

# Christopher D. Pfledderer, PhD

Department of Health Promotion and Behavioral Sciences

Michael & Susan Dell Center for Healthy Living

University of Texas Health Science Center at Houston (UTHealth), School of Public Health in Austin

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## I. EDUCATION

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<b>University of South Carolina, Columbia, SC</b> Postdoctoral Research Fellowship, Arnold School of Public Health	2021-2023
<b>University of Utah, Salt Lake City, UT</b> Doctor of Philosophy (PhD), Kinesiology	2018-2021
<b>Ball State University, Muncie, IN</b> Master of Arts (MA), Physical Education	2015-2017
<b>Indiana University, Bloomington, IN</b> Bachelor of Science (BS), Biology Education	2009-2013

## II. ACADEMIC POSITIONS

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<b>Assistant Professor</b> Department of Health Promotion and Behavioral Sciences Michael & Susan Dell Center for Healthy Living School of Public Health in Austin University of Texas Health Science Center at Houston (UTHealth)	2023-Present
<b>Postdoctoral Research Fellow</b> Department of Exercise Science Arnold School of Public Health University of South Carolina	2021-2023
<b>Graduate Research Assistant</b> Department of Health and Kinesiology College of Health University of Utah	2020-2021
<b>Graduate Teaching Assistant</b> Department of Health and Kinesiology College of Health University of Utah	2017-2020

## III. PREVIOUS EMPLOYMENT

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<b>Teacher (Biology and Biomedical Science)</b> McCutcheon High School Tippecanoe School Corporation, Lafayette, IN	2014-2017
<b>Teacher (Science and Math)</b> Delphi Middle School Delphi School Corporation, Delphi, IN	2013-2014

## IV. RESEARCH

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### RESEARCH SUPPORT

#### Current Support

Latino Research Institute, University of Texas at Austin	Pfladderer, PI	2024-2025
Context-specific time use and 24-hour movement behavior guideline adherence among children with overweight/obesity: Baseline findings from the Health4Kids RCT		
Role: PI		
Total Award: \$4,000		
Michael & Susan Dell Center for Healthy Living	Reininger, PI	2023-2025
Salud y Vida Omic Study: enhancing integrated behavioral health for individuals with diabetes in the Rio Grande Valley		
Role: Co-I		
Total Award:		
The Cooper Institute, National Football League (NFL) Play 60	Walker, PI	2023-2026
Whole-of-school physical activity approaches and FitnessGram outcomes		
Role: Co-I		
Total Award: \$50,000		

#### Completed Support

NIH 1F32 HL163873-01	Pfladderer, PI	2023-2024
A meta-epidemiological review of feasibility markers and risk of generalizability biases in obesity-related trials		
Role: PI		
Total Award: \$165,000 (Awarded but relinquished due to receiving faculty position)		
NIH R01 DK 116665-06	Beets, PI	2021-2023
Etiology of accelerated weight gain during summer vs. school in adolescents: What's UP (Undermining Prevention) with Summer		
Role: Postdoctoral Research Fellow		
Total award: \$3,240,367		
NIH R01 HL 149141-03	Beets, PI	2021-2023
A meta-epidemiological assessment of the role of pilot studies in the design of well-powered trials: The Pilot Project		
Role: Postdoctoral Research Fellow		
Total award: \$1,818,651		
Salt Lake County Grant Program	King, PI	2019-2021
InShape Prevention Plus Wellness: A brief intervention to improve student well-being		
Role: Graduate Research Assistant		
Total award: \$83,517		
Alice Oakes Bronson Research Fellowship	Pfladderer, PI	2020-2021
A socio-ecological approach to school-based physical activity programming		
Role: PI		
Total award: \$30,000		

Sawtooth Software Graduate Research Grant	Pfladderer, PI	2019-2021
Parent preferences for physical activity in before and after school programs in rural and suburban communities: A discrete choice experiment		
Role: PI		
Total award: \$10,000		
University of Utah College of Health Pilot Grant	Burns, PI	2019
Developing an after-school parent-child physical activity and mindfulness intervention		
Role: Graduate Research Assistant		
Total award: \$17,125		

## PUBLICATIONS

### In Review

Hunt, E.T., Brazendale, K., Ferreira De Moraes, A.C., Nascimento-Ferreira, M.V., **Pfladderer, C.D.**, Izabel, S.S., Dooley, E., Chen, B., Fernandez, A., Hoelscher, D.M., Tapert, S.F. Examining the impact of early life adversity on adolescent sleep and outcomes: Findings from the ABCD study

Beets, M.W., Burkart, S., **Pfladderer, C.D.**, Adams, E.L., Weaver, R.G., Armstrong, B., Brazendale, K., Zhu, X., Chen, B., McLain, A. Impact of free summer day camp on physical activity behaviors and screentime of elementary-age children from low-income households: A randomized clinical trial.

Walker, T.J., Craig, D., **Pfladderer, C.D.**, Onadeko, K., Saving, E., Nicksic, H., Patlovich, K., Fumero, K., Bartholomew, J., Fernandez, M. Using implementation mapping to design an implementation strategy for classroom-based physical activity approaches in elementary schools.

Heredia, N.I., Robertson, M.C., **Pfladderer, C.D.**, Walker, T.J., Hunt, E.T., Salvo D. Examining associations between perceived neighborhood environment factors and objectively measured daily steps in the *All of Us Research Program*.

Dugger, R., Burkart, S., Zhu, X., Reesor-Oyer, L., **Pfladderer, C.D.**, von Klingraeff, L., Parker, H., White, J.W., Mclain, A., Weaver, R.G., Armstrong, B., Beets, M.W. Context matters: Family and home environment predictors of children's 24-hour movement guideline adherence.

Brown, D.M.Y., **Pfladderer, C.D.**, Stoepker, P., Chong, K.H., Kracht, C.L., Fairclough, S.J. Device agnostic physical activity and adiposity-related indicators among children and adolescents in the United States: A pooled analysis of 2011-2014 NHANES accelerometry data.

Beets, M.W., Burkart, S., **Pfladderer, C.D.**, Adams, E.L., Weaver, R.G., Armstrong, B., Brazendale, K., Zhu, X., Chen, B., McLain, A. Efficacy of free summer programming on preventing accelerated Body Mass Index gain among elementary-age children from low-income households: A randomized clinical trial.

**Pfladderer, C.D.**, Ranjit, N., Saxton, D., Pérez, A., Hoelscher, D.M., Archer, N.P. The differential associations between passive and interactive screentime with sleep duration among 8<sup>th</sup> and 11<sup>th</sup> grade adolescents.

Hunt, E.T., Marshall, A.N., Malkani, R.I., Ranjit, N., Pérez, A., Badillo, D., Schelfhout, A., Narayanan, V., **Pfladderer, C.D.**, Hoelscher, D.M. Validation of the Texas School Physical Activity

and Nutrition (SPAN) dietary index against the Health Eating Index among elementary-aged students.

von Klinggraeff, L., **Pfladderer, C.D.**, Burkart, S., Ramey, K., Smith, M., McLain, A., Armstrong, B., Weaver, R.G., Okely, T., Lubans, D., Ioannidis, J.P.A., van Sluijs, E., Jago, R., Turner-McGrievy, G., Thrasher, J., Li, X., & Beets, M.W. Are the Risk of Generalizability Biases Generalizable? A Meta-Epidemiological Study.

