

ESBELLE M. JOWERS, PH.D.
Department of Kinesiology & Health Education
The University of Texas at Austin

Education:

Kansas State University	Post Doc	1999-2001	Kinesiology & Community Health
The University of Texas at Austin	Ph.D.	1999	Kinesiology & Health Education Specialization in Physical Development & Aging
The University of Texas at Austin	M.A.	1996	Kinesiology & Health Education Exercise Science
The College of William & Mary	B.S.	1993	Kinesiology & Psychology

Positions and Employment:

2012-Pres	<u>Research Assistant Professor</u> , Department of Kinesiology & Health Education, The University of Texas at Austin
2006-Pres	<u>Director</u> , Exercise & Sports Psychology Laboratory, The University of Texas at Austin
2012	<u>Adjunct Professor</u> , Sports Psychology Independent Study, St. Edward's University, Austin, TX
2010- 2012	<u>Lecturer</u> , Department of Kinesiology & Health Education, KIN 311, KIN 348, KIN 321M
2006-2012	<u>Research Associate</u> , Texas ICAN! Obesity Prevention Project & Walk Texas! Community Diabetes Prevention Project, University of Texas-Austin
2004-2011	<u>Instructor</u> , KIN 352K, Psychological Aspects of Exercise, KIN 348, & KIN 311 Sports Psychology, University Extension, University of Texas-Austin
2003-Pres	<u>Instructor</u> , KIN366/HED 366, Human Sexuality, University Extension/Distance Education Center, University of Texas at Austin
2005-2006	<u>Research Associate</u> , State Nutrition & Physical Activity Programs to Prevent Obesity and Related Chronic Diseases
2004-2005	<u>Program Coordinator</u> , State Nutrition & Physical Activity Programs to Prevent Obesity and Related Chronic Diseases, Nell Gottlieb, P.I., University of Texas Austin
2001-2004	<u>Program Coordinator</u> , "Texas Initiatives for Children's Activity and Nutrition" (Texas I-CAN!), Dept. Kinesiology & Health Education, University of Texas – Austin
2003	<u>Instructor</u> , KIN 395, <u>Graduate Social Psychology of Sport</u> , University of Texas - Austin
1999-2001	<u>Postdoctoral Research Associate</u> , Kansas State University, Manhattan, KS
1998-1999	<u>Research Assistant</u> , National Institutes of Health (National Institute of Aging) The University of Texas at Austin

- 1995-1999 Lead CPR/First Aid & Swimming Instructor (Aquatic Summer Sports School, Gregory Gym) & American Red Cross Lifeguard Training/CPR & First Aid Instructor, The University of Texas at Austin
- 1995-1998 Teaching Assistant, Department of Kinesiology & Health Education, The University of Texas at Austin
- 1994-1998 Volunteer Research Assistant, Aging & Motor Behavior Laboratory, Department of Kinesiology & Health Education, The University of Texas at Austin

Other Experience and Professional Memberships:

- 2020-Present Committee on Inclusion, Diversity & Equity, Department of Kinesiology & Health Education, The University of Texas at Austin
- 2020-Present Undergraduate Strategic Planning Committee, Department of Kinesiology & Health Education, The University of Texas at Austin
- 2010-Present Graduate Studies Committee Member (GSC), Department of Kinesiology & Health Education, The University of Texas at Austin
- 2001-Present Supervisor for Graduate Research Assistants in Exercise & Sports Psychology Laboratory
- 2006-2008 Mentor, UT Faculty and Staff Mentor Program, Division of Diversity and Community Engagement, Longhorn Center for Academic Excellence, UT-Austin
- 1999-Present Member, American College of Sports Medicine
- 2002-2008 Member, Society of Behavioral Medicine
- 1999-2001 Leader, Family Readiness Group, & Treasurer Officer Wives Group, 2nd Battalion, 34th Armor Regiment, U.S. Army, Ft. Riley, KS
- 1998-1999 Member, Gerontological Society of America

University Service:

Served as:

- 2009-Present Dissertation Committee Member
- 2002-Present Second Reader for Masters reports, thesis, and fieldwork
- 2002-Present Supervisor for Sports Psychology Internship Fieldwork in Kinesiology
(supervised 85 undergraduate interns in past 10 years)

Honors:

- 2015 15 Years of Service Certificate from Dean of the College of Education, The University of Texas at Austin
- 2010 Appreciation Letter and Commemorative Clock from Services for Students with Disabilities, The University of Texas at Austin (nominated by a student for effort in creating an inclusive environment for all students)
- 2010 Certificate of Appreciation, Copperfield Elementary School, Pflugerville Independent School District, for commitment in making a difference in the lives of the students and families
- 2010 10 Years of Service Certificate from Dean of the College of Education, The University of Texas at Austin

- 2004 Fellow, Research Direction and Strategies in Physical Activity and Public Health. Sponsored by the University of South Carolina's Norman J. Arnold School of Public Health and the Centers for Disease Control and Prevention, September 2004, Utah
- 1999-2001 Saint Joan of Arc Medal, United States Army Award for Service to Soldiers and Families
- 1997-1998 Bruton Academic Fellowship, The University of Texas at Austin
- 1996-1997 Graduate Academic Fellowship, The University of Texas at Austin
- 1994-1996 Graduate Opportunity Fellowship, The University of Texas at Austin

Research Support:

Program Management Tracking System (PMATS)

09/01/2019-08/31/2021

Texas Department of State Health Services, Chronic Disease Program

Diabetes Program/Council, CCHB, SBHC, TxHC & UTT Programs

PMATS serves as an online reporting system for the DSHS and their funded sites across the state of Texas. Data is collected through the site in order to provide a uniform method by which to assess sites, to compile across regions, and to produce reports that inform policy changes. Development of the website for and the evaluation of an online GetFit program.

Role: Principal Investigator (PI)

Completed Research Support:

Program Management Tracking System (PMATS)

09/01/2015-08/31/2019

Texas Department of State Health Services, Chronic Disease Program

Diabetes Program/Council, CCHB, SBHC, TxHC & UTT Programs

PMATS serves as an online reporting system for the DSHS and their funded sites across the state of Texas. Data is collected through the site in order to provide a uniform method by which to assess sites, to compile across regions, and to produce reports that inform policy changes. Development of the website for and the evaluation of an online GetFit program and the modernization and evaluation of the Farm to Work program.

Role: Principal Investigator (PI)

Building the Evidence Base for Physically Active Lessons in Elementary Schools

1R01HD070741-01

National Institutes of Health; Eunice Kennedy Shriver Institute of Child Health & Human Development (NICHD) – R01

04/01/2011-12/31/2016

The goal of this large-scale, 30-school, research project is to determine the effects of physically active academic lessons on: 1) time on task, 2) learning, 3) standardized testing scores. Active lessons for math and language arts will be used to determine how active academic lessons impact components of learning as well as health outcomes in elementary aged children.

Role: Co-Investigator/Project Director, 50% time

Statewide Evaluation of the Delivery of Texas WIC Services, Nutrition and Breastfeeding Education, and the Impact of Environmental Influences and Use of New Media to Increase Eligible Client Participation and Current Client Retention Project

04/01/15-10/15/15 & 10/15/15-08/31/16

Texas Department of State Health Services (DSHS), Women, Infants and Children (WIC) State Program

Using a combination of quantitative and qualitative research methods, the current state of WIC program operations from the perspectives of current Texas WIC clients, WIC-eligible previous clients, and WIC-eligible individuals who have never been on WIC was determined. Specific methods utilized included online focus groups; client and staff surveys piloting a real-time reporting system; piloting a staff advisory board online; and audits of nutrition education and shopping materials.

Role: Principal Investigator (PI)

Program Management Tracking System (PMATS)

06/30/2014-08/31/2015

Texas Department of State Health Services, Chronic Disease Program

Diabetes Program/Council, CCPS, SBHC Programs, and Texas Healthy Communities (TxHC)

PMATS serves as an online reporting system for the DSHS and their funded sites across the state of Texas. Data is collected through the site in order to provide a uniform method by which to assess sites, to compile across regions, and to produce reports that inform policy changes.

Role: Principal Investigator (PI)

Program Management Tracking System (PMATS)

06/30/2013-06/29/2014

Texas Department of State Health Services, Texas Diabetes Council/Program

The goal of this project is to provide technical assistance, expertise, and training on the continued maintenance of the online-reporting system PMATS. PMATS serves as an online-reporting system for 15-17 funded cities across the state of Texas funded to provide Diabetes Prevention and Control programs. Additionally, the PMATS system is being expanded to incorporate other chronic disease prevention programs.

