

BIOGRAPHICAL SKETCH

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.
Follow this format for each person. **DO NOT EXCEED FOUR PAGES.**

NAME Paul A. Estabrooks		POSITION TITLE Associate Professor	
eRA COMMONS USER NAME PAESTABROOKS		Human Nutrition, Foods & Exercise Virginia Polytechnic Institute & State University	
EDUCATION/TRAINING (<i>Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.</i>)			
INSTITUTION AND LOCATION	DEGREE (<i>if applicable</i>)	YEAR(s)	FIELD OF STUDY
The University of Calgary	BPE	1993	Physical Education
The University of Calgary	MSc	1996	Kinesiology
The University of Western Ontario	PhD	1999	Kinesiology

A. Positions and Honors. List in chronological order previous positions, concluding with your present position. List any honors. Include present membership on any Federal Government public advisory committee.

1999-2003: Assistant professor, Dept of Kinesiology, Kansas State University

1999-2003: Physical Activity Specialist, Research & Extension Office of Community Health, KSU

2000-2003: Member of the National Institutes of Health Behavior Change Consortium

2003-2007: Research Scientist, Clinical Research Unit, Kaiser Permanente-Colorado

2007-present: Associate Professor, HNFE, Virginia Tech

Selected Honors and Awards:

1997-1999: Doctoral Fellowship, Social Sciences and Humanities Research Council of Canada

2003: Society of Behavioral Med, Award of Excellence, ProChange Research to Practice Dissemination Award

2004: Cooper Institute of Aerobic Fitness, Young Investigator Award

2004: *Original Research Article of the Year Award* Journal of Aging and Physical Activity

2005: *Original Research Article of the Year Award* Journal of Aging and Physical Activity

2005: N American Society for the Psych of Sport and Phys Activity: Early Career Distinguished Scientist Award

2007: Society of Behavioral Medicine, Distinguished Service Award

2009: Society of Behavioral Medicine, Fellow

B. Selected peer-reviewed publications from over 70 (in chronological order).

1. **Estabrooks, P.**, Courneya, K. S., & Nigg, C. R. (1996). Effect of a stimulus control intervention on attendance at a university fitness center. *Behavior Modification*, 20(2), 202-215.
2. Courneya K. S., **Estabrooks, P. A.**, & Nigg, C. R. (1997). A simple reinforcement strategy for increasing attendance at a fitness facility. *Health Education and Behavior*, 24, 708-715
3. **Estabrooks, P.** & Courneya, K. S. (1997). Relationships among self-schema, intention, and exercise behavior. *Journal of Sport and Exercise Psychology*, 19(2), 156-168.
4. Nigg, C.R., Courneya, K. S., & **Estabrooks, P.** (1997). Maintaining attendance at a fitness center: An application of the decision balance sheet. *Behavioral Medicine*, 23(3), 130-137.
5. Courneya, K. S., Nigg, C. R., & **Estabrooks, P. A.** (1998). Relationships among the theory of planned behavior, stages of change, and exercise behavior in older persons over a three year period. *The Journal of Psychology and Health*, 13, 355-367.
6. **Estabrooks, P. A.** & Carron, A. V. (1998). The conceptualization and effect of control beliefs on exercise in the elderly. *Journal of Aging and Health*, 10, 441-457.
7. **Estabrooks, P. A.** & Carron, A. V. (1999). Group cohesion in older adult exercisers: Prediction and intervention effects. *Journal of Behavioral Medicine*, 22, 575-588.
8. **Estabrooks, P. A.** & Carron, A. V. (1999). The influence of the group with elderly exercisers. *Small Group Research*, 30, 310-325.
9. **Estabrooks, P. A.** & Carron, A. V. (2000). Predicting self-efficacy in elderly exercisers: The role task cohesion. *Journal of Aging and Physical Activity*, 8, 41-50.

