

Cheryl A. Der Ananian

Associate Professor
College of Health Solutions
Arizona State University
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Education and Training

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|-----------|---|
| 2005-2007 | NRSA Post-Doctoral Fellowship in Gerontological Public Health
Institute for Health Research and Policy, School of Public Health,
University of Illinois at Chicago, Chicago, IL |
| 2001-2005 | Ph.D., Health Promotion, Education and Behavior
Norman J. Arnold School of Public Health, University of South
Carolina, Columbia, SC
<i>Dissertation Title: Factors Influencing Exercise in People with
Arthritis: A Qualitative and Quantitative Approach</i> |
| 1997-1999 | M.S., Exercise Physiology
College of Human Sciences, Florida State University, Tallahassee,
FL |
| 1991-1995 | B.S., Molecular Biology and Microbiology
Department of Biology, University of Central Florida, Orlando, FL |

Professional Experience

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|-------------|---|
| 2020 - | Program Director,
Exercise and Nutritional Sciences PhD Program
College of Health Solutions
Arizona State University, Phoenix, AZ |
| 2019 - | Program Director,
MS in Exercise and Wellness Program
College of Health Solutions
Arizona State University, Phoenix, AZ |
| 2015 - | Associate Professor,
Exercise Science and Health Education and Health Promotion
Programs
College of Health Solutions
Arizona State University, Phoenix, Arizona |
| 2008 - 2015 | Assistant Professor,
Exercise Science and Health Promotion Program,
School of Nutrition and Health Promotion,
Arizona State University, Phoenix, Arizona |

2005-2007	Post-Doctoral Research Fellow, Ruth L. Kirschstein National Research Service Award (T32) Institute for Health Research and Policy, School of Public Health, University of Illinois at Chicago, Chicago, IL
2006-2007	Adjunct Faculty Department of Health, Physical Education, Recreation and Athletics, Northeastern Illinois University, Chicago, IL.
2006	Adjunct Faculty School of Public Health, University of Illinois at Chicago, Chicago, IL
2003-2005	Project Coordinator Arnold School of Public Health, University of South Carolina, Columbia, SC. “Factors Influencing Physical Activity in People with Arthritis.” Funding Agency: U.S. Centers for Disease Control & Prevention and the Association of Schools of Public Health.
2001-2005	Project Coordinator Arnold School of Public Health, University of South Carolina, Columbia, SC. “A 12-Week Walking Program for Early-Stage Breast Cancer Survivors” Funding Agency: United States Department of Defense (Army).
1999-2000	Manager of Cardiac Rehabilitation, Arizona Heart Institute, Phoenix, AZ
1997-1999	Laboratory Research Assistant Department of Exercise Physiology, Florida State University, Tallahassee, FL

Honors and Awards

2018	2018 Community Solutions Research Team Award, College of Public Service & Community Solutions, Arizona State University
2008	Delta Omega Honorary Society in Public Health
2006	Fellow, United States Centers for Disease Control and Prevention Physical Activity and Public Health Course for Researchers
2006	Betty Jean Hall Memorial Award for Epidemiological Research in Osteoarthritis
2005	Post-Doctoral Research Fellowship, Ruth L. Kirschstein National Research Service Award (NRSA) Institutional Research Training Grant (T32), University of Illinois at Chicago (Institutional Recipient)
1997	Kappa Omicron Nu Honor Society
1993	Phi Kappa Phi Honor Society

1993	Golden Key Honor Society
1991-1995	Florida Undergraduate Scholars Scholarship Recipient
1991-1995	University of Central Florida High Achievement Scholarship Recipient

Research Support

Funded Grants and Contracts:

1. **Source:** College of Health Solutions, Jumpstart Grant, ASU
Title: Physical therapist's perspectives on exercise programming for individuals living with stroke
Funding Period: February 2019- August 2020
Role: Principal Investigator
Total Costs: \$17,915

2. **Source:** Center for Innovation in Healthy and Resilient Aging, ASU
Title: Evaluating the effectiveness of the DPP GLB program in individuals with prediabetes and arthritis
Funding Period: February 2019- August 2020
Role: Principal Investigator
Total Costs: \$50,0000 (returned to funder due to COVID)

3. **Source:** NIH/NIA: R21
Title: Creating a Tailored Lifestyle Intervention for Midlife Mexican American Men
Funding Period: August 2016 – July 2018 (No cost extension through May 2020)
Total Costs: \$424,875
Role: Principal Investigator (effective 6/2018)

4. **Source:** Jumpstart Grant, College of Health Solutions
Title: Factors Influencing Care Integration and Coordination for High Need Patients
Funding period: May 2018 - May 2019
Total Costs: \$17,565
Role: Co-I

5. **Source:** Institute for Social Science Research, Arizona State University
Title: Heal, Exercise & Recover (HER): Initial Pilot Study to Examine the Feasibility of a Novel Intervention for Women with Substance Use Disorders
Funding period: November 2016- June 2017
Total Costs: \$8000
Role: Co-I

6. **Source:** Osteoarthritis Action Alliance

Title: Increasing Physical Activity Participation among Adults with Arthritis—The Wellpath Way.

Funding Period: August 2015 – July 2016

Total Costs: \$25,000, 0% indirect costs

Role: Principal Investigator

7. **Source:** American Kennel Club Canine Health Foundation

Title: The effect of owner-dog exercise on return rates of shelter dogs

Funding Period: January 2014 - December 2014

Total Costs: \$12,960; 8% indirect costs

Cost recognition to CAD*: \$3000

Role: Co-Investigator (PI: Wynn, C.) to develop walking intervention for humans

8. **Source:** Virginia G. Piper Trust Foundation: Seed grant through the School of Nutrition and Health Promotion

Title: Translating the Diabetes Prevention Program into a weight-loss program for overweight individuals with arthritis

Funding Period: November 2013 - June 2015

Total Costs: \$49,950 direct costs

Cost recognition to CAD: N/A

Role: Principal Investigator

9. **Source:** NIA: Sub-Contract to ASU through the Midwest Roybal Center for Health Promotion at University of Illinois at Chicago

Grant Number: NIA 2P30AG022849-06

Title: Translation of Fit & Strong! into a culturally appropriate program for Latinos

Funding Period: Originally funded from September 2009 – August 2009; Sub-contract activated from January 2013-August 2013

Total Costs: Originally awarded \$60,252; reduced due to NIA budget cuts to \$39,389, 52% indirect costs

Cost recognition to CAD: \$39,389

Role: Principal Investigator on ASU sub-contract (PI: Susan Hughes, sub-award to Cheryl Der Ananian)

10. **Source:** Centers for Disease Control and Prevention: R18 (Sub-Contract to ASU)

Grant Number: CDC 1R18DP001140-01

Title: Fit & Strong!: Translating an evidence-based multi-component exercise program

Funding Period: September 2008 –August 2011

Total Costs: \$1,342,623; sub-contract award of \$8,249; 52% indirect costs recovered

Cost recognition to CAD: \$8,249

Role: Co-I on grant (PI: Susan Hughes, UIC); Sole PI on ASU sub-contract

11. Source: Arizona Department of Health Services

Title: Perspectives of heart healthy behaviors among African-American adults in Arizona

Funding Period: July 2008 – June 2009

Total Costs: \$50,286, 36% indirect costs recovered

Cost recognition to CAD: \$25,143

Role: Co-Principal Investigator

12. Source: Arizona Area Health Education Centers Small Grant Award

Title: Evaluation of Abundant Life Wellness' Falls Prevention Program

Funding Period: July 2008 – June 2009 (no cost extension until Dec. 2009)

Total Costs: \$5000, 8% indirect costs recovered

Cost recognition to CAD: \$4,500

Role: Principal Investigator

13. Source: Leisure World Foundation

Title: A needs assessment of the residents of Leisure World active living community

Funding Period: June 2008 – December 2008

Total Costs: \$23,988, 10% indirect costs recovered

Cost recognition to CAD: \$7,196.40

Role: Co-Investigator (PI: Denise Link)

14. Source: NIA: Midwest Roybal Center for Health Promotion

Grant Number: NIA 5P30AG022849

Title: Factors that influence exercise in a diverse population of people with osteoarthritis

Funding Period: September 2006- August 2007 (No cost extension through August 2008)

Total Costs: \$43,000 direct costs

Cost recognition to CAD:

Role: Principal Investigator (PI: Susan Hughes, sub-award to Cheryl Der Ananian)

Faculty Advisor, Doctoral Student Grants

1. **Source:** Obesity Solutions/Virginia G. Piper Trust Foundation
Title: Exercise is Medicine on Campus
Funding Period: June 2017-May 2018
Total Costs: \$6,400
Cost recognition to CAD: \$6400
Role: Faculty Mentor (PI: Birchfield, N.)
2. **Source:** American College of Sports Medicine Dissertation Grant
Title: Evaluation of the Stay in Balance Wellness Program
Funding Period: July 2009- June 2010
Total Costs: \$5,000
Cost recognition to CAD: \$5000
Role: Faculty Mentor (PI: Mitros, M.)
3. **Source:** American College of Sports Plus One Technology Grant
Title: Evaluating the feasibility of using Facebook to promote physical activity and diet in college students
Funding Period: July 2009- June 2010
Total Costs: \$5,000
Cost recognition to CAD: \$5000

