

**CARRIE A. MERSHON**

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**EDUCATION**

| Degree/ Certificate  | Institution             | Year | Major                                                                                                         |
|----------------------|-------------------------|------|---------------------------------------------------------------------------------------------------------------|
| Doctor of Philosophy | Kansas State University | 2021 | Human Ecology<br>Kinesiology<br>Dissertation: Qualitative methods as tools<br>for community health assessment |
| Master of Science    | University of Kansas    | 2006 | Education<br>Physical Education Pedagogy, Socio-<br>cultural Aspects of Sport                                 |
| Bachelor of Science  | University of Oklahoma  | 2003 | Education<br>Special Education, Recreation/ Youth Sport                                                       |

**TEACHING AND RESEARCH**

**University Teaching Experience**

**Kansas State University**

KIN 616, Obesity and Physical Activity: Behavioral, Environment, and Policy Influences (online)  
KIN 110/ KIN 230, Introduction to Public Health (online & in person)  
KIN 318, Rural Community Health (online & in person)  
KIN 418, Social Determinants and Diversity in Public Health  
KIN 312, Methods and Analysis of Public Health  
KIN 818/ MPH 818, Social and Behavioral Bases of Public Health (online & in person)  
KIN 345, Exercise Behavioral Science (online & in person)  
KIN 419, Health Policy and Administration (online & in person)  
KIN 220, Biobehavioral Bases to Physical Activity (labs)  
KIN 310, Measurement and Research Techniques (labs)  
KIN 312, Methods and Analysis of Public Health. Guest Lecture. (September 2025).  
Qualitative Methods in Public Health.  
KIN 614, Physical Activity Behavior Settings: Youth Sport to Senior Centers. Guest  
Lecture. (October 2016). Youth behavior setting assessments and  
measurements.  
KIN 602, Social Determinants of Physical Activity. Guest Lecture. (November 2017).  
Promoting physical activity in disenfranchised populations.  
KIN 345, Exercise Behavioral Science. Guest Lecture (November 2018, February  
2019, September 2023, January 2024). Social determinants of health.  
Public Health Accreditation Workgroup. May 2019-September 2019.  
Public Health Program Faculty Advisory Council. December 2023-present.  
Public Health Core Instructors Workgroup. December 2024- present.

**University of Minnesota Research and Extension**

Photovoice for Community Feedback. Based on a presentation at the American  
Evaluation Association annual conference (2019), the University of Minnesota Research

and Extension office extended an invitation and contract to create and teach a 6-session course on applying photovoice methods to the University of Minnesota Research and Extension Family Nutrition Program.

### **Research Experience**

#### **University of Nebraska Medical Center College of Public Health Department of Health Promotion**

All Sports for All Kids Initiative. Consultant. September 2022-May 2024.

Wellsclapes. Qualitative research contractor. January 2023-December 2023.

Learning Community Health Systems Research Group. March 2020-May 2022.

Population Health Science Workgroup. 2017-March 2020

#### **Kansas State University**

Active Schools Lab. Consultant. January 2024-present.

Doctoral researcher. August 2015-May 2021.

#### **Kansas State University/ Douglas County K-State Research and Extension**

Family Nutrition Program. July 2007- July 2011.

#### **Healthy Opportunities for Physical Activity and Nutrition (HOP'N).**

Intervention specialist and community liaison. June 2006-June 2009.

### **Presentations**

**Mershon, C. A.,** Von Seggern, M. J., & Dzewaltowski, D. A. (2024, May). A Protocol for Mapping Local Youth Physical Activity Opportunities in Rural Communities. Accepted for oral presentation at the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) 23<sup>rd</sup> Meeting, Omaha, NE, United States.

