

Christopher D. Pfledderer, PhD

Director, Re-envisioning Urban-Rural Active Living (RURAL) Time Use Lab
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

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

II. ACADEMIC POSITIONS

Assistant Professor 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
Postdoctoral Research Fellow Department of Exercise Science Arnold School of Public Health University of South Carolina	2021-2023
Graduate Research Assistant Department of Health and Kinesiology College of Health University of Utah	2020-2021
Graduate Teaching Assistant Department of Health and Kinesiology College of Health University of Utah	2017-2020

III. PREVIOUS EMPLOYMENT

Teacher (Biology and Biomedical Science), Head Cross-Country/Track & Field Coach McCutcheon High School Tippecanoe School Corporation, Lafayette, IN	2014-2017
Teacher (Science and Math), Head Cross-Country/Track & Field Coach Delphi Middle School Delphi School Corporation, Delphi, IN	2013-2014

IV. RESEARCH

RESEARCH SUPPORT: GRANTS AND CONTRACTS

Current Support

Texas Department of State Health Services (DSHS)	Hoelscher, PI	2026-2030
School Physical Activity and Nutrition (SPAN) Survey 2027-2030		
Role: Co-I		
Total Award: \$1,245,758		
NIH R01, National Heart, Lung, and Blood Institute (NHLBI)	Walker, PI	2026-2031
Optimizing and evaluating an implementation strategy to improve use of classroom-based physical activity approaches in elementary schools		
Role: Co-I		
Total Award: \$2,550,563		
Marathon Kids	Pfledderer, PI	2025-2027
Implementation of The Girls Movement program in elementary and middle schools		
Role: PI		
Total Award: \$20,379		
MD Anderson Cancer Center	Craig, PI	2025-2026
Assessing park utilization and physical activity patterns in Baytown & Beaumont		
Role: Co-I		
Total Award: \$101,272		
Health and Human Services Commission (HHSC)	Ranjit, PI	2024-2026
Evaluation of Texas SNAP-Ed		
Role: Co-I		
Total Award: \$1,381,990		
NIH UL1 TR003167/Texas DSRIP	Reininger, PI	2023-2028
Salud y Vida Omic Study: enhancing integrated behavioral health for individuals with diabetes in the Rio Grande Valley		
Role: Co-I		
Total Award: \$5,707,763		
The Cooper Institute, National Football League (NFL) Play 60	Walker, PI	2023-2029
Whole-of-school physical activity approaches and FitnessGram outcomes		
Role: Co-I		
Total Award: \$154,978		

Completed Support

Latino Research Institute, University of Texas at Austin	Pfledderer, 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		

NIH 1F32 HL163873-01	Pfledderer, 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	Pfledderer, PI	2020-2021
A socio-ecological approach to school-based physical activity programming		
Role: PI		
Total award: \$30,000		
Sawtooth Software Graduate Research Grant	Pfledderer, 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

Pfledderer, C.D., Mullane, E.J., Hunt, E.T., Zhang, Y., Kapfhammer, M., Ranjit, N., Hoelscher, D.M. Multi-year trends in 24-hour movement behaviors among 8th and 11th grade students in Texas: Evidence from the Texas School Physical Activity and Nutrition (Texas SPAN) survey, 2000-2023

Craig, D.W., **Pfledderer, C.D.**, Lanza, K., Lee, M., Onadeko, K., Pavlovic, A., Walker, T.J., A whole-of-school approach to physical activity for academic achievement among elementary students in the United States.

Eglitis, E., Burkart, S., **Pfladderer, C.D.**, Adams, E.L., Weaver, R.G., Armstrong, A., Brazendale, K., Zhu, X., McLain, A., Turner-McGrievy, G., Pate, R., Kaczynski, A., Fairchild, A., Saelens, B.E., Parker, H., Yaroch, A.L., Maher, C., Beets, M.W. Summer day camp helps parents maintain health-promoting rules/routines for sleep and screentime among elementary aged children: Evidence from a randomized controlled trial.

