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Follow My Work

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Twitter: <https://twitter.com/pubhealthdahl>
Publications:
https://www.researchgate.net/profile/Alicia_Dahl
<https://orcid.org/0000-0002-6229-0926>
Podcasts for Student Athletes:
<https://www.athletestakeatimeout.com/>

Last updated: 8/2023

EDUCATION

2018 **Doctor of Philosophy**, University of South Carolina, Arnold School of Public Health, Department of Health Promotion, Education, and Behavior, Columbia, SC
Dissertation: "The Healthy Motivations for Moms-To-Be (Healthy MoM2B) Study: Development and Implementation of a Mobile Health Intervention Targeting Gestational Weight Gain Among Pregnant Women in the U.S." Chair: Gabrielle Turner-McGrievy, RD, PhD

2013 **Master of Science, Health Promotion**, University of Delaware, Department of Behavioral Health and Nutrition, Newark, DE

2011 **Bachelor of Science, Global Health and Communications**, Juniata College, Huntingdon, PA

PROFESSIONAL EXPERIENCE

Academic Appointments

8/2018-Present **Assistant Professor (Tenure Track)**, Department of Public Health Sciences, University of North Carolina at Charlotte, Charlotte, NC

Other Relevant Experience

9/2022-6/2023 **Consultant**, *Access to Perinatal Care Campaign*, Smart Start of Mecklenburg, Charlotte, NC
1/2013-7/2014 **Research Specialist, Data Analyst**, *Eat.Right.Now. Nutrition Education Program*, Office of Research and Evaluation, The School District of Philadelphia, Philadelphia, PA

CERTIFICATIONS

2/2023-Present **Trainer**, *Green Dot for College*, violence prevention. alteristic.org/services/green-dot/
5/2023-5/2026 **Adult Certification**, *Mental Health First Aid USA*. <https://www.mentalhealthfirstaid.org/>

HONORS/AWARDS

Recipient

2023-Present Faculty Honoree, Delta Omega Honor Society
2023-2024 Member, Diversity Institute for Emerging Leaders, Society of Behavioral Medicine
8/2021-5/2023 Research Fellow, Office of Undergraduate Research, UNC Charlotte
2022-Present The Honor Society of Phi Kappa Phi, UNC Charlotte, Member
5/2022-6/2022 CHHS Education Innovation Fellow, UNC Charlotte

5/2021	Faculty Excellence Award in Online Teaching, College of Health & Human Services, UNC Charlotte
8/2020	Loan Repayment Program, National Institute on Minority Health & Health Disparities
5/2018	Arnold School of Public Health Doctoral Achievement Award, University of SC
5/2018	Christopher Peter Aluah Outstanding HPEB Doctoral Student Award, University of SC
4/2018	3-Minute Thesis (3MT) Heat Winner, Second Runner-Up Overall, University of SC
4/2018	2018 Excellence in Research Award, Society of Behavioral Medicine
8/2017	Norman and Gerry Sue Arnold Emerging Scholar in Childhood Obesity, University of SC
6/2016	TecHealth Summer Sponsorship, University of South Carolina
5/2013	Outstanding Graduate Student, Department of Behavioral Health and Nutrition, University of Delaware
10/2011	Women of Pride Award, University of Delaware

RESEARCH ACTIVITIES

Total Funding Managed During Current Appointment as Principal Investigator/Co-PI: \$373,867

External Funding: \$281,917

Internal Funding: \$91,950

Current Projects

Research as Principal Investigator

12/2022-Present	Project Build: Healthy Choices for Campus Life and Beyond [Total Contracted: \$150,000] Role: PI Texas A&M AgriLife Center
5/2021-Present	Paper Chase Pilot Program. Developing Campus Skills for Rapid Dissemination [Total Awarded: \$59,500 <i>detailed below</i>] Role: Research Fellow; Co-PI UNC Charlotte Internal - 2023: College of Health & Human Services (\$3,000) UNC Charlotte Internal - 2023: Office of Undergraduate Research (\$18,500) UNC Charlotte Internal - 2022: Office of Undergraduate Research (\$18,500) UNC Charlotte Internal - 2021: Office of Undergraduate Research (\$15,500) UNC Charlotte Internal: Women & Girls Research Alliance Seed Funding (\$4,000)

Research as Co-Investigator

6/2021-Present	Social Determinants of Health/Community Resource Centers Monitoring and Evaluation [Total Subcontracted: \$473,500] Role: Faculty Co-Lead (\$26,000) Centers for Disease Control and Prevention (CDC) grant; Mecklenburg Co Public Health
2/2020-Present	Embrace Moms 2 Be Study Role: Co-Investigator (PI: Jennifer Webb)

Completed Research

Research Activities as Principal Investigator or Co-PI

12/2021-Present	Improving Access and Healthier Food Choices through Daycare Take-Home Dinners [Total Awarded: \$111,917] Role: PI (<i>grant obtained by Dr. Beth Racine</i>) Cabarrus Health Alliance via the Walmart Foundation
3/2019-9/2021	MamaVIEW: A mixed-methods approach to understanding perceived barriers and enabling factors of health during pregnancy among Black/African American women in Mecklenburg County, NC. Role: PI [Total Awarded: \$12,510 <i>detailed below</i>] UNC Charlotte Internal: Faculty Research Grant (\$7,550) UNC Charlotte Internal: Women & Girls Research Alliance Seed Funding (\$4,960)

