

CURRICIULM VITA
Katie M. Heinrich, Ph.D.

Education

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, 2007

Postdoctoral Research Fellow, Environmental Determinants of Obesity, University of Missouri-Kansas City, Kansas City, MO, 2006

PhD Health Psychology & Education (Interdisciplinary), University of Missouri-Kansas City, Kansas City, MO, 2004

Doctoral Dissertation: *Relationship between the Environment and Health Outcomes for Public Housing Development Residents.*

Major Professor: Walker S. Carlos Poston, III, PhD, MPH

MA Educational Research & Psychology, University of Missouri-Kansas City, Kansas City, MO, 2001

Specialization: Sport & Exercise Psychology

Major Professor: Cynthia Pemberton, PhD

BA Psychology & Sports Science, Graceland University, Lamoni, IA, 1999

Senior Research Project: *The Occurrence of Depression and Homesickness in Adolescents at Summer Church Camps.*

Major Professor: Melanie Cary, PhD

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

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

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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

University of Kansas-Medical Center, Department of Preventive Medicine & Public Health, Kansas City, KS

2002-04 Research Assistant, Understanding Neighborhood Determinants of Overweight and Obesity Project
2002-03 Research Assistant, Pathways to Health Project

Optimum Performance Zone, Overland Park, KS

2000-01 Speed Coach and Mental Skills Coach

Graceland University, Lamoni, IA and Independence, MO

1999-2000 Admissions Field Officer, Nursing Campus
1996-99 Traveling Admissions Office Representative (summers)

Professional Memberships

2017- Member, Society of Behavioral Medicine
2014- 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
2002 Member, North American Society for the Psychology of Sport and Physical Activity
2002 Member, Missouri Association of Health, Physical Education, Recreation and Dance

Professional Certifications

2015-present Certification, CrossFit Level 2 Trainer (CF-L2)
2013, 2017 Certification, USA Track & Field, Official Apprentice (#035316)
2011-present Certification, CrossFit Kids Trainer
2010-present Certification, 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)

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Honors and Awards

2017	College of Human Ecology Excellence in Research Award
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
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

Manuscripts in Press

1. Cradock 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*, in press.

Manuscripts in Print

2. 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
3. **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
4. 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.

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5. Seger ML, **Heinrich KM**, Zieff SG, Lyn R, Gustat J, Tompkins NO, Perry CK, Meyer MRU, Bornstein D, Manteiga A, Eyler 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>
6. 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.
7. **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
8. 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
9. 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
10. 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
11. Umstatt 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
12. 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
13. **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
14. **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
15. 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
16. 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
17. **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>

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18. 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
19. **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
20. 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
21. 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
22. Goins KV, Schneider KL, Brownson RC, Carnoske C, Evenson KR, Eyler AE, **Heinrich KM**, Litt J, Lyn R, Maddock JE, Reed HL, O'Hara Tomkins 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
23. **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
24. **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
25. **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
26. 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
27. **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
28. **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
29. **Heinrich KM**, Maddock JE. Multiple health behaviors in adults with risk factors for cardiovascular disease. *Permanente J*. 2011;15:12-18. PMID: 21505612
30. Buchthal OV, **Doff AL, **Hsu LA, Silbanuz A, **Heinrich KM**, Maddock J. Avoiding a knowledge gap in a multiethnic statewide social marketing campaign – is

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- cultural tailoring sufficient? *J Health Commun.* 2011;0:1-14. PMID: 21298585 doi: 10.1080/10810730.2010.535111
31. **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
 32. **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
 33. **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
 34. 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
 35. 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
 36. 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
 37. 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
 38. **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
 39. **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>.
 40. 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
 41. **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
 42. 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
 43. **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
 44. **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

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- military personnel: a comparison of body fat, waist circumference, and body max index measurements. *Military Med*, 2008;173:67-73. PMID: 18251334
45. **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
 46. **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
 47. **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 Promot*, 2007;5(2):89-102. http://www.cjhp.org/Volume5_2007/Issue2/089-102-gentry.pdf
 48. **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
 49. 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
 50. **Booth KM**, Pinkston-Camp MM, Poston WSC. Obesity and the Built Environment. *J Am Diet Assoc* 2005;105:S110-S117. PMID: 15867906
 51. 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. **Hollerbach BS**, Irwin BC, **Heinrich KM**. Housing equity and health outcomes in Riley County, Kansas. *Health Behav Res* 2018; *in press*.
2. **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; *in press*.
3. **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; *in press*.
4. **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>
5. **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>
6. **Heinrich KM**, **Becker CR**. Individually customized high intensity functional training improves physical function for older adults. *Health Behav Res* 2017;1(1):81.
7. **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.

