

## Curriculum Vitae | Katherine B. Gunter | October 2019

Office: 247 Hallie E. Ford Center | Phone: 541-737-3624 | Email: [kathy.gunter@oregonstate.edu](mailto:kathy.gunter@oregonstate.edu)

### EDUCATION AND EMPLOYMENT INFORMATION

#### EDUCATION

Year	Degree	University	Field of Study
2003	Ph.D.	Oregon State University, Corvallis, OR Thesis Advisor: <i>Christine Snow, PhD, FACSM</i> <i>Examining fall and fracture risk in older adults</i>	Human Performance (Public Health minor)
1996	MEd	Western Washington University, Bellingham, WA Thesis Advisor: <i>Kathy Knutzen, PhD, FACSM</i> <i>Effects of strength training on function in older adults</i>	Exercise & Sport Science
1992	B.A.	Western Washington University, Bellingham, WA	Exercise & Sport Science

#### Post-Doctoral Training

Year	Education Provider	Training Experience
2011	University of South Carolina	Physical Activity & Public Health Research Training Fellowship
2005-2008	Department of Exercise and Sport Science, Oregon State University, Corvallis, OR	Postdoctoral Research Associate NIH1 RO1 HD36621

#### ACADEMIC EMPLOYMENT

2019-present	<u>Professor and Extension Specialist</u> , School of Biological and Population Health Sciences, Extension Family & Community Health Program, Oregon State University
2013-present	<u>Core Director</u> , Healthy Eating and Active Living Research Core, Hallie E. Ford Center for Healthy Children and Families, College of Public Health and Human Sciences, Oregon State University
2013-2019	<u>Associate Professor and Extension Specialist</u> , School of Biological and Population Health Sciences, Extension Family & Community Health Program, Oregon State University, Corvallis, OR
2007-2012	<u>Assistant Professor and Extension Specialist</u> , School of Biological and Population Health Sciences, Extension Family & Community Health Program, Oregon State University, Corvallis, OR
2002-2007	<u>Instructor</u> , Department of Exercise and Sport Science, Oregon State University, Corvallis, OR
2003-2004	<u>Instructor</u> , Department of Public Health, Oregon State University, Corvallis, OR

## **OTHER RELEVANT PROFESSIONAL DEVELOPMENT, TRAINING, CERTIFICATES**

2016	Social Justice Education Initiative Recognizing Implicit Bias Training, Participant
2015	CDC Walk With Ease Program Training, Participant
2013	Oregon State University, College of Public Health & Human Sciences Dean's Leadership Development Cohort, Participant
2010-present	Certified Representative for OSU Extension to the Oregon Center for Career Development in Childhood Care and Education
2001-2011	Certified Radiologic Technologist, License # 906975, Oregon Board of Radiologic Technology
2000-2005	Instructor, Better Bones & Balance, Linn Benton Community College, Corvallis, OR
1997-2002	Examiner, American College of Sports Medicine, National Certification Exam, Health Fitness Instructor Track (Lorrie Brilla, PhD, Program Director)
1996	American College of Sports Medicine, Certified Health Fitness Instructor

## **AWARDS AND RECOGNITION**

### **National Awards and Recognition**

2017	Jeanne M. Priester Award for Innovation, National Health Outreach Conference
2012	Fellow, American College of Sports Medicine (ACSM)
2011	Fellow, Physical Activity for Public Health Research Program
2007	Young Investigator Award, American Society for Bone Mineral Research
2007	Plenary Poster Award, American Society for Bone Mineral Research

### **Regional Awards and Recognition**

2018	Extension Western Region Search for Excellence Award (HEAL MAPPS)
2017	Program Excellence through Research Award – NEAFCS (GROW HKC)
2014	Extension Western Region Search for Excellence Award (Linc Extend Project)
2003	Northwest ACSM Graduate Student Research Award

### **Oregon State University Awards and Recognition**

2019	College of Public Health and Human Sciences Excellence in Outreach Award
2018	Outstanding Mentor Award Nominee University Honor's College
2018	OSU Outreach and Engagement Award for Excellence (GROW HKC)
2017	OSU Extension Service –Excellence in Program Innovation - HEAL MAPPS
2012	OSU Extension Search for Excellence Award (Linc Extend)
2010	Phi Kappa Phi Emerging Scholar Award, Oregon State University

## SCHOLARSHIP and CREATIVE ACTIVITY

### PUBLICATIONS

#### Peer-reviewed Publications (\*denotes students under my advisement)

1. Abi Nader P\*, Hilberg E\*, Schuna Jr. JM, John DH, **Gunter KB**. Association of teacher-level factors with implementation of classroom-based physical activity breaks. *J Sch Health*. 2019; DOI: 10.1111/josh.12754. (5-year impact factor, **1.749**)
2. Harden, S, Lindsay, A, and **Gunter, KB**. Translating Evidence-based Physical Activity Programs Via Cooperative Extension. *The Translational Journal of the American College of Sports Medicine*, August 1, 2018 3(15): 113–18. doi: 10.1249/TJX.0000000000000066. (new journal, no journal statistics available)
3. Abi-Nader P\*, Hilberg, E\*, Schuna, J, John, D., **Gunter, KB**. Teacher-level factors, classroom physical activity opportunities, and children's physical activity levels. [J Phys Act Health](#). 2018 Sep 1;15(9):637-643. doi: 10.1123/jpah.2017-0218. (3-year impact factor, **0.91**)
4. **Gunter KB**, Jackson, JJ\*, Abi Nader, P\*, John, DH. The association of rural elementary school environmental characteristics with children's physical activity levels at school. *International Journal of School Health*, (Online ahead of print), 2018. (**current acceptance rate, 36%**)
5. Becker, DR, McClelland, M, Geldhof, JG, **Gunter, KB**, MacDonald, M. Open-Skilled Sport, Sport Intensity, Executive Function, and Academic Achievement in Grade School Children. *Early Education and Development*, (Online ahead of print), <https://doi.org/10.1080/10409289.2018.1479079>, 2018. (3-year impact factor, **1.65**)
6. **Gunter K**, Jackson JJ\*, Tomayko EJ, John DH. Food Insecurity and Physical Activity Insecurity among Rural Oregon Families, *Preventive Medicine Reports*, 2017; (8): 38-41. (3-year CiteScore, **1.89**)
7. **Gunter, K.B.**, Abi Nader, P\*, Armington, A., Hicks, JC\*, John, D. Evaluation of an Extension-Delivered Resource to Accelerate Progress in Childhood Obesity Prevention: The BEPA-Toolkit. *Journal of Extension*, 2017 55(1), Article 2FEA5. Available at: <https://www.joe.org/joe/2017april/a5.php> (**current acceptance rate, 29.5%**)
8. Jackson JA\*, Smit E, Branscum A, Harvey SM, John D, Manore MM, **Gunter KB**. The family-home environment, body mass index, and food insecurity in rural children. *Health Education and Behavior*. [Online] January 26, 2017. DOI: <https://doi.org/10.1177/1090198116684757> (3-year impact factor, **2.312**)
9. John, D., Langalotto, G., Winfield, T., Hystad, P., **Gunter, KB**. Community-Engaged Attribute Mapping: Exploring Resources and Readiness to Change the Rural Context for Obesity Prevention." *Progress in Community Health Partnerships: Research, Education, and Action*, vol. 11 no. 2, 2017, pp. 183-196. (5-year impact factor, **0.864**)
10. Harden, SM, Lindsay, A, Everette, A, and **Gunter, KB**. Systematic Review of Physical Activity Objectives in Cooperative Extension Strategic Plans: Findings and Implications for Improved Public Health Impact. *Journal of Extension*, 2016; 54(5), Article 5RIB2. Available at: <https://joe.org/joe/2016october/rb2.php>. (**current acceptance rate, 29.5%**)

11. John, DH, **Gunter, KB**, Jackson, J\*, Manore, M. Developing the School Physical Activity and Nutrition Environment Tool to Measure Qualities of the Obesogenic Context. *Journal of School Health*, 2016, 86(1):39-47. DOI: 10.1111/josh.12348 (5-year impact factor, **1.749**)
12. Jackson, JA\*, Smit, E, Manore, MM, John, D, **Gunter, K**. The Family-Home Nutrition Environment and Dietary Intake in Rural Children. *Nutrients*, 2015; 7(12):9707-20 (5-year impact factor, **4.603**)
13. **Gunter, KB**, Abi-Nader, P\*, John DH. Physical Activity Levels and Obesity Status of Oregon Rural Elementary School Children. *Preventive Medicine Reports*, 2015; 2: 478-82. Available at: <http://www.sciencedirect.com/science/article/pii/S2211335515000510>. (3-year CiteScore, **1.89**)
14. John D.H. and **Gunter K.B.** engAGE in Community: Using Mixed Methods to Mobilize Older People to Elucidate the Age-Friendly Attributes of Urban and Rural Places. *J Appl Gerontol*. 2015 Jan 21. pii: 0733464814566679. (3-year impact factor, **1.992**)
15. Jackson, J\*, Branscum, A, John, D, Smit, E, and **Gunter, K**. Healthy Eating, Physical Activity, and Learning Behaviors. *Health Behavior and Policy Review*, 2015; 2(1):24-34. (**current acceptance rate, 20%**)
16. **Gunter, KB**, Abi-Nader, P\*, Klein, B\*, John, DH. Assessing Family Level Behaviors for Obesity Prevention: Development and Preliminary Validation of the Family Stage of Change Tool. *Journal of Human Sciences and Extension*, [On-line], 2014; 2(3):45-58.
17. Moore, K\*, Penry, J, **Gunter, KB**. Development of a Walking Aerobic Capacity Test for Structural Firefighters. *Journal of Strength and Conditioning Research*, 2014; 28(8):2346-52. 10.1519/JSC.0000000000000433. (5-year impact factor, **2.325**).
18. Braverman, M, **Gunter, KB**, Galloway, R, Moore, K\*, Hoel, B, Rennekamp, D. Development of a University Undergraduate Course Sequence about the Extension System. *Journal of Extension* [On-line], 2014; 52(2), Article 2FEA3 Available at: <http://www.joe.org/joe/2014april/a3.php> (**current acceptance rate, 29.5%**)
19. **Gunter, KB** and John, DH. Feasibility of a Brief Community-Based Train-the-Trainer Lesson to Reduce the Risk of Falls among Community Dwelling Older Adults. *Journal of Extension*, 2014, 52(1), Article 1IAW5. Available at: <http://www.joe.org/joe/2014february/iw5.php>. (**current acceptance rate, 29.5%**)
20. McNamara, A\*, Pavol, M and **Gunter, KB**. Meeting Physical Activity Guidelines Through Community Based Group Exercise: Quantifying the Physical Activity Dose from Participation in Better Bones & Balance. *Journal of Aging and Physical Activity*, 2013; 21(2):155-66. (5-year impact factor, **2.038**)
21. John, D. & **Gunter, K**. engAGE in Community. *Northwest Public Health* [On-line], 2012; 29 (1). Available at: <http://www.nwpublichealth.org/archives/s2012/engage-in-community>.
22. **Gunter, KB**, Rice, KR, Trost, SG. Nutrition and Physical Activity Policies and Practices in Family Child Care Homes in Oregon: Baseline Findings from the Healthy Home Child Care Project. *Journal of Extension* [On-line], 2012; 50(3), Article 3FEA3. Available at: <http://www.joe.org/joe/2012june/a3.php>. (**current acceptance rate, 29.5%**)

