

# Curriculum Vitae

## Kate Snyder Heelan

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### EDUCATION

University of Kansas. Lawrence, Kansas: 2002 Doctorate of Philosophy,  
Exercise Science.

University of Nebraska at Kearney. Kearney, Nebraska: 1995 Master of Arts in  
Education, Exercise Science.

Drury College. Springfield, Missouri: 1993 Bachelor of Arts, Mathematics, Biology.

### PROFESSIONAL EXPERIENCE

Professor	Department of Kinesiology and Sport Sciences, University of Nebraska at Kearney, Kearney, Nebraska (July 2011 – present)
Associate Professor	Department of Health, Physical Education, Recreation and Leisure Studies, University of Nebraska at Kearney, Kearney, Nebraska (July 2006 – July 2011)
Assistant Professor	Department of Health, Physical Education, Recreation and Leisure Studies, University of Nebraska at Kearney, Kearney, Nebraska (August 2001 – June 2006)
Graduate Teaching Assistant	Department of Health, Sports and Exercise Sciences, University of Kansas, Lawrence, Kansas (August 1999 – May 2001)
Graduate Research Assistant	Department of Health, Sports and Exercise Sciences, University of Kansas, Lawrence, Kansas (August 1999 - December 2000)
Lecturer	Department of Health, Physical Education, Recreation and Leisure Studies, University of Nebraska at Kearney, Kearney, Nebraska (August 1997 - July 1999)
Research Associate	Human Performance Laboratory, University of Nebraska at Kearney, Kearney, Nebraska (August 1995 - July 1999)
University Employee Health and Wellness	University of Nebraska at Kearney, Kearney, Nebraska (February 1998 - July 1999, August 2002 - 2006)

## **SCHOLARSHIP**

### **PUBLICATIONS**

- Bartee R.T., **Heelan K.A.**, Golden C.A., Hill J.L., Porter G.C., Abbey B.A., George K., Foster N., Estabrooks P.A. Adaptations of an Effective Evidence-based Pediatric Weight Management Intervention. Prevention Science. In Press.
- Michaud, T.L., Hill, J.L., **Heelan, K.A.**, Bartee, R.T., Abbey, B.M., Malmkar, A., Masker, J., Golden, C., Porter, G., Glasgow, R.E., Estabrooks, P.A. (2022) Understanding implementation costs of a pediatric weight management intervention: An economic evaluation protocol Implementation Science Communications. 3(1): DOI: [10.1186/s43058-022-00287-1](https://doi.org/10.1186/s43058-022-00287-1)
- Golden,C., **Heelan,K.A**, Hill, J., Bartee,T., Abbey,B.M, Estabrooks, P.A. (2022) Qualitative Comparative Analysis of Program and Participant Factors that Explain Success in a Micropolitan Pediatric Weight Management Intervention. Childhood Obesity.18(5): 324-332. <http://doi.org/10.1089/chi.2021.0160>
- Heelan, K. A.**, Abbey, B.M, Bartee, R.T., Estabrooks, P.A., Malmkar, A., Jacobs, T., Hill, J.L, (2021) Packaging of a Pediatric Weight Management Intervention and Implementation Blueprint for Rural and Micropolitan Communities– The Nebraska CORD 3.0 Project. Childhood Obesity, 17(S1) S-62 -S69. <https://doi.org/10.1089/chi.2021.0171>
- Hill JL, **Heelan KA**, Bartee T, Wichman C, Michaud T, Abbey B, Porter G., Estabrooks PA. (2021). A Type III Hybrid Effectiveness – Implementation Pilot Trial Testing Dissemination and Implementation Strategies for a Pediatric Weight Management Intervention: The Nebraska Childhood Obesity Research Demonstration Project. Childhood Obesity, 17(S1) S70-S78. <https://doi.org/10.1089/chi.2021.0170>
- Porter, G.C., Schwab, R., Hill, J.L., Bartee, R.T., **Heelan, K.A.**, Michaud, T.L., & Estabrooks, P.A. (2021) Examining the feasibility and characteristics of realistic weight management support for patients: Focus groups with rural, micropolitan, and metropolitan primary care providers. Preventive Medicine Reports, 23:1-8. <https://doi.org/10.1016/j.pmedr.2021.101390>
- Golden CA, Hill JL, **Heelan KA**, Bartee RT, Abbey BM, Malmkar A, & Estabrooks PA (2021). A dissemination strategy to identify communities ready to implement a pediatric weight management intervention in geographically underserved areas. Preventing Chronic Disease, 18:200248. DOI: <http://dx.doi.org/10.5888/pcd18.200248>
- Reed, J., Dinkel, D.,Bice, MR.,Estabrooks, P., Pozehl, B., **Heelan, K.A.**, (2020) Perceptions of Participants and Staff of Implementing a Physical Activity Program in Rural Primary Care Evaluation and Program Planning.79 (101772), 1-7.

- Bartee RT, Burger PR, **Heelan KA**, Coughlin A, Combs, SJ., (2019) Spatial Analysis of Cancer Survivors' Accessibility to Exercise Programs Designed Exclusively for their Needs. Pennsylvania Geographical Society. 57(2), 1-15
- Reed, J., Estabrooks, P., Pozehl, B, **Heelan, K.A.**, Wichman, C., (2019) Effectiveness of the 5A's Model for Changing Physical Activity Behaviors in Rural Adults Recruited from Primary Care Clinics. Journal of Physical Activity and Health. 16(12), 1138-1146.
- Bartee, R.T., **Heelan, K.A.**, Dority, B., (2018) Longitudinal Evaluation of Aerobic Fitness and Academic Achievement among School Children. Journal of School Health. 88(9): 644-650.
- Gustafson, C.R., Abbey, B.M., **Heelan, K.A.**, (2017) Impact of School children's Involvement in the Design Process on the Effectiveness of Healthy Food Promotion Materials. Preventive Medicine Reports. 6: 246-250. doi: [10.1016/j.pmedr.2017.03.010](https://doi.org/10.1016/j.pmedr.2017.03.010)
- Adkins, M., Bice, M., Heelan, K., Ball, J., (2017) Enhancing Physical Education with a Supplemental Physical Activity Program. Journal of Physical Education, Recreation & Dance (JOPERD).88 (8): 29-34
- Saint-Maurice, F.P., Welk, G.J., Bartee, R.T., **Heelan, K.A.** (2016). Calibration of Context Specific Survey Items to Assess Youth Physical Activity Behavior. Journal of Sports Sciences, DOI: 10.1080/02640414.2016.1194526.
- Heelan, K.A.**, Bartee, R.T., Sherry, B., Nihiser, A. (2015) Decreasing Childhood Obesity – The Kearney Nebraska Story. Childhood Obesity.11(5):600-607.
- Adkins, M., Bice, M., **Heelan K.A.**, Bartee, R.T. (2015) Increasing physical activity during the school day through physical activity classes: Implications for Physical Educators. The Physical Educator. 72:(173-184).
- Abbey, B.M., **Heelan, K.A**, Brown, G.A., Bartee, R.T. (2014) The Validation of HydraTrend™ Reagent Strips for the Assessment of Hydration Status. Journal of Strength and Conditioning Research. 28(9): 2634-9. 2014.
- Saint-Maurice, P.F., Welk,G.J, Bartee, R.T., **Heelan, K.A.** (2014) Calibration of Self Report Tools for Physical Activity Research: The Physical Activity Questionnaire (PAQ). BMC Public Health . 14: 461-470.
- Adkins, M., Brown, G.A., **Heelan, K.** Ansorge, C., Shaw, B.S. & Shaw, I. (2013) Can dance exergaming contribute to improving physical activity levels in elementary school children? African Journal for Physical, Health Education, Recreation and Dance (AJPHRD). Vol 19 (3), 576-586.
- Heelan, K.**, Combs, H.J, Abbey, B.M., Burger, P., Bartee, T., (2013) Evaluation of School Transportation Patterns and the Associated Impact on BMI in 2 Midwestern Communities. Journal of Physical Activity and Health. 10 (5): 632-640.

- Holt, E.E., Bartee, R.T., **Heelan, K.A.** ,(2013) Evaluation of a Policy to Integrate Physical Activity in the School Day. Journal of Physical Activity and Health. 480-487.
- Peters, B.P., Abbey, B.M., **Heelan, K.A.** (2013) Validation of Omron™ Pedometers Using MTI Accelerometers for Use with Children, International Journal of Exercise Science. 6(2): 106-113.
- Brown, G.A., Krueger, R.D., Cook, C.M., Heelan, K.A., Brown, G.A., Shaw, B.S. & I Shaw., (2013) A Prediction Equation for the Estimation of Cardiorespiratory Fitness using an Elliptical Motion Trainer. West Indian Medical Journal. 61(12): 114-117.
- Ruebel, M.L., **Heelan, K.A.**, Bartee, R.T., Foster, N., (2011) Outcomes of a Family Based Pediatric Obesity Program- Preliminary Results. International Journal of Exercise Science. 4(4):217-228.
- Martinez-Gomez, D., Eisenmann, J.C., Tucker, J., **Heelan, K.A.**, Welk, G., (2011) Associations between moderate-to-vigorous physical activity and central body fat in 3-8 year-old children. International Journal of Pediatric Obesity. Vol 6 (2-2).
- Hayes, H.M., Eisenmann, J.C., **Heelan, K.A.**, Welk, G.J, Tucker, J. (2011) Joint Association of Fatness and Physical Activity on Resting Blood Pressure in 5-9 year old Children. Pediatric Exercise Science. 23:97-105.
- Hill, E.E., Eisenmann, J.C., Holmes, M.E., **Heelan, K.A.** (2010) Morning Cortisol is Not Associated with Truncal Fatness or Resting Blood Pressure in Children: Cross Sectional and 1-2 Year Follow-Up Analyses. Journal of Pediatric Endocrinology and Metabolism. 23(10):1031-7.
- Eisenmann, J.C., Sarzynski, M.A., Tucker,J., Laurson, K, **Heelan, K.A.** (2010) Association Between Maternal Pre-Pregnancy Weight Status and Offspring Fatness and Blood Pressure: Role of Physical Activity. Pediatric Exercise Science. 22: 369-378.
- Sarzynski, M. A., Eisenmann, J.C., Welk, G.J.,Tucker, J., Glenn, K., Rothschild, M.F., **Heelan, K.A.**, (2010) ACE I/D, Physical Activity, and Blood Pressure in Children. Pediatric Exercise Science. 22:301-313.
- Costello, M.M, **Heelan, K.A.**, Mowry, D.A., Abbey, B.M. (2010) The Association between Soft Drink Consumption and Body Fat in Females age 16 to 24. International Journal of Exercise Science.3(4):189-196.
- Brown, G.A., Cook, C., Krueger, R., **Heelan, K.A.**, (2010) Comparison of Energy Expenditure on a Treadmill vs an Elliptical Devise. Journal of Strength and Conditioning Research. 24(6):1643-1649.
- Drenowatz, C., Eisenmann, J.C., Pfeiffer, K.A., Welk, G., Heelan, K., Gentile, D., Walsh, D., (2010) Influence of socio-economic status on habitual physical activity and sedentary behavior in 8- to 11-year old children. BMC Public Health, 10:214