Extramural Grants, Not Funded

1. **Source:** PCORI (COVID Targeted PFA)
Title: Uncovering Innovative Strategies for Managing Primary Care and Population Health in the Era of COVID-19
Date of Submission: May, 2020
Role: CO-I
Total Costs: \$2,499,322
2. **Source:** USDA FY2019 AR5 Pulse Crop Health Initiative
Title: Pulse protein solutions: Supplementing pea protein isolate to improve muscle mass and strength in the elderly and vegetarians
Date of Submission: June, 2019
Role: PI
Total Costs: \$177,351
3. **Source:** Centers for Disease Control and Prevention
Title: State Public Health Approaches to Addressing Arthritis
Date of Submission: April, 2018
Role: Co-I/ ASU PI
Total Costs: \$2,500,000; (\$101,218 to ASU)
4. **Source:** NIH: R33

Title: HER: Healing, Exercise and Recovery

Date of Submission: October 2017

Co-Investigator: Responsible for the development and implementation of the physical activity intervention

Cost Recognition to CAD: \$2,357,118

5. **Source:** Robert Wood Johnson Foundation- Interdisciplinary Research Leaders Program

Title: Building Resilience of Older Adults to Age in Place in Subsidized Housing Facilities: An Enhanced Case Management and Empowerment Model

Date of Submission: March 8, 2017

Total Costs: \$74,999

Role: PI, Arizona State University

Not Funded

6. **Source:** NIH/NIA: R21

Title: Elevation of the center of mass to improve balance in older adults

Date of Submission: Oct, 2016

Total Costs: \$392,070.00

Role: Co-Investigator

Not Scored

7. **Source:** NIH/NIA: R21

Title: **Creating a Tailored Lifestyle Intervention for Midlife Mexican American Men

Date of Submission: July, 2014

Total Costs: \$424,875

Role: Co-Investigator

Priority Score: 29 (18%)

8. **Source:** Y-Medica

Title: Evaluation of Rewind Yoga™ in older adults

Date of Submission: May, 2014

Total Costs: \$354,002

Role: Principal Investigator

9. **Source:** NIH: R21

Title: Preventing chronic diseases in Mexican-American Men; an intersectional approach.

Date of Submission: January, 2013

Total Costs: \$424,875

Cost Recognition to CAD: \$127,462.50

Role: Co-Principal Investigator (Co-PI: Vega-Lopez, S.)

Priority Score: 59

10. **Source:** The California Endowment

Title: Evaluation of the California FreshWorks Fund.
Date of Submission: October, 2012
Total Costs: \$299,992.00
Cost Recognition to CAD: \$29,999
Role: Co- Investigator (PI: Ohri-Vachapati, P.)
Priority Score: N/A

11. **Source:** American College of Sports Medicine
Title: Does social support impact older adults' perceptions about video games as a form of physical activity?
Date of Submission: January, 2012
Total Costs: \$5000
Cost Recognition to CAD: \$5,000
Role: Faculty Mentor (PI: Jesse Vezina)
Priority Score: N/A
12. **Source:** European Union
Title: Health promoting benefits of exercise and diet in diabetes and obesity (XDIO).
Date of Submission: November, 2011
Total Costs: \$726,828
Cost Recognition to CAD: \$181,707.00
Role: Co-Investigator (PI: Zierath, J., Co-PI: Ainsworth, B at ASU)
Priority Score: N/A
13. **Source:** NIH:R21
Title: Cultural adaptation and validation of the Stanford Brief Activity Survey in Latinos
Date of Submission: June, 2010
Total Costs: \$419,375
Cost Recognition to CAD: \$62,906.25
Role: Co-Investigator (PI: Ainsworth B)
Priority Score: 60
14. **Source:** NIH:R21
Title: Physical activity and dietary assessment tutorials (PADIAT)
Date of Submission: September, 2009
Total Costs: \$1,608,191
Cost Recognition to CAD: \$32,176
Role: Co-Investigator (PI: Ainsworth B)
Priority Score: Not discussed
15. **Source:** CDC: U49
Title: Dissemination research on fall prevention, "Stepping On" in a U.S. Community Setting
Date of Submission: 2007

Total Costs: \$1,360,000
Role: Co-Investigator (PI: Hughes, S)
Priority Score: 220 (Old Scoring)

16. **Source:** CDC and ASPH: PEP Grant
Title: Evaluation of the Walk with Ease Program
Date of Submission: April, 2006
Total Costs: \$750,000
Role: Co-Investigator (PI: Hughes, S)
Priority Score: Unknown

Intramural Grants (not funded)

1. **Source:** CHS COVID Jumpstart Grant
Title: Innovative strategies to manage those at high risk for COVID19 due to comorbidity and SDoH: A joint project of HCHN, COVID19, HPEN and D&I teams and networks
Date of submission: **April, 2020**
Total Costs: \$ 20,000.
Role: Co-I
2. **Source:** CHS COVID Jumpstart Grant
Title: Impact of COVID control measures on social isolation for community dwelling groups at elevated risks: Elders, serious mental illness, or developmental disability patients
Date of submission: **April, 2020**
Total Costs: \$ 20,000
Role: Co-PI with Dr. Brad Doebbeling
3. **Source:** Global Sport Institute Seed Grant
Title: Evaluating the effectiveness of VR cycling for improving executive and cognitive function in older adults
Date of submission: **October, 2019**
Total Costs: \$ 19968.
Role: Co-I (Ferdinand Delgado, a 2nd year PhD student, was the PI)
4. **Source:** Mayo/ASU Seed Grant
Title: Translating clinical breast cancer prevention guidelines into culturally-tailored prevention programs for Black women
Date of submission: **Aug, 2018**
Total Costs: \$47,050
Role: Co-PI (Dr. Michele Halyard was the Mayo PI)
5. **Source:** Mayo/ASU Seed Grant
Title: Novel intervention in postural balance in older adults with a history of falls
Date of submission: Aug, 2016

Total Costs: \$50,000
Role: Co-I

6. Source: Institute for Social Science Research
Title: Formative Research for Health Promotion with Young Mexican American Adult Men
Date of submission: January, 2016
Total Costs: \$8,000
Role- Co-PI

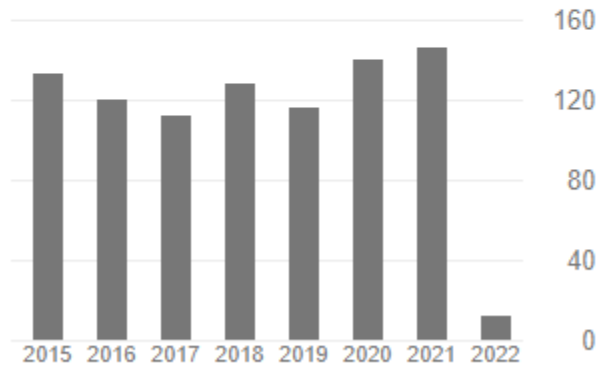
Research Activities

Notes: In the Health Promotion/Exercise Wellness field, authors are listed in decreasing order of contribution, and the following norms apply:

- ❖ The first author is usually the person who conducted most of the work and wrote the main contents of the manuscript and the first author is usually the corresponding author, unless otherwise indicated.
- ❖ Annotations for individual citations:
 - IF= impact factor as reported in InCites Journal Citation Reports
 - #C = number of citations (sources: # in ISI Web of Science/ # in Google Scholar on 01/16/2021)
 - Author names presented in italics and underlined indicates that a student mentored or co-mentored by CAD wrote the article

*Cited by [VIEW ALL](#)

	All	Since 2017
Citations	1463 **	655
h-index	17	13
i10-index	• 19	15



Peer-Reviewed Publications

1. Marquez, D.X., Aguiñaga, S., Castillo, A., Hughes, S.L., **Der Ananian, C.A.**, Whitt-Glover, M.C. (2020). ¡Ojo! What to expect in recruiting and retaining older Latinos in physical activity programs, *Translational Behavioral Medicine*, 10 (6), 1566-1572
2019 IF= 2.864, 5 Year IF = 3.212, #C 1/1)
2. Winham, D. M., Knoblauch, S. T., Heer, M. M., Thompson, S. V., & **Der Ananian, C.** (2020). African-American Views of Food Choices and Use of Traditional Foods. *American journal of health behavior*, 44(6), 848–863.
<https://doi.org/10.5993/AJHB.44.6.9> (Drs. Winham and Der Ananian were Co-I's on grant; last author and first author indicate senior authorship in this instance; 2019 IF= 1.224, 5 Yr IF = 1.931 #c 0/0)
3. Delgado, F., & **Der Ananian, C.** (2020). The Use of Virtual Reality through Head-Mounted Display on Balance and Gait in Older Adults: A Scoping Review. *Games for health journal*, 10.1089/g4h.2019.0159. Advance online publication.
<https://doi.org/10.1089/g4h.2019.0159> (2019 IF = 1.859; 5 YR IF = 2.053 #c = 0/0 Altmetric=2)
4. Arias-Gastélum, M., Lindberg, N. M., Leo, M. C., Bruening, M., Whisner, C. M., **Der Ananian, C.**, Hooker, S. P., LeBlanc, E. S., Stevens, V. J., Shuster, E., Meenan, R. T., Gille, S., Vaughn, K. A., Turner, A., & Vega-López, S. (2020). Dietary Patterns with Healthy and Unhealthy Traits Among Overweight/Obese Hispanic Women with or at High Risk for Type 2 Diabetes. *Journal of racial and ethnic health disparities*, 10.1007/s40615-020-00782-y. Advance online publication.
<https://doi.org/10.1007/s40615-020-00782-y> (2019 IF = 1.661; 5 Yr = 1.677 #c = 0/1, Altmetric = 6)
5. Wherry, S. J., **Der Ananian, C. A.**, & Swan, P. D. (2019). Feasibility of a home-based balance intervention in middle-aged women using Wii Fit Plus® *Journal of Physical Activity and Health*, 16(9), 736-744. <https://doi.org/10.1123/jpah.2018-0265> (2019 IF= 1.763; 5 YR IF = 2.283 #c = 0/0)
6. Ortiz-Dowling, E. M., **Der Ananian, C.**, Larkey, L. K., & Hooker, S. P. (2019). Health-Seeking Behaviors and Health Information Gathering in Older Mexican American Males. *Psychology of Men and Masculinity*. <http://dx.doi.org/10.1037/men0000194> (2019 IF: 1.941; 5 Year IF: 2.793 # C = 0/2, Altmetric = 2)
7. **Der Ananian, C.**, Winham, D.M., Thompson, S.V., & Tissue, M.E. (2018). Perceptions of Heart-Healthy Behaviors among African American Adults: A Mixed Methods Study. *Int. J. Environ. Res. Public Health*, 15, 2433. (2019 IF: 2.849; 5-Year IF: 3.127 #C= 4/11)
8. Floegel, T. A., Dickinson, J. M., **Der Ananian, C.**, McCarthy, M., Hooker, S. P. & Buman, M. P. (2018). Association of posture and ambulation with function at 30 days

in older adults hospitalized with heart failure. *Journal of Cardiac Failure*, 24(2), 126-130. doi: 10.1016/j.cardfail.2018.01.001 (2019 IF: 3.623; 5 Year IF: 3.660 #C= 7/)

