

**BIOGRAPHICAL SKETCH**

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.  
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|   |   |         |                             |
|---|---|---------|-----------------------------|
| NAME<br>David A. Dzewaltowski   | POSITION TITLE<br>Professor and Department Head |         |                             |
| eRA COMMONS USER NAME<br>DAVIDDZEWALTOWSKI  |   |         |                             |
| EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i> |   |         |                             |
| INSTITUTION AND LOCATION  | DEGREE<br><i>(if applicable)</i>                | YEAR(s) | FIELD OF STUDY              |
| University of Iowa, Iowa City, IA.  | Ph.D.   | 1984-87 | Exercise Psych. (Phys. Ed.) |
| West Virginia University, Morgantown, WV  | M.S.  | 1984-85 | Exercise Psych. (Phys. Ed.) |
| Western Washington Univer., Bellingham, WA  | B.S.  | 1981-83 | Psychology                  |

**A. Positions and Honors.****Positions and Employment**

|           |   |
|-----------|---|
| 1987-1992 | Assistant Professor and Coordinator of Principles of Physical Fitness<br>Kansas State University, Department of Kinesiology (1991-1992)<br>Department of Physical Education and Leisure Studies (1987-1991) |
| 1993-1995 | Associate Professor and Coordinator of Graduate Studies<br>Kansas State University, Department of Kinesiology   |
| 1995-1999 | Associate Professor and Head<br>Kansas State University, Department of Kinesiology  |
| 1999-2002 | Kansas Health Foundation Professor of Community Health<br>Head, Department of Kinesiology<br>Director, K-State Research and Extension Office of Community Health  |
| 2002-2007 | Kansas Health Foundation Professor of Community Health<br>Director, Community Health Institute<br>Kansas State University   |
| 2007-     | Professor and Head<br>Departments of Kinesiology and Community Health Institute<br>Kansas State University  |

**Selected Honors/Experiences**

|              |   |
|--------------|---|
| 1993-2000    | Editorial Board, Journal of Sport and Exercise Psychology.  |
| 1994-1996    | Editorial Board, Journal of Aging and Physical Activity.  |
| 1996         | Fellow, Physical Activity and Public Health, University of South Carolina School of Public Health, Centers for Disease Control and Prevention, September.                         |
| 1996-1999    | Exercise Psychology Section Editor, Research Quarterly for Exercise and Sport. Official publication of the American Alliance of Health, Physical Education, Recreation and Dance. |
| 1999-Present | Associate Editor, Exercise and Sport Science Reviews.<br>Official publication of the American College of Sports Medicine.   |
| 2003         | Reviewer, NIH NIDDK Special Emphasis Translation Research Study Section   |
| 2003         | K-State Research and Extension System Builder Award   |
| 2003         | Kansas Health Foundation Community Leadership Fellow  |
| 2006         | Fellow, American Academy of Kinesiology and Physical Education  |
| 2007         | Kansas Governor's Council on Fitness  |

**B. Selected peer reviewed publications**

1. Dzewaltowski, D.A., Noble, J.M., Shaw, J.M. (1990). Physical activity participation: Social cognitive theory versus the theories of reasoned action and planned behavior. Journal of Sport and Exercise Psychology, 12, 388-405.