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8. ***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.
9. **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.
10. #**Heinrich KM**, #Cosgrove SJ, Feito Y. Characterizing injuries and participation in high intensity functional training. *Med Sci Sports Exerc* 2017;49(5S):317.
11. **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.
12. ***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.
13. ***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.
14. **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.
15. ***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.
16. #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.
17. ***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.
18. **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.
19. **Heinrich KM**, #Hollerbach BS, Feito Y. Weight Management and appearance motivate non-competitive CrossFit participants. *Med Sci Sports Exerc*. 2016;48(5,S1):S2521.
20. #**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.
21. **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.
22. ***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.
23. **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.
24. #**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.

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25. #**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.
26. **#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.
27. #**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.
28. **#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.
29. **#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.
30. #**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.]
31. 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.]
32. 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.]
33. 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.]
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38. #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 9th International Congress of Behavioral Medicine, Bangkok, Thailand.]
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43. #**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.]
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47. #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.]
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- Sports Exerc* 2004;36:S5. [Poster presented at the American College of Sports Medicine Annual Conference, Indianapolis, IN.]
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50. #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.]

Scientific Conference Presentations (#Presenter)

1. ***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]
2. ***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]
3. ***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]
4. ***Hollerbach BS, Irwin BC, **Heinrich KM**. Examining quality, affordable housing in Riley County, Kansas. 2017 [Poster presentation at Research and the State, Manhattan, KS]
5. *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]
6. **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]
7. ***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 at the National Strength and Conditioning Association National Conference, Las Vegas, NV]
8. ***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]
9. *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]
10. **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 [1st place undergraduate poster at the Kansas State University National Public Health Week Poster Session]

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11. #*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]
12. #*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]
13. ***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]
14. ***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]
15. #**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]
16. Lightner JS, #Chrisman M, **Heinrich KM**. Associations among income, income inequality, race and physical activity in US adults over a 5-year period. 2016 [Poster presentation at the University of Missouri-Kansas City Faculty Research Symposium, Kansas City, MO]
17. **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]
18. **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]
19. ***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]
20. #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]
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

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- 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. [1st Place Social Sciences/Humanities/Education Poster presentation at the K-State Graduate, Research, Arts, and Discovery (GRAD) Forum, Manhattan, KS]
 26. **#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 16th Annual Scientific Meeting, Ponte Vedra Beach, FL]
 27. #**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 16th Annual Scientific Meeting, Ponte Vedra Beach, FL]
 28. **#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]
 29. **#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]
 30. #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]
 31. #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]
 32. #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]
 33. **#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]
 34. **#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]
 35. #**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 72nd Annual Kansas Public Health Association Conference, Manhattan, KS]
 36. **#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 72nd Annual Kansas Public Health Association Conference, Manhattan, KS]
 37. **#Gilmore K, **Heinrich KM**. CrossFit and heart health: CrossFit participation improves resting systolic blood pressure for Kansas adults. 2015 [Poster presentation at the 72nd Annual Kansas Public Health Association Conference, Manhattan, KS]
 38. #**Heinrich KM**, Irwin BC, **Gilmore K, **Paolilli PMC, *Carlisle T. Greater self-efficacy and group cohesion facilitate adherence to CrossFit exercise. 2015 [Poster

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- presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Edinburgh, Scotland]
39. **#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]
 40. **#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]
 41. #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]
 42. **#Paolilli TMC, **Heinrich KM**, *Becker C, *Carlisle T, *Frye J, **Gilmore K. Is high-intensity functional training sufficient for improving cardiovascular endurance in cancer survivors? 2015. [2nd Place Poster presentation at the K-State Research Forum, Manhattan, KS.]
 43. #**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 15th American Academy of Health Behavior Scientific Meeting, San Antonio, TX.]
 44. **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 15th American Academy of Health Behavior Scientific Meeting, San Antonio, TX.]
 45. #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
 46. #Cradock AL, Barrett JL, Chriqui JF, Evenson KR, Goins KV, Gustat J, **Heinrich KM**, Perry CK, Scanze M, Schmid TL, Tabak R, Umstatted 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 142nd American Public Health Association Annual Meeting and Expo, New Orleans, LA.]
 47. #**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.]
 48. #**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 3rd Annual Kansas Obesity Summit, Manhattan, KS.]
 49. #**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.]