- Mowry, D.A., Costello, M.M, **Heelan, K.A.**, (2009) Association between Fitness, Body Fat and Serum Bone Markers in Young Healthy Women. Journal of the American Osteopathic Association. Vol. 109(10) 534-539.
- Eisenmann, J.C., Sarzynski, M. A., Glenn, K., Rothschild, M.F., **Heelan,K.A.**, (2009) ACE I/DGenotype, Adiposity, and Blood Pressure in Children. Cardiovascular Diabetology. Vol 8:14 .
- Heelan, K.A.**, Abbey, B.M., Donnelly, J.E., Mayo, M. S., Welk, G.,(2009) Evaluation of a Walking School Bus for Promoting Physical Activity in Youth. Journal of Physical Activity & Health. Vol. 6: 560-567.
- Martinez-Gomez, D., Tucker, J., **Heelan, K.A.**, Welk, G., Eisenmann, J.C. (2009) Associations Between Sedentary Behavior and Blood Pressure in Young Children. Archives of Pediatrics & Adolescent Medicine.Vol.163(8):1-7.
- Holmes, M., **Heelan, K.A.**, Eisenmann, J.C.(2009) The Association Between Calcium Intake and Adiposity in 9-12 yr Old Children. International Journal of Body Composition Research. Vol.7 (1):1-6.
- Semin, K., A.C. Stahlnecker, **K.A. Heelan**, G.A. Brown, B.S. Shaw, and I. Shaw., (2008) Discrepancy Between Training, Competition and Laboratory Measures of Maximum Heart Rate in NCAA Division 2 Distance Runners. Journal of Sports Science and Medicine. Vol. 7: 455-460.
- Brown, G.A., Lynott, F., **Heelan, K.A.**, (2008) A Fitness Screening Model for Increasing Fitness Assessment and Research Experiences in Undergraduate Exercise Science Students. Advances in Physiology Education.Vol.32: 212-218.
- Heelan, K.A.**, Boury, S., Abbey, B.M., Donnelly, J.E., Combs, H.J., Unruh, S.(2008) Walking To School ...Taking Research to Practice. JOPERD. Vol. 79 (6):36-41.
- Heelan, K.A.**, Eisenmann, J.C. (2006) Physical Activity, Media Time, and Body Composition In Young Children. Journal of Physical Activity & Health. Vol. 3(2):200-209.
- Eisenmann, J.C., Wrede, J., **Heelan, K.A.**, (2005) Associations Between Adiposity, Family History Of CHD And Blood Pressure In 3-8 Yr Old Children. Journal of Human Hypertension. Vol, 19:675-681.
- Heelan, K.A.**, Donnelly, J.E., Jacobsen, D.J. Mayo, M.S., Washburn, R., Greene, L., (2005) Active Commuting To And From School And BMI In Elementary School Children – Preliminary Data. Child: Care, Health & Development. Vol.31(3): 341-349.
- Eisenmann, J.C., **Heelan, K.A.**, Welk, G., (2004) Assessing Body Composition among 3- to- 8-Year-Old Children: Anthropometry, BIA, and DXA. Obesity Research.

Vol.12:1633-1640.

Krueger, R., Cook, C., **Heelan, K.A.**, (2004) A Prediction Equation for Estimating Cardiorespiratory Fitness (VO<sub>2</sub>max) using a Precor Elliptical Exercise Machine. Proceedings of the National Conference on Undergraduate Research.

Jacobsen, D.J., Donnelly, J.E., **Snyder -Heelan, K.A.**, Livingston, K.L. (2003) Adherence And Attrition With Intermittent And Continuous Exercise In Overweight Females. International Journal of Sports Medicine. Vol 24: 459-464.

Donnelly, J.E., Jacobsen, D.J., Hill, J.O., Potteiger, J., Sullivan, D., Johnson, S., **Heelan, K.A.**, Fennessey, P.V., Sonko, B., Sharp, T., Jakicic, J., Blair, S.N., Tran, Z.V., Mayo, M., Gibson, C., Washburn, R. (2003) The Effects Of A 16-Month, Randomized, Controlled Exercise Trial On Body Weight And Composition In Young, Overweight Men And Women: The Midwest Exercise Trial (MET). Archives of Internal Medicine Vol. 163:1343-1350.

Falk, D. J., **Heelan, K.A.**, Thyfault, J. P., Koch, A. (2003) Effects Of Effervescent Creatine, Ribose, And Glutamine Supplementation On Muscular Strength, Muscular Endurance And Body Composition. Journal of Strength and Conditioning Research. Vol. 17 (4): 810-817

Sullivan, D., Legowski, P., Jacobsen, D., **Snyder Heelan, K.**, Johnson, S., Donnelly, J. (2002) A Low Fat After School Snack Improves the Nutritional Quality of Elementary School Children's Diets. Journal of the American Dietetic Association. Vol. 102 (5):707-709.

Donnelly, J.E., Jacobsen, D.J., **Snyder Heelan, K.A.**, Seip, R.L., Smith, S.,(2000) The Effects of 18 months of Intermittent vs Continuous Exercise on Aerobic Capacity, Body Weight and Composition, and Metabolic Fitness in Previously Sedentary, Moderately Obese Females. International Journal of Obesity. Vol. 24: 566-572.

**Snyder, K.A.**, Donnelly, J.E., Jacobsen, D.J., Hertner, G., Jakicic, J.M., (1997) The Effects of Long-term, Moderate Intensity, Intermittent Exercise on Aerobic Capacity, Body Composition, Blood Lipids, Insulin and Glucose in Overweight Females. International Journal of Obesity. Vol. 21: 1180-1189.

### **Refereed Presentations with Published Abstracts:**

#### **Novak - ACSM**

**Heelan, K.A.**, Bower, H., Abbey, B.M, **Bartee, R.T** Attenuation of Excessive Weight Gain One Year Post Pediatric Obesity Treatment Initiation. *Med Sci Sport Exerc.* 50(5). *Presented at the 64<sup>th</sup> Annual Meeting of the American College of Sports Medicine Minneapolis MN, May 2018.*

Bartee, R. T., Wuebben, P., **Heelan, K. A.** Public Health Impact of a Family-based

Pediatric Obesity Treatment Program. *Med Sci Sport Exerc.* 50(5).  
*Presented at the 64<sup>th</sup> Annual Meeting of the American College of Sports Medicine  
 Minneapolis MN, May 2018.*

Coughlin, A., Bartee, R.T., **Heelan, K.A.** Analysis of Cancer Survivor's Accessibility to Exclusively Tailored Exercise Programs in Nebraska. *Med Sci Sport Exerc.* 50(5).  
*Presented at the 64<sup>th</sup> Annual Meeting of the American College of Sports Medicine  
 Minneapolis MN, May 2018.*

Malmkar, A.M., Bartee, Abbey, **Heelan, K.A.**, Feasibility of Implementing a Healthy Vending Initiative on a Public University Campus. *Med Sci Sport Exerc.* 50(5).  
*Presented at the 64<sup>th</sup> Annual Meeting of the American College of Sports Medicine  
 Minneapolis MN, May 2018.*

Malmkar, A.M., **Heelan, K.A.**, Changes in Body Mass from Kindergarten to 5<sup>th</sup> Grade as a Predictor for Body Mass in 5<sup>th</sup> Grade. *Med Sci Sport Exerc.* 49(5). *Presented at the 64<sup>th</sup> Annual Meeting of the American College of Sports Medicine. Denver, CO. May 2017.*

Coughlin, A., Bartee, R.T., **Heelan, K.A.**, Self-Monitoring as a Predictor for Weight Loss in a Family-Based Pediatric Obesity Treatment Program. *Med Sci Sport Exerc.* 49(5).  
*Presented at the 64<sup>th</sup> Annual Meeting of the American College of Sports Medicine.  
 Denver, CO. May 2017.*

Saint-Maurice, P.F., Welk, G., **Bartee, R. T.**, & Heelan, K. Equating self-report tools to objective measures of MVPA: Calibration of the Physical Activity Questionnaire.  
*Presented at the American College of Sports Medicine National Meeting,  
 Indianapolis, Indiana, 2013*

**Heelan, K.A.**, Bartee, R.T., Foster, N., Taking Research to Practice: Building Healthy Families - A Family-Based Pediatric Obesity Treatment Program. *Medicine and Science in Sports and Exercise.* Vol 43 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Denver Colorado, June 2011.*

Peters, B., **Heelan, K.A.**, Validation of Omron™ Pedometers using MTI Accelerometers for Overweight and Obese Children. *Medicine and Science in Sports and Exercise.* Vol 43 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Denver Colorado, June 2011.*

Holt, E.E., **Heelan, K.A.**, Bartee, R.T. Integrating a School Mandated Physical Activity Policy into Classrooms in Rural Midwestern Community. *Medicine and Science in Sports and Exercise.* Vol 43 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Denver Colorado, June 2011.*

Yee, K., Eisenmann, J.C., Welk, G.J., Ihmels, and **Heelan, K.A.**, (2010) Association Of ACE I/D Polymorphism And The FNPA Screening Tool On Fatness And Blood Pressure. *Medicine and Science in Sports and Exercise.* Vol 42 (5): Suppl. *Presented at the*

*American College of Sports Medicine National Meeting, Baltimore Maryland, June 2010.*

Coil, Y., Welk, Gregory J., FACSM., Beyler, N.K.; Silva, P.; **Heelan, K.** (2010) Estimating Minutes of Physical Activity from the Physical Activity Questionnaire for Adolescents (PAQ-A). Medicine and Science in Sports and Exercise. Vol 42 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Baltimore Maryland, June 2010.*

Ruebel, M.L., **Heelan, K.A.**, Foster, N., Roeder, K., Gathje, R and Adkins, M. (2010) Outcomes of a 12-week Family Based Pediatric Obesity Program: Preliminary Findings. Medicine and Science in Sports and Exercise. Vol 42 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Baltimore Maryland, June 2010.*

**Heelan, K.A.** Abbey, B.M., Cook-Wiens, G. (2009) Impact of a Walking School Bus On The Prevalence of Active Commuting Over Three Years. Medicine and Science in Sports and Exercise. Vol 41 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Seattle Washington, June 2009.*

Costello, M., **Heelan, K.A.**, Mowry, D. (2009) The Association between Quantity of Soft Drink Consumption and Adiposity in Young Females. Medicine and Science in Sports and Exercise. Vol 41 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Seattle Washington, June 2009.*

Holt, E.E., **Heelan, K.A.**, Abbey, B.M. (2009) Changes in BMI Percentile Status of Elementary School Students Over One Year. Medicine and Science in Sports and Exercise. Vol 41 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Seattle Washington, June 2009.*

Ruebel, M.L, Costello, M.M, Unruh, S.A., **Heelan, K.A.** (2009) Lean and Fat Mass Effects on Bone Mineral Density in Female Athletes and Non Athletes. Medicine and Science in Sports and Exercise. Vol 41 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Seattle Washington, June 2009.*

Eisenmann, J.C., Baxter-Jones A.B.G, Welk, G., **Heelan, K.** (2009) Longitudinal modeling of physical activity, body fatness and blood pressure during childhood: the UNKids Study. Medicine and Science in Sports and Exercise. Vol 41 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Seattle Washington, June 2009.*

Mowry, D.A., Costello, M.M., **Heelan, K.A.** (2008) Association between Bone Mineral Density, Percent Body Fat and Bone Serum Markers in Young Healthy Females. Medicine and Science in Sports and Exercise. Vol 40 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Indianapolis IN, June 2008.*

**Heelan, K.A.**, Abbey, B.M., (2006) Frequent Walking To and From School Over Two Years Does Alter Body Composition in Grade School Children. Obesity Research.



