

## CURRICULUM VITAE

### **Curriculum Vitae | Katherine B. Gunter | May 2022**

Extension Family and Community Health and Kinesiology Programs

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

#### Table of Contents

A.	EDUCATION AND EMPLOYMENT INFORMATION .....	3
	Post-Doctoral Training.....	3
	Professional Positions.....	3
	Other Relevant Training and Certifications.....	4
	Professional Memberships .....	4
B.	TEACHING, ADVISING AND OTHER ASSIGNMENTS .....	5
	B1. Instructional Summary.....	5
	B1.1. Credit Courses.....	5
	B1.2. Invited Guest Lectures .....	6
	B1.3. Curriculum Development (for Credit).....	6
	B2. Graduate & Undergraduate Mentoring .....	7
	B2.1 Undergraduate Mentoring.....	7
	B2.2 Graduate and Postdoctoral Mentoring.....	8
	B3. Extension and Community Education.....	10
	B3.1 Non-Credit Courses and Workshops.....	10
	B3.2 Published Extension Curricula and Training Resources .....	13
C.	RESEARCH, SCHOLARSHIP, AND CREATIVE ACTIVITY.....	16
	C1. Publications .....	16
	C1.1 Peer-Reviewed Journal Articles .....	16
	C1.2 Book Chapters .....	20
	C1.3 Invited Research Publications (Editorial Review).....	20
	C1.4 Papers in Progress (Targeting Peer-reviewed Journals) .....	21
	C2. Published Non-Refereed Extension Publications.....	21
	C2.1 Published Websites.....	21
	C2.2 Community-Engaged Research Reports.....	22
	C2.3 Extension Fact Sheets .....	25

C3. Professional Meetings, Symposia, and Conferences .....	25
C3.1 Peer-Reviewed Presentations (w/published abstracts) .....	25
C3.2 Extension Peer-Reviewed Presentations .....	29
C3.3 Invited Presentations .....	30
C3.4 Outreach and Media Communications.....	31
C4. Contracts, Grants and Sponsored Research.....	33
C4.1 Current Sponsored Research.....	33
C4.2 Completed Sponsored Research .....	33
C4.3 Contracted Trainings and Materials .....	34
C4.4 Submitted Grants Not funded .....	34
D. SERVICE .....	36
D1. University Service.....	36
D2. College Service .....	36
D3. School and Program Service .....	37
D4. Professional Service .....	38
D5. Public and Community Service.....	38
D5. Other Service.....	56
E. AWARDS AND HONORS.....	39
E1. National and International Awards.....	39
E2. State and Regional Awards .....	39
E3. University and Community Awards.....	39

## A. 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

### PROFESSIONAL POSITIONS

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
2007-2013	<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

## **Professional Memberships**

2022-present	Society for Health and Physical Educators SHAPE America
2017-present	National Extension Association of Family and Consumer Sciences
2012-present	OSU Extension Association of Family and Consumer Sciences
2012-present	Oregon Society for Health and Physical Educators
2011-present	National Physical Activity Alliance
2005-2011	American Society for Bone Mineral Research
1992-present	American College of Sports Medicine

## B. TEACHING and ADVISING (Academic and Extension)

### ***B1. INSTRUCTIONAL SUMMARY***

My teaching responsibilities span the academic and extension contexts. I teach undergraduate and graduate courses, as well as numerous professional development trainings and workshops for individuals, organizations, and community members.

#### ***B1.1. ACADEMIC CREDIT COURSES (Instructor, Lecturer, Ecampus Developer)***

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

<b>Course/Credits</b>	<b>Course Title</b>	<b>Role</b>	<b>Term/Year</b>	<b>#Enrolled</b>
E-KIN 435/3	Physical Activity Promotion	Course Instructor	W 2022	25
E-KIN 435/3	Physical Activity Promotion	Course Instructor	W 2021	25
KIN 435/3	Physical Activity Promotion	Course Instructor	W 2020	34
KIN 406/v	Projects	Course Instructor	W 2020	2
KIN 301/v	Research and Scholarship	Course Instructor	Sum2019	1
KIN 301/v	Research and Scholarship	Course Instructor	S2019	1
KIN 435/3	Physical Activity Promotion	Course Instructor	W 2019	40
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
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 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	Course Instructor	W2011	93
*HHS 220/2	Community Education Programs and Cooperative Extension	Co-Instructor	S2010	8
*EXSS 414/3	Fitness and Aging	Course Instructor	F2009	58
*HHS 220/1	Community Education Programs and Cooperative Extension	Co-Instructor	F2009	11

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

<b>Course/Credits</b>	<b>Course Title</b>	<b>Role</b>	<b>Term/Year</b>	<b>#Enrolled</b>
EKIN 535	Physical Activity Promotion	Course Instructor	W2022	6

EKIN 535	Physical Activity Promotion	Course Developer	2020-2021	NA
KIN 535	Physical Activity Promotion	Course Instructor	W2020	2
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
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