2. Dzewaltowski, D.A. (1994). Physical activity determinants: A social cognitive approach. Medicine and Science in Sports and Exercise, *26*, 1395-1399.
3. Dzewaltowski, D.A. (1997). The ecology of physical activity and sport: Merging science and practice. Journal of Applied Sport Psychology, *9*, 254-276.
4. Ryan, G.J., & Dzewaltowski, D.A. (2002). Relationships among Types of Self-Efficacy and After-School Physical Activity in Youth. Health Education and Behavior, *29*, 491-504.
5. Glasgow, R.E., Bull, S.S., Gillette, C., Klesges, L.M., Dzewaltowski, D.A. (2002). Behavior Change Intervention Research in Health Care Settings: A Review of Recent Reports, with Emphasis on External Validity. American Journal of Preventive Medicine, *23*, 62-69.
6. Bauman, A.E., Sallis, J.F., Dzewaltowski, D.A., Owen, N. (2002). Towards a better understanding of the influences on physical activity: The role of Determinants, Correlates, Causal Variables, Mediators, Moderators, Confounders. American Journal of Preventive Medicine, *23*, 5-14.
7. Dzewaltowski, D. A., Estabrooks, P. A., & Johnston, J. A. (2002). Healthy Youth Places Promoting Nutrition and Physical Activity. Health Education Research, *17*: 541-551.
8. Glasgow, R.E., Dzewaltowski, D.A., Estabrooks, P.A., Klesges, L.M., & Bull, S.S. (2002). Response from the Behavioral Change Consortium Representativeness and Translation Work Group: The Issue is One of Impact, not of World View or Preferred Approach. Health Education Research, *696-699*.
9. Estabrooks, P.A., Dzewaltowski, D.A., Glasgow, R.E., & Klesges, L.M. (2003). Reporting validity from School health promotion studies published in 12 leading journals, 1996-2000. Journal of School Health.
10. Estabrooks, P.A., Glasgow, R.E., Dzewaltowski, D.A. (2003). Physical activity promotion through primary care. Journal of the American Medical Association, *289(22)*, 2913-2916.
11. Glasgow, R.E., Klesges, L.M., Dzewaltowski, D.A., Bull, S.S., Estabrooks, P.A. (2004). The future of health behavior change research: What is needed to promote the translation of research into health promotion practice? Annals of Behavioral Medicine, *27*, 3-12.
12. Paxton, R.J., Estabrooks, P.A., & Dzewaltowski, D.A. (2004). Attraction to physical activity mediates the relationship between perceived competence and physical activity in youth. Research Quarterly for Exercise and Sport, *75*, 107-111.
13. Dzewaltowski, D.A., Estabrooks, P.A., Klesges, L.M., Bull, S.S., Glasgow, R.E. (2004). Behavior change research in community settings: How generalizable are the results? Health Promotion International, *19*.
14. Dzewaltowski, D.A., Glasgow, R.E., L.M., Estabrooks, P.A., (2004). The Future of Physical Activity Behavior Change Research: What is Needed to Improve Translation of Research into Health Promotion Practice? Exercise and Sport Science Reviews, *32*, 57-63.
15. Karteroliotis, K., Tasamita, I, Gyurcsik, N.C., & Dzewaltowski, D.A., (2004). Validation of a task self-efficacy scale for fruit and vegetable consumption in greek youth. European Journal of Human Movement, *11*, 51-57.
16. Estabrooks, P.A., Bradshaw, M., Fox, E.H., Berg, J., & Dzewaltowski, D.A. (2004). The relationship between delivery agents' physical activity level and the likelihood of implementing a physical activity program. American Journal of Health Promotion, *18*, 350-353.
17. Dzewaltowski, D. A., Estabrooks, P. A., Klesges, L. M. and Glasgow, R. E. (2004). TREND: An important step, but not enough. American Journal of Public Health, *94*, 1474.
18. Dzewaltowski, D. A., Glasgow, R. E., Klesges, L. M., Estabrooks, P. A., & Brock, E. (2004). RE-AIM: Evidence-Based Standards and a Web Resource to Improve Translation of Research Into Practice. Annals of Behavioral Medicine, *28(2)*, 75-80.
19. Welk, G.J., Dzewaltowski, D.A., & Hill, J.L. (2004). Comparison of the computerized ACTIVITYGRAM instrument and the Previous Day Physical Activity Recall (PDPAR) for Assessing Physical Activity in Children. Research Quarterly for Exercise and Sport, *75*, 370-380.
20. Klesges, L.M., Estabrooks, P.A., Glasgow, R.E., Dzewaltowski, D.A., & Bull, S.S. (2005). Beginning with the application in mind: Designing and planning health behavior change interventions to enhance translation and dissemination. Annals of Behavioral Medicine, *29*, S66-75.
21. Coleman, K.J., Tiller, C.L., Sanchez, J., Heath, E.M., Sy, O, Milliken, G., & Dzewaltowski, D.A. (2005). Preventing the epidemic rise in child overweight in low-income schools: The El Paso Coordinated Approach to Child Health (El Paso CATCH). Archives of Pediatric and Adolescent Medicine, *159*, 217-224.