Vol 14 (9): Suppl. *Presented at the North American Association for the Study of Obesity Annual Meeting, Boston MA ,October 2006.*

- Heelan, K.A.**, McFarland, S., (2006) Walking School Bus Approach to Increase Daily Physical Activity and Attenuate BMI in Grade School Children. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Denver, CO, June 2006.*
- McAlpin, J.K., **Heelan, K.A.**, (2006) Children Escorted to School: Preliminary Data on Parental Physical Activity. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Denver, CO, June 2006.*
- Unruh, S., **Heelan, K.A.**, (2006) Parent Expectation of A Walking School Bus Program Offered Through A Public School District In Nebraska. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Denver, CO, June 2006.*
- Ray, M.W., **Heelan, K.A.**, (2006) Influence of Active Commuting To School on Physical Activity Levels of Boys and Girls. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Denver, CO, June 2006.*
- Abbey, B.M., **Heelan, K.A.**, Welk, G., (2006) Evaluating Compliance Of Grade School-Aged Children To Wear Accelerometers. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Denver, CO, June 2006.*
- Ihmels, M.A., Eisenmann, J.C., **Heelan, K.A.**, Welk, G., (2006) Assessing Body Fatness in Children: Comparing DXA, BIA, and Anthropometry and Application to *FITNESSGRAM*. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Denver, CO, June 2006.*
- Braucher, D., Eisenmann, J.C., **Heelan, K.A.**, Wickel, E.E., (2006) Does the Intrauterine Environment Influence Physical Activity During Childhood? Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, Denver, CO, June 2006.*
- Heelan, K.A.**, (2005) Walking School Bus Approach to Alter Lifestyle Physical Activity Patterns of Elementary School Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2005*
- Boury, S., **Heelan, K.A.**, (2005) Differences in Parental Perceived Barriers and Determinants to Active Commuting Among Elementary School Students. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2005*

- Holmes, M.E., Eisenmann, J.C., Johannsen, D., **Heelan, K.A.**, (2005) The Association Between Calcium Intake and Adiposity in 9-12 Year Old Children. Journal of the International Society of Sports Nutrition. Vol 2(1):Suppl.
- Scantling, A., **Heelan, K.A.**, Abbey, B., Eisenmann, J., (2005) Associations Between Physical Activity And Body Composition In Preschool-aged Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2005*
- Semin, K., **Heelan, K.A.**, Eisenmann, J., (2005) Prevalence Of Hypertension And Association With Overweight Among Preschool-aged Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2005*
- Ray, M., **Heelan, K.A.**, Eisenmann, J., (2005) Influence Of Screen Media On Body Composition And Physical Activity In Preschool Age Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2005*
- McFarland, S., **Heelan, K.A.**, (2005) Physical Education Versus Lifestyle Physical Activity In Elementary School Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2005*
- Abbey, B., **Heelan, K.A.**, Scantling, A., Eisenmann, J., (2005) Physical Activity Levels Among 4-7 Year Old Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2005*
- Boury, S., **Heelan, K.A.**, (2004) Parental Perceived Barriers and Determinants Predicting Active Commuting To and From School Among Elementary School Children. Obesity Research. Vol 12:Suppl. *Presented at the North American Association for the Study of Obesity Annual Meeting, October 2004.*
- Heelan, K.A.**, (2004) Walking School Bus Approach to Increase Physical Activity Levels of Elementary School Children. Obesity Research. Vol 12:Suppl. *Presented at the North American Association for the Study of Obesity Annual Meeting, October 2004.*
- Krueger, R.D., **Heelan, K.A.**, Cook, C., (2004) A Prediction Equation for Estimating Cardiorespiratory Fitness (VO<sub>2</sub>max) Using a Precor Elliptical Exercise Machine. Medicine and Science in Sports and Exercise. Vol 36 (5):Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2004*

- McFarland, S.P., **Heelan, K.A.**, Cook, C., Krueger, R.D., Eisenmann, J.C. (2004) Physical Activity, Television Viewing, and Body Composition in Young Children. Medicine and Science in Sports and Exercise, Vol 36 (5):Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2004*
- Heelan, K.A.**, Krueger, R.D., Cook, C., Eisenmann, J.C., (2004) Association Between Physical Activity, Parental Influence, and Overweight During the Adiposity Rebound Period. Medicine and Science in Sports and Exercise. Vol 36 (5):Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2004*
- Boury, S., **Heelan, K.A.**, Frequency of Active Commuting To and From School and Parental Perceived Barriers to Active Commuting. (2004) Medicine and Science in Sports and Exercise. Vol 36 (5):Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2004*
- Boury, S., **Heelan, K.A.**, (2003) Active Commuting to and From School Among 4<sup>th</sup> and 5<sup>th</sup> Grade Children. Medicine and Science in Sports and Exercise. Vol 35 (5): Suppl. *Presented at the American College of Sports Medicine National Meeting, June 2004*
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### **Refereed Presentations (without published abstract)**

#### National/International

Bartee RT, Heelan KA, Golden CA, Hill JL, Porter CG, Abbey BA, George K, Foster N, Estabrooks PA. Adaptations of an Effective Evidence-based Family Healthy Weight Program. Society for Public Health Education 2023 Annual Conference, March 2023.

Abbey B, Heelan KA, Hill, Bartee RT, Malmkar A. Packaging of a Family Healthy Weight Program- Building Healthy Families. Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala Sweden, June 2023.

Heelan KA, Hill JL, Bartee TB, Abbey B, Malmkar A, Estabrooks PA. Participation and initial outcomes of a Family-based Healthy Weight Program- Building Healthy Families- implemented in rural US communities. Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala Sweden, June 2023.

Hill JL, Heelan KA, Michaud T, Golden CA, Abbey B, Bartee RT, Porter G, Estabrooks PA. Community implementer perceptions of the attributes of a packaged family healthy weight program with and without participation in a learning collaborative. International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala Sweden, June 2023.

Porter G, Bartee RT, Golden CA, Estabrooks PA, Hill JL, Heelan KA, Customer Discovery for Scale Up: Enhancing the Acceptability and Scalability of the Building Healthy Families Program. Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala Sweden, June 2023.

Golden CA, Hill JL, Heelan KA, Porter G, Pereira E, Bartee RT, Malmkar A, Michaud T, Abbey B, Estabrooks PA. Comparing direct and indirect assessments of fidelity in a family healthy weight program. Poster presented at International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala Sweden, June 2023.

- Malmkar A, Heelan KA, Hill JL, Golden CA, Bartee RT, Abbey B, Porter G, Estabrooks PA. Learning outcomes from Implementation of an Online Training Resources and Program Package for a Family Healthy Weight Program in the US– Building Healthy Families. Poster presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala Sweden, June 2023.
- Burnham, M., **Heelan, K.**, Abbey, B., Did the Pandemic Influence Body Mass among Middle School Aged Adolescents in a Rural Midwestern Community? *Presented at the International Society of Behavioral Nutrition and Physical Activity, May 2022, Phoenix, AZ*
- Porter, G., Golden, C., Hill, J., **Heelan, K.**, Bartee, T., Abbey, B., Malmkar, A., Estabrooks, P. Preliminary utility testing of the Building Healthy Families Resources and Program Package. *Presented at the International Society of Behavioral Nutrition and Physical Activity, May 2022, Phoenix, AZ*
- Masker, J, **Heelan, K.**, Eisenmann, J., Classifying Weight Status in Adolescent Girls: Does Biological Maturity Matter? *Presented at the International Society of Behavioral Nutrition and Physical Activity XChange Initiative, June 2021, Virtual*
- Estabrooks,P., Hill, J., Zoellner,J., You,W., **Heelan, K.**, Bartee,T., Michaud., T., A systems-based approach for childhood obesity treatment across clinical and community contexts. *Presented at the 12<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Health, December 2019, Washington DC*
- Heelan, K.A.**, Bartee, R.T., Abbey, B.M., Estabrooks, P., Hill, J., Building Healthy Families: A Community-Based Program Aimed at Decreasing Childhood Obesity in Rural Communities *Presented at the 12<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Health, December 2019, Washington DC*
- Hill, J., Estabrooks,P., Zoellner,J., You,W., **Heelan, K.**, Bartee,T., Michaud., T., Facilitating systems-based approaches in multiple rural communities to translate evidence-based childhood obesity interventions into practice. *Presented at the 12<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Health, December 2019, Washington DC*
- Bartee RT, **Heelan KA**, Hill JM, Estabrooks PA, Abbey BM. Pursuing effective strategies to increase reach for family-based pediatric obesity treatment interventions. International Society for Behavioral Nutrition and Physical Activity, Prague, Annual Meeting, Czech Republic, June 2019.
- Abbey, B.M., Bartee, R. T., **Heelan K. A.**, Reduction in BMI z-score reflects changes in body composition in obese children. *Presented at the Society for Behavioral Medicine Annual Conference, April 2018, New Orleans, LA*
- Porter, G.C.**, Schwab, R., Bartee, T., Heelan, K., Hill, J., Michaud, T., & Estabrooks, P. (Accepted) Feasibility of providing a weight management program to support primary care practices in Nebraska: A qualitative analysis. *North American Primary*

Care Research Group, *Practice-Based Research Network Conference, Washington, D.C. June 2018*

Abbey, B.M., **Heelan K. A.**, Bartee, R. T., Overcoming Barriers to a School BMI Screening Program. *Presented at the Society for Behavioral; Medicine Annual Conference, March 28- April 1, 2017, San Diego, California.*

**Heelan K. A.**, Bartee, R. T., Building Healthy Families: Adaptation of a Family-based Behavioral Weight Control Treatment Program for Rural Midwest US Families. Part of International Symposium: Adapting Research-Tested Childhood Obesity Interventions for Community Implementation: Process and Outcomes. *Presented at The International Society for Behavioral Nutrition and Physical Activity Annual Conference, June 7-10, 2017, Victoria Canada.*

**Heelan K. A.**, Bartee, R. T., Nihiser A. J., Sherry B. Healthier School Environment Leads to Decreases in Childhood Obesity – The Kearney Nebraska Story. *Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Conference, May 21-24 2014, San Diego, CA.*

Bartee R. T., **Heelan K. A.**, Measuring the implementation of a school-based multi-strategy obesity prevention program. *Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Conference, May 21-24 2014, San Diego, CA.*

Hannon, K., **Heelan, K.A.**, Obesity Prevalence Declines among Kindergarten Students in a Rural Midwestern Community. *Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Conference, May 21 24 2014, San Diego, CA.*

Perry D., Zimmerman, S., **Heelan K. A.**, Validation of Videography for Portion Size Estimation in a University Cafeteria. *Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Conference, May 21-24 2014, San Diego, CA.*

Zimmerman, S., Perry, D., **Heelan K. A.**, The Impact of Nutrition Point of Decision Prompts in a College Cafeteria. *Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Conference, May 21-24 2014, San Diego, CA.*

Combs, H.J, **Heelan, K.A.**, Abbey, B.M, Burger, P.R. Using GIScience to Examine Elementary School Transportation Patterns. *Presented at the Association of American Geographers, Seattle, Washington, April 2011*

**Heelan, K.A.**, Combs, H.J, Abbey, B.M., McGlade, J.M., Burger, P.R. (2010) Active Commuting to and From School and BMI in US Youth. *Presented at the 3<sup>rd</sup> International Congress on Physical Activity and Public Health, Toronto Canada, May 2010.*