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- 5/2021-6/2021 **Pandemic & Peripartum: Understanding the Impact of the COVID-19 Pandemic on the Wellbeing of First-Time Moms in North Carolina**
[Total Awarded: \$5,000] Role: PI
UNC Charlotte Internal: Women & Girls Research Alliance Seed Funding
- 1/2020-12/2021 **Take a Timeout: A Skills-Based Podcast Program for Addressing Mental Health Challenges in Collegiate Student-Athletes** [Total Direct Awarded: \$24,940] Role: PI
National Collegiate Athletic Association, Innovations in Research and Practice Grant (\$20,000)
UNC Charlotte Internal: Women & Girls Research Alliance Seed Funding (\$4,940)
- 8/2019-8/2021 **Understanding and Resolving a Paradox between Privacy Protection and Data Gathering/Analytics for an mHealth System in Support of Depression Monitoring, Management, and Intervention.** [Total Awarded: \$10,000] PI: Zhang; Role: Co-PI
UNC Charlotte Internal: School of Data Science Initiative
- 7/2016-8/2018 **The Healthy Motivations for Moms-To-Be (Healthy MoM2B) Study: Development and Implementation of a Mobile Health Intervention Targeting Gestational Weight Gain Among Pregnant Women in the U.S.** [Total U of SC Internal Funds Awarded: \$2,100, *detailed below*] Role: PI
Provost's Funds, Department of HPEB, U of SC (\$1,000)
Dean's Travel Award, Arnold School of Public Health, U of SC (\$600)
Graduate School Travel Grant, U of SC (\$500)
TecHealth Summer Sponsorship, U of SC (80 hours of free tech programming)

Research Activities as Research Assistant

- 8/2014-8/2018 **The Health in Pregnancy and Postpartum (HIPPP) Study.** [Total Direct Awarded: \$2,901,888] Role: Graduate Research Assistant
National Institutes of Health; R01 HD078407; Granting period: 8/2014-6/2019; PI: Sara Wilcox and Jihong Liu; Co-I: Gabrielle Turner-McGrievy
- 8/2016-10/2016 **Barriers to Exercise in Pregnancy.** [Total Direct Awarded: \$8,461] Role: Qualitative Data Analyst; PI: Natalie Buckham; Co-I: Kim Sims, Jihong Liu, Sara Wilcox
Richland Memorial Hospital Research and Education Foundation, Grant-In-Aid Award; Granting period: 11/2015-8/2016
- 6/2012-5/2013 **Project Vida Sana.**
Role: Research Coordinator; PI: Mia Papas; Co-I: Jillian Trabulsi, Gregory Dominick

Research Activities as Mentor, Completed

- 10/2017-8/2018 **Investigating meal quality of pregnant women participating in a mobile health study targeting gestational weight gain** [Total U of SC Internal Funds Awarded: \$5,900] Role: Mentor
Magellan Scholar Award; U of SC; Co-PI: Courtney Cooper and Rachel Desch
- 3/2017-12/2017 **Passion for public health: A pregnancy study investigating meal quality.** [Total U of SC Internal Funds Awarded: \$2,490 *detailed below*] Role: Mentor & Supervisor
Magellan Scholar Apprentice (\$995) PI: Courtney Cooper
Magellan Scholar Mini Grant (\$997) PI: Courtney Cooper
Sustainable Magellan Award (\$498) PI: Courtney Cooper
- 8/2016-5/2017 **Pregnant women's knowledge of gestational weight gain: Online needs assessment.** [Total U of SC Internal Funds Awarded: \$5,900] Role: Mentor & Supervisor
Magellan Scholar Mini Grant (\$991) PI: Shannon Mellon

