

CURRICULUM VITAE

Jacob Szeszulski, PhD

Assistant Professor
Texas A&M AgriLife Research
Institute for Advancing Health Through Agriculture – Healthy Living
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Education and Training

University of Texas Health Science Center at Houston	Post-doc	May 2019	Aug 2021	School of Public Health's Cancer Education and Career Development Program Mentors: Maria Fernandez, Deanna Hoelscher, and Timothy Walker
Arizona State University	PhD	Aug 2015	May 2019	Exercise and Nutritional Science Mentors: Noe C. Crespo, Steven P. Hooker, and Rebecca E. Lee Dissertation: <i>An Examination of Socioecological Factors that Influence Preschool-aged Children's Cardiovascular Fitness and Gross Locomotor Skills within their Developmental Pathway</i>
Central Michigan University	M.A.	Aug 2013	May 2015	Physical Education: Exercise Science Mentor: Bill Saltarelli Thesis: <i>Increase in Knowledge of Aerobic Exercise Prescription Following Active Model Based Teaching Methods in Grade School Children</i>
Central Michigan University	B.S.	Aug 2008	Dec 2012	Health Fitness in Preventive and Rehabilitative Programs Minors: Psychology, Exercise Science

Professional Appointments

September 2021 – Current	Assistant Professor	Texas A&M AgriLife Research – Dallas
		Courses taught: <ul style="list-style-type: none">NUTR 698: Synthesis, Dissemination and Implementation of Evidence to Practice and Policy (2 sections)
May 2019 – August 2021	Post-doctoral Fellow	University of Texas Health Science Center School of Public Health Cancer Education and Career Development Program – National Cancer Institute/NIH Grant T32/CA057712.
		Courses taught: <ul style="list-style-type: none">PHD 1435: Health Promotion and Behavioral Sciences Doctoral/Post-Doctoral Seminar
May 2019 – August 2021	Research Faculty	University of Texas Health Science Center School of Public Health

May 2015 – May 2019	Research Assistant	Athletes for Life, Arizona State University
May 2016 – May 2019	Research Assistant	Sustainability via Active Garden Education, Arizona State University
August 2017 – December 2017	Adjunct Instructor	Northern Arizona University Courses taught: <ul style="list-style-type: none"> • HSC 200 (Online): Healthy Lifestyles (2 sections)
August 2015 – December 2017	Instructor	Arizona State University Courses taught: <ul style="list-style-type: none"> • HCD 501(Online): Health Behavior and Statistical Tools Health Environments • EXW 290: Introduction to Evidence-Based Practice • EXW 101: Introduction to Kinesiology
August 2015 – August 2016	Lab Instructor	Arizona State University Courses taught: <ul style="list-style-type: none"> • EXW 330: Kinesiological Foundations of Movement Laboratory • EXW 316: Physiological Foundations of Movement Laboratory (2 sections)
August 2013 – May 2015	Project Manager	Cardiovascular Health Intervention Program, Central Michigan University
August 2013 – May 2015	Teaching Assistant	Central Michigan University Courses taught: <ul style="list-style-type: none"> • HSC 219: Exercise Conditioning for Health Fitness Professional (5 sections) • HSC 220: Basics in Health Fitness • HSC 420: Health Fitness Assessment (6 sections) • HSC 421: Personal Training (2 sections) • HSC 423: Practicum in Personal Training (4 sections)
June 2012 – August 2014	Program Supervisor	Wellspring La Jolla, Wellspring Camps
December 2013 – May 2015	Personal Trainer/ Group Fitness	Morey Courts Recreation Center
December 2012 – June 2013	Supervisor	Delta College Fitness and Recreation Center
May 2011 – May 2012	Fitness Instructor	Student Activity Center, Center Michigan University

Honors and Awards

Research Awards

- 2025 February University of Michigan D3 Center The Comprehensive Program for Adaptive Interventions Training in Education (CATIE) Fellow \$0.00
- 2024 January Texas A&M AgriLife Research Vice Chancellors Award In Excellence (VCAIE) – Partnership \$0.00
- 2018 April Society of Behavioral Medicine Meritorious Student Abstract Award \$0.00
- 2017 November American Public Health Association Health Education and Health Promotion Abstract Award \$100.00

Academic Awards

- 2019 May College of Health Solutions, Arizona State University Dr. Charles Corbin Outstanding Graduating Leader, Teacher, and Scholar Award \$0.00
- 2018 August College of Health Solutions, Arizona State University Student Block Grant Award \$3,460.00
- 2017 August College of Health Solutions, Arizona State University Student Block Grant Award \$4,570.00

Travel Awards

- 2019 March Arizona State University Graduate and Professional Student Association Travel Grant \$950.00
- 2018 November College of Health Solutions, Arizona State University Anisworth Travel Award \$500.00
- 2018 April Arizona State University Graduate and Professional Student Association Travel Grant \$950.00
- 2017 November American Public Health Association Physical Activity Section Travel Grant \$750.00
- 2017 November American Public Health Association Student Section Travel Grant \$500.00
- 2017 February Arizona State University Graduate and Professional Student Association Travel Grant \$950.00
- 2016 April Arizona State University Graduate and Professional Student Association Travel Grant \$950.00
- 2016 April College of Health Solutions, Arizona State University Anisworth Travel Award \$250.00

Event Awards

- 2023 October Society of Behavioral Medicine (SBM) SBM Local Meetup \$1,500.00
- 2018 February Arizona State University Undergraduate Student Government Building Healthy Lifestyle Conference Grant \$4,097.00
- 2017 January Arizona State University Graduate and Professional Student Association Building Healthy Lifestyle Conference Grant \$2,000.00
- 2016 February Arizona State University Graduate and Professional Student Association Building Healthy Lifestyle Conference Grant \$2,000.00

Statement of Research Interests

Dr. Jacob Szeszulski's primary research interest is in the development, implementation, evaluation, and dissemination of school- and community-based physical activity and nutrition programs for youth. Specifically, he is interested in understanding policies, systems, and environments that affect youth physical activity and nutrition, identifying organizational and contextual factors that affect the delivery of school- and community-based programs, and using

community-based participatory research approaches to reduce disparities in youth's health behaviors, and subsequent health outcomes.

Funded Support

Current Funding

UT Health Science Center at Houston – School of Public Health
Service Agreement **Szeszulski (PI)** 06/20/2024 – 8/31/2024
Creating a Case Example of the Veteran's Association Colorectal Mailout Reminder for the IM-ADAPT
Role: Principal Investigator
Total Project Costs: \$5,000

UT Southwestern Clinical and Translational Science Award (CTSA)
Team Science Award **Liao (PI)** 05/01/2024 – 4/30/2025
From machine learning to community engagement- a multidisciplinary approach to optimize glucose-based biological feedback for physical activity
Role: Co-Investigator
Total Project Costs: \$10,000

Texas A&M AgriLife Research **Szeszulski (PI)** 09/1/2024 – 8/31/2025
Capacity Support for New Graduate Students and New Postdoctoral Scholars Program RFP
Role: Mentor/Principal Investigator
Total Project Costs: \$40,000

United States Department of Agriculture Award # FNS-CN-TN-2023-TX
FY23 Team Nutrition Training Grant **Nguyen (PI)/Szeszulski (Subcontract)** 09/15/2023 – 9/30/2026
Texas MyPlate Food Ambassadors Changing Environments and Schools (Texas MyPlate FACES)
Role: Evaluation Lead/Grant Writer
Total Project Costs: \$1,000,000 AgriLife Subcontract: \$602,403 Evaluation: \$111,410

National Institutes of Health. NICHD R01MD018214
R01 Award **Szeszulski and MacMillan Uribe (MPI)** 9/19/2022 - 5/31/2027
Strong Teens for Healthy Schools Change Club: A civic engagement approach to improving physical activity and healthy eating environments
Role: Principal Investigator
Total Project Costs: \$1,515,000

American Heart Association Career Development Award Award # 933664
Early Career Award **Szeszulski (PI)** 04/01/2022 – 3/31/2025
Optimizing the Impact of the Healthy School Recognized Campus Program on Youth's CVD Risk Factors
Role: Principal Investigator
Total Project Costs: \$230,536

Completed Funding

American Heart Association Research Supplement to Promote Diversity in Science Award # 23DIVSUP1057665
Research Supplement **Ayiane (PI)/Szeszulski (Primary Mentor)** 04/01/2023 – 3/31/2025
Evaluating and Promoting Parent Engagement in the Healthy School Recognized Campus (HSRC) Initiative
Role: Primary Mentor
Total Project Costs: \$143,177.00