9. **Miller, A. I., Der Ananian, C.**, Hensley, C., & Ungar, H. (2017). Evaluation of Rewind Yoga on Physical Function Outcomes in Older Adults: A Preliminary Study. *Activities, Adaptation and Aging*, 1-10. DOI: 10.1080/01924788.2017.1326765. (#C= 1/ 1 Altmetric = 9)
10. **Gunter, L.**, Protopopova, A., Hooker, S. P., **Der Ananian, C.**, & Wynne, C. D. L. (2017). Impacts of Encouraging Dog Walking on Returns of Newly Adopted Dogs to a Shelter. *Journal of Applied Animal Welfare Science*, 20(4), 357-371. DOI: 10.1080/10888705.2017.1341318 (2019 IF = 1.122, 5 Yr IF=1.509 #C=3/5 Altmetric=2)
11. **Der Ananian, C.A.**, Smith-Ray, R., **Meacham, B.**, Shah, A. & Hughes, S. (2017) Translation of Fit and Strong! for use by Hispanics : A feasibility trial of ¡En Forma y Fuerte!. *Journal of Aging and Physical Activity*, 25 (4), 628-638. doi: 10.1123/japa.2016-0256 (2019 IF= 1.763; 5 YR IF = 2.283 #C=1/3, Altmetric = 1)
12. **Der Ananian, C. A.**, **Mitros, M.**, & Buman, M. P. (2017). Efficacy of a student-led, community-based, multifactorial fall prevention program: Stay in balance. *Frontiers in Public Health*, 5(FEB), [30]. DOI: [10.3389/fpubh.2017.00030](https://doi.org/10.3389/fpubh.2017.00030). (Invited Submission for Special Edition: [Evidence-based Practices to Reduce Falls and Fall-related Injuries Among Older Adults](#)) (2019 If = 2.483; 5 YR IF = n/a, #C NA/12)
13. **James, D.**, Sebren, A., Der Ananian, C., Bruening, M., Rooney, L., Arras, T., & Swan, P.D. (2016). Associations Among Self-Compassion, Eating Behaviors, and Stress in College Freshmen. *Journal of Basic and Applied Sciences*, 12, 92-97.
14. Baruth, M., Wilcox, S., **Der Ananian, C. A.**, & Heiney, S. (2015). Effects of a 12-week home-based walking program on quality of life and fatigue outcomes in early stage breast cancer survivors. *Journal of Physical Activity and Health*, 12 (Suppl 1), S110 -SJournal118 (2019= 1.763; 5 YR IF = 2.283 #c = 15/33)
15. **Der Ananian, C. A.**, **Churan, C.**, & Adams, M. (2015) Correlates of physical activity among older adults with arthritis. *Am J Health Behav*, 39(4), 562-572. DOI: <http://dx.doi.org/10.5993/AJHB.39.4.13> (2019 IF= 1.224, 5 Yr IF = 1.931 #C= NA/6)
16. **Der Ananian, C. A.**, **Soroush A.**, Ainsworth, B. E., Belyea, M., Walker, J., Poortvliet, E., Swan P., Yngve, A. (2015). Trajectories and predictors of steps in a worksite intervention: ASUKI-step. *Health Behavior & Policy Review*. 2(1). DOI: 10.14485/HBPR.2.1.5 (#C= 2/6)
17. **Vezina, J.**, **Der Ananian, C.**, Greenberg, E. & Kurka, J. (2014). Socio-demographic Correlates of Meeting the US Department of Health and Human Services Muscle

Strengthening Recommendations in Middle Aged and Older Adults. *Preventing Chronic Disease*, 11, 140007. DOI: <http://dx.doi.org/10.5888/pcd11.140007> (2019 IF: 2.144; 5 Yr IF = 2.822)

18. Vezina, J., **Der Ananian, C.A.**, Campbell, K.D., Meckes, N., & Ainsworth, B. (2014). Energy expenditure of strength exercises. *Journal of Strength and Conditioning Research*, 28(4), 1026-31. doi: 10.1519/JSC.0000000000000375. (2019 IF: 2.973; 5 YR IF = 3.057 #C= NA/15)
19. Bopp, M., **Der Ananian, C.A.** & Campbell, M.E. (2014). Differences in active commuting by age category. *Journal of Aging and Physical Activity*, 22(2), 199-211. doi: 10.1123/japa.2012-0236. (2019= 1.763; 5 YR IF = 2.283 #C = 8/12)
20. Herrmann, S. D., Heumann, K.J., **Der Ananian, C.A.**, Ainsworth, B.E. (2013). Validity and reliability of the Global Physical Activity Questionnaire (GPAQ). *Measurement in Physical Education and Exercise Science*, 17(3), 221-235, <http://dx/doi.org/10.1080/1091367x.2013.805139> (2019 Scopus Cite Score = 0.84 #C = NA/144)
21. Soroush, A., **Der Ananian, C.**, Ainsworth, B., Belyea, M., Poortvliet, E., Swan, P., Walker, J., & Yngve, A. (2013). Effects of a 6-month walking study on blood pressure and cardiorespiratory fitness in U.S. and Swedish adults: ASUKI Step Study. *Asian Journal of Sports Medicine*, 4 (2), 114-124. <http://asjms.tums.ac.ir/index.php/asjms/article/view/366> (Scopus Cite Score 2019: 1.32 #C= NA/41)
22. **Der Ananian, C.** & Ainsworth, B. (2013). Population based approaches for health promotion. *German Journal of Sports Medicine*, 64 (6), 166-70. (2019 IF: 1.02 #C = NA/3) (Invited submission)
23. Ainsworth, B.A. & **Der Ananian, C.A.** (2013). Wellness matters: Promoting health in young adults. *Kinesiology Review*, 2, 39-46. (Scopus Cite Score = 0.78; #C = NA/3)
24. Ainsworth B.E., **Der Ananian, C.A.**, Soroush, A., Walker, J., Swan, P., Poortvliet, E., Yngve, A. (2012). "ASUKI Step" pedometer intervention in university staff: rationale and design. *BMC Public Health*, 12: 657 doi: 10.1186/1471-2458-12-657 (2019 Year IF: 2.52; 5 Year IF: 3.182 #C = 2/8, Altmetric =2)
25. **Der Ananian, C.A.**, Desai, P.J., Smith-Ray, R., Seymour, R B., & Hughes, S. (2012). Perceived versus actual factors associated with adoption and maintenance of an evidence-based physical activity program. *Translational Behavioral Medicine*, 2:209 – 217, doi: 10.1007/s13142-012-0131-x (2019 IF= 2.864, 5 Year IF = 3.212, Citations = 9/1)
26. Grimstvedt, M., **Der Ananian, C.A.**, Keller, C., Woolf, K., Sebren, A., & Ainsworth, B. (2012). Nurse practitioner and physician assistant physical activity counseling,

knowledge and practices. *Preventive Medicine*, 54, 306-308, doi: 10.1016/j.ypmed.2012.02.003 (2019 IF: 3.788; 5 Year IF: 4.348 #C = 18/36)