Role: Principal Investigator

Texas Diabetes Council/Program: Walk Texas! Project

09/01/2012-08/31/2013

Texas Department of State Health Services

The goal of this project was to provide technical assistance and expertise on the evaluation of community diabetes projects across the state of Texas with regard to the prevention and control of diabetes.

Role: Co-Principal Investigator

Nutrition, Physical Activity and Obesity Program: Farm to Work Program

10/01/2012-06/29/2013

Texas Department of State Health Services

The goal of this project was to perform a five-year evaluation on the Farm to Work program for the Department of State Health Services. Selection rates by organization and region as well as issues of seasonality, challenges to local staff, farmers, and customers in the program were examined in order to provide recommendations for expanding the program in the future across the state of Texas.

Role: Principal Investigator

Nutrition, Physical Activity and Obesity Program: Program Management Tracking System (PMATS)

Department of State Health Services

09/01/2011-8/31/2012

The goal of this project was to provide expertise and consultation on evaluation and assessment/tracking across field sites that engage in activities aimed to decrease the risk for and management of chronic disease.

Role: Principal Investigator

Healthy Communities and Program Management Tracking System (PMATS)

09/01/2011-03/29/2012

Texas Department of State Health Services, Texas Diabetes Council/Program

The goal of this project was to provide technical assistance and expertise on the evaluation of community diabetes projects across the state of Texas as well as to serve as the lead to the Healthy Communities Initiative and build coalitions across the state to promote policy and environmental change for physical activity and nutrition.

Role: Principal Investigator

Low Fat Entrees and School Lunch: Moderators of Selection and Participation Rates

1R21HD058201-01A2 07/01/2009-05/31/2012

National Institutes of Health; National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) – R21

The goal of this project was to understand the factors that affect student food preferences across gender, ethnicity, and socioeconomic status so that healthier school menus, which appeal to children, can be created without reducing participation rates in the National School Lunch Program. A combination of qualitative and quantitative methods were used within a large, diverse group of elementary school children to understand food selections at school lunch.

Role: Co-Investigator/Project Director, 50% time

Walk Texas! Diabetes Prevention and Control Project

9/1/2006-8/31/2012

Department of State Health Services (DSHS)/Texas Diabetes Council/Program

The purpose of this study was to provide training and ongoing technical support and assistance regarding the evaluation of state-funded community sites, physical activity promotion and assessment. This ongoing project – funded through a series of 1-year awards - is designed to partner with the 15-17 regional offices of the Diabetes Program/DSHS for the primary and secondary prevention of Diabetes.

Role: Co-Principal Investigator

Walk Texas! Diabetes Prevention Project 9/1/06-8/31/10

Department of State Health Services (DSHS)/Texas Diabetes Council/Program

The purpose of this study is to provide training and ongoing technical support and assistance regarding the evaluation of state-funded community sites, physical activity promotion and assessment. This ongoing project – funded through a series of 1 year awards - is designed to partner with the 15-17 regional offices of the Diabetes Program/DSHS for the primary and secondary prevention of Diabetes.

Role: Co-Principal Investigator

Texas I-CAN! Initial Evaluation of an Active Curriculum

5R21 DK071975-02

07/01/06-06/30/09

National Institutes of Health (NIDDK)

This study is determining the effects of the Texas I-CAN! physically active curriculum, relative to a no-intervention control on levels of in-class physical activity and the impact of teacher implementation on this effect.

Role: Co-I/Project Director

#RO3 Sepulveda-Jowers (PI) 10/1/98-6/30/99

“Exercise Adherence Determinants in People Aged 40-80 Years”

National Institutes of Health, National Institute of Aging, Dissertation Grant

The purpose of this study was to examine physiological, psychological, and social determinants of exercise adherence in currently exercising adults aged 40 years and older.

Role: Principal Investigator (PI)

Special Skills:

Bilingual (English & Spanish)

Academic Presentations:

2019 Presentation at the 40th Annual Meeting of the Society of Behavioral Medicine (SMB)
Washington D.C.: Changing Classroom Engagement: The Association Between School Gardens and Time on Task

2018 Presentation at the 39th Annual Meeting of the Society of Behavioral Medicine (SBM)
New Orleans: Teacher-level factors impact implementation of an active lesson intervention.

