

VITA

1. Name

Joey A. Lee, Ph.D.
Assistant Professor of Health Sciences
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2. Education

Chronology of Education

Degrees	Institution	Years
PhD in Kinesiology	Iowa State University	2014-2018
M.S. in Exercise Physiology	Illinois State University	2012-2014
B.A in Exercise Science	Illinois State University	2010-2012
A.S.A. in General Science & Arts	Danville Area Community College	2008-2010

3. Professional Experience

2018-Present	Assistant Professor, Beth-El College of Nursing and Health Sciences Department of Health Sciences, University of Colorado - Colorado Springs (UCCS)
2014-2018	Graduate Research and Teaching Assistant, College of Human Sciences, Department of Kinesiology, Iowa State University
2012-2014	Graduate Teaching Assistant, College of Applied Science and Technology, Department of Kinesiology, Illinois State University

4. Refereed Publications

- Chen, S., Dzewaltowski, D. A., Rosenkranz, R. R., Lanningham-Foster, L. M., Vazou, S, Gentile, D., **Lee, J. A.**, Braun, K. B., Wolff, M. M., Welk, G. J. (2018). Feasibility Study of the SWITCH Implementation Process for Enhancing School Wellness. *BMC Public Health*, 18(1):1119.
- Lee, J. A.**, Laurson, K. R. (2016). Obesity and Insulin Resistance Screening Tools in American Adolescents: National Health and Nutrition Examination Survey (NHANES) 1999 to 2010. *Canadian Journal of Diabetes*, 40(4), 311–317.
- Bai, Y., Welk, G. J., Nam, Y. H., **Lee, J. A.**, Lee, J.-M., Kim, Y., Meier N. F., Dixon, P. M. (2016). Comparison of Consumer and Research Monitors under Semi-structured Settings: *Medicine & Science in Sports & Exercise*, 48(1), 151–158.
- Lee, J. A.**, Laurson, K. R. (2015). Validity of the SenseWear armband step count measure during controlled and free-living conditions. *Journal of Exercise Science & Fitness*, 13(1), 16-23.
- Laurson, K. R., **Lee, J. A.**, Eisenmann, J. C. (2015). The cumulative impact of physical activity, sleep duration, and television time on adolescent obesity: 2011 Youth Risk Behavior Survey. *Journal of Physical Activity & Health*, 12(3), 355–360.
- Lee, J. A.**, Williams, S. M., Brown, D. D., Laurson, K. R. (2015). Concurrent validation of the Actigraph gt3x+, Polar Active accelerometer, Omron HJ-720 and Yamax Digiwalker SW-

701 pedometer step counts in lab-based and free-living settings. *Journal of Sports Sciences*, 33(10):991-1000.

Laurson, K. R., **Lee, J. A.**, Gentile, D. A., Walsh, D. A., Eisenmann, J. C. (2014). Concurrent Associations between Physical Activity, Screen Time, and Sleep Duration with Childhood Obesity. *International Scholarly Research Notices*, 2014, e204540.

5. Non-Refereed Publications

None.

6. Publications/Creative Works Submitted

McLoughlin, G. M., Rosenkranz, R. R., **Lee, J. A.**, Wolff, M. M., Dzewaltowski, D. A., Vazou, S., Lanningham-Foster, L., Gentile, D. A., Rosen, M., Welk, G. J. (2018). The Importance of Self-Monitoring for Behavior Change in Youth: Findings from the SWITCH® School Wellness Feasibility Study. *Journal of Sport and Health Science*. (under review)

Lee, J. A. and Welk, G. J. (2018). Association between Comprehensive School Physical Activity Program Implementation and Principal Support. *Journal of School Health*. (under review)

Lee, J. A., Lanningham-Foster, L. M., S., Vazou, S., Wolff, M. M., Dzewaltowski, D. A., Rosenkranz, R. R., Gentile, D. A., Chen, Liechty, L., Torbert, A., Welk, G. J. (2018). Construct Validation of a Tool to Assess Readiness for Change in School Wellness Settings. *Health Promotion Practice*. (under review)

Lee, J. A., McLoughlin, G. M., Lanningham-Foster, L., Vazou, S., Chen, S., Gentile, D. A., Dzewaltowski, D. A., Rosenkranz, R. R., Liechty, L., Torbert, A., Welk, G. J. (2018). School Wellness Integration Targeting Child Health (SWITCH®) Dissemination Project: Effectiveness-Implementation Hybrid Type III Design. *Evaluation & Program Planning*. (under review)

7. Books and Book Chapters

Welk, G. J., **Lee, J. A.** (2019). Chapter 11: "Family and Community Engagement." *Comprehensive School Physical Activity Programming*. Human Kinetics (Champaign, IL.). (accepted)

8. Published Reviews

None.