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50. *#Johns B, *Loredo R, *Frye J, *Gilmore K, **Heinrich KM**. Affective responses to various exercise training modalities. 2014. [3rd Place poster presentation at the K-State Research Forum, Manhattan, KS]
51. *#Frye J, **Heinrich K**, Stevenson S, **Allan J, **Sanborn B, *Carlisle T, *Hauser J, *Jacquez, J, *Johns B, *Loredo R, *Sweetwood A. Strength gains in both experienced and non-experienced individuals: a repeated measures analysis. 2014. [Poster presentation at the K-State Research Forum, Manhattan, KS]
52. #**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 14th Annual American Academy of Health Behavior Scientific Meeting, Charleston, SC]
53. #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 141st American Public Health Association Annual Meeting and Expo, Boston, MA]
54. #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 141st American Public Health Association Annual Meeting and Expo, Boston, MA]
55. #**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 13th Annual Scientific Meeting of the American Academy of Health Behavior, Santa Fe, NM]
56. #**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 10th Annual Conference, San Diego, CA]
57. **#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 10th Annual Conference, San Diego, CA]
58. #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 140th Annual Meeting and Expo, San Francisco, CA]
59. #**Heinrich KM**, **Lightner J. Social network analysis as a tool for evaluating collaborations for trail building. 2012 [Oral presentation at the 69th Annual Kansas Public Health Association Fall Conference, Topeka, KS]
60. #**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]
61. #**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, 12th Annual Scientific Meeting, Austin, TX]
62. #**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 9th Annual Active Living Research Conference, San Diego, CA]

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63. **#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 9th Annual Active Living Research Conference, San Diego, CA]
64. **#Patel P, **Sanborn B, *Fehl N, Larson C, Heinrich B, **Heinrich K.** Fitness gains from a summer youth conditioning camp. 2012 [Poster presentation at the 17th Annual K-State Research Forum, Manhattan, KS]
65. #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]
66. **#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]
67. #**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]
68. #**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]
69. *#Bird C, **Heinrich KM,** Poston WSC, Jitnarin N, Hughey J, Berkel L, Haddock CK. Obesity prevalence is lowest among census block groups with the highest income. 2011 [Oral presentation at the K-State Research Forum, Undergraduate Students, Manhattan, KS]
70. #**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]
71. #**Heinrich KM,** **Alexander D, Peterson A, Dierenfield L, Prose M. Characterizing the Active Transportation Environment for Asian, Native Hawai'ian and Pacific Islander Schoolchildren in Hawai'i. 2011 [Poster presentation at the Active Living Research Annual Conference, San Diego, CA]
72. **#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]
73. #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]
74. #**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]
75. #**Heinrich KM,** Maddock JE. Health behaviors in adults with risk factors for cardiovascular disease. 2010 [Poster presentation at the 16th Annual HMO Research Network Conference, Austin, TX]
76. #**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 40th Conference, Sustaining Cities in a Time of Globalization: Social, Economic, and Political Realities, Honolulu, HI]