Chen, S., Brown, D.M.Y., **Pfladderer, C.D.**, Huang, W.Y., Tremblay, M. Tracking the least active adolescents: trends in no moderate-to-vigorous physical activity participation among 1.03 million adolescents in 48 countries and regions, 2002–2018.

Pfladderer, C.D., Parra-Medina, D., Mullane, E.J., Brown, D.M.Y., Liang, Y., Yin, Z. Associations between out-of-school activity type and 24-hour movement behaviors among Hispanic children with overweight/obesity: Baseline results from the Health4Kids randomized clinical trial.

Zhang, Y., **Pfladderer, C.D.**, Ferreira De Moraes, A.C., Hunt, E.T., Smith, C.L., Malkani, R.I., Ranjit, N., Hoelscher, D.M. Contextual screen time and outdoor play among school-aged children: Texas School Physical Activity and Nutrition Survey, 2015-2020.

Peer-Reviewed Publications

*Denotes senior author publication

^Denotes student/mentee publication

- 78 Savidge, M.C., Beets, M.W., Burkart, S., **Pfladderer, C.D.**, Weaver, R.G., Armstrong, B.A., Brazendale, K., Zhu, X., McLain, A.C., Turner-McGrievy B., Pate R., Kaczynski A., Fairchild A.J., Saelens B.E., Parker H., Adams, E.L. (2026). Differences in children's meal timing between school and summer: Three-year findings from the What's UP (Undermining Prevention) with summer observational cohort study. *BMC Public Health*. <https://doi.org/10.1186/s12889-026-29102-5>
- 77 Walker, T.J., Pavlovic, A., **Pfladderer, C.D.**, Craig, D.W., Lanza, K., Lee, M., Onadeko, K., DeFina, L.F. (2026). School-level associations between health-related fitness, school characteristics, and academic performance in U.S. children. *Preventive Medicine Reports*. <https://doi.org/10.1016/j.pmedr.2026.103595>
- 76 Burkart, S., Adams, E.L., Beets, M.W., Plenzler, O., Mikes, M., White, C.R., Randolph, G.A.T., **Pfladderer, C.D.**, Armstrong, B., Weaver, G., Weist, M.D., Prinz, R.J. (2026). Teacher and parent insight into the development of a combined school-and home-based sleep promotion program for young children. *Sleep Health*.
- 75 St. Laurent, C.W., Balbim, G.M., Brown, D.M.Y., Kracht, C.L., **Pfladderer, C.D.**, Groves, C.I., Holesovsky, C.D., Randolph, G.A.T., Rodheim, K., Burkart, S. (2026). Characterizing Device-Measured Sleep in Observational Health Research Using Compositional Data Analysis: A Systematic Review. *International Journal of Behavioral Nutrition and Physical Activity*. <https://doi.org/10.1186/s12966-026-01935-8>
- 74 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. (2026). Examining predictors of scale-up penalty in preliminary studies of health behavior interventions and subsequent larger trials: a meta-epidemiological review of diverse fields. *Pilot and Feasibility Studies*. <https://doi.org/10.1186/s40814-026-01836-4>