### Peer-Reviewed Publications

- 52 Black, W.R., von Klinggraeff, L., White, D., Forseth, B., Jackson, J., Bates, C., **Pfladderer, C.D.**, Dobbins, S., Gehred, A., Hoskinson, K., & Davis, A.M. (2024). Systematic review and meta-analysis of combined cognitive-behavioral therapy and physical activity and exercise interventions for pediatric chronic disease. *Journal of Pediatric Psychology*.
- 51 Kracht, C.L., Burkart, S., Groves, C.I., Balbim, G.M., **Pfladderer, C.D.**, Porter, C.D., St. Laurent, C.W., Johnson, E.K., & Brown, D.M.Y. (2024). 24-hour movement behavior adherence and associations with health outcomes: An umbrella review. *Journal of Activity, Sedentary and Sleep Behaviors*.
- 50 Brown, D.M.Y, Burkart, S., Groves, C.I., Balbim, G.M., **Pfladderer, C.D.**, Porter, C.D., St. Laurent, C., Johnson, E.K. & Kracht, C.L. (2024). A systematic review of research reporting practices in observational studies examining associations between 24-hour movement behaviors and indicators of health using compositional data analysis. *Journal of Activity, Sedentary and Sleep Behaviors*.
- 49 **Pfladderer, C.D.**, Brown, M.Y., Lanza, K., Hunt, E.T., Porter, C.D., Parker, H., Stoepker, P., Brazendale, K. (2024). Out-of-school activities and adherence to 24-hour movement guidelines. *American Journal of Preventive Medicine*. <https://doi.org/10.1016/j.amepre.2024.08.016>
- 48 Craig, D.W., **Pfladderer, C.D.**, Heredia, N.I., Lanza, K., Onadeko, K., Pavlovic, A., DeFina, L.F., Walker, T.J. (2024). Whole-of-school physical activity promotion: Findings from elementary schools in the United States. *American Journal of Preventive Medicine*. <https://doi.org/10.1016/j.amepre.2024.08.003>
- 47 Beets, M.W., Burkart, S., **Pfladderer, C.D.**, Adams, E.L., Weaver, R.G., Armstrong, B., Brazendale, K., Zhu, X., McLain, A., Turner-McGrievy, B., Pate, R., Kaczynski, A., Fairchild, A. (2024). Differences in elementary-age children's objectively measured physical activity between school and summer: Three-year findings from the What's UP (Undermining Prevention) with Summer observational cohort study. *International Journal of Behavioral Nutrition and Physical Activity*. <https://doi.org/10.1186/s12966-024-01637-z>
- 46 Singh, B., Ahmed, M., Staiano, A., Gough, C., Petersen, J., Vandelanotte, C., Kracht, C., Huong, C., Yin, Z., Vasiloglou, M., Pan, C.C., Short, C.E., Mclaughlin, M., von Klinggraeff, L., **Pfladderer, C.D.**, Moran, L., Button, A.M., & Maher, C. (2024). A systematic umbrella review and meta-meta-analysis of eHealth and mHealth interventions for improving lifestyle behaviours. *npj Digital Medicine*. <https://doi.org/10.1038/s41746-024-01172-y>
- 45 Hunt, E.T., Brazendale, K., Ferreira de Moraes, A.C., Malkani, R.I., Heredia, N., **Pfladderer, C.D.**, Brown, D.M.Y., Hoelscher, D.M., Beets, M.W., Weaver, R.G. (2024). Physical activity and sedentary time among US adolescents before and during COVID-19: Findings from a large cohort study. *American Journal of Preventive Medicine Focus*. <https://doi.org/10.1016/j.focus.2024.100253>

- 44 **Pfladderer, C.D.**, Brown, D.M.Y., Ranjit, N., Springer, A.E., Malkani, R.I., Salvo, D., & Hoelscher, D.M. (2024). Examining associations between physical activity context and children meeting daily physical activity guidelines: The role of outdoor play, sports, and other organized activities. *Frontiers in Public Health*. doi: 10.3389/fpubh.2024.1352644
- 43 **Pfladderer, C.D.**, von Klinggraeff, L., Burkart, S., da Silva Bandeira, A., Jago, R., Lubans, D., Okely, T., van Sluijs, E.M.F., Ioannidis, J.P.A., Thrasher, J.F., Li, X., Beets, M.W. (2024). Consolidated guidance for behavioral intervention pilot and feasibility studies. *Pilot and Feasibility Studies*. <https://doi.org/10.1186/s40814-024-01485-5>
- 42 Parker, H., Burkart, S., Reesor-Oyer, L., von Klinggraeff, L., **Pfladderer, C.D.**, Adams, E.L., Weaver, R.G., Beets, M.W., Armstrong, B. (2024). The day-level associations between childcare attendance and 24-hour movement behaviors in preschool-aged children. *Journal of Physical Activity and Health*. <https://doi.org/10.1123/jpah.2023-0656>
- 41 von Klinggraeff, L., Burkart, S., **Pfladderer, C.D.**, McClain, A., Armstrong, B., Weaver, R.G., Beets, M.W. (2024). Balancing best practice and reality in behavioral intervention development: A survey of investigators funded by the National Institutes of Health. *Translational Behavioral Medicine*. <https://doi.org/10.1093/tbm/ibae009>
- 40 **Pfladderer, C.D.**, Ranjit, N., Pérez, A., Malkani, R.I., Ferreira De Moraes, A.C., Hunt, E.T., Smith, C., Hoelscher, D.M. (2024). Using the Nutrition Facts label to make food choices is associated with healthier eating among 8<sup>th</sup> and 11<sup>th</sup> grade students: An analysis of statewide representative data from the 2019-2020 Texas School Physical Activity and Nutrition survey. *Nutrients*. <https://doi.org/10.3390/nu16020311>
- 39 **Pfladderer, C.D.**, Burkart, S., Dugger, R., Parker, H., von Klinggraeff, L., Okely, A.D., Weaver, R.G., & Beets, M.W. (2024). The impact of different data handling strategies on the proportion of children classified as meeting 24-h movement guidelines and associations with overweight and obesity. *Journal of Activity, Sedentary and Sleep Behaviors*. <https://doi.org/10.1186/s44167-023-00041-5>
- 38 White, J.W., **Pfladderer, C.D.**, Kinard, P., Beets, M.W., von Klinggraeff, L., Armstrong, B., Adams, E.L., Welk, G.J., Weaver, R.G. (2023). Estimating activity energy expenditure and sleep using movement or heart rate alone or in combination: A systematic review and meta-analysis. *International Journal of Exercise Science*. 16(7), 1514-1539.
- 37 Burns, R.D., **Pfladderer, C.D.**, Fu, Y. (2023). Socioeconomic factors, movement behavior context, and self-reported physical and mental health in adults living in New York City. *Health Behavior and Policy Review*. <https://doi.org/10.14485/HBPR.10.5.2>
- 36 Burkart, S., Beets, M.W., **Pfladderer, C.D.**, von Klinggraeff, L., Zhu, X., van Hees, V.T., Weaver, R.G., Armstrong, B., Adams, E.L. (2023). Are parent-reported sleep logs essential? A comparison of three approaches to guide open source accelerometry-based sleep processing in children. *Journal of Sleep Research*. <http://doi.org/10.1111/jsr.14112>
- 35 Weaver, R.G., de Zambotti, M., White, J.W., Finnegan, O., Nelakuditi, S., Zhu, X., Burkart, S., Beets, M.W., Brown, T., Pate, R., Welk, G.J., Ghosal, R., Wang, Y., Armstrong, B., Adams, E.L., Reesor-Oyer, L., **Pfladderer, C.D.**, Dugger, R., Bastyr, M., von Klinggraeff, L., Parker, H. (2023). A device agnostic approach to predict children's activity from consumer wearable accelerometer data: A proof-of-concept study. *Medicine and Science in Sports and Exercise*. <https://doi.org/10.1249/mss.0000000000003294>