Holt, E.E., **Heelan, K.A.**, Little, P., & Fritson, K.K. Increasing physical activity and improving classroom behaviors in 4th grade students by replacing classroom chairs with fitness balls. *Presented at the 3rd International Congress on Physical Activity and Public Health, Toronto Canada, May 2010.*

Flower, C.T. **Heelan, K.A.** Prevalence of Adolescent Obesity in Rural Nebraska. *Presented at the 3rd International Congress on Physical Activity and Public Health, Toronto Canada, May 2010.*

Fritson, J.L., **Heelan, K.A.**, Ruebel, M.L., Effects of a 12-Week Family Based Obesity Treatment Program on Pediatric Blood Pressures: Preliminary Findings. *Presented at the 3rd International Congress on Physical Activity and Public Health, Toronto Canada, May 2010.*

Peters, B.P., Holt, E.E., **Heelan, K.A.** Effects of temperature on elementary recess time. *Presented at the Alliance for Health, Physical Education, Recreation National Meeting, and Dance, Indianapolis Indiana, March 2010.*

Outcomes from a Two Year Walking School Bus Intervention. American Association for Physical Activity and Recreation. AAHPERD National Convention, Fort Worth, TX, April 2008. (Symposium – competitive selection)

**Implementation of a Walking School Bus Program – The Nuts and Bolts**  
*Kate A Heelan, Bryce M Abbey*

**Parent Expectations and Satisfaction of a Walking School Bus Program –**  
*Scott Unruh, Kate Heelan*

**Parental Perceived Barriers to Active Commuting and Prevalence Rates**  
*Megan Costello, Kate A Heelan, Sarah Boury*

**Physical Activity Levels of Children Who Walk to School**

*Bryce Abbey, Kate Heelan, Matt Mayo, Joe Donnelly, Gregory Welk*

**Walking To and From School on Attenuation of Body Composition**

*Kate A Heelan, Bryce M Abbey, Matt Mayo, Joe Donnelly, Gregory Welk*

Relationship Between Exercise Adherence, Injury and Illness with Aerobic Capacity and Energy Expenditure in a Long-term Exercise Trial. Nutrition Week, San Diego, California. February, 2002. (competitive selection)

How Does Long-term Intermittent Exercise Affect Adherence and Metabolic Fitness.

**Snyder, K.A.**, Seip, R.L., Donnelly, J.E., Jacobsen, D.J., The American Alliance for Health, Physical Education, Recreation and Dance National Meeting. Reno, Nevada, April 1998 (invited).

## Regional

Adaptations of an Effective Evidence-based Pediatric Weight Management Intervention for Implementation into Rural and Micropolitan Communities. Child Health Research Institute Pediatric Research Forum, UNMC, Omaha, Nebraska. May 13, 2021 (Invited Keynote).

A Community Approach to Pediatric Obesity Treatment: Kearney Public Schools and

Building Healthy Families. Nebraska Academy of Nutrition and Dietetics 2018 Annual Conference, Lincoln, Nebraska. April 20, 2018 (invited).

Signs of Progress: Kearney Public Schools and Building Healthy Families Pediatric Obesity Treatment Program. Central Nebraska Child Obesity Conference, Hastings Nebraska. December 2016 (invited).

The Learning Connection: Enhancing Academic Success through Healthy School Environments Panel. Nebraska Student Wellness Summit. Midwest Dairy Council and the Nebraska Association of School Boards, Lincoln, Nebraska. April 2015 (invited).

Fighting Childhood Obesity and Winning. Nebraska Association of School Boards. Omaha, Nebraska. November 2013 (invited).

Innovative Approaches to Rural Health. Nebraska Rural Future Conference. Lincoln, Nebraska November 2013 (Invited).

Building Healthy Families Pediatric Obesity Treatment Program. Nebraska Nurse Practitioners 22<sup>nd</sup> Annual Conference. Kearney, Nebraska February 2013 (invited).

Childhood Obesity and How Schools can make Small Changes with a Large Impact. Keynote Speaker, Healthy Flavors-Healthy Schools, Regional AFHK School Wellness Expo., Ord, Nebraska October 2012 (invited)

Healthy Living By Design. Charting a New Course, 2012 Nebraska Adult Education Conference., XXXI Kearney, Nebraska September 2012 (invited).

School Nurse's Role in the Fight with Childhood Obesity. Nebraska School Nurses 28<sup>th</sup> Annual School Health Conference. Kearney, Nebraska June 2012 (invited).

The Influence of Maternal Pre-pregnancy Weight Status, Gestational Weight Gain, and Birthweight on Blood Pressure Development in Children. JC Eisenmann, KR Laurson, **K Heelan**. 2nd annual Helen Devos Children's Hospital Research Symposium, April 17-18, 2009. Grand Rapids, MI (competitive selection).

Walking School Bus Approach to Increasing Physical Activity Levels of Elementary School Children. 6<sup>th</sup> Annual Conference on the Prevention and Treatment of Obesity – Emphasis on Childhood and Adolescent Obesity. Kansas City, Missouri, September 2004 (invited).

Differences in Energy Expenditure Between Males and females in Response to Exercise. Central States Chapter of American College of Sports Medicine Regional Meeting, Kansas City, Missouri, October 2000. (competitive selection)

The Effects of Long-term Moderate Intensity Exercise on Adherence and Attrition. Central States Chapter of American College of Sports Medicine Regional Meeting, Kansas City, Missouri, October 1999. (competitive selection)

Creating Energy Balance, **Heelan, K.A.**, Steinkrueger, R., Nebraska Association for Health, Physical Education, Recreation and Dance. Annual State Meeting. Kearney, Nebraska, October 2005 (invited).

The Impact of Physical Activity on the Obesity Epidemic, **Heelan, K.A.**, Nebraska Association of Exercise Physiologists Annual State Meeting. Kearney, Nebraska, March 2003 (invited).

## **GRANTS**

### **Submitted**

National Institutes of Health	Submitted Feb 2023
Scaling up Building Healthy Families in Rural Areas and Small Towns	\$3,800,877
Role: Multiple Principal Investigator	

### **Current**

8U24OD024957-02	
National Institutes of Health through UNMC	\$88,892
IDeA States Pediatric Clinical Trials Network	Funded 8/2020- 7/2025
Nebraska Pediatric Clinical Trial Unit	
Role: Co-Investigator and Advisor for NPCTU Rural Engagement	

1 U18 DP006431-01	
Centers for Disease Control and Prevention	\$2,489,040
Translating Efficacious Pediatric Weight Management Interventions Into Rural & Micropolitan Communities	Funded 4/2019 – 3/2024
Role: Multiple Principal Investigator	

### **Previous Research Grants**

8U24OD024957-02	
National Institutes of Health through UNMC	\$11,624
DCOC for IDeA States Pediatric Clinical Trials Network	Funded 10/2019-9/9/2021
iAm Healthy	
Role: Contact PI for Kearney	

University of Nebraska Systems Science Initiative	\$150,000
Team Forming Grant: Translating Efficacious Childhood Obesity Treatment for Rural Micropolitan Practice	Funded 7/2018-6/2021
Role: Co – Principal Investigator	

University of Nebraska Systems Science Initiative Planning Grant: A Health System Level Approach to Integrate Weight Management, Obesity Care Coordination, Patient Engagement and Clinical Trial Recruitment. Role: Investigator	\$20,000 Funded 2017/2018
Rural Futures Institute Research and Engagement Grant University of Nebraska Translating an Evidence-Based Pediatric Obesity Treatment Program for Adoption in Rural Communities Role: Principal Investigator	\$99,060 Funded 7/2016-7/18
University of Nebraska Food for Health Initiative Planning Grant: Integrating Evidence-based Nutrition, Physical Activity, and Weight Management Interventions in Primary Care to Increase Reach, Effectiveness, and Maintenance of Lifestyle Interventions Role: Principal Investigator	Funded March 2016 \$18,474
University of Nebraska Food for Health Initiative, NU Integrating Evidence-based Nutrition, Physical Activity, and Weight Management Interventions in Primary Care to Increase Reach, Effectiveness, and Maintenance of Lifestyle Interventions Food for Health Collaboration Initiative, University of Nebraska [\$148,384] Role: Co-Investigator	Funded May 2016 \$148,384
Cornell University BEN Center Participatory Marketing of Fruits and Vegetables Role: Co – Investigator	Funded April 2014 \$15,000
Braitmeyer Foundation Mission Possible: Physical Activity Everyday Role: Co – Investigator	Funded Feb 2014 \$35,000
Sentinel Health Care KPS/UNK Collaboration: Childhood Obesity Treatment And Prevention Project Role: Co-Principal Investigator	Funded Aug 2013 \$18,075
Physical Education Program Grant (PEP) Kearney Public Schools (PI) Healthy Start Role: Evaluator	Funded 7/2008
University of Nebraska Foundation Human Performance Lab – Wellness Center Role: Co- Requester	Funded May 2008 \$300,000

Sentinel Health Care KPS/UNK Collaboration: Childhood Obesity Treatment And Prevention Project Role: Co-Principal Investigator	Funded Aug 2012 \$22,059
Blue Health Advantage Wellness Grants Mission Possible; Physical Activity Everyday Role: co-Principal Investigator	Funded May 2012 \$10,000
Sentinel Health Care KPS/UNK Collaboration: Childhood Obesity Treatment And Prevention Project Role: Co-Principal Investigator	Funded Aug 2011 \$19,250
Blue Health Advantage Wellness Grants Building Healthy Families: Holdrege Role: Principal Investigator	Funded Aug 2011 \$10,000
Blue Health Advantage Wellness Grants Building Healthy Families: The Expansion Role: Principal Investigator	Funded Aug 2010 \$20,000
Blue Health Advantage Wellness Grants Building Healthy Families: Child Obesity Treatment Program Role: Principal Investigator	Funded Aug 2009 \$20,000
Lexington Community Fitness Initiative Evaluation of a District-Wide Policy to Increase Physical Activity Among Rural Latino School Children Role: Co-I Investigator	Funded Nov 2009 \$11,500
University of Nebraska – Program of Excellence Greater Nebraska Physical Activity Initiative Role: Principal Investigator	Partial Funding July 2007  \$120,000
UNK Collaborative Research Grant Using GIS Techniques to Analyze Elementary School Transportation Patterns Role: Co-Investigator	Funded Spring 2008  \$5000
UNK Research Services Council. Replacement of Classroom Chairs with Swiss Fitness Balls in 4 <sup>th</sup> Grade Classrooms? Role: Faculty Mentor	Funded January 2007  \$700
UNK Research Services Council. Is There An Association Between Dietary Behavior On Bone Health, Adiposity, And Fitness Level In Females Between 17-24 Years Old Role: Faculty Mentor	Funded Fall 2007  \$700