9. Presentations at Meetings and Seminars Presented

McLoughlin, G. M., **Lee, J. A., Lanningham-Foster, L., Gentile, D. A., Chen, S., Vazou, S., Dzewaltowski, D. A., Rosenkranz, R. R., Liechty, L., Torbert, A., Welk, G. J. (2019). A Mixed-Methods Process Evaluation of the School Wellness Integration Targeting Child Health (SWITCH®) Dissemination Project. *Poster to be presented at the* International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Prague, Czech Republic, June 2019.

** Rosenkranz, R. R., McLoughlin, G. M., Dzewaltowski, D. A., **Lee, J. A.**, Wolff, M. M., Rosen, M., Chen, S., Vazou, S., Lanningham-Foster, L., Gentile, D. A., Welk, G. J. (2019). Self-monitoring of physical activity and sedentary behavior within a whole-of-school intervention: Findings from the SWITCH Feasibility Study. *Poster to be presented at the*

International Society of Behavioral Nutrition and Physical Activity Annual Meeting,
Prague, Czech Republic, June 2019.

- **Lee, J. A.,** Welk, G. J. (2019). Association between Comprehensive School Physical Activity Program Implementation and Principal Support in Schools: Iowa FitnessGram Initiative. Poster to be presented at the SHAPE America National Convention & Expo, Tampa Bay, FL., April 2019.
- **Lee, J. A.,** Lanningham-Foster, L. M., S., Vazou, S., Wolff, M. M., Dzewaltowski, D. A., Rosenkranz, R. R., Gentile, D. A., Chen, Liechty, L., Torbert, A., Welk, G. J. (2019). Effect of School- and Staff-Level Capacity on Wellness Program Implementation. Oral presentation to be delivered at the SHAPE America National Convention & Expo, Tampa Bay, FL., April 2019.
- **McLoughlin, G. M., Lee, J. A.,** Lanningham-Foster, L., Gentile, D. A., Chen, S., Vazou, S., Wolff, M. M., Dzewaltowski, D. A., Rosenkranz, R. R., Liechty, L., Torbert, A., Welk, G. J. (2019). School Wellness Integration Targeting Child Health (SWITCH): A Model for Training and Dissemination. Oral presentation to be delivered at the SHAPE America National Convention & Expo, Tampa Bay, FL., April 2019.
- **Herschler D. LC., Lee, J. A.,** Kates, B. J. (2019). Feasibility of Applying the Omaha System in a Community Center Setting. Poster to be presented at The Omaha System International Conference, Eagan, MN., April 2019.
- Lee, J. A.,** Welk, G. J. (2018). Viewing School Wellness with a System-Based Lens. **Invited presentation** delivered at the SWITCH School Wellness Conference, Iowa State University, Ames, IA., November 2018.
- Lee, J. A.** (2018). Using a Needs Assessment to Understand Your School Wellness Environment. **Invited presentation** delivered at the SWITCH School Wellness Conference, Iowa State University, Ames, IA., November 2018.
- Lee, J. A.** (2018). Impact of School Wellness Environments on Student Physical Activity and Eating Behaviors. **Invited Presentation (\$350)** delivered at the Illinois State University Physical Education Teacher Summer Workshop, Normal, IL., July 2018.
- Chen, S., Welk, G. J., Dzewaltowski, D. A., Gentile, D. A., Lanningham-Foster, L., Rosenkranz, R. R., Vazou, S., **Lee, J. A.,** Wolff, M. M., Lukowski, R. (2018). Process Evaluation of the SWITCH™ Training Model for Enhancing School Wellness. Poster presented at the International Society of Behavioral Nutrition and Physical Activity, Hong Kong, June 2018.
- Welk, G. J., **Lee, J. A.** (2018). School Wellness Programming through SWITCH. **Invited presentation** delivered at the Factors of Health: Addressing the Systems Influencing Childhood Obesity, Kansas City, MO., June 2018.
- Welk, G. J., **Lee, J. A.** (2018). School Wellness Programming through SWITCH (School Wellness Integration Targeting Child Health). **Invited presentation** delivered via the Nutrition and Obesity Network - Policy, Research & Evaluation (NOPREN) Webinar, April 2018.