### ***B1.2. Invited Guest Lectures***

H 607	Public Health Graduate Seminar	Guest Lecture	W 2022	~15
HDFS 311	Infant and Child Development	Guest Lecture	W2017	40
EXSS 607	Graduate Seminar (IGERT)	Guest Lecture	W2016	8
H 607	Public Health Graduate Seminar	Guest Lecture	F2016	12
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
CPHHS 607	Graduate Student Seminar	Guest Lecture	W2015	30
EXSS 607	Graduate Seminar (IGERT)	Guest Lecture	W2016	8
EXSS 414/3	Fitness and Aging	Guest Lecture	S2012	55
EXSS 414/3	Fitness and Aging	Guest Lecture	W2012	70
H 618	Public Health Seminar	Guest Lecturer	F2011	10
EXSS 607	Graduate Seminar	Guest Lecturer	W2009	20
EXSS 325/3	Exercise Physiology	Guest Lecturer	W2007	40+

### ***B1.3. For Credit Course Curriculum Development***

Spring 2020-Fall 2020	eKIN 435	Developed Ecampus version of Kin 435, Physical Activity Promotion
Fall 2020-Winter 2021	eKIN 535	Developed Ecampus version of Kin 435, Physical Activity Promotion

## B2. UNDERGRADUATE/GRADUATE STUDENTS AND POSTDOCTORAL TRAINEES

### *B2.1 Undergraduate Mentoring*

I have mentored 37 undergraduate students, four as Honor's College thesis advisor, and two from other institutions on funded research fellowships under my advisement (summers 2011 & 2018). 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.

### *Externally Funded 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.**

### *Undergraduate Mentees*

<b>Students</b>	<b>Department</b>	<b>Dates</b>	<b>Role</b>	<b>Current Status</b>
<b>L. Kulisch</b>	<b>HC/Science</b>	<b>2022-2024</b>	<b>Honor's Thesis Mentor</b>	<b>Ongoing</b>
C. Cordill	BPHS/KIN	2022	Projects Mentor	Completed 2022
D. Au	BPHS/KIN	2021	Projects Mentor	Completed 2021
A. Lue	BPHS/KIN	2020	Research Mentor	Completed 2020
T. Packebush	BPHS/KIN	2019-2020	Research Mentor	Completed 2020
C. Urquhart	BPHS/KIN	2019	Research Mentor	Completed 2019
N. Krzykawa	BPHS/KIN	2019	Research Mentor	Completed 2019
K. Yeomans	SOBE/HPHB	2019	Internship Preceptor	Graduated 2019
G. Yap	SOBE/HPHB	2019	Internship Preceptor	Graduated 2019
E. Ibarra	SOBE/HPHB	2018-2019	Internship Preceptor	Completed 2019
O. Burkhart	SOBE/HPHB	2018-present	Internship Preceptor	Graduated 2018
C. Kimberly	SOBE/HDFS	2018-present	Research Mentor	Completed 2018
M. Baker	SOBE/HPHB	2018-present	Practicum Mentor	Graduated 2018
D. Huang	BPHS/HMP	2018-present	Internship Preceptor	Completed 2018
S. Garland	BPHS/Dietetics	2018-present	Practicum	Completed 2018
G. Galvez	BPHS/KIN	2018-present	Research Mentor	Graduated 2018
S. Brawley	BPHS/KIN	2018-present	Research Mentor	Graduated 2018
K. Gilkison	BPHS/KIN	2018-present	Project Mentor	Graduated 2018
<b>L. Trevis (HON)</b>	<b>BPHS/KIN</b>	<b>2014-2018</b>	<b>URAP/ Honor's mentor</b>	<b>Graduated 2018</b>
J. Khangura	PHARM	2017-2018	Practicum Advisor	Graduated 2018

J. Luu	BPHS/KIN	2017 (Fall)	Research Mentor	Completed 2018
G. Chase	SCIENCE	2017-2018	Research Mentor	Completed 2018
S. Raines	SOBE/HPHB	2017 Winter	Internship Preceptor	Graduated 2018
N. Hobbes	SOBE/HPHB	2017-2018	Internship Preceptor	Graduated 2018
E.L. Lowe	BPHS/KIN	2017 (Fall)	Practicum Advisor	Graduated 2017
<b>C. Booth</b>	<b>BPHS/NUT</b>	<b>2014-2016</b>	<b>URAP/ Honor's mentor</b>	<b>Graduated 2016</b>
K. TenBroeck	BPHS/KIN	2014-2016	Practicum Mentor	Completed 2015
N. Kobayashi	BPHS/PH	2014-2015	Practicum Mentor	Completed 2015
W. Ahn	BPHS/KIN	2014-2015	Practicum Mentor	Completed 2015
T. Vixay	BPHS/HPHB	2015 W-Su	Internship Mentor	Completed 2015
A. Brocket	BPHS/KIN	2014	URAP Mentor	Completed 2015
B. Crocker	BPHS/EXSS	2013-2015	Practicum Mentor	Completed 2014
C. Truong	NES	2011-2012	Project Mentor	Graduated 2012
N. Mares	HDFS	2010-2011	URAP/LIFE Mentor	Graduated 2011
<b>C. Lovemark</b>	<b>NES</b>	<b>2007-2009</b>	<b>URAP/Honor's mentor</b>	<b>Graduated 2009</b>
E. Jederlinich	NES	2008-2009	URAP Mentor	Graduated 2009
C. Couey	HDFS	2008-2009	LIFE Scholar Mentor	Graduated 2009