American Heart Association. Walking School Bus Approach to Increase Physical Activity Levels and Attenuate BMI of Elementary School Children. Role: Principal Investigator	Funded July 2006- June 2007 \$71,500
American Heart Association. Longitudinal study of the obesity-hypertension phenotype during the adiposity rebound Role: Co- Investigator	Funded July 2006- June 2008 \$71,500
American Heart Association. Walking School Bus Approach to Increase Physical Activity Levels of Elementary School Children. Role: Principal Investigator	Funded July 2004- June 2006 \$143,000
UNK Research Services Council. Will Walking Your Child To and From School Increase Your Own Health? Role: Faculty Mentor	Funded September 2005 \$700
Minority Health Research Seed Projects. University of Nebraska Medical Center. A self-management Intervention for Adult Hispanics with Type 2 Diabetes Role: Co- Investigator	Funded March 2004 – March 2005 \$56,000
UNK Undergraduate Research Council. The Effects of Rehydration with a Glucose Polymer on Performance in College Wrestlers Role: Faculty Sponsor, Principal Investigator	Funded December 2004 \$300
University of Nebraska at Kearney Graduate Office. Parental Perceived Barriers to Active Commuting To and From School of Elementary School Children. Role: Faculty Sponsor, Principal Investigator	Funded November 2003 \$700
UNK Undergraduate Summer Research. Association Between Fatness, Physical Activity And Television Viewing In Children During The Adiposity Rebound Period. Role: Faculty Sponsor, Principal Investigator	Funded May 2003 \$5,000
UNK Undergraduate Summer Research. Validation of Body Composition Measures During the Adiposity Rebound Period. Role: Faculty Sponsor, Principal Investigator	Funded May 2003 \$5,000
UNK Research Services Council. Walking School Bus Approach to Increase Physical Activity Levels of Elementary School Children Role: Principal Investigator	Funded July 2003 \$4150

Nebraska Beef Council. Walking School Bus Approach to Increase Physical Activity Levels of Elementary School Children Role: Principal Investigator	Funded July 2003 \$4130
UNK Research Services Council. Viability And Ease Of Using And Interpreting MTI Actigraph Activity Monitors To Measure Physical Activity In College Students. Role: Faculty Sponsor, Principal Investigator	Funded December 2002 \$300
UNK Research Services Council. Exercise Mode And Gender Comparisons Of Energy Expenditure At Self-Selected Intensities. Role: Faculty Sponsor, Principal Investigator	Funded December 2002 \$300
UNK Research Services Council. The Effects Of A Combination Of Creatine, Ribose And L-Glutamine On Body Composition And Athletic Performance In Weight-Trained Males. Role: Faculty Sponsor, Principal Investigator	Funded January 2002 \$700
UNK Research Services Council. The Association Between Physical Activity As A Means Of Transportation To And From School And BMI In Elementary School Children. Role: Principal Investigator	Funded October 2001 \$4000
 <b><u>Denied</u></b>	
NIH R01 DK115463-01 Translating Efficacious Childhood Obesity Treatment for Rural Micropolitan Practice Role Principal Investigator	\$3,306,956 Submitted Feb 2017, Resubmitted Aug2017
University of Nebraska Food for Health Initiative, NU Forming Team Grant: Leveraging synergy around local foods, food access and health to increase healthful food options among food insecure households in rural and underserved areas.	Submitted Jan 2016
Nebraska Research Institute Translating an Evidence-Based Pediatric Obesity Treatment Program for Adoption in Rural Communities Role: Principal Investigator	Submitted Nov 2014 \$99,795
UniNet UNK Building Healthy Families Role: Principal Investigator	Submitted Feb 2014 \$261,780
Nebraska Legislative Bill 447	Hearing January 2013

Nebraska Healthy Kids Initiative Role: Co-Principal Investigator	UNK: \$500,000
UnitedHealth Foundation Greater Nebraska Healthy Living Initiative Role: Principal Investigator	Submitted May 2012 \$406,500
Nebraska Research Institute Nebraska BMI Screening and Parent Reporting System Role: Principal Investigator	Submitted Nov 2011 \$96,900
Robert Wood Johnson Foundation Nebraska BMI Reporting System Role: Co-Investigator	\$150,000
Robert Wood Johnson Foundation Active Video Games as an Alternative to Traditional Group Exercise Classes. Role: Co-Investigator	\$297,201
RWJF Salud America! Evaluation of a district-Wide Policy to Increase Physical Activity Among Rural Latino School Children Role: Principal Investigator	\$75,000
NIH Individual and Combined Effects of Aerobic Exercise and Epigallocatechin gallate Supplementation on Blood Glucose Homeostasis in Adults with Impaired Glucose Tolerance. Role: Other Significant Contributor	\$150,000
NIH Walking School Bus Approach to Increase Physical Activity Levels and Attenuate BMI of Elementary School Children. Role: Principal Investigator	\$150,000
<b><u>Service Grants</u></b>	
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2022 Role: Principal Investigator	Funded January 2022 \$7,500
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2021 Role: Principal Investigator	Funded January 2021 \$7,500
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2019 Role: Principal Investigator	Funded January 2019 \$15,000



Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2018 Role: Principal Investigator	Funded January 2018 \$15,000
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2017 Role: Principal Investigator	Funded January 2017 \$15,000
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2016 Role: Principal Investigator	Funded January 2016 \$15,000
BMI Report Card Ipad App Hollman Intern Program Role: Principal Investigator	Funded January 2015 \$10,000
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2015 Role: Principal Investigator	Funded January 2015 \$15,000
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2014 Role: Principal Investigator	Funded January 2014 \$15,000
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2013 Role: Principal Investigator	Funded January 2013 \$15,000
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2012 Role: Principal Investigator	Funded January 2012 \$15,000
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2011 Role: Principal Investigator	Funded January 2011 \$15,000
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2010 Role: Principal Investigator	Funded January 2010 \$15,000
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2009 Role: Principal Investigator	Funded January 2009 \$15,000
Nebraska Beef Council. Nebraska Kids Fitness and Nutrition Day 2008	Funded January 2008 \$15,000

Role: Principal Investigator

Nebraska Beef Council. Funded January 2007  
 Nebraska Kids Fitness and Nutrition Day 2007 \$15,000  
 Role: Principal Investigator

Nebraska Beef Council. Funded January 2006  
 Nebraska Kids Fitness and Nutrition Day 2006 \$15,000  
 Role: Principal Investigator

PACE: Physically Active Communities Excel Funded January 2006  
 Kearney Get Moving \$10,000  
 Role: Board of Director, Wellness Works of Kearney

Buffalo County Community Partners Funded December 2005  
 Health Report Card \$2,875  
 Role: Principal Investigator

Nebraska Beef Council Funded September 2005  
 Nebraska On the Move Kids Fitness and Nutrition Day \$9,000  
 Role: Principal Investigator

Wellness Councils of the Midlands Funded August 2005  
 Project PACE: Physically Active Communities Excel \$20,000  
 Role: Principal Investigator

Two Rivers Public Health Department. Funded March 2005  
 Nebraska On the Move Kids Fitness and Nutrition Day \$4,500  
 Role: Principal Investigator

Blue Cross & Blue Shield of Nebraska Funded September 2004  
 Walking Club for Kearney Community Learning Center \$5,410  
 Role: Principal Investigator

The Partnership to Promote Healthy Eating and Active Living Funded March 2004  
 Nebraska On the Move, An Affiliate of America On the Move \$35,000  
 Role: Principal Investigator

Other Nebraska On the Move Funding:

Two Rivers Public Health District	\$5000	Funded March 2005
Two Rivers Public Health District	\$3000	Funded February 2004
Buffalo County Community Partners	\$25,000	Funded November 2004
Nebraska Beef Council	\$5000	Funded August 2004
Buffalo County Community Partners	\$5000	Funded July 2004
Panhandle Public Health District	\$3000	Funded May 2003
Nebraska Health and Human Services	\$2000	Funded August 2004

## STUDENT PROJECTS

### Graduate Student Projects

#### Novak - ACSM

Burnham, M., **Heelan, K.**, Abbey, B., Did the Pandemic Influence Body Mass among Middle School Aged Adolescents in a Rural Midwestern Community? *Presented at UNK Student Research Day 2022 and The International Society of Behavioral Nutrition and Physical Activity, May 2022, Phoenix, AZ*

Golden, C.A. Identifying the necessary and sufficient factors to improve translation of rural childhood obesity treatment programs. \$63,040- American Heart Association Predoctoral Fellowship. (April 2021-March 2023)

Masker J.W., Eisenmann, J.C., **Heelan, K.A.**, Classifying Weight Status in Adolescent Girls: Does Biological Maturity Matter? *Presented at Student Research Day 2021 and the ISBNPA XChange Initiative, Online June 8-10, 2021.*

Burnham M.L., **Heelan K.A.**, Abbey, B., Changes in the Prevalence of Obesity Among Elementary Aged Children in a Rural Midwestern Community *Presented at Student Research Day 2021 and University of Nebraska Medical Center Healthy Kids Summit, Omaha, NE March 2021.*

Malmkar, A.M., Bartee, Abbey, **Heelan, K.A.**, Feasibility of Implementing a Healthy Vending Initiative on a Public University Campus *Presented at Student Research Day 2018 and the American College of Sports Medicine National Meeting, Minneapolis MN 2018*

Coughlin, A., Bartee,R.T., **Heelan, K.A.** Analysis of Cancer Survivor's Accessibility to Exclusively Tailored Exercise Programs in Nebraska. *Presented at Student Research Day 2018 and the American College of Sports Medicine National Meeting, Minneapolis MN 2018*

Malmkar, A.M., **Heelan, K.A.**, Changes in Body Mass from Kindergarten to 5<sup>th</sup> Grade as a Predictor for Body Mass in 5<sup>th</sup> Grade. *Presented at UNK Student Research Day 2017 and the 64<sup>th</sup> Annual Meeting of the American College of Sports Medicine. Denver, CO. May 2017.*

Coughlin, A., Bartee,R.T., **Heelan, K.A.**, Self-Monitoring as a Predictor for Weight Loss In a Family-Based Pediatric Obesity Treatment Program. *Med Sci Sport Exerc.49(5). Presented at UNK Student Research Day 2017 and the 64<sup>th</sup> Annual Meeting of the American College of Sports Medicine. Denver, CO. May 2017.*

Bongers, M., Faculty Mentor: **Heelan, K.A.**, Outcomes of a Family-Based Obesity

Treatment Program: Consumption of a Low-Fat Diet and Weight Loss. *Presented at UNK Student Research Day 2015*

Sasek, M., Faculty Mentors: **Heelan, K.A.**, Abbey, B.M., The Scheduling of Recess and the Effect on Fruit and Vegetable Waste in Four Elementary Schools. *Presented at UNK Student Research Day 2015*

Hannon, K., Faculty Mentor: **Heelan, K.A.**, Changes in Obesity Prevalence among Kindergarten Students. *Presented at UNK Student Research Day 2014.*

Hannon, K., Faculty Mentor: **Heelan, K.A.**, Obesity Prevalence Declines among Kindergarten Students in a Rural Midwestern Community. *Accepted for presentation at the International Society for Behavioral Nutrition and Physical Activity Annual Conference, May 21 24 2014, San Diego, CA*

Hannon, K., Faculty Mentor: **Heelan, K.A.**, Children's BMI Percentile Change in One Year. *Presented at UNK Student Research Day 2013.*

Hudson, A., Faculty Mentor: **Heelan, K.A.** Evaluation of Weight Loss in Parents Participating in a Pediatric Obesity Treatment Program. Thesis Committee Chair. *Master's thesis defended December 2012. Presented at UNK Student Research Day 2012*

Scharfenkamp, J., Faculty Mentor: **Heelan, K.A.** Relative Energy expenditure at a Given Rate of Perceived Exertion on an Elliptical Cross Trainer and Cybex Arc Trainer. *Presented at UNK Student Research Day 2012.*