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77. #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 40th Conference, Sustaining Cities in a Time of Globalization: Social, Economic, and Political Realities, Honolulu, HI]
78. #**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]
79. #**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]
80. #**Heinrich KM**, Maddock J. Health outcome expectancies predict fruit and vegetable consumption behavior. 2009 [Oral presentation at the 41st Annual Asia-Pacific Consortium for Public Health Conference, Taipei, Taiwan]
81. #Maddock J, **Jokura Y, Choy L, **Heinrich K**. Assessing perceptions of a healthy diet. 2009 [Oral presentation at the 41st Annual Asia-Pacific Consortium for Public Health Conference, Taipei, Taiwan]
82. #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 25th Annual Pacific Rim Conference on Disabilities, Honolulu, HI]
83. #**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]
84. #**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]
85. #**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 136th Annual Meeting of the American Public Health Association – Public Health Without Borders, San Diego, CA.]
86. **#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 136th Annual Meeting of the American Public Health Association – Public Health Without Borders, San Diego, CA.]
87. **#Jokura Y, **Heinrich KM**, **Lee T, Maddock J. An examination of urban Honolulu nutrition environments by store type. 2008 [Oral presentation at the 136th Annual Meeting of the American Public Health Association – Public Health Without Borders, San Diego, CA.]
88. #**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 2nd International Congress on Physical Activity and Public Health, Amsterdam, the Netherlands]
89. #**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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90. #**Heinrich KM**, **Jokura Y, Johnson CB, Maddock JE. Food security issues for low-income Hawai'i residents. 2007 [Oral presentation at the 39th Conference of Asia-Pacific Academic Consortium for Public Health, Sakado-city, Saitama, Japan.]
91. **#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 39th Conference of Asia-Pacific Academic Consortium for Public Health, Sakado-city, Saitama, Japan.]
92. **#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 39th Conference of Asia-Pacific Academic Consortium for Public Health, Sakado-city, Saitama, Japan.]
93. #**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.]
94. **#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.]
95. #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.]
96. **#Jokura Y, **Heinrich KM**, Maddock J. Ethnic biases in physicians' recommendations to patients on healthier lifestyles. 2007 [Poster presentation at the University of Hawai'i John A. Burns School of Medicine Biomedical Sciences Symposium, Honolulu, HI.]
97. #**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.]
98. #**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.]

Instruments Co-Created and Copyrights Held

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

Online Publications and Non-Peer Reviewed Publications

1. American Academy of Health Behavior 2nd Quarter Newsletter, Volume 2, Issue 2; <http://aahb.org/resources/Documents/News%20Postings%20Files/AAHB,%202017,%202nd%20Quarter%20Newslettter.pdf>
2. American Academy of Health Behavior 1st Quarter Newsletter, Volume 2, Issue 1; <http://aahb.org/resources/Documents/News%20Postings%20Files/AAHB,%202017,%201st%20Quarter%20Newslettter.pdf>
3. American Academy of Health Behavior 4th Quarter Newsletter, Volume 1, Issue 1; <http://aahb.org/resources/Pictures/Newsletters/AAHB,%202016,%204th%20Quarter%20Newslettter.pdf>

CURRICIULM VITA
Katie M. Heinrich, Ph.D.

4. Source for non-peer reviewed publication: Tinkler D. Exercising options: how to keep working out when traveling. *K-State Today*. 2012(Dec 4): <http://www.k-state.edu/media/newsreleases/dec12/holidayexercise120412.html>.
5. K-State CrossFit September 2012 Newsletter, Volume 1, Issue 5; <http://www.k-state.edu/kines/crossfit/news.html>
6. K-State CrossFit June 2012 Newsletter, Volume 1, Issue 2; <http://www.k-state.edu/kines/crossfit/news.html>
7. K-State CrossFit May 2012 Newsletter, Volume 1, Issue 1; <http://www.k-state.edu/kines/crossfit/news.html>
8. **Heinrich KM.** Kansas Policymakers Survey. *APHA Physical Activity Special Interest Group Newsletter*, Fall 2011; <http://www.apha.org/membergroups/newsletters/spignewsletters/phy+act/fall11/>.
9. Vaughan K, **Heinrich K**, Stephen M, Kellogg M. *Kansas Policymakers Survey Report*. 2011.
10. Active Living Research. Hawai'i's Opportunity for Active Living Advancement (HOALA). <http://www.activelivingresearch.org/node/12012>, 2010.
11. Heinrich KM. Addicted to CrossFit. *CrossFit Oahu Newsletter*, December 2010.
12. Heinrich KM. Mental toughness: training your mind. *CrossFit Oahu Newsletter*, July 2010.
13. Booth KM, Poston WSC. (2005). Information on the Obesity and Mortality Controversy. *Diabetes and Vascular Education-DAVE MD* [blog]. <http://dave.md/s/index.cfm?blog=7&EID=9>