- Burns, C. R., Welk, G. J., **Lee, J. A.** (2018). Association between Parent Support on Children's Physical Activity at Home. Poster presented at the Freshman Research Initiative Symposium, Iowa State University, Ames, IA., April 2018.
- Loecke, J. M., Welk, G. J., **Lee, J. A.** (2018). Comparison of Physical Activity and Fruit and Vegetable Consumption Survey Methods. Poster presented at the Freshman Research Initiative Symposium, Iowa State University, Ames, IA., April 2018.
- Lee, J. A.**, Luth, A. M., Welk G. J. (2018). Association between Elementary School Wellness Environments and Student Physical Activity. Poster presented at the National SHAPE America Conference, Nashville, TN., March 2018.
- Lee, J. A.**, Velthoff, J., Stewart, M., Welk, G. J. (2018). CSPAP Implementation and Impact of Administrator Support: Iowa FitnessGram Initiative. Oral presentation delivered at the Central SHAPE America Conference, Sioux Falls, SD., January 2018.
- Luth, A. M., **Lee, J. A.**, Welk G. J. (2017). Effect of School Wellness Policies on School Physical Activity Behavior. Poster presented at the Midwest American College of Sports Medicine Conference, Grand Rapids, MI., November 2017.
- Lee, J. A.**, Lanningham-Foster, L. (2017). An Introduction to School Wellness. Oral presentation delivered at the SWITCH School Wellness Conference, Iowa State University, Ames, IA., November 2017.
- Lee, J. A.**, Luth, A. M., Welk G. J. (2017). Validation of the Elementary School Wellness Environment Profile Tool. Oral presentation delivered at the Midwest American College of Sports Medicine Conference, Grand Rapids, MI, November 2017.
- Lee, J. A.** (2017). School Wellness Environments Matter. **Invited Presentation (\$350)** delivered at the Illinois State University Physical Education Teacher Summer Workshop, Normal, IL, July 2017.
- Chen, S., Welk, G., Liu, Y., **Lee, J. A.** (2017). Implementation effectiveness of Switch PE lessons for energy balance education. Poster presented at the American Educational Research Association, San Antonio, TX., June 2017.
- Barger, A., Kestel, R., Sunderman, H., Chen, S., Vazou S., Welk, G. J., **Lee, J. A.** (2017). Validity of a School Wellness Environment Profile Tool Used in Physical Education, Recess and Lunchroom Environments. Poster presented at the Freshman Research Initiative Symposium, Iowa State University, Ames, IA., April 2017.
- Chen S., Welk, G. J., **Lee, J. A.**, Wolff, M. M., Liu, Y. (2017). Learning Energy Balance Knowledge in SWITCH Physical Education Lessons. Poster presented at the SHAPE America National Convention, Boston, MA., March 2017.
- Chen, S., Welk, G. J., Vazou, S., Lanningham-Foster, L., Gentile, D. A., **Lee, J. A.**, Wolff, M.M., Dzewaltowski, D., Rosenkranz, R. (2017). Description and evaluation of CSPAP training modules in the SWITCH. Oral presentation delivered at the SHAPE America National Convention, Boston, MA., March 2017.
- Lee J. A.**, Welk G. J. (2016). Establishing a University Centered Volunteer and Service Learning Network. Oral presentation delivered at the Midwest Service Leaders Conference, Buena Vista University, Storm Lake, IA., November 2016.