27. Nuñez, D., Keller, C., & **Der Ananian, C.** (2009). A Review of the efficacy of the self-management model on health outcomes in community-residing older adults with arthritis. *Worldviews on Evidence-Based Nursing*, 6(3), 130-148. (2019 IF: 1.991; 5 Yr IF 2.943 #C= 23/44, Altmetric=6)
28. **Der Ananian, C.A.**, Wilcox, S., Watkins, K., Saunders, R., & Evans, A. (2008). Factors associated with exercise participation in adults with arthritis. *Journal of Aging and Physical Activity*, 16, 96-114. (2019 IF= 1.763; 5 YR IF = 2.283 #c = 23/62)
29. Matthews, C.E., Wilcox, S., Hanby, C.L., **Der Ananian, C.**, Heiney, S.P., Gebretsadik, T., & Shintani, A. (2007). Evaluation of a 12-week home-based walking intervention for breast cancer survivors. *Supportive Care in Cancer*, 15(2), 203-211. (2019 IF: 2.635; 5 Year IF: 2.95 #C= 101/178)
30. Wilcox, S., **Der Ananian, C.A.**, Abbott, J., Vrazel, J., Ramsey, C., Sharpe, P. (2006). Perceived barriers, enablers and benefits of exercise among people with arthritis. *Arthritis Care and Research*, 55(4), 616-27. (2019 IF = 4.056; 5 YR= 4.199 #C = 198/331)
31. **Der Ananian, C. A.**, Wilcox, S., Abbott, J., Vrazel, J., Ramsey, C., Sharpe, P.A., & Brady, T. (2006). The exercise experience in adults with arthritis: A qualitative approach. *American Journal of Health Behavior*, 30(6), 731-744. (; 2019 IF= 1.224, 5 Yr IF = 1.931 #C=)
32. **Der Ananian, C. A.**, Wilcox, S., Saunders, R., Watkins, K., & Evans, A. (2006). A comparison of factors that influence exercise among adults with arthritis in three activity levels. *Preventing Chronic Disease*, 3(3). Available: http://www.cdc.gov/pcd/issues/2006/jul/05_0220.htm (2019 IF: 2.144; 5 Yr IF = 2.822 #C= NA/102)
33. Wilcox, S., **Der Ananian, C. A.**, Sharpe, P., Robbins, J., & Brady, T. (2005). Correlates of physical activity in people with arthritis: review and recommendations. *Journal of Physical Activity and Health*, 2(2), 230-252. (2019 IF: 1.993, 5 YR IF = 2.226 #C NA/45)
34. Adams, S.A., **Der Ananian, C.A.**, Dubose, K.D., Kirtland, K.D., & Ainsworth, B.E. (2003). Physical activity levels among overweight and obese adults in South Carolina. *Southern Medical Journal*, 96(6), 539-543. (2019 IF: 0.808; 5 YR IF = 0.970 #C=18/44)

Manuscripts in Review

Note: Names in italics and underlined indicate student authors

1. *Delgado, F., Der Ananian, C., Bosch, P., & Peterson, D.* (Revise and Resubmit, 12/21). Dynamic Balance, Static Balance, and Reactive Steps in Older Adults With and Without Self-Reported Musculoskeletal Conditions: A Cross-Sectional Study. Submitted to AJR.
2. *Thompsett, D., Vento, K., Hondula, D., Der Ananian, C. Wardenaar, F.* (In Review). Effects of Macronutrient Feedings on Golf Performance and Levels of Fatigue. Submitted to Kinesiology
3. Lyons, R. C., Hasanaj, K., McCracken, K. J., Der Ananian, C., & Buman, M. P. (In Reveiw). Project COPE: Prospective Investigation of Daily Experiences of Stress, Physical Activity, and Sleep during the COVID-19 Pandemic. *Annals of Behavioral Medicine*.

Book Chapters:

1. Hughes, S., Der Ananian, C., & DeMott, A. (Revise and Resubmit.). Intervention Approaches for Osteoarthritis. In *Oxford Encyclopedia of Aging and Public Health*. Oxford University Press
2. Ainsworth, B.A., & **Der Ananian, C.A. (2020)**. Chapter 36: Physical Activity Promotion, *Handbook of Sport Psychology*, 4th Edition. Wiley Blackwell. ISBN: 978-1119568070.
3. **Der Ananian, C.A.**, & Janke, M. (2010). Leisure in Later Life. In *Leisure, Health and Wellness: Making the Connections*. Payne L, Ainsworth B, and Godbey G. (Eds). Venture Publishing; State College, PA. (# Citations: 5/11)
4. **Der Ananian, C.A.** (2007). Mobility. In *Encyclopedia of Health and Aging* (pp. 381-383). Sage Publications; United States.
5. **Der Ananian, C.A.** & Prohaska, T.R. (2007). Physical Activity and Exercise. In *Encyclopedia of Gerontology*, Second Edition. Birren J.E. (Ed). Amsterdam: Academic Press; Boston, Massachusetts, USA.

Technical Reports:

1. Winham, D. & **Der Ananian, C.** (2009). Perspectives of heart-healthy behaviors among African American adults in Arizona. Report prepared for the Arizona Department of Health Services, Cardiovascular Disease Prevention Program, Bureau of Tobacco and Chronic Disease.

Manuscripts in Revision or Preparation

1. Stodden, D., **Der Ananian, C.A.**, Vezina, J. & Ainsworth, B. Associations between physical activity, health-related fitness, functional ability, and fundamental motor

skills in women ages 45-65 years. *Manuscript in progress – data analysis is complete, introduction, methods and results are complete.*

2. *Napolitano, V., Der Ananian, C.A., Ainsworth, B.A., & Sebren, A.* A Cross-Sectional Examination of the Relationship Between Trait Mindfulness, Behavioral Regulation Toward Exercise, Exercise Intention, Perceived Stress, and Physical Activity in University Undergraduates. Manuscript is complete and is being edited for submission..
3. *Merkel, A., Der Ananian, C.A., & Swan, P.* Effects of the Group Lifestyle Balance Program on Balance among Overweight Individuals with Arthritis. To be submitted to *Activity and Adaptations to Aging*, anticipated submission date, Feb 2020. (*This is a publication from a student thesis*).
4. *Preston, J., Der Ananian, C.A., Berger, C. & Vezina, J.* Credentials and Knowledge of Personal Trainers and Client Retention. To be submitted to *Journal of Strength and Conditioning*. Manuscript is complete and is being edited for submission. Anticipated submission date: January 2020. (*This is a publication from a student thesis*).
5. *Birchfield, N, Krasnow, A., Adams, M., Doebbeling, B., Swan, P., & Der Ananian, C.* A Process Evaluation of the Implementation of Exercise is Medicine™. To be submitted to: *American Journal of Preventive Medicine*.
6. *Birchfield, N, Krasnow, A., Adams, M., Doebbeling, B., Swan, P., & Der Ananian, C.* Evaluating the Implementation of Exercise Is Medicine™ with Patient Survey Data. To be submitted to *Translational and Behavioral Medicine*.

Published Abstracts

Note: Names in italics indicate student authors

1. **Der Ananian, C. A.**, *Doebbeling, B., Mauricio Mejía, G., Wine, H., Harelson, H., Houchins, M., Infurna, F., & Pishko, C.* (2021). Preferred Communication Channels Among Older Adults During COVID-19. *Innovation in Aging*, 5(Supplement_1), 220–220. <https://doi.org/10.1093/geroni/igab046.842>
2. *Mauricio Mejía, G., Der Ananian, C. A., & Doebbeling, B.* (2021). Experience Design Studio for Social Connection of Older Adults. *Innovation in Aging*, 5(Supplement_1), 39–40. <https://doi.org/10.1093/geroni/igab046.147>
3. *Doebbeling, B., Harelson, H., Houchins, M., Wine, H., Pishko, C., Der Ananian, C. A., Peckham, A., & Guest, M. A.* (2021). Strategies Older Adults Used During COVID-19 to Stay Connected. *Innovation in Aging*, 5(Supplement_1), 23–24. <https://doi.org/10.1093/geroni/igab046.082>

4. *Hudzinski, T., Delgado, F., & Der Ananian, C. A.* (2021). Psychosocial and Physical Activity Outcomes Among Group Lifestyle Balance Program Participants With Arthritis. *Innovation in Aging*, 5(Supplement_1), 457–458. <https://doi.org/10.1093/geroni/igab046.1765>
5. *Delgado, F., Der Ananian, C., & Peterson, D.* (2020). Balance and reactive steps in older adults with and without self-reported musculoskeletal conditions. *Innovations in Aging*, 4 (S1), 521. Presented as a paper at the 2020 Gerontological Society of America Annual Meeting (Virtual).
6. Nesbitt, D., **Der Ananian, C.**, Stodden, DF., Vezina, J., Florez-Pregnero, A., & Ainsworth, B. (2020). Examining the relationship between supine-to-stand, motor competence, and health-related fitness in middle-aged women ages 45-65 years. *Journal of Sport & Exercise Psychology*, 42 (S5), S5. Accepted for presentation at the NASPA Conference; Conference cancelled due to COVID.
7. **Der Ananian, C.**, Vega-Lopez, S., Valdez, H., *Vega-Soto, S., Delgado, F., & Hooker, S.* (2019). Acceptable characteristics of interventions for middle-aged Hispanic men: results from key informant interviews. *Innovation in Aging*, 3(Supplement_1), S144-S145. Presented as a Poster Presentation at the Gerontological Society of America Meeting, November, 2019.
8. *Delgado, F., Der Ananian, C., Vega-Lopez, S., Vega-Soto, S., Valdez, H., & Hooker, S.* (2019). Barriers, facilitators, benefits and enjoyment of physical activity in middle-aged hispanic men. *Innovation in Aging*, 3(Supplement_1), S201-S202. Presented as a Paper Presentation at the Gerontological Society of America Meeting, November, 2019.
9. *Vega-Soto, S., Der Ananian, C., Valdez, H., Delgado, F., Hooker, S., Vega-Lopez, S.* (2019). Perceived Barriers and Facilitators to Healthy Eating in Middle-Aged Hispanic Men (P04-125-19), *Current Developments in Nutrition*, 3, Supplement_1, June 2019, nzz051.P04–125–19, <https://doi.org/10.1093/cdn/nzz051.P04-125-19>. Presented as a poster presentation at the American Nutrition Society Meeting, June, 2019
10. *Delgado, F., Der Ananian, C.A., Merkel, A.* (2019). Changes in Physical Function and Body Composition among Group Lifestyle Balance Program Participants with Arthritis. *Medicine & Science in Sports & Exercise*, 51(6), 212-213. doi: 10.1249/01.mss.0000561144.22005.d2. Presented as a Free Communication/Poster at the American College of Sports Medicine Annual Meeting, 5/29/2019.
11. *Delgado, F., Vega-Lopez, S., Valdez, H., Vega-Soto, S., Hooker, S., & Der Ananian, C.A.* (2019). Intervention preferences of middle-aged Mexican-American men: a comparison of key informant's and men's perspectives. Presented as a poster at the Arizona Public Health Association Annual Meeting, October, 2019.