23. McNamara, A.\* and **Gunter, KB**. The Influence of Participation in Better Bones & Balance™ on Skeletal Health: Evaluation of a Community-Based Exercise Program to Reduce Fall and Fracture Risk. *Osteoporosis International*, 2012, 23(6): 1813-1822. (5-year impact factor, **4.966**)
24. **Gunter, KB**, Rice, KR, Ward, DS, Trost, SG. Factors Associated with Physical Activity in Children Attending Family Child Care Homes. *Preventive Medicine*, 2012; 54(2):131-3. (5-year impact factor, **3.703**)
25. **Gunter, KB**, Almstedt, HC, Janz, KJ. Physical Activity in Childhood May Be the Key to Optimizing Lifespan Skeletal Health. *Exercise and Sport Science Reviews*, 2012; 40(1):13-21. (5-year impact factor, **2.013**)
26. **Gunter, KG**, Almstedt, HC, Baptista, F, Janz, KJ. The Importance of Physical Activity for Optimal Lifelong Bone Health. *President's Council on Fitness, Sports and Nutrition Research Digest*, Series 12 (4), December 2011. Available at:  
<https://www.presidentschallenge.org/informed/digest/docs/201112digest.pdf>
27. Friesen, KJ\*, Rozenek, R, Clippinger, K, Russo, AC, Sklar, SD, **Gunter, KB**. Bone Mineral Density and Body Composition of Collegiate Modern Dancers. *Journal of Dance Medicine and Science*, 2011; (15)1:31-36.
28. Dodge, JE, Metoyer, RA, and **Gunter, KB**. Implications for an exercise prescription authoring notation. Visual Languages and Human-Centric Computing, 2009. VL/HCC 2009. IEEE Symposium on 20-24 Sept:pp.7-14.
29. **Gunter KB**, Baxter-Jones ADG, Mirwald RL, Almstedt HC, Fuchs, RK, Durski SL, Snow CM. Impact Exercise Increases BMC During Growth: An 8-Year Longitudinal Study. *J Bone Miner Res*, 2008; 23(7):986-993. (5-year impact factor, **6.459**)
30. **Gunter KB**, Baxter-Jones ADG, Mirwald RL, Almstedt HC, Fuller AA, Durski SL, Snow CM. Jump starting skeletal health: a 4-year longitudinal study assessing the effects if jumping on skeletal development in pre and circum pubertal children. *Bone*, 2008; 42:710-718. (5-year impact factor, **4.463**)
31. Dobek J\*, White K, **Gunter KB**. The Effect of a Novel ADL-Based Training Program on Performance of Activities of Daily Living and Physical Fitness. *Journal of Aging and Physical Activity*, 2007; 15(1):13-25. (5-year impact factor, **2.013**)
32. Ko S, **Gunter KB**, Costello M, Aum H, MacDonald S, White KN, Snow CM, Hayes, WC. Stride width discriminates gait of side-fallers compared to other-directed fallers during overground walking. *Journal of Aging and Health*, 2007; 19(2):200-212. (5-year impact factor, **1.936**)
33. **Gunter K**, DeCosta J, White K, Hooker K, Hayes W., Snow C. Balance Self-Efficacy Predicts Risk Factors for Side Falls and Frequent Falls in Community-Dwelling Elderly. *Journal of Aging and Physical Activity*, 2003; 11(1):28-39. (5-year impact factor, **2.013**)
34. White KN, **Gunter KB**, Snow CM, Hayes WC. The Quick Step: A New Test for Measuring Reaction Time and Lateral Stepping Velocity. *Journal of Applied Biomechanics*, 2002; 18:271-277. (5-year impact factor, **1.264**)
35. Knutzen KM, Brilla L, Caine D, Chalmers G, **Gunter K**, Schot P. Absolute vs. relative machine strength as predictors of function in older adults. *J Strength Cond Res*, 2002; 16(4):628-40. (5-year impact factor, **2.338**)

36. **Gunter KB**, White KN, Hayes WC, Snow CM. Functional Mobility Discriminates Non-Fallers from One-Time and Frequent Fallers. *Journal of Gerontology A: Biological Sciences, Medical Sciences*, 2000; 55: M672-676. (5-year impact factor, **4.726**)
37. Brilla, LR and **Gunter, KB**. Effect of magnesium supplementation on exercise time to exhaustion. *Medicine, Exercise, Nutrition and Health*, 1995; 4:230-233.

### **Book Chapters**

1. John, D. and **Gunter, K**. Chapter 10. Physical Activity among Rural Populations, 2018. In M. Bopp, (Ed.), *Physical Activity and Diverse Populations: Evidence and Practice*. Taylor and Francis (Routledge): New York, NY.
2. Almstedt, HC and **Gunter, KB**. Impact Exercise for Optimal Bone Health in Growing Children: An Evidence-Based Approach to Exercise Prescription, 2012. In Handbook of Growth Monitoring in Health and Disease, Ed. Victor Preedy. New York: Springer, Part 12, Pages 2413-2426.

### **Invited Publications**

1. Brody, B. and **Gunter, KB**. Resource Review: The Balanced Energy Physical Activity Toolkit. Positive Youth Development, Vol. 13 Issue 3 DOI 10.5195/jyd.2018.646.
2. **Gunter, KB**. Active Voice: Fighting Osteoporosis – The Best Defense is a Good Offense! *Sports Medicine Bulletin*, 2012; available at: <http://multibriefs.com/briefs/acsm/ACSM032612.php#1>

### **Manuscripts in Review**

1. Taylor, N\*, Packebush, T\*, Winfield, T., **Gunter, K.B**. Examining the Feasibility of Partnering with Cooperative Extension to Advance Statewide Physical Education Policies in Oregon. *Journal of Human Sciences and Extension*. Submitted, September 2019.
2. Ku, B., MacDonald, M., Yun, J., Hatfield B.E., **Gunter K**. Parental Influence on the Physical Activity of Young Children with Developmental Disabilities. *Adapted Physical Activity Quarterly*. Submitted, August, 2019; manuscript ID is APAQ.2019-0120.
3. Tomayko, EJ., **Gunter, KB.**, Schuna, JM., Thompson, PN. Effects of Four-Day School Weeks on Physical Education Exposure and Childhood Obesity. *American Journal of Health Promotion*. Submitted August, 2019.
4. Harden, SM, **Gunter, KB**, McGirr, K, Baker, S. Integrating Physical Activity Guidelines in the evidence-based Eating Smart • Being Active curriculum. *Journal of Nutrition Education and Behavior*. Revision submitted, July 2019.
5. Thompson, PN., Schuna, JM., **Gunter, KB.**, Tomayko, EJ. Are All Four-Day School Weeks Created Equal? A Descriptive Analysis of Four-Day School Weeks Across the United States, 1999-2019. *Education Finance and Policy*. Submitted, June 2019.

### Manuscripts in Preparation (targeted submission date)

1. \*Trevis, L. and **Gunter, K.B.** Community-Based Exercise Participation and Performance on Functional Measures of Fall Risk among Older Adults. Journal TBD, target date is December 2019 (\*Trevis, L. is former Honors undergraduate student)

### **PRESENTATIONS (Scholarly versus Community-based/Educational)**

#### Peer-Reviewed Published Presentations (\*denotes current and former student advisees/mentees)

##### *Presentation lists truncated to post-tenure period*

1. Hilberg, E.\*, **Gunter, KB**, Abi Nader, P.\* Sex Differences in Physical Activity at School among Rural Elementary School Students. *Medicine & Science in Sports & Exercise*. 51(S6):528, June 2019. Presented at the 2019 Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine Orlando, FL, May 28-June 1, 2019.
2. **Gunter, KB**, Harden, S., Lindsay, A, John, DH, Ball, S, Satterlee, D, Morgan, K. Promoting Physical Activity Via Cooperative Extension: What do the Data Tell Us? *Medicine & Science in Sports & Exercise*. 50(5S):64, May 2018 DOI: 10.1249/01.mss.0000535293.21869.d4 Issn Print: 0195-9131. Presented at the 2018 Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine Minneapolis, MN, May 29-June 2, 2018.
3. **Gunter, KB**, Jackson, JJ, Tomayko, E, John, D. Food Insecurity and Physical Activity Insecurity among Rural Oregon Families. *Medicine & Science in Sports & Exercise*. Volume 49; Issue 5S; Pages 232; 2017. Presented at the 2017 Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine Denver, Colorado, May 30-June 3, 2017.
4. Abi Nader, P, Hilberg, E, Schuna, JM Jr., John, D, **Gunter, KB**. Comparison Of Accelerometer And Pedometer Measured Physical Activity In Rural Elementary Schools. *Medicine & Science in Sports & Exercise*. Volume 49; Issue 5S; Pages 477; 2017. Presented at the 2017 Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine Denver, Colorado, May 30-June 3, 2017.
5. **Gunter, KB**, Lindsay, AR, Harden, S. Squat, Curl, Flexion, EXTENSION: How the USDA Promotes Physical Activity. Presented at the 2017 Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine Denver, Colorado, May 30-June 3, 2017.
6. Hilberg, E, Abi Nader, P, Schuna, JM, **Gunter, KB**. Using Accelerometry To Measure Physical Activity Opportunities During The School Day In Rural Elementary Schools. *Medicine & Science in Sports & Exercise*. 49(5S):164, May 2017. Presented at the Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine Denver, Colorado, May 30-June 3, 2017.
7. John, DH, Winfield, W, Hystad, P. **Gunter, K**. Mapping resident experiences of active living resources: Developing a data-driven model of availability and accessibility of affordable physical activity supports in rural Oregon communities. Presented at the American Public Health Association National Conference, Denver, CO. November 2016.
8. John, DH, Ab-Nader, P\*. **Gunter, K**. Using Mixed Methods to Explain Older Residents' Walking Patterns and Experiences of Community Walkability. Presented at the American Public Health Association National Conference, Denver, CO. November 2016.

9. John, DH, Jackson, J\*, Gramlow, L, **Gunter, K**. Evaluating the Feasibility and Utility of the School Physical Activity and Nutrition Environment Tool (SPAN-ET) for SNAP-Ed Adoption and National Dissemination. Presented at the American Public Health Association National Conference, Denver, CO. November 2016.
10. John, DH, **Gunter, K**, Hystad, P, Langellotto, G, & Manore, M. (July 2016). Generating Rural Options for Weight Healthy Kids and Communities – Outcomes and Impacts. *Journal of Nutrition Education and Behavior*, 48(7), S122. Presented at the Society for Nutrition, Education and Behavior national meeting, July, 2016.
11. Abi Nader, P and **Gunter, K** (2016) Association Of Teacher-Level Characteristics With Implementation Of Classroom-Based Physical Activity Breaks,"*International Journal of Exercise Science: Conference Proceedings*: Vol. 8 : Iss. 4 , Article 73. Available at: <https://digitalcommons.wku.edu/ijesab/vol8/iss4/73>
12. **Gunter KB**, Nader PA\*, Hicks J\*, John D. Setting the Context for Obesity Prevention in Rural Oregon Elementary Schools: Weight Status of Elementary-Age Children. *Med Sci Sports Exerc*. 2016 May;48(5 Suppl 1):1065-6. doi: 10.1249/01.mss.0000488207.57984.7d. Presented at the Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine, Boston, MA, May, 2016.
13. Nader PA\*, Hilberg E\*, John D, **Gunter K**. Balanced Energy Physical Activity (BEPA) Toolkit Implementation and Children's Physical Activity at School. *Med Sci Sports Exerc*. 2016 May;48(5 Suppl 1):762. doi: 10.1249/01.mss.0000487288.88422.3b. Presented at the Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine, Boston, MA, May, 2016.
14. Williams JE, **Gunter K**, Lindsay A, Harden S, Manore MM, Houtkooper L, Hongu N, Griffin SF. Exercise Is Medicine (EIM) For Community Health: Linking Clinics and Communities Through Cooperative Extension. *Med Sci Sports Exerc*. 2016 May;48(5 Suppl 1):80-1. doi: 10.1249/01.mss.0000485248.88881.cc. Presented at the Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine, Boston, MA, May, 2016.
15. Abi Nader, P.\*, **Gunter, K.**, (2016). “Le lien entre les caractéristiques des enseignants et l’utilisation d’outils favorisant l’activité physique.” Conférence présenter à la 8e édition de la JRIS à la Faculté des sciences de la santé et des services, Moncton, Nouveau-Brunswick, Canada.
16. Jackson, J., Harvey, M., John, D., FInneran, K., Manore, M., **Gunter, KB**. Rural Perspectives on Family Nutrition and Physical Activity: Results from focus groups with parents of elementary-age children. Presented at the American Public Health Association Meeting in Chicago, IL, November, 2015.
17. **Gunter, KB**, Abi-Nader P\*, Hilberg, E\*, John, D. The BEPA-Toolkit and Elementary-aged Children’s School-Time Physical Activity. Presented at the Oregon Public Health Association Annual Conference, Corvallis, OR. October 2015.
18. Jackson JA\*, Harvey SM, John D, Finneran K, Manore MM, **Gunter K**. Parent perspectives on nutrition and physical activity in the rural family-home environment. Oregon Public Health Association Annual Meeting, Corvallis, OR. October 2015.
19. John, D., Winfield, T., **Gunter, KB**. Engaging Extension to Build Community Capacity to Improve Healthy Eating and Active Living Resources and Readiness to Address the Rural Obesogenic Context and Weight Health Disparities. Presented at the Oregon Public Health Association Annual Conference, Corvallis, OR. October 2015.



