

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

**Work Address:**

Department of Kinesiology, College of Human Ecology, Kansas State University  
1A Natatorium  
Manhattan, KS 66506  
Email: [kmhphd@ksu.edu](mailto:kmhphd@ksu.edu)  
Faculty page: <http://www.k-state.edu/kines/faculty/heinrich.html>  
Research lab page: <http://www.k-state.edu/kines/labs/fit.html>

**Education**

- 2007 **Fellow, Postgraduate Course on Research Directions and Strategies in Physical Activity and Public Health**, Centers for Disease Control and Prevention/University of South Carolina, Hilton Head, SC
- 2004-06 **Postdoctoral Research Fellow, Environmental Determinants of Obesity**, University of Missouri-Kansas City, Kansas City, MO
- 2004 **PhD, Health Psychology & Education (Interdisciplinary)**, University of Missouri-Kansas City, Kansas City, MO  
Doctoral Dissertation: *Relationship between the Environment and Health Outcomes for Public Housing Development Residents.*
- 2001 **MA, Educational Research & Psychology**, University of Missouri-Kansas City, Kansas City, MO  
Specialization: Sport & Exercise Psychology
- 1999 **BA, Psychology & Sports Science**, Graceland University, Lamoni, IA  
Senior Research Project: *The Occurrence of Depression and Homesickness in Adolescents at Summer Church Camps.*

**Professional Positions**

**Kansas State University, Manhattan, KS**

- 2015-present Associate Professor (tenured) of Exercise Behavioral Science, College of Human Ecology, Department of Kinesiology
- 2013-15 Assistant Professor of Physical Activity and Public Health, College of Human Ecology, Department of Kinesiology
- 2011-present Faculty Scientist, Johnson Center for Basic Cancer Research
- 2010-present Director, Functional Intensity Training Lab, Department of Kinesiology  
Member, MPH Graduate Faculty, Graduate School  
Member, Graduate Faculty, Graduate School
- 2010-12 Assistant Professor of Physical Activity and Public Health, College of Arts & Sciences, Department of Kinesiology

**University of Hawai'i at Mānoa, Honolulu, HI**

- 2009-10 Full Member, Cancer Research Center of Hawai'i, Prevention and Control Program
- 2008-09 Chair, Social and Behavioral Health Sciences Specialization, John A. Burns School of Medicine, Department of Public Health Sciences
- 2007-10 Member, Graduate Faculty, Graduate School
- 2006-10 Assistant Professor, John A. Burns School of Medicine, Department of Public Health Sciences

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**University of Missouri-Kansas City, Kansas City, MO**

- 2004-06 Postdoctoral Research Fellow, School of Medicine, Department of Basic Medical Science
- 2004-06 Mental Skills Coach, Track & Field Team
- 2003-04 Lecturer, Psychology Department
- 2002-03 Lecturer, Exercise Science Department
- 2001-04 Graduate Assistant Coach, Cross-Country and Track & Field Teams
- 2000-02 Graduate Teaching Assistant, Exercise Science Department

**Professional Memberships**

- 2017-18 Member, Society of Behavioral Medicine
- 2014-18 Member, Physical Activity Policy Research Network+
- 2012- Member, International Society of Behavioral Nutrition and Physical Activity
- 2010- Kansas Public Health Association
- 2009- Full Member, American Academy of Health Behavior
- 2009-10 Member, American Planning Association
- 2009- Member, International Society for Physical Activity and Health
- 2008-14 Member, Physical Activity Policy Research Network
- 2008- Member, American Public Health Association
- 2007-10 Member, Hawai'i Public Health Association
- 2006-10 Member, University of Hawai'i Professional Association
- 2006-10 Member, National Education Association
- 2005-08 Member, American Heart Association
- 2004-06,16- Member, The Obesity Society
- 2003,6-7,12- Member, American College of Sports Medicine
- 2002-04, 13- Member, USA Track and Field

**Professional Certifications**

- 2015-present Certificate, CrossFit Level 2 Trainer (CF-L2)
- 2013, 2017 Certification, USA Track & Field, Official Apprentice (#035316)
- 2011-present Certificate, CrossFit Kids Trainer
- 2010-present Certificate, CrossFit Level 1 Trainer (CF-L1)
- 2003 Certification, USA Track & Field, Level II Track & Field Coach: Jumps (L2-03-1169)
- 2002 Certification, USA Track & Field, Level I Track & Field Coach (#4070)

**Honors and Awards**

- 2019 Outstanding Graduate Faculty, College of Human Ecology
- 2017 (Nominee) Hulsing Mentoring Prize  
Excellence in Research Award, College of Human Ecology
- 2015, 16, 19 (Nominee) University Distinguished Award for Mentoring of Undergraduate Students in Research
- 2014 (Finalist) Excellence in Engagement Award, Kansas State University
- 2009-11 Fellowship, HMO Cancer Research Network Scholar's Program
- 2009 Who's Who in America
- 2008 Summer Leadership Institute on Disability and Diversity
- 2007, 09 University of Hawai'i Faculty Travel Award

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### Katie M. Heinrich, Ph.D.

2005-09	National Center on Minority Health & Health Disparities Scholar
2004-06	University of Missouri-Kansas City Postdoctoral Research Fellowship
2004	Magna Cum Laude honors Recipient for Ph.D. degree Junior League of Kansas City, MO, Inc. Award Recipient David and Vera Mace Award Recipient
2001	Magna Cum Laude honors Recipient for M.A. degree
1999	Magna Cum Laude honors Recipient for B.A. degree Who's Who among American University Students Graceland College Student Life Award Recipient
1998-99	NAIA Academic All-American for Track & Field Alpha Chi Honor Society Member
1996-99	All-Conference Track & Field - Heart of America Athletic Conference Athletic Scholarship, Track & Field, Graceland University
1995-99	Academic Scholarship, Graceland University Athletic Scholarship, Volleyball, Graceland University
1995-96	Vocal Music Scholarship, Graceland University

### **Publications**

*Note: Maiden name was Booth, \*Denotes undergraduate student, \*\*Denotes graduate student*

ORCID: 00000-00002-6837-408X

Google Scholar: <http://scholar.google.com/citations?user=St36qXkAAAAJ&hl=en>

### **Peer-Reviewed Publications**

#### *Published Manuscripts*

1. \*\*Box AG, Feito Y, \*Matson A, **Heinrich KM**, Petruzzello SJ. Is age just a number? Differences in exercise participatory motives across adult cohorts and the relationships with exercise behavior. *Int J Sport Exerc Psychol*, 2019; doi:10.1080/1612197X.2019.1611903
2. \*\*Stein JA, \*Ramirez M, **Heinrich KM**. The effects of acute caffeine supplementation on performance in trained CrossFit athletes. *Sports*, 2019;7(4):95. doi:10.3390/sports7040095
3. \*\*Lightner JS, **Heinrich KM**, Sanderson MR. A population-based study of coupling and physical activity by sexual orientation for men. *J Homosexuality*, 2019; <https://doi.org/10.1080/00918369.2019.1601435>
4. \*\*Hollerbach BS, Jahnke SA, Poston WSC, Harms CA, **Heinrich KM**. Examining a novel firefighter exercise training program on simulated fire ground test performance, cardiorespiratory endurance, and strength: a pilot investigation. *J Occup Med Toxicol*, 2019;14:12. doi:10.1186/s12995-019-0232-2
5. \*\*Box AG, Feito Y, **Heinrich KM**, Petruzzello SJ. High intensity functional training (HIFT) and competitions: how motives differ by length of participation. *PLoS One*, 2019;14(3):e0213812. doi:10.1371/journal.pone.0213812
6. **Heinrich KM**, Crawford DA, \*Johns BR, \*\*Frye J, \*\*Gilmore KEO. Affective responses during high intensity functional training compared to high intensity interval training, and moderate continuous training. *Sport Exerc Perf Psychol*. Advance online publication. <https://psycnet.apa.org/doi/10.1037/spy0000159>
7. Lemon S, Goins KV, Sreedhara M, Arcaya M, Aytur SA, **Heinrich KM**, Kerner B, Lyn R, Maddock JE, Riessman R, Schmid TL. Developing core capabilities for local

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- health departments to engage in land use and transportation decision making for active transportation. *J Public Health Manag Pract*, 2019 (epub ahead of print). doi: 10.1097/PHH.0000000000000948
8. Feito Y, \*\*Patel P, \*\*Sal Redondo A, **Heinrich KM**. Effects of 8-weeks of high intensity functional training on glucose control and body composition among overweight and obese adults. *Sports*, 2019 February 22; 7(2):51. doi:10.3390/sports7020051
  9. \*\*Kehler A, Jahnke S, Haddock CK, Poston WSC, Jitnarin N, **Heinrich KM**. Reproductive health concerns among female firefighters. *Int Fire Service J Leadership Manage*, 2018 December; 12:15-29.
  10. Feito Y, Brown C, \*\*Box A, **Heinrich KM**, Petruzzello S. An investigation into how motivational factors differed among individuals engaging in CrossFit training. *Sage Open*, 2018 September 26; 8(3):1-8. doi:10.1177/2158244018803139
  11. Crawford DA, \*\*Drake NB, Carper MJ, \*\*DeBlauw J, **Heinrich KM**. Validity, reliability, and application of the session-RPE method for quantifying training loads during high intensity functional training. *Sports*, 2018 August 21; 6(3):84. <https://doi.org/10.3390/sports6030084>
  12. Feito Y, **Heinrich KM**, Butcher S, Poston WC. High intensity functional training (HIFT): definition and research implications for improved fitness. *Sports*, 2018;6(3):76. doi:10.3390/sports6030076
  13. Crawford DA, \*\*Drake NB, Carper MJ, \*\*DeBlauw J, **Heinrich KM**. Are changes in physical work capacity induced by high-intensity functional training related to changes in associate physiologic measures? *Sports*, 2018;6:26. doi:10.3390/sports6020026
  14. Craddock AL, Barrett JL, Chriqui JF, Evenson KR, Goins KV, Gustat J, **Heinrich KM**, Perry CK, Scanze M, Schmid TL, Tabak RG, Meyer MRU, Valko C. Driven to support: individual- and county-level factors associated with public support for active transportation policies. *Am J Health Promot*, 2018;32(3):657-666. doi:10.1177/0890117117738758
  15. **Heinrich KM**, Haddock CK, Jitnarin N, Hughey J, Berkel LA, Poston WSC. Perceptions of important characteristics of physical activity facilities: implications for engagement in walking, moderate, and vigorous physical activity. *Frontiers Public Health*, 2017;5:319. doi:10.3389/fpubh.2017.00319
  16. \*\*Hollerbach BS, **Heinrich KM**, Poston WSC, Haddock CK, \*\*Kehler A, Jahnke SA. Current female firefighters' perceptions, attitudes, and experiences with injury. *Int Fire Service J Leadership Manage*, 2017;11:41-47.
  17. Seger ML, **Heinrich KM**, Zieff SG, Lyn R, Gustat J, Tompkins NO, Perry CK, Meyer MRU, Bornstein D, Manteiga A, Eyer AA. What walking means to moms: insights from a national sample to frame walking in compelling ways to low-income urban mothers. *J Transport Health*, 2017;5:5-15. <http://dx.doi.org/10.1016/j.jth.2016.06.004>
  18. Poston WSC, Haddock CK, **Heinrich KM**, Jahnke SA, Jitnarin N, Batchelor DB, Feito Y, Suminski RR. Response to Letter to the Editor re: Poston et al., Is high-intensity functional training (HIFT)/CrossFit safe for military fitness training? (*Military Med* 2016;181:627-637). *Military Med* 2017;182:1476-1479.
  19. **Heinrich KM**, \*Carlisle T, \*\*Kehler A, Cosgrove SJ. Mapping coaches' views of participation in CrossFit to the integrated theory of health behavior change and sense of community. *Family Community Health* 2017;40:24-27. doi:10.1097/FCH.000000000000133 NIHMSID: NIHMS803998

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20. Haddock CK, Poston WSC, **Heinrich KM**, Jahnke SA, Jitnarin N. The benefits of high intensity functional training (HIFT) fitness programs for military personnel. *Military Med*, 2016;181:e1508-1514. doi: 10.7205/MILMED-D-15-00503
21. Poston WSC, Haddock CK, **Heinrich KM**, Jahnke SA, Jitnarin N, Batchelor DB. Is high intensity functional training (HIFT)/CrossFit® safe for military fitness training? *Military Med* 2016;181:627-637. doi:10.7205/MILMED-D-15-00273
22. Kim HJ, **Heinrich KM**. Built environment factors influencing walking to school behaviors: a comparison between a small and large US city. *Frontiers in Public Health* 2016;4:77. doi:10.3389/fpubh.2016.00077
23. Umstattd Meyer MR, Perry CK, Sumrall J, Patterson M, Walsh SM, Clendennen SL, Hooker SP, Evenson KR, Goins KV, **Heinrich KM**, O'Hara Tompkins N, Eyler AA, Jones S, Tabak R, Valko C. Physical activity-related policy and environmental strategies to prevent obesity in rural communities: a systematic review of the literature 2002-2013. *Prevent Chron Dis* 2016;13:150406. doi:dx.doi.org/10.5888/pcd13.150406
24. Suminski RR, **Heinrich KM**, Wasserman J, Rasu RS. Perceived neighborhood size: implications for physical activity-environment research. *J Phys Act Health*, 2015;12(2):282-288. PMID: 24770653. doi: 10.1123/jpah.2013-0321
25. \*\*Kehler A, **Heinrich KM**. A selective review of prenatal exercise guidelines since the 1950s until present: Written for women, health care professionals, and female athletes. *Women Birth*, 2015;28(4):e93-8 doi:10.1016/j.wombi.2015.07.004 NIMHSID: NIHMS882262
26. **Heinrich KM**, \*Becker C, \*Carlisle T, \*\*Gilmore K, \*Hauser J, \*Frye J, Harms CA. High-intensity functional training improves functional movement and body composition among cancer survivors: a pilot study. *Eur J Cancer Care*, 2015;24(6):812-817. doi:10.1111/ecc.12338
27. Cook BG, Li D, **Heinrich KM**. Obesity, physical activity, and sedentary behavior of youth with learning disabilities and ADHD. *J Learning Disabilities*, 2015;46(6):563-576. doi: 10.1177/0022219413518582
28. Jitnarin N, **Heinrich KM**, Haddock CK, Hughey J, Berkel L, Poston WSC. Neighborhood environment perceptions and the likelihood of smoking and alcohol use. *Int J Environ Res Public Health*, 2015;12(1):784-799. doi: 10.3390/ijerph120100784
29. **Heinrich KM**, \*\*Lightner J, \*\*Oestman KB, \*\*Hughey SM, Kaczynski AT. Efforts of a Kansas foundation to improve physical activity and health through community trails. *Prev Chron Dis*, 2014;11:140356. doi: <http://dx.doi.org/10.5888/pcd11.140356>
30. Lemon SC, Valentine Goins K, Schneider KL, Brownson RC, Valko CA, Evenson KR, Eyler AA, **Heinrich KM**, Litt J, Lyn R, Reed HL, O'Hara Thompkins N, Maddock J. Municipal officials' participation in built environment policy development in the United States. *Am J Health Promot*, 2014. doi: 10.4278/ajhp.131021-QUAN-536
31. **Heinrich KM**, \*\*Patel PM, \*\*O'Neal JL, Heinrich BS. High-intensity compared to moderate-intensity training for exercise initiation, enjoyment, adherence, and intentions: an intervention study. *BMC Public Health*, 2014,14:789. doi:10.1186/1471-2458-14-789
32. Lee RE, **Heinrich KM**, Reese-Smith JY, Regan GR, Adamus-Leach HJ. Obesogenic and youth oriented restaurant marketing in public housing neighborhoods. *Am J Health Behav*. 2014;38(2):218-224. doi: 10.5993/AJHB.38.2.7