12. Mendoza, N. S. & **Der Ananian, C.** (2018). Heal, Exercise & Recover (HER). A qualitative exploration of physical fitness while in treatment for substance use disorder. Society for Social Work and Research. Washington, D.C.
<https://sswr.confex.com/sswr/2018/webprogram/Paper32973.html> Presented as a poster presentation at the 2018 Society for Social Work and Research Annual Meeting, Washington, D.C.
13. *Merkel, A., & Der Ananian, C.* (2018). The effects of the Group Lifestyle Balance Program™ on measures of balance in overweight people with arthritis. *Innovation in Aging*, 2(Suppl1), 1003. Presented as a poster presentation at the 2018 Gerontological Society of America Annual Meeting, Boston, MA.
14. *Der Ananian, C.A., Birchfield, N., Merkel, A., & Vega-Lopez, S.* (2018). Translating the Group Lifestyle Balance Program™ for use in people with arthritis: effects on biomarkers of cardiovascular disease risk. *Annals of Behavioral Medicine*, 52 (S1), S795. Presented as a poster presentation at the Society of Behavioral Medicine Annual Meeting, April 2018, New Orleans, LA.
15. **Der Ananian, C., Miller, A. & Scott, B.** (2016). Effect of Rewind Yoga on Balance and Physical Function in Older Adults: A Randomized Control Trial. *The Gerontologist*, 56 (S3), 798. Presented as a poster presentation at the 2016 Gerontological Society of America Meeting, New Orleans, LA, November 2016
16. *James, D., Sebren, A., Swan, P. Der Ananian, C., & Bruening, M.* (2016). Associations among self-compassion, eating behaviors, and stress in college freshmen. Presented as a poster presentation at the International Symposium for Contemplative Studies, San Diego, CA, November 2016.
17. *Floegel, T., Der Ananian, C., McCarthy, M., Dickinson, J., Hooker, S. & Buman, P.* (September, 2016). Posture, ambulation, and 30-day readmission and function in older patients with heart failure. *Invited podium presentation—Nursing Research Award session—Heart Failure Society of America annual conference, Kissimmee, FL.*
18. *Dowling, E., Larkey, L., Der Ananian, C., & Hooker, S.* (2016). Barriers and Motivators to Physical Activity in Older Mexican American Males. Gerontological Nursing Association, GeroFocus 2016: Conference on Gerontology, Indianapolis, IN.
19. **Der Ananian, C., Bogor, S., & Semken, K.** (2015). Weight loss in arthritis: Why bother? Accepted as a poster presentation at the 2015 Gerontological Society of America meeting, November 2015.
20. **Der Ananian, C., Soroush, A., Ainsworth, BE, Belyea, M., Swan, P., Walker, J., Poortvliet, E. & Yngve, A.** (2015). Trajectories and socio-demographic predictors of

- steps in a worksite intervention: ASUKI-Step. *Annals of Behavioral Medicine*, 49 (Suppl 1):S170. *Presented as a part of a symposium on Worksite Wellness Programs at the 2015 Society of Behavioral Medicine Annual Meeting, San Antonio, TX, April 2015.*
21. Der Ananian, C., Miller, A., Shah, A., Hughes, S.L. (2014). Six-month outcomes of ¡Fuerte y en FORMA! in Latinos with Arthritis. *The Gerontologist*, 54 (Suppl 2), 170. *Presented as a poster presentation at the 2014 Gerontological Society of America Meeting, Washington D.C., November 2014.*
 22. Buman, M. P., Gordon, A., Swan, P. & **Der Ananian, C.** (2014). A theory-based pilot study to decrease sitting time in the workplace. *Presented as a poster presentation at the 5th International Congress on Physical Activity and Public Health, Rio De Janeiro, Brazil, April, 2014.*
 23. Gordon, A., Swan, P., **Der Ananian, C.**, & Buman, M.P. (2014). A theory-based pilot study to decrease sitting time in the workplace. *Annals of Behavioral Medicine*, 47S, S131. *Presented as a poster presentation at the 2014 Society of Behavioral Medicine Annual Meeting, Philadelphia, PA, April 2014.*
 24. Vezina, J.W., Stodden, D., Pregonero, A.F., **Der Ananian, C.**, & Ainsworth, B.E. (2014). Associations between fundamental motor skill patterns and performance in middle-aged women. *Accepted as a poster presentation at the 2014 American College of Sports Medicine Annual Meeting, Orlando, FL, May 2014.*
 25. Miller, A.I., **Der Ananian, C.A.** & Hinrichs, R. (2014). Effect of Fuerte y en Forma! on balance outcomes in Hispanics with arthritis. *Presented as a poster presentation at the 2014 American College of Sports Medicine Annual Meeting, Orlando, FL, May 2014.*
 26. James, D.A., Sebren, S., Swan, P., & **Der Ananian, C.** (2014). Associations among self-compassion, stress and eating behaviors in college freshmen. *Presented as a poster presentation for the 2014 Bridging the Hearts and Minds of Youth Conference, San Diego, CA, January 2014.*
 27. **Der Ananian, C.**, Hughes, S., Shah, A., Heide, D., Miller, A. & Montoya, L. (2013). Feasibility of implementing Fuerte y En Forma! in Latinos with Arthritis. *The Gerontologist*, 53 (S1), 461. *Presented as a poster at the 2013 Gerontological Society of America Annual Meeting, New Orleans, LA, November 23, 2013.*
 28. Vezina, J., & **Der Ananian, C.** (2013). Rate of self-reported participation in strength-training across race, age and gender. *Medicine and Science in Sport and Exercise*, 45 (5S), 464-465. *Presented as a free communication/poster at the 2013 American College of Sports Medicine Annual, Indianapolis, IN, May 31, 2013*
 29. **Der Ananian, C.** & Bopp, M. (2013). Differences in Influences on Active Commuting in Adults by Age Category. *Annals of Behavioral Medicine*, 45S, s294.

Presented as a poster presentation at the 2013 Society of Behavioral Medicine Annual Meeting, San Francisco, California, March 23, 2013.

30. **Der Ananian, C.**, Desai, P.J., Hughes, S., & Smith-Ray, R. (2012). Perceived versus actual factors associated with adoption and maintenance of evidence-based physical activity programs. *The Gerontologist*, 52 (S1), 275. *Presented as a Paper at the 2012 Gerontological Society of America Annual Meeting, San Diego, CA, November 2012.*
31. **Der Ananian, C. & Smith, S.** (2012). Evaluation of a mural painting contest on stair use in college students. *Journal of Science and Medicine in Sport*, 15 (S1) S 1, S265-S266. *Presented as a Poster at the 2012 International Congress on Physical Activity and Public Health Meeting, Sydney, Australia, October 2012.*
32. Fallon, E., Kaczynski, A., Lightner, J., **Der Ananian, C.** (2012). Perceptions of the neighborhood environment vary by socio-demographic and health variables. *Journal of Science and Medicine in Sport*, 15 (S1) S 1, S265-S266. *Presented as a Poster at the 2012 International Congress on Physical Activity and Public Health Meeting, Sydney, Australia, October 2012.*
33. **Der Ananian, C.**, Mitros, M., & Buman, M. (2012). Efficacy of a student-led, community-based falls prevention program. *Medicine and Science in Sports and Exercise*, 44: 5 Supplement. *Presented as a slide session at the 59th Annual Meeting of the American College of Sports Medicine, San Francisco, CA, May 2012.*
34. Mitros, M., **Der Ananian, C.**, Ainsworth, B. E., Alvar, B., Swan, P., & Chong, L. (2011). Evaluation of a community-based multi-factorial falls prevention program. *Medicine and Science in Sports and Exercise*, 43 (5), 122. *Presented as a free communication/slide presentation at the 2011 American College of Sports Medicine Meeting, June 2011.*
35. **Der Ananian, C.** (2011). Correlates of perceived physical function in older adults with arthritis (2011). *Medicine and Science in Sports and Exercise*, 43 (5), 824-825. *Presented as a poster at the 2011 American College of Sports Medicine Meeting, June 2011*
36. Smith, S., **Der Ananian, C.**, Vezina, J., & Ainsworth, B. E. (2011). Results from an intervention using Facebook to promote healthy habits in college students. *Medicine and Science in Sports and Exercise*, 43 (5), 715. *Presented as a poster at the 2011 American College of Sports Medicine Meeting, June 2011*
37. **Der Ananian, C.**, Winham, D., & Thompson, S. V. (2011) Perceptions about cardiovascular disease among African-Americans in Arizona. *Presented as a poster presentation at the Society of Behavioral Medicine Annual Meeting, Washington, D.C., April, 2011*