20. Gramlow, L., John, D., Caldwell-Kan, S., Chappuis, C., **Gunter, KB**. Evaluating the Feasibility and Utility of the School Physical Activity and Nutrition Environment Tool (SPAN-ET) for Adoption and Implementation by Extension's SNAP-Ed Program. Presented at the Oregon Public Health Association Annual Conference, Corvallis, OR. October 2015.
21. **Gunter, KB**, Abi Nader, P\*, Hicks, J., John, D. Physical Activity Levels and Obesity Status of Oregon Rural Elementary School Children. *Medicine & Science in Sports & Exercise*. 47(5S):477, May 2015. Presented at the American College Sports Medicine National Meeting, May 2015, San Diego, CA.
22. **Gunter, KB**, Abi-Nader, P\*, Klein, B\*, Hicks, J\*, John, D. Setting the Context for Obesity Prevention in Rural Schools: GROW Healthy Kids & Communities. American Public Health Association National Conference, New Orleans, LA. November 2014.
23. John, D. Langellotto, G., Winfield, T., Hystad, P., Manore, M., and **Gunter, KB**. Mapping Local Food and Activity Assets to Visualize Spatial Relationships between Obesity and Attributes of Rural Place. American Public Health Association National Conference, New Orleans, LA. November 2014.
24. John, D. Winfield, T., Langellotto G., Ghavami, A., **Gunter, KB**. Mapping Rural Food and Physical Activity Availability: Using Spatial Analysis to Explain Access an Obesogenic Factor. Oregon Public Health Association Annual Conference, Corvallis, OR. October 2014.
25. **Gunter KB**, Abi Nader\*, P, Klein, B\*, John, D, School Day Physical Activity Levels among Rural, Low Income, Elementary Age Students in Oregon. *Medicine & Science in Sports & Exercise*. 46(5S):231, May 2014. Presented at the American College Sports Medicine National Meeting, June 2014, Orlando, FL.
26. Abi Nader\*, P, John, D, Ghavami, A, **Gunter, KB**. Using Mixed Methods to Explore Physical Activity Attributes of Older Residents and Their Community Place. *Medicine & Science in Sports & Exercise*. 47(5S):477, May 2015. Presented at the American College Sports Medicine National Meeting, June 2014, Orlando, FL.
27. Hongu, N, **Gunter, KB**, Going, S., Williams JE, Lindsay, AR, Manore, MM. Exercise is Medicine (EIM) for Community Health Programs: Exploring to use the National Cooperative Extension System. *Medicine & Science in Sports & Exercise*. 46(5S):66-67, May 2014. Presented at the American College Sports Medicine National Meeting, June 2014, Orlando, FL.
28. **Gunter, KB** and Almstedt, HC. Exercise to Optimize Skeletal Health: A Lifespan Approach. Gerontology Society of America Annual Meeting, New Orleans, LA, November, 2013
29. John D, **Gunter, K**. Jackson, J\*. Measuring the School Nutrition and Physical Activity Environment: A Case for Assessing School Resources and Readiness for Changing the Context to Address Child Obesity. American Public Health Association National Conference, Boston, MA. November 2013.
30. John D, **Gunter, K**. Preventing Obesity among Rural Children: Improving School Nutrition and Physical Activity Options through Targeted Environmental Actions. USDA-Funded Projects Panel, American Public Health Association National Conference, Boston, MA. **November 2013**.
31. John, D, **Gunter, K**, Jackson, J. Preventing Obesity among Rural Children - Changing the Context is Key. Panel Discussion. Oregon Public Health Association Annual Conference, Corvallis, OR. October 2013.

32. **Gunter, KB**, Abi-Nader, P, John, DH. Understanding Family Readiness for Behavior Change: Development of the Family Stage of Change Measure. Oregon Public Health Association Annual Conference, Corvallis, OR. October 2013.
33. Jackson, J, **Gunter, KB**. Associations between Family Nutrition and Physical Activity Behaviors and Successful Learning Characteristics in Elementary School Children. Oregon Public Health Association Annual Conference, Corvallis, OR. October 2013.
34. John, D, **Gunter, K**, Manore, M, Langellotto, G, Etuk, L. Generating Rural Options for Weight Healthy Kids & Communities. NIFA Project Directors Meeting, Society for Nutrition Education & Behavior Annual Conference, Portland, OR. August 2013.
35. John, D. and **Gunter, KB**. Community engagement for age-friendly environments. To be presented at the American Public Health Association National Meeting, San Francisco, CA, October 2012. Winner of the 2012 Aging and Public Health – Rural and Environment Research Award.

**Invited Presentations (truncated to post tenure; n=11)**

1. **Gunter, KB**. Strategies to Prevent Falls and Fractures. Key Note Presentation at the Senior Care Conference, Tillamook, OR. November, 2, 2017.
2. **Gunter, KB**. and Wong, SS. OSU Health Extension Tackles Childhood Obesity Prevention. Strategies to promote progress in childhood obesity prevention. Invited talk at the Multnomah Athletic Club, Portland, OR, “Meet the Dean Event”, February, 13, 2017.
3. **Gunter, KB**. Moving Well, Being Well. 2017 Year of Wellness Kick Off Event, Tillamook, OR. January, 20, 2017.
4. **Gunter, KB** and Gunderson, C. Childhood Obesity: School and Community Solutions. Oregon Family Impact Seminar Presentation to State Agency Heads, Salem, OR, September 20, 2016.
5. **Gunter, KB** and Gunderson, C. Childhood Obesity: School and Community Solutions. Oregon Family Impact Seminar Presentation at the Legislators Breakfast, Salem, OR, September 21, 2016.
6. **Gunter, KB**. School-based Approaches to Obesity Prevention: Is Oregon Ahead of the Curve? Invited *Testimony to the Oregon State Senate Health Care Committee*. Salem, OR, September 21, 2016.
7. **Gunter, KB**. School and Family-based Approaches to Obesity Prevention. Presented at the *Good Samaritan Health System Obesity Summit*, Lebanon, Oregon, April 2016 (evaluations).
8. **Gunter, KB**. Dancing Around the Issues of Bones, Balance, and Movement for Older Adults. Keynote Address, OSU Gerontology Conference, March, 2016.
9. **Gunter, KB**. School-Based Physical Activity Policies: Best Practice Recommendations. Lessons learned from the GROW Healthy Kids & Communities Project. Presented at the *Good Samaritan Health System Obesity Summit*, Lebanon, Oregon, April 2015
10. **Gunter, KB**, Turner, R, Iwaniec, U. Maintaining Skeletal Health with Age. Presented at the Oregon State University Gerontology Conference, Corvallis, OR, 2013.
11. **Gunter, KB**. (Plenary Presentation). Exercise is Preventive Medicine: The Community as the Clinic. Presented at the Northwest American College of Sports Medicine Annual Meeting, Salem, OR, March 2013

### **Ignite, Seminar, Symposium Presentations (post tenure)**

1. Hallie E. Ford Center Leadership Team. Hallie E. Ford Center 5-Year Research Review and Celebration, May 5, 2017. Served on the planning team and as a presenter with all members of the HFC Leadership Team. We shared the work and growth of the HFC over the last 5 years.
2. **Gunter, KB.** A Conceptual Model of Rural Childhood Obesity. Are Food and Physical Activity Driving the Disparity? Presented at the College of Agricultural Sciences and CPHHS Joint IGNITE session, February, 24, 2017.

### **Extension Peer-Refereed Abstracts/Presentations (post tenure)**

1. Brody, B, Ahern, K, Hatfield, M, Rudolph, J, **Gunter, KB.** Outreach and Education Increases Physical Activity During the School Day. Research presented at the OSU Extension FCH-4H Annual Conference; Portland, OR; March 2018.
2. John, D, Gramlow, L, Jackson, J, **Gunter, K.** Evaluating the Feasibility and Utility of the School Physical Activity and Nutrition Environment Tool (SPAN-ET) for SNAP-Ed Adoption for National Dissemination. Research presented at the OSU Extension FCH-4H Annual Conference; Portland, OR; March 2016.
3. Gramlow, L, Chappius, C, Kunkle, D, **Gunter, KB,** John, D. Evaluating the Feasibility and Utility of the School Physical Activity and Nutrition Environment Tool (SPAN-ET) for Adoption and Implementation by Extension's SNAP-Ed Program. Poster presented at the OSU Extension FCH-4H Annual Conference; Portland, OR; March 2016.
4. John, DH, Winfield, T, Etuk, L, Langellotto, G, Hystad, P, **Gunter, KB.** Engaging Extension to Build Community Capacity to Improve HEAL Resources and Readiness to Address the Rural Obesogenic Context and Weight Health Disparities. Research presentation at the OSU Extension Association Conference; Corvallis, OR; December 2015.
5. Halverson, B. Devlin, E. **Gunter, KB,** John DH. Community Wellness: Moving Toward Action to Prevent Childhood Obesity in Rural Areas. Poster presented at the OSU Extension Association Conference; Corvallis, OR; December 2015.
6. John, DH, Langellotto, G, Winfield, T, Hystad, P. Manore, M., **Gunter, KB.** Determining environmental assets in six Oregon communities to explain the rural obesogenic context. Podium presentation at the Semiahmoo Annual Symposium on Environmental, Occupational and Public Health; Blaine, WA; January 2015.
7. John, DH, Winfield, T., Langellotto, G. Hystad, P. Manore, M., **Gunter, KB.** Preventing Obesity in the Rural Populations through Local Food and Physical Activity Systems: Visualizing the Need for Cross-Program Collaborations in Research, Education, and Extension. Original research presented at the OSU Extension Administration Conference; Corvallis, OR; December 2014.
8. John, DH, **Gunter, KB.** Simulating HEAL MAPPS to address rural obesity prevention. Simulation workshop presented at the Priester National Health Extension Conference; Corvallis, OR; April 2013.
9. John, DH, **Gunter, KB,** Jackson, J. Using the school nutrition and physical activity (SNPA) tool to assess resources and readiness for changing the environmental context. Competency building workshop presented at the OSU Extension FCH-4H Annual Conference; Wilsonville, OR; March 2013.

## Curriculum and Extension Publications (Title, publication dates)

### **1. Balanced-Energy Physical Activity Tool Kit (BEPA-Tool Kit™) (2012, 2015, 2017)**

**Gunter, K.B.** and Klein, B.\* This curriculum and associated tool kit was originally published in 2012 with support from the USDA and SNAP-Ed. What follows is a chronological description of scholarly outputs associated with BEPA-Toolkit curriculum revisions and evaluation outcomes from 2012-2018.