Presentation at the American Public Health Association (APHA) Annual Meeting: The Association Between School Gardens and Physical Activity: A Way to Increase Kids Physical Activity

2017 Presentation at the 64th Annual American College of Sports Medicine (ACSM): The impact of epoch length on intensity of physical activity among fourth grade children.

2016 --Presentations at the 37th Annual Meeting of the Society of Behavioral Medicine (SBM)
Washington D.C.:

1. Does the impact of physically active lessons on fourth grade student physical activity differ by gender, race/ethnicity, or BMI?

2. Does change in time on-task vary by levels of physical activity intensity among fourth-grade students?

--Presentations at the 63rd Annual American College of Sports Medicine (ACSM),

Boston, MA

1. Are Teacher Characteristics Associated with Quality of Implementation of Physically Active Academic Lessons?
2. Does the Amount and Intensity of Physical Activity, Fitness Level, and Time on Task Vary by BMI Among Elementary School Students?
3. In-class Activity: How Does Teacher Involvement Relate to Child Activity?
4. Does Objectively Measured Physical Activity During School Differ by Level of Aerobic Capacity and Demographics Among Elementary Students?

- 2015 Presentation at the 36th Annual Meeting of the Society of Behavioral Medicine (SBM) San Antonio, TX: A Snapshot of In-School Physical Activity among 4th Graders: Are Children Meeting Recommendations?
- 2014 Presentations at the Society of Behavioral Medicine (SBM) Philadelphia, PA:
1. Evaluating the Impact of a 10-Week Community Based Diabetes Self-Management Course on Health Behaviors and Clinical Outcomes.
 2. The Effect of School Lunch Menu Composition on Low-Fat Food Selection and Participation Rates in Elementary Children.
- 2011 Presentation at the 58th Annual American College of Sports Medicine (ACSM), Denver, CO: Do Physically Active, Academic Lessons Impact Sedentary Time? *Medicine and Science in Sports and Exercise*, Volume 43:5 Supplement.
- 2010 Presentation at International Society of Nutrition and Physical Activity: Texas I-CAN! Teacher Implementation of Physically Active Lessons.
- 2010 Presentation at the 57th Annual American College of Sports Medicine (ACSM) conference, Baltimore, MD: Physically active spelling lessons improve spelling retention in 4th grade students.
- 2009 Presentation at the Society of Behavioral Medicine (SBM) conference, Montreal, Canada. Is the Increase in Step Count During Physically Active Academic Games Similar Across Ethnicity, Gender and BMI?
- 2009 Poster Presentation at the 56th Annual American College of Sports Medicine (ACSM) conference, Seattle, WA: School and Class-Level Intra-Class Correlations for Pedometers in 3rd Grade Children; *MSSE*, 41(5) Suppl.
- 2008 Paper presentation at the 55th American College of Sports Medicine (ACSM) annual conference, Indianapolis, IN: Physical Activity and Time on Task: The Moderating Effect of BMI; *Medicine and Science in Sports and Exercise*, #905, 40(5), S90.
- 2007 Invited Presentation at the Teacher Summer Science Institute, Austin, TX; hosted by The University of Texas School of Public Health and The Michael & Susan Dell Center for

Advancement of Healthy Living: Understanding Physical Activity - Rewards and Punishments