- 73 Finnegan, O.L., Weaver, R.G., Burkart, S., Armstrong, B., Adams, E.L., **Pfledderer, C.D.**, McLain, A.C., Brazendale, K., Zhu, X., White III, J.W., Nelakuditi, S., Beets, M.W. (2026). Examining differences in parent-reported screen time from school to summer in children: An observational cohort study. *BMC Public Health*. <https://doi.org/10.1186/s12889-026-27417-x>
- 72 **Pfledderer, C.D.**, Mullane, E.J., Brown, D.M.Y., Hunt, E.T., Lanza, K., Johnson, A. (2026). Rural-urban differences in perceived social and built environments and associations with physical activity among youth in the United States. *Preventive Medicine Reports*. <https://doi.org/10.1016/j.pmedr.2026.103400>
- 71 **Pfledderer, C.D.**, Ranjit, N., Saxton, D., Pérez, A., Hoelscher, D.M., Archer, N.P. (2026). The differential associations between passive and interactive screentime with sleep duration among 8th and 11th grade adolescents. *Children*. <https://doi.org/10.3390/children13010127>
- 70* Johnson, A., Prochnow, T., Beattie, C., Townsend, Z., Peterson, L., Bowlin, C., Umstattd Meyer, M.R., **Pfledderer, C.D.** (2026). Barriers and facilitators to structured, out-of-school physical activity participation among rural youth in the United States: A systematic review. *BMC Public Health*. <https://doi.org/10.1186/s12889-026-26205-x>
- 69 Chen, S., Brown, D.M.Y., **Pfledderer, C.D.**, Huang, W.Y., Tremblay, M. (2025). Temporal variation of no moderate-to-vigorous physical activity in US adolescents. A 16-year trend analysis of 115,926 participants. *International Journal of Behavioral Nutrition and Physical Activity*. <https://doi.org/10.1186/s12966-025-01862-0>
- 68 Heredia, N.I., Robertson, M.C., **Pfledderer, C.D.**, Walker, T.J., Hunt, E.T., Salvo D. (2025). Perceived neighborhood environment and objectively assessed, habitual physical activity among US adults: An All of Us research program study. *Journal of Physical Activity and Health*.
- 67 Savidge, M.C., Burkart, S., **Pfledderer, C.D.**, Adams, E.L., Weaver, R.G., Armstrong, B., Brazendale, K., Zhu, X., Chen, B., McLain, A., Beets, M.W. (2025). Free summer programming on elementary-aged children's food and beverage consumption: A randomized clinical trial. *International Journal of Behavioral Nutrition and Physical Activity*. <https://doi.org/10.1186/s12966-025-01861-1>
- 66 Beets, M.W., Burkart, S., **Pfledderer, C.D.**, Adams, E.L., Weaver, R.G., Armstrong, B., Brazendale, K., Zhu, X., Chen, B., McLain, A. (2025). Impact of free summer day camp on physical activity behaviors and screentime of elementary-age children from low-income households: A randomized clinical trial. *International Journal of Behavioral Nutrition and Physical Activity*. <https://doi.org/10.1186/s12966-025-01852-2>
- 65 Walker, T.J., Craig, D.W., **Pfledderer, C.D.**, Lee, M., Onadeko, K., Saving, E.E., Bartholomew, J.B., Fernandez, M. (2025). Feasibility and acceptability of an implementation strategy to enhance use of classroom-based physical activity approaches in elementary schools. *BMC Public Health*. <https://doi.org/10.1186/s12889-025-25333-0>
- 64 **Pfledderer, C.D.**, Mullane, E.J., Brown, D.M.Y., Burkart, S., Hunt, E.T., Johnson, A., Parker, H., Salvo, D. (2025). Five-year trends in U.S. child and adolescent 24-hour movement behavior guideline adherence, 2018-2022. *Journal of Activity, Sedentary, and Sleep Behaviors*. <https://doi.org/10.1186/s44167-025-00086-8>
- 63 Brown, D.M.Y., **Pfledderer, C.D.**, Chen, S., Stoepker, P., Bridges Hamilton, C.N., Besenyi, G.M., Mailey, E.L. (2025). Beyond the Guidelines: Exploring the Prevalence and Correlates of No-to-Low

Moderate-to-Vigorous Physical Activity among US Adolescents. *Journal of Physical Activity and Health*. <https://doi.org/10.1123/JPAH.2025-0317>