Texas A&M AgriLife Research Hatch-Multistate Funding
FY2 Program Support RFP **Szeszulski (PI)** 01/27/2023 – 7/31/2023
Policy, Systems, and Environmental Approaches to Improving Youths' Health
Role: Principal Investigator
Total Project Costs: \$15,000

tNORC
Pilot and Feasibility Projects Program C. Rethorst (PI) 10/2021 - 9/2022
Real-time assessment of the bidirectional relationship between affective states and eating behaviors
Role: Co-Investigator
Total Project Costs: \$25,000

Texas A&M AgriLife Research Institute for Advancing Health through Agriculture
Pilot Funding J. Szeszulski (PI) 02/01/2022 – 08/31/2023
Optimizing the Effectiveness and Impact of the Healthy School Recognized Campus (HSRC) and Strong Teens for
Healthy Schools Change Club (STHS-CC) Programs
Role: Principal Investigator
Total Project Costs: \$367,620

Texas A&M AgriLife Research Institute for Advancing Health through Agriculture
Pilot Funding MacMillan Uribe (PI) 02/01/2022 – 08/31/2023
Produce Prescription Program (Produce Rx)
Role: Co-Investigator
Total Project Costs: \$254,060

Texas A&M AgriLife Research Institute for Advancing Health through Agriculture
Pilot Funding Seguin Fowler (PI) 02/01/2022 – 08/31/2023
Strong Hearts, Healthy Communities (SHHC) Urban Adaptation
Role: Co-Investigator
Total Project Costs: \$179,184

Texas A&M AgriLife Research Institute for Advancing Health through Agriculture
Pilot Funding Rethorst (PI) 02/01/2022 – 08/31/2023
Strong Hearts, Healthy Communities (SHHC) Digital Intervention
Role: Co-Investigator
Total Project Costs: \$157,783

L40 CA253826

National Institutes of Health, NCI
Pediatric Loan Repayment Application J. Szeszulski (PI) 7/2020 - 6/2022
Leveraging Implementation Science to Build a Career in School-based Cancer and Chronic Disease Prevention
Research
Role: Principal Investigator
Total Project Costs: \$44,168.80

Arizona State University
Dissertation Completion Award J. Szeszulski (PI) 9/2018 - 5/2019
An Examination of Socioecological Factors that Influence Preschool-aged Children's Cardiovascular Fitness and Gross
Locomotor Skills within their Developmental Pathway
Role: Principal Investigator
Total Project Costs: \$8,500

National Institutes of Health, NIMHD
U01 MD010667-01 R.E. Lee (PI) 5/2019 - 10/2021
Partnering for Physical Activity in Early Childhood: Sustainability via Active Garden Education
Role: Consultant
Total Project Costs: \$2,435,310.00

Book/ Book Chapters

1. Soltero EG, **Szeszulski J**, Knell G, Franklin EV, Martino S. Physical Activity Strategies for Pediatric Obesity. In *Managing Pediatric Obesity Using Advanced Therapies: Practical Guide for Pediatric Health Care Providers* 2023 Oct 26 (pp. 117-137). Cham: Springer International Publishing.

Peer-reviewed Publications

Manuscripts Published/In Press

1. Lee RE, Lorenzo E, **Szeszulski J**, Arriola A, Bruening M, Estabrooks PA, Hill J, Marsiglia FF, O'Connor T, Pollins KS, Shaibi GQ. Design and methodology of a cluster-randomized trial in early care and education centers to meet physical activity guidelines: Sustainability via Active Garden Education (SAGE). *Contemp Clin Trials*. 2019;77:8-18. doi: [10.1016/j.cct.2018.12.003](https://doi.org/10.1016/j.cct.2018.12.003) PMCID: PMC6464371
2. **Szeszulski J**, Lorenzo E, Shaibi GQ, Buman MP, Vega-López S, Hooker SP, Lee RE. Effectiveness of early care and education center-based interventions for improving cardiovascular fitness in early childhood: A systematic review and meta-analysis. *Prev Med Rep*. 2019;15:100915. doi: [10.1016/j.pmedr.2019.100915](https://doi.org/10.1016/j.pmedr.2019.100915) PMCID: PMC6598036
3. **Szeszulski J**, Lorenzo E, Arriola A, Lee RE. Community-Based Measurement of Body Composition in Hispanic Women: Concurrent Validity of Dual-and Single-Frequency Bioelectrical Impedance. *J Strength Cond Res*. 2022;36(2):577-84. doi: [10.1519/JSC.0000000000003483](https://doi.org/10.1519/JSC.0000000000003483) PMID: 31929352
4. Lorenzo E, **Szeszulski J**, Todd M, Mama SK, Lee RE. Health is power: active transportation, physical activity, and cardiometabolic health among ethnic minority women. *J Phys Act Health*. 2020;1(aop):1-8. doi: [10.1123/jpah.2019-0098](https://doi.org/10.1123/jpah.2019-0098) PMID: 32035414
5. **Szeszulski J**, Vega-López S, Todd M, Ray F, Behar A, Campbell M, Chavez A, Eckert R, Lorenzo-Quintero A, Manrique LH, Crespo NC. Athletes for life: Rationale and methodology of a community-and family-based randomized controlled trial to promote cardiovascular fitness among primarily Latino families. *Contemp Clin Trials*. 2020;91:105956. doi: [10.1016/j.cct.2020.105956](https://doi.org/10.1016/j.cct.2020.105956) PMID: 32061969
6. **Szeszulski J**, Walker T, Robertson M, Cuccaro P, Fernandez ME. School Staff's Perspectives on the Adoption of Elementary-School Physical Activity Approaches: A Qualitative Study. *Am J Health Educ*. 2020;51(6):395-405. doi: [10.1080/19325037.2020.1822241](https://doi.org/10.1080/19325037.2020.1822241) PMID: 33763162
7. Lorenzo E, **Szeszulski J**, Shin C, Todd M, and Lee RE. Relationship between walking for active transportation and cardiometabolic health among adults: A systematic review. *J Transp Health*. 2020;19:100927. doi: [10.1016/j.jth.2020.100927](https://doi.org/10.1016/j.jth.2020.100927)
8. **Szeszulski J**, Lorenzo E, O'Connor T, Hill JL, Shaibi GQ, Buman MP, Vega-López S, Hooker SP, & Lee RE. Exploring Correlates of Preschool-aged Children's Locomotor Skills: Individual and Parent Demographics and Home Environment. *Percept Mot Skills*. 2021;128(2):649-71. doi: [10.1177/0031512520980938](https://doi.org/10.1177/0031512520980938) PMID: 33342342
9. **Szeszulski J**, Walker T, McCurdy S, & Hoelscher D. Use of School Wellness Policy Templates in One Texas Health Service Region: A Mixed-Methods Analysis. *J Sch Health*. 2021;91(7):562-73. DOI: [10.1111/josh.13032](https://doi.org/10.1111/josh.13032)
10. Walker TJ, Craig DW, Robertson MC, **Szeszulski J**, Fernandez ME. The relation between individual-level constructs and implementation of classroom-based physical activity approaches elementary school teachers. *Transl Behav Med*. 2021;11(3):745-53. DOI: [10.1093/tbm/ibaa133](https://doi.org/10.1093/tbm/ibaa133) PMID: 33598700
11. **Szeszulski J**, Lanza K, Dooley E, Johnson A, Walker T, Knell G, Craig DW, Robertson M, Salvo D, & Kohl III H. Y-PATHS: A Conceptual Framework for Classifying the Time, How, and Setting of Children's Physical Activity. *J Phys Act Health*. 2021;18(3):310-7 DOI: [10.1123/jpah.2020-0603](https://doi.org/10.1123/jpah.2020-0603) PMID: 33581685

