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## Scholarly activity in collaboration with the IU Bloomington School of Public Health

(June, 2019)

### Grants:

- Schaefer, S., Poff, R., Wavle, D., Wolter, S., Barry, J., Gritter, E., Friday, P. (2019). Awarded \$25,000 grant from the IU Office of Bicentennial funds for IUS campus hiking trail.
- Kennedy-Armbruster, C., Middlestadt, S., Hollingsworth, P., Hadfield, J.(2016). Impact of a Group Movement Physical Activity Community Engagement Program on University Employees and Students within a Workplace Wellness Initiative. Community-based research Partnerships in Indiana (\$5,000)
- Kennedy-Armbruster, C. & Kiessling, P.(2015). Impact of the Utilization of Activity Trackers and Student Coaches to facilitate the Healthy IU and School of Public Health Community-Based Research Partnerships in Indiana, SPH Faculty Research Support Program. (\$3,000).

### Published Articles:

- Deinhart, M & Kennedy-Armbruster, C. (2019) A Unique University Worksite Wellness Initiative, *Building Healthy Academic Communities Journal*, 3:1, 7-16.
- Kiessling, B. & Kennedy-Armbruster, C. (2016) Move more, sit less, & be well; Behavioral Aspects of Activity trackers, *ACSM Health and Fitness Journal*, 20:6, 26-31.
- Hoffman, L. and Kennedy-Armbruster, C. (2015). Case Study Using Best Practice Design Principles for Worksite Wellness Program, *ACSM Health and Fitness Journal*, April/May 30-35.

### Presentations:

- Schaefer, S, Kennedy-Armbruster, C., Friday, P. (2019). Playing well in the Sandbox: Strategies for designing and implementing employee wellness programs with faculty. *National Summit on Building Healthy Academic Communities*, Ohio State University.
- Kennedy-Armbruster, C & Friday, P. (2019). Feel Good Workstations Movements; *Indiana Academy of Nutrition and Dietetics Annual Meeting*, Anderson, IN
- Kennedy-Armbruster, C. (2019) Panelist: 5 on 5: Five Worksite Wellness Pros Share Their Best Programs! *ACSM Health and Fitness Summit, Chicago, IL*.
- Kennedy-Armbruster, C., Deinhart, M., Hadfield, J., (2018) Ready to Move: A Unique University Worksite Wellness Initiative, *ACSM Health and Fitness Summit*, Washington, DC.
- Hollingsworth, P., Kennedy-Armbruster, C., (2018). Playing "Well" in the Sandbox – Faculty Engagement with Employee Wellness Programs. *Indiana CUPA-HR Spring Conference*; Marian Univ. Indianapolis, IN.
- Hollingsworth, P. Kennedy-Armbruster, C. (2018). Playing "Well" in the Sandbox – Designing Employee Wellness Programs with Faculty, *CUPA-HR National Conference*, Indianapolis, IN.

### Abstracts/Poster sessions:

- Kennedy-Armbruster, C., Deinhart, M. & Hollingsworth, P. (2018). Ready to Move: A unique University Collaborative Program, *Indiana Campus Compact*, Indianapolis, IN.

- Yoke, M.M. FACSM, Middlestadt, S.E., Lohrmann, D.K., Chomistek, A.K., & Kennedy-Armbruster, C.A. FACSM (2018). The behavior of activity tracker usage in trained users. *Medicine and Science in Sports and Exercise*, Volume 50:5 Supplement.
- Yoke, M.M. FACSM, Middlestadt, S.E., Lohrmann, D.K., Chomistek, A.K., & Kennedy-Armbruster, C.A. FACSM (2018). Perceived behavioral control is key for activity tracker usage. *Medicine and Science in Sports and Exercise*, Volume 50:5 Supplement.
- Kiessling, P., Kennedy-Armbruster, C., Deinhart, M., Kerby, M., Ryder, R., Zukerman, K., Schaefer, S. (2017) Move more, Sit less? Analysis of an Employer Activity Tracker Workplace Wellness Program. *ACSM, Annual Meeting of the American College of Sports Medicine*, Denver.
- Anderson-Newsom, J., Kennedy-Armbruster, C., & Zukerman, K. (2016) Marketing Physical Activity Programs to attract the "non-mover." *Indiana Public Health Conference*, Indianapolis.
- Kennedy-Armbruster, C., Kiessling, P., Barrick, K., Hollingsworth, P. (2015). Sitting time and physical activity (PA) importance following a 10-week worksite coaching intervention utilizing activity trackers. Research poster presentation: *Building Healthy Academic Communities 2<sup>nd</sup> National Summit*, Irvine, CA.
- Kennedy-Armbruster, C., Kiessling, P., Barrick, K., & Elmes, D. (2015). Sitting time and physical activity (PA) importance rating following a 10-week worksite coaching intervention utilizing activity trackers. Case study poster presented at the *International Association for Worksite Health Promotion (IAWHP) Executive Summit on Worksite Health Promotion*, Phoenix, AZ.