)
HSC 5135, Emotional Health and Health Education (Graduate)
HSC 5536, Medical Terminology for the Health Professions (Graduate)
HSC 6712, Evaluating Health Education Programs (Graduate)

Online Undergraduate Course Contributing Lecturer

University of Florida

Course: HSC4302, Methods and Materials in Health Education
Module: Developing Print Materials
Module: Promoting Health Education in a Multicultural Society
Course: HSC3201, Community and Environmental Health
Module: Adolescent, Young Adult, and Adult Health

Mentoring & Supervising

Doctoral Committees

James, Tyler (Special Appointment). Department of Health Education and Behavior, University of Florida.

- Anticipated graduation 2020 (Admitted to candidacy, 2019)
- Dissertation Title: *Emergency Department Utilization among DHH Adults: An Explanatory Sequential Mixed Methods Study*.
- Grants, Awards & Recognitions
 - R36 HS027537-01, AHRQ, \$41,021
 - 2020 Vivian Drenckhahn Student Scholarship, SOPHE
 - 2019 M. M. Tutton Endowed Scholarship, College of Health & Human Performance
 - 2018 M. M. Tutton Endowed Scholarship, College of Health & Human Performance
 - 2018 Student Fellowship in Patient Engagement, SOPHE, \$2,000
 - 2017 SOPHE 21st Century Scholar
 - 2016 Champions for Change Award for Health and Wellness, Sustainable UF

Johnson, Emily (Special Appointment). Department of Health Education and Behavior, University of Florida.

- Completion: Summer 2016
- Dissertation title: *Maternal Psychological Control and Body Image Dissatisfaction among College Undergraduate Students*.
- Current Position: Lecturer, Department of Family, Youth, and Community Sciences, University of Florida
- Awards & Recognitions
 - 2015 M. M. Tutton Endowed Scholarship, College of Health & Human Performance

Masters Thesis Committees

Dellich, Amber (Chair). Department of Health Education and Behavior, University of Florida.

- Completion: Summer 2018
- Thesis title: *Assessing Health Education Students Self-Efficacy in Professional Competencies*.
- Award & Recognitions (see also Undergraduate):
 - 2018 Allen, Holyoak, Varnes Endowed Scholarship, College of Health & Human Performance
 - 2018 Masters Student of the Year, Department of Health Education & Behavior
 - 2018 Graduate Student Case Study Competition, First Place, Society for Public Health Education
 - 2017 SOPHE 21st Century Scholar
- Current Position: Employee Wellness Coordinator, City of Clermont

Other Masters Student Advising

University of Florida, Department of Health Education & Behavior

Nicole Liss, Spring 2020
Leah Knight, Spring 2020
Kiarra Krulikowski, Fall 2019
Kai Christmas, Fall 2019
Rachel Basmaci, Spring 2019
Sophia Reagan, Spring 2018
Kaley Miller, Fall 2017
T. James White, Fall 2017
Tahira Macedo, Summer 2017
Jayla Bostic, graduated Summer 2016
Brittany Schambow, graduated Spring 2016
Myesha Ponder, graduated Spring 2016
Jazmine DiCristo, graduated Spring 2016
Katherine Harris, graduated Fall 2015

Undergraduate Honors Committees

Summa cum laude

- Priyanka Devaguptapu (Chair; in progress). Spring 2021. *COVID-Related Education in Public School Settings*. Department of Health Education & Behavior, University of Florida.
- Jamie Kulik (Member). Spring 2020. *Examining the Relationship Between Interactions with People with Disabilities and Academic and Overall Life Satisfaction Among Students who Identify as Pre-Health*. Department of Social and Behavioral Sciences, University of Florida.
- Leah Knight (Chair). Spring 2019. *Sports Training Curriculum Development for Inclusive Populations*. Department of Social and Behavioral Sciences, University of Florida.
- Amber Dellich (Chair). Summer 2017. *Using the social ecological model as a weight management tool for university students*. Department of Health Education & Behavior, University of Florida.