Technical Reports (Since 2012)

1. **Heinrich KM**, Carlisle T. AAHB Annual Meeting Evaluation Report, 2016. Prepared for the American Academy of Health Behavior, April 2016.
2. **Heinrich KM**, Gilmore K, Becker C. *Evaluation of the PedNet Walking School Bus Program*. Prepared for PedNet, April 2015.
3. **Heinrich KM.** *AAHB Journal Survey – Initial Report*. Prepared for the American Academy of Health Behavior Board of Directors, August 2013.
4. **Heinrich KM.** *Final Results: Stan Sheriff Center Survey for Men's Basketball Season Ticket Holders*. Prepared for the University of Hawai'i Athletics Advisory Board and Department of Athletics, November 2012.
5. **Heinrich KM**, Polin K. *Final Results: Stan Sheriff Center Survey for Women's Basketball Season Ticket Holders*. Prepared for the University of Hawai'i Athletics Advisory Board and Department of Athletics, August 2012.
6. Lightner J, Osler E, Kaczynski AT, **Heinrich KM.** *Evaluation of the Sunflower Trails Program*. Prepared for the Sunflower Foundation, May 2012.
7. Lightner J, Kaczynski AT, **Heinrich K.** *Sunflower Trails Evaluation Project: Coding Themes*. Prepared for the Sunflower Foundation, January 2012.
8. **Heinrich KM.** *Final Results – AAB Stan Sheriff Center Survey for Women's VB Season Ticket Holders*. Prepared for the University of Hawai'i Athletics Advisory Board and Department of Athletics, January 2012.

Research Activities

Pending

National Science Foundation

Bergtold (PI)

08/1/2018-07/31/2021

CURRICIULM VITA
Katie M. Heinrich, Ph.D.

Linking Urban Stream Ecosystem Services with Human Health and Well-Being

Role: Co-Investigator

Amount: \$699,098

Ongoing

Mindlin Foundation

Kurtz (PI)

01/01/2018-12/31/2018

The aim of this project is further to explore the effects of individualized training prescription using heart rate variability indicators on the physiological and psychological outcomes of CrossFit.

Role: Faculty Research Mentor

Amount: \$5,000

Kansas State University, College of Human Ecology

Heinrich (PI)

1/15/2017-1/15/2019

Post-doctoral Research Fellowship Program

The PDRF will serve as key personnel within my Functional Intensity Training Laboratory on my National Institutes of Health funded grant (*HIFT for Obesity Prevention, Fitness and Health Promotion in Military Personnel*) the Army Training at High Intensity Study (ATHIS; www.ksu.edu/athis).

Amount: \$56,970

Institutes of Health (R01DK099516)

Heinrich, Poston (PIs)

08/19/14-7/31/19

HIFT for Obesity Prevention, Fitness and Health Promotion in Military Personnel

The purpose of this cluster-randomized clinical trial is to compare the effectiveness of high-intensity functional training versus usual Army Physical Readiness Training on improving body composition, fitness and health.

Role: Co-PI

Amount: \$2,522,024

Completed

Kansas State University Academic Excellence Fund

Heinrich (PI)

1/16-6/16

Funding to support student travel for presentations at academic conferences

Amount: \$3,500

Johnson Cancer Research Center

Heinrich (PI)

11/15-5/16

Equipment Award: AMTI Accupower Force Platform

Amount: \$18,000

Kansas State University Small Research Grants

Kim (PI)

9/13-8/14

Environmental Barriers and Opportunities for Safe Routes to School in the City of Manhattan: Phase I Plan

This cross-sectional study examined the association between school environments and children's walking to school behaviors among 4th and 8th grade students at 11 schools in the City of Manhattan, Kansas.

Role: Co-Investigator/Mentor

Amount: \$2,000

Johnson Cancer Research Center

Heinrich (PI)

5/13-6/14

Physical Activity to Improve Survival and Quality of Life Among Cancer Survivors

CURRICIULM VITA
Katie M. Heinrich, Ph.D.