### *B.2.2 Graduate and Postdoctoral Trainee Mentoring and Advising*

<b>Students</b>	<b>Department</b>	<b>Role</b>	<b>Degree</b>	<b>Current Status</b>
M. Bennett	BPHS/KIN	Major Professor	PhD	New
E. Hilberg	BPHS/KIN	Co-Major Professor	PhD	Graduated 2019
R. Locklear	BPHS/KIN	Major Professor	M.S.	Graduated 2017
P. Abi Nader	BPHS/KIN	Major Professor	PhD	Graduated 2016
K. Friesen	BPHS/NES	Major professor	Ph.D.	Graduated 2011
A. McNamara	BPHS/NES	Major professor	PhD.	Graduated 2010
A. Kasianchuk	BPHS/NES	Major professor	M.S.	Graduated 2010
J. Kim	BPHS/KIN	Committee Member	PhD.	Ongoing
N. Fiscella	BPHS/KIN	Committee Member	PhD.	Ongoing
J. Thalken	BPHS/KIN	Committee Member	PhD.	Ongoing
W. Leung	BPHS/KIN	Committee Member	PhD.	Ongoing
B. Ku	BPHS/KIN	Committee Member	PhD.	Graduated 2018
D. Becker	SOBE/HDFS	Committee Member	PhD	Graduated 2016
J. Jackson	SOBE/HPHB	Committee Member	PhD	Graduated 2016
P. Allen	IGERT (HDFS)	Committee Member	Ph.D.	Graduated 2016



A. Lafrenze	NES	Committee Member	Ph.D.	Graduated 2015
A. Cohen	NES	Committee Member	Ph.D.	Graduated 2015
G. Haberly	BPHS	Committee Member	M.S.	Graduated 2013
K. Rice	NES	Committee Member	Ph.D.	Graduated 2012
M. Dinger	NES	Committee Member	M.S.	Graduated 2010
M. Senso	NES	Committee Member	M.S.	Graduated 2009
T. Littrell	EXSS	Committee Member	PhD.	Graduated 2005
A. Larson	SOBE/HPHB	Graduate Representative	PhD.	Graduated 2018
D. Dowhower	SOBE/HPE	Graduate Representative	PhD	Graduated 2018
A. Molla	BPHS/GH	Graduate Representative	PhD	Graduated 2017
V. McKay	SOBE/HPHB	Graduate Representative	PhD	Graduated 2015
M.J. Seo	DHE	Graduate Representative	Ph.D.	Graduated 2012
A. Johnson	NES	Graduate Representative	M.S.	Graduated 2010
D. Yang	STATA	Graduate Representative	Ph.D.	Graduated 2009

***Master of Public Health Interns***

Students	Department	Role	Degree	Dates
S. Bradley	SOBE/HPHB	Internship Preceptor	MPH	W2018-S2018
B. Klein	SOBE/HPHB	Research/Internship Mentor/ Preceptor	MPH	S2011-W2012

***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**

**B3. EXTENSION AND COMMUNITY Education**

**B3.1 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.
- 5) Asynchronous Online (AO) BEPA and BBB Trainings. These trainings were developed in 2020 and 2021 to meet the continuing education needs of partners and professionals.

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

Non-Credit Courses and Workshops Summary March 2013-January			
Total Category 1 Courses	8	Total Participants Category 1	357
Total Category 2 Courses	14	Total Participants Category 2	623
Total Category 3 Workshops	28	Total Participants Category 3	560
Total Category 4 Class Series	125	Total Participants Category 4	5,600
<b>Total Classes 2013- 2021</b>	<b>175</b>	<b>Total Participants 2013- 2021</b>	<b>&gt; 7,142</b>

New asynchronous training data not added yet

**Post Tenure Non-Credit Instructional Course Detail July 2021-June 2022  
(on sabbatical 6/21 – 11/21)**

Education Program Title/Audience	Type (Category)	Hours	#	Contacts
BEPA 2.0 Training – ODE (4/28)	Direct TT; Remote	1.5	8	Oregon elementary teachers
BEPA 2.0 Training – ODE (4/22)	Direct TT; Remote	1.5	8	Oregon elementary teachers
BEPA 2.0 Training – VA SNAP-Ed (3/22)	Direct; TTT; Remote	1.5	##	VA Extension and SNAP-Ed faculty

BEPA 2.0 Training – CA SNAP-Ed (2/22)	Direct; mini TTT; Remote	2	##	CA SNAP-Ed Faculty
BEPA 2.0 Online Asynchronous Training		3	90	Education Stakeholders
BBB Online Asynchronous Training	Direct; OA	16	24	Health professionals
Better Bones & Balance Program Delivery	Indirect; trainers		TBD	Community members (U.S.)
Better Bones & Balance Program Delivery	Indirect; downloads		TBD	Community members (U.S.)
<b>6 Events (26 direct education hours)</b>				<b>TBD Total Participants</b>
<b>&gt; 4500 indirect education hours</b>				<b>TBD Indirect Participants</b>

### Post Tenure Non-Credit Instructional Course Detail July 2020-June 2021

Several scheduled trainings were cancelled in response to COVID, including in-person BBB instructor trainings. All school-based trainings scheduled from June 2020-July 2021 were cancelled. We turned our attention to new approaches and began development of online, asynchronous training materials.