- 34 **Pfladderer, C.D.**, von Klinggraeff, L., Burkart, S., da Silva Bandeira, A., Armstrong, B. Weaver, R.G., Adams, E.L., Beets, M.W. (2023). Use of guidelines, checklists, frameworks, and recommendations in behavioral intervention preliminary studies and associations with reporting comprehensiveness: A scoping bibliometric review. *Pilot and Feasibility Studies*. <https://doi.org/10.1186/s40814-023-01389-w>
- 33 Walker, T.J., Craig, D.W., **Pfladderer, C.D.**, Robertson, M.C., Cuccaro, P., Fumero, K., Bartholomew, J.B. (2023). Observed and perceived benefits of providing physical activity opportunities in elementary schools: A qualitative study. *Frontiers in Sports and Active Living*. <https://doi.org/10.3389/fspor.2023.1240382>
- 32 Walker, T.J., **Pfladderer, C.D.**, Craig, D.W., Robertson, M.C., Heredia, N., Bartholomew, J.B. (2023). Elementary school staff perspectives on the implementation of physical activity approaches in practice: An explanatory mixed-methods study. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2023.1193442>
- 31 von Klinggraeff, L., Ramey, K., **Pfladderer, C.D.**, Burkart, S., Armstrong, B., Weaver, R.G., & Beets, M.W. (2023). The mysterious case of the disappearing preliminary study: A review of publication bias in preliminary studies presented at conferences. *Pilot and Feasibility Studies*. <https://doi.org/10.1186/s40814-023-01345-8>
- 30 Weaver, R.G., de Zambotti, M., White, J.W., Finnegan, O., Nelakuditi, S., Zhu, X., Burkart, S., Beets, M.W., Brown, T., Pate, R., Welk, G.J., Ghosal, R., Wang, Y., Armstrong, B., Adams, E.L., Reesor-Oyer, L., **Pfladderer, C.D.**, Dugger, R., Bastyr, M., von Klinggraeff, L., Parker, H. (2023). Evaluation of a device-agnostic approach to predict sleep from raw accelerometry data collected by Apple Watch Series 7, Garmin Vivoactive 4 and ActiGraph GT9X Link in children with sleep disruptions. *Sleep Health*. <https://doi.org/10.1016/j.sleh.2023.04.005>
- 29 von Klinggraeff, L., Burkart, S., **Pfladderer, C.D.**, Nishat M.N.S., Armstrong, B., Weaver, R.G., McLain, A.C., Beets, M.W. (2023). Scientists' perception of pilot study quality was influenced by statistical significance and study design. *Journal of Clinical Epidemiology*. <https://doi.org/10.1016/j.jclinepi.2023.05.011>
- 28 Weaver, R.G., White, J., Finnegan, O., Armstrong, B., Beets, M.W., Adams, E., Burkart, S., Dugger, R., Parker, H., von Klinggraeff, L., Bastyr, M., Zhu, X., da Silva Bandeira, A., Reesor-Oyer, L., **Pfladderer, C.D.**, Moreno, J.P. (2023). Understanding the mechanisms driving accelerated summer BMI gain by tracking changes in children's height, weight, and BMI throughout the year. *Childhood Obesity*. <https://doi.org/10.1089/chi.2023.0029>
- 27 **Pfladderer, C.D.**, von Klinggraeff, L., Burkart, S., Wolfenden, L., Ioannidis, J.P.A., & Beets, M.W. (2023). Feasibility indicators in obesity-related behavioral intervention preliminary studies: A historical scoping review. *Pilot and Feasibility Studies*. <https://doi.org/10.1186/s40814-023-01270-w>
- 26 Beets, M.W., Weaver, R.G., Ioannidis, J.P.A., **Pfladderer, C.D.**, Jones, A., von Klinggraeff, L., & Armstrong, B. (2023). Influence of pilot and small trials in meta-analyses of behavioral interventions: A meta-epidemiological study. *Systematic Reviews*. <https://doi.org/10.1186/s13643-023-02184-7>
- 25 Beets, M.W., **Pfladderer, C.D.**, von Klinggraeff, L., Burkart, S., & Armstrong, B. (2022). Fund behavioral science like the frameworks we endorse: The case for increased funding of preliminary studies by the National Institutes of Health. *Pilot and Feasibility Studies*. <https://doi.org/10.1186/s40814-022-01179-w>

- 24 **Pfladderer, C.D.**, Beets, M.W., Burkart, S., Adams, E.L., Weaver, R.G., Zhu, X., & Armstrong, B. (2022). Impact of virtual vs. in-person school on children meeting the 24-hour movement guidelines during the COVID-19 pandemic. *International Journal of Environmental Research and Public Health*. <https://doi.org/10.3390/ijerph191811211>
- 23 **Pfladderer, C.D.**, Gren, L.H., Frost, C.J., Andrulis, I.L., Chung, W.K., Genkinger, J., Glendon, G., John, E.M., Terry, M., & Daly, M.B. (2022). Women's thoughts on receiving and sharing genetic information. *Journal of Genetic Counseling*. <http://doi.org/10.1002/jgc4.1599>
- 22 **Pfladderer, C.D.**, Kwon, S., Strehli, I., Byun, W. & Burns, R.D. (2022). Effect of playground interventions on accelerometer-assessed physical activity in pediatric populations: A meta-analysis. *International Journal of Environmental Research and Public Health*. <https://doi.org/10.3390/ijerph19063445>
- 21 **Pfladderer, C.D.**, Bai, Y., Brusseau, T.A., Burns, R.D., & King Jensen, J.L. (2022). Changes in college students' health behaviors and substance use after a brief wellness intervention during COVID-19. *Preventive Medicine Reports*. <https://doi.org/10.1016/j.pmedr.2022.101743>
- 20 von Klinggraeff, L., Dugger, R., Okely, A.D., Lubans, D., Jago, R., Burkart, S., Weaver, R.G., Armstrong, B., **Pfladderer, C.D.**, & Beets, M.W. (2022). Early-stage studies to larger-scale trials: Investigators' perspectives on scaling-up childhood obesity interventions. *Pilot and Feasibility Studies*. <https://doi.org/10.1186/s40814-022-00991-8>
- 19 **Pfladderer, C.D.**, Burns, R.D., Byun, W., Carson, R.L., Welk, G.J., & Brusseau, T.A. (2021). Parent preferences for physical activity in before and after school programs in rural and suburban communities: A discrete choice experiment. *Journal of Physical Activity and Health*. <https://doi.org/10.1123/jpah.2021-0220>
- 18 **Pfladderer, C.D.**, Burns, R.D., Byun, W., Carson, R.L., Welk, G.J., & Brusseau, T.A. (2021). Parent and child perceptions of barriers to active school commuting. *Journal of School Health*. <https://doi.org/10.1111/josh.13090>
- 17 **Pfladderer, C.D.** (2021). A coach's guide to creating a team handbook. *Strategies: A Journal for Physical and Sport Educators*. <https://doi.org/10.1080/08924562.2021.1920306>
- 16 **Pfladderer, C.D.**, Burns, R.D., Byun, W., Carson, R.L., Welk, G.J., & Brusseau, T.A. (2021). School-based physical activity interventions in rural and urban/suburban communities: A systematic review and meta-analysis. *Obesity Reviews*. <https://doi.org/10.1111/obr.13265>
- 15 **Pfladderer, C.D.**, Gren, L.H, Metos, J., Brusseau, T.A., O'Toole, K., Buys, S.B., Daly, M., & Frost, C.J. (2021). Mothers' diet and family income predict daughters' healthy eating. *Preventing Chronic Disease*, 18(24). <http://dx.doi.org/10.5888/pcd18.200445>
- 14 Burns, R.D., **Pfladderer, C.D.**, & Fu, Y. (2021). The neighbourhood social environment correlates with meeting 24-hour movement behaviour recommendations in females: a cross-sectional study using the 2019 National Survey of Children's Health. *Applied Physiology, Nutrition, and Metabolism*. <https://dx.doi.org/10.1139/apnm-2021-0045>
- 13 Bryant, L., Burson, S., Fisher, J., Killian, C., Mulhearn, S., Nesbitt, D., **Pfladderer, C.D.**, & Castelli, D. (2021). Evidence supporting the essential components of physical education as a measure of quality. *Research Quarterly for Exercise and Sport*. <https://doi.org/10.1080/02701367.2021.1883505>