- 62 Chen, B., Beets, M.W., Burkart, S., **Pfladderer, C.D.**, Adams, E.L., Weaver, R.G., Armstrong, B., Brazendale, K., Zhu, X., McLain, A. (2025). The cost effectiveness of a free summer day camp voucher program to prevent summer weight gain among children from disadvantaged households. *American Journal of Preventive Medicine*. <https://doi.org/10.1016/j.amepre.2025.108081>
- 61 Craig, D.W., **Pfladderer, C.D.**, Heredia, N.I., Lanza, K., Onadeko, K., Pavlovic, A., DeFina, L.F., Walker, T.J. (2025). Using the R=MC 2 Heuristic to Assess Whole-of-School Physical Activity Implementation in Elementary Schools: A Cross-Sectional Study. *International Journal of Behavioral Nutrition and Physical Activity*. <https://doi.org/10.1186/s12966-025-01815-7>
- 60 Brown, D.M.Y., **Pfladderer, C.D.**, Stoepker, P., Chong, K.H., Kracht, C.L., Fairclough, S.J. (2025). Device-independent physical activity metrics and adiposity-related indicators among children and adolescents in the United States. *Journal of Sport Sciences*. <https://doi.org/10.1080/02640414.2025.2540663>
- 59 Brown, D.M.Y., Wing, D., **Pfladderer, C.D.**, Stoepker, P., Fairclough, S.J., Carlson, J.A. (2025). Considerations in Using Heart Rate-Based Physical Activity Estimates from Consumer Wearables in Individuals with Varying Weight Status. *International Journal of Behavioral Nutrition and Physical Activity*. <https://doi.org/10.1186/s12966-025-01801-z>
- 58 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. (2025). Validation of the Texas School Physical Activity and Nutrition (SPAN) dietary index against the Health Eating Index among elementary-aged students. *Nutrients*. <https://doi.org/10.3390/nu17121965>
- 57 Beets, M.W., Burkart, S., **Pfladderer, C.D.**, Adams, E.L., Weaver, R.G., Armstrong, B., Brazendale, K., Zhu, X., Chen, B., McLain, A., Turner-McGrievy, G., Pate, R., Kaczynski, A., Fairchild, A., Saelens, B., Parker, H., Yaroch, A.L., Eglitis, E., Holmes, A.J. (2025). Differences in Children's Food and Beverage Consumption between School and Summer: Three-year findings from the What's UP (Undermining Prevention) with Summer Observational Cohort Study. *BMC Public Health*. <https://doi.org/10.1186/s12889-025-23446-0>
- 56 Walker, T.J., Craig, D., **Pfladderer, C.D.**, Onadeko, K., Saving, E., Nicksic, H., Patlovich, K., Fumero, K., Bartholomew, J., Fernandez, M. (2025). Using implementation mapping to design an implementation strategy for classroom-based physical activity approaches in elementary schools. *Translational Behavioral Medicine*. <https://doi.org/10.1093/tbm/ibaf021>
- 55 Hunt, E.T., Brazendale, K., De Moraes, A.C.F., Nascimento-Ferreira, M.V., **Pfladderer, C.D.**, Izabel, S.S., Dooley, E.E., Chen, B., Fernandez, A., Johnson, M.E., Garavan, H., Potter, A.S., Dube, S.L., Allgaier, N., Hoelscher, D.M., & Tapert, S.F. (2025). Examining the Impact of Early Life Adversity on Adolescent Sleep Health: Findings from the ABCD Study. *Child Protection and Practice*. <https://doi.org/10.1016/j.chipro.2025.100154>
- 54 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. (2025). Family and home environment predictors of children's 24-hour movement guideline adherence: A mixed-methods study. *Childhood Obesity*. <https://doi.org/10.1089/chi.2024.0381>

- 53 Beets, M.W., Burkart, S., **Pfledderer, C.D.**, Adams, E.L., Weaver, R.G., Armstrong, B., Brazendale, K., Zhu, X., Chen, B., McLain, A. (2024). Free summer programming and Body Mass Index among schoolchildren from low-income households: A randomized clinical trial. *JAMA Pediatrics*. doi:10.1001/jamapediatrics.2024.3693
- 52 Black, W.R., von Klinggraeff, L., White, D., Forseth, B., Jackson, J., Bates, C., **Pfledderer, 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*. <https://doi.org/10.1093/jpepsy/jsae087>
- 51 Kracht, C.L., Burkart, S., Groves, C.I., Balbim, G.M., **Pfledderer, 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*. <https://doi.org/10.1186/s44167-024-00064-6>
- 50 Brown, D.M.Y., Burkart, S., Groves, C.I., Balbim, G.M., **Pfledderer, 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*. <https://doi.org/10.1186/s44167-024-00062-8>
- 49 **Pfledderer, C.D.**, Brown, D.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., **Pfledderer, 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., **Pfledderer, 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., **Pfledderer, 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., **Pfledderer, 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 **Pfledderer, 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 8th and 11th 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.00000000000003294>