Magna cum laude

- Andy Johnson (Chair). Summer 2020. *Andy Johnson Honors Portfolio*. Department of Health Education and Behavior, University of Florida.
- Tia Menna (Member). Spring 2020. *Tia Menna Honors Portfolio*. Department of Health Education and Behavior, University of Florida.
- Nicole Liss (Chair). Summer 2019. *Nicole Liss Honors Portfolio*. Department of Health Education and Behavior, University of Florida.
- Kathryn Marrero (Chair). Spring 2019. *Kathryn Marrero Honors Portfolio*. Department of Health Education and Behavior, University of Florida.
- Patricia Wojtowicz (Chair). Spring 2019. *Patricia Wojtowicz Honors Portfolio*. Department of Health Education and Behavior, University of Florida.
- Tiffany Sleek (Chair). Spring 2016. *Understanding well-being cross-culturally with international university students: Are surveys perceptive of cross-cultural views and interpretations?* Department of Health Education and Behavior, University of Florida.

Supervision of Students

University of Florida

Graduate Teaching Assistants, up to 5 per semester (2014-present)

Graduate Program Director, Inclusive Fitness and Unified Sports (IFUS) Program (2016-2018)

GatorWell Health Promotion Services, University of Florida (2013-2014)

STRIVE Graduate Assistant (2; Counseling Psychology doctoral student position)

STRIVE Graduate Peer Educators

STRIVE Graduate Practicum Student (Masters, Student Personnel in Higher Education)

University of Florida AHEC Program (2008-2010)

Health Education & Behavior undergraduate Interns

Health Education & Behavior graduate Intern

University of Maryland, College Park (2005-2007)

Faculty supervisor to graduate interns

Faculty supervisor to undergraduate interns

PUBLICATIONS

Refereed Articles

1. Moradi, B., & Varnes, J.R. (2017). Structure of the Objectified Body Consciousness Scale: Reevaluated twenty years later. *Sex Roles*.

2. **Varnes, J. R.**, Stellefson, M. L., Miller, D. M., Janelle, C. M., Dodd, V., & Pigg, R. M. (2014). Body image and self-objectification among collegiate female athletes: Does societal objectification make a difference? *Psychology of Women Quarterly*, 39, 95-108. Impact Factor: 1.879
3. **Varnes, J. R.**, Stellefson, M. L., Janelle, C. M., Dorman, S. M., Dodd, V., & Miller, D. M. (2013). A systematic review of studies comparing body image concerns among female college athletes and non-athletes, 1997-2012. *Body Image*, 10, 421-432. Impact Factor: 2.042
4. Barry, A. E., Stellefson, M. L., Hanik, B., Tennant, B. L., Whiteman, S. D., **Varnes, J.**, & Wadsworth, S. M. (2013). Examining the association between binge drinking and propensity to join the military. *Military Medicine*, 178, 1-37. Impact Factor (2012): 0.771
5. **Strnad J.V.** (2007). Theory comparison: Implications for future interventions of binge drinking in college undergraduates. *The Health Education Monograph Series: Student Edition*, 24, 5-9. Impact Factor: N/A
6. Glover E.D., Laflin M.T., Schuh K.J., Schuh L.M., Nides M., Christen A.G., Glover P.N., & **Strnad J.V.** (2007). A randomized, controlled trial to assess the efficacy and safety of a transdermal delivery system of nicotine/mecamylamine in cigarette smokers. *Addiction*, 102, 795-802. Impact Factor: 4.829
7. Glover E.D., Glover P.N., Laflin M.T., Nochur S.V., & **Strnad J.V.** (2007). Sensitivity and specificity of a reagent-impregnated test strip in identifying smokeless tobacco users. *Nicotine and Tobacco Research*, 9, 499-503. Impact Factor: 3.296

Books

1. Varnes, J. & Varnes, J. (2017). *Personal and community health*. Caduceus International Publishing.
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CONFERENCE/MEETING PRESENTATIONS

Refereed Presentations

(*Graduate student, **Undergraduate student)