- Lee, J. A.**, Schlechter, C. (2016). Using Audit Tools to Understand Your School Wellness Environment and System. Oral presentation delivered at the SWITCH School Wellness Conference, Iowa State University, Ames, IA., November 2016.
- Lee, J. A.**, Wolff, M. (2015) SWITCH: School Wellness Initiative Targeting Children's Health. Oral presentation delivered at the School Wellness Conference, Team Nutrition - Iowa Department of Education, Iowa State University, Ames, IA., November 2015.
- Lee, J. A.**, Bai, Y., Laurson, K. R., Welk, G. J. (2015). Comparison between Child and Parent Reporting of Children's Obesogenic Behaviors. Oral presentation delivered at the Midwest ACSM Annual Meeting, Ft. Wayne, IN., November 2015.
- Lee, J. A.**, Kim, Y., Saint-Maurice P. F., Welk G. J. (2015). Associations between sedentary behaviors and obesity status in youth: Does device matter? Poster presented at the American College of Sports is Medicine Annual Meeting, San Diego, CA., May 2015.
- Nam, Y-H., Bai, Y., **Lee, J. A.**, Welk, G. J. (2015). Validity of Consumer-Based Physical Activity Monitors in Semi-Structured Activities. Poster presented at the American College of Sports is Medicine Annual Meeting, San Diego, CA., May 2015.
- Lee, J. A.**, Bai, Y., Laurson, K. R., Welk, G. J. (2015). Comparison between Child and Parent Reporting of Children's Obesogenic Behaviors. Poster presented at the Iowa State University GPSS Research Conference, Ames, IA., April 2015.
- Lee, J. A.**, Laurson, K. R. (2014). Inconsistencies during Minute-by-Minute Step Counting Using the SenseWear Mini Armband. Poster presented at the American College of Sports is Medicine Annual Meeting 2014, Orlando, FL., May 2014.
- Panfil, T.E., **Lee, J. A.**, Laurson, K. R. (2014). Omron Pedometer Step Count Accuracy and Reliability Based on Wear Location. Poster presented at the American College of Sports is Medicine Annual Meeting 2014, Orlando, FL., May 2014.
- Lee, J. A.**, Laurson, K. R. (2014). Inconsistencies during Minute-by-Minute Step Counting Using the SenseWear Mini Armband. Poster presented at the Illinois State University Graduate Research Symposium, Normal, IL., May 2014.
- Panfil, T. E., **Lee, J. A.**, Laurson, K. R. (2014). Omron Pedometer Step Count Accuracy and Reliability Based on Wear Location. Poster presented at the Illinois State University Graduate Research Symposium, Normal, IL., April 2014.
- Lee, J. A.** (2013). Utilizing Polar Active Activity Monitors in Physical Education. **Invited presentation** delivered at the Polar Technology Camp, Illinois State University, Normal, IL, July 2013.
- Lee, J. A.**, Laurson, K. R., Eisenmann, J. C. (2013). Significance of Adolescents Achieving Physical Activity, Sleep, and Television Time Recommendations Concurrently for Obesity Prevention. Poster presented at the American College of Sports is Medicine Annual Meeting 2013, Indianapolis, IN., May 2013.
- Eichelberger, A. R., Fenske, S.M., **Lee, J. A.**, Brown, D.D., Lagally, K.M., Williams, S.M., Laurson, K.R. (2013). Associations between Exercise and Leisure-time Physical Activity. Poster presented at the American College of Sports is Medicine Annual Meeting 2013, Indianapolis, IN., May 2013.

Lee, J. A., Laurson, K. R., Eisenmann, J. C. (2013). Significance of Adolescents Achieving Physical Activity, Sleep, and Television Time Recommendations Concurrently for Obesity Prevention. Poster presented at the Illinois State University Graduate Research Symposium, Normal, IL., April 2013.

Lee, J. A. (2012). The Role of Physical Activity in Preventing Childhood Obesity. **Invited presentation** delivered at Lincoln Community College, Normal, IL, May 2013.

Lee, J. A., Laurson, K. R., Gentile, D. A., Walsh, D. A., Eisenmann, J. C. (2012). Unraveling the interactions between physical activity, sleep duration, and screen time: Impact on childhood obesity. Poster presented at the Illinois State University Undergraduate Research Symposium, Normal, IL., April 2012.