22. Poston, S. A, Shoemaker, C.A., & Dzewaltowski, D.A. (2005). A comparison of a nutrition and gardening program with a standard nutrition program in an out-of-school setting, 15, Horttechnology. 463-467.
  23. Klesges, L. M., Dzewaltowski, D. A., & Christensen, A. J. (2006). Are we creating relevant behavioral medicine research? Show me the evidence! Annals of Behavioral Medicine, 31, 3-4.
  24. Wilcox, S., Dowda, M., Griffin, S. F., Rheaume, C., Ory, M. G., Leviton, L., et al., Dzewaltowski, D.A., Mockenhaupt, R. (2006). Results of the first year of active for life: translation of 2 evidence-based physical activity programs for older adults into community settings. American Journal of Public Health, 96, 1201-1209.
  25. Glasgow, R.E., Klesges, L.M., Dzewaltowski, D.A., Estabrooks, P.A. & Vogt, T.M. (2006). Evaluating the overall impact of health promotion programs: Using the RE-AIM framework to form summary measures for decision making and to consider complex issues. Health Education Research, 21, 688-694.
  26. Dzewaltowski, D. A., Karteroliotis, K., Welk, G., Johnston, J.A., & Estabrooks, P.A. (2007) Measurement of self-efficacy and proxy efficacy for middle school youth physical activity. Journal of Sport and Exercise Psychology, 29, 31-332.
  27. Rosenkranz, RR., Geller, K.S., & Dzewaltowski, D.A. (2007). Parents attending a family weight management program perceive similar home fruit and vegetable accessibility, but greater child proxy agency and physical activity opportunity. California Journal of Health promotion, 5, 157-162
  28. Trost, S.G., Fees, B., Dzewaltowski, D.A. (2008). Feasibility and efficacy of a "Move and Learn" physical activity curriculum in preschool children. Journal of Physical Activity and Health, 5, 88-103.
  29. Rosenkranz, R.R., & Dzewaltowski, D.A. (2008). A model of the home food environment pertaining to childhood obesity. Nutrition Reviews, 66, 123-140.
  30. Trost, S., Rosenkranz, R., Dzewaltowski, D.A. (2008). Physical activity levels among children attending after-school programs. Medicine and Science in Sports and Exercise, 44, 622-629
  31. Ford, P.B. & Dzewaltowski, D.A. (2008). Disparities in obesity prevalence due to variation in the retail food environment: Three testable hypotheses. Nutrition Reviews, 66, 216-228.
  32. Klesges, L.M, Dzewaltowski, D.A., Glasgow, R.E. (2008). Review of external validity reporting in childhood obesity prevention research. American Journal of Preventive Medicine, 34, 216-223.
  33. Dzewaltowski, D.A., Estabrooks, P.A., Welk, G., Hill, J., Milliken, G., Karteroliotis, K., & Johnston, J.A., (2008). Healthy Youth Places, A randomized controlled trial to determine the effectiveness of facilitating adult and youth leaders to promote physical activity and fruit and vegetable consumption. Health Education and Behavior. OnlineFirst, published on May 10, 2008 as doi:10.1177/1090198108314619
  34. Dzewaltowski, D.A., Ryan, G.J., & Rosenkranz, R.R. (In Press). Parental bonding is a moderator of the relationships between parent physical activity and youth physical activity after school. Psychology of Sport & Exercise.
  35. Coleman, K.J., Geller, K.S., Rosenkranz, R.R., Dzewaltowski, D. A. (In Press). Physical activity and healthy eating in the after school environment. Journal of School Health.
  36. Rosenkranz, R. & Dzewaltowski, D.A. (In press). Promoting better family meals for girls in a summer program. Journal of Nutrition Education and Behavior.
  37. Fees, B., Trost, S., Bopp, M., Dzewaltowski, D.A. (In press). Physical activity programming in family child care homes: Providers' perceptions of practices and barriers. Nutrition Education and Behavior.
  38. Geller, K.S., Dzewaltowski, D.A., Rosenkranz, R.R., & Kateroliotis, K (In Press). Children's self-efficacy and proxy efficacy for fruit and vegetable consumption after-school. Journal of School Health.
  39. Estabrooks, P.E., Bradshaw, M., Dzewaltowski, D.A., Smith-Ray, R.L. (In press). Determining the impact of Walk Kansas: Applying a team-building approach to community physical activity promotion. Annals of Behavioral medicine.
  40. Rosenkranz, R. & Dzewaltowski, D.A. (In press). Promoting better family meals for girls attending summer programs. Journal of Nutrition Education and Behavior
- D. Relevant non-refereed technical publications**
41. Dzewaltowski, D.A. (2008). Community out-of-school physical activity promotion. In Smith, A.L., & Bidle, S.J.H. (Eds.). Youth Physical Activity and Inactivity: Challenges and Solutions. Champaign, IL: Human Kinetics Publishers, Inc.
  42. Dzewaltowski, D. A., Estabrooks, P.A., Johnston, J.A., & Gyurcsik, N. (2002). Promoting physical activity through community development. In J. L. Van Raalte & B. W. Brewer (Eds.), Exploring Sport and Exercise Psychology 2<sup>nd</sup> Edition, Washington, DC.