Von Seggern, M. J., Rosen, M. S., Rogers, A. E., Idoate, R., **Mershon, C. A.,** Grimm, B., Ramos, A., & Dzewaltowski, D. A. (2024, May). Comparison of Community-Engaged System Processes on Coalition-Driven Child Physical Activity Policy, Systems, and Environmental Change Strategies in Rural Communities. In D. A. Dzewaltowski & K. Karteroliotis (Chairs), *Comparison of Designs for Community-Engaged Systems for Child Population Health Physical Activity: The Wellsclapes Randomized Rural Community Effectiveness-Implementation Trial* [Symposium]. Accepted for oral presentation at the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) 23<sup>rd</sup> Meeting, Omaha, NE, United States.

**Mershon, C,** American Evaluation Association Annual Meeting, "Applying Photovoice Methods to Identify and Increase Physical Activity in Rural Youth," Minneapolis, MN (November 14, 2019).

**Mershon, C,** Dzewaltowski, D. Interdisciplinary Association for Population Health Annual Meeting, "Defining Community Group Collaborative: a scoping review of terms," Seattle, WA (October 3, 2019).

**Mershon, C,** Active, Able, and Adaptive Climate and Diversity Conference, "Applying Photovoice Methods to Enhance Physical Activity Among Students with Disabilities," Texas A&M University, College Station, TX. (March 1, 2019).

**Mershon, C. & Schlechter, C. R.,** Kansas Association for Health, Physical Education, Recreation & Dance Annual Convention, "Systems Approach to Increase Physical Activity

During PE Time by Improved Class System Management," Kansas Association for Health, Physical Education, Recreation & Dance, Topeka, KS, United States. (October 26, 2017).

### **Publications**

Essay AM, Schlechter CR, **Mershon CA**, Fial AV, Ellison J, Rosenkranz RR, et al. A scoping review of whole-of-community interventions on six modifiable cancer prevention risk factors in youth: A systems typology. Prev Med. 2021 Dec;153:106769.

Mailey EL, **Mershon C**, Joyce J, Irwin BC. "Everything else comes first": a mixed-methods analysis of barriers to health behaviors among military spouses. BMC Public Health. 2018 Aug 15;18(1):1013.

### **AWARDS**

Kansas State University, Department of Kinesiology Graduate Teaching Assistant of the Year (2019)

Kansas State University, College of Health and Human Ecology Outstanding Teaching Award (2019)

Kansas State University, Graduate Student Council Travel Award (2018, 2019)

Kansas State University, Health and Human Science Travel Award (2017, 2018, 2019)

### **PROFESSIONAL AFFILIATIONS**

International Society of Behavioral Nutrition and Physical Activity

American Evaluation Association

Interdisciplinary Association for Population Health and Science

American Public Health Association

International Society of Behavioral Nutrition and Physical Activity

Kansas Association for Health, Physical Education, Recreation, and Dance

### **RELATED WORK EXPERIENCES AND COMMUNITY SERVICE**

**Douglas County, Kansas 4H.** 2004-present. Served as county fair Llama project judge and Health and Wellness project superintendent.

**USD 497.** 2004-2023. Honored with 2015 Friend of Education Award. Taught in various educator positions. Provided policy guidance on wellness committees, site councils (chairperson), and the district equity council (chairperson). Trained Physical Education teachers on effective techniques to increase participation and physical activity opportunities within their classes. Organized and wrote grants for before and after school marathon (running) clubs. Organized events, parental volunteering, and family participation at multiple sites including elementary Parent Teacher Organization (president).

**Safe Routes to School.** 2014- 2016. Worked with city planners, Douglas County Health Department, Lawrence Police Department, and USD 497 to plan and implement Safe Routes to School in Lawrence, KS. Safe Routes to School educates and encourages the community, partners with law enforcement, conducts evaluations including surveying and mapping local environments, and makes infrastructure improvements to create a safe environment for elementary and middle school students to walk and bike to school.

**Just Food Advisory Board.** 2008-2012. (chairperson) Active in the creation, policy making, and fundraising of the first and only Douglas County, KS food bank. Local food pantries acted cooperatively to ensure a food bank existed to gather, store, and distribute large amounts of food.