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33. Cradock AL, Barrett JL, Carnoske C, Chriqui JF, Evenson KR, Eyler AA, Gustat J, Healy IB, **Heinrich KM**, Lemon SC, O’Hara Tompkins N, Reed H, Zieff SG. Roles and strategies of state organizations related to school-based physical education and physical activity policies. *J Public Health Manage Pract.* 2013;19:S34-40. PMID: 23529053 doi: 10.1097/PHH.0b013e3182840da2
34. Goins KV, Schneider KL, Brownson RC, Carnoske C, Evenson KR, Eyler AE, **Heinrich KM**, Litt J, Lyn R, Maddock JE, Reed HL, O’Hara Tompkins N, Lemon SC. Municipal officials’ perceived barriers to consideration of physical activity in community design decision making. *J Public Health Manage Pract.* 2013;19:S65-73. PMID: 23529058 doi: 10.1097/PHH.0b013e318284970e
35. **Heinrich KM**, \*\*Stephen MO, \*\*Vaughan KB, \*Kellogg M. Kansas legislators prioritize obesity, but overlook nutrition and physical activity issues. *J Public Health Manage Pract.* 2013;19:139-145. PMID: 23358292 doi: 10.1097/PHH.0b013e318254cc57
36. \*\*Vaughan KB, Kaczynski AT, Wilhelm Stanis SA, \*\*Besenyi GM, Bergstrom R, **Heinrich KM**. Exploring the distribution of park availability, features, and quality across Kansas City, Missouri by income and race/ethnicity: an environmental justice investigation. *Ann Behav Med.* 2013;45:28-38. PMID: 23334757 doi: 10.1007/s12160-012-9425-y
37. **Heinrich KM**, Spencer V, \*Fehl N, Poston WSC. Mission Essential Fitness: comparison of functional circuit training to traditional army physical training for active-duty military. *Mil Med.* 2012;177:1125-1130. PMID: 23113436
38. Maddock JE, Ramirez V, **Heinrich KM**, Zhang M, Brunner IM. A statewide observational assessment of the pedestrian and bicycling environment in Hawaii, 2010. *Prev Chron Dis.* 2012;9:110096. doi: 10.5888/pcd9.110096
39. **Heinrich KM**, Li D, Reese-Smith JY, Regan GR, Howard HH, Ahluwalia JS, Lee RE. Store and restaurant advertising and health of public housing residents. *Am J Health Behav.* 2012;36:66-74. PMID: 22251784
40. **Heinrich KM**, Dierenfield L, \*\*Alexander DA, Prose M, Peterson AC. Hawai’i’s opportunity for active living advancement (HO’ĀLA): addressing childhood obesity through safe routes to school. *Hawai’i Med J.* 2011;70(7S1):21-26. PMID: 21886289
41. **Heinrich KM**, Maddock JE. Multiple health behaviors in adults with risk factors for cardiovascular disease. *Permanente J.* 2011;15:12-18. PMID: 21505612
42. Buchthal OV, \*\*Doff AL, \*\*Hsu LA, Silbanuz A, **Heinrich KM**, Maddock J. Avoiding a knowledge gap in a multiethnic statewide social marketing campaign – is cultural tailoring sufficient? *J Health Commun.* 2011;0:1-14. PMID: 21298585 doi: 10.1080/10810730.2010.535111
43. **Heinrich KM**, Maddock J, Bauman J. Exploring the relationship between physical activity knowledge, health outcomes expectancies, and behavior. *J Phys Act Health.* 2011;8(3):404-409. PMID: 21487140
44. **Heinrich KM**, Aki N, Hansen-Smith H, Fenton M. A comprehensive multi-level approach for passing safe routes to school and complete streets policies in Hawai’i. *J Phys Act Health* 2011;8(S1):S135-S140. PMID: 21350254
45. **Heinrich KM**, Hughey J, Randles A, Wall D, Peterson NA, Jitnarin N, Berkel L, Eaton P, Bowles D, Haddock CK, Poston WSC. The census of social institutions (CSI): a public health direct observation measure of local land use. *J Urban Health* 2010;87(3):410-415. PMID: 20386993 doi: 10.1007/s11524-010-9443-7

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46. Evenson KR, Eyler A, Lee SM, **Heinrich KM**, Wen F. National study of changes in prevalence and community access to school physical activity facilities: the school health policy and program study. *J Phys Act Health* 2010;7(1):S20-S30. PMID: 20440007
47. Steinman L, Doescher M, Levinger D, Perry C, Carter L, Eyler AA, Aytur S, Cradock A, Evenson KR, **Heinrich K**, Kerr J, Litt J, Severcan Y, Troped P, Voorhees C. Master plans for pedestrian & bicycle transportation: community characteristics. *J Phys Act Health* 2010;7(1):S60-S66. PMID: 20440014
48. Lee RE, **Heinrich KM**, Medina AV, Regan GR, Reese-Smith JY, \*\*Jokura Y, Maddock JE. A picture of the healthful food environment in two diverse urban cities. *Environ Health Insights* 2010;4:49-60. PMID: 20706621
49. Maddock JE, Reger-Nash B, **Heinrich K**, Leyden KM, Bias TK. Priority of activity-friendly community issues among key decision makers in Hawai'i. *J Phys Act Health* 2009;6(3):386-390. PMID: 19564669
50. **Heinrich KM**, \*\*Hsu LJY, Johnson CB, \*\*Jokura Y, Rider M, Maddock JE. Food security issues for low-income Hawai'i residents. *Asia Pac J Public Health* 2008;20S:64-69. PMID: 19533863
51. **Heinrich KM**, \*\*Jokura Y, Maddock J. Exercise self-efficacy and social norms as psychological predictors of exercise behavior. *Athletic Insight*, 2008;10(2): <http://www.athleticinsight.com/Vol10Iss2/ExerciseBehavior.htm>.
52. Suminski RR, **Heinrich KM**, Poston WSC, Hyder M, Pyle S. Characteristics of urban sidewalks/streets and objectively measured physical activity. *J Urban Health*, 2008;85(2):178-190. PMID: 18161026
53. **Heinrich KM**, Johnson CB, Nett B, Maddock JE. A survey of policies and local ordinances supporting physical activity in Hawai'i counties. *Prev Chronic Dis* 2008;5(1): [http://www.cdc.gov/pcd/issues/2008/jan/06\\_0153.htm](http://www.cdc.gov/pcd/issues/2008/jan/06_0153.htm)
54. Froehlich-Grobe K, Regan G, Reese-Smith JY, **Heinrich KM**, Lee RE. Physical access in urban public housing facilities. *Disabil Health J* 2008;1:25-29. PMID: 21122708 doi: 10.1016/j.dhjo.2007.11.003
55. **Heinrich KM**, Lee RE, Regan G, Reese-Smith JY, Howard HH, Haddock CK, Poston WSC, Ahluwalia JS. How does the built environment relate to BMI and obesity prevalence among public housing residents? *Am J Health Prom* 2008;22(3):187-194. PMID: 18251120 doi: 10.4278/ajhp.22.3.187
56. **Heinrich KM**, Jitnarin N, Suminski RR, Berkel L, Hunter CM, Alvarez L, Brundige AR, Peterson AL, Foreyt JP, Haddock CK, Poston WSC. Obesity classification in military personnel: a comparison of body fat, waist circumference, and body mass index measurements. *Military Med*, 2008;173:67-73. PMID: 18251334
57. **Heinrich KM**, Lee RE, Suminski R, Regan GR, Reese-Smith JY, Howard HH, Haddock CK, Poston WSC, Ahluwalia JS. Associations between the built environment and physical activity in public housing residents. *Int J Behav Nutr Phys Act*, 2007;4:56: <http://www.ijbnpa.org/content/pdf/1479-5868-4-56.pdf> PMID: 17997820
58. **Heinrich KM**, Keller S. Health promotion research methods: Preparing students to publish. *California J Health Promot*, 2007;5(2):128-134. [http://www.cjhp.org/Volume5\\_2007/Issue2/128-134-heinrich.pdf](http://www.cjhp.org/Volume5_2007/Issue2/128-134-heinrich.pdf)
59. \*\*Gentry LA, \*\*Chung JJ, \*\*Aung N, Keller S, **Heinrich KM**, Maddock JE. Gender differences in stress and coping among adults living in Hawai'i. *California J Health*

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*Promot*, 2007;5(2):89-102. [http://www.cjhp.org/Volume5\\_2007/Issue2/089-102-gentry.pdf](http://www.cjhp.org/Volume5_2007/Issue2/089-102-gentry.pdf)

60. \*\*Ahedo AM, \*\*Lee TW, \*\*Pan J, **Heinrich KM**, Keller S, Maddock J. Factors affecting the consumption of away-from-home foods in Hawai'i residents. *California J Health Promot*, 2007;5(2):1-12. [http://www.cjhp.org/Volume5\\_2007/Issue2/001-012-ahedo.pdf](http://www.cjhp.org/Volume5_2007/Issue2/001-012-ahedo.pdf)
61. Regan G, Lee RE, **Booth K**, Reese-Smith J. Obesogenic influence in public housing: A mixed method analysis. *Am J Health Prom*, 2006;20:282-290. PMID: 16555802
62. **Booth KM**, Pinkston-Camp MM, Poston WSC. Obesity and the Built Environment. *J Am Diet Assoc* 2005;105:S110-S117. PMID: 15867906
63. Lee RE, **Booth KM**, Reese-Smith JY, Regan G, Howard H. The Physical Activity Resource Assessment Instrument: Evaluating Features, Amenities, and Incivilities of Physical Activity Resources in Urban Neighborhoods. *Int J Behav Nutr Phys Act* 2005;2:13. <http://www.ijbnpa.org/content/2/1/13> PMID: 16162285

*Published Abstracts (#presenter)*

1. #White D, Crawford DA, \*\*Drake NB, \*\*Deblauw J, Carper MJ, **Heinrich KM**. Are changes in physical work capacity related to changes in associated physiologic measures? *Int J Exerc Sci* 2019;11(6):73. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
2. \*\*Sartor J, \*\*Deblauw J, \*\*Hollerbach BS, **Heinrich KM**. Comparing strength outcomes between 8-week HIFT and traditional weight training courses *Int J Exerc Sci* 2019;11(6):66. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
3. \*\*Beattie C, \*\*Dudgeon LJ, Cosgrove S, Heinrich KM. Effects of a brief lifestyle intervention for office workers. *Int J Exerc Sci* 2019;11(6):8. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
4. \*\*Ramirez M, \*\*Stein JA, **Heinrich KM**. Effects of caffeine on high-intensity functional training performance. *Int J Exerc Sci*, 11(6), 84. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
5. \*\*\*Stein JA, \*Ramirez M, **Heinrich KM**. Effects of caffeine on high-intensity functional training performance in high- vs. low-caffeine users. *Int J Exerc Sci* 2019;11(6):69. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
6. \*\*DeLaTorre B, \*\*Deblauw J, \*\*Hollerbach BS, Cosgrove S, **Heinrich KM**. Examination of preference and tolerance for exercise intensity on fitness outcomes. *Int J Exerc Sci* 2019;11(6):23. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
7. \*\*\*Kurtz B, \*\*Hollerbach BS, \*\*Deblauw J, \*\*Stein JA, **Heinrich KM**. High intensity functional training and traditional weight training class adherence not related to fitness outcomes. *Int J Exerc Sci* 2019;11(6):43. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
8. \*\*\*Andrews V, **Heinrich KM**, Crawford DA, Larson T, Conserva M. Quality of life in adults participating in an adaptive high intensity functional training intervention. *Int J Exerc Sci* 2019;11(6):5. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]



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9. \*\*\*DeBlauw JA, Crawford DA, \*\*Drake NB, Carper MJ, **Heinrich KM**. Quantifying training loads during high intensity functional training: session-RPE method. *Int J Exerc Sci* 2019;11(6):23. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
10. \*\*\*DeBlauw J, **Heinrich KM**. High intensity functional training improves flexibility in overweight and obese adults. *Med Sci Sports Exerc* 2018;50(5S):139. [Thematic poster presentation at the 2018 American College of Sports Medicine Conference, Minneapolis, MN]
11. #**Heinrich KM**, Cosgrove SA, \*\*Frye J. High intensity functional training improves multiple domains of fitness in females and males. *Med Sci Sports Exerc* 2018;50(5S):651. [Oral presentation at the 2018 American College of Sports Medicine Conference, Minneapolis, MN]
12. \*\*\*Stein JS, Feito Y, **Heinrich KM**. Predicting energy expenditure in males and females during high-intensity functional training. *Med Sci Sports Exerc* 2018;50(5S):459-460. [Thematic poster presentation at the 2018 American College of Sports Medicine Conference, Minneapolis, MN]
13. \*\*Ramirez M, Hollerbach BS, Jahnke SA, Kaipust CM, **Heinrich KM**. An examination of supplement use in volunteer firefighters. *Med Sci Sports Exerc* 2018;50(5S):727 [Poster presentation at the 2018 American College of Sports Medicine Conference, Minneapolis, MN]
14. \*\*\*Hollerbach BS, Irwin BC, **Heinrich KM**. Housing equity and health outcomes in Riley County, Kansas. *Health Behav Res* 2018;1(2):53. doi:10.4148/2572-1836.1018 [Poster presentation at the 2018 American Academy of Health Behavior Annual Meeting, Portland, OR]
15. #**Heinrich KM**, Jitnarin N, \*\*Bernardes C, \*Nicholson B, \*Winslow D, Cosgrove SJ, Poston WSC. Perceived neighborhood accessibility moderates the relationship between active transportation and obesity. *Health Behav Res* 2018;1(2):64-65. doi:10.4148/2572-1836.1018 [Poster presentation at the 2018 American Academy of Health Behavior Annual Meeting, Portland, OR]
16. #Cosgrove SJ, **Heinrich KM**, Poston WSC, \*\*Hollerbach B, Jahnke S, Haddock CK. Using cardiorespiratory fitness to examine the relationship between self-reported job stress and injury in female firefighters: A mediation analysis. *Health Behav Res* 2018;1(2):19. doi:10.4148/2572-1836.1018 [Poster presentation at the 2018 American Academy of Health Behavior Annual Meeting, Portland, OR]
17. \*\*Hepler C, \*\*Stein J, Cosgrove S, **Heinrich K**. Top five critical combat tasks identified by combat veterans. *J Sci Med Sport* 2017;20(S2):S155. <https://doi.org/10.1016/j.jsams.2017.09.533>
18. \*\*Stein J, Hepler T, **Heinrich K**. Differences between US Army and Marines in self-reported combat-relevant physically demanding tasks. *J Sci Med Sport* 2017;20(S2):S155. <https://doi.org/10.1016/j.jsams.2017.09.534>
19. #**Heinrich KM**, \*Becker CR. Individually customized high intensity functional training improves physical function for older adults. *Health Behav Res* 2017;1(1):81. doi: 10.4148/2572-1836.1006 [Poster presentation at the 2017 American Academy of Health Behavior Annual Meeting, Tucson, AZ]
20. \*\*\*Gilmore KE, **Heinrich KM**. The Campus Effect: How the campus built environment influences active transportation behaviors of a college community over time. *Health Behav Res* 2017;1(1):74. doi: 10.4148/2572-1836.1006 [Poster presentation at the 2017 American Academy of Health Behavior Annual Meeting, Tucson, AZ]