10. **Estabrooks, P. A.** & Carron, A. V. (2000). The physical activity environment questionnaire: An instrument for the assessment of cohesion in exercise classes for older adults. *Group Dynamics*, 4, 230-243.
11. **Estabrooks, P. A.** (2000). Sustaining exercise participation through group cohesion. *Exercise and Sport Sciences Review*, 28, 63-67.
12. **Estabrooks, P.**, Dzewaltowski, D. A., Glasgow, R., & Klesges, L. (2002). School-Based Health Promotion: Issues Related to Translating Research into Practice. *Journal of School Health*, 73, 21-28.
13. Bull, S. S., Gillette, C., Glasgow, R., & **Estabrooks, P.** (2003). Worksite Health Promotion Research: To What Extent Can We Generalize the Results and What is Needed to Translate Research to Practice? *Health Education and Behavior*, 30, 537-549.
14. **Estabrooks, P.A.**, Glasgow, R.E., Dzewaltowski, D.A., (2003). Physical activity promotion through primary care. *Journal of the American Medical Association*, 289, 2913-2916.
15. **Estabrooks, P. A.** & Gyurcsik, N. C. (2003). Evaluating the Public Health Impact of Physical Activity Interventions. *The Psychology of Sport and Exercise*, 4, 41-55.
16. **Estabrooks, P. A.**, Lee, R. E., & Gyurcsik, N. C. (2003). Resources for physical activity participation: Does availability and accessibility differ by neighborhood SES? *Annals of Behavioral Medicine*, 25, 100-104.
17. Dzewaltowski, D.A., **Estabrooks, P.A.**, Glasgow, R.E. (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.
18. Dzewaltowski DA, **Estabrooks PA**, Klesges LM, Bull S, Glasgow RE. (2004). Behavior change intervention research in community settings: How generalizable are the results? *Health Promotion International*, 19, 235-245.
19. **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.
20. **Estabrooks P.A.**, Munroe, K.J., Fox, E.H., Gyurcsik, N.C., Hill, J.L, Lyon, R., Rosenkranz, S., Vanessa Shannon, V.R. (2004). Leadership in Physical Activity Groups for Older Adults: A Qualitative Analysis. *Journal of Aging and Physical Activity*, 12, 232-245.
21. Glasgow, R. E., Klesges, L. M., Dzewaltowski, D. A., Bull, S. S., & **Estabrooks, P.** (2004). The future of health behavior change research: What is needed to improve translation of research into health promotion practice? *Annals of Behavioral Medicine*, 27: 3-13.
22. Almeida, F. A., Smith-Ray, R. L., Van Den Berg, R., Schriener P., Gonzales M., Onda, P., Estabrooks, P. A., (2005). Utilizing a simple stimulus control strategy to increase physician referrals for physical activity promotion. *Journal of Sport and Exercise Psychology*, 27,505-514.
23. **Estabrooks, P.A.**, Fox, E.H., Doerksen, S.E., Bradshaw, M.H., & King, A.C. (2005). The Feasibility and Effectiveness of a Physical Activity Promotion Intervention Delivered in Conjunction with Congregate Meals for Frail Older Adults. *Journal of Aging and Physical Activity*, 13, 121-144.
24. **Estabrooks, P.A.**, Nelson, C.C., Xu, S., King, D., Bayliss, E.A., Gaglio, B., Nutting, P.A., Glasgow, R.E. (2005). The Frequency and Behavioral Outcomes of Goal Choices in the Self-Management of Diabetes. *The Diabetes Educator*, 31, 391-400.
25. Glasgow RE, Magid DJ, Beck A, Ritzwoller D, **Estabrooks PA**, (2005) Practical Clinical Trials for Translating Research to Practice: Design and Measurement Recommendations. *Medical Care*, 43, 551-557.
26. Klesges, L. M., **Estabrooks, P.A.**, Dzewaltowski, D.A., Bull, S. S., Glasgow, R.E. (2005) Beginning with the Application in Mind: Designing and Planning Health Behavior Change Interventions to Enhance Dissemination. *Annals of Behavioral Medicine*, 29, 66-75.
27. Glasgow, R. E., Klesges, L. M., Dzewaltowski, D. A., **Estabrooks, P. A.**, Vogt, T. M., (2006) Evaluating the impact of health promotion programs: using the RE-AIM framework to form summary measures for decision making involving complex issues. *Health Education Research*, 21, 688-694.
28. Burke, S. M., Carron, A. V., Eys, M. A., & **Estabrooks, P. A.** (2006) Group versus Individual Approach? A Meta-Analysis of the Effectiveness of Interventions to Promote Physical Activity. *Sport and Exercise Psychology Review*, 1, 19-35.
29. **Estabrooks PA**, Glasgow RE. Translating Effective Clinic-Based Physical Activity Interventions into Practice. *American Journal of Preventive Medicine* 2006;31:45-56.