Flower, C.T. Faculty Mentor: **Heelan, K.A.** Parent Satisfaction of a BMI Report Card Program. *Presented at UNK Student Research Day 2011.*

Ruebel, M.L., **Heelan, K.A.**, Foster, N., Roeder, K., Gathje, R., Adkins, M. Outcomes of a 12-week Family Based Pediatric Obesity Program: Preliminary Findings. Thesis Committee Chair. *Masters thesis defended May 2010. Presented at the American College of Sports Medicine National Meeting, Seattle Washington, June 2010. Publication in progress.*

Ruebel, M.L., **Heelan, K.A.**, Bartee, R.T., Foster, N., (2011) Outcomes of a Family Based Pediatric Obesity Program- Preliminary Results. International Journal of Exercise Science. 4(4):217-228

Flower, C.T. **Heelan, K.A.** Prevalence of Adolescent Obesity in Rural Nebraska. *Presented at the 3rd International Congress on Physical Activity and Public Health, Toronto Canada, May 2010.*

Ruebel, M.L, Faculty Mentor: **Heelan, K.A.** (2009) Lean and Fat Mass Effects on Bone Mineral Density in Female Athletes and Non Athletes. *Presented at UNK Student Research Day 2009 and at the American College of Sports Medicine National Meeting, Seattle WA, June 2009*

- Costello, M. Faculty Mentor: **Heelan, K.A.** Association between Soft Drink Consumption, Bone Mineral Density, and Body Fat in Young Females Ages 16-24 years. Thesis Committee Chair. Defended April 2009. Award: University of Nebraska Kearney Outstanding Thesis in the College of Education. *Presented at UNK Student Research Day 2008, presented at the American College of Sports Medicine National Meeting, Seattle WA, June 2009.* Publication:  
Costello, M.M, **Heelan, K.A.**, Mowry, D.A., The Association between Soft Drink Consumption and Body Fat in Females age 16 to 24. International Journal of Exercise Science. **In press.**
- Janulewicz, P. Faculty Mentor: **Heelan, K.A.** Replacement of Chairs with Fitness Balls in Elementary School Classrooms to Increase Daily Physical Activity. Thesis Committee Chair. *Thesis defended December 2008, Presented at UNK Student Research Day 2008.*
- Janulewicz, P. Faculty Mentor: **Heelan, K.A.** How Active are Children in PE Classes? *Presented at UNK Student Research Day 2007.*
- McAlpin, J. Faculty Mentor: **Heelan, K.A.** Will Walking Your Child To and From School Increase Your Own Health? Thesis Committee Chair. Completed December 2006 Presented at the *American College of Sports Medicine National Meeting, Nashville, TN, June 2005.*
- Ray, M.W., Faculty Mentor: **Heelan, K.A.** Influence of Active Commuting To School on Physical Activity Levels of Boys and Girls. *Presented at: Student Research Day 2006 and at the American College of Sports Medicine National Meeting, Denver CO, June 2006*
- Abbey, B.M., Faculty Mentor: **Heelan, K.A.** Evaluating Compliance Of Grade School-Aged Children To Wear Accelerometers. *Presented at: Student Research Day 2006 and at the American College of Sports Medicine National Meeting, Denver CO, June 2006*
- Hartman, R.M. Faculty Mentor: **Heelan, K.A.** The Impact of Dynamic vs. Static Stretches on 30 Meter Sprint Performance in Trained Intercollegiate Division II Track Athletes. *Presented at: Student Research Day 2006*
- Abbey, B., Faculty Mentor: **Heelan, K.A.** Physical Activity Levels Among 4-7 Year Old Children. Presented at: *The American College of Sports Medicine National Meeting, Nashville, TN, June 2005*
- McFarland, S., Faculty Mentor: **Heelan, K.A.** Physical Education Versus Lifestyle Physical Activity In Elementary School Children. Presented at: *The American College of Sports Medicine National Meeting, Nashville, TN, June 2005*

- McFarland, S. Effects of Exercise Duration on Glucose Tolerance and Insulin Sensitivity in Mildly Overweight Men. Presented at: *Student Research Day 2005*.
- McAlpin, J. Faculty Mentor: **Heelan, K.A.** Perceptions of Caloric Intake among College Students: Accurate or Inaccurate? *Presented at: Student Research Day 2005*.
- Ray, M. Faculty Mentor: **Heelan, K.A.** Influence of Screen Media On Body Composition and Physical Activity in Preschool Age Children. Presented at: Student Research Day 2005 and at the American College of Sports Medicine National Meeting, Nashville, TN, June 2005
- Boury, S., Parental Perceived Barriers to Active Commuting To and From School of Elementary School Children. Thesis Committee Chair. Completed August 2004. *Presented at UNK Student Research Day 2004*.
- Steinkrueger, R., Faculty Mentor: **Heelan, K.A.** The Impact Of A Six-Month Worksite Stretching Program Aimed To Decrease Employee Injury Rates. *Masters Degree Comprehensive Exam Project 2004. UNK Student Research Day 2004*.
- Sanchez, C., Faculty Mentor: **Heelan, K.A.** Healthcare providers and the metabolic syndrome. *Masters Degree Comprehensive Exam Project 2004. UNK Student Research Day 2004*.
- McFarland, S. Faculty Mentor: **Heelan, K.A.** Effect of Hydrating Solutions on Peak Anaerobic Power in College Wrestlers. *UNK Student Research Day 2004*.
- Boury, S., Faculty Mentor: **Heelan, K.A.** Viability And Ease Of Using And Interpreting MTI Actigraph Activity Monitors To Measure Physical Activity In College Students. Graduate Student Research Presented at: *Nebraska Association of Exercise Physiologist Annual State Meeting (2003), UNK Student Research Day 2003*.
- Boury, S., Faculty Mentor: **Heelan, K.A.**, Active Commuting to and From School Among 4<sup>th</sup> and 5<sup>th</sup> Grade Children. Presented at the American College of Sports Medicine National Meeting, San Francisco, California, May 2003
- Phillips, B.E., Seip, R.L., Faculty Mentor: **Heelan, K.A.**, Comparison of Body Fat Analysis by DXA and Under Water Weighing in 4<sup>th</sup> and 5<sup>th</sup> Grade Girls. Graduate Student Research Presented at: *UNK Student Research Day (2002) (2<sup>nd</sup> Place in Graduate Division)*.
- Falk, D., Faculty Mentor: **Heelan, K.A.**, Lopez, S. The Effects Of A Combination Of Creatine, Ribose And L-Glutamine On Body Composition And Athletic Performance In Weight-Trained Males. Graduate Student Research Presented at: *UNK Student Research Day (2002) (Honorable Mention in Graduate Division), Published in Journal of Strength and Conditioning Research. 2003; Vol. 17 (4): 810-817*.

### Undergraduate Student Projects

- Watts, K., Faculty Mentor: **Heelan, K.A.**, George, K.D. Evaluation of General and Sports Nutrition Knowledge in UNK Athletes using the PEAKS-NQ. *Presented at UNK Student Research Day 2022.*
- Burger, PR., Glause, A., Vrooman, J., **Heelan, K.A.**, Bartee, TR. Using GIScience to Understand Service Area Accessibility of Pediatric Weight Management Programs in Nebraska's Rural and Micropolitan Communities. *Great Plains Rocky Mountain Division of the American Association of Geographers. (poster) Lincoln, NE. 2021.*
- Marzolf, E., Faculty Mentor: **Heelan, K.A.** Effectiveness of a Pediatric Weight Management Intervention Delivered by Specialists, Community Members or via Video Conferencing Methods *Presented at UNK Student Research Day 2020.*
- Stoner, M., Faculty Mentor: **Heelan, K.A.** Female Athletes: Healthy Options on the Road. *Presented at UNK Student Research Day 2019.*
- Bower, H., Faculty Mentor: **Heelan, K.A.** Attenuation of Excessive Weight Gain 1-Year Post Pediatric Obesity Treatment Program. *Presented at UNK Student Research Day 2018 and accepted for NCUR 2018.*
- Rohrich, L., Faculty Mentor: **Heelan, K.A.** Assessing Youth Performance in a Community Outreach Program. *Presented at UNK Student Research Day 2018*
- Wuebben, P., Faculty Mentors: Bartee, R.T, **Heelan, K.A.**, The Reach of an Efficacious Pediatric Obesity Treatment Program: An Important Consideration to Determine Public Health Impact *Presented at UNK Student Research Day 2017*
- Bower, Holly Faculty Mentor: **Heelan, K.A.**, Maintenance of Weight Loss Success in a Pediatric Obesity Treatment Program *Presented at UNK Student Research Day 2017*
- Maupin, C., Faculty Mentor: **Heelan, K.A.**, The Impact of a Before School Walk/Run Club on Fitness Levels and Academic Performance in Elementary School Students. *Presented at UNK Student Research Day 2016 and National Conference for Undergraduate Research, April 2016 Asheville, NC*
- Maupin, C., Faculty Mentor: **Heelan, K.A.**, Physical Fitness and Academic Performance. *Presented at UNK Student Research Day 2015.*
- Rath, S., Faculty Mentor: **Heelan, K.A.**, Parental Perception of BMI Screenings in Schools. *Presented at UNK Student Research Day 2015.*
- Bongers, Marissa, Faculty Mentor: **Heelan, K.A.**, Evaluation of a Worksite Wellness Program Aimed at Healthy Living. *Presented at UNK Student Research Day 2014.*

- Voichahoske, Melissa, Faculty Mentor: **Heelan, K.A.**, Cardiovascular Fitness in University of Nebraska at Kearney Exercise Science Students. *Presented at UNK Student Research Day 2014.*
- Perry D., Zimmerman, S., Faculty Mentor: **Heelan, K.A.**, Validation of Videography for Portion Size Estimation in a University Cafeteria. *Presented at UNK Student Research Day 2014 and Accepted for presentation at the International Society for Behavioral Nutrition and Physical Activity Annual Conference, May 21-24 2014, San Diego, CA.*
- Zimmerman, S., Perry, D., Faculty Mentor: **Heelan, K.A.**, The Impact of Nutrition Point of Decision Prompts in a College Cafeteria. *Presented at UNK Student Research Day 2014 and Accepted for presentation at the International Society for Behavioral Nutrition and Physical Activity Annual Conference, May 21-24 2014, San Diego, CA.*
- Perry, D., Faculty Mentor: **Heelan, K.A.**, Association in Changes in Physical Activity Levels and Serum HDL-C with Weight Loss Among Obese Children and Adults. *Presented at UNK Student Research Day 2013. UNK Undergraduate Research Fellows Program.*
- Zimmerman, S., Faculty Mentor: **Heelan, K.A.**, Nutritional Choices of UNK Students. *Presented at UNK Student Research Day 2013. UNK Undergraduate Research Fellows Program.*
- Perry, D., Faculty Mentor: **Heelan, K.A.**, Validity of the Online calorie Counter MyFitnessPal.Com. *Presented at UNK Student Research Day 2012. UNK Undergraduate Research Fellows Program.*
- Carstens, E., Faculty Mentor: **Heelan, K.A.**, Family Influence on Physical Activity. *Presented at UNK Student Research Day 2012. UNK Undergraduate Research Fellows Program.*
- Lambert, J., Faculty Mentor: **Heelan, K.A.**, The Impact of a Physically Active Instructional Technique on Classroom Behavior and Time Spent On-task Among Elementary Students. *Presented at UNK Student Research Day 2012. UNK Undergraduate Research Fellows Program*
- Peters, B., Faculty Mentor: **Heelan, K.A.**, Validation of Omron™ Pedometers using MTI Accelerometers for Overweight and Obese Children. *Presented at the American College of Sports Medicine National Meeting, Denver Colorado, June 2011. Currently in review for International Journal of Exercise Science. Presented at UNK Student Research Day 2011. UNK Undergraduate Research Fellows Program.*
- Peters, B.P., Abbey, B.M., **Heelan, K.A.** (2013) Validation of Omron™ Pedometers Using MTI Accelerometers for Use with Children, International Journal of Exercise Science. 6(2):106-113.
- Mauer, K.M., Zarybnicky, K.K., Faculty Mentor: **Heelan, K.A.**, (2011) Changes in Metabolism Base on Breakfast Consumption. *Undergraduate Research Journal,*