PUBLICATIONS

Underlined co-author names denote current or former student and/or trainee

Peer-Reviewed Journal Articles

Published or In Press

1. Kaniuka, A., Bowling, J., Wright, S., **Dahl, A.A.**, Basinger, E.D., Benson, J.K., Stambaugh, R., & Cramer, R.J. (2023) Psychometric properties of the Brief Resilience Scale among alt-sex community members. *Journal of Interpersonal Violence*, 0(0). <https://doi.org/10.1177/08862605231188055>
2. **Dahl, A.A.**, Cramer, R.J., Gemberling, T., Wright, S., Wilsey, C.N., Bowling, J., & Golom, F.D. (2023). Exploring the prevalence and characteristics of self-labelled identity, coping, and mental health among BDSM-practicing adults in the United States. *Psychology & Sexuality*. <https://doi.org/10.1080/19419899.2023.2203134>
3. Mooney, J., Webb, J.B., Armstrong, L., **Dahl, A.A.** (2023). Caring for myself while I'm growing somebody else: Mindful self-care buffers between pregnancy body disconnection and distress. *Body Image*, 45, 296-306. <https://doi.org/10.1016/j.bodyim.2023.03.009>
4. Wilcox, S., **Dahl, A.A.**, Boutte, A.K., Liu, J., Day, K., Turner-McGrievy, G., Wingard, E. (2022). Process evaluation of the Health in Pregnancy and Postpartum (HIPPI) study: Methods, implementation fidelity, and participant experiences with program components. *BMC Pregnancy and Childbirth*, 22 (794), 1-18. <https://doi.org/10.1186/s12884-022-05107-x>
5. **Dahl, A.A.**, Mayfield, M., Fernandez-Borunda, A., Butts, S.J., Grafals, M., Racine, E.F. (2022). Dinner planning and preparation considerations of parents with children attending childcare. *Appetite*, 180 (1), 1-10. <https://doi.org/10.1016/j.appet.2022.106332>
6. Lisenbee, J., Gil-Rivas, V., Webb, J.B., **Dahl, A.A.**, Quinlan, M.M. (2022) Birth doula care in California during COVID-19: The impacts of social distancing on a high-touch helping profession. *Qualitative Health Research*, 32(10), 1447-1486. <https://doi.org/10.1177/10497323221110807>
7. **Dahl, A.A.**, Bowling, J., Krinner, L.M., Brown, C.S., Shaw, G., Lewis, J.B., Moore-Harrison, T., Clinton, S.M., Gartlan, S.R. (2022). "If we can do it, anyone can!": Evaluating a virtual "Paper Chase" collaborative writing model for rapid research dissemination. *Active Learning in Higher Education*. <https://doi.org/10.1177/14697874221099011>
8. Zhang, D., Lim, J., Zhou, L., **Dahl, A.A.** (2021) Breaking the data value-privacy paradox in mobile mental health systems through user-centered privacy protection: online survey study. *JMIR Mental Health*, 8(12):e31633. <https://doi.org/10.2196/31633>
9. Karami, A., **Dahl, A.A.**, Shaw, G., Valappil, S.P., Turner-McGrievy, G., Kharrazi, H., Bozorgi, P. (2021). Analysis of social media discussions on (#)diet by blue, red, and swing states in the U.S., *Healthcare*, 9(5), 518. <https://doi.org/10.3390/healthcare9050518>
10. Liu, J., Wilcox, S., Wingard, E., Burgis, J., Schneider, L., **Dahl, A.A.** (2020). Strategies and challenges in recruiting pregnant women with elevated body mass index for a behavioral lifestyle intervention. *Women's Health Reports*, 1(1), 556-565. <https://doi.org/10.1089/whr.2020.0089>
11. Bowling, J.B., Vercruyse, C., Bello-Ogunu, F., Krinner, L.M., Greene, T., Webster, C., **Dahl, A.A.** (2020) "It's the nature of the beast": Community resilience among gender diverse individuals. *J Community Psychology*, 48(7), 2191-2207. <https://doi.org/10.1002/jcop.22371>
12. Kennedy, A.B., Riyad, C.N.Y., Gunn, L.H., Brown, A.G., Dunlap, K.B., Knutsen, M.E., **Dahl, A.A.** (2020). More than their test scores: Redefining success with multiple mini-interviews. *Med.Sci.Educ*, 30, 1049-1060. <https://doi.org/10.1007/s40670-020-01013-z>
13. Wilcox, S., Liu, J., Addy, C., Turner-McGrievy, G., Burgis, J., Wingard, E., **Dahl, A.A.**, Whitaker, K., Schneider, L., & Boutté, A. (2018). A randomized controlled trial to prevent excessive gestational weight gain and promote postpartum weight loss in overweight and obese women: Health in Pregnancy and Postpartum (HIPPI). *Contemporary Clinical Trials*, 66, 51-63. <https://doi.org/10.1016/j.cct.2018.01.008>
14. Karami, A., **Dahl, A.A.**, Turner-McGrievy, G., Kharrazi, H., & Shaw, G. (2018). Characterizing diabetes, diet, exercise, and obesity comments on Twitter. *International Journal of Information Management*, 38(1), 1-6. <https://doi.org/10.1016/j.ijinfomgt.2017.08.002>

15. **Dahl, A.A.**, Dunn, C., Boutté, A., Crimarco, A., & Turner-McGrievy, G. (2018). Mobilizing mHealth for moms: A review of mobile apps for tracking gestational weight gain. *Journal of Technology in Behavioral Science*, 3(1), 32–40. <https://doi.org/10.1007/s41347-017-0030-6>
16. Schoffman, D., Davidson, C., Hales, S., Crimarco, A., **Dahl, A.A.**, & Turner-McGrievy, G. (2016). The fast-casual conundrum: Fast-casual restaurant entrées are higher in calories than fast food. *Journal of the Academy of Nutrition and Dietetics*, 116(10), 1606–1612. <https://doi.org/10.1016/j.jand.2016.03.020>
17. **Dahl, A.A.**, Hales, S., & Turner-McGrievy, G. (2016). Integrating social media into weight loss interventions. *Current Opinion in Psychology*, 9, 11–15. <https://doi.org/10.1016/j.copsyc.2015.09.018>
18. Papas, M., Trabulsi, J., **Dahl, A.A.**, & Dominick, G. (2016). Food insecurity increases the odds of obesity among young Hispanic children. *Journal of Immigrant and Minority Health*, 18(5), 1046–1052. <https://doi.org/10.1007/s10903-015-0275-0>

Under Review

1. Kaniuka, A.R., Nanney, E.M., Robertson, R., Hoff, R., Smith, M., Bowling, J., Basinger, E.D., **Dahl, A.A.**, & Cramer, R.J. A grounded theory of sexual and gender minority suicide risk: The SGM Suicide Risk and Protection (SuRAP) model. *Submitted December 5, 2022. R&R invitation received April 30, 2023.*
2. Lisenbee, J., Webb, J.B., Gil-Rivas, V., Quinlan, M.M., **Dahl, A.A.** Examining birth doulas' role in supporting psychological adaptation processes: A qualitative analysis of interventions delivered during COVID-19. *Submitted on April 13, 2023.*
3. McAvoy, C.R., **Dahl, A.A.**, Bauer, P.W., Brunner Huber, L.R. Association between Exercise is Medicine® on campus and physical activity: American College Health Association-National College Health Assessment fall 2019 data. *Submitted May 15, 2023.*
4. Fandetti, S., **Dahl, A.A.**, Webster, C., Bably, M., Racine, E. An overview of the healthy food policies evident in North Carolina public universities utilizing food service contractors. *Submitted June 9, 2023. R&R submitted July 7, 2023.*
5. **Dahl, A.A.**, Yada, F.N., Butts, S.J., Tolley, A., Hirsch, S., Lalgondar, P., Wilson, K. Shade, L. Contextualizing the experiences of Black pregnant women during the COVID-19 pandemic: "It's been a lonely ride." *Submitted June 15, 2023. R&R submitted July 8, 2023.*
6. Mooney, J. & **Dahl, A.A.** Digital self-monitoring tools for the management of gestational weight gain: Protocol for a systematic review. *Submitted on June 20, 2023.*