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

30. Shapcott, K.M., Carron, A.V., Burke, S.M., Bradshaw, M.H., & **Estabrooks, P.A.** (2006). Member diversity and cohesion and performance in walking groups. *Small Group Research*, 37, 701-720.
31. Wilcox S., Dowda M., Griffin S.F., Rheaume C., Ory M.G., Leviton L., King A.C., Dunn A., Buchner D.M., Bazzarre T., **Estabrooks P.A.**, Campbell-Voytal K., Bartlett-Prescott J., Dowdy D., Castro C.M., Carpenter R.A., Dzewaltowski D.A., Mockenhaupt R. (2006) Results of the First Year of Active for Life®: Translation of Two Evidence-Based Physical Activity Programs for Older Adults into Community Settings. *American Journal of Public Health*, 96, 1201-1206.
32. Doerksen S.E. & **Estabrooks P.A.** (2007). Brief fruit and vegetable messages integrated within a community physical activity program successfully change behaviour. *International Journal of Behavioral Nutrition and Physical Activity*, 4:12 doi:10.1186/1479-5868-4-12
33. Dzewaltowski D.A., Karteroliotis K., Welk G., Johnson J.A., & **Estabrooks P.A.** (2007). Measurement of Self and Proxy Efficacy for Middle School Youth Physical Activity. *Journal of Sport and Exercise Psychology*, 29, 310-332.
34. **Estabrooks, P.A.** & Shetterly, S. (2007) The prevalence and health care utilization of overweight children in an integrated health care system. *Archives of Pediatrics and Adolescent Medicine*, 161, 222-227.
35. Gattshall ML, Shoup JA, Marshall JA, Crane LA, **Estabrooks PA.** (2008). Validation of a Survey Instrument to Assess Home Environments for Physical Activity and Healthy Eating in Overweight Children. *International Journal of Behavioral Nutrition and Physical Activity* 2008, 5:3doi:10.1186/1479-5868-5-3
36. Shoup J, Gattshall M, Dandamudi P, **Estabrooks P** (2008). Physical Activity, Quality of Life, and Weight Status in Overweight Children. *Quality of Life Research*, 17, 407-412.
37. **Estabrooks PA**, Bradshaw M, Dzewaltowski DA, Smith-Ray RL. (2008). Determining the Impact of Walk Kansas: Applying a Team-Building Approach to Community Physical Activity Promotion. *Annals of Behavioral Medicine*, 36, 1-12.
38. **Estabrooks PA**, Smith-Ray, RL. (2008). Piloting a behavioral intervention delivered through interactive voice response telephone messages to promote weight loss in a pre-diabetic population. *Patient Education & Counseling*, 72, 34-41.
39. Dzewaltowski DA, **Estabrooks, PA**, Welk G, Hill JL, Karteroliotis K, Milliken G, Johnston JA, (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 in Middle Schools. *Health Education & Behavior* first published on May 10, 2008 as doi:10.1177/1090198108314619 .
40. **Estabrooks, P.A.**, Fisher, E.B., Hayman, L. L. (2008) What is needed to reverse the trends in childhood obesity? A Call to Action for the Society of Behavioral Medicine. *Annals of Behavioral Medicine*, 36, 209-216.
41. **Estabrooks P.A.**, Shoup J.A., Gattshall M.A., Dandamudi P., Shetterly S., & Xu S. (2009). The effectiveness of automated telephone counseling for parents of overweight children. *American Journal of Preventive Medicine*, 36, 35-42.
42. Glasgow RE, Gaglio B, **Estabrooks PA**, Marcus AC, Ritzwoller DP, Smith TL, Levinson AH, Sukhanovana A, O'Donnell C, Ferro EF, France EK. (2009). Comprehensive Long-Term Results of a Smoking Reduction Program. *Medical Care*, 47, 115-120.
43. White S., E. McAuley, **P. Estabrooks**, K. Courneya. (2009) Translating Physical Activity Interventions for Breast Cancer Survivors into Practice: An Evaluation of Randomized Controlled Trials. *Annals of Behavioral Medicine*, 37, 10-19.
44. Smith-Ray R.L., Almeida F.A., Bajaj J., Foland S., Gilson M., Heikkinen S., Seagle H., & **Estabrooks P.A.** (2009) Translating efficacious behavioral principles for diabetes prevention into practice. *Health Promotion Practice*, 10, 58-66.
45. Gaglio B, Smith TL, **Estabrooks PA**, Ritzwoller DP, Ferro E, Glasgow RE, (in press). Using theory and technology to design a practical and generalizable smoking reduction intervention, *Health Promotion Practice*
46. Wages, JS., Jackson, M. Chang., **P. Estabrooks** (in press). Different strategies contribute to community physical activity program participation in rural versus metropolitan settings *American Journal of Health Promotion*.