*University of Nebraska Kearney; Vol. 15:12-25. Presented at Student Research Day 2011, UNK*

- Fritson, J.L., **Heelan, K.A.**, Ruebel, M.L., Effects of a 12-Week Family Based Obesity Treatment Program on Pediatric Blood Pressures: Preliminary Findings. *Presented at the 3rd International Congress on Physical Activity and Public Health, Toronto Canada, May 2010.*
- Peters, B.P., Holt, E.E., **Heelan, K.A.** Effects of temperature on elementary recess time. *Presented at the Alliance for Health, Physical Education, Recreation National Meeting, and Dance, Indianapolis Indiana, March 2010.*
- Fritson, J. Faculty Mentor: **Heelan, K.A.**, Holt, E. How Active Are Children at Recess? *Presented at UNK Student Research Day 2009.*
- Peters, B. Faculty Mentor: Holt, E. **Heelan, K.A.** Accumulation of moderate to vigorous activity of 4<sup>th</sup> grade students during structured recess as opposed to free play. *Presented at UNK Student Research Day 2009.*
- Zeller, B. Faculty Mentor: **Heelan, K.A.** Nutrition Knowledge, Weight Status, and Fitness of Middle School Age Students. *Presented at UNK Student Research Day 2009.*
- Costello, M. Faculty Mentor: **Heelan, K.A.** Changes in the Prevalence of At-Risk of Overweight or Overweight in Children. *Presented at UNK Student Research Day 2007.*
- Craig, A. Faculty Mentor: **Heelan, K.A.** Accelerometer Compliance in School Age Children. *Presented at UNK Student Research Day 2007.*
- Swendener, A. Faculty Mentor: **Heelan, K.A.** Energy Intake, Calcium Intake and Glycemic Load in 9-11 yr Old Children. *Summer Student Research 2006. Presented at UNK Student Research Day 2007, National Conference on Undergraduate Research 2007.*
- Bohn, B. Faculty Mentor: **Heelan, K.A.** Do Adults Compensate for Physical Activity Energy Expenditure by Increasing Energy Intake? *Presented at UNK Student Research Day 2006.*
- Costello, M., Culver, S. Faculty Mentor: Brown, G . and **Heelan, K.A.** Student Fitness Assessment. *Presented at UNK Student Research Day 2005.*
- Burbach, S. Faculty Mentor: **Heelan, K.A.** and Brown, G. Fitness Assessment on HPERL majors. Undergraduate Research. *Presented at UNK Student Research Day 2005.*
- Semin, K. Faculty Mentor: **Heelan, K.A.** and Brown, G. Divergence Between Training, Competition, and Laboratory Measures of Maximum Heart Rate. Undergraduate Research. *Presented at UNK Student Research Day 2005.*

- Semin, K., Faculty Mentor: **Heelan, K.A.**, Prevalence Of Hypertension And Association With Overweight Among Preschool-aged Children. Undergraduate Research. *Accepted for presentation at the National American College of Sports Medicine meeting 2005, The National Conference on Undergraduate Research 2005, UNK Student Research Day 2005 (First Place in Applied/Professional Science).*
- Abbey, B., Faculty Mentor: **Heelan, K.A.**, Validation of HydraTrend™ Reagent Strips for the Assessment of Hydration Levels. Undergraduate Research. *Accepted for presentation at The National Conference on Undergraduate Research 2005, UNK Student Research Day 2005 (Second Place in Applied/Professional Science).*
- Scantling, A., Abbey, B., Faculty Mentor: **Heelan, K.A.**, Association Between Physical Activity and Adiposity in Preschool Aged Children. Platte Studies Seminar Undergraduate Summer Research Program 2004. *Accepted for presentation at The National Conference on Undergraduate Research 2005, National American College of Sports Medicine meeting 2005, UNK Student Research Day 2005 (Student Choice award in Applied/Professional Science).*
- Abbey, B., Scantling, A., Faculty Mentor: **Heelan, K.A.**, Comparison of Methods of Glycogen Replenishment and Repeated High Intensity Exercise Trials. Platte Studies Seminal Undergraduate Summer Research Program 2004. Presented at: *Student Research Day 2005*
- Abbey, B., Faculty Mentor: **Heelan, K.A.** The Effects of Rehydration with a Glucose Polymer on Performance in College Wrestlers. Undergraduate Student Research Presented at: *The National Conference on Undergraduate Research 2004, UNK Student Research Day 2004 (First Place in Applied/Professional Science).*
- Krueger, R., Cook, C., Faculty Mentor: **Heelan, K.A.**, A Prediction Equation for Estimating Cardiorespiratory Fitness (VO<sub>2</sub>max) using a Precor Elliptical Exercise Machine. Undergraduate Student Research Presented at: *UNK Student Research Day 2003, The National Conference on Undergraduate Research 2004. , UNK Student Research Day 2004 (Second Place in Applied/Professional Sciences).Published in the NUCUR Proceedings, 2004.*
- Holmes, M., Faculty Mentor: **Heelan, K.A.** The Association Between Physical Activity and Food Choices Among 4<sup>th</sup> and 5<sup>th</sup> Grade Children Undergraduate Student Research Presented at: *UNK Student Research Day 2004 (Honorable Mention in Applied/Professional Sciences).*
- Scantling, A., Faculty Mentor: **Heelan, K.A.** Physiological and Psychological Characteristics of Marathon Club Participants. Undergraduate Student Research Presented at: *UNK Student Research Day 2004.*

- Cook, C., Krueger, R.D., Faculty Mentor: **Heelan, K.A.**, Physical Activity, Television Viewing, and Body Composition in Young Children. Summer Research 2003. *Accepted for presentation at National American College of Sports Medicine meeting 2004.*
- Krueger, R.D., Cook, C., Faculty Mentor: **Heelan, K.A.**, Association Between Physical Activity, Parental Influence, and Overweight During the Adiposity Rebound Period. Summer Research 2003. *Accepted for presentation at National American College of Sports Medicine meeting 2004.*
- Holmes, M., Faculty Mentor: **Heelan, K.A.** Protein and its Effects on Metabolism. Undergraduate paper published in the *University of Nebraska at Kearney Undergraduate Research Journal (2003).*
- Book, K., Boury, S., Faculty Mentor: **Heelan, K.A.** Do Female College Students Obtain Enough Moderate Intensity Physical Activity By Walking On Campus? Undergraduate Student Research Presented at: *UNK Student Research Day 2003.*
- Cook, C., Krueger, R., Faculty Mentor: **Heelan, K.A.** Exercise Mode And Gender Comparisons Of Energy Expenditure At Self-Selected Intensities. Undergraduate Student Research Presented at: *The National Conference on Undergraduate Research 2003, UNK Student Research Day 2003.*
- Cook, C., Faculty Mentor: **Heelan, K.A.** Association Between BMI and Body Fat Among 10-11 Year Old Boys and Girls. Presented at: *the American College of Sports Medicine National Meeting, San Francisco, California, May 2003*
- Boury, S., Faculty Mentor: **Heelan, K.A.**, Change in Weight Among 4<sup>th</sup> and 5<sup>th</sup> Grade Elementary School Children From 1994-2001. Undergraduate Research Presented at: National Conference on Undergraduate Research 2002, UNK Student Research Day 2002, American College of Sports Medicine National Convention 2002.
- Cook, C., Faculty Mentor: **Heelan, K.A.**, Does Exercise Training Alter Substrate Utilization in Sedentary, College Aged Males and Females. Undergraduate Research Presented at: *UNK Student Research Day 2002.*

## **TEACHING**

### **COURSES TAUGHT**

University of Nebraska at Kearney

Introduction to Exercise Science (PE 107)

The World Is Fat (PE 188)

Fitness Testing and Laboratory (PE 467/867)

Physiology of Exercise and Laboratory (PE 461/861)

Public Health Aspects of Physical Activity and Laboratory (PE 468)

Energy Balance and Weight Control and Laboratory (PE 469/866)  
 Research Methods in Exercise Science (PE 475)  
 Research Methods in Kinesiology (PE 850)

**Student Evaluation Scores for past 5 years are between 4.3 and 4.9 with an average of 4.6**

## **STUDENT SERVICES**

### University of Nebraska at Kearney

Faculty mentor/advisor of 2- 3 Graduate Research Assistants in the Physical Activity and Wellness Laboratory each year

Faculty mentor to 2-4 undergraduate students each semester in the Physical Activity and Wellness Laboratory completing Field Study Experience or Internship

Faculty advisor to 35-55 Exercise Science Majors each year

Faculty mentor for graduate and undergraduate research projects and Master's thesis at UNK. Committee Chair for master's thesis, doctoral dissertations, and post-doctoral fellowship applications for UNMC College of Public Health.

## **SERVICE**

### **INVITED PRESENTATIONS**

Faculty Perspectives: My Career Journey and Research Program Development. NRI and Collaboration Initiative Annual Meeting. Lincoln Nebraska, November 2022.

Healthy School Environments. Student Wellness Education and Training, Kearney, Nebraska, April 2017.

Pediatric Obesity Treatment Program for Adoption in Rural Communities. Rural Futures Institute Rural Regional Forum. North Platte Nebraska, September 2016.

Fit to Learn – State of Education in Nebraska NET Program. Nebraska Educational Television. Lincoln, Nebraska, May 2014.

Energy Balance, Keeping your Weight in Check. Raising the Stars of the Future Child Care Conference. South Central Early Childhood Coalition, NDHHS, September 2010.

Building Healthy Families, a Pediatric Obesity Treatment Program. Raising the Stars of the Future Child Care Conference. South Central Early Childhood Coalition, NDHHS, September 2010.

Outcomes from a Two Year Walking School Bus Intervention. 2010 LifePointe Conference Building Healthy Futures. Bryan LGH. July 2010.

Energy Balance and Pediatric Obesity. 2010 LifePointe Conference Building Healthy Futures. Bryan LGH. July 2010.

Building Healthy Families, a Pediatric Obesity Treatment Program. Every Woman Counts Conference, Nebraska Department of Health and Human Services, Kearney, May 2010.

Energy Balance, Keeping your Weight in Check. Every Woman Counts Conference, Nebraska Department of Health and Human Services, Kearney, May 2010.

Child Obesity and Energy Balance. Kearney Child Care Association, November 2009.

New Innovations and Techniques to Increase Physical Activity. UNK Coach's Clinic. June 2008.

Increasing Physical Activity of Very Young Children. Raising the Stars of the Future Child Care Conference. Nebraska Health and Human Services. July 2006 and February 2007.