National

1. *James, T. G., *Meeks, K. & **Varnes, J. R.** "Process Evaluation of Sex in the Swamp: A Student-Led Sexual Health and Spring Break Safety Fair." Poster Presentation. Society for Public Health Education, National Conference, March 2019; Salt Lake City, UT.
2. Schambow, B., **Varnes, J. R.**, & Moses, H. "Hazing and Sport Club Athletes: An Under-Studied Population." Poster Presentation. American College Health Association, National Conference, June 2017; Austin, TX.
3. *Coppock, C., *Sayedul Huq, M., Yurasek, Y.M., & **Varnes, J.R.** "Inclusive Fitness and Unified Sports: A community-based approach to fitness for young adults with intellectual disabilities." Poster Presentation. Building Healthy Academic Communities, National Conference, April 2017: Gainesville, FL.
4. *James, T. G., Rella, N., & **Varnes, J. R.** "An eHealth intervention to affect attitudes, perceived behavioral control, and intent in college students: A pilot study." Poster Presentation. Society for Public Health Education, National Conference, March 2017: Denver, CO.
5. *Schambow, B., **Varnes, J. R.**, & Moses, H. "Assessing Hazing Among Sport Club Athletes: A Student-Led Instrument Development Initiative." Poster Presentation. American College Health Association, National Conference, May 2016: San Francisco, CA.
6. **Varnes, J. R.** "I Can Take Care of Myself. Invincibility and Victim Blaming." Oral Presentation. American Public Health Association, National Conference, November 2015: Chicago, IL.
7. **Varnes, J. R.** "The Role of Societal Objectification on Collegiate Female Athletes' Self-Objectification." Poster Presentation. American College Health Association, National Conference, May 2015: Orlando, FL.

8. **Varnes, J. R.**, & Barry, A. E. "Is There Evidence for a Red Zone? Using Jeanne Clery Disclosure Data to Examine Prevalence of Sexual Assault between 2007-2013." Poster Presentation. American College Health Association, National Conference, May 2015: Orlando, FL.
9. **Varnes, J. R.**, Lawrence, R. J., & *Deatherage, S. D. "College Student Perceptions of Sexual Violence: A Qualitative Campus Climate Assessment." Poster Presentation. American College Health Association, National Conference, May 2015: Orlando, FL.
10. **Napolitano, S., **Varnes, J. R.**, & Moses, H. "College Students Perceptions of Personal Safety on Campus." Poster Presentation. American School Health Association/Eta Sigma Gamma, National Conference, October 2013: Myrtle Beach, SC.
11. **Varnes, J. R.**, Chaney, D., Varnes, J. W., Emmeree, J., & Haberman, S. "Tobacco Use Prevalence Among University Faculty, Staff, and Students." Poster Presentation. American Association for Health Education, National Conference, March 2012: Boston, MA.

State and Local

12. **Knight, L., Pomeranz, J., Varnes, J. R. "Sports Training Curriculum Development for Inclusive Populations." Poster Presentation. Public Health and Health Professions Research Day. University of Florida, April 2019; Gainesville, FL.
13. **Dorn, D. R., *James, T. G., & **Varnes, J. R.** "Trends in Reporting Sexual Assault and Interpersonal Violence at a Deaf University." Poster Presentation. Florida Undergraduate Research Conference, State Conference, February 2019; Jacksonville, FL.
14. Emmeree, J., Rella, N., **Varnes, J. R.**, & **King, E. "GenNow: UF Students Technology Use." Poster Presentation. Division of Student Affairs, University of Florida, June 2013: Gainesville, FL.
15. **Strnad, J. V.** "Preventing Tobacco Use Relapse in Post-Partum Women." Oral presentation. Florida Area Health Education Centers Network, Statewide Conference, 2009: Sandestin, FL.

Invited Presentations

(*Graduate student, **Undergraduate student)

1. **Varnes, J. R.** "Motivational Interviewing in Pediatric Dentistry." Invited seminar. Department of Pediatric Dentistry, University of Florida, November, 2019: Gainesville, FL.
2. **Varnes, J. R.**, Sayedul Huq, M., **Knight, L., & **Ryan, P. "Inclusive Fitness and Unified Sports (IFUS): 30 Years of Partnership." Invited presentation. Community and Behavioral Sciences Seminar, University of Florida, April 2019: Gainesville, FL.
3. **Varnes, J. R.** "Health Promotion and Scope of Practice." Invited presentation. Florida Atlantic University Owls Care Health Promotion, September 2016: Boca Raton, FL.
4. **Varnes, J. R.** "Body Image, Objectification, and College Women." Invited classroom presentation. University of Florida, Spring 2015: Gainesville, FL.
5. **Varnes, J.R.**, Lawrence, R.J., Loschiavo, C., & Benck, L. "College Students and Sexual Violence." Invited panel presentation. 33rd Annual Sexual Battery Conference, May 2014: Gainesville, FL.
6. **Strnad, J. R.** "Florida AHEC Tobacco Training and Cessation (ATTAC) Program: Facilitating health behavior change within the community." Invited guest lecture. PCO4930: Health Psychology, University of Florida, Spring 2010; Fall, 2009; Spring, 2009: Gainesville, FL.
7. Nichols K. L., **Strnad J. V.**, Leeds M., Dingman D., & Nutter K. "Florida AHEC Tobacco Training and Cessation Program." Brumback Lecture (Invited oral presentation). Florida Public Health Association, 2009 Conference: Naples, FL.