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

- C. Research Support.** List selected ongoing or completed (during the last three years) research projects (federal and non-federal support). Begin with the projects that are most relevant to the research proposed in this application. Briefly indicate the overall goals of the projects and your role (e.g. PI, Co-Investigator, Consultant) in the research project. Do not list award amounts or percent effort in projects.
1. Estabrooks, P. A. (2004-2009). Mechanisms of Physical Activity Change. National Institutes of Health: NIDDK.
Role: Principal Investigator.
Goal: To determine the causal mechanisms of physical activity behavior change for middle-aged and older adults.
 2. Estabrooks, P. A. (2007-2012). Tailored Worksite Weight Control Programs. National Institutes of Health: NIDDK.
Role: Principal Investigator.
Goal: To determine the effectiveness of an internet and monetary incentive-based weight loss intervention for employees.
 3. Estabrooks, P. A. (2003-2005). Developing a Self-Sustaining Physical Activity Program for Under-Served Older Adults. American Heart Association.
Role: Principal Investigator.
Goal: To determine the efficacy of a group-based social cognitive intervention for increasing physical activity at USDHHS Elderly Nutrition Program congregate meal sites. Secondary purpose to examine sustainability issues following research implementation.
 4. Lee, R. (2005-2010). Walking and Environment in Ethnic Minority Women Maintaining Physical Activity in Ethnic Minority Women. NIDDK
Role: Co-Investigator.
Goal: The purpose is to determine social and physical environmental mediators of physical activity change in low income middle aged and older adult ethnic minority women.
 5. Glasgow, R.E. (2007-2012). Linking Self-Management and Primary Care for Diabetes. NIDDK.
Role: Co-Investigator.
Goal: To determine the effectiveness of multi-modal intervention techniques for improving diabetes self-management.
 6. Toobert, D. (2005-2010). CHD Lifestyle Modification for Latinas with Diabetes. NHLBI
Role: Co-Investigator.
Goal: The primary goal of this project is to extend a promising lifestyle change program to an underserved population of post menopausal Latino women at high risk for coronary heart disease
 7. Dzewaltowski, D. A., & Estabrooks, P. A. (2001-2005). Evaluation of the Kansas Department of Health and Environment Community Healthy Intervention Process. Kansas Health Foundation
Role: Co-Principal Investigator.
Goal: To provide evaluation training and assistance for community health promotion initiatives.