Book Chapters

1. Jake-Schoffman D.E., **Dahl A.A.**, Moore J.B. "Dissemination: Models and Methods." In D. Bornstein, A. Eyler, J. Maddock, & J.B. Moore (Eds.), *Physical Activity and Public Health: A Guide to Effective Interventions*, First Edition. New York City, NY: Springer Publishing. January 2019. ISBN: 9780826134585

Websites Developed for Product Dissemination

1. **Dahl, A.A.** (2020). Take A Timeout. Podcast Series. <https://www.AthletesTakeATimeout.com/>

Public Facing Articles (not peer-reviewed)

1. **Dahl, A.A.**, Waring, M.E., Biviji, R., Felder, T., Lisenbee, J. (Spring 2022). Pandemic Parenting: Challenges and Silver Linings. *Outlook Newsletter, Society of Behavioral Medicine*. <https://www.sbm.org/publications/outlook/issues/spring-2022/pandemic-parenting-challenges-and-silver-linings/full-article>
2. Lisenbee, J., **Dahl, A.A.**, Shi, S.F., Lunde, C. (2021, May). A Guide to Preconception Health Considerations. *Healthy Living Website, Society of Behavioral Medicine*. Retrieved from <https://www.sbm.org/healthy-living/a-guide-to-preconception-health-considerations>
3. Njie-Carr, V.P.S., Carson, T.L., **Dahl, A.A.**, Shen, M.J., Wigfall, L.T. (Spring 2021). Countering the Negative Health Effects of Racial Injustice and Systemic Racism: Call to Action, Call to Support: Racial Equity & Inclusion Series Part I. *Outlook Newsletter, Society of Behavioral Medicine*. Retrieved from

<https://www.sbm.org/publications/outlook/issues/spring-2021/countering-the-negative-health-effects-of-racial-injustice-and-systemic-racism/full-article>

4. McCann, A. & **Dahl, A.A.** (2019, February 11). Healthiest & Unhealthiest Cities in America. *Ask the Experts*. Retrieved from <https://wallethub.com/edu/healthiest-cities/31072/#expert=alicia-dahl>
5. Symons Downs, D., Krukowski, B., Huberty, J., Waring, M., **Dahl, A. A.**, & Mailey, E. (2019). Tips for a Healthy Pregnancy. *Healthy Living Website, Society of Behavioral Medicine*. Retrieved from <https://www.sbm.org/healthy-living/tips-for-a-healthy-pregnancy>

PRESENTATIONS

Underlined co-author names denote current or former student and/or trainee

Peer-Reviewed Conference Presentations

1. Wallace, L., Shaw, G., Cacace, S., Issel, M., Thompson, M., Thill, J-C., **Dahl, A.A.** (2023, November) *Evaluating public health summative indices as tools for local health departments to track improvements in health outcomes*. Research poster accepted to the annual meeting of the American Public Health Association, Atlanta, GA.
2. **Dahl, A.A.**, Mayfield, M., Fernandez-Borunda, A., Butts, S.J., Ademu, L.O., and Racine, E.F. (2023, April) *Dinner planning and preparation considerations of parents with children attending childcare*. Research Paper presented at the 44th annual meeting of the Society of Behavioral Medicine, Phoenix, AZ.
3. Kaniuka, A., Scheer, J.R., Cascalheira, C.J., Helminen, E.C., Sullivan, T.P., Batchelder, A.W., Jackson, S.D., **Dahl, A.A.**, Basinger, E.D., Bowling, J., & Cramer, R.J. *Sexual harassment and mental health among gender-diverse sexual minority women*. Presentation accepted to the Study for the Psychological Study of Social Issues (SPSSI) 2023 conference: Denver, CO.
4. Butts, S., **Dahl, A.A.**, Racine, E.F., Mayfield, M., Fernandez-Borunda, A. (2022, May) *Parental self-confidence regarding healthy meal preparation for preschool age children attending childcare*. Research Poster presented at the 2022 annual meeting of ISBNPA, Phoenix, AZ.
5. Mayfield, M., **Dahl, A.A.**, Racine, E.F., Fernandez-Borunda, A., Butts, S. (2022, May) *Exploring how caregivers of young children enrolled in childcare experience dinner*. Research Poster presented at the 2022 annual meeting of ISBNPA, Phoenix, AZ.
6. **Dahl, A.A.**, Yada, F.N., Wilson, K., Shade, L. (2022, April) *MamaVIEW study: Understanding perceived barriers and enabling factors of prenatal health among Black/African American women*. Research Poster presented at the 43rd annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
7. **Dahl, A.A.** & Bowling, J. (2022, April) *Pulling others in to get the word out: Evaluating a training program on the "Paper Chase" writing model for research dissemination*. Research Poster presented at the 43rd annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
8. Yada, F.N., Butts, S., Shade, L., **Dahl, A.A.** (2022, April) *MamaVIEW photo-elicitation project: Pregnancy stories of black women in Charlotte, NC*. Research Poster presented at the 43rd annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
9. Butts, S., **Dahl, A.A.**, Yada, F.N. (2022, April) *The impact of the COVID-19 pandemic on lifestyle behaviors of Black pregnant women in Charlotte, NC*. Research Poster presented at the 43rd annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
10. Mooney, J., Webb, J.B., Armstrong, L.M., **Dahl, A.A.** (2021, June) *Pernicious pressures on the pregnancy physique: Examining the persistence of diet culture internalization during gestation*. Research Poster presented at the biennial conference from the Centre for Appearance Research "Appearance Matters 9", Virtual.
11. **Dahl, A.A.**, Coffey, A.F. (2021, April) *Season cancelled: Assessing the impact of the COVID-19 pandemic on female student-athletes' mental health using mixed methods*. Research Spotlight (Poster) presented at the 42nd annual meeting of the Society of Behavioral Medicine, Virtual.
12. Lisenbee, J., Webb, J.B., Gil-Rivas, V., **Dahl, A.A.**, Quinlan, M.M. (2021, April) *Doula care in California during COVID-19: The impacts of social distancing on a high-touch helping profession*. Research Spotlight (Poster) submitted to the 42nd annual meeting of the Society of Behavioral Medicine, Virtual.