- 12 Michael, S., Wright, C., Woods, A.M., van der Mars, H., Brusseau, T.A., Stodden, D.F., Burson, S., Fisher, J., Killian, C., Mulhearn, S., Nesbitt, D., & **Pfladderer, C.D.** (2021). Rationale for the essential components of physical education. *Research Quarterly for Exercise and Sport*. <https://doi.org/10.1080/02701367.2020.1854427>
- 11 **Pfladderer, C.D.** & Brusseau, T.A. (2021). Associations among K-12 student outcomes, the national standards, and physical education curricular models: A systematic review. *Research Quarterly for Exercise and Sport*, 1-13. <https://doi.org/10.1080/02701367.2020.1849526>
- 10 Burns, R.D., Bai, Y., **Pfladderer, C.D.**, Brusseau, T.A., & Byun, W. (2020). Movement-based behaviors and perceived loneliness and sadness within Alaskan adolescents. *International Journal of Environmental Research and Public Health*, 17(18), 6866. <https://doi.org/10.3390/ijerph17186866>
- 9 Burns, R.D., Colotti, T.E., **Pfladderer, C.D.**, Fu, Y., Bai, Y., & Byun, W. (2020). Familial factors associating with physical activity in children and adolescents: an analysis using the combined 2017-2018 National Survey of Children's Health. *Children*, 7(7). <https://doi.org/10.3390/children7070079>
- 8 Burns, R.D., Bai, Y., Byun, W., Colotti, T.E., **Pfladderer, C.D.**, Kwon, S., & Brusseau, T.A. (2020). Bidirectional relationships of physical activity and gross motor skills before and after summer break: Application of a cross-lagged panel model. *Journal of Sport and Health Science*. <https://doi.org/10.1016/j.jshs.2020.07.001>
- 7 Burns, R.D., Fu, Y., **Pfladderer, C.D.**, & Brusseau, T.A. (2020). Sports participation associates with academic achievement among adolescents: Results from the 2017 US National Youth Risk Behavior Survey. *Perceptual and Motor Skills*. <https://doi.org/10.1177/0031512519900055>
- 6 Burns, R.D., Fu, Y., Bai, Y., **Pfladderer, C.D.**, & Brusseau, T.A. (2019). Parent engagement and support, physical activity, and academic performance (PESPAAP): A proposed theoretical model. *International Journal of Environmental Research and Public Health*, 16(23), 4698. <https://doi.org/10.3390/ijerph16234698>
- 5 **Pfladderer, C.D.**, Burns, R.D., & Brusseau, T.A. (2019). School environment, physical activity, and sleep as predictors of suicidal ideation in adolescents: Evidence from a national survey. *Journal of Adolescence*, 74, 83-90. <https://doi.org/10.1016/j.adolescence.2019.05.008>
- 4 Burns, R.D., **Pfladderer, C.D.**, & Fu, Y. (2019). Adolescent health behaviors and difficulty concentrating, remembering, and making decisions. *American Journal of Lifestyle Medicine*. <https://doi.org/10.1177/1559827619860067>
- 3 Burns, R.D., **Pfladderer, C.D.**, & Brusseau, T.A. (2019). Active transport, not device use, associates with self-reported school week physical activity achievement in adolescents. *Behavioral Sciences*, 9, 32. <https://doi.org/10.3390/bs9030032>
- 2 **Pfladderer, C.D.** (2019). Teaching elementary physical education for the first time: A practical checklist for before, during, and after the first week of school. *Journal of Physical Education, Recreation, and Dance*, 91, 54-57. <https://doi.org/10.1080/07303084.2019.1574127>
- 1 **Pfladderer, C.D.**, Burns, R. D., & Brusseau, T. A. (2019). Association between access to electronic devices in the home environment and cardiorespiratory fitness in children. *Children*, 6, 8. <https://doi.org/10.3390/children6010008>



**CONFERENCE ABSTRACTS**

\*Denotes oral presentation or symposium

- 73\* Walker TJ, Craig DC, **Pfladderer CD**, Onadeko K, Saving EE, Fernandez ME. (2024). Use of Implementation Mapping to develop an Implementation Strategy for Classroom-based Physical Activity in Elementary Schools: A Feasibility Study. 17th Annual Conference on the Science of Dissemination and Implementation in Health. Arlington, VA.
- 72\* Craig, DW, Onadeko, K, Lanza, K, **Pfladderer, CD**, Heredia, N, Pavlovic, A, Injil, J, DeFina, LF & Walker, T.J. (2024). Examining associations between implementation constructs and the use of a Whole-of-School approach to physical activity. 17th Annual Conference on the Science of Dissemination and Implementation in Health. Arlington, VA.
- 71\* Craig, DW, **Pfladderer CD**, Heredia NI, Lanza K, Onadeko K, Pavlovic A, Injil J, DeFina LF & Walker TJ. (2024). Examining disparities in Whole-of-School physical activity promotion among elementary schools participating in the NFL PLAY60 FitnessGram Project. Active Schools National Summit. Greeley, CO.
- 70 Hoelscher DM, Malkani R, Ranjit N, **Pfladderer CD**, Hunt E, Ferreira De Moraes A, Smith C, Perez A. (2024). Changes in the Obesity Prevalence of Texas Schoolchildren Pre- and Post-COVID-19 Vary by Grade. Obesity Week. San Antonio, TX.
- 69\* Beets MW, Burkart S, Weaver RG, **Pfladderer CD**, Zhu X, Brazendale K, Chen B, Armstrong A, Adams EL, Mclain A. (2024). Impact of free summer day camp on physical activity behaviors of elementary-age children from low-income households: A randomized clinical trial. American Public Health Association Annual Meeting and Expo. Minneapolis, MN.
- 68\* Craig, DW, **Pfladderer, CD**, Heredia, NI, Lanza, K, Onadeko, K, Pavlovic, A, Injil, J, DeFina, LF, & Walker, T.J. (2024). Examining relations between Whole-of-School physical activity approaches and cardiorespiratory fitness in US children. International Society for Physical Activity and Health. Paris, France.
- 67\* Hunt E.T., Brazendale, K., De Moraes Augusto Cesar., **Pfladderer C.D.**, Dooley E.E., Chen B., Fernandez A., Hoelscher, DM., & Tapert S. (2024). Navigating Adversity: Understanding its Influence on Adolescent Sleep and Cognitive Performance. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
- 66\* Singh, B., Ahmed, M., Staiano, A., Gough, C., Petersen, J., Vandelanotte, C., Kracht, C., Huong, C., Yin, Z., Vasiloglou, M., Pan, C.C., Short, C.E., Mclaughlin, M., von Klinggraeff, L., **Pfladderer, C.D.**, Moran, L., Button, A.M., & Maher, C. (2024). The effectiveness of e-Health and m-Health interventions for physical activity, sedentary behaviour, sleep, and healthy eating: A meta-meta-analysis. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
- 65\* **Pfladderer, C.D.**, von Klinggraeff, L., Burkart, S., da Silva Bandeira, A., Jago, R., Lubans, D., Okely, T., van Sluijs, E.M.F., Ioannidis, J.P.A., Thrasher, J.F., Li, X., Beets, M.W. (2024). Expert perspectives on pilot and feasibility studies: A Delphi study and consolidation of considerations for the behavioral sciences. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
- 64\* **Pfladderer, C.D.**, Ranjit, N., Pérez, A., Malkani, R.I., Ferreira De Moraes, A.C., Hunt, E.T., Smith, C., Hoelscher, D.M. (2024). Using nutrition labels to make food choices is associated with healthier eating among a statewide representative sample of ethnically diverse 8th and 11th grade

students in Texas, USA. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.

- 63\* Parker H, Burkart, S, von Klinggraeff L, Bastyr M, **Pfladderer CD**, Xuanxuan Z, Reesor-Oyer L, Adams EL, Weaver RG, Armstrong B, Beets MW. (2024). Unveiling Changes in Preschool-Aged Children's Twenty-Four-Hour Movement Behaviors: A Within-Person Analysis from the School Year to the Summer. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
- 62\* Brown DMY, **Pfladderer CD**, Kracht C, Stoepker P, Chong KH, Fairclough S. (2024). Monitor-Independent Measures of Physical Activity Volume and Intensity are Associated with Adiposity Indicators Among Children and Adolescents in the US. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
- 61 Saving EE, **Pfladderer CD**, Craig DW, Onadeko K, Walker TJ. (2024). Learning preferences of elementary-aged children regarding classroom-based physical activity: Cross-sectional results from an implementation study conducted in Texas, USA. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
- 60\* Walker TJ, **Pfladderer CD**, Craig DW, Onadeko K, Saving E, Bartholomew JB. (2024). Assessing implementation and effectiveness outcomes for evaluating school-based physical activity approaches. Whole-School Physical Activity Conference (WSPA). Bradford, UK
- 59\* Walker TJ, **Pfladderer CD**, Craig DW, Onadeko K, Saving E, Bartholomew JB. (2024). Lessons learned from using implementation mapping to develop an implementation strategy to support physically active learning in US elementary schools. Whole-School Physical Activity Conference (WSPA). Bradford, UK.
- 58\* **Pfladderer CD**. (2024). Expert perspectives on pilot and feasibility studies: A Delphi study and consolidation of considerations for behavioral interventions. University of Texas Public Health Coalition Research Symposium.
- 57\* Parker H, Burkart, S, Reesor-Oyer L, von Klinggraeff L, White III JW, Finnegan O, Bastyr M, **Pfladderer CD**, Xuanxuan Z, Adams EL, Weaver RG, Armstrong B, Beets MW. (2024). Are Sports the Catalyst for MVPA Benefits in Out of School Programs? A Moderation Analysis in Elementary-Aged Children. American College of Sports Medicine Annual Meeting, Boston, MA.
- 56\* **Pfladderer CD**, Morgan K, Ryom K, Salvo D, Brown DMY (2024). Global perspectives on environmental determinants of physical activity across the lifespan. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
- 55 Beets MW, Burkart S, Zhu X, Armstrong B, Weaver RG, Adams EL, **Pfladderer CD**, Parker H, von Klinggraeff. (2024). Inequities in Children's Involvement in Structured Programming During School and Summer: An Observational Cohort Time Use Study. Southeastern American College of Sports Medicine Annual Meeting, Greenville, SC.
- 54 Parker H, Burkart S, Reesor-Oyer L, von Klinggraeff L, White III JW, Finnegan O, Bastyr M, **Pfladderer CD**, Xuanxuan Z, Adams EL, Weaver RG, Armstrong B, Beets MW. (2024). Are Sports the Catalyst for MVPA Benefits in Out of School Programs? A Moderation Analysis in Elementary-Aged Children. Southeastern American College of Sports Medicine Annual Meeting, Greenville, SC.
- 53 Brown DMY, **Pfladderer CD**, Besenyi GM, Bridges Hamilton CN, Salvo D, Ganzar LA, Malkani R, & Hoelscher DM (2024). Neighborhood conditions and resources are associated with active