Environmental Barriers to Maintaining a Healthy Weight in Urban Housing Developments

The purpose of this two-year development award was to assess the obesogenic environment of public housing developments. In this study data were collected from the stores and restaurants that were available to residents of public housing developments (80% low-income, African Americans). Stores and restaurants were evaluated as to the availability of healthy food choices.

Role: Research Assistant

Amount: \$50,000

American Heart Association Heartland

Lee (PI)

7/02-6/04

Defining Neighborhood Structures that Contribute to Overweight and Obesity

The goal of this two-year beginning grant-in-aid was to develop and validate a strategy to define neighborhood structures (food sources, food advertising, and physical activity resources) that may contribute to dietary habits, physical activity, overweight and obesity among public housing development residents. This study combined environmental data from existing databases and direct observations. All obesogenic neighborhood structures as listed above were systematically documented and described. Then the relationships between the assessments from the food sources, food advertising, and physical activity resources were explored.

Role: Research Assistant

Amount: \$110,000

National Institutes of Health (R01)

Ahluwalia (PI)

Health Behaviors Among Smokers in Public Housing Developments (PATHways To Health – PATH)

The primary goal of this study was to test motivational interviewing (MI) counseling, in combination with nicotine gum versus a comparison condition of a dietary intervention to increase consumption of fruits and vegetables. In this study, 20 public housing developments were randomly assigned to either a smoking cessation or dietary change intervention. Smokers were recruited through health fairs.

Role: Research Assistant (2002-03)

Mid-America Heart Institute

Spertus (PI)

Risk Adjustment of 1-year Health Status in CAD: Follow-up Study for the Kansas City Cardiomyopathy Questionnaire

This longitudinal cohort study aimed to: 1) describe baseline and 1-year health status for patients with acute coronary syndromes; 2) identify the association between baseline health status and use of revascularization; 3) test the explanatory power of health status in predicting 1-year mortality from acute coronary syndromes; and 4) create risk-adjustment models for 1-year health status outcomes in patients with acute coronary syndromes.

Role: Research Assistant (2002)

Teaching Related

Kansas State University Division of Continuing Education Heinrich, Jordan, Larson (PIs) 6/11-5/12

Nutrition and Exercise for Fitness and Performance

The purpose of this project was to develop an online certificate program as a collaboration between the Department of Human Nutrition and the Department of Kinesiology.

Role: Co-PI

Amount: \$41,350

Association for Prevention Teaching and Research

Heinrich, Partika (PIs)

6/09-12/10

Collaborative Integration of Public Health Content into Undergraduate Education

CURRICIULM VITA
Katie M. Heinrich, Ph.D.

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.

Role: Co-PI

Amount: \$14,948

Other Funding

Kansas State University Open Access Publishing Fund

7/2014

Publication fee for BMC Public Health

Amount: \$1,793.50

Unfunded Ongoing Research

N/A

Heinrich (PI)

10/17-12/18

2017 Survey of Kansas Policy-Makers' Attitudes toward Issues and Problems in Kansas

The purpose of this study is to repeat a survey from 2011 of elected and appointed officials in the State of Kansas in order to ascertain their opinions on the following: 1) the most important issues or problems in Kansas; 2) their ratings of the importance of a list of problems faced by many states; and 3) what Kansas needs most to solve these problems. Data from this survey will be compared to determine changes in the political climate in Kansas in order to determine the best approaches for collaboration on issues related to physical activity and obesity.

N/A

Heinrich (PI)

8/17-7/18

Effects of Sport and High-Intensity Functional Training on Adaptive Athletes' Quality of Life

This pilot study is examining the effects created by High Intensity Functional Training on Adaptive Athletes (i.e., individuals with physical or mental impairments) and how their quality of life may improve in comparison to athletes participating in adaptive sports.

Unfunded Completed Research

Physical Activity Policy Research Network/CDC

Seeger (PI)

5/13-6/14

Marketing Walking to Women and Their Families

This study identified key issues and developed messages for use in campaigns and interventions to foster sustainable walking behavior among low-income, ethnic minority women and their families.

Role: Co-I

Physical Activity Policy Research Network

Umstattd & Perry (PIs)

2013-14

Common Community Measures for Obesity Prevention in Rural Built Environments

The purpose of this study was to extract relevant information from interventions published regarding efforts to influence physical activity through built environment changes in rural settings.