13. Mooney, J., Webb, J.B., Armstrong, L.M, **Dahl, A.A.** (2021, April) *Self-care to self-soothe? Mindful self-care as a buffer between body estrangement and prenatal distress*. Research Spotlight (Poster) presented at the 42nd annual meeting of the Society of Behavioral Medicine, Virtual.
14. Mooney, J., Webb, J.B., Armstrong, L.M, **Dahl, A.A.** (2021, April) *Navigating COVID-19 during pregnancy: Preliminary psychometric properties of items assessing the impact of the pandemic*. Research Spotlight (Poster) presented at the 42nd annual meeting of the Society of Behavioral Medicine, Virtual.
15. Coffey, A., **Dahl, A.A.** (2021, April) *Cognitive Behavioral Therapy interventions in collegiate student-athletes: A scoping review*. Research Spotlight (Poster) presented at the 42nd annual meeting of the Society of Behavioral Medicine, Virtual.
16. **Dahl, A.A.**, Coffey, A. (2020). *Take a Timeout: Female student athletes' mental health needs, resource utilization, and priorities for programming on campus*. Poster accepted to the 41st annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled due to COVID-19)
17. Coffey, A., **Dahl, A.A.** (2020). *Take A Timeout: Assessing the mental health needs of female student-athletes*. Oral presentation accepted to the 2020 annual conference of the National Council on Undergraduate Research, Denver, CO. (Conference canceled due to COVID-19)
18. Karami, A., **Dahl, A.A.**, Shaw, Jr., G., Turner-McGrievy, G. (2019, November). *Dynamic mapping of (#)diet and (#)exercise in Twitter*. Paper presented at the 2019 annual conference of AMIA, Washington, DC.
19. Schneider, L., Liu, J., Wingard, E., Wilcox, S., Burgis, J., **Dahl, A.A.** (2019, May). *Strategies and challenges in recruiting overweight/obese pregnant women for a behavioral lifestyle intervention program*. Poster presented at the 2019 annual conference of the American College of Sports Medicine, Orlando, FL.
20. Wilson, K. and **Dahl, A.A.** (2019, March) *Keep that bump moving: An investigation of the effects of social support on physical activity during late pregnancy*. Poster presented at the 40th annual meeting of the Society of Behavioral Medicine, Washington, DC.
21. Desch, R., **Dahl, A.A.**, Cooper, C., Turner-McGrievy, G. (2018, November). *Use of social engagement in relation to self-efficacy for healthy behaviors during research: A quantitative approach*. Poster presented at the 146th annual meeting of the American Public Health Association, San Diego, CA.
* PHEHP Section: Student Poster Award Recipient
22. Griffin, R., **Dahl, A.A.**, Cooper, C., Desch, R., Turner-McGrievy, G. (2018, April) *Drive-throughs and dine-ins: Examining meal behaviors of pregnant women in an intervention for healthy gestational weight gain*. Poster presented at the 7th annual Center for Research in Nutrition and Health Disparities Healthy Eating in Context Symposium, Columbia, SC.
23. Desch, R., **Dahl, A.A.**, Cooper, C., Turner-McGrievy, G. (2018, April). *Examining the role of social support and self-efficacy related to healthy eating during pregnancy: A mobile health approach*. Poster presented at the University of South Carolina's Discover USC Student Research Day, Columbia, SC. *Second place winner – student poster awards
24. **Dahl, A.A.**, Turner-McGrievy, G., Wilcox, S., Liu, J., and Davis, R. (2018, April). *Healthy MoM2B: Baseline features of pregnant women participating in a mobile health study targeting gestational weight gain*. Poster presented at the 39th annual meeting of the Society of Behavioral Med., New Orleans, LA.
25. **Dahl, A.A.**, Wende, M., Turner-McGrievy, G., Qiao, S., Wilcox, S., Liu, J., and Davis, R. (2018, April). *Integration of technology in lifestyle interventions focused on weight gain during pregnancy: A systematic review*. Paper presented at the 39th annual meeting of the Society of Behavioral Med., New Orleans, LA.
26. **Dahl, A.A.**, Dunn, C., Boutte, A., Crimarco, A., Turner-McGrievy, G. (2018, April). *Mobilizing mHealth for moms: A review of mobile apps for tracking gestational weight gain*. Paper presented at the 39th annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
27. **Dahl, A.A.**, Cooper, C.B., Wilcox, S., Liu, J., Davis, R.E., and Turner-McGrievy, G. (2017, November). *Tailoring the development of an e-Health intervention for pregnant women: Results from a web-based needs assessment of intervention components*. Poster presented at the 145th annual meeting of the American Public Health Association, Atlanta, GA. * PHEHP Section: Student Poster Award Recipient
28. **Dahl, A.A.**, Cooper, C.B., Wilcox, S., Liu, J., Davis, R.E., and Turner-McGrievy, G. (2017, November). *Tailoring the development of an e-Health intervention for pregnant women: Results from a web-based needs assessment of intervention components*. Poster presented at the 145th annual meeting of the American Public Health Association, Atlanta, GA. * PHEHP Section: Student Poster Award Recipient
29. Wilcox, S., Liu, J., Turner-McGrievy, G., Burgis, J., Addy, C., Wingard, E., Blackmon, B., **Dahl, A.A.**, and Schneider, L. (2017, May). *Health in Pregnancy and Postpartum (HIPPP): Targeting gestational weight gain*