commuting to school among adolescents living in Texas. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Philadelphia, PA.

- 52 **Pfladderer CD**, Brown DMY, Ranjit N, Springer AE, Hoelscher DM. (2024). Associations between context and children meeting physical activity guidelines: The role of outdoor play and organized sports. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Philadelphia, PA.
- 51 **Pfladderer CD**, Hunt ET, Prochnow T, Brown DMY, Salvo D, Springer AE. (2024). Urban-rural differences in obesity, 24-hour movement guideline adherence and neighborhood characteristics among US children. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Philadelphia, PA.
- 50 Robertson MC, Heredia NI, **Pfladderer CD**, Hunt ET, Walker TJ, Salvo D. (2024). Examining associations between community-level factors and objectively measured daily steps in the All of Us research program. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Philadelphia, PA.
- 49\* Parker H, Burkart S, Reesor-Oyer L, von Klinggraeff L, White III JW, Finnegan O, Bastyr M, **Pfladderer CD**, Xuanxuan Z, Adams EL, Weaver RG, Armstrong B, Beets MW. (2024). Out of School Programs are Associated with Healthier Movement Behaviors in Elementary-Aged Children. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Philadelphia, PA.
- 48 von Klinggraeff L, Burkart S, **Pfladderer CD**, Beets MW. (2024). Do the risk of generalizability biases generalize? Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Philadelphia, PA
- 47 Beets MW, Reesor-Oyer L, Burkart S, **Pfladderer CD**, Adams EL, Zhu X, Armstrong B, Weaver RG. (2024). I was able to pay my summer bills: Parent reported impact of receiving free summer day camp. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Philadelphia, PA.
- 46\* **Pfladderer, C.D.**, Burkart, S., Dugger, R., Parker, H., von Klinggraeff, L., Okely, A.D., Weaver, R.G., Beets, MW. (2023). The impact of different data handling strategies on the proportion of children classified as meeting 24-hr movement guidelines and associations with overweight and obesity. The Digital Physical Activity and Diet (dPAD) Collaborative Symposium, Austin, TX
- 45\* **Pfladderer, C.D.** (2023). Designing Pilot Studies for Scalable Public Health Impact. Healthier Texas Summit, Austin, TX
- 44 Reesor-Oyer L, Burkart S, Zhu X, **Pfladderer CD**, Bandeira AS, Weaver RG, Armstrong B, Adams EL, Beets MW (2023). Summer Day Camp Influences Child Sleep through Parent Health-Promoting Rules/Routines: Evidence from a Randomized Controlled Trial. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala, Sweden
- 43 Burkart S, Beets MW, Armstrong B, Weaver RG, Adams EL, **Pfladderer CD**, Reesor-Oyer L, St. Laurent CW, Bandeira A, von Klinggraeff L, Dugger R, Parker H, III White JW, Zhu X, Bastyr M, Finnegan O. (2023). Predictors of Agreement between Accelerometry-Derived Sleep Processing Methods in Children. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala, Sweden
- 42 Parker H., Burkart, S., Reesor-Oyer L., Smith M.T., von Klinggraeff L., Dugger R., White III J.W., Finnegan O., Bastyr M., **Pfladderer C.D.**, Adams E.L., Weaver R.G., Beets M.W., Armstrong B. (2023). The Association Between Daycare Attendance and Screen Time in Preschool-Aged

Children. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Uppsala, Sweden

- 41 Parker H., Burkart S., Reesor-Oyer L., Smith M.T., von Klinggraeff L., Dugger R., White III J.W., Finnegan O., Bastyr M., **Pfladderer C.D.**, Adams E.L., Weaver R.G., Beets M.W., Armstrong B. (2023). The Impact of Structure on Physical Activity of Preschool-Aged Children. American College of Sports Medicine Annual Meeting, Denver, CO
- 40 Smith, M.T., Parker, H.J., McAninch, J., Chandrashekhar, M.V.S., Weaver, R.G., McLean, M.K., Rahman, M., Tindall, N., White, J.W., **Pfladderer, C.D.**, Wang, Y., Ghosal, R., Lane-Cordova, A., Armstrong, B. (2023). Accuracy of chest-placed photoplethysmography in measuring heart rate in children. American College of Sports Medicine Annual Meeting, Denver, CO
- 39\* Dugger R., Thompson J., Kinard P., Weaver R.G., Armstrong B., Adams E., McLain A., Burkart S., Reesor-Oyer L., **Pfladderer C.D.**, Von Klinggraeff L., Parker H., III White J.W., Zhu X., Beets MW. (2023). Time-in or Time-out? The impact of neighborhood environment features on children's activity behaviors during summer. International Society of Behavioral Nutrition and Public Health, Uppsala, Sweden
- 38 von Klinggraeff L., Smith M., Burkart S., **Pfladderer C.D.**, Armstrong B., Weaver R.G., Beets M.W., Adams E.L (2023). Impacts of restricted nighttime sleep on child health outcomes: A meta-analysis of experimental evidence. International Society of Behavioral Nutrition and Public Health, Uppsala, Sweden
- 37\* von Klinggraeff L, **Pfladderer C.D.**, da Silva Bandeira A., Burkart S., Weaver R.G., Armstrong B., Beets M.W. (2023). A Survey of Early Career Investigators' Experiences Applying for Funding from the National Institutes of Health in the USA. International Society of Behavioral Nutrition and Public Health, Uppsala, Sweden
- 36\* Parker, H., Burkart, S., Reesor-Oyer, L., Smith, M.T., von Klinggraeff, L., Dugger, R., White, J.W., Finnegan, O., Bastyr, M., **Pfladderer, C.D.**, Adams, E.L., Weaver, R.G., Beets, M.W., & Armstrong, B. (2023). The impact of non-parental childcare on sleep with preschool-aged children. International Society of Behavioral Nutrition and Public Health, Uppsala, Sweden
- 35 Adams, E.L., Bastyr, M., Caccavale, L., Wijesooriya, R., Reesor-Oyer, L., **Pfladderer, C.D.**, Beets, M.W., Weaver, R.G., Armstrong, B., Burkart, S., Bean, M. (2023). A qualitative analysis of patient-provider conversations around movement behaviors during infant well-child visits. International Society of Behavioral Nutrition and Public Health, Uppsala, Sweden
- 34\* White, J.W., Weaver, R.G., Finnegan, O.R., Zhu, X., Tindall, N., Parker, H., Burkart, S., Beets, M.W., Brown, T., Pate, R., de Zambotti, M., Welk, G.J., Nelakuditi, S., Ghosal, R., Wang, Y., Armstrong, B., Adams, E.L., Reesor-Oyer, L., **Pfladderer, C.D.**, Dugger, R., Bastyr, M., von Klinggraeff, L. (2023). Calibration of raw accelerometry and heart rate data from consumer wearable devices during simulated free-living activities in children. International Society of Behavioral Nutrition and Public Health, Uppsala, Sweden
- 33\* Finnegan, O.R., Weaver, R.G., White, J.W., Zhu, X., Burkart, S., Beets, M.W., Brown, T., Pate, R., de Zambotti, M., Welk, G.J., Nelakuditi, S., Ghosal, R., Wang, Y., Armstrong, B., Adams, E.L., Reesor-Oyer, L., **Pfladderer, C.D.**, Dugger, R., Bastyr, M., Parker, H., von Klinggraeff, L. (2023). Calibration of raw accelerometry and heart rate from consumer wearable devices during sleep in children. International Society of Behavioral Nutrition and Public Health, Uppsala, Sweden
- 32\* Weaver, R.G., White, J.W., Finnegan, O.R., Zhu, X., Burkart, S., Beets, M.W., Brown, T., Pate, R., de Zambotti, M., Welk, G.J., Nelakuditi, S., Ghosal, R., Wang, Y., Armstrong, B., Adams, E.L.,