12. Lee RE, Joseph RP, Blackman Carr LT, Strayhorn SM, Faro J, Lane H, Monroe C, Pekmezi D, & **Szeszulski J**. Still striding toward social justice? Redirecting physical activity research in a post-COVID-19 world. *Transl Behav Med*. 2021;11(6):1205-15. DOI: [10.1093/tbm/ibab026](https://doi.org/10.1093/tbm/ibab026) PMID: 33822205
13. Walker TJ, Craig DW, **Szeszulski J**, & Fernandez ME. Developing and Testing Measures for Individual-Level Constructs related to the Implementation of School-Based Physical Activity Approaches. *Journal of Healthy Eating and Active Living*. 2021;1(3):117-26. DOI: [10.51250/jheal.v1i3.18](https://doi.org/10.51250/jheal.v1i3.18)
14. **Szeszulski J**, Walker TJ, Robertson MC, & Fernandez ME. Differences in psychosocial constructs among elementary school staff that implement physical activity programs: a step in designing implementation strategies *Transl Behav Med*. 2022;12(2):237-42. DOI: [10.1093/tbm/ibab120](https://doi.org/10.1093/tbm/ibab120)
15. Walker TJ, Craig DW, Pavlovic A, Thiele S, Natale B, **Szeszulski J**, DeFina L, & Kohl III H. Physical Activity and Healthy Eating Programming in Schools to Support Student's Health-Related Fitness: An Observational Study. *Int J Environ Res Public Health*. 2021;18(21):11069. doi: [10.3390/ijerph182111069](https://doi.org/10.3390/ijerph182111069) PMID: 34769588
16. **Szeszulski J**, Craig DW, Walker TJ, Foster M, Mullen PD, & Fernandez ME. Applying Evidence-Based Intervention (EBI) Mapping to Identify the Components and Logic of Colorectal Cancer Screening Interventions. *Transl Behav Med*. 2022;12(2):304-23. doi: [10.1093/tbm/ibab140](https://doi.org/10.1093/tbm/ibab140) PMID: 34730181
17. **Szeszulski J**, Helal Salsa G, Cuccaro P, Markham CM, Martin M, Savas LS, Valerio M, Walker TJ, & Springer AE. Using Community-Academic Partnerships and a Creative Expression Contest to Engage Youth in the Development of Communication Materials for Promoting Behaviors that Prevent COVID-19. *Health Promot Pract*. 2022;23(4):609-18. doi: [10.1177%2F15248399211070547](https://doi.org/10.1177%2F15248399211070547)
18. **Szeszulski J**, Lorenzo E, Todd M, O'Connor TM, Hill J, Shaibi GQ, Vega-Lopez S, Buman M, Hooker SP, & Lee RE. Early Care and Education Center Environmental Factors Associated with Product- and Process-based Locomotor Outcomes in Preschool-Age Children. *Int J Environ Res Public Health*. 2022;19(4):2208. doi: [10.3390/ijerph19042208](https://doi.org/10.3390/ijerph19042208) PMID: 35206392
19. Walker TJ, **Szeszulski J**, Robertson M, Cuccaro P, & Fernandez ME. Understanding implementation strategies to support physical activity approaches in elementary schools: a qualitative study. *Eval Program Plann*. 2022; 92:102051 doi: [10.1016/j.evalprogplan.2022.102051](https://doi.org/10.1016/j.evalprogplan.2022.102051) PMID: 35240403
20. Classen S, **Szeszulski J**, Ranjit N, Rivas-Ponce G, & Hoelscher D. Coordinated Health in Texas Elementary Schools' Campus Improvement Plans: Analysis of Regional Differences and Trends between 2016 and 2020. *Int J Environ Res Public Health*. 2022;19(9):4979. doi: [10.3390/ijerph19094979](https://doi.org/10.3390/ijerph19094979) PMID: 35564373
21. Lee RE, **Szeszulski J**, Lorenzo E, Arriola A, Bruening M, Estabrooks P, Hill JL, O'Connor T, Pollins K, Shaibi GQ, Soltero E, Todd M. Sustainability via Active Garden Education: The Sustainability Action Plan Model and Process. *Int J Environ Res Public Health*. 2022;19(9):5511. doi: [10.3390%2Fijerph19095511](https://doi.org/10.3390%2Fijerph19095511) PMID: 35564909
22. Walker TJ, Foster M, **Szeszulski J**, Craig DW, Fernandez ME, & Mullen P. Evidence-Based Intervention (EBI) Mapping: a systematic approach to understanding the components and logic of EBIs. *BMC Public Health*. 2022; 22(1):1300. [10.1186/s12889-022-13692-x](https://doi.org/10.1186/s12889-022-13692-x) PMID: 35794615
23. Rethorst CD, Githinji P, Seguin-Fowler RA, MacMillan Uribe AL, **Szeszulski J**, Liao Y. Real-time assessment of the bidirectional relationship between affective states and glucose. *JMIR Res Protoc*. 2023;12(1):e45104. doi: [10.2196/45104](https://doi.org/10.2196/45104) PMID: 36947140
24. Dias EM, Walker TJ, Craig D, Gibson R, **Szeszulski J**, Brandt H, Wandersman A, Fernandez ME. Examining readiness for implementing practice changes in federally qualified health centers: a rapid qualitative study. *J Community Psychol*. 2023 doi: [10.1002/jcop.23041](https://doi.org/10.1002/jcop.23041)

25. Onadeko K, Walker TJ, Craig DW, Pavlovic A, **Szeszulski J**, DeFina LF, Kohl III, HW. Comparing the Use and Effectiveness of In-person and Remote Physical Education Delivery During the COVID-19 Pandemic. *Am J Health Educ.* 2023 doi: [10.1080/19325037.2023.2277945](https://doi.org/10.1080/19325037.2023.2277945)
26. MacMillan Uribe AL, Demment M, Graham ML, **Szeszulski J**, Rethorst C, Githinji P, Nelson ME, Strogatz D, Folta SC, Bailey RL, Davis JN, & Seguin-Fowler RA. Improvements in dietary intake, behaviors, and psychosocial measures in a community-randomized cardiovascular disease risk reduction intervention: Strong Hearts, Healthy Communities 2.0. *Am J Clin Nutr.* 2023;118(5):1055-66. doi: [10.1016/j.ajcnut.2023.09.003](https://doi.org/10.1016/j.ajcnut.2023.09.003) PMID: 37717638
27. **Szeszulski J**, Faro J, Joseph RP, Lanza K, Lévesque L, Monroe CM, Pérez-Paredes EA, Soltero EG, Lee RE. How Societal Forces of Change are Transforming Youth Physical Activity Promotion in North America. *J Phys Act Health.* 2023;20(12):1069-77. doi: [10.1123/jpah.2023-0167](https://doi.org/10.1123/jpah.2023-0167) PMID: 37917976
28. Githinji P, MacMillan Uribe AL, On AX, Ayine P, Villareal DL, McNeely A, **Szeszulski J**, Seguin-Fowler RA, Rethorst CD. A Qualitative Exploration of the Health Needs and Goals of Urban Women to Inform the Tailoring and Adaptation of Strong Hearts Health Communities: A Community-Based Cardiovascular Disease Prevention Intervention. *BMC Public Health.* 2024;24(1):296 doi: [10.1186/s12889-024-17818-1](https://doi.org/10.1186/s12889-024-17818-1) PMCID: PMC10811835 PMID: 38273284
29. McNeely A, Borchers L, **Szeszulski J**, Eicher-Miller HA, MacMillan Uribe AL. The Role of the Community Café in addressing Food Security: Perceptions of Managers and Directors. *Appetite.* 2024;196:107274. doi: [10.1016/j.appet.2024.107274](https://doi.org/10.1016/j.appet.2024.107274) PMID: 38364971
30. Seguin-Fowler RA, Graham ML, Demment M, MacMillan Uribe AL, Rethorst CD, **Szeszulski J**. Multilevel Interventions Targeting Obesity: State of the Science and Future Directions. *Annual Reviews in Nutrition.* 2024; 17;44. doi: [10.1146/annurev-nutr-122123-020340](https://doi.org/10.1146/annurev-nutr-122123-020340) PMID: 38885446
31. Iyer S, Walker TJ, MacMillan Uribe AL, Rethorst CD, Seguin-Fowler RA, **Szeszulski J**. Urban-Rural Differences in School Districts' Local Wellness Policies and Policy Implementation Environments. *Nutrients.* 2024;16(6) doi: <https://doi.org/10.3390/nu16060801> PMID: 38542711 PMCID: PMC10974557
32. MacMillan Uribe AL, **Szeszulski J**, Borchers L, Eicher-Miller HA, Seguin-Fowler RA, Largacha Cevallos, E. Diet quality of community café meals among guests with food insecurity. *Journal of Nutrition Education and Behavior.* 2024; ;56(8):579-87. doi: [10.1016/j.jneb.2024.04.009](https://doi.org/10.1016/j.jneb.2024.04.009) PMID: 39111927
33. **Szeszulski J**, & Gustafarro K. Optimization of Implementation Strategies using the Multiphase Optimization STRategy (MOST) Framework: Practical Guidance using the Factorial Design. *Translational Behavioral Medicine.* 2024. doi: [10.1093/tbm/ibac035](https://doi.org/10.1093/tbm/ibac035)
34. Schaefers A, Xin L, Butler P, Gardner J, MacMillan Uribe AL, Rethorst CD, Rolke LJ, Seguin-Fowler RA, **Szeszulski J**. Relationship Between the Inner Setting of CFIR and the Delivery of the Healthy School Recognized Campus Initiative: A Mixed-Methods Analysis. *Implementation Science Communications.* 2024; 5(1):96. doi: [10.1186/s43058-024-00627-3](https://doi.org/10.1186/s43058-024-00627-3) PMCID: PMC11375957 PMID: 39232800
35. Githinji P, MacMillan Uribe AL, **Szeszulski J**, Rethorst CD, Luong V, Xin L, Rolke LJ, Smith MG, Seguin-Fowler RA. Public Health Communication During the COVID-19 Health Crisis: Sustainable Pathways to Improve Health Information Access and Reach among Underserved Communities. *Humanities & Social Science Communications.* 2024;11(1):1-7. doi: [10.1057/s41599-024-03718-7](https://doi.org/10.1057/s41599-024-03718-7)
36. **Szeszulski J**, Rolke LJ, Ayine P, Bailey R, Demment M, Eldridge GD, Folta SC, Graham ML, MacMillan Uribe AL, McNeely A, Nelson ME, Pullyblank K, Rethorst C, Strogatz D, Seguin-Fowler RA. Process Evaluation Findings from Strong Hearts, Healthy Communities 2.0: A Cardiovascular Disease Prevention Intervention for