- 34 **Pfledderer, 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., **Pfledderer, 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., **Pfledderer, 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>
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CONFERENCE ABSTRACTS

*Denotes oral presentation

**Denotes symposium

^Denotes student/mentee presentation

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- 106* **Pfledderer CD**, Kelder SH, Hunt ET, Hoelscher DM. (2026). Three-country pilot testing of the CATCH PE program in India, Kenya, and Colombia. International Society for Physical Activity and Health Congress, Mérida, Mexico
- 105 **Pfledderer CD**, Brown DMY, Salvo D, Hunt ET, Mullane E, Kapfhammer M, Johnson A, Ranjit N, Hoelscher DM. (2026). Urbanicity attenuates relationships between Child Opportunity Index and physical activity among Texas, USA adolescents. International Society for Physical Activity and Health Congress, Mérida, Mexico
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- 103 Walker TJ, Craig DW, Lanza K, **Pfledderer CD**, Lee M, Pavlovich A. (2026). Comparing implementation of Whole-of-school components by school level in the United States. International Society for Physical Activity and Health Congress, Mérida, Mexico
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- 95 **Pfladderer CD**, Hunt ET, De Moraes ACF, Zhang Y, Mullane EJ, Kapfhammer M, Ranjit N, Hoelscher DM. (2026). Multi-year trends in 24-hour movement behaviors among 8th and 11th grade students in Texas: Evidence from the Texas School Physical Activity and Nutrition (Texas SPAN) survey. American Academy of Health Behavior Scientific Meeting. Austin, Texas, USA.
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- 74* Brown DMY, Hunt ET, **Pfladderer CD**, De Moraes, ACF, Porter CD, Groves, CI. (2025). Prospective associations between device-assessed 24-hour movement behaviors and anxiety/depressive symptom severity among US adolescents: Compositional data analysis using the ABCD Study. Society of Behavioral Medicine Annual Meeting and Scientific Sessions, San Francisco, CA, USA.
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- 72* Craig, DW, Onadeko, K, Lanza, K, **Pfladderer, CD**, Heredia, N, Pavlovic, A, Injil, J, DeFina, LF & Walker, TJ. (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.
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- 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

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- 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.
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- 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, **Pfledderer 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, **Pfledderer 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** **Pfledderer, 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** **Pfledderer, C.D.** (2023). Designing Pilot Studies for Scalable Public Health Impact. Healthier Texas Summit, Austin, TX
- 44 Reesor-Oyer L, Burkart S, Zhu X, **Pfledderer 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, **Pfledderer 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., **Pfledderer 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., **Pfledderer 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., **Pfledderer, 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 RG., Armstrong B., Adams E., McLain A., Burkart S., Reesor-Oyer L., **Pfledderer 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., **Pfledderer 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, **Pfledderer 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., **Pfledderer, 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., **Pfledderer, 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., **Pfledderer, 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., **Pfledderer, 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., **Pfledderer, 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., **Pfledderer, 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., **Pfledderer, 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 **Pfledderer, 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., **Pfledderer, 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 **Pfledderer, 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* **Pfledderer, 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., **Pfledderer, 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., **Pfledderer, 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

REPORTS

Pfledderer, C.D., Springer, A., Gonzalez, A., Martinez, S., Momin, N., Nielsen, A., Ranjit, N. (2026). Evaluation of the Texas food restriction waiver demonstration project: Interim findings from April-May 2026. Submitted to Texas Health and Human Services.

Pfledderer, C.D., Ranjit, N., Gonzalez, A., Martinez, S., Momin, N., Nielsen, A., Springer, A. (2026). Evaluation of the Texas food restriction waiver demonstration project: Baseline findings from 2026. Submitted to Texas Health and Human Services.