- Reesor-Oyer, L., **Pfladderer, C.D.**, Dugger, R., Bastyr, M., von Klinggraeff, L. (2023). Feasibility and validity of collecting raw accelerometry data from consumer wearable devices to predict activity intensity in children. International Society of Behavioral Nutrition and Public Health, Uppsala, Sweden
- 31 Beets, M.W., **Pfladderer, C.D.**, Burkart, S., Zhu, X., Reesor-Oyer, L., Weaver, R.G., Armstrong, B., & Adams, E.L. (2023). Context is everything: The development of an automated time-use diary to concurrently measure context during accelerometer wear protocols for youth. International Society of Behavioral Nutrition and Public Health, Uppsala, Sweden
- 30 Parker, H., Burkart, S., Reesor-Oyer, L., Smith, M.T., von Klinggraeff, L., Dugger, R., White, J.W., Finnegan, O., Bastyr, M., **Pfladderer, C.D.**, Adams, E.L., Weaver, R.G., Beets, M.W., Armstrong, B. (2023). The impact of structure on physical activity of preschool-aged children. Southeast American College of Sports Medicine Annual Meeting, Greenville, SC
- 29 Reesor-Oyer, L., Burkart, S., Zhu, X., Adams, E.L., **Pfladderer, C.D.**, Weaver, R.G., Armstrong, B., Beets, M.W. (2023). The relationship between household food insecurity and objectively measured sleep among elementary age children. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Phoenix, AZ
- 28\* **Pfladderer, C.D.**, Burkart, S., Weaver, R.G., & Beets, M.W. (2023). The influence of different data handling strategies on associations between movement behaviors and health outcomes using compositional data analysis. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Phoenix, AZ
- 27\* St. Laurent, C., **Pfladderer, C.D.**, Burkart, S., & Brown, D. (2023) Compositional approaches to 24-hour movement behavior data analysis: Opportunities to rethink standard methods. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Phoenix, AZ
- 26\* Burkart, S., **Pfladderer, C.D.**, Armstrong, B., Adams, E.L., Weaver, R.G., & Beets, M.W. (2023). Associations between 24-hour movement behaviors and chronotype in children: An application of standard and compositional analytic approaches. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Phoenix, AZ
- 25\* von Klinggraeff, L., **Pfladderer, C.D.**, Burkart, S., da Silva Bandeira, A., & Beets, M.W. (2023). Complex and contradictory: A survey of common practices for conducting preliminary studies among NIH-funded investigators. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Phoenix, AZ
- 24 **Pfladderer, C.D.**, Burkart, S., Dugger, R., Parker, H., Weaver, R.G., Armstrong, B., Adams, E.L., & Beets, M.W. (2022). What does it mean to use the mean? The impact of different data handling strategies on the percent of children classified as meeting the 24-hr movement guidelines. International Conference on Ambulatory Monitoring of Physical Activity and Movement, Keystone, CO
- 23\* **Pfladderer, C.D.**, von Klinggraeff, L., Burkart, S., Wolfenden, L., & Beets, M.W. (2022). Feasibility indicators in behavioral intervention pilot/feasibility studies: A historical scoping review. International Society of Behavioral Nutrition and Public Health, Phoenix, AZ
- 22 **Pfladderer, C.D.**, Bai, Y., Brusseau, T.A., Burns, R.D., & King-Jensen, J. (2022). Changes in college students' health behaviors and substance use after a brief wellness intervention during COVID-19. International Society of Behavioral Nutrition and Public Health, Phoenix, AZ

- 21\* Beets, M.W., **Pfladderer, C.D.**, von Klinggraeff, L., Burkart, S., da Silva Bandeira, A., Lubans, D., & Jago, R. (2022). Limited use of guidelines, checklists, recommendations, or frameworks for pilot and feasibility studies of behavioral interventions – implications for the field: A comprehensive scoping bibliometric review. International Society of Behavioral Nutrition and Public Health, Phoenix, AZ
- 20 Burkart, S., Zhu, X., **Pfladderer, C.D.**, Hunt, E.T., Brazendale, K., Weaver, R.G., Reesor-Oyer, L., Adams, E.L., Armstrong, B., & Beets, M.W. (2022). Are Sleep Logs Necessary? A Comparison of Parent-Report and Algorithm Detection to Guide Accelerometer-Based Sleep Processing. International Society of Behavioral Nutrition and Public Health, Phoenix, AZ
- 19\* von Klinggraeff, L., Burkart, S., **Pfladderer, C.D.**, McLain, A., & Beets, M.W. (2022) Are statistically significant studies significantly better? International Society of Behavioral Nutrition and Public Health, Phoenix, AZ
- 18\* Reesor-Oyer, L., Burkart, S., Zhu, X., **Pfladderer, C. D.**, Weaver, R. G., Armstrong, B., Adams, E. L., & Beets, M. W. (2022). Attending Summer Day Camp Promotes Parental Rules/Routines for Obesogenic Behaviors among Elementary Aged Children: Evidence from a Randomized Controlled Trial. International Society of Behavioral Nutrition and Public Health, Phoenix, AZ
- 17 Dugger R., Beets M.W., Weaver R.G., Armstrong B., Adams E., Burkart S., Reesor-Oyer L., **Pfladderer C.D.**, Von Klinggraeff L., Parker H., White J., & Zhu X. (2022) Neighborhood Environment and Meeting 24-hr Movement Guidelines among Children. International Society of Behavioral Nutrition and Public Health, Phoenix, AZ
- 16 Burkart S., Armstrong B., **Pfladderer C.D.**, Reesor-Oyer L., von Klinggraeff L., Dugger R., Parker H.J., White J., Adams E.L., Weaver R.G., & Beets M.W. (2022). Home Disorganization Correlates of Children’s School Year Sleep Duration and Bedtime Consistency. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Baltimore, MD
- 15 von Klinggraeff, L. Burkart, S., **Pfladderer, C.D.**, & Beets, M.W. (2022). Risk of Generalizability Biases in Tobacco Cessation Research. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Baltimore, MD
- 14 Parker, H., Burkart, S., Reesor-Oyer, L., Dugger, R., von Klinggraeff, L., White, J., **Pfladderer, C.D.**, Weaver, R.G., Beets, M.W., Armstrong, A. (2022). "Paw Patrol is on a roll!" Decorated Wrist-Worn Accelerometers Have Higher Compliance in Preschoolers. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Baltimore, MD
- 13 **Pfladderer, C.D.** & Burns, R.D. (2021). The Neighborhood Environment in Predicting 24-hour Movement Behaviors in Youth: Abstract # 2572. American College of Sports Medicine Annual Meeting, Online
- 12 **Pfladderer, C.D.**, Burns, R.D., Byun, W., Carson, R.L., Welk, G.J., & Brusseau, T.A. (2021). School-Based Physical Activity Interventions in Rural and Urban Communities: Abstract # 2807. SHAPE America National Convention, Online
- 11 Burns, R.D., **Pfladderer, C.D.**, Colotti, T.E., Fu, Y., Bai, Y., Byun, W., & Brusseau, T.A. (2021). Bidirectional relationships of physical activity and gross motor skills before and after summer break. SHAPE American National Convention, Online
- 10 Burns, R.D., Colotti, T.E., **Pfladderer, C.D.**, Fu, Y., Bai, Y., & Byun, W. (2021). Familial factors associating with youth physical activity using a national sample. SHAPE America National Convention, Online