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21. **\*\*\*Hollerbach BS, Jahnke SA, Harms CA, Barstow TJ, Heinrich KM.** Examining firefighter behavior after a 10-week exercise training intervention: a pilot study. *Health Behav Res* 2017;1(1):59. doi: 10.4148/2572-1836.1006 [Poster presentation at the 2017 American Academy of Health Behavior Annual Meeting, Tucson, AZ]
22. **\*#Hepler TC, \*\*Stein JA, Feito Y, Heinrich KM.** To discern differences of cardiovascular response over four rounds of a high-intensity functional training (HIFT) session. *Med Sci Sports Exerc* 2017;49(5S):48. [Poster presentation at the 2017 American College of Sports Medicine Conference, Denver, CO]
23. **#Heinrich KM, #Cosgrove SJ, Feito Y.** Characterizing injuries and participation in high intensity functional training. *Med Sci Sports Exerc* 2017;49(5S):317. [Oral presentation at the 2017 American College of Sports Medicine Conference, Denver, CO]
24. **\*#Micalizzi A, Matson A, Box A, Brown C, Heinrich K, Feito Y.** The relationship between motivational factors and high intensity functional training (HIFT). *Med Sci Sports Exerc* 2017;49(5S):421. [Poster presentation at the 2017 American College of Sports Medicine Conference, Denver, CO]
25. **\*\*\*#Stein JA, Smith JR, Ade CJ, Broxterman RM, Sanborn B, Barstow TJ, Heinrich KM.** Oxygen uptake during three varying duration high-intensity functional training sessions. *Med Sci Sports Exerc* 2017;49(5S):476. [Thematic poster presentation at the 2017 American College of Sports Medicine Conference, Denver, CO]
26. **\*\*\*#Hollerbach BS, Jahnke SA, Barstow TJ, Harms CA, Heinrich KM.** The first twenty exercise training program and fire academy recruits' fitness and health. *Med Sci Sports Exerc* 2017;49(5S):789. [Poster presentation at the 2017 American College of Sports Medicine Conference, Denver, CO]
27. **\*\*\*#Frye J, Heinrich KM, Feito Y.** Examination of Physiological Responses during CrossFit Workouts of Varying Duration. *Med Sci Sports Exerc.* 2016;48(5,S1):624. [Thematic poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]
28. **\*\*\*#Swinford GK, Heinrich KM, \*\*Paolilli T, \*\*Frye J, \*Carlisle T.** High-Intensity Functional Training Improves Strength in Both Novice and Experienced Participants. *Med Sci Sports Exerc.* 2016;48(5,S1):627. [Thematic poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]
29. **#Guagliano JM, \*\*Schlechter CR, Rosenkranz RR, Heinrich KM, Dzewaltowski DA.** Examining children's physical activity, lesson context, and leader behavior during a sports conditioning summer camp. *Med Sci Sports Exerc.* 2016;48(5,S1):S827. [Poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]
30. **\*\*\*#Gilmore KE, Heinrich KM.** CrossFit & Heart Health: Effects of CrossFit Participation on Resting Blood Pressure and Heart Rate. *Med Sci Sports Exerc.* 2016;48(5,S1):S1020. [Poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]
31. **\*#Becker CR, \*\*Gilmore KE, \*Carlisle TB, Heinrich KM.** Cancer Survivors Report Positive Affect During High-Intensity Group Based Exercise. *Med Sci Sports Exerc.* 2016;48(5,S1):S1551. [Poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]
32. **Heinrich KM, #Hollerbach BS, Feito Y.** Weight Management and appearance motivate non-competitive CrossFit participants. *Med Sci Sports Exerc.* 2016;48(5,S1):S2521. [Poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]

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33. #**Heinrich KM**, \*Carlisle T, \*Frye J, \*\*Gilmore K, Stevenson SJ. Key factors influencing adherence to high-intensity functional training. *Med Sci Sports Exerc.* 2015;47(5):S345. [Oral presentation at the 2015 American College of Sports Medicine Conference, San Diego, CA]
34. #\*Frye J, **Heinrich K**, Stevenson S, \*\*Gilmore K, \*Carlisle T. Does High Intensity Functional Training Elicit Strength Gains In Both Novice And Experienced Participants? *Med Sci Sports Exerc.* 2015;47(5):S107. [Thematic poster presentation at the 2015 American College of Sports Medicine Conference, San Diego, CA]
35. \*\*#Paolilli T, \*Becker C, \*Carlisle T, \*Frye J, \*\*Gilmore K, **Heinrich K**. Is High-Intensity Functional Training Sufficient for Improving Cardiovascular Endurance in Cancer Survivors? *Med Sci Sports Exerc.* 2015;46(5):S500. [Poster presentation at the 2015 American College of Sports Medicine Conference, San Diego, CA]
36. #\*Carlisle T, **Heinrich KM**, \*Frye J, \*\*Gilmore K, Stevenson SJ. Effect of Previous Organized Sport Experience on Improvements from, Adherence to, and Enjoyment of CrossFit. *Med Sci Sports Exerc.* 2015;46(5):S586. [Poster presentation at the 2015 American College of Sports Medicine Conference, San Diego, CA]
37. #**Heinrich KM**, Stevenson SJ, \*Carlisle T, \*Frye J, \*Hauser J, \*Johns B, \*Sweetwood A, \*\*Allan J. Understanding adherence to high-intensity functional training. *Med Sci Sports Exerc.* 2014;46(5S):S665. [Thematic poster presentation at the 2014 American College of Sports Medicine Conference, Orlando, FL]
38. #**Heinrich KM**, \*\*Patel PM, Heinrich BS, Barstow TJ, Harms CA. Impact of high-intensity functional training on exercise enjoyment and adherence. *Med Sci Sports Exerc.* 2013;45(5S):S513-S514. [Thematic poster presentation at the 2013 American College of Sports Medicine Conference, Indianapolis, IN]
39. \*\*#Patel PM, Heinrich B, Larson C, Barstow T, Harms C, **Heinrich K**. Effects of high-intensity functional training on glucose control in overweight and obese adults. *Med Sci Sports Exerc.* 2013;45(5S):S162-S163. [Poster presentation at the 2013 American College of Sports Medicine Conference, Indianapolis, IN]
40. #**Heinrich KM**, \*\*Patel PM, \*\*Sanborn BK, \*Fehl N, Heinrich BS, Larson CR. Associations between high-intensity training, body composition and fitness in youth. *Med Sci Sports Exerc.* 2012;44(5S):330. [Poster presentation at the 2012 American College of Sports Medicine Conference, San Francisco, CA]
41. \*\*#Patel P, \*\*Sanborn B, Larson C, Heinrich BS, \*Fehl N, **Heinrich KM**. Fitness gains from a summer youth conditioning camp. *Med Sci Sports Exerc.* 2012;44(5S):S328. [Poster presentation at the 2012 American College of Sports Medicine Conference, San Francisco, CA]
42. \*\*#Sanborn BK, \*\*Patel P, Larson C, Heinrich BS, \*Fehl N, **Heinrich KM**. Cardiovascular fitness improvements from high intensity training in children. *Med Sci Sports Exerc.* 2012;44(5S):S327. [Poster presentation at the 2012 American College of Sports Medicine Conference, San Francisco, CA]
43. #**Heinrich KM**, Poston WSC, Jitnarin N, Randles A, Hughey J, Berkel L, Haddock CK. Obesity and physical activity variance by income and ethnicity in Kansas City. *Int J Exerc Sci* 2010;6(1):23. [Poster presentation at the 2010 Texas Obesity Research Center Conference, Houston, TX.]
44. Tamai T, #Buchthal V, **Heinrich K**. Comprehensive community approach to nutrition education. *J Nutr Educ Behav* 2010;42(4S):S99, DOI: 10.1016/j.jneb.2010.03.077. [Poster presentation at the Society for Nutrition Education 2010 Annual Conference, Reno-Taho, NV.]

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45. Caldwell L, Macabeo A, Domingo J, Tamai T, #Buchthal V, **Heinrich K**. Project zest, a nutrition education program for low-income Asian and Pacific Islander immigrants. *J Nutr Educ Behav* 2010;42(4S):S99-S100, DOI: 10.1016/j.jneb.2010.03.078. [Poster presentation at the Society for Nutrition Education 2010 Annual Conference, Reno-Taho, NV.]
46. Tamai T, #Buchthal V, Cornwell E, **Heinrich K**. Waimanalo elementary/intermediate school (WEIS) garden-to-classroom project. *J Nutr Educ Behav* 2010;42(4S):S132, DOI: 10.1016/j.jneb.2010.03.161. [Poster presentation at the Society for Nutrition Education 2010 Annual Conference, Reno-Taho, NV.]
47. #Lee RE, **Heinrich KM**, Reese-Smith JY, Regan G. Neighborhood SES and available goods and services have been associated with physical activity and body mass index (BMI). *Med Sci Sports Exerc* 2007;39(5S). [Poster presentation at the American College of Sports Medicine's 54<sup>th</sup> Annual Meeting, New Orleans, LA.]
48. #**Booth KM**, Suminski RR, Poston WSC, Haddock CK, Berkel L, Jitnarin N, Hoffman K, Taylor J, Pyle S, Foreyt J. Correlates of meeting vigorous physical activity recommendations for US military personnel. *Int J Behav Med* 2006;13(S):156. [Presentation at the 9<sup>th</sup> International Congress of Behavioral Medicine, Bangkok, Thailand.]
49. #**Booth KM**, Poston WSC, Haddock CK, Suminski RR, Berkel L, Jitnarin N, Hoffman K, Volding D, Taylor J, Pyle S, Foreyt J, St. Jeor S. Body mass index or waist circumference: Which better predicts obesity? *Int J Behav Med* 2006;13(S):233. [Presentation at the 9<sup>th</sup> International Congress of Behavioral Medicine, Bangkok, Thailand.]
50. #Lee RE, Reese-Smith JY, **Booth KM**, Howard HH, Regan GR. Low SES neighborhood food environments expose diners to unhealthy options. *Int J Behav Med* 2006;13(S):85-86. [Presentation at the 9<sup>th</sup> International Congress of Behavioral Medicine, Bangkok, Thailand.]
51. #Suminski RR, Hyder M, Poston C, Haddock K, **Booth K**. Meteorological conditions affect physical activity in outdoor settings. *Int J Behav Med* 2006;13(S):159. [Presentation at the 9<sup>th</sup> International Congress of Behavioral Medicine, Bangkok, Thailand.]
52. #Poston W, Hunter C, Haddock C, Suminski R, **Booth K**, Alvarez L, Brundidge A, Berkel L, Jitnarin N, Hoffman K, Volding D, Taylor J, Pyle S, Foreyt J. Does BMI accurately predict body fat percentage among US military personnel? *Int J Behav Med* 2006;13(S):234. [Presentation at the 9<sup>th</sup> International Congress of Behavioral Medicine, Bangkok, Thailand.]
53. #Taylor J, Poston W, Haddock C, Jitnarin N, **Booth K**, Berkel L, Hoffman K, Suminski R, Peterson A, Lando H. Eating disordered behaviors among active duty military members. *Int J Behav Med* 2006;13(S):235. [Presentation at the 9<sup>th</sup> International Congress of Behavioral Medicine, Bangkok, Thailand.]
54. #Jitnarin N, Kosulwat V, Poston W, Boonpradern A, Haddock C, **Booth K**, Suminski R, Berkel L, Hoffman K, Volding D, Pyle S. Prevalence and predictors of hypertension, diabetes mellitus, and dyslipidemia among adult Thais. *Int J Behav Med* 2006;13(S):131. [Presentation at the 9<sup>th</sup> International Congress of Behavioral Medicine, Bangkok, Thailand.]
55. #**Booth KM**, Lee RE, Haddock CK, Ahluwalia JS, Poston WSC. Environmental Determinants of Physical Inactivity: A Primary Risk Factor for Cardiovascular Disease. *J*

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- Coron Artery Dis* 2005;6:54. [Poster presented at the 6th International Congress on Coronary Artery Disease: From Prevention to Intervention, Istanbul, Turkey.]
56. #**Booth KM**, Lee RE, Regan GR, Reese-Smith JY, Hou Q, Haddock CK, Ahluwalia JS, Poston WSC. Is there a relationship between the built environment and obesity for low income, African American public housing residents? *Obes Res* 2005;13:A216. [Poster presented at the North American Association for the Study of Obesity Annual Conference, Vancouver, Canada.]
57. #Pyle S, Jitnarin N, Pinkston M, **Booth K**, Reeves R, Foreyt J, Berkel L, Haddock CK, Poston WSC. Decreases in total calories and percent fat consumed in a meal replacement trial. *Obes Res* 2005;13:A75. [Poster presentation at the North American Association for the Study of Obesity Annual Conference, Vancouver, Canada.]
58. #Pinkston M, Chen C, Berkel L, Jitnarin N, Pyle S, **Booth K**, Reeves R, Foreyt J, Haddock CK, Poston WSC. Predictors of weight maintenance 1-year after a primary care weight loss trial. *Obes Res* 2005;13:A191. [Poster presentation at the North American Association for the Study of Obesity Annual Conference, Vancouver, Canada.]
59. #Berkel L, Pyle S, Chen C, Pinkston M, Jitnarin N, **Booth K**, Haddock CK, Poston WSC. (2005). Weight status, physical health, mental health, and stress reactions among military personnel. *Obes Res* 2005;13:A69. [Poster presentation at the North American Association for the Study of Obesity Annual Conference, Vancouver, Canada.]
60. #Lee RE, Regan G, Reese-Smith J, **Booth KM**, Howard HH. Availability of healthful foods in stores in urban housing development neighborhoods. *Obes Res* 2004;12:A30. [Symposium presentation at the North American Association for the Study of Obesity Annual Conference, Las Vegas, NV.]
61. #**Booth KM**, Lee RE, Regan GR, Reese-Smith J & Howard H: Type and Quality of Physical Activity Resources Available to Residents of Urban Neighborhoods. *Med Sci Sports Exerc* 2004;36:S5. [Poster presented at the American College of Sports Medicine Annual Conference, Indianapolis, IN.]
62. #Lee RE, Reese-Smith J, Regan G, **Booth K**, Sigler J, Hodel A, Howard HH, Estabrooks PA. Promoting walking in high and low supportive urban neighborhoods. *Int J Behav Med* 2004;11:S294. [Poster presentation at the International Society for Behavioral Nutrition and Physical Activity.]
63. #Lee RE, Reese-Smith J, Regan G, **Booth K**, & Howard H: Applying GIS Technology to Assess the Obesogenic Structure of Neighborhoods Surrounding Public Housing Developments. *Med Sci Sports Exerc* 2003;35:S65. [Poster presentation at the American College of Sports Medicine Annual Conference.]

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1. ©2010 Physical Activity Resource Assessment (PARA)
2. ©2010 Restaurant Assessment Tool (RAT)
3. ©2010 Food Stores Assessment (FSA)

**Presentations**

*Invited Talks*

1. Heinrich KM. (November 2018) Exercise-Based Interventions for Psychopathology: Overcoming Barriers. Invited panel member for the Association for Cognitive Behavioral Science, Treatment, and Technology 52<sup>nd</sup> Annual Convention, Washington, DC. [Other panel members: Stephen Ilardi, Joseph Trombello, Michael Namekata]

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2. Heinrich KM. (October 2018) Theoretical Bases of CrossFit Training. Invited speaker for the 19<sup>th</sup> Annual Symposium “Modern Science and Practice for Strength and Endurance Training.” Neuromuscular Research Center and Biology of Physical Activity, Faculty of Sport and Health Sciences, University of Jyväskylä, Jyväskylä, Finland.
3. Heinrich KM. (April 2018) Service Leadership Opportunities in the College of Human Ecology: Faculty Senate. Invited panel for the College of Human Ecology New Faculty Series, Kansas State University, Manhattan, KS.
4. Heinrich KM. (February 2018) Weight Management and Physical Activity Research: Programs, Policies, and the Built Environment. Invited talk for the Program Focus Team, K-State Research and Extension (Family Consumer Science, County Extension Agents and Area and State Extension representatives), Kansas State University, Manhattan, KS.
5. Heinrich KM. (November 2017) Promotion and Tenure. Invited panel for the College of Human Ecology New Faculty Series, Kansas State University, Manhattan, KS.
6. Crawford D, Heinrich KM. (October 2017) The Role of High-Intensity Functional Training for Chronic Health Conditions. Invited presentation for the American College of Sports Medicine Central States Annual Meeting, Lindenwood University, St. Charles, MO.
7. Heinrich KM. (September 2017) Physical Activity and Health. Invited lecture for FNDH 132 Basic Nutrition, Kansas State University, Manhattan, KS.
8. Heinrich KM. (April 2017) Grant Writing. Invited panel for the High Education in Human Ecology: Professional Development for Graduate Students Speaker Series, Kansas State University, Manhattan, KS.
9. Heinrich KM. (February 2017). Session 10: “Investing in Active Transportation.” Invited Session Chair for Active Living Research, Clearwater Beach, FL.
10. Heinrich KM. (December 2016) Promotion and Tenure. Invited panel for the College of Human Ecology New Faculty Series, Kansas State University, Manhattan, KS.
11. Heinrich KM, Goff B, Rosenkranz S, Sauer K. (November 2016) Mentorship. Invited panel for the High Education in Human Ecology: Professional Development for Graduate Students Speaker Series, Kansas State University, Manhattan, KS.
12. Heinrich KM. (July 2016). Human Subjects Research. Invited presenter at an NIH Grant Writing Workshop, Kansas State University, Manhattan, KS.
13. Heinrich KM. (May 2016) Experienced Grant Writers/Reviewers. Invited panelist at the College of Human Ecology Grant Writing Workshop, Kansas State University, Manhattan, KS.
14. Heinrich KM. (March 2016) Faculty Senate 101. Invited panelist for the College of Human Ecology New Faculty Series, Kansas State University, Manhattan, KS.
15. Heinrich KM. (December 2015). Obesity Research: Environment and Policies. Guest lecture for ENVD 901 Research Methods in Design and Planning, Kansas State University, Manhattan, KS.
16. Heinrich KM. (December 2014). Research in the Functional Intensity Training Lab. Guest Speaker at the Kinesiology Student Association Meeting. Kansas State University, Manhattan, KS.
17. Heinrich KM. (October 2014). The Built Environment and Obesity (a public health physical activity perspective). Guest lecture for LAR 725: Landscape Architecture Research Methods, Kansas State University, Manhattan, KS.
18. Heinrich KM. (July 2014). Functional Intensity Training Lab: High-Intensity Functional Training (HIFT) Research. Presentation for Summer Undergraduate Residency in Public Health students, Kansas State University, Manhattan, KS.