Manuscripts In Review

1. Lee RE, Arriola A, Lorenzo E, Soltero EG, Szeszulski J. Sustainability via Active Garden Education (SAGE): The process of incorporating watering into a structured preschool curriculum. *Agriculture & Food*. (Under Review)
2. Githinji P, Seguin-Fowler RA, On A, Benner L, MacMillan Uribe AL, **Szeszulski J**, Rethorst CD. Feasibility and Acceptability of an Adapted Community-Based Cardiovascular Disease Prevention Program: Strong People, Strong Hearts. (Under Review)
3. Crespo NC, Vega-Lopez S, **Szeszulski J**, Todd M, Behar AI, Ray F, Hartman A, Hyde ET. Efficacy of a community- and family-based intervention on cardiovascular fitness and associated risk factors among primarily Latino families. *American Journal of Health Promotion*. (Under Review)
4. Kikanian G, Tapia L, Schaefers A, Gardner J, Butler P, **Szeszulski J**. Spending Patterns for Middle Schools that Deliver Multiple Evidence-based Physical Activity and Nutrition Programs. *Translational Behavioral Medicine*. (Under Review)
5. Rethorst C.D., Demment M, Graham M.L., Ha S., MacMillan Uribe A.L., Lo B.K., **Szeszulski J**, Githinji P, Strogatz d., Foltz S.C., Nelson M.E., Seguin-Fowler R.A. Mechanisms of intervention effects on weight loss in the Strong Hearts, Healthy Communities-2.0 community randomized trial: a mediation analysis

Manuscripts In Preparation

6. Verdezoto AA, Suh B, **Szeszulski J**, Lorenzo E, Bruening M, & Lee RE. Eating in the Absence of Hunger and BMI Percentiles among Primarily Hispanic Preschool-Age Children.
7. Enu Young. Identifying and Describing Mechanisms of Implementation Strategies: An Implementation Mapping Logic Model.
8. Craig D. Y-PATHS and Intervention Mapping Manuscript
9. Holescher D. CATCH Implementation

Other Publications

1. **Szeszulski J**. Preparing Student for Careers after Graduation: The Value of Community-Academic Partnerships. *The Society of Behavioral Medicine Newsletter*. Summer 2019
2. Brown D, Joseph R, Monroe C, Petrov ME, Salerno E, **Szeszulski J**, Lee RE. Matching Behavior and Biology: How Chronotypes Influence Your Physical Activity and Sleep. *Society of Behavioral Medicine Healthy Living Article*. Spring 2023. <https://www.sbm.org/healthy-living/matching-behavior-and-biology-how-chronotypes-influence-your-physical-activity-and-sleep>
3. Lanza K, Vizcano M, Brown D, Salerno EA, Sallis JF, **Szeszulski J**, Trinh L, Umstatterd Meyer R, Lee RE, Physical Activity SIG, Climate Change and Health SIG. Climate change and youth physical activity during summertime: Challenges and potential solutions. *Society of Behavioral Medicine Healthy Living Article*. Summer

Published Abstracts and Conference Presentations

1. De Moraes ACF, Hunt ET, Brown D, **Szeszulski J**, De Mello GT, Nascimento-Ferreira MV. Long-Term Effects of Physical Activity, Sleep, and Screen-Time on Hypertension Incidence in Adolescents – ABCD Study, Submitted to the American Heart Association Epi Lifestyle Scientific Sessions, New Orleans, LA, USA. March 2025.
2. Beattie, C., Umstattd Meyer, MR., **Szeszulski J**, Wende, M., Stroope, J., Vigil, J., Enriquez, S., Holston, D., Pollack Porter, K. Rural Play Streets: Identifying Barriers to Implementation using the Consolidated Framework for Implementation Research. Accepted as a Poster presentation at the Active Living Conference, Manhattan, Kansas, USA. March 2025.
3. Lee RE, **Szeszulski J**, Bruening M, Hollenbeak C, Whisner C, Todd MW. Testing Sustainability via Active Garden Education Wellness Implementation Strategies in Early Care and Education (SAGE WISE): Protocol for a Type 3 hybrid implementation-effectiveness design. Accepted as a poster presentation to American Academy of Health Behavior Annual Meeting, San Diego, CA, USA. March 2025.
4. De Mello GT, Costa RM, Lopes MVV, **Szeszulski J**, Silva KS. 24-hour movement behaviors profiles and their transition among adolescents before and after a school year: Findings from the Movimente Program. Accepted as a poster presentation to the Society of Behavioral Medicine Conference, San Francisco, CA, USA. March 2025.
5. **Szeszulski J**, Kang E, Fernandez ME, Mullen PD. IM Adapt—A Framework and Online Tool for Adapting Evidenced-Based Interventions to Improve Fit and Impact. Accepted as a preconference workshop to the Society of Behavioral Medicine Conference, San Francisco, CA, USA. March 2025.
6. **Szeszulski J**, de Mello GT, Guastaferrero K, Hill JL, Lee RE. Bridging the Gap between Intervention and Implementation Science Methodologies. Accepted as a preconference workshop to the Society of Behavioral Medicine Conference, San Francisco, CA, USA. March 2025.
7. Dao HK, Le MB, Hunt H, **Szeszulski J**. Impact of Healthy School Recognized Campus on Male and Female Students' Physical Activity Outcomes. Accepted as a poster presentation for the Virtual Medical Research Conference, College Station, TX, USA. September 2024.
8. Hunt H, Dao HK, **Szeszulski J**. Identifying Implementation Strategies to Improve the Delivery of the Healthy School Recognized Campus Initiative: An application of nominal group technique focus groups. Accepted as a poster presentation for the Virtual Medical Research Conference, College Station, TX, USA. September 2024.
9. Harris J, Butler P, Gardner J, Schaefer A, **Szeszulski J**. Qualitative Evaluation of Three Implementation Strategies for the Healthy School Recognized Campus Initiative. Accepted as a poster presentation for the 17th Annual Conference on the Science of Dissemination and Implementation in Health, Arlington, VA, USA. December 2024.
10. De Mello GT, **Szeszulski J**, O'Connor T, Lorenzo E, Hill JL, Lee RE. Does fidelity or dose delivered of 'Sustainability via Active Garden Education' (SAGE) moderate improvements in American preschool children's locomotor skills? Accepted as a poster/oral presentation for the 17th Annual Conference on the Science of Dissemination and Implementation in Health, Arlington, VA, USA. December 2024.
11. Putnam M, Butler P, Gardner J, MacMillan Uribe AL, Rethorst C, Schaefer A, Seguin-Fowler RA, **Szeszulski J**. Effect of Healthy School Recognized Campus on Metabolic Syndrome among Adolescents in East Texas.

Accepted as a poster presentation at the Obesity Week 2024 Conference, San Antonio, TX, USA. November 2024.