- 9 **Pfladderer, C.D.** (2021). Urban-Rural Differences in School Infrastructure and Active Travel. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Online
- 8 **Pfladderer, C.D.** (2020). Socioecological Factors Associated with In-School Physical Activity Among Adolescents: Abstract # 456898. American Public Health Association's Annual Meeting and Expo, Online
- 7\* **Pfladderer, C.D.**, Hu, Q., McCarty, R.L., & Burns, R.D. (2020). Lifestyle Characteristics as Predictors of Adolescent Sleep Duration: Evidence from a National Survey: Abstract #3327. American College of Sports Medicine Annual Meeting, Online
- 6 **Pfladderer, C.D.**, Burns, R.D., Byun, W., Carson, R.L., Welk, G.J., & Brusseau, T.A. (2020). Parent and Child Perceptions of Barriers to School Active Commuting: Abstract #2147. SHAPE America National Convention, Online
- 5 Strehli, I., Kwon, S., **Pfladderer, C.D.**, & Burns, R.D. (2020). Effect of Playground Interventions on Accelerometer-Assessed Physical Activity in Pediatric Populations: Abstract #1928. SHAPE America National Convention, Online
- 4 **Pfladderer, C.D.**, Burns, R.D., Byun, W., Carson, R.L., Welk, G.J., & Brusseau, T.A. (2020). Parent Preferences for Before and After School Physical Activity Programs in Rural and Urban Communities: Results from a Discrete Choice Experiment SHAPE America National Convention, Works in Progress Section, Online
- 3\* **Pfladderer, C.D.**, Burns, R.D., & Fu, Y. (2019). Salient Health Behaviors Predict Mental Health in Adolescents: Evidence from the 2017 National Youth Risk Behavior Survey: Abstract #431507. American Public Health Association's Annual Meeting and Expo, Philadelphia, PA
- 2 Burns, R.D., **Pfladderer, C.D.**, & Brusseau, T.A. (2019). Active Transport, Not Device Use, Associates with Self-Reported Physical Activity in Adolescents: Evidence from the FLASHE Study: Abstract #427525. American Public Health Association's Annual Meeting and Expo, Philadelphia, PA
- 1\* Castelli, D., Burson, S., **Pfladderer, C.D.**, Brusseau, T.A., Stodden, D., Nesbitt, D., Woods, A., Killian, C.M., van der Mars, H., Mullhearn, S., Walters, A., & Michael, S. (2019). Essential Components of Physical Education: Evidence-Based Recommendations to Improve Effectiveness: Abstract #1803 SHAPE America National Convention, Tampa FL

## WORKSHOPS

*Challenges and Opportunities to the Design, Implementation, Evaluation and Scale-Up of Digital Interventions Targeting Children and Families: A multiple case study perspective.* 2024  
International Society of Behavioral Nutrition and Public Health, Omaha, NE

## INVITED PRESENTATIONS

*The Influence of Nutrition Facts Labels on Adolescents' Healthy Eating* 2024  
UTHealth Houston School of Public Health, FOODWISE Collaborative Meeting

*Consolidated Guidance for Behavioral Intervention Pilot and Feasibility Studies* 2024  
UTHealth Institute for Implementation Science, Implementation Science Networking Event

<i>Designing Pilot Studies for Scalable Public Health Impact: Considerations for Behavioral Scientists and Practitioners</i> Texas Society for Public Health Education (TSOPHE), Webinar	2024
<i>Considerations When Conducting a Review of the Literature in Your Field</i> Society of Behavioral Medicine, Physical Activity SIG, Webinar	2023
<i>1,440 minutes: Exploring the real-time context of children's physical activity</i> UTHealth School of Public Health, Health Promotion/Behavioral Science Research Seminar	2023
<i>Eyes closed, head-first, can't lose! Questions answered about the PhD to Post-Doc to Faculty transition from someone with minimal talent and maximal luck</i> University of South Carolina, Exercise Science Research Seminar	2023
<i>Consolidated Recommendations for Behavioral Pilot and Feasibility Studies</i> University of South Carolina, Exercise Science Research Seminar	2023
<i>The Need for Consolidated Recommendations for Pilot/Feasibility Studies</i> UTHealth School of Public Health – Austin, Faculty Presentation	2023
<i>Navigating a Post-Doctoral Fellowship</i> University of Utah, Health and Kinesiology Research Interest Group	2022
<i>Improving the Quality of Pilot and Feasibility Studies for Behavioral Interventions</i> University of South Carolina, Exercise Science Research Seminar	2022
<i>Women's Thoughts on Receiving and Sharing Genetic Information</i> Columbia University, Lightning Presentation Series	2021
<i>Essential Components of Physical Education</i> American Educational Research Association SIG 93, Webinar Series	2021
<i>School-Based Physical Activity Programming in Rural and Urban Communities</i> Health, Kinesiology, and Recreation Seminar Series, University of Utah	2020
<i>How I Survived as a Teaching Assistant</i> Annual Teaching Symposium, University of Utah	2019

## **PRESS AND MEDIA FEATURES**

"Study Reveals Adolescents Participation in Out-of-School and Weekend Activities More Likely to Meet 24 Hour Movement Guidelines". (2024). UTHealth Houston News. <https://tinyurl.com/4k8przwv>

"New UTHealth Houston study highlights key factors boosting children's physical activity levels". (2024). UTHealth Houston News. <https://tinyurl.com/uymvs9ra>

"Using Nutrition Facts labels linked to healthier eating choices among 8<sup>th</sup> and 11<sup>th</sup> grade students". (2024). UTHealth Houston News. <https://rb.gy/ocqp21>

"Is Science Underrating Fathers' Influence on Their Kids' Eating Habits?" (2023). Tobias Carroll for InsideHook – Food & Drink. <https://rb.gy/hmw3ld>

"Health behaviors of children negatively impacted when learning virtually during pandemic". (2023). Arnold School of Public Health News Archive: [bit.ly/3DY3EEX](https://bit.ly/3DY3EEX)



“New research shows the InShape Prevention Plus Wellness Program improves multiple health behaviors of young adults”. (2022). 24-7 Press Release: <https://tinyurl.com/5y8bxpcf>

## V. TEACHING

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### UNIVERSITY TEACHING EXPERIENCE

<b>PHD 1420</b>	<b>Research Design for Behavioral Sciences</b> , University of Texas Health Science Center (Houston) School of Public Health, <i>MPH and PhD</i> Description: Equips students with the skills to develop research questions appropriate to the behavioral sciences that can be translated into testable hypotheses and feasible, effective research designs.	Fall 2024
<b>KINES 5491</b>	<b>Seminar: Student Teaching</b> , University of Utah, <i>Undergraduate</i> Description: Reflection on the practices of teaching concerning identification of problems and solutions. Discussion of issues and current trends in the physical education profession and the subsequent impact on the teacher regarding ethics and law.	Spring 2020
<b>KINES 5495</b>	<b>Student Teaching in Physical Education</b> , University of Utah, <i>Undergraduate</i> Description: Supervised secondary physical education teaching course. Lesson planning, curriculum planning, implementation and evaluation of teaching, and interaction with school personnel and teaching community.	Fall 2020
<b>KINES 4710</b>	<b>Teaching Secondary Physical Education</b> , University of Utah, <i>Undergraduate</i> Description: Students learned aspects of teaching high school physical education including characteristics of high school students, testing, grading, teaching lifetime activities, and effective teaching techniques.	Fall 2018-2019
<b>KINES 3200</b>	<b>Introduction to Coaching</b> , University of Utah, <i>Undergraduate</i> Description: Introduction to philosophies, methods, and theories of coaching, basic physiology, psychology, sports medicine, pedagogy, and sports management	Spring 2019
<b>KINES 4700</b>	<b>Middle School Methods</b> , University of Utah, <i>Undergraduate</i> Description: Designed to help PETE teacher candidates have the opportunity to experience teaching within Middle School Physical Education. Emphasis was placed on developing an applied understanding of both “how” and “what” to teach in middle school physical education	Spring 2019
<b>KINES 3710</b>	<b>Elementary Methods</b> , University of Utah, <i>Undergraduate</i> Description: Designed to give students the opportunity to experience teaching within elementary Physical Education. Emphasis was placed on developing an applied understanding of both “how” and “what” to teach in elementary physical education. Students were given applicable practice to apply the course content in an elementary school placement site	Fall 2018