**denotes accepted but not yet presented

10. Grants and Research

Funded

- 2017 Wakonse Conference on College Teaching Fellowship Award
Iowa State University Graduate Professional Student Senate
Role: Graduate Student (grant writer and award recipient)
Amount: \$700
Status: Completed
- 2017 College of Human Sciences Research Award
Iowa State University College of Human Sciences
Role: Graduate Student Researcher (grant writer and recipient)
Amount: \$1,500
Status: Completed
- 2016 Midwest Service Leaders Scholarship Award
Campus Compact – Midwest Region
Role: Graduate Student Instructor (grant writer and award recipient)
Amount: (\$50; conference attendance support)
Status: Completed
- 2014 College of Applied Science and Technology Travel Awards
Illinois State University College of Applied Science and Technology
Role: Graduate Student (grant writer and recipient)
Amount: \$250
Status: Completed
- 2013 College of Applied Science and Technology Travel Awards
Illinois State University College of Applied Science and Technology
Role: Graduate Student (grant writer and recipient)
Amount: \$250
Status: Completed

11. Courses Taught:

Fall 2018	Program Planning	UCCS-Department of Health Sciences
Fall 2018	Physical Activity and Health ^a	UCCS-Department of Health Sciences
Spring 2018	Comprehensive School Physical	UCCS-Department of Health Sciences

	Activity Programming	
Fall 2015-2017	Community Health Program Development	Iowa State University-Department of Kinesiology
Fall 2015	Personal Health and Fitness ^{a,b}	Iowa State University-Department of Kinesiology
2012-2014	First Aid and Emergency Care	Illinois State University-Department of Kinesiology
2012-2014	Intermediate Bowling	Illinois State University-Department of Kinesiology
2012-2014	Introduction to Basketball	Illinois State University-Department of Kinesiology
Spring 2012	Exercise Physiology ^c	Illinois State University-Department of Kinesiology
Spring 2012	Anatomy and Physiology II ^c	Illinois State University-Department of Kinesiology

^adenotes online course, ^bdenotes co-instructor role, ^cdenotes teaching assistant role

12. Recognitions

April 2018	Iowa State University – Excellence in Research Award
April 2018	Iowa State University – Kinesiology Research Excellence Award
April 2017 & 2018	Iowa State University – Helen Easter Family and Consumer Science Graduate Scholarship Award (\$1,215; \$375)
April 2017	Iowa State University – Barbara E. Forker Graduate Student Scholarship (\$2,500)
February 2016	IMPACT – Impact Action Program of the Year Award
April 2014	Illinois State University – Kinesiology and Recreation Graduate Teaching Assistant of the Year Award
April 2014	Illinois State University – Jorndt Research Award
April 2013 & 2014	Illinois State University – Esther Larson McGinnis Award
April 2013 & 2014	Illinois State University – University Research Symposium Award
April 2013 & 2014	Illinois State University – Liverman Research Award
April 2013 & 2014	Illinois State University – College of Applied Science and Technology Graduate Research Award Departmental Nominee

13. Professional Organizations

2014-present	American College of Sports Medicine (ACSM)
2017-present	Society of Health and Physical Educators (SHAPE) of America

14. Service

University (UCCS)

None.

College (Beth-El)

None.

Department (Health Sciences)

October 2018 Majors and Minors Fair hosted by UCCS Advising Office
Role: Department Representative

Community

Jan. 2019-present Colorado Springs City Active Transportation Advisory Committee (ATAC)
Role: Alternate Board Member

Dec. 2018-present Local Healthy Community Collaborative (HCC)
Role: Committee Member

Nov. 2018-present State-wide Colorado Community Center Collaborative (CCCC)
Role: Committee Member

Sep. 2018-present School District 49 School Wellness Committee
Role: Committee member

Professional Contributions

Manuscript Reviews

2018-present “Elite Reviewer,” *Health Promotion Practice* journal

2018 Ad Hoc Reviewer, *Health Promotion Practice* journal

2015-present Ad Hoc Reviewer, *Acta Gymnica*

2014-present Ad Hoc Reviewer, *Journal of Physical Activity and Health*

Professional Positions Held

2018 SHAPE America Student Leadership Forum
Role: Panel Member

2016-2018 Midwest American College of Sports is Medicine – Leadership and Mentoring
Program
Role: Board Member – Graduate Student Representative

Professional Development

October 2018 Finding Funding and Introduction to Grant Writing (UCCS-sponsored)

2016-2017 Preparing Future Faculty – PFF Associate Certificate

Summer 2015 Independent Contract - McGraw Hill
Responsibilities: Create and edit instructor content for “Concepts of Fitness
and Wellness: A Comprehensive Lifestyle Approach” instructional book

Spring 2014 Independent Contract - McGraw Hill
Responsibilities: Developed online course content for activity-based courses

Leadership Training

2015-2016 Iowa State University Graduate College Emerging Leadership Academy –
ELA certified