12. McNeely A, MacMillan Uribe AL, Rethorst C, George A, Butler P, Herrero-Loza A, Ali M, Seguin-Fowler RA, **Szeszulski J**. Barriers and Facilitators to Implementing Strong Teens for Healthy School: A qualitative analysis using the Consolidated Framework for Implementation Research framework. Accepted as poster presentation at the American Public Health Association 2024 Annual Meeting, Minneapolis, MN, USA. October 2024.
13. McNeely A, Borchers L, Largacha Cevallos E, Eicher-Miller H, **Szeszulski J**, Seguin-Fowler RA, MacMillan Uribe AL. Perceptions from food insecure guests about a community café in Texas. Accepted for the 2024 American Public Health Association Annual Meeting. Minneapolis, MN, USA. October 2024.
14. MacMillan Uribe AL, McNeely A, George A, Butler P, Rethorst CD, Seguin-Fowler RA, Herrero-Loza A, Ali M, **Szeszulski J**. Implementers' views on a middle school civic engagement curriculum to promote positive changes to the school nutrition and physical activity environment. Accepted for NUTRITION 2024 (American Society for Nutrition Annual Conference), Chicago, IL, USA. June 2024.
15. MacMillan Uribe AL, Largacha Cevallos E, Xin L, Trevino V, Gupta S, **Szeszulski J**, Rethorst C, Seguin-Fowler RA. A comparative feasibility study to evaluate fruit and vegetable delivery methods in a produce prescription program for Head Start families. Accepted for NUTRITION 2024 (American Society for Nutrition Annual Conference), Chicago, IL, June 2024.
16. Borchers L, McNeely A, **Szeszulski J**, MacMillan Uribe A. “A plate of good food in front of you is a really easy conversation starter”: The Role of Community Cafes in Fostering Social Connection. Accepted as an oral presentation for the 45th Annual Society for Behavioral Medicine Conference. Philadelphia, PA, USA. March 2024.
17. McNeely A, Borchers L, Eicher-Miller HA, **Szeszulski J**, MacMillan Uribe AL. The Role of the Community Café in Food and Nutrition Security and Healthy Food Access: Perceptions of Managers and Directors. Accepted as an oral presentation for the 45th Annual Society for Behavioral Medicine Conference. Philadelphia, PA, USA. March 2024.
18. MacMillan Uribe AL, Borchers L, Eicher-Miller HA, Seguin-Fowler RA, **Szeszulski J**, McNeely A, Marroquin M, George A, Largacha Cevallos E, Perez P. Dietary quality of community café meals compared to meals consumed elsewhere among guests with food insecurity. Accepted as an oral presentation for the 45th Annual Society for Behavioral Medicine Conference. Philadelphia, PA, USA. March 2024.
19. De Mello GT, Brown DMY, Salerno EA, Schuchardt-Vogt CE, **Szeszulski J**, Lee RE. Best practices for conducting efficient systematic reviews: An example from physical activity research. Accepted as a pre-conference workshop at the 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Philadelphia, Pennsylvania, USA. March 2024.
20. **Szeszulski J**, Kikanian G, Schafers A, Gardner J, Butler P. Spending Patterns of Middle Schools that Delivered Multiple Evidence-based Physical Activity and Nutrition Programs. Accepted as a poster presentation at the 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Philadelphia, Pennsylvania, USA. March 2024.
21. Dao HK, Le ME, Butler P, Putnam M, Schafers A, **Szeszulski J**. Healthy School Recognized Campus' Impact on Middle School Children's Physical Activity Levels and Cardiovascular Fitness. Texas American College of Sports Medicine Conference. Waco, TX, USA. February 2024.

22. Le ME, Dao HK, Putnam M, **Szeszulski J**. Impact of Local Wellness Policies on District Level Physical Activities. Texas American College of Sports Medicine Conference. Waco, TX, USA. February 2024.
23. Foster M, Mullen PD, **Szeszulski J**. Practical Resources for Adapting Interventions to Serve Your Community's Needs. Accepted as a Learning Institute (pre-conference workshop) at the Annual American Public Health Association Conference. Atlanta, GA, USA. November 2023.
24. Iyer S, Walker T.J., Demment M., **Szeszulski J**. Analyzing Urban-Rural Differences in School District's' Local Wellness Policies. Accepted as an oral presentation at Obesity Week. Dallas, TX, USA. October 2023.
25. **Szeszulski J**, Gardner J, Butler P. The Healthy School Recognized Campus Initiative. Accepted for oral presentation at the Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD) Summer Conference. San Marcos, Texas, USA. July 2023.
26. **Szeszulski J**, Gustafarro K. Optimization of Implementation Strategies Using MOST: An Emphasis on the Factorial Design. Accepted as a post-conference workshop at the Society for Prevention Research Conference. Washington D.C., USA. June 2023.
27. Rethorst CD, Demment M, Graham ML, MacMillan Uribe AL, **Szeszulski J**, Githinji P, Nelson ME, Strogatz D, Folta SC, Bailey RL, Davis JM, Seguin-Fowler RA. Mediation analysis to identify mechanisms responsible for weight loss in the Strong Hearts, Healthy Communities 2.0 community-randomized trial. Accepted for Poster Presentation at the International Society for Behavioral Nutrition and Physical Activity, Annual Meeting, Uppsala, Sweden, June 2023
28. Iyer S, MacMillan Uribe A, Rethorst C, Seguin-Fowler RA, **Szeszulski J**. Examining Urban-Rural Differences in School Districts' Local Wellness Policy Implementation Environments. Accepted as a poster presentation at the 44th Annual Society for Behavioral Medicine Conference. Phoenix, AZ, USA. April 2023.
29. Githinji P, Ayine P, On A, Villarreal DL, **Szeszulski J**, MacMillan Uribe A, Rethorst C, Seguin-Fowler RA. Strong Hearts Healthy Communities: An Urban Adaptation of an Effective Cardiovascular Disease Prevention Intervention. Accepted as a poster presentation at the 44th Annual Society for Behavioral Medicine Conference. Phoenix, AZ, USA. April 2023.
30. Gardner A, MacMillan Uribe AL, Rethorst CD, Seguin-Fowler R, & **Szeszulski J**. Using Evidence-Based Intervention Mapping to Adapt the Change Club Curriculum into Strong Teens for Healthy Schools Change Club. Accepted as a poster presentation at the 44th Annual Society for Behavioral Medicine Conference. Phoenix, AZ, USA. April 2023.
31. Gustafarro K, **Szeszulski J**, Pfammatter A. Advanced topics in intervention optimization: Matching the right research design to your research question. Accepted as a preconference workshop at the 44th Annual Society for Behavioral Medicine Conference. Phoenix, AZ, USA. April 2023.
32. Schaefers A, Butler P, MacMillan Uribe AL, Rethorst C, Rolke L, Seguin-Fowler R, and **Szeszulski J**. Relationship Between the Inner Setting of the Consolidated Framework for Implementation Research and the Implementation of the Healthy School Recognized Campus Initiative: A Mixed-Methods Analysis. Accepted as an oral presentation at the 44th Annual Society for Behavioral Medicine Conference. Phoenix, AZ, USA. April 2023.
33. MacMillan Uribe AL, Graham M, **Szeszulski J**, Rethorst CD, Githinji P, Demment M, Seguin-Fowler RA. Strong Hearts, Healthy Communities 2.0: Effects of a Community-Randomized Cardiovascular Disease Risk Reduction Intervention on Diet-related Outcomes of Rural Women. Accepted as an oral presentation at the 44th Annual Society of Behavioral Medicine Conference. Phoenix, AZ, USA. April 2023