Springer, A., Momin, N., Chandler, E., Gardiner, H., Mims, A., Hernandez, K., **Pfledderer, C.D.**, Salvo, D., Rechis, R., McNeil, L., Basen-Engquist, K. (2025). Exploring the activation of environmental supports for child out-of-school-time physical activity in partnership with the Acres Homes community of Houston, Texas: A pilot community assessment study of needs and opportunities. Submitted to UT MD Anderson Cancer Center- Acres Homes Cancer Prevention Collaboration.

NON-PEER REVIEWED ACADEMIC COMMUNICATION

Pfledderer, C.D. (2025). Leveraging out-of-school time to promote healthy movement behaviors for children and adolescents. Michael and Susan Dell Center for Healthy Living. Blog Post.
<https://sph.uth.edu/research/centers/dell/blog/posting.htm?id=leveraging-out-of-school-time-to-promote-healthy-movement-behaviors>

WORKSHOPS

<i>Designing Effective Pilot Grant Studies</i>	2026
University of North Texas School of Health Sciences, Graduate Student Seminar	
<i>A research-to-practice collaboration to improve teachers' use of outdoor learning and student physical activity</i>	2025
Outdoor Learning Leadership Summit, Seguin, TX	
<i>Designing and Delivering Behavioral Intervention Pilot Studies</i>	2025
The Texas Society for Public Health Education (TSOPHE), San Marcos, TX	
<i>Challenges and Opportunities to the Design, Implementation, Evaluation and Scale-Up of Digital Interventions Targeting Children and Families: A multiple case study perspective.</i>	2024
International Society of Behavioral Nutrition and Public Health (ISBNPA), Omaha, NE	

INVITED PRESENTATIONS

<i>Contextual Drivers of the 24-Hour Activity Cycle</i>	2026
University of North Texas School of Health Sciences, First Friday Seminar Series	
<i>Building Better Brains: The Role of Sleep in Child Development</i>	2026
Michael & Susan Dell Center for Healthy Living, Webinar Series	
<i>Beyond the Bell: The Importance of Out-of-School Activities for Obesity Prevention Among Youth</i>	2025
Department of Health and Human Services, Texas Coordinated School Health Partnership Meeting	
<i>Active Travel, Active Lives: A Public Health Perspective on School Commutes for Children</i>	2025
Michael & Susan Dell Center for Healthy Living, Webinar Series	
<i>Integrating Outdoor Education and Physical activity During the School Day: Benefits and Strategies</i>	2025
Outdoor Education Leadership Day, Austin Independent School District	
<i>Health Promotion for Children in Rural Settings</i>	2025
Michael & Susan Dell Center for Healthy Living, Webinar Series	
<i>Understanding Youth Movement Behaviors: Texas School Physical Activity and Nutrition (Texas SPAN) Survey Insights</i>	2024
Michael & Susan Dell Center for Healthy Living, Webinar Series	
<i>The Influence of Nutrition Facts Labels on Adolescents' Healthy Eating</i>	2024
UTHealth Houston School of Public Health, FOODWISE Collaborative Meeting	
<i>Consolidated Guidance for Behavioral Intervention Pilot and Feasibility Studies</i>	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>	2024
Texas Society for Public Health Education (TSOPHE), Webinar	

<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 8th and 11th 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