In **2014-2015** I responded to the SNAP-Ed program's need to meet new expectations diverting more effort toward policy, system, and environmental efforts (PSE) in conjunction with direct education efforts. I developed a train-the-trainer toolkit including a scripted PowerPoint presentation, website supports, relevant handouts, and reporting templates and presented these to the SNAP-Ed staff in a training workshop in March 2014 and 2015. The training workshop includes information to help SNAP-Ed educators' train elementary teachers to use the BEPA-Toolkit to implement classroom physical activity breaks. All materials are available upon request on a password protected SNAP-Ed training website.

In **2015-2016** we conducted an evaluation of the BEPA-Toolkit train-the-trainer model. We surveyed teachers' (n = 60) use of the BEPA-Toolkit, and the association of use to child (n = 1197) objectively measured PA. Over 80% of survey responders reported the BEPA-Toolkit provided additional opportunities for PA, and children regularly exposed to the BEPA-Toolkit were more active compared to children who had less BEPA-Toolkit exposure;  $p < 0.05$ . The evaluation results were published and are available at: <https://www.joe.org/joe/2017april/a5.php>.

In **2016-2018** I continued to support BEPA-Toolkit adoption and implementation by Extension educators across the state. In 2016, the BEPA-Toolkit was formally reviewed by the USDA and the National Coalition of Childhood Obesity Researchers (NCCOR) and included in the USDA's SNAP-Ed Toolkit: <https://snapedtoolkit.org/interventions/programs/bepa-toolkit/>. In 2018 we aligned the BEPA Toolkit curriculum with Oregon PE grade-level standards, and revised the curriculum as BEPA 2.0 (below).

### **2. BE Physically Active 2Day Toolkit (BEPA 2.0) (2018, 2019)**

**Gunter, KB.** In response to the passage of Senate Bill (SB) 4, requiring 150 minutes/week of physical education (PE) in all Oregon public elementary schools, I adapted the BEPA Toolkit and developed the **BE Physically Active 2Day (BEPA 2.0) Program** to fill a statewide gap in resources available to classroom teachers who, under the new legislation (SB 4), can deliver up to 45 min/week of PE standard-aligned physical activity (PA) breaks. To our knowledge, BEPA 2.0 is the only PA-break curriculum aligned to Oregon PE standards. The curriculum was informed and reviewed by Oregon Department of Education (ODE) stakeholders, PE pedagogy specialists, and experts in the fields of PA promotion and assessment. **Since the program launch in 2018, we have trained 70 Extension Master trainers, delivered trainings to 97 schools, reached 1,245 teachers, and provided access to new physical activity opportunities for over 57,000 children during the school day.**

### **3. Better Bones & Balance® (BBB) Instructor Training Program (2010, 2012, 2014, 2016, 2018, 2019)**

**Gunter, KB.** The BBB Instructor training curriculum was developed in 2010 to support translation of this novel fall and fracture risk reduction exercise program developed initially by Christine Snow, PhD (my thesis advisor) and Janet Shaw, PhD. I developed the instructor training content, including assessment and evaluation components. Ancillary materials accompany the training such as curriculum guides (depicting and describing all program exercises), a BBB program DVD, and website support. The BBB Instructor training curriculum is revised annually to incorporate best practice findings in the field and/or findings from ongoing BBB research projects and program evaluations.

Since 2013 (post tenure), 134 instructors have been trained and thousands of individuals participate in BBB community-based exercise programs each year. Locally, in Oregon's Linn and Benton Counties, approximately 300 adults are enrolled in classes at any given time across the calendar year. There are over 25 organizations that offer Better Bones & Balance® across Oregon, Arizona, Washington, and California many of which are listed on our website: <https://extension.oregonstate.edu/bbb/established-bbb-programs>.

The curriculum has been shared widely through annual instructor training workshops, professional development seminars, and publications. Exercise content (but not training materials) is accessible via the Better Bones & Balance® website created in 2009, revised in 2014, and updated in 2018.

#### **4. Better Bones & Balance® (BBB) Exercise Program - Online PACE program (2017)**

**Gunter, KB.** The BBB online course allows greater dissemination and expanded BBB program reach. Launched in fall 2017 this course permits BBB program participants the option to download or stream the exercise program and enables participation at home or wherever participants can stream or power up a digital device. Available at: <https://pace.oregonstate.edu/catalog/better-bones-balance>.

#### **5. Eating Smart Being Active (ESBA) *Physical Activity Curriculum Content* (2017)**

**Gunter, K., Harden, S., Baker, S., McGirr, K. (2017).** This 2-year project was completed in late spring of 2017. Colorado State University Extension EFNEP, Colorado State University, Copyright 2017 (76 pages). [www.eatingsmartbeingactive.com](http://www.eatingsmartbeingactive.com).

Dr. Susan Baker (CSU) is the original author (2005) of the ESBA curriculum and lead author on the revised 2017 version. I am first author on Lesson Two "Get Moving!" and contributing author on lessons 3-9 (see below) in the revised ESBA curriculum (2017). ESBA is the most widely adopted and implemented adult nutrition education curriculum in the United States.

#### **ESBA Curricula Components**

1. **Gunter, K.,** Harden, S., Baker, S., McGirr, K. (2017). Lesson 2 *Get Moving*
  2. Baker, S., McGirr, K., Harden, S., **Gunter, K.** Lesson 3 *Plan, Shop, Save*
  3. Baker, S., McGirr, K., Harden, S., **Gunter, K.** Lesson 4 *Fruits & Veggies: Half Your Plate*
  4. Baker, S., McGirr, K., Harden, S., **Gunter, K.** Lesson 5 *Make Half Your Grains Whole*
  5. Baker, S., McGirr, K., Harden, S., **Gunter, K.** Lesson 6 *Build Strong Bones*
  6. Baker, S., McGirr, K., Harden, S., **Gunter, K.** Lesson 7 *Go Lean with Protein*
  7. Baker, S., McGirr, K., Harden, S., **Gunter, K.** Lesson 8 *Make a Change*
  8. Baker, S., McGirr, K., Harden, S., **Gunter, K.** Lesson 9 *Celebrate! Eat Smart and Be Active*
- Note:** I was not an author on Lesson 1 *Welcome to Eating Smart Being Active*

#### **6. Better Bones & Balance® (BBB) Exercise For Lifetime Health Program - DVD (2014)**

**Gunter, KB.** This instructional video includes a program overview, instructions for weighted vest use, exercise demonstrations, and a full 50-minute BBB exercise program. Total program length is approximately 96 minutes. The BBB DVD program allows greater dissemination and expanded BBB program reach. Released in spring 2014 this DVD-based course permits BBB program participants the option to purchase and view the exercise program at home or wherever participants can access a DVD player. We began tracking sales in September 2014 and since that time, have sold 726 DVDs. We have also given away hundreds more at outreach and educational events. **Available at:** [https://secure.touchnet.net/C20159\\_ustores/web/classic/product\\_detail.jsp?PRODUCTID=1793](https://secure.touchnet.net/C20159_ustores/web/classic/product_detail.jsp?PRODUCTID=1793)

## **7. School Physical Activity & Nutrition-Environment Tool (SPAN-ET™) Instructional Manual and Web-based Resource Guide © OSU Extension (2013).**

John D.H., Jackson J., & **Gunter, KB.** The *School Physical Activity & Nutrition-Environment Tool* (SPAN-ET) assessment and intervention instrument, instructional manual and electronic resource guide were developed as part of the GROW Healthy Kids and Community project, funded by the USDA National Institute of Food and Agriculture, grant #2011-68001-30020. Materials were published by Oregon State University. The SPAN-ET was written into the SNAP-Ed Western regional evaluation plan, and included as a component of several federal grants in Oregon, South Dakota, Washington, and Ohio in 2014-2015. In 2016, the SPAN-ET was reviewed by the USDA and the National Coalition of Childhood Obesity Researchers, and added to the SNAP-Ed Obesity Prevention Toolkit for national adoption and implementation <https://snapedtoolkit.org/interventions/programs/span-et/>.

### **Pre-Tenure Published Curricula still in use**

## **8. HEAL MAPPS™ Training Manual (2012)**

John DH, **Gunter, KB,** Etuk L. The purpose of this training manual is to introduce the *Healthy Eating Active Living: Mapping Attributes using Participatory Photographic Surveys (HEAL MAPPS™)* program, and to train users to apply the MAPPS™ process and tools collaboratively with community-based research partners. The development was funded by USDA NIFA grant #2011-68001-30020 to support community-level resource needs assessment and environmental interventions. HEAL MAPPS™ was awarded the Jeanne M. Priester Award in Innovation at the 2017 National Health Outreach Conference; 2017 OSUES Search for Excellence Award; disseminated via peer-reviewed publication, and was a featured article in the *Progress in Community Health Partnerships (Summer 2017)*.

## **9. Journey to a Healthy Child Care Home Training Program (2010)**

**Gunter, KB.,** Rice, KR., Daeschel, I., Sorte, J., and Trost, SG. This program was developed as part of a USDA-funded project (Trost, SG, PI; National Institute of Food and Agriculture 2008-04423) to support family home child care providers create and/or sustain healthful practices related to eating and physical activity behaviors among children in their care. The program addresses key nutrition and physical activity target areas. Resources include Let's Go Play!, Let's Go Eat Healthy!, and Let's Go Cook! These resource manuals are still currently (2017-2018) implemented as part of SNAP-Ed and EFNEP programming.

**OTHER EXTENSION EDUCATIONAL RESOURCES (N=62** stand-alone resources. In addition, **66 families** received individualized family-level physical activity reports).

### **Websites Including Informational and Educational Resources**

#### **1. PE Policy Clearinghouse for Oregon Department of Education (in development; to be published in November 2019).**

**Oregon Healthy Schools Grant (ODE and OHA)** funded project to provide a portal for teachers trying to understand Oregon's new physical education (PE) laws and requirements, and find resources to implement approved, evidence-based programs and curricula.

#### **2. Better Bones and Balance Website (Published 2013, updated 2019)**

**Gunter, KB.** The Better Bones and Balance website shares a wealth of information including research, exercise program information, video tutorials, instructor training content, instructor certification information, links to digital program content and more. Website address:

<https://extension.oregonstate.edu/bbb>

### 3. **BE Physically Active 2Day Website (BEPA 2.0) (Published 2013, updated 2015, 2016, 2018, 2019)**

**Gunter, KB.** The Balanced Energy Physical Activity Toolkit website shares BEPA program information including program information, activity cards, student-developed BEPA activity videos, BEPA implementation manual, customizable promotional poster, links to related informative content. Website address: <https://growthkc.extension.oregonstate.edu/tools/bepa>

### 4. **GROW Healthy Kids & Communities Website (Published 2012-sunsetted June 2018)**

Hicks, J., **Gunter, KB**, John, DH. The multi-state, multi-level project utilized participatory research approaches. The GROW website hosts products developed and delivered as part of the GROW project. Specifically, the website delivers comprehensive information about multi-level, participatory research (PR) and findings related to rural childhood obesity prevention, including family newsletters, media articles, access to PR tools, community maps, and links to partners and resources.