Education Program Title/Audience	Type (Category)	Hours	#	Contacts
Extension PA PSE Model (3/21)	Direct; TT; virtual	1	8	Western Region Specialists
BBB Instructor Recertification (11/20)	Direct; TTT; Remote	16	21	Health professionals
How to Deliver BEPA 2.0 Remotely (11/20)	Direct; TT; virtual	2	40	Extension Educators
Exercise for Fall and Fracture Prevention	Direct; TT	1.5	22	Bellingham, WA YMCA
Better Bones & Balance Program Delivery	Indirect; trainers		>1000	Community members (U.S.)
Better Bones & Balance Program Delivery	Indirect; downloads			Community members (U.S.)
<b>8 Events (28 direct education hours)</b>				<b>91 Total Participants</b>
<b>&gt; 4500 indirect education hours</b>				<b>&gt;1000 Indirect Participants</b>

### Post Tenure Non-Credit Instructional Course Detail July 2019-June 2020

Education Program Title/Audience	Type (Category)	Hours	#	Contacts
BEPA 2.0 Zoom Training, Auburn (4/20)	Direct; TTT	1.5	120	Alabama SNAP-Ed
Whole Child Training (2/20)	Direct; TT	6	9	Oregon Educators
BEPA 2.0 Training; Salem (12/19)	Direct; TT	3	30	Western Ed. Service Dist.
BEPA 2.0 Training; Portland (9/19)	Direct; TTT	3	11	Extension & stakeholders
*Better Bones & Balance Training (9/19)	Direct; TTT	16	42	Health professionals
Better Bones & Balance Program Delivery	Indirect; trainers		>1000	Community members (U.S.)
Better Bones & Balance Program Delivery	Indirect; downloads			Community members (U.S.)
<b>8 Events (28 direct education hours)</b>				<b>212 Total Participants</b>
				<b>&gt;1000 Indirect Participants</b>

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

Education Program Title/Audience	Type (Category)	Hours	#	Contacts
BEPA 2.0 Training; multi-region (9/19)	Direct; TTT	3	22	Community-based school partners; Extension trainers
Fall and Fracture Prevention/BBB (6/19)	Direct: PD training	1	25	Physical Therapists/Good Samaritan Hospital
BEPA NFL Fuel Up Training (6/19)	Direct; TT	3	65	Education Professionals
Whole Child Training Institute (6/19)	Direct; TT	3	11	Education Professionals

Multnomah Educ. Service District (6/19)	Direct; TT	3	14	Special Education Teachers
Implementation Team Presentation	Direct; present	1.5	~60	Extension Colleagues
SNAP-Ed Webinar USDA (2/2019)	Direct; TT	.50	40	SW Region SNAP-Ed program coordinators
BEPA 2.0 Training for WISE	Direct; TT	.75	10	ODE and OHA
BEPA 2.0 Training Metro Region (10/18)	Direct; TTT	3	9	Extension peers
BEPA 2.0 Training Update – State (10/18)	Direct; TTT	1.5	35	Extension peers
*Better Bones & Balance Training (9/18)	Direct; TTT	16	35	Health professionals Ext peers
Better Bones & Balance Program Delivery	Indirect; trainers		>1000	TBD
Better Bones & Balance Program Delivery	Indirect; downloads		TBD	TBD
<b>13 Events (37 direct education hours)</b>				<b>326 Total Participants &gt;1000 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>

### ***B3.2 Published Extension Curricula and Training Resources (Title, publication dates)***

#### **1. BE Physically Active 2Day Toolkit (BEPA 2.0) (updated 2018, 2019, 2020, 2022)**

**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.**

2. **Sea Físicamente Activo Hoy! Spanish language version of BE Physically Active 2Day (2021).**

Gunter, K.B. Translated by Marquez, Y., Cardenas, D., Illescas, E., Santana, R., & Senior J. The Spanish version was supported by a Providence Community Grant obtained by Yolanda Marquez and Erin Devlin, Extension faculty in Clackamas County.

3. **Balanced-Energy Physical Activity Tool Kit (BEPA-Tool Kit™) (updated 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** BEPA-Toolkit adoption and implementation expanded 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 BEPAT curriculum with Oregon PE grade-level standards and revised the curriculum as BEPA 2.0 (below).