38. Winham, D. M., **Der Ananian, C. A.**, & Thompson, S. V. (2011) African American perceptions of heart disease and nutrition in Arizona. *The FASEB Journal*, 25, 974.8. Presented as a poster presentation, Federation of the American Societies for Experimental Biology 2011 Annual Meeting.
39. Smith, S. B., **Der Ananian, C.**, & Vezina, J. (2010). Qualitatively analyzing perceptions and opinions on the feasibility of using Facebook for a health and wellness intervention in college students. Presented as a poster presentation at the Society of Behavioral Medicine Annual Meeting, Seattle, Washington, April 2010.
40. Grimstvedt, M. E., **Der Ananian, C. A.** & Ainsworth, B. E. (2009). The correlates of physical activity in older adults with arthritis. *Medicine & Science in Sports & Exercise*, 41(5), 416. Presented as a poster at the American College of Sports Medicine Annual Meeting, Seattle, Washington, May 2009.
41. Smith, S. B., **Der Ananian, C. A.**, & Ainsworth, B. E. (2009). Weight Management Among Young Adults Based On The National Physical Activity Weight Loss Survey (NPAWLS). *Medicine & Science in Sports & Exercise*, 41(5), 124. Presented as a free communication/slide at the American College of Sports Medicine Annual Meeting, Seattle, Washington, May 2009.
42. **Der Ananian, C. A.**, Bopp, M., & Prohaska, T. (2009). Perceived exercise benefits and enablers in non-Hispanic Blacks with arthritis. *Annals of Behavioral Medicine*, 37S, 169. Presented as a poster at the Society of Behavioral Medicine Annual Conference, Montreal, Canada, April 2009.
43. **Der Ananian, C. A.**, Prohaska, T. R. (2008). Exercise Barriers among Older Blacks with Arthritis. *Annals of Behavioral Medicine*, 35S, S64. Presented as a poster at the Society of Behavioral Medicine Annual Conference, San Diego, CA, March 2008.
44. **Der Ananian CA**, Wilcox, S. (2006). Correlates of exercise self-efficacy in a diverse sample of people with arthritis. *Medicine & Science in Sports and Exercise*, 38(5), S252. Presented as a poster at the American College of Sports Medicine Annual Meeting, Denver, CO, June 1, 2006.
45. **Der Ananian C. A.**, Vrazel J, Wilcox, S., Abbott, J., Ramsey, C., & Sharpe, P. A. (2005). Perceived enablers and benefits of exercise among people with arthritis. *Medicine & Science in Sports and Exercise*, 37(5), S258-S259. Presented as a poster at the American College of Sports Medicine Annual Meeting, May 2005.
46. **Der Ananian CA**, Wilcox, S., Sharpe, P. A., & Brady, T. (2004). Correlates of exercise among persons with arthritis. *Medicine & Science in Sports and Exercise*, 36 (5), S192. Presented as a free communication/slide at the American College of Sports Medicine Annual Meeting, May 2004.
47. Matthews, C. E., Wilcox, S., Hanby, C., & **Der Ananian, C. A.** (2004). A 12-week home-based physical activity intervention in early stage breast cancer survivors.

Medicine & Science in Sports and Exercise, 36(5), S285. Presented as a free communication/slide at the American College of Sports Medicine Annual Meeting, May 2004

48. Hanby, C., Matthews, C. E., Wilcox, S., & **Der Ananian, C. A.** (2004). Predictors of adherence to a home-based walking intervention in breast cancer survivors. *Medicine & Science in Sports & Exercise*, 36(5): S285. Presented as a free communication/slide at the American College of Sports Medicine Annual Meeting, May 2004
49. Matthews, C. E., Wilcox, S., Skiba, A. M., Heiney, S., & **Der Ananian, C. A.** (2002). A home-based walking intervention among breast cancer survivors. Era of Hope Department of Defense Breast Cancer Research Meeting Program Proceedings, Volume III, P58-10. Presented as a poster at the 2002 Era of Hope Department of Defense Breast Cancer Research on September 28, 2002.
50. **Der Ananian, C. A.**, Matthews, C. E., Freedson, P. S., Ebbeling, C. B. & Hebert, J. R. (2002). Physical activity behaviors contributing to low and high activity levels measured by doubly labeled water. *Medicine & Science in Sports and Exercise*, 34(5), S264. Presented as a poster at the American College of Sports Medicine Annual Meeting on May 30, 2002.

Conference Presentations

International Conferences

1. **Der Ananian, C.**, Winham, D., Thompson, S. (2010). Perceived barriers and facilitators to heart healthy behaviors in African-Americans in Arizona. Presented as a poster at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Minneapolis, Minnesota, June, 2010.
2. **Der Ananian, C.**, Herrmann S., Ainsworth, B., & Yngve, A. (2010). Factors associated with non-completion of a worksite walking intervention: ASUKI Step. Presented as an oral free communication at the International Congress for Physical Activity and Health, Toronto, Canada, May 5-8, 2010..
3. Hart, T., Souresh A, Peloquin S, Herrmann, S., Walker, J., **Der Ananian, C.**, Ainsworth, B., Yngve, A. (2010). Relationship between social support and physical activity during a worksite intervention in two countries: The ASUKI Step study. Presented as a poster at the International Congress for Physical Activity and Health, Toronto, Canada, May 5-8, 2010.
4. Walker, J., Swan, P., **Der Ananian, C.**, Herrmann, S., Peloquin, S., Soroush, A., Ainsworth, B., Yngve, A. (2010). Comparison of body composition and physical activity by cardiorespiratory fitness level: The ASUKI Step study. Presented as a

poster at the International Congress for Physical Activity and Health, Toronto, Canada, May 5-8, 2010.

5. **Der Ananian, C.**, & Prohaska, T. R. (2007). Understanding the factors that influence physical activity among older, African-American adults with arthritis. Presented as part of symposium: Best practices for engaging older adults in physical activity, International Society of Behavioral Nutrition and Physical Activity, 2007 Annual Meeting, Oslo, Norway, June 21, 2007.
6. **Der Ananian, C. A.**, Hughes, S. L., Seymour, R., & Campbell, R. (2006). The influence of chronic illnesses on intervention outcomes among older adults with osteoarthritis. Presented as a poster at the International Congress on Physical Activity. Atlanta, GA, April 2006.

National Conferences

1. **Der Ananian, C.**, Hughes, S., Desai, P. J., Smith, R., & Seymour, R. (2012) Perceived versus actual factors associated with the adoption and maintenance of evidence-based physical activity programs. *Selected as a Round table discussion at the 140th American Public Health Association Annual Meeting, San Francisco, CA, October 2012.*
2. Smith, S. B., Meckes, N., Herrmann, S. D., Ainsworth, B. E., **Der Ananian, C. A.**, Vezina, J. (2010). Validity of a Web-Administered 3-Day Physical Activity Recall in First-Year College Students. *Presented as a poster at the Sports, Cardiovascular and Wellness Nutrition (SCAN) Symposium, San Diego, CA, March 2010.*
3. Seymour, R., Hughes, S., Desai, P. J., & **Der Ananian, C. A.** (2008). Translation of Fit & Strong!: Focus group findings from suburban and rural providers and instructors. *Presented as a poster at the American Public Health Association 2008 Annual Meeting, Boston, MA, November 2008.*
4. **Der Ananian, C. A.**, & Wilcox S. A. (2006). Qualitative understanding of the impact and management of arthritis among people with arthritis in three activity levels. *Presented as a poster at the American Public Health Association, 2006 Annual Meeting.*
5. **Der Ananian, C. A.**, & Prohaska, T. R. (2005). The importance of social influences on walking among mall walkers. *Presented as a poster at the ACSM Walking for Health Conference: Measurement and Research Issues and Challenges. Urbana-Champagne, Illinois, October 2005.*

Regional Conferences

1. *Delgado, F., Der Ananian, C., & Merkel, A.* (2018). The effects of a lifestyle behavior change program on physical function in overweight, older adults with

- arthritis. *Presented as a poster presentation at the Southwest American College of Sports Medicine Meeting, Costa Mesa, CA, October 26, 2018.*
2. **Der Ananian, C. & Birchfield, N.** (2017). Exercise is Medicine on Campus at Arizona State University. *Presented as a symposium presentation at the Southwest American College of Sports Medicine Annual Regional Meeting, Long Beach, CA, October 20, 2017.*
 3. *Dowling, E.M., Larkey, L., Der Ananian, C. & Hooker, S.H.,* (2017). Barriers and Motivators to Physical Activity in Older Mexican American Men. *Presented as a poster presentation at the Fifth Annual Interprofessional Rural Health Professions Conference, Tucson, Arizona, April, 2017.*
 4. **Der Ananian, C. & Miller, A.** (2013). Effect of Rewind Yoga on balance and functional fitness: a preliminary study. *Presented as a poster presentation at the Southwest American College of Sports Medicine Annual Regional Meeting, Los Angeles, CA, October 19, 2013.*
 5. *Miller, A. J., Der Ananian, C. A. & Hinrichs, R.* (2013). Effect of Fuerte y en Forma! on balance outcomes in Hispanics with arthritis. *Presented as a poster at the Southwest American College of Sports Medicine Annual Regional Meeting, Los Angeles, CA, October 19, 2013.*
 6. *Vezenia, J., Mitros, M., Der Ananian, C. A.* (2011). Evaluation of Abundant Life Wellness Falls Prevention Program. *Presented as a poster at the Southwest American College of Sports Medicine Annual Regional Meeting, Reno, Nevada, October 2011.*
 7. **Der Ananian, C.** (2009). Improving the success of falls prevention programs: Is incorporating Behavior Change Theory the Answer? **Invited Symposium Presentation at the Southwest American College of Sports Medicine Meeting, San Diego, California, October, 2009.**
 8. *Smith, S. B., Der Ananian, C., Mitros, M.* (2009). Causes, Consequences, and Fears of Falling in Older Adults: A Qualitative Study. *Presented as a poster presentation at the Southwest American College of Sports Medicine Annual Regional Meeting, San Diego, California, 2009.*
 9. Der Ananian, C. A. (2008). Physical Activity and Successful Aging: A Critical Piece of the Puzzle. *Invited presentation at the 1st Annual Invitational Geriatric Conference: Healthy Outcomes in Aging, Glendale, AZ, September 19, 2008.*