<https://growthkc.extension.oregonstate.edu/>

### **Extension Education/Outreach Products (Blogs, Maps, Reports, Newsletters, Fact Sheets)**

*Truncated to Post-Tenure 2014-2018*

### **Oregon Parenting Education Collaborative Parenting Blog (n=1)**

**Gunter, KB** and Tomayko, E. (2016). *Surviving and Thriving Through the Holidays. Tips for Parents to Move More and Eat for Health. Oregon Parenting Education Collaborative Blog, December 2016.* Available at:

<https://orparenting.org/2016/12/12/surviving-and-thriving-holidays/>

### **Healthy School Reports (n=21)**

1. **Gunter, KB.,** Abi-Nader, P., Jackson, J., Hicks, J., Armington, A., John, D.H. (2016). GROW Healthy Schools Final Report 2102-2016: Molalla Elementary.
2. **Gunter, KB.,** Abi-Nader, P., Jackson, J., Hicks, J., Armington, A., John, D.H. (2016). GROW Healthy Schools Final Report 2102-2016: Clackamas River Elementary (Estacada).
3. **Gunter, KB.,** Abi-Nader, P., Jackson, J., Hicks, J., Armington, A., John, D.H. (2016). GROW Healthy Schools Final Report 2102-2016: Clatskanie Elementary.
4. **Gunter, KB.,** Abi-Nader, P., Jackson, J., Hicks, J., Armington, A., John, D.H. (2016). GROW Healthy Schools Final Report 2102-2016: Hudson Park Elementary (Rainier).
5. **Gunter, KB.,** Abi-Nader, P., Jackson, J., Hicks, J., Armington, A., John, D.H. (2016). GROW Healthy Schools Final Report 2102-2016: Bonanza Elementary.
6. **Gunter, KB.,** Abi-Nader, P., Jackson, J., Hicks, J., Armington, A., John, D.H. (2016). GROW Healthy Schools Final Report 2102-2016: Chiloquin Elementary.
7. Jackson, J., Rudolph, J, **Gunter, K,** & John, D.H. (2016). School Physical Activity and Nutrition Environmental Assessment (SPAN-ET) 3-Year Report: Clatskanie Elementary, Hudson Park Elementary (Rainier).
8. Halverson, B, Devlin, E, **Gunter, K,** & John, D.H. (2016). School Physical Activity and Nutrition Environmental Assessment (SPAN-ET) 3-Year Report: Molalla Elementary and Clackamas River Elementary (Estacada).
9. Case, P, **Gunter, KB,** & John, D.H. (2016). School Physical Activity and Nutrition Environmental

Assessment (SPAN-ET) 3-Year Report: Bonanza Elementary and Chiloquin Elementary.

10. **Gunter, KB.**, Abi-Nader, P., Jackson, J., John, D. (2015). Promoting Healthy Active Schools: Molalla Elementary School Physical Activity and Nutrition Report.
11. **Gunter, KB.**, Abi-Nader, P., Jackson, J., John, D. (2015). Promoting Healthy Active Schools: Clackamas River Elementary School Physical Activity and Nutrition Report.
12. **Gunter, KB.**, Abi-Nader, P., Jackson, J., John, D. (2015). Promoting Healthy Active Schools: Hudson Park Elementary School Physical Activity and Nutrition Report.
13. **Gunter, KB.**, Abi-Nader, P., Jackson, J., John, D. (2015). Promoting Healthy Active Schools: Clatskanie Elementary School Physical Activity and Nutrition Report.
14. **Gunter, KB.**, Abi-Nader, P., Jackson, J., John, D. (2015). Promoting Healthy Active Schools: Bonanza Elementary School Physical Activity and Nutrition Report.
15. **Gunter, KB.**, Abi-Nader, P., Jackson, J., John, D. (2015). Promoting Healthy Active Schools: Chiloquin Elementary School Physical Activity and Nutrition Report.
16. Jackson, J., John, D., **Gunter, KB.** (2014). School Physical Activity and Nutrition Environmental Assessment (SPAN-ET) Report: Molalla Elementary
17. Jackson, J., John, D., **Gunter, KB.** (2014). School Physical Activity and Nutrition Environmental Assessment (SPAN-ET) Report: Clackamas River Elementary (Estacada)
18. Jackson, J., John, D., **Gunter, K.** (2014). School Physical Activity and Nutrition Environmental Assessment (SPAN-ET) Report: Clatskanie Elementary
19. Jackson, J., John, D., **Gunter, KB.** (2014). School Physical Activity and Nutrition Environmental Assessment (SPAN-ET) Report: Hudson Park Elementary (Rainier)
20. Jackson, J., John, D., **Gunter, KB.** (2014). School Physical Activity and Nutrition Environmental Assessment (SPAN-ET) Report: Bonanza Elementary
21. Jackson, J., John, D., **Gunter, KB.** (2014). School Physical Activity and Nutrition Environmental Assessment (SPAN-ET) Report: Chiloquin Elementary

### **Family Physical Activity Reports (n=66)**

**Gunter, K.**, Hicks, J, Abi Nader, P, John, D. (2015). Family Physical Activity Summary Report. Reports were developed and mailed to every child and parent/guardian dyad who participated in the 2014 GROW HKC Physical Activity Assessment at the family level. Sample report available at:

[https://growthkc.extension.oregonstate.edu/sites/default/files/grow\\_familyphysicalactivity\\_summary\\_example.pdf](https://growthkc.extension.oregonstate.edu/sites/default/files/grow_familyphysicalactivity_summary_example.pdf)

### **Oregon Community Maps (N=1 site; variable maps)**

Winfield, T, **Gunter, KB**, John D.H. (2016). GROW Healthy Community Maps. **Interactive community maps** available at: <https://growthkc.extension.oregonstate.edu/outputs/maps>

### **County Impact Reports (n=6)**

1. **Gunter, KB**, Armington, A, Hicks, J., John D.H. (2016). Clackamas County Impact Report.
2. **Gunter, KB**, Armington, A, Hicks, J., John D.H. (2016). Columbia County Impact Report.
3. **Gunter, KB**, Armington, A, Hicks, J., John D.H. (2016). Klamath County Impact Report.
4. **Gunter, KB**, Hicks, J., John D. (2015). Clackamas County Impact Report.
5. **Gunter, KB**, Hicks, J., John D. (2015). Columbia County Impact Report.
6. **Gunter, KB**, Hicks, J., John D. (2015). Klamath County Impact Report.

### **Community Reports (n=18)**

1. John, D.H., Winfield, T, Halverson, B, Devlin, E, **Gunter, KB.** (2016). **Estacada and Molalla (n=2)**



HEAL MAPPS Community Report.

2. John, D.H., Winfield, T, Rudolph, J, Harden, L, **Gunter, KB.** (2016). **Rainier and Clatskanie (n=2)** HEAL MAPPS Community Report
3. John, D.H., Winfield, T, Case, P, Rojina, J, **Gunter, KB.** (2016). **Chiloquin and Bonanza (n=2)** HEAL MAPPS Community Report.
4. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2016). Molalla Community Food and Physical Activity Environmental Resource Spatial Audit Report.
5. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2016). Estacada Community Food and Physical Activity Environmental Resource Spatial Audit Report.
6. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2016). Clatskanie Community Food and Physical Activity Environmental Resource Spatial Audit Report.
7. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2016). Rainier Community Food and Physical Activity Environmental Resource Spatial Audit Report.
8. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2016). Bonanza Community Food and Physical Activity Environmental Resource Spatial Audit Report.
9. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2016). Chiloquin Community Food and Physical Activity Environmental Resource Spatial Audit Report.
10. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2014). Molalla Community Food and Physical Activity Environmental Resource Spatial Audit Report.
11. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2014). Estacada Community Food and Physical Activity Environmental Resource Spatial Audit Report.
12. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2014). Clatskanie Community Food and Physical Activity Environmental Resource Spatial Audit Report.
13. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2014). Rainier Community Food and Physical Activity Environmental Resource Spatial Audit Report.
14. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2014). Bonanza Community Food and Physical Activity Environmental Resource Spatial Audit Report.
15. John, D, Winfield, T, Ghavami, A, **Gunter, KB.** (2014). Chiloquin Community Food and Physical Activity Environmental Resource Spatial Audit Report.

### **State Partner Reports (n=7)**

Nevada: Data collected by rural residents via HEAL MAPPS in partnership with GROW HKC. Reports disseminated in collaboration with University of Nevada Extension were used by Community Action Teams to obtain funding for implementation funds (\$2500 per community).

1. Gatzke, H, Coughenour, C, Lindsay, A. with **Gunter, K.**, John, D.H. (2016). HEAL MAPPS Community Report CAT FA - Caliente, NV (Approved; \$2500).
2. Lewis, S, Coughenour, C, Lindsay, A. with **Gunter, K.**, John, D.H. (2016). HEAL MAPPS Community Report CAT FA - Gardnerville-Minden, NV (Approved; \$2500).

Idaho: Reports were developed and disseminated in collaboration with University of Idaho Extension using data collected by rural residents during HEAL MAPPS in partnership with GROW HKC.

3. Peutz, J, Winfield, T, **Gunter K.**, John, D. (2016). HEAL MAPPS Community Report: Fruitland, ID.
4. Sant, L, Winfield, T, **Gunter K.**, John, D. (2016). HEAL MAPPS Community Report: Preston, ID.
5. Jensen, K, Tiff, K, Winfield, T, **Gunter, K.**, John, D.H (2016). HEAL MAPPS Community Report - Grangeville, ID.

Idaho reports disseminated in collaboration with University of Idaho Extension were used by CATs to submit funding applications (FA) for implementation funds (\$2500 per community).

6. Sant, L with **Gunter, K**, John, D.H. (2016). HEAL MAPPS Community Report CAT FA – Preston, ID (Approved; \$2500).

New Mexico: Reports disseminated in collaboration with New Mexico State University Extension were used by CATs to submit funding applications (FA) for implementation funds (\$2500 per community).

7. Bishop, B, Koukel, S with **Gunter, K** & John, D.H. (2016). HEAL MAPPS Community Report CAT FA – Tucumcari, NM (Approved; \$2500).

### **Fact Sheets/Newsletters (n=5)**

1. **Gunter, K.B.**, Hicks, J., Abi Nader, P., John, D. (2015). Active Children: physical activity among Oregon elementary students. Available at:  
[http://extension.oregonstate.edu/growhkc/sites/default/files/grow\\_bmi\\_physicalactivity\\_infographic.pdf](http://extension.oregonstate.edu/growhkc/sites/default/files/grow_bmi_physicalactivity_infographic.pdf)
2. Jackson, J.J, Abi Nader, P., Manore, M.M., Armington, A., Hicks, J., **Gunter, K.B.** (2015). GROW Healthy Kids and Communities Growing Family Newsletter; Winter/Spring Supplement; 2 pages. Available online at <http://extension.oregonstate.edu/growhkc/sites/default/files/grow-gardening-newsletter.pdf>.
3. Jackson, J.J, Abi Nader, P., Manore, M.M., Armington, A., Hicks, J., **Gunter, K.B.** (2014). GROW Healthy Kids and Communities Active/Healthy Family Newsletter; Summer (1); 2 pages. Available online at <http://extension.oregonstate.edu/growhkc/sites/default/files/grow-summer-newsletter-volume-1.pdf>.
4. **Gunter, K.B.**, Abi Nader, P., Jackson, J.J, Armington, A., Hicks, J., (2014). GROW Healthy Kids and Communities Active Family Newsletter; Spring (6); 2 pages. Available online at <http://extension.oregonstate.edu/growhkc/sites/default/files/grow-spring-newsletter-volume-7.pdf>
5. Jackson, J.J, Abi Nader, P., Manore, M.M., Armington, A., Hicks, J., **Gunter, K.B.** (2014). GROW Healthy Kids and Communities Active/Healthy Family Newsletter; Fall/Winter (2); 2 pages. Available online at <http://extension.oregonstate.edu/growhkc/sites/default/files/grow-autumn-newsletter-volume-2.pdf>.