"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

UNIVERSITY TEACHING EXPERIENCE

PH 1498	Quantitative Data Management & Analysis for Behavioral Sciences , University of Texas Health Science Center School of Public Health, <i>PhD</i> Description: Advanced seminar focusing on the development and refinement of statistical analysis plans, with hands-on practice in data cleaning and management strategies.	Spring 2025-2026
PHM 1110	Health Promotion and Behavioral Sciences in Public Health , University of Texas Health Science Center School of Public Health, <i>MPH</i> Description: Students will be able to explain the contribution of health promotion and behavioral sciences to public health. Students will learn about commonly used theories and models, community engagement, needs assessment, and program design, implementation, and evaluation.	Spring 2025-2026
PHD 1420	Quantitative Research Design for Behavioral Sciences , University of Texas Health Science Center 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 2024-2026
PH 5098	Independent Study and Research , University of Texas Health Science Center School of Public Health, <i>MPH and PhD</i> Description: Flexible credit hour course for students who require extra assistance with crafting their theses and dissertations. Topics include statistical analysis, research design, and manuscript preparation.	Summer 2026
PHM 9998	Integrative Learning Experience , University of Texas Health Science Center School of Public Health, <i>MPH and PhD</i> Description: Flexible credit hour course to guide students who are completing their theses and dissertations.	Fall and Spring 2024-2026
PH 9997	Practicum , University of Texas Health Science Center School of Public Health, <i>MPH and PhD</i> Description: Flexible credit hour course to oversee students completing their MPH, PhD, or DrPh practicum experience	Fall and Spring 2024-2026
KINES 5491	Seminar: Student Teaching , 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
KINES 5495	Student Teaching in Physical Education , 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

KINES 4710	Teaching Secondary Physical Education , 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
KINES 3200	Introduction to Coaching , 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
KINES 4700	Middle School Methods , 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
KINES 3710	Elementary Methods , 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>You’ve Got Accelerometry Data! Now What?</i> PH 5400: Physical Activity Assessment and Surveillance UTHealth Houston School of Public Health	Fall 2025
<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 Houston School of Public Health	Fall 2024
<i>Contextual Drivers of 24-Hour Movement Behaviors</i> PH 1433: Research Seminar in Health Promotion and Behavioral Sciences UTHealth Houston School of Public Health	Fall 2024-2026
<i>The Importance of Open and Reproducible Science in Pilot and Feasibility Studies</i> PSY 6373: Open and Reproducible Methods in Psychological Science University of Texas at San Antonio	Fall 2023
<i>Obesity-related health disparities in rural United States</i> PHW 5102: Health Disparities Core Seminar UTHealth School of Public Health	Fall 2023
<i>Social Ecological Model of Physical Activity</i> EXSC 410: Psychology of Physical Activity University of South Carolina	Spring 2023

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

Spring 2021

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

Fall 2018

OTHER TEACHING EXPERIENCE

Physical Education, Beacon Heights Elementary School, Salt Lake City, UT
Grade level: K-6th grade

2018

Biology, McCutcheon High School, Lafayette, IN
Grade level: 9th-12th grade

2014-2017

Principles of Biomedical Science, McCutcheon High School, Lafayette, IN
Grade level: 9th-10th grade

2014-2017

Science, Delphi Middle School, Delphi, IN
Grade level: 8th

2013-2014

Math, Delphi Middle School, Delphi, IN
Grade level: 7th

2013-2014

Integrated Chemistry and Physics, Delphi Middle School, Delphi, IN
Grade level: 8th

2013-2014

ADVISING

Graduate Student Advising

2024-Present

Codi Wood, MPH, UTHealth School of Public Health
Noor Shabaneh, MD/MPH, Dell Medical School/UTHealth
Ryan Quinn, MD/MPH, Dell Medical School/UTHealth
Lam Nguyen, MD/MPH, Dell Medical School/UTHealth
Ryan Leung, MD/MPH, Dell Medical School/UTHealth
Kieran Grones, MPH, UTHealth School of Public Health
Sydney Jordan, MPH, UTHealth School of Public Health
Emma Mullane, MPH, UTHealth School of Public Health
Cora McNeese, MPH, UTHealth School of Public Health
Hanan Alwan, MPH, UTHealth School of Public Health
Sabrina Rosario, MPH, UTHealth School of Public Health

Thesis Advising

Ian Huh, MPH
*Association between physical activity and sleep among 8th and 11th grade students:
Analysis of Texas School Physical Activity and Nutrition (Texas SPAN) 2021-2023 data*

2024-2026

Emma Mullane, MPH
*Associations between neighborhood opportunity and healthy eating among 8th and 11th
grade students in Texas*

2024-2026

Miranda Kapfhammer, MPH

2024-2026

Assessing physical function trajectories in Chimeric antigen receptor t-cell (CAR-T) therapy recipients with PROMIS data and qualitative methods