4. **Better Bones & Balance (BBB) Online Recertification Training Program (2021). Gunter, K.B.,**

**Packebush, T., Radcliffe, E.** In response to an urgent need to recertify instructors with expiring licensure, we developed a live-remote and asynchronous hybrid training in 2020, which was adapted and made fully asynchronous in 2021. This creates an easy mechanism for certified instructors to renew their certification and obtain professional development. Embedded evaluations indicate instructors feel confident, skilled and prepared to continue delivering BBB programming both in-person and via remote, online modalities.

5. **Better Bones & Balance® 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 Curriculum 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.

## **C. RESEARCH, SCHOLARSHIP and CREATIVE ACTIVITY**

### **C.1 PUBLICATIONS**

#### ***C.1.1 Peer-reviewed Journal Articles (\*denotes students under my advisement)***

1. Thompson, P.N., Tomayko, E.J., **Gunter, K.B.,** & Schuna, J. (2021). Impacts of the Four-Day School Week on High School Achievement and Educational Engagement. *Education Economics*, DOI: 10.1080/09645292.2021.2006610



2. Tomayko, E.J., Thompson, P.N., Smith, M.C., **Gunter, K.B.**, Schuna, J.M., Jr. (2021), Impact of Reduced School Exposure on Adolescent Health Behaviors and Food Security: Evidence From 4-Day School Weeks. *Journal of School Health*, 91: 1055-1063. <https://doi.org/10.1111/josh.13095>
3. Taylor, N\*, Packebush, T\*, Winfield, T., & **Gunter, K.** (2021). Examining the Feasibility of Partnering with Cooperative Extension to Advance Statewide Physical Education Policies in Oregon. *Journal of Human Sciences and Extension*, 9(2), 135-145. Retrieved from <https://www.jhseonline.com/article/view/882>
4. Tomayko, E. J., **Gunter, K. B.**, Schuna, J. M., Thompson, P. N. (2020). "Effects of Four-Day School Weeks on Physical Education Exposure and Childhood Obesity". *Journal of Physical Activity and Health*. Advance online publication. <https://doi.org/10.1123/jpah.2019-0648> (Impact Factor: 1.993)
5. Harden, S.M., Balis, L., Strayer, T., Prosch, N., Carlson, B., Lindsay, A., Estabrooks, P., Dzewaltowski, D., **Gunter, K.** Strengths, Challenges, and Opportunities for Physical Activity Promotion in the Century-old National Cooperative Extension System. *Journal of Human Sciences and Extension*, [On-line], 2020; 8(3):104-124.
6. Thompson, P.N., Schuna, J.M., **Gunter, K.B.**, Tomayko, E.J. 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*. Online, May 14, 2020. DOI: 10.1162/edfp.a.00316. Available at: [https://doi.org/10.1162/edfp\\_a\\_00316](https://doi.org/10.1162/edfp_a_00316)
7. 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*. 2020, 37(4):441-460. DOI: <https://doi.org/10.1123/apaq.2019-0120>
8. Ku, B., Macdonald, M., Hatfield, B., **Gunter, K.** Parental Influences on Parent-Reported Motor Skills in Young Children with Developmental Disabilities. *Disability and Health Journal*. 13(3):100910. DOI: [10.1016/j.dhjo.2020.100910](https://doi.org/10.1016/j.dhjo.2020.100910)
9. John DH, Nader PA, Gunter K. Using Mixed Methods to Explore Older Residents' Physical Activity and Experiences of Community Active Aging Friendliness. *OBM Geriatrics* 2020;4(1):16; doi:10.21926/obm.geriatr.2001098.
10. Lindsay AR, Coughenour C, Gatzke H, Baker-Tingey J, Lewis S, Ciulei MA, **Gunter K**, John DH. Engaging Rural Nevadans in Participatory Research to Explore and Explain the Community Food and Physical Activity Context. *J. of Rural Social Sci.* 2019, 34(2): Article 4. Available at: <https://egrove.olemiss.edu/jrss/vol34/iss2/4>.
11. 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**)
12. 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)

13. 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**)
14. **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%**)
15. 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**)
16. **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**)
17. **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%**)
18. 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**)
19. 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**)
20. 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%**)
21. 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**)
22. 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**)
23. **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**)
24. 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**)

25. 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%**)
26. **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.
27. 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**).
28. 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%**)
29. **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%**)
30. 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**)
31. 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>.
32. **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%**)
33. 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**)
34. **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**)
35. **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**)
36. **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>

37. 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.
38. 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.
39. **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**)
40. **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**)
41. 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**)
42. 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**)
43. **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**)
44. 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**)
45. 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**)
46. **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**)
47. Brilla, LR and **Gunter, KB**. Effect of magnesium supplementation on exercise time to exhaustion. *Medicine, Exercise, Nutrition and Health*, 1995; 4:230-233.

### **C1.2 Book Chapters (Editorial Review)**

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.