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19. Heinrich KM. (May 2014). The Built Environment and Obesity (A Public Health Physical Activity Perspective). Guest lecture (online) for PubH 6562: Physical Activity and Obesity Interventions, George Washington University, Washington, DC.
20. Heinrich KM. (April 2014). Obesity Research: Policies, Programs, and Environment. Horticulture Forestry and Recreation Resources Seminar, Kansas State University, Manhattan, KS.
21. Heinrich KM. (November 2013). Policy, Built Environment and Physical Activity. Guest lecture for KIN 801: Physical Activity: Physiology to Public Health, Kansas State University, Manhattan, KS.
22. Heinrich KM. (October 2013). The Built Environment and Obesity (a public health physical activity perspective). Guest lecture for LAR 725: Landscape Architecture Research Methods, Kansas State University, Manhattan, KS.
23. Heinrich KM. (July 2013). Functional Intensity Training Lab: High Intensity Functional Training Research. Presentation for Summer Undergraduate Residency in Public Health students, Kansas State University, Manhattan, KS.
24. Heinrich KM. (February 2013). High-Intensity Functional Training through CrossFit. Presentation for the Public Health Club, Kansas State University, Manhattan, KS.
25. Heinrich KM. (November 2011). Policy, Physical Activity and the Built Environment. Presentation for KIN 612: Built Environment and Physical Activity, Kansas State University, Manhattan, KS.
26. Heinrich KM. (October 2011). Physical Activity and Health. Presentation for the Kansas City Metropolitan Area Massage Therapists Group. Lee's Summit, MO.
27. Heinrich KM. (July 2011). Research in the Functional Intensity Training Lab. Workshop for the Summer Undergraduate Research in Public Health program, Kansas State University, Manhattan, KS.
28. Heinrich KM. (March 2011). Qualitative Research Methods. Guest Lecture for KIN 815: Research Methods in Kinesiology, Kansas State University, Manhattan, KS.
29. Heinrich KM. (October 2010). Policy, Physical Activity and the Built Environment. Presentation for KIN 612: Built Environment and Physical Activity, Kansas State University, Manhattan, KS.
30. Heinrich KM. (July 2010). The Physical Activity Assessment Instrument (PARA). Training workshop for China summer interns and graduate research assistants, Honolulu, HI.
31. Heinrich KM. (May 2010). Faculty Workshop on Integrating Public Health Resources into Undergraduate Curriculum. Training workshop for faculty at Kapiolani Community College, Honolulu, HI.
32. Heinrich KM. (February 2010). The Pedestrian Environment Data Scan (PEDS). Training workshop for project staff, community members, and volunteers for the HO'ALA project, Waimea, HI.
33. Heinrich KM. (December 2009). Case Study: Fort Street Mall. Presentation for PLAN641: Seminar in Planning Practice: Urban Form, Honolulu, HI.
34. Heinrich KM. (October 2009). Social Ecological Framework. Presentation for PH623: Social Science & Public Health, Honolulu, HI.
35. Heinrich KM. (October 2009). Ethics and Professionalism. Presentation for PH600: Introduction to Public Health, Honolulu, HI.
36. Heinrich KM. (September 2009). The Intersection between Health and the Built Environment. Presentation and Session Chair for "Active Transportation and Active

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- Community Design.” 2009 Hawai’i Congress of Planning Officials/Hawai’i Geographic Information Coordinating Council Annual Conference, Honolulu, HI.
37. Heinrich KM. (September 2009). Evaluation of the Healthy Hawai’i Initiative: A population-based initiative. Presentation for PH756: Program Evaluation, Honolulu, HI.
  38. Heinrich KM. (March 2009). Policy Analysis for Physical Activity. Presentation for PH792U: Introduction to Health Policy, Honolulu, HI.
  39. Heinrich KM. (January 2009). Social Ecological Framework. Presentation for the PILI ‘Ohana Facilitators and community organizations, Honolulu, HI.
  40. Heinrich KM. (January 2009). Social Ecological Models: A Review. Presentation for the Hawai’i State Department of Education, School Health Strategic Planning, Honolulu, HI.
  41. Heinrich KM. (October 2008). Evaluation of the Healthy Hawai’i Initiative: A population-based initiative. Presentation for PH765: Program Evaluation, Honolulu, HI.
  42. Heinrich KM. (September 2008). Public Health Ethics and Professionalism. Presentation for PH600: Introduction to Public Health, Honolulu, HI.
  43. Heinrich KM. (July 2008). Maui County Results – Active Living Communities. Maui County Physical Activity and Nutrition Coalition, Kahului, HI.
  44. Heinrich, KM. (July 2008). Abstract Writing. Healthy Hawai’i Initiative Team Retreat, Honolulu, HI.
  45. Heinrich, KM. (May 2008). Evaluation of the Healthy Hawai’i Initiative: A Population-Based Intervention, presentation for PH765: Program Evaluation for the Maternal & Child Health Leadership Certificate Program, Honolulu, HI.
  46. Heinrich, KM. (April 2008). Public Health Translation and Dissemination, presentation for PH789: Maternal and Child Health Integrative Seminar, Honolulu, HI.
  47. Heinrich, KM. (March 2008). Experimental Designs, presentation for PH702: Health Promotion Research, Honolulu, HI.
  48. Heinrich KM. (November 2007). A survey of policies and local ordinances supporting physical activity in Hawai’i counties. Invited presentation for the State of Hawai’i Physical Activity and Nutrition Coalition Meeting, Manoa District Park, Honolulu, HI.
  49. Heinrich KM. (September 2007). Promoting Nutrition and Physical Activity: Insights from the Healthy Hawai’i Initiative. Invited presentation for PH 631 Public Health/Nutrition Epidemiology course, Dept. of Human Nutrition, Food and Animal Sciences, University of Hawai’i at Manoa, Honolulu, HI.
  50. Booth KM. (April 2006). Sport and exercise psychology. Invited presentation for the Health Psychology Class, Rockhurst University, Kansas City, MO.
  51. Booth KM. (March 2003). Sport and exercise psychology. Invited presentation for the M.P.H. Physical Activity and Public Health Class, University of Kansas-Medical Center, Kansas City, KS.
  52. Booth KM. (September 2003). Sport and exercise psychology. Invited presentation for the Exercise Science Department, University of Missouri-Kansas City, Kansas City, MO.
  53. Booth KM. (September 2002). Sport and exercise psychology. Invited presentation for the Exercise Science Department, University of Missouri-Kansas City, Kansas City, MO.

*Media Appearances / Expert Opinion*

- 2018 Heard Podcast with Benjamin Mathes, “Getting Fit with Dr. Crossfit” / Episode 209. 2018, July 31; <https://itunes.apple.com/us/podcast/heard-podcast/id1225107827?mt=2&i=1000416929654>
- 2017 Guest of Brady Bauman on KMAN Radio – In Focus “Army Training at High-Intensity Study” 2017, December 6; <http://1350kman.com/focus-12-6-17/>



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Video by Blomberg, M. "Keeping Children Active this Summer."  
<https://www.dropbox.com/sh/i0pb8vifhidio7q/AABGmbVlEWUIM92-CmnnzI2a?dl=0>

Reach: KNWA (NBC) 24,951 viewership, publicity value: \$967.29; KDRV (ABC) 817 viewership, publicity value \$45.36; WPSD (NBC) 10,802 viewership, \$248.71 publicity value; KSNT (NBC-AM) 1,088 viewership, \$78.25 publicity value; KNWA (NBC) 5,185 viewership, \$253.08 publicity value; KSNT (NBC-PM) 16,341 viewership, \$1,065.90 publicity value; KAKE (ABC-Noon) 12,193 viewership, \$668.11 publicity value; KAKE (ABC-AM) 2,194 viewership, \$42.01 publicity value; KAKE (ABC-early AM) 3,913 viewership, \$88.51 publicity value; KDRV (ABC) 21,689 viewership, publicity value: \$544.25; Available at <http://mms.tveyes.com/NetReport.aspx?ReportHash=a6d3f691429fc0294a818283d75eafeb>

Interviewed by Roney, T. "Exercise behavioral scientist offers tips on summer activity safety for children." *K-State Today*, 2017 (May 24). Available at <http://www.k-state.edu/media/newsreleases/2017-05/summersafety52417.html>

Interviewed by Roney, T. "Fun in the sun: Helping children stay active over the summer." *K-State Today*, 2017 (May 22). Available at <http://www.k-state.edu/media/newsreleases/2017-05/summerexercisekids52217.html>

Interviewed by Williams, K. CrossFit: Sharing "the Suck." *VFW Magazine*, 2017;104(9):22-26.

2015 Watson, J. Interviewed for 60 Minutes Sports story on Injury in CrossFit.

2014 Burch, S. Kinesiology professor shares plan for army physical fitness schedule. *K-State Collegian*, 2014;120(13):4. Available at <http://www.kstatecollegian.com/2014/09/11/kinesiology-professor-shares-plan-for-army-physical-fitness-schedule/>

Burch, S. Professor awarded \$2.52 million to study army physical fitness. *K-State Collegian*, 2014;120:12:1. Available at <http://www.kstatecollegian.com/2014/09/10/professor-awarded-2-52-million-to-study-army-physical-fitness/>

Interviewed by WIBW Radio, Topeka, KS "KSU to Study New Exercise Method for Military" Available at <http://www.wibwnewsnow.com/ksu-study-new-exercise-method-military/>

Interviewed by KMAN Radio, Manhattan, KS, "Kansas State Professor Gets \$2.52M NIH Grant"

Interviewed by KMBZ Kansas City, "Options for healthy food vary depending where you live; available at <http://www.kmbz.com/pages/18780230.php?contentType=4&contentId=15034118>

Interviewed for April 9 issue of *K-State Today*, "Study finds restaurants in public housing developments serve fewer healthy meals, nearly 75% of entrees unhealthy; available at <http://www.k-state.edu/media/newsreleases/apr14/foodneighborhoods4914.html>

2012 *K-State Today*: **Katie Heinrich**. "Exercise program opportunity for adults 18-40 to lose weight, get fit and participate in research. *K-State Today*, January 30, 2012. <http://www.k-state.edu/today/announcement.php?id=2018&category=events&referredBy=K-State%20Today%20Archive>.

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- Video interview for the One Health Kansas course: Introduction to One Health. Topic: Walkability. February 2012.
- 2011 Interviewed for November 7 issue of *K-State Today*, “A Happy Thanksgiving: Tips for a safe, proper and healthy holiday; available at [www.k-state.edu/today/announcement.php?id=17332011](http://www.k-state.edu/today/announcement.php?id=17332011)  
News Release: Sharp T. Heat warnings: physical activity policies an exercise in progress. *K-State Today*, August 25, 2011. Source: **Katie M. Heinrich**. <http://www.k-state.edu/today/announcement.php?id=1126&category=news>.  
News Release: **Katie Heinrich**. “Kinesiology professor, students survey lawmakers on obesity concerns.” *K-State Today*, May 23, 2011; <http://www.k-state.edu/today/announcement.php?id=552&category=research>.  
Active Living Research, “Hawai’i Complete Streets Policy.” Youtube video by Debbie Lou. Source: **Katie Heinrich**, March 22, 2011; <http://www.youtube.com/watch?v=YQCumGDZSes>.  
News Release: Davis T. “Exercising advice: Assumptions can steer physical activity behavior.” Source: **Katie Heinrich**. K-State News Release, March 16, 2011; <http://www.k-state.edu/media/newsreleases/mar11/exercise31611.html>.
- 2010 Video lecture series. Physical Activity and Public Health. CDC, Division of Nutrition, Physical Activity and Obesity funded project, Honolulu, HI (July)  
Press Release: “HO’ALA project awakens need for safe routes.” Source: **Katie Heinrich**. University of Hawai’i at Manoa Press Release, March 10, 2010; <http://www.Hawaii.edu/news/article.php?aId=3455>.
- 2008 Interviewed for March issue of *Honolulu Your Health Monthly*, p. 8 (Get Government Credit for Exercise); available at [www.honolulu.yourhealthmonthly.com](http://www.honolulu.yourhealthmonthly.com)
- 2007 KHNL Channel 8 News (Honolulu NBC affiliate; December 19) – Results of Hawai’i Policy Study

*Scientific Conference Presentations (#Presenter)*

*International*

1. **Stein JA, Hepler TC, Cosgrove S, Heinrich KM**. Relationship between self-reported combat-relevant task frequency, difficulty, and importance. 2018 [Poster presentation at Third International Conference on Physical Employment Standards, Portsmouth, UK]
2. **Ponsiano R, Heinrich K**. Social Behavioural Factors Affecting Home Deliveries Among Pregnant Women in the Mkuranga District of Tanzania. 2016 [Oral presentation at the Fourth Muhimbili University of Health and Allied Sciences (MUHAS) Scientific Conference, Dar es Salaam, Tanzania]
3. **Heinrich KM, Irwin BC, Gilmore K, Paolilli PMC, Carlisle T**. Greater self-efficacy and group cohesion facilitate adherence to CrossFit exercise. 2015 [Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Edinburgh, Scotland]
4. **Kehler A**. Pregnancy and exercise: an in-depth review of the historical and modern viewpoints on prenatal fitness. 2015 [Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Edinburgh, Scotland]
5. **Paolilli T, Heinrich K, Carlisle T, Gilmore K**. Can confidence predict fitness improvements from CrossFit? 2015 [Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Edinburgh, Scotland]

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6. \*#Carlisle T, **Heinrich K**, \*\*Gilmore K, \*\*Paolilli T. CrossFit participation decreases systolic blood pressure: an examination by age. 2015 [Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Edinburgh, Scotland]
7. #**Heinrich KM**, \*Carlisle T, Stevenson SJ, \*Sweetwood A. Contextual and behavioral factors for participation in high-intensity functional training. 2014. [Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, San Diego, CA.]
8. #**Heinrich KM**, Spencer V, \*Fehl N, Poston WSC. Mission essential fitness: comparison of functional circuit training to traditional Army PT for active-duty military. 2012 [E-Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Austin, TX]
9. #**Heinrich KM**, Maddock J. Health outcome expectancies predict fruit and vegetable consumption behavior. 2009 [Oral presentation at the 41<sup>st</sup> Annual Asia-Pacific Consortium for Public Health Conference, Taipei, Taiwan]
10. #Maddock J, \*\*Jokura Y, Choy L, **Heinrich K**. Assessing perceptions of a healthy diet. 2009 [Oral presentation at the 41<sup>st</sup> Annual Asia-Pacific Consortium for Public Health Conference, Taipei, Taiwan]
11. #**Heinrich KM**, Maddock JE. Perceptions of neighborhood safety fully mediate the relationship between gender and walking or biking to work. 2008 [Poster presentation at the 2<sup>nd</sup> International Congress on Physical Activity and Public Health, Amsterdam, the Netherlands]
12. #**Heinrich KM**, \*\*Jokura Y, Johnson CB, Maddock JE. Food security issues for low-income Hawai'i residents. 2007 [Oral presentation at the 39<sup>th</sup> Conference of Asia-Pacific Academic Consortium for Public Health, Sakado-city, Saitama, Japan.]
13. \*\*#Ahedo AM, \*\*Lee TW, \*\*Pan J, **Heinrich KM**, Keller S, Maddock J. Factors affecting the consumption of away-from-home foods in Hawai'i residents. 2007. [Poster presentation at the 39<sup>th</sup> Conference of Asia-Pacific Academic Consortium for Public Health, Sakado-city, Saitama, Japan.]
14. \*\*#Jokura Y, **Heinrich K**, Johnson C, \*\*Ahedo A, Maddock J. Barriers in access to food and nutrition education among Pacific Islanders and Native Hawai'ians in Hawai'i. 2007. [Poster presentation at the 39<sup>th</sup> Conference of Asia-Pacific Academic Consortium for Public Health, Sakado-city, Saitama, Japan.]