Role: Co-I

Physical Activity Policy Research Network

Cradock (PI)

2013-14

Public Support for Active Transportation Policies

The purpose of this study was to examine data from a nationwide random-digit-dial phone interviews of participants from communities with high obesity/sedentary behavior prevalence and communities

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10. Heinrich KM. (July 2016). Human Subjects Research. Invited presenter at an NIH Grant Writing Workshop, Kansas State University, Manhattan, KS.
11. Heinrich KM. (May 2016) Experienced Grant Writers/Reviewers. Invited panelist at the College of Human Ecology Grant Writing Workshop, Kansas State University, Manhattan, KS.
12. Heinrich KM. (March 2016) Faculty Senate 101. Invited panelist for the College of Human Ecology New Faculty Series, Kansas State University, Manhattan, KS.
13. 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.
14. Heinrich KM. (December 2014). Research in the Functional Intensity Training Lab. Guest Speaker at the Kinesiology Student Association Meeting. Kansas State University, Manhattan, KS.
15. 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.
16. 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.
17. 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.
18. Heinrich KM. (April 2014). Obesity Research: Policies, Programs, and Environment. Horticulture Forestry and Recreation Resources Seminar, Kansas State University, Manhattan, KS.
19. 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.
20. 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.
21. 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.
22. Heinrich KM. (February 2013). High-Intensity Functional Training through CrossFit. Presentation for the Public Health Club, Kansas State University, Manhattan, KS.

Media Appearances / Expert Opinion

- 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/>
Video by Blomberg, M. “Keeping Children Active this Summer.”
<https://www.dropbox.com/sh/i0pb8vifhidio7q/AABGmbVlUwUjLm92-CmnzI2a?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

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(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>.

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

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>.

CURRICIULM VITA

Katie M. Heinrich, Ph.D.

- 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
- 2007 KHNL Channel 8 News (Honolulu NBC affiliate; December 19) – Results of Hawai’i Policy Study

Professional Service Activities

Editorial / Peer-Reviewer Activities

Grant Reviews

- 2018 National Cattlemen’s Beef Association (single grant review)
Kansas State University, University Small Research Grants (Spring)
- 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

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- 2009 National Institutes of Health, Building Sustainable Community-Linked Infrastructure to Enable Health Science Research
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
- 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

Editorial Board Member: *Crossing Borders: A Multidisciplinary Journal of Undergraduate Scholarship* (since 2018); *Frontiers in Public Health: Public Health Education and Promotion* (since 2014); *American Journal of Health Promotion* (2014-15)
Special Issue Editor: Sports ([High Intensity Functional Training](#)) (2018)
Article Editor: *SAGE Open*

Ad Hoc Reviewer:

<i>Accident Analysis and Prevention</i>	<i>American Journal of Health Promotion</i>
<i>American Journal of Preventive Medicine</i>	<i>American Journal of Public Health</i>
<i>Appetite</i>	<i>Athletic Insight</i>
<i>Biology of Sport</i>	<i>BMC Public Health</i>
<i>California Journal of Health Promotion</i>	<i>Eating and Weight Disorders</i>
<i>Environment and Behavior</i>	<i>European Journal of Sport Science</i>
<i>Evaluation and Program Planning</i>	<i>Exercise and Sport Science Reviews</i>
<i>Frontiers in Psychology</i>	<i>Frontiers in Public Health</i>
<i>Health and Place</i>	<i>Health Behavior and Public Health</i>
<i>Human Movement</i>	<i>International Journal of Obesity</i>
<i>International Journal of Behavioral Nutrition and Physical Activity</i>	
<i>International Journal of Health Geographics</i>	<i>Journal of Aging and Physical Activity</i>
<i>Journal of Behavioral Medicine</i>	<i>Journal of Family Issues</i>
<i>Journal of Physical Activity and Health</i>	<i>Journal of Public Health Dentistry</i>

CURRICIULM VITA
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Journal of Public Health Management and Practice
Journal of Science and Medicine in Sports
Journal of the American Dietetic Association
Journal of Urban Health
Medicine & Science in Sports & Exercise
Nutrients
Obesity
PLOS One
Preventive Medicine
Psychology of Sport and Exercise
Safety and Health at Work
[Sports](#)