- and postpartum weight loss. Paper presented at the annual meeting of the American College of Sports Medicine, Denver, CO.
30. Buckham, N., Wilcox, S., Liu, J., **Dahl, A.A.**, Wende, M., and Sims, K. (2017, April). *Barriers to exercise in pregnancy: 16-20-year olds*. Poster presented at the annual meeting of the North American Society for Pediatric and Adolescent Gynecology, Chicago, IL.
 31. **Dahl, A.A.**, Turner-McGrievy, G., Wilcox, S., Liu, J., and Davis, R.E. (2017, March). *What (pregnant) women want: Results from a web-based needs assessment of weight-related mobile app motivations and experiences of pregnant women in the U.S*. Poster presented at the 38th annual meeting of the Society of Behavioral Medicine, San Diego, CA.
 32. Mellon, S., **Dahl, A.A.**, Turner-McGrievy, G., Wilcox, S., Liu, J., and Davis, R.E. (2017, March). *Pregnant women's knowledge of gestational weight gain: Online needs assessment*. Poster presented at the 38th annual meeting of the Society of Behavioral Medicine, San Diego, CA.
 33. Liu, J., Wilcox, S., Turner-McGrievy, G., Burgis, J., Addy, C., Wingard, E., Blackmon, B., **Dahl, A.A.**, Schneider, L. (2016, November). *The HIPPI Trial: Preventing excessive gestational weight gain and promoting postpartum weight loss*. Poster presented at the South Carolina Birth Outcomes Initiative, Columbia, SC.
 34. Buckham, N., Wilcox, S., Liu, J., **Dahl, A.A.**, Wende, M., Sims, K. (2016, November). *Barriers to exercise in pregnancy*. Poster presented at the Carolina Women's Health Research Forum, Columbia, SC.
 35. **Dahl, A.A.**, Hales, S.B., Turner-McGrievy, G. (2016, April). *#Weightloss: Helpful or harmful? Integrating social media into weight loss interventions*. Paper presented at the University of South Carolina's Graduate Student Day, Columbia, SC.
 36. **Dahl, A.A.**, Hales, S.B., Turner-McGrievy, G. (2016, April). *#Weightloss: Helpful or harmful? Integrating social media into weight loss interventions*. Poster presented at the 37th annual meeting of the Society of Behavioral Medicine, Washington, DC.
 37. **Dahl, A.A.**, Raucheisen, D., Weir, K.E., Wolford, T.E. (2014, September). *SNAP-ED Eat.Right.Now. Nutrition Education Program: Long-Term Impacts of Fourth Grade Vegetable Core Intervention*. Poster presented at the SEC Symposium on Obesity Prevention, Atlanta, GA.
 38. **Dahl, A.A.**, Raucheisen, D., Weir, K.E. (2014, March). *Eat.Right.Now. nutrition education program: 2012-2013 school year reach and scope*. Poster presented at the School District of Philadelphia's Research, Policy, & Practice Conference, Philadelphia, PA.
 39. **Dahl, A.A.**, Raucheisen, D., Weir, K.E. (2014, March). *SNAP-ED Eat.Right.Now. Nutrition Education Program: Long-Term Impacts of Fourth Grade Vegetable Core Intervention*. Poster presented at the School District of Philadelphia's Research, Policy, & Practice Conference, Philadelphia, PA.
 40. **Dahl, A.A.**, Dominick, G., Trabulsi, J., Mirkil, M., Papas, M.A. (2013, March). *Application of the Transtheoretical model of change examining obesity and activity patterns among low-income Hispanic mothers*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
 41. Hazuda, L., **Dahl, A.A.**, Papas, M.A., Dominick, G., Peterson, M. (2013, March). *Seasonal variation in the use of a web-based social marketing campaign to increase physical activity*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.

Invited Presentations and Workshops

1. **Dahl, A.A.** (2022, July) *Developing innovative health promotion resources for managing collegiate mental health*. (Virtual Presentation) China-USA Workshop on Intelligent Detection and Interventions of Patients with Depression, Beijing, China.
2. **Dahl, A.A.** (2022, April) *Psychosocial factors and women's health*. Chair of session at the 43rd annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
3. **Dahl, A.A.** & Coffey, A. (2021, January) *Take A Timeout: A skills-based podcast program for coping with mental health challenges as a collegiate athlete*. Presented at the NCAA Convention Education Session - Innovative Programs for Enhancing Student-Athlete Mental Well-Being and Mental Health.
4. Montgomery, T., **Dahl, A.A.**, Lennon, E. (2021, October) *Prioritizing women's mental health during COVID-19*. Richardson, S (Chair) Presented at the Women & Girls Research Alliance Monthly Conversation Webinar, UNC Charlotte.
5. **Dahl, A.A.**, Turner-McGrievy, G. (2020, March) *Don't get left behind: Emerging technology transforming healthcare*. South Carolina's Department of Health and Environmental Control's 18th Annual Chronic