### **Outreach and Media Communications (emerging from Extension scholarship)**

*This sample of outreach and media publications resulted from and/or included scholarly activities provided to the byline author during a telephone or face-to-face interview.*

#### **Print and Online Publications**

1. “College Physical Activity Expert Shares Research with Oregon State Senate”, Synergies, 2016. Available at: <http://synergies.oregonstate.edu/2016/college-physical-activity-expert-shares-research-with-oregon-state-senate/>
2. Stories from Small Towns, 2<sup>nd</sup> Ed – Molalla, OR. National Physical Activity Society, 2016. Available at: <http://physicalactivitysociety.org/wp-content/uploads/2015/09/2ndEditionStoriesfromSmallTowns-Molalla.pdf>
3. “Oregon Obesity Rates Highest in the West” The Bulletin, September 2016. Available at: <http://www.bendbulletin.com/home/4627495-151/oregon-obesity-rates-highest-in-west>
4. “10 Innovators in Rural Health” Oregon Business, July/August 2015. Available at:

<http://www.oregonbusiness.com/articles/175-julyaugust-2015/15524-10-innovators-in-rural-health?start=7>

5. "Child Obesity" Terra, Inspired Stories from the Edge of Science, February 13, 2015. Available at: <http://terra.oregonstate.edu/2015/02/child-obesity-solving-the-weighty-matter-of-kids-health/>
6. "GROW Healthy Food Environments for Oregon's Rural Communities." OSU Small Farms News, Summer 2014, Vol. IX No. 3. Available at: <http://smallfarms.oregonstate.edu/sfn/su14grow>
7. "Inside the Mind of the Researcher-Kathy Gunter." Synergies, June 5, 2013. Available at: <http://synergies.oregonstate.edu/2013/inside-the-mind-of-researcher-kathy-gunter/>
8. "What It Takes to engAGE in Community." Synergies, February 28, 2011. Available at: <http://synergies.oregonstate.edu/2011/what-it-takes-to-engage-in-community/>
9. "National Osteoporosis Foundation Bone Source Alert. Simple Exercise in Children Yields Long-Term Skeletal Benefit." 2009, April. Available at: [http://www.nof.org/sites/default/files/bonesourcealerts/2009\\_0401\\_Alert/2009\\_0401\\_Alert.html](http://www.nof.org/sites/default/files/bonesourcealerts/2009_0401_Alert/2009_0401_Alert.html)
10. "Lunging for Life." Terra, *a World of research and creativity at OSU*. Available at: <http://oregonstate.edu/terra/2009/winter/lunging-life>
11. *Simple Exercise in Children Yields Long-Term Skeletal Benefit*. 2008, November. NIH National Institute NIAMS Spotlight on Research. *Archived*.

### **Media Interviews (Television or Online News)**

1. 2014, Comcast Newsmakers. "Childhood Obesity in Oregon." <https://www.youtube.com/watch?v=PByXWSjCIY8>
2. 2012, August 14. Burnett, A. and Datta, A. Interview about childhood obesity and the GROW Healthy Kids & Communities project for the "To Your Health" special section.
3. 2011, January 13. Generating Rural Option for Weight-Healthy Kids and Communities. *KVAL TV*
4. 2010, March. Heaner, M. Are You Pushing Yourself Hard Enough? The latest findings...for stronger bones, tighter muscles, and a tough heart. *More Magazine*
5. 2008, May 20. Lemon, S. Learn About Better Bones. *The Mail Tribune, Medford, OR*.
6. 2008, April 18. Flam, F. Jumping is Good for Your Bones. *The Philadelphia Inquirer*
7. 2008, April 10. Jump Start Skeletal Health Interview, *KEZI TV*
8. 2008, April. "Hey kids! It's good to jump off the bed!" *The Oregonian, page 1*.

### **GRANT AND CONTRACT SUPPORT**

#### **Current Awards**

**None**

#### **Federal Grants Pending**

1. *National Institutes of Health R21 NICHD*  
Purposeful Play: An integrated self-regulation and physical activity classroom intervention for elementary

school children. \$404, 250; 7/2019-6/30/2021. Massey, W (PI). **Role: Co-Principal Investigator.**

### **Foundation/Institutional Grants Pending**

1. *Cambia Health Foundation Whole Persons Implementation Grant* | \$300,000 | 1/2020-12/2021  
BE Physically Active 2Day (BEPA 2.0): Leveraging Oregon's Whole School, Whole Community, Whole Child Model to Improve Health. **Role: Project PI**
2. *Robert Wood Johnson Foundation – Evidence for Action* | \$300,000 | 12/2019 – 11/2021  
Effects of Four-Day School Weeks on the Wellbeing of Children and Families (Tomayko, PI).  
**Role Project Co-I**
3. *Spencer Foundation* | \$499,798 | 4/2020 – 3/2022  
Effects of Four-Day School Weeks on Student Achievement and Child and Family Wellbeing (Thompson PI). **Role: Co-I**

### **Federal Grants Funded (inactive)**

1. *USDA Agriculture and Food Research Initiative: Childhood Obesity Prevention* | \$4,878,865 | 2/2011-1/2017  
NIFA 2011-68001- 30020. Generating Rural Options for Weight (GROW) Healthy Kids and Communities. **Role: Co-Project Director/Co-Principal Investigator**
2. *USDA Agriculture and Food Research Initiative: Childhood Obesity Prevention* | \$1,227,553 | 3/2009-2/2012  
2008-04423. Trost, SG (PI/PD); Promotion of Healthy Eating and Regular Physical Activity in 2- to 5-year old children attending family child care home. **Role: Co-Investigator**
3. *USDA-CSREES-CPG Higher Education Challenge Grant* | \$142, 763 | 3/2008-8/2012  
Braverman, M (PI/PD). Development of an Undergraduate Experiential Instructional Program in Extension: LinC Extend. **Role: Co-Investigator**
4. *National Institutes of Health, NLAMS* | \$995,681 | 7/2002-5/2008  
The Effects of Jumping on Growing Bones. NIH1RO1 HD36621, Snow (PI). **Role: Co-Investigator**

### **Foundation/Institutional Grants Funded (inactive)**

1. *Undergraduate Research, Innovation, Scholarship and Creativity Award* | \$4,000 | 7/2017-6/2018  
Functional Status and Fall Risk Among Older Adult Participants in Community-Based Exercise Programs. (Mentor, K. Gunter; Student Co-I, L. Trevis) **Role: Faculty Mentor, Project PI**
2. *Center for Healthy Aging, Life Scholar Award* | \$1,000 | 7/2017-9/2017  
Functional Status and Fall Risk Among Older Adult Participants in Community-Based Exercise Programs. (Mentor, K. Gunter; Student Co-I, L. Trevis) **Role: Faculty Mentor, Project PI**
2. *Good Samaritan Hospital Foundation* | \$15,200 | 7/2008-7/2010  
The Effects of a Community-Based Running Program on Musculoskeletal Health in Growing Girls. Gunter, KB (PI/PD) **Role: Principal Investigator**
3. *Center for Healthy Aging Research Pilot Grant* | \$14,665 | 2/2007- 2/2008  
Metoyer, R (PI/PD). Developing A Tool for Creating and Administering 3D Virtual Trainers for Targeted Remote Exercise Intervention. **Role: Co-Investigator**

### **Federal Grants Submitted (unfunded)**

1. *National Institutes of Health, NIDDK R01* | \$3,510,009 | 7/2018-6/2023  
Time Sensitive Obesity Policy and Program Evaluation. Evaluating Implementation of New Statewide Physical Education Policies in Oregon, Gunter (PI) with Schuna (PI).  
**Role: Principal Investigator (scored 37<sup>th</sup> percentile)**
2. *National Institutes of Health, NIDDK R01* | \$3,552,309 | 4/2017-3/2022  
Time Sensitive Obesity Policy and Program Evaluation. Obesity Policy Project: Evaluating Physical Education Policy in Oregon (OPP-PEd), Gunter (PI) with Schuna (PI).  
**Role: Principal Investigator (scored 25<sup>th</sup> percentile)**
3. *USDA Agriculture and Food Research Initiative: Childhood Obesity Prevention* | \$281,054 | 4/2017-3/2022  
Revising and Evaluating the Fuel for Fun Nutrition Education Curriculum, Cunningham-Sabo (CSU, PD) OSU Sub-Award. **Role: Principal Investigator/Sub-Award**
4. *National Institutes of Health, NIDDK R01* | \$3,550,239 | 12/2016-3/2021  
Time Sensitive Obesity Policy and Program Evaluation: Process and Impact Evaluation of Physical Education Legislation on School Programming and Children's Health, Gunter (PI) with Schuna (PI).  
**Role: Principal Investigator (scored 26<sup>th</sup> percentile)**
5. *USDA Agriculture and Food Research Initiative: Childhood Obesity Prevention* | \$4,964,322 | 2/2016-1/2022  
Generating Rural Options for Weight-Healthy Kids at School: Undertaking PSE Strategies to Obesity Prevention (GROWS UP2), John, D. (PI). **Role: Co-Investigator**

#### **Foundation/Institutional Grants Submitted (unfunded)**

1. *Robert Wood Johnson Foundation - Evaluating the 4-Day School Week Policy* | \$1,000,000 | 10/2018-9/2021  
Examining the Implications of 4-day School-Week Policies on Health and Well-being of Rural Children and Families **Role: Co-Principal Investigator** (w/Thompson; (mini proposal scored; full proposal invited, unfunded).
2. *Robert Wood Johnson Foundation Policies for Action* | \$249,984 | 7/2017-9/2020  
Evaluating the Effects of a 4-day School-Week on Rural Children's Obesity Risk, Gunter (PI) with Tomayko (PI). **Role: Principal Investigator** (mini proposal scored; full proposal invited, unfunded).
3. *College of Engineering and CPHHS Pilot Grant Program*. | \$10,000 | 10/2017-6/2018  
Soft-Robotic Airbags for Preventing Fall-Related Hip Fractures, Balasubramanian and Pavol (PIs).  
**Role: Co-Investigator**

## TEACHING AND ADVISING

### INSTRUCTIONAL SUMMARY

#### ACADEMIC CREDIT COURSES (Instructor, Lecturer)

**Description:** Assigned academic teaching/advising of degree seeking students from 2008-2019.

**Undergraduate Credit Courses** (NOTE: “v” denotes variable credit value ranging from 1-6)

Course/Credits	Course Title	Role	Term/Year	#Enrolled
KIN 301/v	Research and Scholarship	Course Instructor	Sum2019	1
KIN 301/v	Research and Scholarship	Course Instructor	S2019	1
KIN 435	Physical Activity Promotion	Course Instructor	W2018	48
KIN 401/v	Research and Scholarship	Course Instructor	S2018	2
KIN 406/v	Projects in Kinesiology	Course Instructor	S2018	1
*KIN 435/3	Physical Activity Promotion	Course Instructor	W2018	43
HDFS 311/4	Infant and Child Development	Guest Lecture	W2017	40
KIN 437/3	Physical Activity and Aging	Course Instructor	S2016	81
KIN 306/v	Projects in Kinesiology	Course Instructor	S2016	2
KIN 301/v	Research and Scholarship	Course Instructor	F2015	1
EXSS 306/v	Projects in Kinesiology	Course Instructor	S2015	4
EXSS 401/v	Research and Scholarship	Course Instructor	S2015	2
EXSS 414/3	Fitness and Aging	Guest Lecture	S2015	80
EXSS 414/3	Fitness and Aging	Guest Lecture	W2015	60
HC 408	Honor Thesis in Stages	Guest Presenter	W2015	15
H 100	Community-Engaged Research	Guest Lecture	F2013	100
*EXSS 435/3	Physical Activity Promotion	Course Instructor	S2013	37
*EXSS 435/3	Physical Activity Promotion	Course Instructor	W2013	41
EXSS 414/3	Fitness and Aging	Guest Lecture	S2012	55
EXSS 414/3	Fitness and Aging	Guest Lecture	W2012	70
*EXSS 414/3	Fitness and Aging	Course Instructor	W2011	93
*HHS 220/2	Community Education Programs and	Co-Instructor	S2010	8
*EXSS 414/3	Fitness and Aging	Course Instructor	F2009	58
*HHS 220/1	Community Education Programs and	Co-Instructor	F2009	11
EXSS 325/3	Exercise Physiology	Guest Lecturer	W2007	40+