Public Relations/Media Articles Featuring Scientific Contributions

1. Burfoot, A. (2014). Strength training may burn more calories than previously thought. *Runner's World Magazine.*

Teaching Experience

Arizona State University, Phoenix, AZ

2008 - Present

Course Prefix	Course Name	Semester taught	Total times taught	Course Circumstances
Graduate Courses				
EXW 591	Exercise and Wellness Seminar I	Fall 2000, 2021	2	
EXW 591	Exercise and Wellness Seminar II	Fall 2020 Spring 2021	2	
EXW 584	Internship	Spring 2020, 2021, Fall 2020,2021 Su 2021	5	
EXW 500	Research Methods	Spring 2014, 2015 Fall 2015, Fall 2017 Fall 2018	5	
EXW 635 / ALD 535	Physical Activity and Aging	Every Spring, 2008 – 2021 Fall 2011	15	<ul style="list-style-type: none"> • 100% online course • Cross-listed EXW and Gerontology • Created Course for ASU in 2008
EXW 542	Health Promotion Theory	Every Fall, 2008 – 2021 Spring, 2018	15	<ul style="list-style-type: none"> • Redesigned class due to Sync format in F2020
EWX 598	Healthy Aging and Lifestyle Behaviors	Fall 2014, Sp 2017 (independent study)	2	<ul style="list-style-type: none"> • New course created for ASU, fall 2014
IBC 780	Strategies and Techniques for	Summer Session 2, 2011	1	<ul style="list-style-type: none"> • Created new course for ASU

	Behavior Change in Clinical Practice			
MAS 585	Capstone Course	Spring 2013	1	
EXW 598	Health Program Evaluation	Spring, 2009	1	<ul style="list-style-type: none"> Redesigned class to improve learning outcomes and add service learning (2009)
Undergraduate Courses				
HEP 102	Foundations of Health Education and Health Promotion	Fall 2021	1	<ul style="list-style-type: none"> New course for me
HCD/HSC 410	Support of Older Adults	Spring 2019,2020, 21	3	<ul style="list-style-type: none"> Minor revision to accommodate a new textbook
EXW 325	Fitness for Life	Spring 2015	1	<ul style="list-style-type: none"> Major redesign Addition of adaptive textbook and resources
EXW 446	Program Planning, Implementation and Evaluation	Fall 2013	1	
EXW 444	Epidemiology	Fall 2010	1	
EXW 310	Technology in Exercise and Wellness	Spring 2011	1	<ul style="list-style-type: none"> Major redesign Statistics added to course objectives

Northeastern Illinois University, Chicago, IL

2006 - 2007

Graduate Courses:

HPERA 434	Program Development and Management in Health Promotion	Fall 2006
HPERA 416	Physiological Aspects of Aging and Physical Activity	Spring 2007

University of Illinois at Chicago, Chicago, IL

2006

Graduate Courses:

CHS 416	Late Life Health and Illness Behavior	Summer 2006
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Student Mentorship

Graduate Student Committee Chair

PhD Students:			
Student	Topic Area	Graduation Date	Awards, Recognition and Current Position
Ferdinand Delgado	Falls Prevention	May 2022 (anticipated)	<ul style="list-style-type: none"> • Ainsworth Travel Award • Recipient of the GSA Mentoring and Career Development Technical Assistance Workshop Junior Investigator Diversity Fellow Travel Award
Natasha Birchfield	Promotion of Physical Activity	December 2019	<ul style="list-style-type: none"> • Recipient GPSA Student Research Award • Recipient Obesity Solutions Grant • Recipient Graduate College Completion Fellowship
Andrew Miller	Balance and Falls Prevention	Discontinued Studies (Health Reasons)	<ul style="list-style-type: none"> • Recipient GPSA Student Research Award
Jesse Vezina	Strength Training and Physical Function in Aging	Discontinued Studies (2015)	<ul style="list-style-type: none"> • Recipient GPSA Student Research Award
Megan Grimstvedt	PA Promotion by Healthcare Providers	May 2011	<ul style="list-style-type: none"> • Recipient GPSA Student Research Award • Current Position: Instructor, Northeast Lakeview College
Shannon Smith	Promotion of PA and Diet in College Students	May 2011	<ul style="list-style-type: none"> • Recipient ACSM Plus One Technology Grant, • Recipient Corbin Award • Current Position: Residential Faculty, Food and Nutrition, Glendale Community College
Melanie Mitros	Balance and Falls Prevention	May 2010	<ul style="list-style-type: none"> • Recipient GPSA Student Research Award • Recipient ACSM doctoral dissertation award

			<ul style="list-style-type: none"> • Current Position: Director, Community Relationships, St. Lukes
Master's Degree Students:			
Danielle Serlin	Social Media and Body Image (Thesis)	May 2020	<ul style="list-style-type: none"> • Recipient GPSA Student Research Award • Nominated Outstanding MS Graduate Student in CHS
Frank Medina	Physical Activity in Men (Applied Project)	December 2019	<ul style="list-style-type: none"> •
Aubry Merkel	Physical Activity and Aging (Thesis)	May 2019	<ul style="list-style-type: none"> • Venture Devils Award • Outstanding Graduate Award, CHS
Vinson Napolitano	Physical Activity and Mindfulness (Thesis)	May 2019	<ul style="list-style-type: none"> • Recipient of GPSA Student Research Award
Bobbie Jo Trude	Exercise, Arthritis and Metabolic Syndrome	May 2019 (Anticipated)	<ul style="list-style-type: none"> •
John Prescott	Strength and Conditioning Knowledge, Attitudes and Beliefs	May 2018	<ul style="list-style-type: none"> • Recipient of GPSA Student Research Award
Madison Powell	Promotion of Nutrition Behaviors (Applied Project)	May 2018	<ul style="list-style-type: none"> •
Patricia Abbott	Physical Activity and Aging (Applied Project)	December 2016	<ul style="list-style-type: none"> • Owner, Infinity Fitness, Emerald Island, NC
Simran Dahlwali	Physical Activity and Aging (Thesis)	May 2015	<ul style="list-style-type: none"> • Accepted to Physician Assistant School
Christopher Churran	Physical Activity and Aging (Thesis)	December 2013	<ul style="list-style-type: none"> • Accepted to occupational therapy school
Alyssa Seeley	Physical Activity and Disability (Capstone Project)	May 2013	<ul style="list-style-type: none"> • Olympic Athlete • Accepted to PA school

Supervisory Committee for Graduate Students

Doctoral Students				
Degree	Student	Topic Area	Dates	Graduation Date

PhD	Charles Van Leiw	Falls and Balance in MS	2019-2021	May 2021
PhD	Nate Arnold	Exercise and Disability	2017	May 2021
PhD	Christopher Perry	Exercise and Sleep	2017-2020	No longer on committee
PhD	Mayra Gastulem	Nutrition and Ethnic Minority Populations	2013 -	May 2018
PhD	Evangeline Dowling	Older Latino Men's Health	2014-	May 2016
PhD	Simon Holzapfel	Assisted Cycle Therapy and Stroke Rehabilitation	2014-	May 2016
PhD	Darith James	Physical Activity, Diet and Mindfulness	2013 - 2014	Left Program
PhD	Faye Zhu	Physical Activity and Cognition	2013 -	May 2015
PhD	Theresa Floegel	Physical Activity and Aging	2012-	August 2015
PhD	Sarah Wherry	Balance and Osteoporosis	2011- 2014	May 2014
PhD	Ali Soroush (Karolinska Institute)	Physical Activity Promotion and Worksite Wellness	2012 - 2013	December 2013
DNP	Siobhan McMahon	Falls Prevention	2010	May 2012
PhD	Stephen Herrmann	Physical Activity Measurement	2009 - 2011	May 2011
PhD	Brandy-Joe Milliron	Obesity Prevention	2009 - 2010	August 2010
DNP	Diane Nunez	Self-Management of Chronic Disease	2008 - 2009	December 2009
PhD	Teresa Abrahams	Physical Activity Measurement	2008 - 2009	May 2009
PhD	Mark Peterson	Strength-Training and Aging	2008	December 2008
Master's Degree Students				
Degree	Student	Topic Area	Dates	Graduation Date
MS	Rachel Lyons	Sedentary behavior in the worksite	2020-	May 2021 (anticipated)
MS	James Bockas	Physical Activity and Disability	2017 - 2020	May 2020
MS	Kacee Olsen	Sedentary Behavior in the Worksite (applied project)	2018 - 2019	December 2019
MS	Daniel Thompsett	Nutrition and Exercise Performance (Thesis)	2018 - 2020	May 2020

MS	Marley Ford	Environmental approaches for PS	2014 - 2015	May 2015
MS	Keith Semken	Physical Activity and Aging	2014-2015	August 2015
MS	Amanda Gordon	Sedentary Behavior	2012-2013	Aug 2013
MS	Darith James	Mindfulness, Diet and Physical Activity	2012-2013	May 2013
MS	Lisa Smith	Physical activity and diet	2009 - 2010	May 2010
MS	Carrietta Lumia	Promotion of physical activity through multi-generational activities	2009 - 2010	May 2009