GRANTS & FUNDING

Varnes, J.R. *Professional development grant.*

Funder: UF College of Health and Human Performance

Funding period: December 2016-December 2017

Role: Author

Total Funds Awarded: \$5,000.00

Stellefson, M., Barry, A.E., Delisle, A., & **Varnes, J. R.** *The association between social media use and perceived social capital among college students.*

Funder: UF Health Promotion Research Fund.

Funding period: January, 2014 – December, 2016

Role: Co-Investigator

Total Funds Awarded: \$9,994.25

Varnes, J., & Emmeree, J. *Students perceptions of UF's campus climate related to interpersonal violence issues, Phase I.*

Funder: Healthy Gators

Funding period: February, 2014 – May, 2014

Role: Principal Investigator

Total Funds Awarded: \$2600.00

Lawrence, R., **Varnes, J.**, & Miller, E. *Campus Grant to Activate Bystanders to Reduce Sexual Assault, Dating Abuse, and Stalking.*

Funder: Avon Foundation

Funding period: September 1, 2014 – August 31, 2015

Total Funds Awarded: \$4998.00

PROFESSIONAL SERVICE

National

Lifetime Member	Eta Sigma Gamma National Health Education Honorary Member, Documents Committee, 2016-present Co-Chapter Sponsor, Alpha Lambda Chapter, 2012-2018
2020-current	National Commission for Health Education Credentialing (NCHEC) Elected member, Division Board for Certification of Health Education Specialists
2017-current	Motivational Interviewing Network of Trainers Training of New Trainers (TNT), 2017
2005-current	Society for Public Health Education (SOPHE) Co-Chair, Professional Preparation Committee (2018-2020) Conference Session Moderator, 2019 Conference Proposal Reviewer, 2018 Case Study Advisor to UF Graduate Student Team, 2017-2019
2012-2020	American Psychological Association (Member) Member, Division 35 (Society for the Psychology of Women), 2014-2020
2014-2018	American College Health Association (Member) Liaison to the Coalition for National Health Education Organizations (CNHEO), 2017-2018 Alternate Liaison to the Coalition for National Health Education Organizations (CNHEO), 2014-2017 Conference Proposal Reviewer, 2017 Member, Campus Safety and Violence Coalition, 2014-2018 Member, Alcohol Tobacco and Other Drug Coalition, 2014-2017 Secretary, Alcohol Tobacco and Other Drug Coalition, 2014-2016 Conference Session Moderator, 2015

2005-2019	American Public Health Association (Member) Conference Proposal Reviewer, 2016, 2019
2016-2017	National Summit for Building Healthy Academic Communities Member, Steering Committee for 2017 Conference
2013-2016	Schools and Colleges Organization for Prevention Educators
1999-2013	American Alliance for Health, Physical Education, Recreation & Dance (membership ended due to re-organization of the alliance) Member, Research Committee, 2005-2008
1999-2013	American Association for Health Education (organization merged with SOPHE after 2013) Member, Student Involvement Committee, 2006-2007 Leadership Associate, Board of Directors, 2004-2006
<i>Regional/Community</i>	
2013-2014	Community Alcohol Coalition , Alachua County Florida
2008-2010	Alachua County Tobacco Free Partnership , Alachua County, Florida
<i>Institutional Governance & Service</i>	
2020-present	Curriculum Committee , UF, Department of Health Education & Behavior
2019-present	Lecturer Search Committee , UF, Department of Health Education & Behavior
2015-present	Inclusive Fitness and Unified Sport (IFUS) Program Faculty Sponsor
2014-present	Anti-Hazing Committee Coalition , University of Florida Chair, Assessment Sub-Committee, 2014-present
2014-present	Student Health Advisory Board , University of Florida Faculty Representative & Member
2014-present	Awards Committee , UF, College of Health & Human Performance
2014-present	Recognition Committee , UF, Department of Health Education & Behavior
2018-2019	Teacher of the Year Committee , UF, College of Health & Human Performance Chair
2018-2019	Lecturer Search Committee , UF, Department of Health Education and Behavior Chair
2017	Lecturer Search Committee , UF, Department of Health Education and Behavior Chair
2016-2017	Lecturer Guidelines for Promotion Review Committee , UF, College of HHP
2015-2016	Lecturer Search Committee , UF, Department of Applied Physiology & Kinesiology