VI. SERVICE

UNIVERSITY SERVICE

Preliminary Exam Grader

2024-2026

Department of Health Promotion and Behavioral Sciences, UTHealth Houston

Scholarship Reviewer

2025

Scholarship Review Committee, Shreela and Vibhu Sharma Endowment Fund for Excellence in Community Nutrition, Climate Health, and Sustainability

Committee Member

2024-2025

Health Promotion and Behavioral Sciences Admissions Committee, UTHealth Houston

Committee Member

2024-2025

Environmental Committee, UTHealth Houston, School of Public Health in Austin

Scholarship Reviewer

2024-2025

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

Faculty Volunteer

2023-2024

UT Public Health Coalition Spring Research Symposium Event Committee

Research Evaluator

2022

Maternal and Child Health Catalyst Program, University of South Carolina

Research Evaluator

2022

Discover UofSC, University of South Carolina

Graduate Representative

2020-2021

College of Health Student Council, University of Utah

Graduate Member

2020-2021

Equity, Diversity, and Inclusion Committee, University of Utah

Treasurer

2019-2021

Kinesiology Student Organization, University of Utah

Graduate Member

2019-2021

Graduate Student Advisory Committee, University of Utah

Research Evaluator

2019-2021

Undergraduate Research Symposium, University of Utah

Undergraduate Student Mentorship

2018-Present

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

Peer Review Mentor Emma Mullane, UHealth 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
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PROFESSIONAL SERVICE

UHealth School of Public Health Representative Austin Travis County Health & Human Services Department Community Health Assessment Core Coordinating Committee	2026-Present
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Public Health Sector Committee Member Physical Activity Alliance National Physical Activity Plan	2025-Present
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Co-Chair International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Implementation and Scalability Special Interest Group	2025-Present
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Workgroup Lead Austin/Travis County Active Living Collaborative Physical Activity Programming	2025-Present
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Workgroup Lead Texas Department of State Health Services School Health Program Out-of-School Time Workgroup	2024-Present
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Member Texas School Physical Activity and Nutrition (Texas SPAN) Advisory Committee	2023-Present
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Member UHealth Houston Institute for Implementation Science	2023-Present
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Member Physical Activity Policy Research and Evaluation Network (PAPREN) Rural Workgroup	2022-Present
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Officer International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Implementation and Scalability Special Interest Group	2022-2025
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Editorial Board Member <i>Journal for the Measurement of Physical Behaviour</i> <i>Journal of Physical Activity and Health</i>	2024-Present
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Ad-Hoc Reviewer <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>	
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Journal of Adolescent Health
Children
Preventive Medicine Reports
Scientific Reports
Research Quarterly for Exercise and Sport
Journal of Science in Sport and Exercise
Pilot and Feasibility Studies
Kinesiology Review
International Journal of Environmental Research and Public Health
European Physical Education Review
European Journal of Pediatrics
Educational Research Review
Systematic Reviews
Journal of Sports Sciences
Healthy Behavior and Policy Review
Journal of Adolescence
Pediatric Research
International Journal of Qualitative Studies in Health & Well-Being
Measurement in Physical Education and Exercise Science
Child: Care, Health & Development

Annual Abstract Reviewer

2018-Present

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

Presentation Awards Judge

2022-Present

Implementation and Scalability Special Interest Group
International Society of Behavioral Nutrition and Physical Activity (ISBNPA)

Session Chair

2024

Examining context, barriers, and facilitators to intervention dissemination and implementation
International Society of Behavioral Nutrition and Physical Activity (ISBNPA)

OTHER SERVICE

Abstract Judge

2025

Greater Austin Regional Science and Engineering Fair

Member

2024-Present

Austin and Travis County Physical Activity Collaborative

STEM Professional Outreach Volunteer

2023-2024

Letters to a Pre-Scientist Program

School Wellness Coordinator

2016-2017

McCutcheon High School, Lafayette, IN

Programs/Outreach Associate

2011-2013

WonderLab Science Museum, Bloomington, IN

VII. AWARDS AND HONORS

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)

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)