*National*

15. #**Heinrich KM**, \*\*Gilmore KE, Kim HJ. The Campus Effect: changes in active transportation after infrastructure improvements. 2019 [Poster presentation at the Annual Active Living Conference, Charleston, SC]
16. \*\*\*Hollerbach BS, **Heinrich KM**, Cosgrove SJ, DeBlauw JA. An examination of college students' physical activity habits before and after an 8-week traditional weight training and high intensity functional training (HIFT) course. 2018 [Poster presentation at the National Strength and Conditioning Association National Conference, Indianapolis, IN]
17. #Cosgrove SJ, **Heinrich KM**, Poston WSC. Using the IPAQ long-form to examine self-reported physical activity levels in women with different employment statuses. 2018 [Poster presentation at the 39<sup>th</sup> Annual Meeting & Scientific Session for the Society of Behavioral Medicine, New Orleans, LA]
18. \*\*\*Hollerbach BS, Jahnke SA, Harms CA, Barstow TJ, **Heinrich KM**. A novel exercise training program and fire academy recruits' fitness and health. 2017 [Poster presentation

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- at the National Strength and Conditioning Association National Conference, Las Vegas, NV]
19. **\*\*\*Stein JA, Poston W, Heinrich KM.** Effect of physical activity on health and fitness in firefighters. 2017 [Poster presentation at the National Strength and Conditioning Association National Conference, Las Vegas, NV]
  20. **\*Crauthers KL, \*\*\*Hollerbach BS, Heinrich KM.** Policy implications of a fitness program in firefighter cadets. 2017 [Poster presentation at the National Strength and Conditioning Association National Conference, Las Vegas, NV]
  21. **\*\*Box A, \*Matson A, Brown C, Heinrich K, Feito Y.** Motivational factors for individuals with different years of experience in CrossFit training. 2017 [Poster presentation at the National Conference on Undergraduate Research, Memphis, TN]
  22. **\*\*Matson A, \*Box A, Brown C, Heinrich K, Feito Y.** The relationship between motivational factors and CrossFit participation across different age groups. 2017 [Poster presentation at the National Conference on Undergraduate Research, Memphis, TN]
  23. **#Heinrich KM, \*\*Lightner J, Saiki K, Albright CL.** Tailored intervention changes walking behavior and perceived local neighborhood size. 2017. [Paper presentation at the Society of Behavioral Medicine Annual Meeting, San Diego, CA]
  24. **\*\*Stein J, #Spencer V, Poston WSC, Heinrich K.** Obesity among army personnel: implications for fitness testing domains. 2016 [Poster presentation at the Military Health Systems Research Symposium, Kissimmee, FL]
  25. **\*\*Kehler A, Jahnke S, \*\*\*Hollerbach B, Heinrich KM.** Reproductive health of female firefighters: A qualitative needs analysis. 2016 [Poster presentation at the National Strength and Conditioning Association National Conference, New Orleans, LA]
  26. **\*\*\*Hollerbach B, Heinrich KM, Jahnke S.** Female firefighters' current perceptions, attitudes, and experiences with injury. 2016 [Poster presentation at the National Strength and Conditioning Association National Conference, New Orleans, LA]
  27. **\*\*\*Lightner J, Heinrich K, Irwin B.** A nationally-representative study of social capital and physical activity: does race matter? 2016. [Poster presentation at the American Academy of Health Behavior 16<sup>th</sup> Annual Scientific Meeting, Ponte Vedra Beach, FL]
  28. **#Heinrich KM, \*\*Gilmore K.** Why do they do it? Key factors motivating continued participation in high-intensity functional training through CrossFit. 2016 [Poster presentation at the American Academy of Health Behavior 16<sup>th</sup> Annual Scientific Meeting, Ponte Vedra Beach, FL]
  29. **#Heinrich KM, \*Becker C, \*Carlisle T, \*\*Gilmore K, \*Hauser J, \*Loredo R, Harms CA.** High-intensity functional training improves body composition among cancer survivors. 2015. [Poster presentation at the 15<sup>th</sup> American Academy of Health Behavior Scientific Meeting, San Antonio, TX.]
  30. **\*\*Gilmore K, Heinrich KM.** Why do they do it? An exploration of the factors that influence CrossFit participation. 2015. [Poster presentation by K. Gilmore at the 15<sup>th</sup> American Academy of Health Behavior Scientific Meeting, San Antonio, TX.]
  31. **#Umstatted Meyer MR, Perry C, Sumrall J, Walsh SM, Patterson M, Clendennen S, Evenson KR, Eyler AA, Goins KV, Heinrich KM, Hooker SP, Jones S, Tompkins NO, Schmid T, Tabak R, Valko C.** Physical activity-related policy and environmental strategies to prevent obesity in rural communities. 2015. [Oral presentation at the Active Living Research Annual Conference, San Diego, CA.]  
[http://activelivingresearch.org/sites/default/files/2015\\_PolicyEnvironStrategies\\_UmstattedMeyer.pdf](http://activelivingresearch.org/sites/default/files/2015_PolicyEnvironStrategies_UmstattedMeyer.pdf)

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32. #Cradock AL, Barrett JL, Chriqui JF, Evenson KR, Goins KV, Gustat J, **Heinrich KM**, Perry CK, Scanze M, Schmid TL, Tabak R, Umstattd Meyer MR, Valko C. Driving to support: individual and county-level factors associated with public support for active transportation policies. 2014. [Oral presentation at the 142<sup>nd</sup> American Public Health Association Annual Meeting and Expo, New Orleans, LA.]
33. #**Heinrich KM**, \*Becker C, \*Carlisle T, \*\*Gilmore K, \*Hauser J, \*Loredo R, Harms CA. High-intensity functional training improves physical function and body composition among cancer survivors. 2014. [Poster presentation at the American Institute of Cancer Research Annual Research Conference, Washington, DC.]
34. #**Heinrich KM**, \*Carlisle T, Stevenson SJ, \*Sweetwood A. Understanding initiation of and adherence to high-intensity functional training: an application of the integrated theory of health behavior change. 2014. [Poster presentation at the 14<sup>th</sup> Annual American Academy of Health Behavior Scientific Meeting, Charleston, SC]
35. #Maddock J, Goins K, Schneider K, Brownson RC, **Heinrich KM**, Lemon SC. Whose responsibility is it anyway? An examination of municipal officials' perceptions of their roles in addressing climate change. 2013. [Oral presentation at the 141<sup>st</sup> American Public Health Association Annual Meeting and Expo, Boston, MA]
36. #Lemon SC, Goins KV, Schneider K, Brownson RC, Evenson KR, Eyler AA, **Heinrich KM**, Litt J, Lyn R, O'Hara Tompkins N, Maddock J. All policy is local: Public health professionals' experience with shaping the built environment. 2013 [Oral presentation at the 141<sup>st</sup> American Public Health Association Annual Meeting and Expo, Boston, MA]
37. #**Heinrich KM**, Randles A, Jitnarin N, Berkel L, Hughey J, Haddock CK, Poston WSC. Neighborhoods that support physical activity also discourage sedentary behavior. 2013 [Poster presentation at the 13<sup>th</sup> Annual Scientific Meeting of the American Academy of Health Behavior, Santa Fe, NM]
38. #**Heinrich KM**, \*\*Lightner J, \*Osler E, \*\*Vaughan K, Kaczynski AT. Integration and evaluation of efforts to construct community trails in Kansas. 2013 [Oral presentation at the Active Living Research 10<sup>th</sup> Annual Conference, San Diego, CA]
39. \*\*#Lightner J, **Heinrich K**, \*Osler E, \*\*Vaughan K, Kaczynski A. The role of social networks and collaboration in the building of trails in Kansas. 2013 [Poster presentation at the Active Living Research 10<sup>th</sup> Annual Conference, San Diego, CA]
40. #Cradock AL, Barrett JL, Belansky ES, Evenson KR, Eyler AA, Gustat J, **Heinrich KM**, Lemon SC, O'Hara Tompkins N, Rees H, Zieff SG. Roles and strategies of state organizations related to school-based physical education and physical activity policies. 2012 [Oral session at the American Public Health Association 140<sup>th</sup> Annual Meeting and Expo, San Francisco, CA]
41. #**Heinrich KM**, Jitnarin N, Randles A, Berkel L, Hughey J, Haddock CK, Poston WSC. Health, behavioral, environmental and social correlates of sedentary behaviors in adults. 2012 [Poster presentation at the American Academy of Health Behavior, 12<sup>th</sup> Annual Scientific Meeting, Austin, TX]
42. #**Heinrich KM**, \*\*Vaughan K, \*\*Stephen M, \*Kellogg M. Active living and nutrition solutions for obesity: are they priorities for Kansas legislators? 2012 [Poster presentation at the 9<sup>th</sup> Annual Active Living Research Conference, San Diego, CA]
43. \*\*#Vaughan K, Kaczynski A, Wilhelm Stanis S, \*\*Besenyi G, Bergstrom R, **Heinrich K**. Environmental justice and physical activity: examining disparities in park availability and features across Kansas City, Missouri. 2012 [Oral presentation at the 9<sup>th</sup> Annual Active Living Research Conference, San Diego, CA]

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44. #Maddock J, **Heinrich K**, Brunner IM, Ramirez V, Zhang M, Rodericks B. Assessing the statewide environment for pedestrians and cyclists. 2011 [Oral presentation at the American Public Health Association Annual Meeting, Washington, DC]
45. #**Heinrich KM**, Jitnarin N, Haddock CK, Hughey J, Berkel L, Poston WSC. Characteristics of Physical Activity Facilities and Leisure-Time Physical Activity. 2011 [Poster presentation at the American Academy of Health Behavior Annual Conference, Hilton Head, SC]
46. #**Heinrich KM**, \*\*Alexander D, Peterson A, Dierenfield L, Prose M. Characterizing the Active Transportation Environment for Asian, Native Hawai'i and Pacific Islander Schoolchildren in Hawai'i. 2011 [Poster presentation at the Active Living Research Annual Conference, San Diego, CA]
47. \*\*#Alexander D, **Heinrich K**, Dierenfield L, Prose M, Peterson A. Multi-Level Action for Increasing Walking and Bicycling Among Low-Income, Ethnic Minority Elementary School Children. 2011 [Poster presentation at the Active Living Research Annual Conference, San Diego, CA]
48. #**Heinrich KM**, Maddock JE. Health behaviors in adults with risk factors for cardiovascular disease. 2010 [Poster presentation at the 16<sup>th</sup> Annual HMO Research Network Conference, Austin, TX]
49. #**Heinrich KM**, \*\*Hsu LJ, Maddock JE. Characterizing the environment for walking and bicycling at a city university. 2010 [Poster presentation at the Urban Affairs Association 40<sup>th</sup> Conference, Sustaining Cities in a Time of Globalization: Social, Economic, and Political Realities, Honolulu, HI]
50. #Lee RE, Medina A, Mama SK, McAlexander KP, **Heinrich KM**. Relationship between urban goods and services and dietary habits in public housing residents. 2010 [Poster presentation at the Urban Affairs Association 40<sup>th</sup> Conference, Sustaining Cities in a Time of Globalization: Social, Economic, and Political Realities, Honolulu, HI]
51. #**Heinrich KM**, \*\*Alexander D, Dierenfield L, Borns R. HŌ'ALA: Hawai'i's opportunity for active living advancement. 2010 [Poster presentation at the Active Living Research Annual Conference, San Diego, CA]
52. #**Heinrich KM**, Aki N, Hansen-Smith H, Fenton M. A comprehensive multi-level approach for passing safe routes to school and complete streets policies in Hawai'i. 2010 [Oral presentation at the Active Living Research Annual Conference, San Diego, CA]
53. #**Heinrich KM**, \*\*Hsu LJY, \*\*Kittinger DS, \*\*Ahedo AM, \*\*Jokura Y, Rider M, Maddock J. Promotion of physical activity, walking and healthy eating by Hawai'i physicians. 2008 [Oral presentation at the 136<sup>th</sup> Annual Meeting of the American Public Health Association – Public Health Without Borders, San Diego, CA.]
54. \*\*#Kittinger DS, \*\*Jokura Y, **Heinrich KM**, Rider M, \*\*Ahedo AM, \*\*Hsu LJY, Maddock J. Income and environmental factors predicting weekly minutes of moderate physical activity among Hawai'i residents. 2008 [Round Table presentation at the 136<sup>th</sup> Annual Meeting of the American Public Health Association – Public Health Without Borders, San Diego, CA.]
55. \*\*#Jokura Y, **Heinrich KM**, \*\*Lee T, Maddock J. An examination of urban Honolulu nutrition environments by store type. 2008 [Oral presentation at the 136<sup>th</sup> Annual Meeting of the American Public Health Association – Public Health Without Borders, San Diego, CA.]
56. #**Heinrich KM**, Mikulina J, \*\*Jokura Y. Putting policy into practice: community input on Honolulu bicycle- and pedestrian-friendliness for youth. 2008 [Poster presentation at the Active Living Research Annual Conference, Washington D.C.]

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57. #**Booth KM**, Lee RE, Regan GR, Reese-Smith JY, Howard HH, Ahluwalia JA, Poston WSC. Advertising's Relationship to Public Housing Residents' Body Mass Index (BMI) and Dietary Fat Intake. 2006. [Poster presentation at the American Dietetic Association's Food & Nutrition Conference & Expo, Honolulu, HI.]
58. #**Booth KM**, Lee RE, Regan GR, Reese-Smith JY, Howard HH, Haddock CK, Ahluwalia JS, Poston WSC. Influence of Neighborhood Environments on Minutes Walked per Day Among Public Housing Residents. 2006. [Poster presentation at the Active Living Research Annual Conference, San Diego, CA.]

*Regional*

59. \*Crauthers KL, #\*\*Hollerbach BS, **Heinrich KM**. Policy implications of a fitness program in firefighter cadets. 2017 [Poster presentation at the Kansas Public Health Association Annual meeting, Manhattan, KS]
60. #**Heinrich KM**, \*\*Gilmore K, \*Becker C, \*\*Kehler A, Stevenson SJ. Key factors motivating participation in high-intensity functional training at K-State CrossFit. 2015 [Oral presentation at the 72<sup>nd</sup> Annual Kansas Public Health Association Conference, Manhattan, KS]
61. \*\*#Kehler A, **Heinrich KM**. Pregnancy and exercise: and in-depth review of the historical and modern viewpoints on prenatal fitness. 2015 [Poster presentation at the 72<sup>nd</sup> Annual Kansas Public Health Association Conference, Manhattan, KS]
62. \*\*#Gilmore K, **Heinrich KM**. CrossFit and heart health: CrossFit participation improves resting systolic blood pressure for Kansas adults. 2015 [Poster presentation at the 72<sup>nd</sup> Annual Kansas Public Health Association Conference, Manhattan, KS]
63. #**Heinrich KM**, \*Becker CR, \*Carlisle T, \*\*Gilmore K, \*Hauser J, \*Loredo R, Harms C. High-intensity functional training improves body composition among cancer survivors. 2014. [Poster presentation at the 3<sup>rd</sup> Annual Kansas Obesity Summit, Manhattan, KS.]
64. #**Heinrich KM**, \*\*Lightner J. Social network analysis as a tool for evaluating collaborations for trail building. 2012 [Oral presentation at the 69<sup>th</sup> Annual Kansas Public Health Association Fall Conference, Topeka, KS]
65. \*\*#Sanborn B, \*\*Patel P, Larson C, Heinrich B, \*Fehl N, **Heinrich KM**. Cardiovascular fitness improvements from high intensity training in children. 2011 [Poster presentation at the American College of Sports Medicine, Central States Meeting, Overland Park, KS]
66. #**Heinrich KM**, \*\*Vaughan KB, \*\*Stephen MO, \*Kellogg M. Importance of obesity as compared to other issues among Kansas policymakers. 2011 [Oral breakout session at the Kansas Public Health Association Annual Meeting, Wichita, KS]
67. #**Heinrich, KM**, Jitnarin N, Haddock CK, Hughey J, Berkel L, Poston WSC. Eating away-from-home foods: important characteristics by weight group status. 2011 [Poster presentation at the Kansas Public Health Association Annual Meeting, Wichita, KS]
68. #Choy LB, Ramirez V, Aki N, **Heinrich K**. Stakeholder evaluation of the balanced transportation coordinator position in Hawai'i County. 2010 [Poster presentation at the Hawai'i-Pacific Evaluation Association Annual Conference, Honolulu, HI]
69. #**Heinrich KM**, Dierenfield L, \*\*Alexander D. The HO'ALA Project: Studying the Impact of Complete Streets and Safe Routes to School on Reducing Childhood Obesity in Hawai'i. 2010 [Poster presentation at the He Huliau Conference, Honolulu, HI]
70. #Cook BG, Cook S, **Heinrich KM**, Maeda J, Murata N, Thomas S. Health and weight status and their relation to school outcomes for children with hidden disabilities: A review of the literature. 2009 [Oral presentation at the 25<sup>th</sup> Annual Pacific Rim Conference on Disabilities, Honolulu, HI]

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71. #**Heinrich KM**, Maddock JE. Physician's recommendations for patients by weight status. 2009 [Poster presentation at the Inaugural Texas Obesity Research Center Conference, Houston, TX]
72. #**Heinrich KM**, Hughey J, Haddock CK, Poston WSC. The census of social institutions (CSI): understanding obesity through direct land parcel assessments. 2009 [Poster presentation at the Inaugural Texas Obesity Research Conference, Houston, TX]
73. #**Heinrich KM**, Johnson CB, \*\*Ahedo A, \*\*Jokura Y, Maddock JE. Addressing health disparities through nutrition education for low-income Hawai'i residents: a qualitative approach. 2007 [Oral presentation at the Pacific Global Health Conference, Honolulu, HI.]
74. \*\*#Gentry L, \*\*Ahedo A, Braun K, Grandinetti A, **Heinrich K**, Imrie A, Maddock J, Pan J, Yontz V. UH public needs assessment into action. 2007 [Oral presentation by at the Pacific Global Health Conference, Honolulu, HI.]
75. #Johnson CB, **Heinrich KM**, Tamai TL, Maddock JE. Nutritional behaviors of Hawai'i's food stamp program eligible population. 2007 [Poster presentation by at the Pacific Global Health Conference, Honolulu, HI.]