2013-2015	Interpersonal Violence Prevention Committee , University of Florida
2008-2015	Healthy Gators , University of Florida Member, Data Committee, 2010-2015 Member, Tobacco-Free Task Force, 2008-2011 Member, Programming Committee, 2008-2010
2013-2014	Student Veteran Competency Advisory Committee , University of Florida
2013-2014	Diversity, Inclusion, & Campus Climate Committee , UF, Div. of Student Affairs
2010-2011	Teacher of the Year Committee , UF, College of Health and Human Performance Student Member
2005-2006	Graduate Student Representative to Faculty , University of Maryland, Department of Public and Community Health
2005	Grievance Committee , University of Maryland, Dept. of Public & Community Health Student Member
2004-2005	Department Chair Search Committee , University of Maryland, College of HHP Graduate Student Member

Other Service

Ad hoc Reviewer, Journals

American Journal of Health Education (2)
 Body Image (3)
 Counseling Psychology Quarterly (1)
 Health Education and Behavior (1)
 Health Promotion Practice (3)
 International Journal of Environmental Research and Public Health (1)
 Journal of American College Health (1)
 Politics, Groups, and Identities (3)
 Psychology of Women Quarterly (4)
 Sex Roles (3)
 Social Work in Mental Health (1)
 Sport in Society (1)

HONORS, AWARDS, and RECOGNITIONS

2020	Chapter Excellence Award , Eta Sigma Gamma National Office, Chapter Sponsor
2019	Chapter Excellence Award , Eta Sigma Gamma National Office, Chapter Sponsor Teaching Activity Award , Eta Sigma Gamma National Office, Chapter Sponsor <i>Sex in the Swamp</i>
2018	UF Faculty Honoree Identified by an Anderson Scholar as the most impactful faculty in their academic career
2018	Graduate Student Case Study Competition Winners , Society for Public Health Education, Advisor

2018	Chapter Excellence Award , Eta Sigma Gamma National Office, Chapter Sponsor Research Activity Award , Eta Sigma Gamma National Office, Chapter Sponsor <i>Evaluation of current practices to promote and conduct chlamydia screenings at the University of Florida Student Health Care Center</i>
2017-2018	Teacher of the Year , University of Florida
2017-2018	Teacher of the Year , College of Health & Human Performance, University of Florida
2017	Chapter Excellence Award , Eta Sigma Gamma National Office, Chapter Sponsor Service Activity Award , Eta Sigma Gamma National Office, Chapter Sponsor <i>Bike Rehab</i>
2017	Outstanding Professional/Academic Organization , Eta Sigma Gamma Alpha Lambda Chapter, Department of Student Activities and Involvement, University of Florida
2016	Chapter Excellence Award , Eta Sigma Gamma National Office, Chapter Sponsor Service Activity Award , Eta Sigma Gamma National Office, Chapter Sponsor <i>Bike Rehab</i>
2015-2016	Teacher of the Year , Department of Health Education & Behavior, University of Florida
2013	Recognition of Dedicated Service , Eta Sigma Gamma, Alpha Lambda Chapter
2006	Dean's Graduate Scholar Award, School of Public Health, University of Maryland
2006	Eastern District AAHPERD nominee to National AAHPERD Ruth Abernathy Graduate Scholarship
2005	Distinguished Service Award , Eta Sigma Gamma, Epsilon Chapter
2001	AAHPERD National Student Leadership Conference, AAHE Representative Selected to represent AAHE at AAHPERD National Student Leadership Conference