34. Gardner A, Xin L, Schaefer A, **Szeszulski J**, Butler P, & MacMillan Uribe AL. Getting Involved with Research: Opportunities and Experiences from the Institute for Advancing Health Through Agriculture, Healthy Living Program. Accepted as an oral presentation at the AgriLife Extension Health Summit. College Station, TX, USA. February 2023.
35. Xin L, Butler P, Gardner A, Gardner J, MacMillan Uribe A, Schaefer A, **Szeszulski J**. The Healthy School Recognized Campus Initiative: A strategy to improve community engagement in health promotion programs. Accepted as a Concurrent Oral Session at the Extension Health Summit. College Station, TX, USA. February 2023.
36. Ayine P, Rethorst C, Seguin-Fowler R, **Szeszulski J**, Uribe AM. Perceptions of food access and food insecurity among toddler's caregivers of low socioeconomic status. Accepted as a poster at the 150th American Public Health Association Annual meeting and expo conference. Boston, MA, USA. Nov 2022.
37. Onadeko K, Walker T, Craig D, Pavlovic A, **Szeszulski J**, DeFina L, Kohl H. Comparing In-person and Remote Physical Education During the COVID-19 Pandemic. Accepted as a poster presentation to the 96th Annual School Health Conference. Albuquerque, NM, USA. July 2022.
38. **Szeszulski J**, Faro J, Joseph R, Lanza K, Lévesque L, Monroe C, Pérez-Paredes E, Soltero E, & Lee RE. The Impact of Forces of Change on Physical Activity Research, Policy, and Practice: Exploring Emerging Approaches and their Consequences. Accepted as a symposium presentation at the International Society of Behavioral Nutrition and Physical Activity Research. Phoenix, Arizona USA. May 2022
39. Lanza K, Faro J, Joseph R, Lévesque L, Monroe C, Pérez-Paredes E, Soltero E, **Szeszulski J**, & Lee RE. Climate Change Adaptation for Physical Activity Promotion. Accepted as a symposium presentation at the International Society of Behavioral Nutrition and Physical Activity Research. Phoenix, Arizona USA. May 2022
40. Lévesque L, Faro J, Joseph R, Lanza K, Monroe C, Pérez-Paredes E, Soltero E, **Szeszulski J**, & Lee RE. The Anti-colonial Health and Physical Activity Research in the Time of COVID-19. Accepted as a symposium presentation at the International Society of Behavioral Nutrition and Physical Activity Research. Phoenix, Arizona USA. May 2022
41. Pérez-Paredes E, Faro J, Joseph R, Lanza K, Lévesque L, Monroe C, Soltero E, **Szeszulski J**, & Lee RE. The Appropriation of Public Space for the Promotion of Physical Activity: Climate Change Mitigation Strategy in Cities. Accepted as a symposium presentation at the International Society of Behavioral Nutrition and Physical Activity Research. Phoenix, Arizona USA. May 2022
42. Rolke LJ, Uribe MacMillan AL, Rethorst C, Seguin-Fowler RA, Walker TJ, & **Szeszulski JS**. Understanding School-based Local Wellness Policy Implementation: Relationship Between the School District Implementation Stakeholders and Wellness Goals. Accepted as a poster presentation at the International Society of Behavioral Nutrition and Physical Activity Research. Phoenix, Arizona USA. May 2022
43. Walker TJ, **Szeszulski J**, Craig DW, Onadeko K, & Fernandez ME. Association between school-level factors and the implementation of classroom-based physical activity approaches in elementary schools: A cross-sectional study. Accepted as a poster presentation at the 14th Annual Conference on the Science of Dissemination and Implementation. Arlington, VA, USA. December 2021
44. **Szeszulski J**, Dias E, Ibekwe LN, Gibson R, Lamont A, Walker TJ, Wandersman A, & Fernandez ME. Understanding Organizational Readiness in Federally Qualified Health Centers: A Qualitative Content Analysis of General Capacity Subcomponents from R=MC2. Accepted as a poster presentation at the 14th Annual Conference on the Science of Dissemination and Implementation. Arlington, VA, USA. December 2021.

45. Dias E, Walker T, Craig D, Johnson H, **Szeszulski J**, Gibson R, Brandt H, Wandersman A, & Fernandez ME. Federally qualified health center staff's understanding of the organizational readiness subcomponents from the R=MC2 heuristic: A rapid qualitative analysis. Accepted as a poster presentation at the 14th Annual Conference on the Science of Dissemination and Implementation. Arlington, VA, USA. December 2021.
46. Craig D.W., **Szeszulski J**, Dooley E.E., Johnson A.M., Knell G., Lanza K., Robertson M.C., Walker T.J., Kohl III H.W., & Fernandez M.E. Development and evaluation of youth physical activity interventions using the Youth Physical Activity: Timing, How, and Setting (Y-PATHS) framework. Accepted as an oral presentation at the International Society of Behavioral Nutrition and Physical Activity XChange Initiative 2021. Online. June 8-10, 2021.
47. Dias, E., Walker, T., Craig, D., Gibson, R., **Szeszulski, J.**, & Fernandez, M.E. Clinics' response to subcomponents from the R=MC2 heuristic that are relevant for colorectal cancer screening programs in the Federally Qualified Health Center (FQHC) setting: A rapid qualitative exploration. Accepted for Poster Presentation at Research Beyond Boundaries Conference. Dallas, TX, USA April 2021.
48. Dias, E., Walker, T., Craig, D., Gibson, R., **Szeszulski, J.**, & Fernandez, M.E. Understanding subcomponents from the R=MC2 heuristic that are relevant to implementing colorectal cancer screening programs in the Federally Qualified Health Center (FQHC) setting: a qualitative study. Accepted for Poster Presentation at UTHealth School of Public Health Research Day. Houston, TX, USA April 2021.
49. Lorenzo, E. **Szeszulski, J.**, Adams, M. A., Lee, R. E. Association of neighborhood environment with physical activity, sedentary time and cardiometabolic risk factors among Hispanic women. Accepted for poster presentation at Sigma Theta Tau International's 32nd International Nursing Research Congress. Singapore, July 2021.
50. Lee R.E., Joseph R., Blackman Carr L.T. Faro J., Lane H., Monroe C., Strayhorn S.M., **Szeszulski J.**, Still striding toward social justice? Redirecting physical activity research in a post-COVID-19 world. Accepted as a panel discussion at the Society of Behavioral Medicine Conference. Online. April 2021.
51. **Szeszulski J.**, Lanza K., Dooley E.E., Johnson A.M., Knell G., Walker T.J., Craig D.W., Robertson M.C., Salvo D., and Kohl III H.W. Surveillance Applications for the Novel Youth Physical Activity Timing, How, and Setting (Y-PATHS) Framework. Accepted as an oral presentation at the Society of Behavioral Medicine Conference. Online. April 2021
52. Helal Salsa G., **Szeszulski J.**, Cuccaro P., Markham C., Martin M., Savas L.S., Valerio M., Walker T., Springer A.E. Youth-led Creative Expression COVID-19 Protection Contest. Submitted as a poster to the Virtual 2020 Community Engagement Symposium "Strategies for Community Resiliency and Recovery for 2021 and Beyond". San Antonio, TX, USA October 2020.
53. Lee, R.E., **Szeszulski J.**, Suh, B., Lorenzo, E. Sustainability via Active Garden Education (SAGE): An Early Look at Physical Activity-Related Outcomes. Accepted for Symposium at the Annual Conference on International Society for Behavioral Nutrition and Physical Activity. Auckland, New Zealand. June 2020. Due to COVID-19 related conference cancellation, this peer-reviewed symposium was disseminated at <https://venuewest.eventsair.com/isbnpa-xchange-initiative/>.
54. Craig D., **Szeszulski J.**, Mullen P., Walker T.J., Foster M., Fernandez M.E. Using Intervention Mapping Processes to Understand the Key Elements of Colorectal Cancer Screening Evidence-Based Interventions. Accepted as a poster presentation at the Society of Public Health Education Conference. Online. March 2020

55. Mullen P., Craig D., Fernandez M.E., Foster M., **Szeszulski J.**, Walker T. Identifying Determinants, Theoretical Change Methods, and Design Features of an Evidence-based Interventions: A Key Step in the Adaptation Process Using Intervention Mapping. Accepted as a workshop at the Society of Public Health Education Conference. Online. March 2020
56. Craig D., **Szeszulski J.**, Mullen P., Walker T.J., Foster M., Fernandez M.E. Using Intervention Mapping Processes to Understand the Key Elements of Colorectal Cancer Screening Evidence-Based Interventions. Accepted as a poster presentation at the 13th Annual Conference on the Science of Dissemination and Implementation. Arlington, VA, USA. December 2020.
57. **Szeszulski J.**, Estabrooks P., Fernandez M.E., Lee R.E., Walker T. Understanding, Planning, and Evaluating Implementation Strategies for School-based Physical Activity Approaches. Accepted as a symposium for presentation at the Society of Behavioral Medicine Conference. San Francisco, CA, USA. April 2020. (Conference cancelled)
58. Walker T., **Szeszulski J.**, Robertson M., Cuccaro P., Fernandez M. E. Implementation strategies used to support physical activity approaches in elementary schools: a qualitative study. Accepted as part of a symposium for presentation at the Society of Behavioral Medicine Conference. San Francisco, CA, USA. April 2020. (Conference cancelled)
59. Fernandez M.E., **Szeszulski J.**, Walker T., Markham C.M., ten Hoor G.A. Implementation Mapping: A Process for Improving the Delivery of School-based Physical Activity Programs. Accepted as part of a symposium for presentation at the Society of Behavioral Medicine Conference. San Francisco, CA, USA. April 2020. (Conference cancelled)
60. Lee R.E., **Szeszulski J.**, Lorenzo E., Hill J., O'Connor T., Bruening M., Shaibi G., Todd M., Estabrooks P. Sustainability via Active Garden Education (SAGE): Implementation Strategies in Early Care and Education Centers. Accepted as part of a symposium for presentation at the Society of Behavioral Medicine Conference. San Francisco, CA, USA. April 2020. (Conference cancelled)
61. **Szeszulski J.**, Lorenzo E., Lee R.E. Effectiveness of Sustainability via Active Garden Education (SAGE) on Young Children's Locomotor Skills. Accepted for oral presentation at the Society of Behavioral Medicine Conference. San Francisco, CA, USA. April 2020. (Conference cancelled)
62. **Szeszulski J.**, Robertson M., Walker T. Individual-Level Factors Related to the Implementation of School-based Physical Activity Approaches: Perspectives from Multiple Stakeholders. Accepted for oral presentation at the 12th Annual Conference on the Science of Dissemination and Implementation. Arlington, VA, USA. December 2019
63. Lee R.E., **Szeszulski J.**, Lorenzo E., Gutierrez M., Tornel M., Verdezoto Alvarado A., Bruening M. Eating Sweet Treats in Absence of Hunger May Influence Overweight in Mainly Hispanic Preschoolers. Accepted for poster presentation at The Obesity Society. Las Vegas, NV, USA. November 2019.
64. Lorenzo E., **Szeszulski J.**, Lee R.E. Sustainability via Active Gardening Education (SAGE): The association between walking for active transportation and cardiometabolic health among primarily Hispanic women. Accepted for poster presentation at the International Conference on Transport and Health. Melbourne, Australia, November 2019.
65. Vega-Lopez S., Crespo N.C., Bruening M., Hartmann L., **Szeszulski J.**, Lorenzo Quintero A., Ray F., Effects of a family- and community-based diet and physical activity intervention on home availability of fruit, vegetables, and sugar-containing foods in low-income, primarily Hispanic households. Accepted for poster presentation at International Society for Behavioral Nutrition and Physical Activity, Prague, Czech Republic, June 2019.