*Local Non-Refereed Presentations (#Presenter)*

1. \*\*\*Goodman B, \*\*Kurtz B, Cosgrove SJ, **Heinrich KM**. Differences in confidence for exercise- and sport-related factors by CrossFit experience. 2019 [Poster presentation at the College of Human Ecology Graduate Research, Scholarly and Creative Activity, and Design (RSCAD) Competition, Manhattan, KS]
2. \*\*\*Andrews V, **Heinrich KM**, Crawford DA, Larson T, Conserva M. Quality of life in adults participating in an adaptive high intensity functional training intervention. 2019 [Poster presentation at the College of Human Ecology Graduate Research, Scholarly and Creative Activity, and Design (RSCAD) Competition, Manhattan, KS]
3. \*\*\*DeBlauw JA, Crawford DA, \*\*Drake NB, Carper MJ, **Heinrich KM**. Quantifying training loads during high intensity functional training: session-RPE method. 2019 [Poster presentation at the College of Human Ecology Graduate Research, Scholarly and Creative Activity, and Design (RSCAD) Competition, Manhattan, KS]
4. #Sartor J, \*\*DeBlauw JA, \*\*Hollerbach BS, **Heinrich KM**. Comparing strength outcomes of an 8 week HIFT intervention vs. 8 week traditional weight training. 2019. [2<sup>nd</sup> Place Poster presentation at the College of Human Ecology Undergraduate Research, Scholarly and Creative Activity, and Design (RSCAD) Competition, Manhattan, KS]
5. #DeLaTorre B, \*\*DeBlauw JA, \*\*Hollerbach BS, Cosgrove SJ, **Heinrich KM**. Examination of preference and tolerance for exercise intensity and college student fitness. 2019 [Poster presentation at the College of Human Ecology Undergraduate Research, Scholarly and Creative Activity, and Design (RSCAD) Competition, Manhattan, KS]
6. \*\*Ramirez M, \*\*Stein J, **Heinrich K**. Effects of caffeine on high-intensity functional training performance. 2019 [1<sup>st</sup> Place Poster presentation at the College of Human Ecology Undergraduate Research, Scholarly and Creative Activity, and Design (RSCAD) Competition, Manhattan, KS]
7. #Sartor J, \*\*DeBlauw JA, \*\*Hollerbach BS, **Heinrich KM**. Comparing strength outcomes of an 8 week HIFT intervention vs. 8 week traditional weight training. 2019. <https://newprairiepress.org/cgi/viewcontent.cgi?article=1066&context=ksuugradresearch> [Poster presentation at the Kansas State University Undergraduate Research Conference, Manhattan, KS]



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8. **\*\*DeLaTorre B, \*\*DeBlauw JA, \*\*Hollerbach BS, Cosgrove SJ, Heinrich KM.** Examination of preference and tolerance for exercise intensity and college student fitness. 2019  
<https://newprairiepress.org/cgi/viewcontent.cgi?article=1031&context=ksuugradresearch>  
[Poster presentation at the Kansas State University Undergraduate Research Conference, Manhattan, KS]
9. **\*\*Ramirez M, \*\*Stein J, Heinrich K.** Effects of caffeine on high-intensity functional training performance. 2019  
<https://newprairiepress.org/cgi/viewcontent.cgi?article=1015&context=ksuugradresearch>  
[Poster presentation at the Kansas State University Undergraduate Research Conference, Manhattan, KS]
10. **\*\*\*Kurtz B, \*\*Drake N, Crawford DA, DeBlauw J, Heinrich KM.** Effects of heart rate variability modulation on high intensity functional training strength outcomes. 2019 [Oral presentation at the K-State Graduate Research, Arts, & Discovery (GRAD) Forum, Manhattan, KS]
11. **\*\*Ramirez M, \*\*Hollerbach B, Jahnke S, Heinrich KM.** An examination of supplement use in volunteer firefighters. 2018 [Poster presentation at the Developing Scholars Program Symposium, Manhattan, KS]
12. **\*\*\*DeBlauw JA, Patel PM, Stein JA, Barstow TJ, Harms CA, Heinrich KM.** High intensity functional training improves flexibility in overweight and obese adults. 2018 [Poster presentation at the K-State Graduate Research, Arts, and Discovery (GRAD) Forum, Manhattan, KS]
13. **\*\*\*Stein JA, Feito Y, Heinrich KM.** Predicting energy expenditure in males and females during high-intensity functional training. 2018 [Poster presentation at the K-State Graduate Research, Arts, and Discovery (GRAD) Forum, Manhattan, KS]
14. **\*\*\*Hollerbach BS, Harms CA, Jahnke SA, Heinrich KM.** Firefighter recruit performance improves after a 10-week HIFT program: a pilot investigation. 2018 [Poster presentation at the K-State Graduate Research, Arts, and Discovery (GRAD) Forum, Manhattan, KS]
15. **\*\*\*Hollerbach BS, Irwin BC, Heinrich KM.** Examining quality, affordable housing in Riley County, Kansas. 2017 [Poster presentation at Research and the State, Manhattan, KS]
16. **\*\*Ramirez M, Heinrich K, \*\*Hollerbach B, Cosgrove S.** The effect of caffeine on athletic performance in endurance athletes. 2017 [Poster presentation at SPARK Week OURCI Undergraduate Research Fair and Poster Exhibit, Manhattan, KS]
17. **Lightner JS, #Chrisman M, Heinrich KM.** Associations among income, income inequality, race and physical activity in US adults over a 5-year period. 2017 [Poster presentation at the University of Missouri-Kansas City Faculty Research Symposium, Kansas City, MO]
18. **\*\*Nicholson B, \*\*Stein J, \*\*Cull B, Heinrich KM, Rosenkranz SK.** The feasibility and acceptability of using sit-to-stand desks in a self-contained classroom for students with emotional disturbances: a pilot study. 2017 [1<sup>st</sup> place undergraduate poster at the Kansas State University National Public Health Week Poster Session]
19. **\*\*\*Stein JA, \*\*Smith JR, Ade CJ, Broxterman RM, Sanborn B, Barstow TJ, Heinrich KM.** Oxygen uptake during three varying duration high-intensity functional training sessions. 2017. [Poster presentation at the K-State Graduate Research, Arts, and Discovery (GRAD) Forum, Manhattan, KS]

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20. ##Hollerbach BS, Jahnke SA, Barstow TJ, Harms CA, **Heinrich KM**. The first twenty exercise training program and fire academy recruits' fitness and health. 2017. [Poster presentation at the K-State Graduate Research, Arts, and Discovery (GRAD) Forum, Manhattan, KS]
21. ##Swinford GK, **Heinrich K**, ##Paolilli T, ##Frye J, \*Carlisle T. High-intensity functional training improves strength in both novice and experienced participants. 2016. [Poster presentation at the College of Human Ecology Graduate, Research, Arts, and Discovery (GRAD) Forum, Manhattan, KS]
22. ##Frye J, ##Stein J, Feito Y, **Heinrich K**. Acute heart rate response during CrossFit workouts of varying duration. 2016. [Poster presentation at the College of Human Ecology Graduate, Research, Arts, and Discovery (GRAD) Forum, Manhattan, KS]
23. ##Kehler A, Jahnke S, ##Hollerbach B, **Heinrich KM**. Reproductive health of female firefighters: a qualitative needs analysis. 2016. [Poster presentation at the College of Human Ecology Graduate, Research, Arts, and Discovery (GRAD) Forum, Manhattan, KS]
24. ##Hollerbach B, ##Kehler A, ##Stein JA, ##Alexander AM, Harms C, Barstow T, Jahnke SA, **Heinrich KM**. The First Twenty Exercise Program and Fire Academy Recruits' Fitness and Health. 2016. [Poster presentation at the College of Human Ecology Graduate, Research, Arts, and Discovery (GRAD) Forum, Manhattan, KS]
25. ##Hollerbach B, **Heinrich KM**, Jahnke S. Injury related issues among female firefighters: a qualitative study. 2016. [1<sup>st</sup> Place Social Sciences/Humanities/Education Poster presentation at the K-State Graduate, Research, Arts, and Discovery (GRAD) Forum, Manhattan, KS]
26. ##Hollerbach B, **Heinrich KM**, Jahnke S. Female firefighters' perceptions, attitudes, and experiences with injury. 2015 [Poster presentation at the Human Ecology Graduate Research Forum, Manhattan, KS]
27. ##Gilmore K, **Heinrich KM**. CrossFit and heart health: CrossFit participation improves resting systolic blood pressure for Kansas adults. 2015 [Poster presentation at the Human Ecology Graduate Research Forum, Manhattan, KS]
28. #Frye J, **Heinrich KM**. Examination of Physiological Responses during CrossFit Workouts of Varying Duration. 2015 [Poster presentation at the Human Ecology Undergraduate Research and Creative Inquiry Competition, Manhattan, KS]
29. #Becker C, **Heinrich KM**. High-Intensity Functional Training (HIFT) to Improve Balance and Daily Function Among Older Adults. 2015 [Poster presentation at the Human Ecology Undergraduate Research and Creative Inquiry Competition, Manhattan, KS]
30. #Andrews V, Frye J, **Heinrich KM**. Definition of CrossFit as High Intensity Functional Training. 2015 [Poster presentation at the Human Ecology Undergraduate Research and Creative Inquiry Competition, Manhattan, KS]
31. ##Hollerbach B, **Heinrich KM**, Jahnke S. Female firefighters' perceptions, attitudes, and experiences with injury. 2015 [Poster presentation at Research and the State Graduate Student Poster Session, Manhattan, KS]
32. ##Gilmore K, **Heinrich KM**. CrossFit and heart health: CrossFit participation improves resting systolic blood pressure for Kansas adults. 2015 [Poster presentation at Research and the State Graduate Student Poster Session, Manhattan, KS]
33. ##Paolilli TMC, **Heinrich KM**, \*Becker C, \*Carlisle T, \*Frye J, ##Gilmore K. Is high-intensity functional training sufficient for improving cardiovascular endurance in cancer





**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

*Evaluation of the Sunflower Trails Program*

The purpose of this project was to provide an in-depth evaluation of the implementation and effects of the Sunflower Foundation's grantmaking efforts to build community trails in towns and cities across Kansas.

Robert Wood Johnson Foundation, Active Living Research Heinrich (PI) 1/10-12/11

*HO'ĀLA – Hawai'i's Opportunity for Active Living Advancement*

This project addressed childhood obesity within schools in low-income communities in Hawai'i having students who were predominately Asian, Native Hawaiian, and Pacific Islander. Baseline data were established on active transportation and the built environment around schools and changes in policies, codes and standards in Hawai'i County prior to implementation of two Hawai'i state laws: Complete Streets (CS; Act 54) and Safe Routes to School (SRTS; Act 100) as well as statewide pedestrian and bicyclist planning initiatives.

Role: PI

National Institutes of Health (R01CA115614) Albright (PI) 9/07-7/12

*Physical Activity in Women with Infants*

This study tested the efficacy of a tailored intervention designed to increase and maintain physical activity in mothers of infants, including women from ethnic groups that have been underrepresented in previous physical activity studies. Participants were asked to map their neighborhoods to examine their physical activity environments. The design was a randomized clinical trial with intervention and standard care physical activity conditions.

Role: Co-I (2007-10)

The State of Hawai'i Heinrich (PI) 1/07-8/10

*Evaluation of the Healthy Hawai'i Initiative Nutrition Education Network*

This study provided evaluation and research support to the Healthy Hawai'i Initiative – Nutrition Education Network (HHI-NEN). The HHI-NEN was a nutrition education program targeted for food stamp eligibles and participants across the state of Hawai'i.

Role: PI

The State of Hawai'i Maddock (PI) 1/07-12/07

*Developing Physical Activity and Nutrition Coalitions*

The purpose of this project was to develop coalitions for physical activity and nutrition across the state of Hawai'i.

Role: Co-I

The State of Hawai'i Maddock (PI) 1/00-12/10

*Evaluation of the Healthy Hawai'i Initiative*

This study provided evaluation and research support to the Healthy Hawai'i Initiative (HHI). HHI was a multi-year social ecological intervention to increase physical activity, improve nutrition and reduce tobacco use among the people of Hawai'i. This statewide health-promotion effort included social marketing media campaigns, coordinated school health projects, community interventions, built environment assessments, and a food stamp nutrition education network.

Role: Co-I (9/07-7/10)

National Institutes of Health (R01DK064284) Poston (PI) 6/03-5/09



**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

*Collaborative Integration of Public Health Content into Undergraduate Education*

This collaborative project between the University of Hawai'i at Manoa, Office of Public Health Studies and College of Social Sciences (CSS) had two main tasks: 1) development and dissemination of curriculum content modules to train CSS faculty in the three core areas of public health (public health overview, epidemiology, global health); and 2) development, offering, and evaluation of an undergraduate public health issues course.