### **C1.3 Invited Research Publications (Editorial Review)**

1. Brody, B. and **Gunter, K.B.** 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>

### **C1.4 Papers in Progress (targeted submission date)**

1. Evaluating Extension-supported Implementation of a Classroom-based Physical Activity Program in Under-resourced Schools (*with Thomas Packebush\**) May 2022
2. Advancing Physical Activity Promotion Efforts via Online Professional Development Trainings for Teachers. Tools of the Trade. (*with Barbara Brody, Katie Abern, Ellen Radcliffe, Thomas Packebush\**) May 2022.
3. The Effects of Four-Day School Weeks on Food Security (*with Paul Thompson, John Schuna, and Emily Tomayko*), June 2022
4. The Effects of Four-Day School Weeks on Adolescent Health Behaviors (*with Paul Thompson, John Schuna, and Emily Tomayko*), June 2022
5. The Effects of Four-Day School Weeks on Juvenile Crime (*with Paul Thompson, Rafi Najam, John Schuna, and Emily Tomayko*)
6. The Effects of Four-Day School Weeks on Physical Education and BMI (*with Paul Thompson, John Schuna, and Emily Tomayko*)
7. The Effects of Four-Day School Weeks on Early Elementary Outcomes (*with Paul Thompson, John Schuna, and Emily Tomayko*)

## ***C2. Extension Publications***

### **C2.1 Websites Including Informational and Educational Resources**

1. **[Physical Education Policy Clearinghouse for Oregon Department of Education \(published in November 2019\).](#)** Oregon Healthy Schools Grant (ODE and OHA) funded project to support Oregon teachers' ability to comply Oregon's new physical education laws and requirements, and find resources to implement approved, evidence-based programs and curricula.
2. **[Better Bones and Balance Website](https://extension.oregonstate.edu/bbb)** (Published 2013, updated 2022). 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 2022). The Balanced Energy Physical Activity Toolkit website shares BEPA program information including program information, activity cards, BEPA activity videos, BEPA implementation manual, training materials and links to related informative content.

## C2.2 Extension Community-Engaged Research Reports

### Truncated to Post-Tenure 2014

#### GROW Healthy School Reports

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**

**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)

### **County Impact Reports**

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**

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, Tiffit, 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).

### ***C2.3 Extension Fact-Sheets***

1. **Gunter, K.B.**, Packebush, T., Radcliffe, E. (2020). Physical Activity for Health Fact Sheets. A series of 12 fact sheets presenting the effects of physical activity on immune function, disease prevention, mental health and more. Each fact sheet in the series included a brief evidence-based statement, links to original sources, and easy to implement activities to start or sustain physical activity at home, or while maintaining social distance during the COVID-19 pandemic.
2. **Gunter, KB.**, 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)
3. 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>.
4. 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>.
5. **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>
6. 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>.

### ***C3 PROFESSIONAL PRESENTATIONS***

#### ***C3.1Peer-Reviewed Published Presentations (\*denotes current and former student advisees/mentees)***

##### ***Presentation lists truncated to post-tenure period (2013-)***

1. Packebush, T.\*, **Gunter, K.B.** (2020). Extension support of a school-based physical activity program in elementary school settings. *Oregon Public Health Association Conference*. Winner, Outstanding Student Poster Award.
2. Packebush, T.\*, **Gunter, K.B.**, Winfield, T. (2020). Evaluating Extension-supported Implementation of a Classroom-based Physical Activity Program in Under-resourced Schools. *Medicine & Science in Sports & Exercise*. 52(5 Suppl.):S780.
3. **Gunter, K.B.**, Taylor, N.,\* & Packebush, T.\* (2020). Partnering with Cooperative Extension to Advance Physical Education Policies and Practice: Evaluating the Train-the-trainer Approach. *Medicine & Science in Sports & Exercise*. 52(5 Suppl.):S220.

4. Tomayko, E.J., Thompson, P.N., Schuna, J.M., **Gunter, K.B.** (2020). Effects of Four-day School Weeks on Physical Education Exposure and Childhood Obesity. *Medicine & Science in Sports & Exercise*. 52(5 Suppl.):S781.
5. Schuna, J.M., Tomayko, E.J., Thompson, P.N., **Gunter, K.B.** (2020). Time-Based Changes in Physical Education Offereing in Response to a Legislative Mandate. *Medicine & Science in Sports & Exercise*. 52(5 Suppl.):S220.
6. Taylor, N.\* and **Gunter, K.B.** (2019). Examining the Feasibility of Partnering with Cooperative Extension to Advance Statewide Physical Education Policies in Oregon. Presented at the Oregon Public Health Association Annual Conference, Corvallis, OR. October 2019.
7. Hilberg, E.\*, **Gunter, KB**, Abi Nader, P.\* (2019). Sex Differences in Physical Activity at School among Rural Elementary School Students. *Medicine & Science in Sports & Exercise*. 51(S6):528, June 2019. Presented at Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine Orlando, FL, May 28-June 1, 2019.
8. **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? (2018). *Medicine & Science in Sports & Exercise*. 50(5S):64, May 2018. Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine Minneapolis, MN, May 29-June 2, 2018.
9. **Gunter, KB**, Jackson, JJ, Tomayko, E, John, D. (2017). Food Insecurity and Physical Activity Insecurity among Rural Oregon Families. *Medicine & Science in Sports & Exercise*. Volume 49; Issue 5S; Pages 232; 2017. Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine Denver, Colorado, May 30-June 3, 2017.
10. 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.
11. **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.
12. 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.
13. 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.
14. 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.
15. 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.