### GUEST LECTURES

<i>A Quick Guide to Open and Reproducible Code: How-to and Why it's Important</i> PH 1498: Special Topics in Health Promotion UTHealth School of Public Health	Fall 2024
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*The Importance of Open and Reproducible Science in Pilot and Feasibility Studies* Fall 2023  
 PSY 6373: Open and Reproducible Methods in Psychological Science  
 University of Texas at San Antonio

*Obesity-related health disparities in rural United States* Fall 2023  
 PHW 5102: Health Disparities Core Seminar  
 UTHealth School of Public Health

*Social Ecological Model of Physical Activity* Spring 2023  
 EXSC 410: Psychology of Physical Activity  
 University of South Carolina

*Applying the Socioecological Model to an Active Commuting Intervention* Spring 2021  
 KIN 649: *Principles of Physical Activity Behavior Change*  
 University of North Carolina - Greensboro

*A Brief Introduction to Dissertation Research* Fall 2018  
 KINES 7102: Introduction to Research Methods  
 University of Utah

**OTHER TEACHING EXPERIENCE**

**Physical Education**, Beacon Heights Elementary School, Salt Lake City, UT 2018  
 Grade level: K-6<sup>th</sup> grade

**Biology**, McCutcheon High School, Lafayette, IN 2014-2017  
 Grade level: 9<sup>th</sup>-12<sup>th</sup> grade

**Principles of Biomedical Science**, McCutcheon High School, Lafayette, IN 2014-2017  
 Grade level: 9<sup>th</sup>-10<sup>th</sup> grade

**Science**, Delphi Middle School, Delphi, IN 2013-2014  
 Grade level: 8<sup>th</sup>

**Math**, Delphi Middle School, Delphi, IN 2013-2014  
 Grade level: 7<sup>th</sup>

**Integrated Chemistry and Physics**, Delphi Middle School, Delphi, IN 2013-2014  
 Grade level: 8<sup>th</sup>

**VI. SERVICE**

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**UNIVERSITY SERVICE**

**Committee Member** 2024  
 Health Promotion and Behavioral Sciences Admissions Committee, UTHealth Houston

**Scholarship Reviewer** 2024  
 Scholarship Review Committee, UTHealth Houston, School of Public Health in Austin

**Faculty Volunteer** 2023-2024  
 UT Public Health Coalition Spring Research Symposium Event Committee

<b>Research Evaluator</b> Maternal and Child Health Catalyst Program, University of South Carolina	2022
<b>Research Evaluator</b> Discover UofSC, University of South Carolina	2022
<b>Graduate Representative</b> College of Health Student Council, University of Utah	2020-2021
<b>Graduate Member</b> Equity, Diversity, and Inclusion Committee, University of Utah	2020-2021
<b>Treasurer</b> Kinesiology Student Organization, University of Utah	2019-2021
<b>Graduate Member</b> Graduate Student Advisory Committee, University of Utah	2019-2021
<b>Research Evaluator</b> Undergraduate Research Symposium, University of Utah	2019-2021
<b>Undergraduate Student Mentorship</b> Korynne Reininger, School of Public Health, University of Texas at Austin Parker Kinard, Arnold School of Public Health, University of South Carolina Jessica Thompson, Arnold School of Public Health, University of South Carolina Luke Koenen, Physical Activity Lab, University of Utah	2018-Present
<b>Peer Review Mentor</b> Emma Mullane, UTHealth School of Public Health Hannah Parker, Arnold School of Public Health, University of South Carolina Olivia Finnegan, Arnold School of Public Health, University of South Carolina Lauren von Klinggraeff, Arnold School of Public Health, University of South Carolina	2022-Present
<b>Graduate Student Advising</b> Emma Mullane, MPH, UTHealth School of Public Health Cora McNeese, MPH, UTHealth School of Public Health	2024-Present
<b>PROFESSIONAL SERVICE</b>	
<b>Workgroup Lead</b> Texas Department of State Health Services School Health Program Out-of-School Time Workgroup	2024-Present
<b>Member</b> Texas School Physical Activity and Nutrition (Texas SPAN) Advisory Committee	2023-Present
<b>Member</b> UTHealth Houston Institute for Implementation Science	2023-Present
<b>Member</b> Physical Activity Policy Research and Evaluation Network (PAPREN) Rural Workgroup	2022-Present

<b>Officer</b> International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Implementation and Scalability Special Interest Group	2022-Present
<b>Editorial Board Member</b> <i>Journal for the Measurement of Physical Behaviour</i>	2024-Present
<b>Ad-Hoc Reviewer</b> <i>International Journal of Behavioral Nutrition and Physical Activity</i> <i>American Journal of Preventive Medicine</i> <i>American Journal of Public Health</i> <i>BMC Public Health</i> <i>Journal of Adolescent Health</i> <i>Children</i> <i>Preventive Medicine Reports</i> <i>Scientific Reports</i> <i>Research Quarterly for Exercise and Sport</i> <i>Journal of Science in Sport and Exercise</i> <i>Pilot and Feasibility Studies</i> <i>Kinesiology Review</i> <i>International Journal of Environmental Research and Public Health</i> <i>European Physical Education Review</i> <i>European Journal of Pediatrics</i> <i>Educational Research Review</i> <i>Systematic Reviews</i> <i>Journal of Sports Sciences</i> <i>Healthy Behavior and Policy Review</i> <i>Journal of Adolescence</i> <i>Pediatric Research</i> <i>International Journal of Qualitative Studies in Health &amp; Well-Being</i>	
<b>Annual Abstract Reviewer</b> Society of Behavioral Medicine (SBM) Annual Meeting and Scientific Session American Public Health Association (APHA) Annual Meeting and Expo International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Society of Health and Physical Educators (SHAPE America) National Convention	2018-Present
<b>Presentation Awards Judge</b> Implementation and Scalability Special Interest Group International Society of Behavioral Nutrition and Physical Activity (ISBNPA)	2022-Present
<b>Session Chair</b> <i>Examining context, barriers, and facilitators to intervention dissemination and implementation</i> International Society of Behavioral Nutrition and Physical Activity (ISBNPA)	2024
<b>OTHER SERVICE</b>	
<b>Member</b> Austin and Travis County Physical Activity Collaborative	2024-Present
<b>STEM Professional Outreach Volunteer</b> Letters to a Pre-Scientist Program	2023-2024

**School Wellness Coordinator** 2016-2017  
McCutcheon High School, Lafayette, IN

**Programs/Outreach Associate** 2011-2013  
WonderLab Science Museum, Bloomington, IN

**VII. AWARDS AND HONORS**

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New Investigator Development Program – UTHealth Houston 2024  
Presentation Award Short List – ISBNPA Implementation and Scalability SIG 2024  
Physical Activity and Public Health Fellow – University of South Carolina 2022  
Presentation Award Short List – ISBNPA Implementation and Scalability SIG 2022  
Health and Kinesiology Graduate Student of the Year – University of Utah 2021  
Health and Kinesiology Distinguished Graduate Student – University of Utah 2021  
Doctoral Scholar Award – American Kinesiology Association 2021  
Graduate Student Virtual Conference Award – University of Utah 2021  
Health and Kinesiology Distinguished Graduate Student – University of Utah 2020  
Associated Students of the University of Utah Travel Grant (\$1,000) 2019  
Graduate Student Travel Assistance Award – University of Utah (\$1,000) 2019  
University Division Scholar – Indiana University 2011  
University Division Scholar – Indiana University 2010

**VIII. PROFESSIONAL MEMBERSHIPS (Past and Present)**

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International Society for the Measurement of Physical Behaviour (ISMPB)  
International Network of Time-Use Epidemiologists (INTUE)  
International Society of Behavioral Nutrition and Physical Activity (ISBNPA)  
Society of Behavioral Medicine (SBM)  
Society of Health and Physical Educators (SHAPE America)  
American Public Health Association (APHA)  
American College of Sports Medicine (ACSM)  
International Society for Physical Activity and Health (ISPAH)