**Other Funding**

KSU Open Access Publishing Fund	Heinrich (PI)	7/2014
Publication fee for BMC Public Health		

**Professional Service Activities**

**Editorial / Peer-Reviewer Activities**

*Grant Reviews*

- 2019 National Institutes of Health, Fellowships: Risk, Prevention and Health Behavior (March)
- 2018 National Cattlemen's Beef Association (single grant review)  
Kansas State University, University Small Research Grants (Spring & Fall)
- 2017 Kansas State University, University Small Research Grants (Spring & Fall)
- 2016 Kansas State University, University Small Research Grants (Fall)  
Kansas State University, Faculty Development Awards (Spring)
- 2015 Centers for Disease Control and Prevention, SIPs 15-010 & 011 – Planning, Implementing and Evaluating Physical Activity and Public Health Training Courses & Implementation and Evaluation of a Mall Walking Program, Special Emphasis Panel  
U.S. Department of Homeland Security, FEMA, Assistance to Firefighters Grant Program, Fire Prevention and Safety Grants
- 2014 Centers for Disease Control and Prevention, SIPs 14-024 & 025 – Physical Activity Policy Network (Sedentary Lifestyles), Special Emphasis Panel  
National Institutes of Health, National Institute on Minority Health and Health Disparities, R01 Special Emphasis Panel
- 2012 U.S. Department of Homeland Security, FEMA, Assistance to Firefighters Grant Program, Fire Prevention and Safety, Research & Development Grants  
National Institutes of Health, Community-Level Health Promotion Study Section (February)
- 2011 National Institutes of Health, Community-Level Health Promotion Study Section (January, June & September)  
U.S. Department of Homeland Security, FEMA, Assistance to Firefighters Grant Program, Fire Prevention and Safety Grants
- 2010 Active Living Research, 2010-2011 Rapid-Response Round 3  
Active Living Research, Round 10 – Dissertation Awards  
National Institutes of Health, Building Sustainable Community-Linked Infrastructure to Enable Health Science Research
- 2009 National Institutes of Health, Community Based Participatory Research  
Department of Homeland Security, FEMA/Assistance to Firefighter Grants, Research & Development Grants  
Active Living Research, Round 9 – Dissertation Awards

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

- 2008 Grant Reviewer – National Institutes of Health, AED Review, Center for Scientific Review Special Emphasis Panel, Exploratory/Developmental Grant for Complementary and Alternative Medicine Studies of Humans  
Grant Reviewer – National Institutes of Health, Center for Scientific Review Special Emphasis Panel, Community Participation Research Targeting the Medically Underserved
- 2007 Active Living Research, Round 7 – Children’s and Parents’ Perceptions of Community and Recreation Environments  
National Institutes of Health, NHLBI’s Clinical Trial Review Committee Meeting (ad hoc)  
University of Alabama Birmingham-Clinical Nutrition Research Center Pilot Grant Program supported by the NIDDK (ad hoc)  
Active Living Research, Healthy Eating Research Supplement Grants: Physical Activity Policies in Schools
- 2006 Hawai’i Community Foundation, Tobacco Prevention and Cessation  
Active Living Research Dissertation Grant Proposals Round 6  
Health Disparities Research – Department of Defense United States Army Medical Research and Materiel Command Congressionally Directed Medical Research Programs – Prostate Cancer Research Program

*Journal and Book Reviews*

- 2019 Journals – *Body Image, International Journal of Environmental Research and Public Health, International Journal of Sustainable Transportation*
- 2018-19 Invited Special Journal Issue Editor – *Sports: “Research on High Intensity Functional Training”*
- 2018- Editorial Board Member – *Crossing Borders: A Multidisciplinary Journal of Undergraduate Scholarship*
- 2018 Journals – *Advances in Environmental Studies, American Journal of Health Promotion, American Journal of Preventive Medicine, Frontiers in Public Health, Human Movement, Journal of Physical Activity and Health, Journal of Transport and Health, Medicine & Science in Sports & Exercise, PLOS ONE, Scandinavian Journal of Medicine and Science in Sports*
- 2017 Journals – *BMC Public Health, Frontiers in Public Health: Public Health Education and Promotion, Journal of Aging and Physical Activity, Journal of Public Health Management and Practice, Journal of Science and Medicine in Sports, PLOS One, Women in Sport and Physical Activity Journal*
- 2016 Journals – *BMC Public Health, Environment and Behavior, European Journal of Sport Science (2), Frontiers in Public Health (3), Journal of Aging and Physical Activity (2), Nutrients, Safety and Health at Work, Sports*
- 2015 Journals – *Preventive Medicine Reports, Frontiers in Public Health, Biology of Sport, Psychology of Sport and Exercise, Journal of Physical Activity and Health, Medicine & Science in Sports & Exercise, Public Health Nursing, American Journal of Health Promotion*
- 2014- Editorial Board Member: *Frontiers in Public Health: Public Health Education and Promotion*
- 2014-15 Editorial Board Member: *American Journal of Health Promotion*
- 2014 Journals – *American Journal of Health Promotion, American Journal of Preventive Medicine, BMC Public Health, Evaluation and Program Planning, Health and Place,*



**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

- Journal of Family Issues, Journal of Physical Activity and Health, Journal of Sport and Exercise Psychology, Permanente Journal, Safety and Health at Work*
- 2013 Article Editor – *SAGE Open*  
Journals – *American Journal of Health Promotion, Preventive Medicine, Journal of Science and Medicine in Sport, Evaluation and Program Planning, BMC Public Health, American Journal of Public Health*
- 2012 Journals – *Journal of Public Health Management and Practice, Journal of Women’s Health, Health Behavior and Public Health, BMC Public Health, American Journal of Preventive Medicine, Evaluation and Program Planning, American Journal of Health Promotion, Accident Analysis and Prevention, International Journal of Health Geographics, Journal of Behavioral Medicine*
- 2011 Journals – *International Journal of Health Geographics, International Journal of Behavioral Nutrition and Physical Activity, Preventing Chronic Disease, Health & Place, Journal of Behavioral Medicine, Permanente Journal*  
Book Chapter Reviewer – Influencing policy and environments to promote physical activity behavior change. In *ACSM’s Behavioral Aspects of Exercise*. (Manual for the ACSM certification in physical activity/health behavior change)
- 2010 Book Reviewer – Wiley/Jossey-Bass, *Designing and Conducting Research in Health and Human Performance*  
Journals – *American Journal of Health Promotion, Eating and Weight Disorders, Journal of Physical Activity and Health*
- 2005- Senior Peer Reviewer - *Athletic Insight - The Online Journal of Sport Psychology*  
2005-09 Journals - *American Journal of Public Health, Journal of Aging and Physical Activity, Social Science & Medicine, International Journal of Obesity, Obesity, American Journal of Health Promotion, Appetite, Journal of the American Dietetic Association, Exercise and Sport Science Reviews, Journal of Urban Health, American Journal of Preventive Medicine, Military Medicine, California Journal of Health Promotion, Journal of Public Health Dentistry, Accident Analysis and Prevention, Nutrition Journal, Eating and Weight Disorders*
- Abstract and Symposia Reviews*
- 2018 19<sup>th</sup> Annual Scientific Meeting, American Academy of Health Behavior (regular and late-breaker abstracts)  
40<sup>th</sup> Annual Meeting & Scientific Sessions – Physical Activity Topic Area – Society of Behavioral Medicine  
Active Living 2019 Annual Conference Research Abstracts
- 2017 18<sup>th</sup> Annual Scientific Meeting, American Academy of Health Behavior (regular and late-breaker abstracts)  
39<sup>th</sup> Annual Meeting & Scientific Sessions – Physical Activity Topic Area – Society of Behavioral Medicine  
American Public Health Association 2017 Annual Meeting and Expo  
Active Living Research 2018 Annual Conference Research Abstracts (n=25)
- 2016 17<sup>th</sup> Annual Scientific Meeting, American Academy of Health Behavior  
38<sup>th</sup> Annual Meeting & Scientific Sessions – Physical Activity Topic Area – Society of Behavioral Medicine  
Active Living Research 2017 Annual Conference Research Abstracts
- 2015 37<sup>th</sup> Annual Meeting & Scientific Sessions – Environmental and Contextual Factors in Health and Behavior Change – Society of Behavioral Medicine

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

- 2014 Active Living Research Annual Conference Research Abstracts  
36<sup>th</sup> Annual Meeting & Scientific Sessions – Environmental and Contextual Factors in Health and Behavior Change – Society of Behavioral Medicine
- 2013 Active Living Research Annual Conference Research Abstracts  
14<sup>th</sup> Annual AAHB Scientific Meeting – American Academy of Health Behavior  
35<sup>th</sup> Annual Meeting & Scientific Sessions – Environmental and Contextual Factors in Health and Behavior Change – Society of Behavioral Medicine
- 2012 34<sup>rd</sup> Annual Meeting & Scientific Sessions – Psychological and Person Factors in Health and Behavior Change; Environmental and Contextual Factors in Health and Behavior Change – Society of Behavioral Medicine
- 2011 12<sup>th</sup> Annual Scientific Meeting, American Academy of Health Behavior  
33<sup>rd</sup> Annual Meeting & Scientific Sessions – Psychological and Person Factors in Health and Behavior Change – Society of Behavioral Medicine
- 2010 He Huliau - A Turning Point, Eliminating Health Disparities in Native and Pacific Peoples: Metabolic Syndrome and Health Equity
- 2008 30<sup>th</sup> Annual Meeting & Scientific Session – Environmental and Contextual Factors in Health and Behavior Change – Society of Behavioral Medicine
- 2007 29<sup>th</sup> Annual Meeting & Scientific Session – Diversity Issues & Environmental and Contextual Factors in Health and Behavior Change – Society of Behavioral Medicine  
Pacific Global Health Conference, Hawai'i Public Health Association
- 2006 28<sup>th</sup> Annual Meeting & Scientific Sessions Behavioral Medicine Across the Lifespan, Society of Behavioral Medicine.
- 2005 27<sup>th</sup> Annual Meeting & Scientific Sessions - Behavioral Medicine Across the Lifespan, Society of Behavioral Medicine.

**Professional Committees and Groups**

*American College of Sports Medicine*

2018-21 Member, Research Awards Committee

*American Academy of Health Behavior*

2017-20 Member Delegate

2015-16 *Health Behavior Research*, Ad Hoc Journal Committee Member

2014-17 Conference Planning Committee Member

2014-17 Chair, Marketing and Communications Council

2014- Awards Committee Member

2013-14 Ad Hoc Journal Committee Member

2013-14 Past Research Review Chair

2012-13 Research Review Chair

2012, 14 Judy K. Black Awards Committee Member

2011-16 Poster Judge, American Academy of Health Behavior Annual Conference

2011-12 Assistant Research Review Chair

2011-12 Professional Development Council Member

*Governor's Council on Fitness*

2014 Walk Audit Leader, Kansas Obesity Summit

*Healthy Kansans 2020*

2012 Content Expert, Lifestyle Behaviors Group

*Kansas Health Foundation*

2012-16 Healthy Communities Initiative Advisory Committee Member

*CrossFit International*

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

- 2011-12 Coaching Certification Item Writer  
*Kansas Public Health Association*
- 2014-15 Poster Judge for Annual Conference
- 2011-13 Legislative Issues Section Member  
*State of Hawai'i Department of Health*
- 2009 Physical Activity and Nutrition Summit Planning Committee
- 2008-10 Tobacco Prevention and Control Advisory Board member (appointed), State of Hawai'i, Department of Health
- 2008 Physical Activity and Nutrition Forum Planning Committee
- 2007-10 Built Environment Working Group
- 2007 Joint Coordinated School Health Interagency Collaborative, April 5  
Physical Activity and Nutrition Summit Planning Committee

**University Service**

Kansas State University

- 2017-18 Infectious Disease Advisory Committee, Faculty Senate Representative
- 2016-18 Faculty Senate Caucus Chair, College of Human Ecology
- 2016-18 Faculty Council (Ex. Officio), College of Human Ecology
- 2015-18 Faculty Senator
- 2015-16 Academic Affairs Committee (Ex. Officio), College of Human Ecology
- 2015-16 Faculty Senate Academic Affairs Committee Member
- 2015 Judge, Research and the State Graduate Student Forum
- 2014-17 College of Human Ecology Diversity and Internationalization Committee Member
- 2014-15 Tenure Track Faculty Search Committee Member, Communication Sciences and Disorders, School of Family Studies and Human Services, College of Human Ecology
- 2014- MPH Travel Awards Committee Member
- 2014- Faculty Advisor, Kansas State University Powerlifting Club
- 2012- Faculty Advisor, K-State CrossFit Club
- 2012-14 Judge, K-State Research Forum
- 2012-14 K-State For All Member
- 2012-14 MPH Faculty Advisory Council Member
- 2010-11 MPH Coordinating Committee Member  
*Department of Kinesiology*
- 2018-19 Applied Exercise Instructor Search Committee Member
- 2018- Distinguished Lecture Committee Member
- 2018- Scholarship and Awards Committee Member
- 2016-17 Open Rank Faculty Member Search Committee Member
- 2016-18 Graduate Council Member
- 2015- Tenure and Promotion Committee Member
- 2015 Program Coordinator Search Committee Member
- 2014 Kinesiology Student Association Advisor
- 2014-15 Undergraduate Council Member
- 2012 Instructor Search Committee Member
- 2011 Assistant Professor, Physical Activity Public Health, Search Committee Member
- 2011 Accountant Search Committee Member
- 2010- LIFE Community Physical Activity Program Advisory Committee Member

University of Hawai'i at Mānoa

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

- 2009-10 GIS Interest Group Coordinator, Cancer Research Center
- 2008-10 Partnership Demonstration Team, “Teaching All Students, Reaching All Learners – Students with Disabilities as Diverse Learners” disability and diversity grant, Center for Disability Studies
- 2008-10 Athletics Advisory Board  
*Department of Public Health Sciences*
- 2009 Chair, Search Committee, Junior Researcher, Public Health Sciences  
Member, Search Committee, Junior Researcher, Public Health Sciences  
Member, Student Affairs/Recruitment Committee
- 2008-10 Member, Distance Learning and Undergraduate Education Committee  
Coordinator, Faculty Colloquium Series
- 2008 Chair, Search Committee, Junior Researcher, Public Health Sciences  
Chair, Search Committee, Evaluation Associate II, Public Health Sciences  
Member, Search Committee, Junior Researcher, Public Health Sciences  
Member, Search Committee, Assistant Professor of Social and Behavioral Health Sciences
- 2007 Member, Search Committee, Assistant Professor of Mental Health  
Member, Search Committee, Associate Professor of Social and Behavioral Health Sciences  
Member, Search Committee, Assistant Professor of Social and Behavioral Health Sciences
- 2006-09 Recruitment Committee
- 2006-08 Curriculum Committee

**Miscellaneous Service**

- 2013- Official – Apprentice, USA Track & Field
- 2013-14 Volunteer Judge, Oz Fest, Junction City CrossFit
- 2013 Volunteer Judge, Monsters and Midgets, CrossFit Manhattan Kansas
- 2011- Volunteer Judge, CrossFit Open
- 2007-08 Volunteer, Oahu Medical Reserve Corps
- 2006-09 Volunteer, Ilima Awards, Diamond Head Theatre
- 2002-06 Rainbow Kids Youth Program, Kansas City, KS
- 2001-06 Peace Unlimited Low Ropes Course Facilitator, Stewartsville, MO  
World Service Corps Recreation/Games Training, Independence, MO
- 2001-02 Leadership Training, Children’s Peace Pavilion, Excelsior Springs, MO
- 2000- Volunteer Staff Member, Spectacular: Youth Arts, Sports, and Leadership Camp, Lamoni, IA

**Teaching/Education Experience**

**Classes Offered**

Kansas State University

GNHE 499: Undergraduate Research Experience

KIN 345: Exercise Behavioral Science

2010-

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

KIN 346: Lab for Public Health Physical Activity	2010-14
KIN 521: Practicum in Public Health Physical Activity	
KIN 597: Research in Kinesiology	
KIN 599: Independent Study in Kinesiology	
KIN 612: Policy, Built Environment and Physical Activity	2013-17
KIN 797: Obesity in Adults: Behavior, Environment and Policy Influences	2014-17
KIN 830: Public Health Physical Activity (graduate)	2011-13
KIN 851/852: Professional Development Seminar	2018-
KIN 896: Graduate Independent Study in Kinesiology	
KIN 897: Graduate Research in Kinesiology	
<u>University of Hawai'i at Manoa</u>	
Continuing Education in Public Health (graduate), Physical Activity and Public Health (On-line, International Course for Yonsei University, Korea)	2009
PH 702: Health Promotion Research (graduate)	2007
PH 491: Honors: Introduction to Public Health	2008
PH 301: Seminar in Public Health Issues	2010
<u>University of Missouri-Kansas City</u>	
PE 370: Psychology of Sport and Exercise	2001-04
PE 361: Sociology of Sport and Exercise	2001-03
PSY 210: General Psychology	2002-03
PE 174: Cross Training	2002
PE 157: Weight Training	2000-02

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

**Advising / Mentoring**

**American Academy of Health Behavior, Professional Development Research Scholars program**

Megan S. Patterson, PhD (2019-2020)

Derek A. Crawford, PhD (2018-2019)

**Postdoctoral Research Fellow (Supervisor)**

Sarah J. Cosgrove, PhD (2017-2019)

**Doctorate in Kinesiology Students (Major Professor)**

Justin DeBlauw (PhD student), Kansas State University

Jesse Stein (PhD Candidate), Kansas State University

Department of Kinesiology Graduate Teaching Assistant of Distinction (2018)

Dissertation Funding: *KSU, Arts, Humanities & Social Sciences Small Grant*

*Program, \$1000; College of Human Ecology, Dissertation Research Award \$984*

Brittany Hollerbach, PhD, Kansas State University (2019), “*The health and wellness of US firefighters*”

American Kinesiology Association Doctoral Scholar (2019)