**Graduate Credit Course Summary** (NOTE: “v” denotes variable credit value ranging from 1-6)

Course/Credits	Course Title	Role	Term/Year	#Enrolled
KIN 535	Physical Activity Promotion	Course Instructor	W2019	8
H 501/v	Research and Scholarship	Course Instructor	S2018	1

H 501/v	Public Health Internship	Course Instructor	S2018	1
H 501/v	Public Health Internship	Course Instructor	W2018	1
KIN 605/v	Readings and Conference	Course Instructor	S2017	1
EXSS 607	Graduate Seminar (IGERT)	Guest Lecture	W2016	8
H 607	Public Health Graduate Seminar	Guest Lecture	F2016	12
^CPHHS 607	Graduate Student Seminar	Guest Lecture	W2015	30
EXSS 607	Graduate Seminar (IGERT)	Guest Lecture	W2016	8
H 501/v	Public Health Internship	Course Instructor	S2012	1
H 510/v	Research and Scholarship	Co-Instructor	F2011	1
H 510/v	Public Health Internship	Course Instructor	Su2011	1
H 501/v	Research and Scholarship	Course Instructor	S2011	1
H 618	Public Health Seminar	Guest Lecturer	F2011	10
EXSS 607	Graduate Seminar	Guest Lecturer	W2009	20

## GRADUATE/UNDERGRADUATE STUDENTS AND POSTDOCTORAL TRAINEES

### Undergraduate Mentoring

Since 2009, I have mentored 33 undergraduate students, three of whom were honor's college students working on theses and two of whom were funded to do research under my advisement. Several students have received college or university competitive funding to do research, and many students contribute to my outreach and research activities through research, practicum, project or internship credit avenues.

### Graduate Mentoring

Since 2009, I have served as the Major Professor for four PhD students and two M.S. students. I have also served as the internship preceptor for three MPH students. I have served in varying roles on the committees of over 20 students from Kinesiology, Nutrition, Public Health, Human Development and Family Sciences, as well as students outside of CPHHS. Several students have received funding to do their research through small grants or fellowships; others have benefitted from funding available through my own grants.

## Externally Funded Fellows, Trainees, Postdoctoral Associates

### Undergraduate Research Fellows

1. Bordin Endinjok      2018      California State University, Northridge. National Institutes of Health Promoting Opportunities for Diversity in Education and Research Trainee from June 2018-August 2018. **Role – Research Mentor.**
2. Rosalee Locklear      2011      Southern Oregon University. McNair Scholar. **Research Mentor.**

### Postdoctoral Research Fellows/Associates (Externally Funded Research Experiences at OSU)

1. Jennifer Jackson      2016-2018      Postdoctoral Research Fellowship USDA NIFA (4/1/16 – 3/31/2018; \$152,000), Promoting Weight-Healthy Behaviors Among Elementary School-age Children: Evaluating the Role of the School Nutrition Environment, **K. Gunter (mentor)**, E. Smit (mentor). **Note: Dr. Jackson opted to decline fellowship for OSU faculty position.**
2. Patrick Abi Nader      2016      Postdoctoral Research Associate, USDA Agriculture and Food Research Initiative: Childhood Obesity Prevention NIFA 2011-68001-30020 **K. Gunter, Mentor**
3. Jennifer Jackson,      2016      Postdoctoral Research Associate, USDA Agriculture and Food Research Initiative: Childhood Obesity Prevention NIFA 2011-68001-30020 **K. Gunter, Mentor**

**Extension Outreach and Community-Based Teaching**

**NON-CREDIT COURSES AND WORKSHOPS**

**Description:** As an Extension specialist I provide direct and indirect education to peers, practitioners, and community stakeholders. Direct non-credit education is delivered via presentations, peer trainings, train-the-trainer events, and workshops. Indirect non-credit education is delivered via Gunter-trained trainers, recorded webinars or downloaded Gunter-developed programming. These are further described below.

Evaluation summaries appear in the Citizen Evaluation of Teaching section (CV, p. 21).

- 1) Invited Community/Practitioner presentations on a topic determined by a target audience.
- 2) Peer Education sessions include single events and course series that align with my expertise and core responsibilities and utilize presentation approaches based on the needs of the identified audience.
- 3) Teacher Trainings (TT) for BEPA 2.0 Program trainings delivered to teachers, administrators, after school program specialists, early childhood educators and other providers to implement the BEPA 2.0 program (90-180 minute practical training; direct)
- 3) Train-the Trainer (TTT) Sessions for Better Bones & Balance® trainers (2-day, 16-hour certification trainings) or BEPA Toolkit trainers/teachers (180-minute practical trainings; direct and indirect).
- 4) Better Bones & Balance exercise program delivery typically delivered as 10-week sessions, 2-3 hours per week by Gunter-trained instructors. This category also includes indirect education via purchased program downloads. BBB program participant numbers.

**Overall Non-Credit Instructional Summary Post-tenure (details in following tables)**

<b>Non-Credit Courses and Workshops Summary March 2013-June 2018</b>			
Total Category 1 Courses	7	Total Participants Category 1	335
Total Category 2 Courses	14	Total Participants Category 2	598
Total Category 3 Workshops	5	Total Participants Category 3	365
^Total Category 4 Class Series	125	Total Participants Category 4	5,600
<b>Total Classes 2013- 2018</b>	<b>151</b>	<b>Total Participants 2013- 2018</b>	<b>&gt; 6,898</b>

^Does not include downloads; only includes trainer-delivered courses



### Post Tenure Non-Credit Instructional Course Detail July 2018-September 2019

Education Program Title/Audience	Type (Category)	Hours	# People	PD Hours	Contacts
BEPA 2.0 Training; multi-region (9/19)	Direct; TTT	3	22	66	Community-based school partners; Extension trainers
Fall and Fracture Prevention/BBB (6/19)	Direct; PD training	1	25	25	Physical Therapists/Good Samaritan Hospital
BEPA NFL Fuel Up Training (6/19)	Direct; TT	3	65	195	Education Professionals
Whole Child Training Institute (6/19)	Direct; TT	3	11	33	Education Professionals
Multnomah Educ. Service District (6/19)	Direct; TT	3	14	42	Special Education Teachers
Implementation Team Presentation	Direct; present	1.5	~60	90	Extension Colleagues
SNAP-Ed Webinar USDA (2/2019)	Direct; TT	.50	40	20	SW Region SNAP-Ed program coordinators
BEPA 2.0 Training for WISE	Direct; TT	.75	10	7.5	ODE and OHA
BEPA 2.0 Training Metro Region (10/18)	Direct; TTT	3	9	27	Extension peers
BEPA 2.0 Training Update – State (10/18)	Direct; TTT	1.5	35	52.5	Extension peers
*Better Bones & Balance Training (9/18)	Direct; TTT	16	35	560	Health professionals Ext peers
Better Bones & Balance Program Delivery	Indirect; trainers	TBD	TBD	TBD	Community members
Better Bones & Balance Program Delivery	Indirect; downloads	TBD	TBD	TBD	Community members
<b>13 Events (35 direct education hours) &gt; TBD indirect education hours</b>				<b>TBD Total Participants &gt;TBD Indirect Participants</b>	

### Post Tenure Non-Credit Instructional Course Detail July 2017- June 2018

Education Program Title/Audience	Type (Category)	Hours	#	Contacts
*BEPA 2.0 Training for OR/ID Educators	Direct; present	3	27	Education professionals
*BEPA 2.0 Training for Malheur County	Direct; TTT	3	30	Education professionals
*BEPA 2.0 Train-The-Trainer-West Region	Direct; TTT	3	8	OSU Ext peers
Physical Activity Specialist Update	Direct; present	1	152	OSU Ext peers
Tillamook Senior Care Conference	Direct; present	2	44	Senior stakeholders
*Better Bones & Balance Training	Direct; TTT	16	24	Health professionals
Better Bones & Balance Program Delivery	Indirect; trainers	>4500	>1000	Community members (U.S.)
Better Bones & Balance Program Delivery	Indirect; downloads	1	250	Community members (U.S.)
<b>8 Events (28 direct education hours) &gt; 4500 indirect education hours</b>				<b>285 Total Participants &gt;1250 Indirect Participants</b>

### Post Tenure Non-Credit Instructional Course Detail July 2016- June 2017

Education Program Title/Audience	Type (Category)	Hours	#	Contacts
FCH Strategic Plan Implementation	Direct; co-present	2	124	OSU Ext peers
Wellness Summit – Tillamook County	Direct; present	2	46	Public health, social service professionals, community
Unpacking PE Legislation in Oregon	Direct; present	2	50	OSU Ext peers
*Better Bones & Balance Training	Direct; TTT	16	32	Health professionals Ext peers
Better Bones & Balance Program Delivery	Indirect; trainers	>4000	>1000	Community members (U.S.)
Better Bones & Balance Program Delivery	Indirect; downloads	1	252	Community members (U.S.)
<b>6 Events (22 direct education hours) &gt; 4000 indirect education hours</b>				<b>252 Total Participants &gt;1252 Indirect Participants</b>

### Post Tenure Non-Credit Instructional Course Detail July 2015- June 2016

Education Program Title/Audience	Type (Category)	Hours	#	Contacts
*Demystifying the U.S. PA Guidelines	Direct; present	2	125	OSU Ext peers
Moving the Dial on PA Promotion in Oregon	Direct; present	1.5	125	OSU Ext peers
Promoting Active School Environments	Direct/Indirect; web	1	10+	OSU Ext peers
Obesity Summit: Preventing Obesity in Family and School Settings	Direct; present	1.5	38	Health and education professionals
*Better Bones & Balance Training	Direct; TTT	16	27	Health professionals Ext peers
Better Bones & Balance Program Delivery	Indirect; trainers	>3500	>1000	Community members (U.S.)
Better Bones & Balance Program Delivery	Indirect; downloads	1	167	Community members (U.S.)
<b>7 Events (22 direct education hours) &gt; 3500 indirect education hours</b>				<b>325 Total Participants &gt;1167 Indirect Participants</b>

### Post Tenure Non-Credit Instructional Course Detail July 2014-June 2015

Education Program Title/Audience	Type (Category)	Hours	#	Contacts
Obesity Summit: Promoting Policy to Prevent Obesity	Direct; present	1	100	Health professionals
IGNITING Integration Seminar	Direct; Co-present Develop/Facilitate	1	62	OSU peers (Ext and Academic)
*BEPA Toolkit Training	Direct; TTT	1.5	94	OSU Ext peers
HEAL Research Core Ignite	Direct; Co-present		12	Ext/Academic peers
*Better Bones & Balance Training	Direct; TTT	16	24	Health professionals Ext peers
Better Bones & Balance Program Delivery	Indirect; trainers	>3000	>1000	Community members (U.S.)
Better Bones & Balance Program Delivery	Indirect; downloads	1	60	Community members (U.S.)
<b>7 Events (19.5 direct education hours) &gt; 3000 indirect education hours</b>				<b>230 Total Participants &gt;1167 Indirect Participants</b>

### Post Tenure Non-Credit Instructional Course Detail March 2013- June 2014

Education Program Title/Audience	Type (Category)	Hours	#	Contacts
Gerontology Conference – Optimal Skeletal Health Through Exercise	Direct; present	1	40	Clinicians and Practitioners
engAGE event: Fall and Fracture Prevention	Direct; present	1.5	40	Seniors and Caregivers
*BEPA In-Service Training	Direct; TTT	1	58	Ext Peers
BEPA Train-The-Trainer-Pilot Training	Direct; TTT	2	6	Ext peers
SPAN-ET and HEAL MAPPS Training	Direct; TTT	4	35	Ext peers
*Better Bones & Balance Training	Direct; TTT	16	27	Health professionals
Better Bones & Balance Program Delivery	Indirect; trainers	>2500	>1000	Community members (U.S.)
Better Bones & Balance Program Delivery	Indirect; downloads	1	196	Community members (U.S.)
<b>8 Events (25.5 direct education hours) &gt;2500 indirect education hours</b>				<b>207 Total Participants &gt;1196 Indirect Participants</b>

**TEAM OR COLLABORATIVE EFFORTS**

Collaborators and collaborative projects are listed in the table below. Collaborations have led to one or more of the following: P (program development), \*(peer-reviewed presentations), \*\*(peer-reviewed publications), G (submitted grant), and/or \$ (external funding).