Undergraduate Student Mentorship

Student	Role	Project	Dates
Rachel Ganger	Barrett's Honors College Second Reader	Assisted Cycling Therapy (ACT) Improves Mobility in Adults with Down Syndrome	2014
Blanca Quezada	Barrett's Honors College Thesis Chair	Perceived Benefits, Barriers and Enablers of Physical Activity in Latinos with Arthritis	2012 - 2013
Sayah Bogor	Mentor	Perceptions about weight loss in people with osteoarthritis	2013 - 2015
Grizelda Celeya	Supervisor- EXW499 and EXW 592 Research Credit Hours	Development of an online training program for a fall prevention program	2014 - 2015
LuAnne Macy	Supervisor- Research Practicum (EXW 499)	Stay in Balance Falls Prevention Program	2009 - 2010
Sherman Burrell	Supervisor- Research Practicum (EXW 499)	Stay in Balance Falls Prevention Program	2009 - 2010
Cody Thornburg	Supervisor- Research Practicum (EXW 499)	Stay in Balance Falls Prevention Program	2009 - 2010

Academic Service

Service to Arizona State University

Service to the MS in EXW Program: and ENS Program

Faculty Advisor, ENS Graduate Student Organization	2020- present
Faculty Advisor, Exercise is Medicine on Campus Club at ASU	2016 - 2020
Member, Masters Curriculum Committee Exercise and Wellness Program	2010 - present
Member, ENS Executive Committee	2014-2019
EXW Personnel Committee	2013 - 17
Ad- Hoc Curriculum Committee: Healthy Aging Master's degree concentration	2013
Chair, Charles Corbin Scholarship Committee	2010 - 2012
Member, Charles Corbin Scholarship Committee	2008 - 2009
Search Committee, Health Promotion and Technology Assistant Professor Position, Exercise and Wellness Program	2009
Technology Committee Member	2008 - 2010
Committee member, Curriculum Development Committee Undergraduate Degree in Health Coaching, School of Applied Arts and Sciences	2008 - 2009
Service to the Undergraduate HEHP Program	
Undergraduate Curriculum Committee, Health Education and Health Promotion	2014- present
Member, Search Committee, Lecturer in Health Promotion	2014 (Fall)
Member, Search Committee, Lecturer in Health Promotion	2014 (Summer)
Ad-hoc Member, Undergraduate Curriculum Committee, Development of Health Promotion BS Degree	2011-2012
Search Committee Member, Health Promotion lecturer positions (2),	2010
Service to the Undergraduate Public Health Program	
Undergraduate Public Health Curriculum Committee	2016 - 2018
Annual Review Committee	2013 - 2014
Chair, Search Committee, Professor (Assistant or Associate) Public Health	Spring, 2016
Public Health Undergraduate Curriculum Committee	2015 - 2017
<u>Service to the School of Nutrition and Health Promotion</u>	
T & P Review Committee, SNHP	2018
Personnel Committee, SNHP	2016- 2018
Co-chair, Search Committee- Health Promotion Cluster Hire (5 positions) School of Nutrition and Health Promotion*	2011- 2012

Service to the College

CHS Spring 2020 Cycle V Jumpstart Grant Review Committee (Ad hoc committee, Sp 2020)	2020
CHS 19 COVID-19 Grant Review Committee, Sp 2020	2020
Chair, Search Committee, Associate Professor in Integrated Behavioral Health	2019-2020
Co-Chair, Search Committee, Associate Professor in Applied Physiology (Search canceled due to COVID, Sp 2020)	2019-2020
Personnel Committee (Annual Reviews)	2020-Present
Executive Visioning Team	F 2019 - present
Translational Team Committee	F 2019-Present
Visioning Committee- Research Counsel Roles & Responsibility	2018
Personnel Committee (Tenure and Promotion, CHS)	2018

Service to the University

ARCS Fellowship Review Committee, The Graduate College	2018-2021
Graduate College Completion Fellowship Review Committee, The Graduate College	2021-
Committee Member, Active@ASU	2015- 2017

Service to Profession: Ad Hoc Reviewer for Journals

Journal of Behavioral Medicine	2017- present
Health Behavior and Health Education	2013 - present
BMC Public Health	2012- present
Translational Behavioral Medicine	2012 - present
Journal of Aging Research	2008 - present
Journal of Applied Gerontology	2008 - present
Geriatric Nursing	2007 - present
Medicine & Science in Sports and Exercise	2007 - present
Journal of the American Geriatric Society	2007 - present
Arthritis Care & Research	2006 - present
Journal of Physical Activity and Health	2005 - present
Seminars in Arthritis & Rheumatism	2006 - present

Preventing Chronic Disease	2006 - present
Journal of Aging and Physical Activity	2006 - present
American Journal of Health Behavior	2005 – present

Service to Profession: Ad Hoc Reviewer for Professional Conference Abstracts

Society of Behavioral Medicine, Physical Activity SIG	2017- present
American Academy of Health Behavior	2014 - present
Society of Behavioral Medicine National Meeting, Methodology SIG	2007 - present
American Public Health Association National Meeting, Aging Caucus	2011 - present
American Public Health Association’s National Meeting, Women’s Caucus	2007 - 2013
American Public Health Association’s National Meeting, Physical Activity SIG	2005 - present

Service to Profession: Editorial and Review Boards

Associate Editor, Health Behavior and Policy Review	2015 - present
Review Board, American Journal of Health Behavior	2014 - present

Service to Profession: Ad Hoc Reviewer for Grant Study Sections

Arthritis Research United Kingdom, Peer Reviewer Clinical Grant Applications	March 2018
Chair, Grant Review Panel, DP17-005: SIP17-001 Community-based Short and Longer Term Evaluation of the Chronic Pain Self-Management Program (CPSMP), Centers for Disease Control and Prevention	May, 2017
Grant Review Panel, Osteoarthritis Action Alliance/ University of North Carolina, Chapel Hill, 2016 Small Osteoarthritis Small Grant Proposals, 7/1/2016	July, 2016
Grant Review Panel: DP16-003 Johnston County Special Emphasis Panel, Centers for Disease Control and Prevention.	April, 2016
Grant Reviewer Panel: DP15-008: Health Promotion and Disease Prevention Research Centers: Special Interest Project Competitive Supplements (SIPs 15-010 and 15-011).	May, 2015

Special Emphasis Panel/Scientific Review Group 2014/10 ZDP1 EEO (K) R meeting, United States Centers for Disease Control and Prevention.	June, 2014
SIP12-0 58 & 12-059, Panel D. Community Based Fall Prevention Research and Mobility Assessment in Older Adult Populations	June, 2012
DP11-007, Panel A, "Affordable Care Act (ACA): Childhood Obesity Research Demonstration, Centers for Disease Control and Prevention, Atlanta, GA	June, 2011
DP11-005, "Johnston County Osteoarthritis Project. Centers for Disease Control and Prevention, Internet Assisted Review	June, 2011
DP10-002, "Natural Experiments and Effectiveness Studies to Identify the Best Policy and System Level Practices to Prevent Diabetes and its Complications", Centers for Disease Control and Prevention, 1 Day Phone Review	May, 2010
Special Emphasis Panel/Scientific Review Group 2009/05 ZCD1 CJM (11)- Translating Research to Protect Health Promotion, Prevention and Preparedness (Panel d), CD09-001, Centers for Disease Control and Prevention, Atlanta, GA	July, 2009

Service to Profession: Professional Organizations

- Member, Work Group Two, Community Engagement, Osteoarthritis Action Alliance (2016 – present)
- Steering Committee, Osteoarthritis Action Alliance (2016-present)
- Society of Behavioral Medicine and American College of Sports Medicine sub-committee to review evidence-based interventions for the Exercise is Medicine Initiative (2012)
- ACSM- Exercise is Medicine- Created online training modules for the behavior section of the Exercise is Medicine Certification (2012)

Service to Community Organizations and Advisory Boards

Consultant, Wellspring Park Executive Board	2017-
Vice- Chair, Arizona Living Well Institute Leadership Council	2010- 2012
Chair, Evaluation Committee, Arizona Living Well Institute Leadership Council	2010 – 2012
Member, Arizona Falls Prevention Coalition	2009 -
Member, Arizona Falls Prevention Coalition, Physical Activity Sub-Committee	2009 -

Community Presentations:

Der Ananian, C.A., Swan, P., Dickinson, J., Wherry, S. & Hall, R. Wellness for seniors: backs, bones, muscles and more! Arizona State University Retirement Association, Arizona State University. March 20, 2014.

Der Ananian, C.A. Exercise and Cognition: What do we know? AARP Brain Health Seminar. Mesa Convention Center, Mesa, AZ. April 2, 2014.

Der Ananian, C.A. Successful Management of Chronic Disease: The importance of physical activity. 23rd Annual Elder Issues Conference, the High Country Conference Center, Flagstaff, AZ. October 16, 2014.

Der Ananian, C.A. Exercise and Cognition: What do we know? AARP Brain Health Seminar. Glendale Convention Center, Glendale, AZ. October, 2014

Der Ananian, C. Best Practices in Falls Prevention. Community Caregivers Association, City of Phoenix Senior Centers, Orangewood Community Church, Phoenix AZ. Sept 7, 2009.

Der Ananian, C. Principles and Practices of Exercise and Aging. The annual meeting the Arizona Senior Center Association. July 21, 2008, Phoenix,

Professional Affiliations

Member, American Academy of Health Behavior	2015 - Present
Member, Gerontological Society of America	2005 - Present
Member, American Public Health Association	2006 - Present
Member, Society of Behavioral Medicine	2006 - Present
Member, American College of Sports Medicine, National Chapter	2001 - Present

Professional Certifications and Trainings

Certified to facilitate Active Choices

Certified Master Trainer, Fit and Strong!

Certified to facilitate Group Lifestyle Balance

American Heart Association Basic Life Support