Increasing Physical Activity in our Communities. Childhood Obesity Task Force, Lexington Nebraska. October 2006.

Perceptions of Undergraduate Research. Research at Primarily Undergraduate Institutions. Conference sponsored by the University of Nebraska at Kearney. September 2005.

Preparing For The Future: Professional Development Issues for Graduate Assistants. Graduate Student Orientation, University of Nebraska at Kearney. August 2003, 2004, 2005, 2006, 2007, 2008.

Nebraska On the Move. New York WIC Association Annual Meeting. Rochester, New York, September 2004.

Physical Activity And Nutritional Recommendations For Young Children. Good Samaritan Hospital, Early Childhood Development Seminar, May 2004.

Preparing For The Future: Professional Development Issues for Graduate Assistants. Graduate Student Orientation, University of Nebraska at Kearney. August 2003, 2004, 2005.

The Implications of Physical Activity and Nutrition on the Obesity Epidemic. Nebraska Council of School Administrators, Administrators' Days 2003. Kearney, NE. August 2003.

Strength Training at Home. A Taste of Life (Learning Incentives for Enrichment) Conference Sponsored by UNK, Good Samaritan Health Systems and the Kearney

Community. Kearney, NE, March 2003.

Physical Activity, Nutrition and Energy Balance. Kearney Hub Newspaper Employee Wellness Program. Lunch and Learn Session, Kearney, NE. March 2003.

Weight Management and the Implications of Physical Inactivity. City of Kearney Employee Health and Wellness Program. Lunch and Learn Session. Kearney, NE. November 2002.

Weight Management. University of Nebraska at Kearney *Maintain Don't Gain, Holiday Weight Management Program*. Lunch and Learn Session, Kearney, NE. November 2002.

Physical Activity and Nutrition in Youth. Nebraska Association of School Administrators. Region 4 Superintendent Organization Meeting. Kearney, NE. October 2002.

Preparing For The Future: Professional Development Issues for Graduate Assistants. Graduate Student Orientation, University of Nebraska at Kearney. August 2002.

Physical Activity and Energy Balance. Nebraska Senior Olympics. Kearney Parks and Recreation, Kearney, NE. August 2002.

Weight Maintenance: The Implications of Physical Activity and Nutrition on Energy Balance. University of Nebraska at Kearney Health and Wellness Program Brownbag Luncheon. April 2002.

Physical Activity: Implications in Weight Control. University of Nebraska at Kearney PTE 200 Class. October 2001.

Energy Balance and Weight Control. National Kidney Foundation Regional Meeting, Kansas City, Missouri, May 2001.

Motivational Strategies for Exercise. American Heart Association, Life-Style Changes Conference. Kansas City, Missouri, September 2000.

The Dose Effects of Exercise. American Heart Association Nebraska Affiliate Meeting, Kearney, Nebraska, 1996.

## **ACTIVITIES / COMMITTEE WORK**

### **University**

Assistant Vice Chancellor of Research and Creative Activity. Committee Member Fall 2022-Spring 2023.

Academic Program Review Committee. Health Promotion & Disease Prevention PhD Program University of Nebraska Medical Center. (Oct 2021)

Dean Search. College of Education (Oct 2019- February 2020)

Academic Affairs Committee, Ad Hoc Faculty Senate Committee, University of Nebraska Kearney (Oct 2017- present)

University Grievance Committee, Ad Hoc Faculty Senate Committee, University of Nebraska Kearney (Oct 2017- Oct 2018)

Academic Policies and Standards. College of Education Committee (Oct 2008 – Oct 2019) Chair (Oct 2009- Oct 2010, Oct 2017 – Oct 2019).

Strategic Planning/ Building Subcommittee for UNK Health Sciences Education Building. Committee Member (Fall 2012- 2015)

General Studies Ad hoc Committee for Faculty Senate. College of Education Representative (Fall 2011- Spring 2013)

U-Wide Wellness Committee. University of Nebraska. Committee Member (May 2006- 2010)

Academic Policies and Standards. College of Education Committee (Oct 2008 – present) Chair (Oct 2009- Oct 2010).

Research Services Council. College of Education Representative, University of Nebraska at Kearney (August 2008 – 2010)

Senior Vice Chancellor for Academic Affairs Search. Committee Member (Fall 2008).

Student Research Day Judge. (Spring 2007, 2008)

Intercampus Advisory Council for the University of Nebraska College of Public Health. Committee Member (Spring 2007 to 2010).

University of Nebraska College of Public Health: Health Promotion and Disease Prevention Doctoral Degree Development Committee. Committee Member (Spring 2007 – Fall 2008)

Office of Sponsored Programs Annual Performance Review. Committee Member (Spring 2007).

Writing Intensive/Cultural Diversity Committee. University of Nebraska at Kearney. Committee Chair (January 2005- May 2007)

General Studies Roundtable Discussions: Phase I. University of Nebraska at Kearney. Committee Member (February 2005- October 2005)

Gender Equity Committee. University of Nebraska at Kearney. Committee Member (November 2003 – September 2004)

Undergraduate Research Council. College of Education Representative, University of Nebraska at Kearney (January 2002 – May 2008)

Research Compliance Committee. University of Nebraska at Kearney. Committee Member (Fall 2003 – 2004)

University of Nebraska Health Promotions Committee, Lincoln, Nebraska (February 1998 - July 1999)

### **Department**

Assistant Department Chair. Kinesiology and Sport Sciences (2018-present)

Leadership Committee. KSS Department. (Chair 2018 – present)

University of Nebraska at Kearney Exercise Science Faculty Search Committee Member and/or Chair (2007-2020).

Tenure and Promotion Review Committee KSS Department. (2011 – present)

Tenure and Promotion Review Committee. Department of Communication Disorders (Fall 2010, 2011, 2016, 2019)

Tenure and Promotion Review Committee. Ed Admin Department (2016)

Strategic Planning Committee. KSS Department. (Jan 2010 – 2018)

Tenure and Promotion Review Committee. Department of Geography (Fall 2008, 2009).

University of Nebraska at Kearney HPERLS Department Advising Committee. Chair (2007).

University of Nebraska at Kearney Biology Department Public Health Professor. Search Committee Member (2007).

University of Nebraska at Kearney HPERLS Department Chair Search. Search Committee Chair (2006).

National Youth Sports Program Evaluator. Summer (2005, 2006)

Nebraska On the Move, Affiliate of America On the Move™. Executive Director (March 2004-2008).



University of Nebraska at Kearney Professor of Exercise Science. Search Committee Member (2003-2004).

University of Nebraska at Kearney Health Educator. Search Committee Member (Summer 2002, Spring 2003).

Chair/Member, University of Nebraska at Kearney Employee Health and Wellness Program Task Force, Kearney, Nebraska (February 1998 - July 1999: August 2002- 2011)

Adult Fitness Program Director, University of Nebraska at Kearney, Kearney, Nebraska (August 1997 - July 1999 and August 2001 - 2010)

NCAA National Youth Sports Program, University of Nebraska at Kearney, Kearney, Nebraska (1993 -1999) and University of Kansas, Lawrence, Kansas (2000, 2001)  
Activity Director (Summer 1993, 1994, 1995, 1996, 1997, 2000)  
Nebraska State Coordinator (Summer 1998, 1999)  
Community Liaison/Co-Project Administrator (Summer 1998, 1999, 2001)

### **Community/Profession**

UNK Loper Circle Conversations, University of Nebraska Kearney. Office of Student Diversity and Inclusion. March 2023

University of Nebraska Collaboration Initiative Grant Review. University of Nebraska. April 2022

Child Health Research Institute. UNMC and Children's Hospital and Medical Center. Member October 2020

Kearney Public School Healthy Schools Advisory Board. Member 2008-present

Study Section Grant Reviewer. Great Plains IDeA-CTR Pilot Program. University of Nebraska, Feb 2018, Feb 2019, Jan 2020

ESU 6 Consulting- Physical Education Program Grant Evaluator. 2015-2017

Rural Futures Institute Grant Proposal Reviewer. Rural Futures Institute at the University of Nebraska. April 2016

Child Health and Obesity Policy Group Meeting – Committee Member. Nebraska Medical Association (Spring 2011- 2016)

Nebraska Physical Activity and Nutrition State Plan: 2011-2016. Partners-N-Health. Active Living Task Force Member. Nebraska Advocates for Healthy Eating, Active Living & Breastfeeding.

Current Professional Organization Member: International Society for Physical Activity and Health, American College of Sports Medicine, International Society for Behavioral Nutrition and Physical Activity.

Kearney Public Schools Carol White Physical Education Project Grant: Evaluator. (October 2008- May 2012)

Fit Society Page Newsletter. Editorial Board, American College of Sports Medicine. (2005-2017).

National Reviewer:

- Childhood Obesity (2015, 2022)
- European Physical Education Review (2012)
- Journal of Physical Activity and Health (2007, 2008,2009, 2012)
- Journal of Pediatric Exercise Science (2010)
- The International Journal of Behavioral Nutrition and Physical Activity (2010)  
Abstracts for American College of Sports Medicine National meeting (2006, 2007)
- European Journal of Clinical Nutrition (2006, 2007)
- International Journal of Sustainable Transportation (2006)

Wellness Works Board of Directors. University of Nebraska at Kearney Representative, Kearney, Nebraska (August 2002- February 2009)

Wellness Works Executive Board Member. University of Nebraska at Kearney Representative, Kearney, Nebraska (March 2005- February 2009)

Weight and Wellness Coalition. Buffalo County Community Partners. Committee Member/Chair (Fall 2003- January 2009)

Kearney Public School Wellness Policy. Development Team. (October 2005- May 2006)

Chair, Buffalo County Community Health Partners Well Workplace Initiative, Kearney, Nebraska (July 1998 - July 1999)

## **HONORS AND AWARDS**

Leland Holdt/Security Mutual Life Insurance Company Distinguished Faculty Award – December 2020 University of Nebraska at Kearney

SHAPE Nebraska – Health Education Professional of the Year for College/University – November 2015, Kearney NE

College of Education Outstanding Scholarship Award – April 2014 University of Nebraska Kearney

College of Education Faculty Mentor Award – April 2011 University of Nebraska Kearney

Healthy Community Advocacy Award - June 2010, Good Samaritan Hospital, Kearney, Nebraska

Fellow, American College of Sports Medicine – April 2010 Board of Trustees, American College of Sports Medicine

College of Education Outstanding Service Award- April 2010, University of Nebraska at Kearney

University of Nebraska at Kearney COE Faculty Mentor Award – April 2008, University of Nebraska at Kearney

Pratt-Heins Faculty Award for Research – August 2006, University of Nebraska at Kearney

College of Education Outstanding Research Award- May 2005, University of Nebraska at Kearney

KUDOS Award from the University of Nebraska Board of Regents – October 2004, University of Nebraska at Kearney

Sigma Xi: The Scientific Research Society – Inducted April 2004, University of Nebraska at Kearney

College of Education Faculty Mentor Award – April 2004, University of Nebraska at Kearney

Graduate Studies and Research Faculty Mentor Award – April 2004, University of Nebraska at Kearney

University of Nebraska at Kearney Faculty Mentor Award – April 2004, University of Nebraska at Kearney

Fellow, Physical Activity and Public Health Research Course- September 2002, Research Prevention Center, NIA School of Public Health, University of South Carolina