Journal of Sport and Exercise Psychology
Journal of Transport and Health
Journal of Women's Health
Military Medicine
Nutrition Journal
Permanente Journal
Preventing Chronic Disease
Preventive Medicine Reports
Public Health Nursing
Social Science and Medicine
Women in Sport and Physical Activity

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)

Book Reviewer – Wiley/Jossey-Bass, *Designing and Conducting Research in Health and Human Performance*

Abstract and Symposia Reviews

American Public Health Association (2017-present)
Active Living Research (2014-present)
American Academy of Health Behavior (2011-present)
Society of Behavioral Medicine (2005-present)

Professional Committees and Groups

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

2012-17 Healthy Communities Initiative Advisory Committee Member

CURRICIULM VITA
Katie M. Heinrich, Ph.D.

CrossFit International

2011-12 Coaching Certification Item Writer

Kansas Public Health Association

2014-15 Poster Judge for Annual Conference

2011- 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

2016-17 Open Rank Faculty Member Search Committee Member

2016- Graduate Council 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

CURRICIULM 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 | 2016- |
| KIN 345: Exercise Behavioral Science | 2010- |
| KIN 346: Lab for Public Health Physical Activity | 2010-14 |
| KIN 521: Practicum in Public Health Physical Activity | 2011-13 |
| KIN 597: Research in Kinesiology | 2015- |

CURRICIULM VITA
Katie M. Heinrich, Ph.D.

KIN 599: Independent Study in Kinesiology	2012-
KIN 612: Policy, Built Environment and Physical Activity	2013-17
KIN 797: Obesity in Adults: Behavior, Environment and Policy Influences	2014-
KIN 830: Public Health Physical Activity (graduate)	2011-13
KIN 896: Graduate Independent Study in Kinesiology	2012-
KIN 897: Graduate Research in Kinesiology	2015-

University of Hawai'i at Manoa

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

University of Missouri-Kansas City

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	

Advising / Mentoring

Postdoctoral Research Fellow (Supervisor)

Sarah J. Cosgrove, PhD (2017-2018)

Doctorate in Kinesiology Students (Major Professor)

Alexander Joseph Kloss (PhD student), Kansas State University

Justin DeBlauw (PhD student), Kansas State University

Brittany Hollerbach (PhD student), Kansas State University

Jesse Stein (PhD Candidate), Kansas State University

Ainslie Kehler (PhD Candidate), Kansas State University

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 Public Health Students (Major Professor)

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

Thesis Funding: *College of Human Ecology Thesis Award, \$750*

Victor Andrews (MPH student), Kansas State University

Katelyn Gilmore (MPH student), Kansas State University, "*The Campus Effect: Built Environment and Active Transportation at Kansas State University*"

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*"

CURRICIULM VITA
Katie M. Heinrich, Ph.D.

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>

Joey 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*”

Master of Science in Kinesiology Students (Major Professor)

Brady Kurtz (MS student), Kansas State University

Timothy Caleb Hepler (MS student), Kansas State University

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*

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*

Student Committees

Alexis Zavala (MPH student), Kansas State University

Christal Omni (MPH student), Kansas State University

Jami Price (MPH student), Kansas State University

Taylor Whitaker (MRCP student), Kansas State University, “*Linking Affect and the Built Environment using Mobile Sensors and Geospatial Analysis*”

Rebecca Gasper, MPH student (2018), Kansas State University, “*Effects of a brief web-based intervention on motivation, attitude, and physical activity in adults*”

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

CURRICIULM VITA
Katie M. Heinrich, Ph.D.

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

<http://hdl.handle.net/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>

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>

CURRICIULM VITA
Katie M. Heinrich, Ph.D.

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

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

2018 Brady Kurtz (Spring 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]
Melitza Ramirez (Spring 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)
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*

CURRICIULM VITA
Katie M. Heinrich, Ph.D.

- 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-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*
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 Loreda, Jacob Jacquez, Katelyn Gilmore, Cheyenne Becker, Victor Andrews
- 2013 Andrea Sweetwood, Taran Carlisle, Blake Johns, Jennifer Hauser, Jacob Frye, Rommi Loreda, 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