66. Lorenzo, E., **Szeszulski, J.**, Arriola, A., Bruening, M., Lee, R.E. Sustainability via Active Gardening Education (SAGE): The relationship of moderate to vigorous physical activity and food insecurity on cardiometabolic risk among primarily Hispanic mothers. Accepted for poster presentation at International Society for Behavioral Nutrition and Physical Activity, Prague, Czech Republic, June 2019.
67. **Szeszulski J.**, Lorenzo E., Arriola A., Lee R.E. Associations between Physical Activity Resources and Gross Motor Skills in Preschool-aged Children. Accepted for Poster Presentation at the Society of Behavioral Medicine Conference. March 2019.
68. Crespo N.C., Vega-Lopez S., **Szeszulski J.**, Todd M., Ray F., Behar A.I., Effects of a Family- and Community-based Intervention to Promote Cardiorespiratory Fitness among Underserved Families. Accepted for Poster Presentation at the Society of Behavioral Medicine Conference. March 2019.
69. Lee R.E., Arriola A., Inzunza E., **Szeszulski, J.**, Lorenzo E., Soltero, E. How can early care and education center gardens be sustained? Lessons learned from SAGE. Accepted for poster presentation at International Congress for Behavioral Medicine. November 2018
70. **Szeszulski J.**, Hutchens A., Lorenzo E., Arriola A., O'Connor T., Hill J., Hooker S.P., Lee R.E. Independent Association of Parenting Practices on Cardiorespiratory Fitness and Physical Activity of Preschool Aged Children. Accepted for poster presentation at American Public Health Association Annual Meeting. November 2018.
71. Lorenzo E., **Szeszulski J.**, Lee, R.E. Active transportation and cardiometabolic health among adults: A systematic review. Accepted for poster presentation at Sigma Theta Tau International's 29th International Nursing Research Congress, Melbourne, Australia, July 2018.
72. Lorenzo E., **Szeszulski J.**, Arriola A., Lee, R.E. Sustainability via Active Gardening Education (SAGE): Development of culturally appropriate parent messages using Nominal Group Technique (NGT) groups. Accepted for poster presentation at the annual conference of the International Society for Behavioral Nutrition and Physical Activity, Hong Kong, China, June 2018.
73. Lee R.E., Lorenzo E., **Szeszulski, J.**, Arriola A., Soltero, E. Sustainability via Active Garden Education (SAGE): Enhancing the social return on investment from school programming. Accepted for oral presentation at the annual conference of the International Society for Behavioral Nutrition and Physical Activity, Hong Kong, China, June 2018.
74. Lee R.E., Lorenzo E., **Szeszulski J.**, Arriola A., Soltero E.G. Sustainability via Active Garden Education (SAGE): Enhancing the social return on investment from school programming. Paper presented at the 4th World Congress on Public Health, Epidemiology and Nutrition, Osaka, Japan. June 2018.
75. James D., **Szeszulski J.**, Napoli M., Schmidt L., Bonifas R. Associations between a contemplative curricula and self-compassion in university Students. Accepted for poster presentation at the annual conference of the International Congress on Integrative Medicine and Health, Baltimore, Maryland, May 2018.
76. **Szeszulski J.**, Lorenzo E., Arriola A., Lee R.E. Comparison of Single and Dual Frequency BIA with Skinfold Calipers for Measurement of Body Composition in Hispanic Women. Accepted for Society of Behavioral Medicine Conference. April 2018.
77. **Szeszulski J.**, Vega-Lopez S., Todd M., Ray F., Tarango T., Crespo N.C. Preliminary Effects of a Community-Based Intervention on Cardiorespiratory Fitness and BMI in Parent-Child Dyads: The Athletes for Life Study. American Public Health Association Annual Conference. November 2017.
78. Lekuti Y., **Szeszulski J.** Weight Misperception Predicts Sadness and Hopelessness among Adolescent. Accepted for American Public Health Association Annual Conference. November 2017.

79. Lorenzo E., **Szeszulski J.**, Todd M., Mama S.K., Lee R.E. Is active transportation associated with cardiometabolic health outcomes among minority women? Accepted for presentation International Conference on Transport & Health. June 2017.
80. **Szeszulski J.**, Vega-Lopez S., Todd M., Ray F., Tarango T., Crespo N.C. Post-Intervention effects of a family- and community based physical activity intervention on self-reported recreation center usage and physical activity. Poster Presentation for American Public Health Association Annual Conference. November 2016.
81. **Szeszulski J.**, Vega-Lopez S., Crespo N.C. Children's cardiovascular fitness, rather than weight status, is associated with cardiovascular disease risk. Poster Presentation for National American College of Sports Medicine Conference Annual Conference. May 2016.
82. **Szeszulski J.**, Saltarelli W. Relationship of Children's Perceived Parental Physical Activity and Perceived Individual Physical Activity. Poster presentation for Central Michigan University Student Creative Research Endeavors Exhibit. May 2015.
83. **Szeszulski J.**, Saltarelli W. Comparison of Different Interventions of Physical Activity Knowledge Acquisition in Grade School Children. Oral presentation for Michigan American College of Sports Medicine Conference. February 2015.
84. **Szeszulski J.**, Saltarelli W. Correlation of Risk Factor Profiles with Changes in Physical Activity and Knowledge of Aerobic Exercise Prescription in Grade School Children. Poster Presentation for Mid-West American College of Sports Medicine Conference. November 2014.
85. **Szeszulski J.**, Saltarelli W. Increase in Knowledge of Aerobic Exercise Prescription Following Active Model Based Teaching Methods in 5th and 6th Grade School Children. Poster Presentation for North American Society for Pediatric Exercise Science Biennial Conference. August 2014.
86. **Szeszulski J.**, Saltarelli W. Increase in Knowledge of Aerobic Exercise Prescription Following Active Model Based Teaching Methods in 5th and 6th Grade School Children. Oral Presentation for American College of Sports Medicine Michigan State Conference. February 2014.
87. **Szeszulski J.**, Bellissimo G, Becker T, Revord LP, Hammer R. "Super Stiffness" in the Core Does Not Increase Grip Strength. Poster Presentation Central Michigan University Student Creative Research Endeavors Exhibit. March 2012.
88. Bellissimo G., **Szeszulski J.**, Becker T., Revord L.P., Hammer R. Reciprocal Inhibition Increases Flexibility of the Hip Adductor Muscles Reciprocal Muscles. Poster Presentation Central Michigan University Student Creative Research Endeavors Exhibit. March 2012.

Presentations Moderated

1. Szeszulski J, Rolke L, Iyer S, Smith M. A Return to School Health: Opportunities for Prioritizing Student Health in the Upcoming School Year. Presented as a webinar through the Michael & Susan Dell Center for Healthy Living. Online. July 2022.
2. Wang Y., Yang C., Lopez N., Budd E. Our children are watching: Caregiver and maternal/child physical activity relationships. Oral session at American Public Health Association Annual Meeting, San Diego, CA. November 2018.
3. Green M., Bayer I., Gibson-Young L., Roberts M. School and Community Linkages to Improve Child Health. Oral Session at American Public Health Association Annual Meeting, San Diego, CA. November 2018.
4. Floyd M., Sallis J., Botchwey N. Physical Activity Research Center: Current research, initiatives, and goals. Oral Session at American Public Health Association Annual Meeting. Atlanta, GA. November 2017.