16. 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.
17. 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>
18. **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.
19. 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.
20. 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.
21. 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.
22. 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.
23. **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.
24. 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.
25. 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.
26. 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.

27. **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.
28. **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.
29. 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.
30. 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.
31. **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.
32. 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.
33. 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.
34. **Gunter, KB** and Almstedt, HC. Exercise to Optimize Skeletal Health: A Lifespan Approach. Gerontology Society of America Annual Meeting, New Orleans, LA, November, 2013
35. 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.
36. 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**.
37. 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.
38. **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.

39. 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.
40. 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.
41. 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.

***C3.2 Extension Peer-Refereed Abstracts/Presentations (truncated to post tenure 2013-)***

1. **Gunter, K**, Packebush, T., Ahern, K., Brody, B., Kraemer, L., Harris, A. (2022). The State of Physical Activity in Oregon and Beyond. Physical Activity and Active Living Team Impact Report. Presented at OSU Extension Family & Community Health Program Professional Development Conference, March, 2020.
2. **Gunter, K.**, Ahern, K., Brody, B., Hatfield, A. (2020). NAE4-HA National Conference, "Increasing Physical Activity with BEPA 2.0," Virtual - Boise.
3. **Gunter, K.**, Ahern, K., Brody, B. (2020). ESP National Conference - Cooperative Extension: Focus on the Future, "Outreach and Education Increase Physical Activity," Virtual.
4. **Gunter, K.**, Ahern, K., Brody, B, Hatfield, A. (2020). NEAFCS Annual Session Experience Life Elevated, "Outreach and Education Increases Physical Activity During the School Day," Virtual.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.

11. 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.
12. 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.
13. 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.

### ***C3.3 Invited Presentations (truncated to post tenure 2013-)***

1. **Gunter, K.B.** Promoting Physical Activity in School Environments. Presentation to CalFresh Healthy Living, University of California (California State SNAP-Ed Implementing Agency), January 12, 2022.
2. **Gunter, K.B.** Classroom-Based Delivery of a Standard-Aligned Brain Break Program, April 25, 2020.
3. 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.
4. **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.
5. **Gunter, KB.** Strategies to Prevent Falls and Fractures. Key Note Presentation at the Senior Care Conference, Tillamook, OR. November, 2, 2017.
6. **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.
7. **Gunter, KB.** Moving Well, Being Well. 2017 Year of Wellness Kick Off Event, Tillamook, OR. January, 20, 2017.
8. **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.
9. **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.
10. **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.
11. **Gunter, KB.** School and Family-based Approaches to Obesity Prevention. Presented at the *Good Samaritan Health System Obesity Summit*, Lebanon, Oregon, April 2016 (evaluations).
12. **Gunter, KB.** Dancing Around the Issues of Bones, Balance, and Movement for Older Adults. Keynote Address, OSU Gerontology Conference, March, 2016.

13. **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
14. **Gunter, KB,** Turner, R, Iwaniec, U. Maintaining Skeletal Health with Age. Presented at the Oregon State University Gerontology Conference, Corvallis, OR, 2013.
15. **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

### **C3.4 Outreach and Media Communications**

*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. “New PE Program Helps Schools Meet State Standards”, Oregon City News/Clackamas Review, June, 2019.
2. “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/>
3. 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>
4. “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>
5. “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>
6. “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/>
7. “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>
8. “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/>
9. “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/>
10. “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)
11. “Lunging for Life.” Terra, *a World of research and creativity at OSU*. Available at: <http://oregonstate.edu/terra/2009/winter/lunging-life>

12. *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. 2022, Health Insider Podcast, “COVID-19 and Child Health”, with Megan MacDonald and Jennifer Jackson.
2. 2014, Comcast Newsmakers. “Childhood Obesity in Oregon.”  
<https://www.youtube.com/watch?v=PByXWSjCIY8>
3. 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.
4. 2011, January 13. Generating Rural Option for Weight-Healthy Kids and Communities. *KVAL TV*
5. 2010, March. Heaner, M. Are You Pushing Yourself Hard Enough? The latest findings...for stronger bones, tighter muscles, and a tough heart. *More Magazine*
6. 2008, May 20. Lemon, S. Learn About Better Bones. *The Mail Tribune, Medford, OR*.
7. 2008, April 18. Flam, F. Jumping is Good for Your Bones. *The Philadelphia Inquirer*
8. 2008, April 10. Jump Start Skeletal Health Interview, *KEZI TV*
9. 2008, April. “Hey kids! It's good to jump off the bed!” *The Oregonian, page 1*.



## C4. CONTRACTS, GRANTS, AND SPONSORED RESEARCH

### *C4.1 Current Sponsored Research (Total \$791,812)*

1. **Spencer Foundation |\$373,517 | 01/2021-12/2022 (no-cost extension pending).** Effects of Four-Day School Weeks on Student Achievement and Child and Family Wellbeing.