Collaborators	Collaborative Projects
<p><b>Gunter, K.</b> (Project Lead, OSU) Wegis, H. (OSU), Hidde, S. (ODE<sup>^</sup>),  <u>OSU Extension Faculty:</u>                      Brody, B. (Malheur), Ahern, K. (Deschutes), Bunn, J. (Yamhill), Kristovik, C. (Marion), Hatfield, M. (Douglas), Treadwell, A. (Umatilla), Dodge-Vera, T. (Linn), Devlin, E. (Clackamas)  <sup>^</sup>Oregon Department of Education</p>	<p><b>BEPA 2.0 Revision Team (2017-2018).</b> Partnership developed to align the BEPA-Toolkit curriculum to Oregon State PE standards, and revise the toolkit content and trainings with a goal of enabling Oregon’s elementary teachers to provide 45 min/week of PE standard-aligned physical activity breaks, per Oregon Senate Bill (SB) 4 amendment. <u>Gunter, developer and lead author on revision</u> [P, \$, *]   <b>INTER-INSTITUTIONAL COLLABORATION</b></p>
<p><b>Gunter, K.</b> (OSU Ext, KIN) John Schuna, (OSU KIN), Deborah John (OSU Ext), Gay Timkin (WOU, pedagogy), Jeff McNamee (Linfield, KIN), Kelly Rice (EOU, Ex Science), Suzanne Hidde (ODE/OHA)</p>	<p><b>PE Policy Work Group (2016-2018).</b> Submitted three NIH grants (not funded; 2016, 2017, 2018) to examine PE policies in Oregon and their influence on elementary school PE and physical activity programming, quality, and child physical activity levels and obesity. <u>Gunter and Schuna, CO-PIs</u> on the grant submission continue to examine preliminary data, and discuss the policy implications for Oregon. Another submission is possible as the policy                       This work informs Extension FCH and SNAP-Ed efforts led to the development of BEPA 2.0 and highlights the capacity of extension as a public health partner in obesity prevention [P, G]   <b>INTER-INSTITUTIONAL COLLABORATION</b></p>
<p><b>Gunter, KB (Co-Project Director),</b> with D. John (Co-PD). M. Manore, P. Hystad (Co-PI, CPHHS), G. Langolletto (Co-PI, CAS), L. Etuk (Co-PI 2011-2013), P. Case, J. Rojina (Klamath County Extension); B. Halverson, E. Devlin (Clackamas County Extension) J. Rudolph, L. Hardin (Columbia County Extension)</p>	<p><b>4- Versus 5-Day School Week Work Group (2017-2018).</b> This productive <u>collaboration initiated</u> from an invited RWJF grant proposal submitted in May 2017 <u>by Gunter and Tomayko</u> (unfunded). We have spent the past year identifying publicly available data (ODE, OHA, Early Childhood and HEAL Cores in the HFC) to examine the impacts of a 4-day school-week on child achievement and health outcomes, and to examine school-level factors associated with implementation of the 4-day policy. A letter of intent to RWJF is in review (invited full proposals only) and two manuscripts are in preparation. This productive group plans to submit multiple grant proposals in 2018-2019. [G, *]   <b>INTER-INSTITUTIONAL COLLABORATION</b></p>

## SERVICE

### Service to the University

Year	Oregon State University Service
2019	<u>Institutional Review Board Advisory Committee</u> : My role was to represent CPHHS in a review of the IRB, and produce a collaborative report for the Vice Provost for Research and an external review committee.
2007-	<u>Graduate Council Representative</u> : My role is to chair the evaluation of the student's performance at graduate student committee meetings and assure that the conduct of all committee actions are in compliance with policies of the Graduate Council. I have served on 7 committees in this capacity.
2016-2017	<u>IRB Electronic Resource User's Group Advisory Team</u> . We were tasked with providing input into the development of the soon to be launched online IRB system.
2013-2015	<u>IRB Evaluation Research Sub Committee Member</u> . This group was tasked with clarifying policies and procedures to differentiate evaluation research from other types of research.
2007-2011	<u>OSU Faculty Senator</u> . I served as an elected senator representing the (former) College of Health and Human Sciences.
2008	<u>IRB Administrator Search Committee Member</u> . Served as a member of the search committee that hired the current IRB Administrator, Lisa Leventhal.

### Service to the College

Year	College of Public Health and Human Sciences Service
2018	<u>Chair, CPHHS Strategic Planning Goal 5 Task Force</u> . Worked collaboratively with task force members to develop an implementation plan for strategies related to enhancing the internal culture of CPHHS.
2017	<u>Member, Extension Outreach Scholarship Committee</u> . We generated a document for CPHHS that outlines the criteria for outreach scholarship.
2016	<u>Presenter/Discussant</u> . Meeting with the Komen Foundation to explore avenues for opportunity.
2015-2016	<u>Search Committee Member</u> . Associate Dean for Outreach and Engagement/FCH Program Leader; Successful hire.
2015	<u>Panel Discussion participant and presenter</u> during exploratory meeting with Knowledge Universe (KU) in March, 2015 to support potential HFC & CPHHS partnerships w/ KU.
2014-2015	<u>Member, Writing Team to Finalize the CPHHS Vision 2025 document</u>
2014-2015	<u>Member, Vision 2025 Strategic Planning Task Force</u> . Cross-school, interdisciplinary team worked to develop key focus areas in the CPHHS Strategic Plan.

*Continued on next page*

**Service to the College** *continued from previous page*

<b>Year</b>	<b>College of Public Health and Human Sciences Service</b> <i>continued</i>
2013-	<u>Director, Healthy Eating, Active Living Research Core</u> , Hallie E. Ford Center. I facilitate collaborations among faculty with shared interests related to healthy eating and physical activity research. Convene meetings and working group sessions. I work collaboratively with HFC Leadership team to further the mission of the HFC.
2010-2011	<u>Member of the College of Public Health and Human Sciences Faculty Transition Team</u> . This group worked to promote the successful transition from a College of Health and Human Sciences to an accredited College of Public Health and Human Sciences.
2010	Participated in the CHHS 'Design for the Future' retreat where ideas regarding the restructuring of our college were presented and discussed; February 13, 2010.
2007-	<u>Ad hoc reviewer for a variety of journals</u> (listed below). <i>Preventive Medicine Reports, Journal of Extension, Journal of Human Sciences and Extension, Bone, Calcified Tissue International, ACSM's Health and Fitness Journal, Preventive Medicine, Preventive Medicine Reports, Exercise and Sport Science Reviews, Journal of Aging and Physical Activity, Journal of the American Geriatrics Society, Journal of Gerontology, Journal of Bone and Mineral Research, Osteoporosis International, Pediatric Exercise Science</i>

**Service to the Program Areas**

<b>Year</b>	<b>Extension FCH and Kinesiology Programs Service</b>
2019	<u>KIN Peer Evaluator</u> . Peer teaching evaluation of Dr. John Schuna (with T. Bray)
2018	<u>KIN Peer Evaluator</u> . Peer teaching evaluation of Dr. Marc Norcross (with D. Dallas)
2017	<u>KIN Peer Evaluator</u> . Peer teaching evaluation of Dr. John Schuna (with S. Newsom)
2017	<u>Search Committee Member</u> . Kinesiology faculty member in Physical Activity and Public Health; (successful hire of William Massey)
2016-2017	<u>Member, Extension FCH Strategic Planning Team</u> .
2016-2017	<u>Search Committee Member</u> . Professor of Practice; Extension FCH and Ag Extension position in sustainable food systems.
2016-2017	<u>Search Committee Member</u> . Extension FCH Finance Manager (successful hire of M. Smith)
2016-2017	<u>Search Committee Chair</u> . Extension FCH Physical Activity Program Coordinator
2016	<u>Member, Extension Strategic Planning Implementation Workgroup</u>
2015-	<u>Organizer</u> , Extension Outreach and Engagement Conference "IGNITING Integration" seminar.
2015	<u>KIN Peer Evaluator</u> . Peer teaching evaluation of Dr. John Schuna (with A. Wilcox)
2014-2015	<u>Ad Hoc Member</u> , Extension FCH Strategic Planning Committee.
2014-	<u>Member</u> , committees to develop an MPH in Health Extension and MPH in Physical Activity Promotion.

*Continued on next page*

**Service to the Program Areas** *continued from previous page*

<b>Year</b>	<b>Extension FCH and Kinesiology Programs Service</b> continued
2013	<u>EXSS Task Force Implementation Team Member.</u> Tasked with developing specific strategies to implement the new program plan.
2012-2013	<u>EXSS Task Force Member.</u> Worked collaboratively to revise the program extensively resulting in a program name change, reorganization of options within the major, revision to graduate assessment procedures and production of a living policies and practices document.
2012	<u>Represented College of Public Health and Human Sciences</u> at the Orthopedic Center Foundation Scholarship Reception in Bend, OR; May 9, 2007.
2011	<u>NES Search Committee Member.</u> Served as a member of the search committee for a faculty hire in the area of Movement Studies and Disability. Resulted in the successful hires of Simon Driver and Megan MacDonald.
2008-2009	<u>NES Faculty Awards Committee.</u> Responsible for developing the nomination packet for the HHS College Extension and Outreach Award.
2008-2009	<u>FCH Search Committee Chair, 2008-2009.</u> I chaired the committee that led to the successful hire of Deborah John, Ph.D., Assistant Professor and Extension Faculty in Public Health, Clackamas County.
2007-2008	<u>FCH Annual Conference Committee.</u> Served as a member of the administrative team that put together the annual FCH in-service conference.

**Service to the Profession**

<b>Year</b>	<b>Professional Memberships and Leadership Roles</b>
2016-2019	Chair, USDA NIFA Nutrition and Physical Activity Sub-committee
2014-2016	Member, USDA NIFA Nutrition and Physical Activity sub-committee
2015-2017	Co-Chair, American College of Sports Medicine, Exercise is Medicine (ACSM), Community Health Committee
2012-2014	Member, Exercise is Medicine (EIM) Community Health Committee.
2014-2016	Member, Physical Activity Consultant and Steering Committee, Western Region Center Nutrition Education and Obesity Prevention Center of Excellence.
2011-2016	Member, American College of Sports Medicine Interest Group Advisory Committee
2011-	Member, National Physical Activity Society
2011-2017	Member, Families, Food and Fitness eXtension Community of Practice
2011-2014	Member, Creating Healthy Communities, eXtension Community of Practice
2009-2011	Co-Chair, American College of Sports Medicine Bone Interest Group
2006-2013	Member, American Society of Bone and Mineral Research
1992-	Member, American College of Sports Medicine

## Service to the Public

Year	Local Community-Campus Service
2011-2015	Served on the Corvallis School District Wellness Committee and provide leadership related to visioning and identifying evidence-based approaches to improving the food and physical activity environments in Corvallis schools.
2012	Worked with Head Start of Linn and Benton County and helped them write a grant that was submitted to the Child and Adult Food Care Program.
2009-2010	Served as a member of the Benton County Healthy Aging Network