Invited Talks

1. Resources for Adapting Evidence-based Sexual Violence Prevention Approaches. Sustaining Change Institute 2024: Camp Preventioneer. San Antonio, TX, USA. July 2024.
2. IM-ADAPT: Practical Resources for Adapting Interventions to Serve Your Community's Needs. UT Health Science Center at Houston. Dallas, TX, USA. May 2024
3. IM-ADAPT: Practical Resources for Adapting Interventions to Serve Your Community's Needs. UT Health Science Center at Houston. Houston, TX, USA. March 2024
4. Program Adaptation and Fidelity: Two Sides of the Same Coin. Texas A&M AgriLife Extension East/Central Summit. Waco, TX, USA, February 2024.
5. Guest Lecturer. Issues and Challenges of Using and Applying Health Behavior Theory to Research and Practice. HBHE593: Theoretical Foundations for Understanding Psychosocial Determinants of Health. University of Michigan, Ann Arbor, Michigan. August 2020.
6. Guest Lecturer. Residential Summer Experience at West Program: The Positive Effects of Exercise beyond Physical Health. Arizona State University, Phoenix, Arizona. June 2017.
7. Guest Lecturer. Light the Fire Men's Workshop: Family Physical Activity. Mesa, Arizona. October 2016.
8. Guest Lecturer. Exercise is Medicine in Year 2 Medical Students Part 2. Central Michigan University College of Medicine, Mount Pleasant, Michigan. December 2014.
9. Guest Lecturer. Exercise is Medicine in Year 2 Medical Students Part 1. Central Michigan University College of Medicine, Mount Pleasant, Michigan. September 2014.

Journal Reviews (selected)

- American Journal of Preventive Medicine
- BMC Health Services Research
- BMC Public Health
- Frontiers in Public Health
- Health and Place
- Health Education and Behavior
- International Journal of Behavioral Nutrition and Physical Activity
- Journal of Medical Internet Research
- Journal of School Health
- Obesity
- Obesity Reviews
- Preventing Chronic Disease
- Preventive Medicine Reports
- Translational Behavioral Medicine

Service Positions

July 2024	Ad hoc Reviewer: Time-Sensitive Obesity Policy and Program Evaluation	National Institutes of Health
February 2024 & September 2024	Ad hoc Reviewer: Science of Implementation in Health and Healthcare (SIHH) Study Section	National Institutes of Health
May 2019 – Current	Physical Activity Special Interest Group Advisory Board Member	Society of Behavioral Medicine

Aug 2022 – Current	Editorial Board Member	International Journal of Behavioral Nutrition and Physical Activity
June 2023 – Current	Editorial Board Member	Frontiers in Public Health
Aug 2021 – Aug 2022	Guest Editor for a Special Issue: The Ecologic Environment and Physical Activity: Innovations and Opportunities That Advance Research, Practice, and Policy	Journal of Environmental Research and Public Health
Nov 2022 – May 2023	Guest Editor for a Special Issue: Human Ecology, the Environment and Physical Activity: Contemporary Methodologies and Promotion Strategies	Journal of Environmental Research and Public Health
May 2021- May 2022	Healthy Eating Research – Early-Stage Investigator Workgroup	Robert Wood Johnson Foundation
April 2020 – June 2020	Committee for developing the UTHealth SPH Guidelines for Conduct of Community-based Research During the COVID-19 Pandemic	University of Texas Health Science Center at Houston
Aug 2018 – Aug 2019	Student Representative on the Exercise and Nutritional Science PhD Program Executive Committee	Arizona State University
Aug 2015 – Aug 2019	Graduate and Professional Student Association Research Grant Reviewer	Arizona State University
Aug 2016 – Aug 2018	Vice-President (2017), Secretary (2016), and Member (2015) of the Physical Activity Nutrition and Wellness Association Graduate Club	Arizona State University
Aug 2016 – Aug 2018	Physical Activity Section Program Planning Committee	American Public Health Association
Aug 2010 – May 2015	Co-Founder of ACSM Exercise is Medicine	Central Michigan University

Past and Current Trainees

Name	Position	Training Period	Project	Role	Subsequent Position
Post-doctoral					
Gabrielli De Mello	Postdoctoral Fellow – Texas A&M AgriLife Research	Spring 2024 – Current	TBD	Primary Mentor	TBD

Andrew McNeely	Postdoctoral Fellow – Texas A&M AgriLife Research	Spring 2023 – Current	TBD	Co-Primary Mentor	TBD
Laura Rolke, PhD, CHES	Postdoctoral Fellow – Texas A&M AgriLife Research	Fall 2021- Fall 2022	Process Evaluation for the Strong Hearts Healthy Communities Study	Co-Primary Mentor	Postdoctoral Fellow – Duke
Priscilla Ayine, PhD	Postdoctoral Fellow – Texas A&M AgriLife Research	Fall 2021 – Fall 2023	Food Security Among Low-Income Parent-Toddler Dyads	Co-Primary Mentor	Extension Assistant Professor – Tennessee State
Phrashiah Githinji, PhD	Postdoctoral Fellow – Texas A&M AgriLife Research	Fall 2022 – Fall 2024	Strong People, Strong Hearts – Urban and Digital Adaptations	Secondary Mentor	Assistant Professor – University of Utah

Medical Students

Swati Iyer	Medical Student Research Explorer Pathway (M1-M2)	Fall 2022- Fall 2023	Urban-Rural Differences in Local Wellness Policies	Primary Mentor	TBD
Hoang Dao	Medical Scholar Research Pathway (M1-M2)	Summer 2023 – Current	HSRCs’ Impact on Physical Activity and Cardiovascular Fitness	Primary Mentor	TBD
Minh Lee	Medical Scholar Research Pathway (M1-M2)	Summer 2023 – Current	The Relationship between Texas School Districts’ Local Wellness Policies and Physical Activity Practices	Primary Mentor	TBD
Gor Kikianian	Medical Student Research Explorer Pathway (M1-M2)	Summer 2023 – Current	Spending Patterns in the Health School Recognized Campus Program	Primary Mentor	TBD
Haily Hunt	Medical Student Research Explorer Pathway (M1-M2)	Summer 2024 – Current	TBD	Primary Mentor	TBD

PhD Students

Maya Foster, MPH	Doctoral Student – University of Texas Health Science Center at Houston	Fall 2022	Systematic Examination of EBIs For Black American Communities	External Reviewer	Postdoctoral Fellow - UTHealth
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Master’s Students

Mia Putnam	Master’s Student – Texas A&M School of Public Health	Spring 2024 – Current	TBD	Co-mentor	TBD
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Other Mentorship

- Mehak Ali, Andres Herrero-Loza, Kaitlyn Nguyen. Strong Teens for Healthy Schools. Aggie Research Program. Spring 2024.
- Mehak Ali, Andres Herrero-Loza, Kaitlyn Nguyen, Christina Rodriguez, and Siddharth Thonupunuri. Strong Teens for Healthy Schools. Aggie Research Program. Fall 2023.

- Lizeth Tapia. Texas A&M University at Commerce. Undergraduate Public Health Internship. Fall 2023.
- Claire Phifer. Purdue University Global Master of Public Health Field Experience. Data Collection for School-based Health Promotion Programs. Summer 2023 – Fall 2023.
- Nkemasom Nwadei, Carolina Rodriguez, and Meghan Schramm. Healthy School Recognized Campus Program. Aggie Research Program. Fall 2022 - Spring 2023.
- Faraz Jivraj. Master's Degree in Health Care Administration Practicum. Survey Development and Cognitive Interviewing for the Whole of School Physical Activity Index. Summer 2022
- Leila Aguilar. NIH STEP-UP Program for High School Students through Wake Forest. Developing a Curriculum Module on the Relationship between Nutrition and Mental Health. Summer 2022.
- Breanna and Bailee Chavez. Relationship between School District's Gifted and Talented Program and Nutrition Education Goals in Local Wellness Policies. Spring 2022.
- Anna Beard, Logan Bishop, Bailee Chavez, Breanna Chavez, Anna Dietzius, Emily Koch, & Morgan Langlais. Understanding Physical Activity and Nutrition Goals in Texas School District's Local Wellness Policies. Aggie Research Program. Spring 2023.
- Ennery Bravo. Undergraduate Student Intern Project. Factors that affect the sustainability of early care and education or early education-based garden programs and curricula in Hispanic populations. Spring 2019.
- Timothy Debaise. Undergraduate Student Intern Project. The effect of positive child anthropometric measurements of child motor skill results. Fall 2018.
- Everly Inzunza. Undergraduate Student Intern Project. Does the involvement of school-aged children (3-8) in food production increase consumption of nutrient dense food? Spring 2017.
- Amr Nasef. Undergraduate Honors Student Thesis. Designing a Facebook Group to Promote Physical Activity Among Adults. Spring 2016.