**Role: Co-Investigator** with Paul Thompson, Co-PI, Emily J. Tomayko (Co-PI), Jason Ward (Co-PI), John M. Schuna Jr., Co-I

2. **National Institutes of Health (NICHD-R21) |\$408,375 | 09/2021-08-2022 (no-cost extension pending).** Evaluating the effects of four-day school weeks on child and family health, well-being, and socioeconomic factors.

**Role: Co-Investigator** with Emily J. Tomayko (PI), Paul Thompson, (Co-I), John M. Schuna Jr. (Co-I)

3. **Hallie Ford Center Team Science Seed Grant |\$12,000 | 10/2021-06/2022** The recess initiative: a participatory action approach to increasing physical activity and self-regulation through recess in elementary schools. (Massey, PI).

**Role: Co-Investigator.** Funding Awarded (project on hold due to COVID)

### *C4.2 Completed Funded Research (Total*

#### *Federal Funding (\$7,244,862)*

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 Funded Research (\$39,865)*

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**

**C4.3 Contracted Trainings and Curricula (Gunter, K. and Packebush, T.)** Provide trainings and resources to increase systems' capacity to implement and deliver BEPA 2.0)

1. \$11,540 for BEPA 2.0 Training and Toolkits on *Let's Get Active and Eat Fruits and Vegetables with Oregon State Extension*, COHP RHIP grant | Katie Ahern, PI | 6/2022-6/2023
2. \$8,586.45 with Virginia Cooperative Extension for BEPA 2.0 Training and Toolkits | 3/2022
3. \$22,898 with Bethel School District for BEPA 2.0 Training and Toolkits | 8/2021
4. \$25,245 with Auburn University for BEPA 2.0 Training and Toolkits | 4/2020
5. \$20,109 with Oregon Department of Education for BEPA 2.0 Trainings and Toolkits | 10/2019

**C4.4 Submitted Unfunded Grants**

**Federal Grants Submitted (unfunded)**

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.**
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)**
1. *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)**
2. *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**
3. *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)**
4. *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. *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**
4. *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-PI** (w/Thompson; (mini proposal scored; full proposal invited, unfunded).
5. *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).
6. *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**

## D. SERVICE

### *D.1 University Service*

Year	Service
2019	<u>Institutional Review Board (IRB) Advisory Committee: 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.</u>
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.

### *D.2 College Service*

Year	College of Public Health and Human Sciences Service
2021-2022	<u>Co-Chair College Promotion and Tenure Committee. Service in 2021 extended from December 2021 through end of January 2022.</u>
2020-2021	<u>Co-Chair College Promotion and Tenure Committee. Service in 2020 extended from late November 2020 through end of January 2021.</u>
2020	<u>College Reorganization Task Force: Tasked with providing recommendations regarding governance and budget processes to the Dean. June 2020-November 2020</u>
2019	<u>Ad Hoc Member, Biological and Population Health Sciences Personnel Committee. Led review of Extension faculty promotion dossiers.</u>
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 Panel Discussion participant and presenter during exploratory meeting with Knowledge Universe (KU) in March, 2015 to support potential HFC & CPHHS partnerships w/ KU.
- 2014-2015 Member, Writing Team to Finalize the CPHHS Vision 2025 document
- 2014-2015 Member, Vision 2025 Strategic Planning Task Force. Cross-school, interdisciplinary team worked to develop key focus areas in the CPHHS Strategic Plan.
- 2013-2017 Director, Healthy Eating, Active Living Research Core, Hallie E. Ford Center. Prior to 2017, this role was in-service to the College with no associated FTE.
- 2010-2011 Member of the College of Public Health and Human Sciences Faculty Transition Team. 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.

### ***D.3 School and Program Service***

<b>Year</b>	<b>Extension FCH and Kinesiology Programs Service</b>
2007-2022	<u>Peer Evaluator.</u> Conduct peer teaching evaluations for faculty in BPHS and FCH
2018-	<u>Formal Mentor, Dusti Linnell, FCH Assistant Professor of Practice</u>
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.
2014-2015	<u>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.
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
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
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,
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.

#### **D.4 Professional Service**

<b>Year</b>	<b>Professional Service</b>
2020-	<u>Member, Physical Activity Policy Research and Evaluation Network (PAPREN)</u>
2019-current	Member, Extension Western Region Physical Activity Program Director Workgroup
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
2011-2017	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

#### **D.5 Public/Community Service**

<b>Year</b>	<b>Local Community-Campus Service (Public)</b>
2018-present	Oregon Healthy Schools Advisory Committee. Provide guidance and support grant implementation across the state in partnership with Oregon Department of Education and Oregon health Authority partners
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

## **E. AWARDS AND RECOGNITION**

### ***E.1 National Awards and Recognition***

2021	National School Wellness Award, BEPA 2.0, National Extension Association of Family and Consumer Sciences, First Place Team
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

### ***E.2 Regional Awards and Recognition***

2021	School Wellness Team Award, BEPA 2.0, Extension Western Region
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

### ***E.3 Oregon State University Awards and Recognition***

2022	Extension Education Communications Award, OSU Extension FCH
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