**C. Research Support**

**Ongoing Research Support**

2005-35215-15418 Dzewaltowski (PI) 3/1/ 2005-2/28/2009

National Research Initiative Grant USDA Cooperative State Research, Education, and Extension Service  
Human Nutrition and Obesity Program

Healthy Out-of-School Places Overweight Prevention Project

This project tests if a framework that integrates community and youth development with the implementation of evidence-based programs can prevent youth obesity. Intervention strategies include community development, after school program environmental change, and evidence-based curriculum (CATCH) promoting healthy eating and physical activity.

Role: PI

Ford, P, & Dzewaltowski . 12/1/ 2006-2009

Sunflower Foundation

Enhancing the capacity of rural communities to understand and create health food environments in areas with limited access to grocery stores.

This study will develop an index model using food access data obtained with Geographic Information Systems (GIS) technology and detailed information on food environments by direct observation using Nutrition Environment Measures Survey (NEMS), and associate this integrated measure of food environment with Body Mass Index (BMI) data obtained from participants who were measured on height and weight in clinics as part of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

Role: PI

NIH-NIDDK 1R01DK070553-01 Estabrooks, P., (PI) 07/01/04 to 06/31/09

Individual and Environmental Mechanisms of Physical Activity Change

To study the individual and environmental processes that mediate and moderate a physical activity intervention.

Role: Co-Investigator

2007-55215-18206 Shoemaker, C.A. (PI) (2007 to 2011)

National Research Initiative Grant USDA Cooperative State Research, Education, and Extension Service  
Human Nutrition and Obesity Program

Integrating Schools, Community, and Family to Effect Sedentary Behavior, Fruit and Vegetable Consumption and Physical Activity.

Through a school randomized trial this study will determine the influence of elementary school intervention that combines community, school, and an after school gardening club on the prevention of obesity.

Role: Co-PI

2007-55215-182411 Coleman, K. & Macera, C.A. (PI) (2007-2011)

National Research Initiative Grant USDA Cooperative State Research, Education, and Extension Service  
Human Nutrition and Obesity Program

Nutrition Environments in Low Income Schools

This study will design and evaluate a dissemination package that can be used to assist schools in the US to implement environmental changes to prevent obesity in elementary school children.

Role: Co-PI

**Selected Recently Completed Research Support**

RO1 HD37367 Dzewaltowski (PI) 1999-2004

National Institutes of Health (NICHD, NINR, ODP, NIAID, ODS)

Youth Environments Promoting Nutrition and Activity (Healthy Youth Places Project)

Principal Investigator/Program Director (Last, First, Middle):

To determine the influence of a multi-level ecologically informed social cognitive theory-based interventions to initiate and sustain fruit and vegetable consumption and physical activity behavioral change in middle school students.

Role: PI

Dzewaltowski (PI) 2003- 2005

Robert Wood Johnson Foundation

Addressing the gap between research and practice of evidence-based health promotion strategies in communities

To evaluate an explanatory framework to measure intervention impact in its broadest sense (e.g., Reach, Effectiveness, Adoption, Implementation, Maintenance) to increase the translation of behavioral research to practice. ([WWW.RE-AIM.ORG](http://WWW.RE-AIM.ORG)).

Role: PI