Disease Prevention Symposium, Myrtle Beach, SC. (Presentation made available via videocast due to COVID-19 travel restrictions)

6. Turner-McGrievy, G., Moreno, M., **Dahl, A.A.** (2018, April) *#Health behaviors: Designing and delivering interventions via social media*. Arigo, D. (Chair) Presented at the 39th annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

TEACHING EXPERIENCE

Courses Taught, University of North Carolina at Charlotte

Undergraduate

HLTH 3103	Behavior Change Theories & Practice	Fall 2018, Fall 2019, Fall 2020, Fall 2021 (IOR: Andréa Kaniuka), Fall 2022
HTLH 3105	Public Health Education & Promotion	Fall 2018, Spring 2020, Spring 2021
HAHS 1000	Prospect for Success Health and Human Services	Fall 2019, Fall 2020
HSMT 2101	Intro to Health Professions (online)	Summer I 2020, Summer I 2021, Summer II 2022, Summer II 2023
HLTH 4800	Independent Study (research)	Fall 2020
HONR 3700	The Pursuit of Happiness for Health (honors)	Fall 2021

Graduate

HLTH 6104	Perspectives on Nutrition & Physical Activity	Fall 2019, Fall 2021, Fall 2022
HLTH 6227	Community Health Planning & Evaluation	Spring 2019, Spring 2020, Spring 2021, Spring 2022, Spring 2023
HLTH 8600	Seminar in Health Services Research	Spring 2020
HLTH 6200	Case Studies in Public Health	Fall 2020
HLTH 6800	Independent Study	Fall 2020, Spring 2022, Spring 2023, Summer 2023

Invited Guest Lectures

1. The Pursuit of Happiness for Health	UNC Charlotte Honors College Enrichment Seminar	October 2022, March 2023
2. Dinner Preparation Decision-Making for Parents of Children Attending Childcare	UNC Charlotte MCH Workgroup	October 18, 2022
3. Social Media for Science Communication	HLTH 8602 Communication and Dissemination	February 10, 2022
4. Girls, Technology, and Social Determinants of Health	Women & Girls Research Alliance	January 12, 2021
5. Conducting Virtual Focus Groups	UNC Charlotte MPH Program	November 9, 2020
6. Grant Seeking and Writing	Health Psychology Graduate Student Association Speaker Series	April 24, 2020
7. "Eating for Two" Misconceptions about Pregnancy	UNC Charlotte Allied Health Professions student group	October 23, 2019
8. Tag, you're it! An introduction to the Paper Chase collaborative writing process.	Atrium Health's Center for Outcomes Research and Evaluation	September 17, 2019

STUDENT SUPERVISION

Primary Research Assistantship Supervisor, UNC Charlotte

Name	Program	Research Area	Year
Lilian Ademu	Public Policy - PhD	Nutrition Policy	2022-2023
Stacy Fandetti	Public Health Sciences – MPH	Nutrition	2022-2023
Melanie Mayfield	Public Health Sciences – PhD	Nutrition	Spring 2022
Shanika Jerger Butts	Public Health Sciences – PhD	Maternal and child health	2021-2022
Farida Yada	Health Services Res. – PhD	Maternal and child health	2020-2022
Abigail Coffey	Public Health Sciences – MPH	Student-athlete mental health	2020-2021
Jan Mooney	Health Psychology - PhD	Maternal wellbeing	Summer 2020
Zyishia Bailey	Public Health Sciences – PhD	Digital health	2019
Kala Wilson	Public Health Sciences – PhD	Maternal and child health	2018-2020

Academic Committee Member, UNC Charlotte

Name	Program	Research Area	Year
Ligia Vasquez-Huot	Public Health Sciences – PhD	Physical activity and social support	2019-
Jodie Lisenbee	Health Psychology – PhD Health Psychology – MA	Labor dystocia Doula care during COVID-19	2019-
Jan Mooney	Health Psychology – PhD Health Psychology – MA	Maternal wellbeing Appetite during pregnancy and postpartum	2019-2023
Shaina Glass	Health Psychology – MA	The Relationship Between Self-Verification and Emotion Regulation	2020-2022
Brianna Smith	Public Health Sciences – BS, Honors College	How Racial Discrimination and Social Determinants of Health Perpetuate the Disparity in Maternal Mortality Facing Black Women in the United States	2020-2021
Cayla McAvoy*	Public Health Sciences – PhD	Exercise is Medicine – On Campus and Physical Activity Measurement in College Students	2021-2023
Andréa Kaniuka	Public Health Sciences – PhD	Mental Health Promotion and Suicide Prevention Among Sexually and Gender Diverse Adults	2021-2022
Precious Ikejiaku*	Public Health Sciences – BS, Honors College	Limitations to the Implementation of Doula Care in North Carolina for Black Birthing Women	2022-2023
Annalise Tolley	Health Psychology - MA	Where is the client in client-centered care? Centering the experience of integrated behavioral and public health services among Black and Hispanic women of low-income and economically marginalized backgrounds to better promote wellness	2023-
Annamarie Rohrs	Nursing – BSN	Doula care and health disparities	2023-

*Denotes Committee Chair or Co-Chair

Supervised Students in Part-Time or Short-Term Research Activities

University of North Carolina at Charlotte

Anna Taylor (BSPH), Afra Mahmood (BSPH), Nick Rios (BSPH), Neielle Saint-Cyr (BSPH), Nikitha Lanka (BSPH), Grace Lumbu (BSPH), Lisa Krinner (PhD), Alejandra Fernandez-Borunda (MPH)
Office of Undergraduate Research Scholars: Jocelyn Davis, Abigail Coffey, Victoria McClare