College of Human Ecology Graduate Student Outstanding Leadership on Campus Recognition (2018)

Ainslie Kehler, PhD, Kansas State University (2018), “*Reproductive health among tactical athletes: An examination of physical activity and occupational concerns*” <https://krex.k-state.edu/dspace/handle/2097/39099>

Dissertation Funding: *KSU, Arts, Humanities & Social Sciences Small Grant Program, \$1,000*

Joseph Lightner, PhD, Kansas State University (2016), “*Sexual Orientation and Physical Activity for Men*” <https://krex.k-state.edu/dspace/handle/2097/34561>

**Master of Science in Kinesiology Students (Major Professor)**

Brady Kurtz (MS student), Kansas State University

*Thesis Funding: KSU College of Human Ecology Thesis Research Award, \$1,000*

Timothy Caleb Hepler (MS student), Kansas State University

*Thesis Funding: KSU, Arts, Humanities & Social Sciences Small Grant Program, \$1,000*

Geoffrey Kyle Swinford (MS student), Kansas State University

Kelly Polin (MS student), Kansas State University

Brittany Hollerbach, MS, Kansas State University (2016), “*The First 20 Exercise Training Program and Fire Academy Recruits’ Fitness and Health*” <http://krex.k-state.edu/dspace/handle/2097/34507>

*Thesis Funding: KSU, Arts, Humanities & Social Sciences Small Grant Program, \$1,000*

Winner, American Academy of Health Behavior Three Minute Thesis Competition (2017)

Pratik Patel, MS, Kansas State University (2012), “*The Influence of a CrossFit Exercise Intervention on Glucose Control in Overweight and Obese Adults.*” <http://krex.k-state.edu/dspace/handle/2097/14961>

*Thesis Funding: KSU Academic Excellence Award, \$2,810*

**Master of Public Health Students (Major Professor)**

Melitza Ramirez (MPH student), Kansas State University

Victor Andrews (MPH student), Kansas State University

Lucas Dudgeon (MPH student), Kansas State University, “*Effects of a Brief Lifestyle Intervention for Office Workers*”

## CURRICULUM VITA

### Katie M. Heinrich, Ph.D.

Thesis Funding: *College of Human Ecology Thesis Award, \$750*  
Katelyn Gilmore, MPH, Kansas State University (2018), "*The Campus Effect: Built Environment and Active Transportation at Kansas State University*" <https://krex.k-state.edu/dspace/handle/2097/39126>

Department of Kinesiology Masters Student of Distinction (2018)

American Kinesiology Association Masters Scholar (2016)

Thesis Funding: *KSU, Green Action Fund, \$1,457*

Carla Bernardes, MPH, Kansas State University (2018), "*Field Experience at the K-State Riley County Research and Extension Office*" <https://krex.k-state.edu/dspace/handle/2097/39047>

Joshua O'Neal, MPH, Kansas State University (2013), "*An Asset-Based Community Assessment of Physical Activity at Fort Riley Installation*" <http://krex.k-state.edu/dspace/handle/2097/17021>

Joseph Lightner, MPH, Kansas State University (2013), "*The Role of Social Networks in the Building of Physical Activity Trails in the State of Kansas*" <http://krex.k-state.edu/dspace/handle/2097/15592>

Abby Banks, MPH, Kansas State University (2013), "*Application of Public Health Theory in a Rural Population for Program Development at the Wellness Partners (a Corporate Wellness Company)*" <http://krex.k-state.edu/dspace/handle/2097/15796>

Jeffrey Warner, DC, MPH, Kansas State University (2012), "*Analysis of Barriers to Weight-loss Success in the Veteran's Health Administration MOVE! Program*" <http://krex.k-state.edu/dspace/handle/2097/15221>

Mellina Stephen, MPH, Kansas State University (2011), "*Field Experience Report: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.*" <http://krex.k-state.edu/dspace/handle/2097/13211>

Shely Weinrich, MPH, Kansas State University (2011), "*Fostering Community Wellness through Nutrition and Physical Activity at K-State Research and Extension*" <http://krex.k-state.edu/dspace/handle/2097/13210>

Riziki Ponsiano, MD, MPH, University of Hawai'i (2009), "*Social Behavioral Factors Affecting the Decision of Home Delivery among Pregnant Women in the Mkuranga District of Tanzania*"

### Student Committees

Kasi Bardouche (MPH student), Kansas State University

Jami Price (MPH student), Kansas State University

Christal Omni, MPH, Kansas State University (2019), "*Black Butterflyz: Making black women's health a capital concern*"

David Pluta, MPH, Kansas State University (2018), "*Individual Social Capital and Physical Activity in Riley County, KS*"

Alexis Zavala, MPH, Kansas State University (2018), "*Addressing Health Equity in Riley County*"

Taylor D. Whitaker, MRCP, Kansas State University (2018), "*Linking Affect and the Built Environment using Mobile Sensors and Geospatial Analysis*" <https://krex.k-state.edu/dspace/handle/2097/38895>

Rebecca L. Gasper, MPH, Kansas State University (2018), "*Effects of a brief web-based intervention on motivation, attitude, and physical activity in adults*" <https://krex.k-state.edu/dspace/handle/2097/38853>

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

Jacob N. Frye, MS, Kansas State University (2017), “*Increased Arterial Stiffness and Reduced Cardioagal Baroreflex Sensitivity with Anti-Cancer Chemotherapy*”

<https://krex.k-state.edu/dspace/handle/2097/36244>

Neil E. Heidt, MRCP, Kansas State University (2017), “*Charting a Trail in the Dark Searching for Evidence in the Public Interest Design Process*”

<https://krex.k-state.edu/dspace/handle/2097/35554>

Brittany Orr, MS in Kinesiology, Kansas State University (2017), coursework option

Chelsey Glatz, MS in Kinesiology, Kansas State University (2017), coursework option

Adrianna Lewis, MPH, Kansas State University (2016), “*Factors Associated with Participation in a Worksite Wellness Program to Promote Physical Activity*”

<http://krex.k-state.edu/dspace/handle/2097/32641>

Allison Balderston, MLA, Kansas State University (2016), “*Achieving Experiential Accessibility in Nature: Accommodating Persons with Disabilities in Trail Design*”

<http://krex.k-state.edu/dspace/handle/2097/32688>

Parker Ruskamp, MLA, Kansas State University (2016), “*Your environment and you: investigating stress triggers and characteristics of the built environment*”

<http://krex.k-state.edu/dspace/handle/2097/32592>

Tammi Paolilli, MS in Kinesiology, Kansas State University (2015), coursework option

Cydnie Jones, MLA, Kansas State University (2015), “*Designing a Neighborhood to Prevent Crime and Increase Physical Activity: A Case Study among African-American women in Kansas City, Missouri*”

<http://krex.k-state.edu/dspace/handle/2097/19118>

Elizabeth Grilliott, MPH, Kansas State University (2014), “*Contrasting Rural and Urban Kansas Chronic Disease Risk Reduction Physical Activity and Nutrition Grantee Needs*”

<http://krex.k-state.edu/dspace/handle/2097/18823>

Lauren Patterson, MLA, Kansas State University (2014), “*Walkability in Suburbia*”

<http://krex.k-state.edu/dspace/handle/2097/18256>

Brett Gliem, MS in Kinesiology, Kansas State University (2014), coursework option.

Patrick Steele, MPH, Kansas State University (2014), “*Physical Activity Counseling Through Registered Nurses in a Hospital Setting.*”

<http://krex.k-state.edu/dspace/handle/2097/17544>

Lauren Garrott, MRCP, Kansas State University (2014), “*A Walk in the Park: A Study of African American Women and an Opportunity for Physical Activity.*”

<http://krex.k-state.edu/dspace/handle/2097/17740>

2014 Marsha Ritzdorf Award for the Best Student Work on Diversity, Social Justice and the Role of Women in Planning; Association of Collegiate Schools of Planning and the Faculty Women’s Interest Group

Marsha Newman, MS in Kinesiology, Kansas State University (2013), coursework option.

Michaela Schenkelberg, MPH, Kansas State University (2013), “*Social Environmental Influences on Physical Activity of Children With Autism Spectrum Disorders*”

<http://krex.k-state.edu/dspace/handle/2097/15829>

Joey Mims, MPH, Kansas State University (2012), coursework option.

O. Vanessa Buchthal, DrPH, University of Hawai’i (2012), “*The Role of Social Capital in Changing Dietary Behavior in a Low-Income Multi-Ethnic Community*”

<https://scholarspace.manoa.hawaii.edu/handle/10125/101342>

Julie Pickler, MPH, Kansas State University (2011), “*Reaching Wellness at Apple*”

Katherine (Katy) Vaughan, MPH, Kansas State University (2011), “*Environmental Justice and Physical Activity: Examining Disparities in Access to Parks in Kansas City, MO*”

<http://krex.k-state.edu/dspace/handle/2097/12446>



## CURRICULUM VITA

### Katie M. Heinrich, Ph.D.

Aaron Boyd, MPH, Kansas State University (2011), “*The Impact of Advertising & Parent-Child Interaction on Child Snack Choice*” <http://krex.k-state.edu/dspace/handle/2097/13134>

Elaine Austin, MPH, University of Hawai’i (2010), “*Helping a Federally-Funded Community Health Center: Quality of Care*”

Jamie Kopera, MPH, University of Hawai’i (2008), “*Using Social Support Theory to Explain Poor Health Outcomes in Rural Areas: The Quentin Burdick Program, Waimea, Kauai*”

Lauren Gentry, MPH, University of Hawai’i (2007), “*Educating Puna, Hawai’i’s Youth to Improve Health: Sprouting Forth Knowledge*”

#### Graduate Student Research Assistants

- 2018-19 Victor Andrews, Justin DeBlauw, T. Caleb Hepler, Brady Kurtz, Jesse Stein, Cassandra Beattie
- 2017-18 Victor Andrews, Justin DeBlauw, Lucas Dudgeon, T. Caleb Hepler, Brittany Hollerbach, Jesse Stein, AJ Kloss
- 2016-17 Jesse Stein, Brittany Hollerbach, Katelyn Gilmore, Kyle Swinford, Jacob Frye, Victor Andrews, Lucas Dudgeon
- 2015-16 Ainslie Kehler, Jesse Stein, Katelyn Gilmore, Brittany Hollerbach, Kyle Swinford, Jacob Frye, Victor Andrews
- 2014-15 Katelyn Gilmore, Tammi Paolilli, Ainslie Kehler
- 2012-13 Brian Sanborn, Joey Lightner, Jamie Allan
- 2011-12 Pratik Patel, Brian Sanborn, Joey Lightner, Joshua O’Neal
- 2010-11 Katy Vaughan, Mellina Stephen, Pratik Patel, Brian Sanborn

#### Undergraduate Student Research Assistants

- 2019 Melitza Ramirez (Spring 2019)  
Jason Sartor  
Blanca DeLaTorre
- 2018 Brady Kurtz (Spring/Summer/Fall 2018) – Independent Research Project: *Effects of Individualize Training Prescription using Heart Rate Variability on the Physiological and Psychological Outcomes of CrossFit* [Research Funding: Mindlin Foundation, \$5,000; Office of Undergraduate Research and Creative Inquiry \$1,000]  
Melitza Ramirez (Spring/Summer/Fall 2018) – Independent Research Project: *Short Term Caffeine Effects in Intermittent CrossFit Exercise* [Research Funding: College of Human Ecology Undergraduate Research Award, \$765]  
Travel Funding: Office of Undergraduate Research and Creative Inquiry (travel to present at the 2018 American College of Sports Medicine Annual Meeting), \$1,000  
Paige Salts (Spring 2018) – Research Presentation: *Physical Activity and Cancer Patients*  
Jason Sartor (Spring/Summer/Fall 2018) – Research Presentation: *Physiological Factors Affected by Grip Strength*  
Cassandra Beattie (Summer/Fall 2018) – Research Presentation: *Resistance Training and Diabetes; Research Project: Differences in exercise behaviors by diabetes status: a survey of exercise types, intensities, and influences.* [Research Funding for Spring 2019: Office of Undergraduate Research and Creative Inquiry \$800]  
Blanca DeLaTorre (Summer/Fall 2018) – Research Presentation: *The Role of Exercise in Multiple Sclerosis Patients*

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

- 2017 Brady Kurtz (Fall 2017) – Research Presentation: *An Epidemiological Evaluation of Injury across Movement Domains in CrossFit*  
Melitza Ramirez (Summer & Fall 2017) – Research Presentation: *The Effect of Caffeine on Athletic Performance in Endurance Athletes*  
Kasey Crauthers (Spring 2017) – Poster: *Policy Implications of a Fitness Program in Firefighter Cadets*  
T. Caleb Hepler (Spring 2017) –Independent Research Project: *Developing a Test for Army Combat Readiness* [Research Funding: Office of Undergraduate Research and Creative Inquiry, \$1,000]  
Travel Funding: Office of Undergraduate Research and Creative Inquiry (travel to present at the 2017 American College of Sports Medicine Annual Meeting), \$1,000  
Bradyn Nicholson (Spring 2017) – Poster: *The Feasibility and Acceptability of Using Sit-to-Stand Desks in a Self-Contained Classroom for Students with Emotional Disturbances* [Kansas Public Health Week: Best Undergraduate Poster]  
Daniel Winslow (Spring 2017 & Fall 2017) – Research Presentation: *Open Streets, Physical Activity, and Community Appeal*  
Research Funding: Office of Undergraduate Research and Creative Inquiry (Fall 2017), \$1,000
- 2016 Natalie Bennett (Spring 2016) – Research Presentation: *Environment Design, Perception of Safety & Walking*  
Jack Andrew Nation (Summer 2016) – Research Presentation: *Self Talk and Performance*  
Kasey Crauthers (Fall 2016) – Research Presentation: *The Role of Exercise in the Treatment of Post-Traumatic Stress Disorder*  
Jacob Frye (Spring 2016) – ACSM Conference Presentation: *Examination of Physiological Responses during CrossFit Workouts of Varying Duration*  
T. Caleb Hepler (Spring & Fall 2016) – Research Presentation: *Post-Traumatic Stress Disorder (PTSD) and High Intensity Functional Training (HIFT)* – Independent Research Project: *Developing a Test for Army Combat Readiness*  
Research Funding: Office of Undergraduate Research and Creative Inquiry (Spring 2017), \$1,000  
Bradyn Nicholson (Spring & Fall 2016) – Research Presentation: *Stand Up for Kids: Sit-to-Stand Based Desk Intervention* – Independent Research Project: *The Impacts of Sit-to-Stand Desks in a Self-Contained Classroom for Students with Emotional Disturbances*  
Research Funding: Office of Undergraduate Research and Creative Inquiry (Fall 2016), \$1,000 [Research co-mentor with Dr. Sara Rosenkranz]
- 2015 Cheyenne Becker – Independent Research Project: *Perception of functional improvement in older adults: a high-intensity functional training intervention* –  
Research Funding: Office of Undergraduate Research and Creative Inquiry (Fall 2015), \$1,000  
Jacob Frye – Independent Research Project: *Identification of Intensity Levels for Long and Short Duration High-Intensity Functional Training* – Research Funding: Office of Undergraduate Research and Creative Inquiry (Fall 2015), \$1,000  
Victor Andrews – Independent Research Project: *Confidence Improvement Through the Use of Push-up Modifications*

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

- Andrews V. What percentage of CrossFit workouts are interval based? *Med Sci Sports Exerc.* 2016;48(5,S1):S671. [Poster presentation at 2016 American College of Sports Medicine Annual Meeting]
- Taran Carlisle, Andrew Stoafer, Nathanael Green, Andrew Alexander, Kimberly Britton, Brittany Hollerbach
- 2014 Taran Carlisle, Blake Johns, Jennifer Hauser, Jacob Frye, Rommi Lored, Jacob Jacquez, Katelyn Gilmore, Cheyenne Becker, Victor Andrews
- 2013 Andrea Sweetwood, Taran Carlisle, Blake Johns, Jennifer Hauser, Jacob Frye, Rommi Lored, Jacob Jacquez, Katelyn Gilmore, Larina Haley
- 2012 Anna Clayton, Adam Rogers, Omar Ramirez, Taran Carlisle, Andrea Sweetwood
- 2011 Chelsea Bird, Ryan Nittler, Abby Banks, Melinda Kellogg, Erin Osler, Nathanael Fehl, Jennifer Lanzer, Leticha Peyton