Charlotte Research Scholar: Lauren Reid

Independent Study: Harrison Froelich, Jan Mooney, Stacy Fandetti, Bailey Stillwell

University of South Carolina

Alexa Swingle, Destiny Byrd, Jillian Polk, Davis Weinberg, Nidha Khan, Shannon Mellon, Courtney Cooper

University of Delaware

Lakshmi Patel and Olivia Cosides

SERVICE

Academic Service

University of North Carolina at Charlotte

9/2022-Present	Maternal and Child Health Workgroup, UNC Charlotte, Co-Lead
9/2022-Present	Campus Food Security Committee, UNC Charlotte, Advisor
2022, 2021, 2019	Undergraduate Research Conference Judge
2/2022-Present	Master of Public Health Sciences Marketing Subcommittee, Department of Public Health Sciences, Member
2021-Present	Esports Committee, UNC Charlotte, Advisor – Health and Wellbeing
3/2021-8/2021	Vaccine Communications Committee, UNC Charlotte, Member
8/2020-Present	Ad-hoc Communications Committee, Department of Public Health Sciences, Member
8/2020-8/2023	Diversity Inclusion via Equity Committee, College of Health and Human Services, Member
8/2019-Present	Master of Public Health Sciences Program Committee, Department of Public Health Sciences, Member
5/2019	Annual Graduate Student Research Symposium Judge
8/2018-8/2019	Bachelor of Public Health Sciences Program Committee, Department of Public Health Sciences, Member
8/2018-5/2021	Bachelor of Health Systems Management Advisory Committee, Department of Public Health Sciences, Member

University of South Carolina

8/2016-5/2018	Academic Programs Committee, Arnold School of Public Health, Student Representative,
8/2016-5/2018	Dean's Student Advisory Council, Arnold School of Public Health, HPEB Representative, President
2017-2018	Faculty Search Committee, TecHealth Center to Promote Healthy Lifestyles, Student Representative
8/2018-8/2019	Faculty Search Committee, Health Promotion, Education, & Behavior, Student Representative
4/2015 and 4/2018	Discovery Day Undergraduate Student Research Exhibition, Judge

Professional Service

Ad-hoc Journal Reviewer

2022-Present	Cogent Psychology
2019-Present	Maternal & Child Nutrition
2018-Present	Journal of Medical Internet Research
2018-Present	Translational Behavioral Medicine: Practice, Policy and Research
2016-2017	Preventative Medicine Reports

Nutrition & Obesity Policy Research & Evaluation Network (NOPREN)

2023-Present	Healthy Food Retail Working Group (Co-chair, member)
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Society of Behavioral Medicine (SBM)

2022-2025	Civic and Public Engagement Committee (Executive, member)
2019-Present	Annual Meeting Abstract Reviewer: Topics - Women's Health, Diet, Nutrition & Eating Disorders
2019-2022	Women's Health Special Interest Group (SIG) Co-Chair
2019-Present	Women's Health SIG Communications Subcommittee Chair
2018-Present	Behavioral Informatics and Technology SIG Social Media Committee
2016 and 2017	Annual Conference Volunteer

Community Service

3/2021-Present	Bridging Healthcare and Community Settings for Infant Health, Stakeholder Advisory Board; 1 hour/month
2020-2022	State of the Plate; Charlotte Mecklenburg Food Policy Council; 1 hour every 2 months
1/2021-06/2021	Girls on the Run, Volunteer Coach, 1 hour/week
2019-2020	Tobacco-Free Parks Evaluation, Role: PI, providing in-kind policy evaluation work
10/2019	Habitat for Humanity, Volunteer, build site 4 hours
2/2019-4/2019	Promising Pages, Volunteer, 8 hours

PROFESSIONAL AFFILIATIONS

2019-Present	Council of Undergraduate Research, Member
2019-Present	CityMatCH - Association of local maternal and child health professionals
2017-Present	American Public Health Association, Member
2013-Present	Society of Behavioral Medicine, Member, Women's Health SIG Co-Chair (2019-2023)
2018-2019	The Obesity Society, Member

PROFESSIONAL TRAININGS

Participant

5/2023	Career Competency Training, UNC Charlotte
2/2023	Green Dot Violence Prevention Trainer Certification, UNC Charlotte
11/2022	Thrive Mosaic Developmental Framework Workshop with Robbin Chapman
11/2021	Green Dot Violence Prevention Overview, UNC Charlotte
11/2021	Reimagining Your Course Materials, Center for Teaching and Learning, UNC Charlotte
8/2020	Designing Effective Online Courses, Digital Learning Initiative, UNC System
2019-2020	Active Learning Academy, University of North Carolina at Charlotte
11/2019	NIH Day, UNC Charlotte
10/2019	Graduate Faculty Mentor Training, ADVANCE at UNC Charlotte
6/2019-7/2019	Catalyst Bootcamp for Grant Writing, Fellow, UNC Charlotte
2018-2019	New Faculty Teaching Academy, UNC Charlotte
5/2019	Crucial Conversations, College of Health and Human Services, UNC Charlotte
3/2019	3rd Annual Latinx Mental Health Summit, Camino Community Center and ARCHES at UNC Charlotte
2/2019	The 'Nuts and Bolts' of Behavioral Intervention Development: Study Designs, Methods, and Funding Opportunities, The Society of Behavioral Medicine Annual Meeting, pre-conference workshop, Washington, DC