- 2007 Poster presentation at the 54th American College of Sports Medicine (ACSM) annual conference, New Orleans, LA: An Active Curriculum for the Regular Education Classroom: Texas I-CAN!; Medicine and Science in Sports and Exercise
- 2005 Poster presentation at the 52nd Annual American College of Sports Medicine (ACSM) conference, Nashville, TN: Validation of the Physical Activity Self-Efficacy Scale: Testing Measurement Invariance Between Hispanic and Caucasian Children; Medicine and Science in Sports and Exercise, #1301, S252, 37(5).
- 2003 --Invited speaker at the Texas Obesity Conference in San Antonio, TX: Texas I-CAN! Initiatives for Children's Activity and Nutrition
- Poster presentation at the American College of Sports Medicine (ACSM) annual conference, San Francisco, CA: Effect of a Modified Lunch Menu on the Food Selections of Elementary School Children
- 2002 --Poster presentation at the Society of Behavioral Medicine (SBM) annual conference, Washington D.C.: Validation of a Nutritional Self-efficacy Instrument for Children
- Poster presentation at the American College of Sports Medicine (ACSM) conference, St. Louis, MO: The Physical Activity Stages of Change for Children: Validation of a New Instrument
- 2001 Presentation at ACSM conference, Baltimore, MD: Convergent Validity of the Previous Day Physical Activity Recall and the ActivityGram Assessment
- 2000 --Invited speaker at the Central States American College of Sports Medicine (CSACSM) conference, Kansas City, MO, "Evaluating School Based Physical Activity & Nutrition Promotion Initiatives: The Healthy Youth Places Project"
- Paper presentation at the American College of Sports Medicine (ACSM) annual conference, Indianapolis, IN: Application of the Transtheoretical Model to the Study of the Exercise Behavior of Active Adults
- 1999 Poster presentation at the Gerontological Society of America annual convention, San Francisco, CA: Factors Related to Long-Term Exercise Adherence in Men and Women Aged 40-79 Years
- 1998 Special Digest Paper Presentation at the Gerontological Society of America annual convention, Philadelphia, PA: Factors Related to Life-Long Exercise Adherence in Men Aged 40-84 Years

Peer-Reviewed Publications:

Bartholomew, J.B., **Jowers, E.M.**, Roberts, G., Fall, A.M., Errisuriz, V.L., & Vaughn, S. (2018). Active Learning Increases Children's Physical Activity Across Demographic Subgroups. *Translation Journal of the American College of Sports Medicine*, 3, 1-9.

Bartholomew, J. B., **Jowers, E. M.**, Errisuriz, V. L., Vaughn, S., & Roberts, G. (2017). A cluster randomized control trial to assess the impact of active learning on child activity, attention control, and academic outcomes: The Texas I-CAN trial. *Contemporary Clinical Trials*, 61, 81-86.

Grieco, L., **Jowers, E.M.**, Errisuriz, V.E., & Bartholomew, J.B. (2016). Physically Active vs. Sedentary Academic Lessons: A Dose Response Study for Elementary Student Time on Task. *Preventive Medicine*, May 25;89:98-103. Epub 2016 May 25.

Thi, C., Horton, K., Loyo, J., **Jowers, E.**, Rodgers, L., Smiley, A., Leversen, E., & Hoelscher, D. (2015). Farm to Work: Development of a modified community-supported agriculture model at worksites, 2007-2012. *Preventing Chronic Disease*, v12:150022. DOI: <http://dx.doi.org/10.5888/pcd12.150022>.

Korinek, E.V., Bartholomew, J.B., **Jowers, E. M.**, & Latimer, L. A. (2013). Fruit and vegetable exposure in children is linked to the selection of a wider variety of healthy foods at school. *Maternal and Child Nutrition*, Epub 2013 Apr 5.

Bartholomew, J. B. & **Jowers, E.M.** (2011). Physically active academic lessons in elementary children. *Preventive Medicine*, Jun 52 Suppl 1:S51-4. Epub 2011 Jan 31.

Grieco, L. A., **Jowers, E. M.**, & Bartholomew, J. B. (2009). Physically Active Academic Lessons and Time on Task: The Moderating Effect of Body Mass Index. *Medicine and Science in Sports and Exercise*, 41(10), 1921-1926.

Jowers, E. M., Bartholomew, J.B., & Callen, K. J. (2009). The Effects of Gender and Ethnicity on Absolute vs. Relative Ratings and Preferences for Low-Fat Elementary School Lunch Entrées. *Maternal and Child Nutrition*, 5(4), 368-376.

Bartholomew, J. B., Loukas, A., **Jowers, E. M.** & Allua, S. (2006). Validation of the Self-Efficacy and Beliefs Scale for Physical Activity: Testing Measurement Invariance Between Hispanic and White Children. *Journal of Physical Activity and Health*, 3, 70-78.

Bartholomew, J. & **Jowers, E.M.** (2006). Increasing frequency of lower-fat entrees at school lunch: An environmental change strategy to increase healthy selections. *Journal of the American Dietetic Association*, 2006 Feb 106(2), 248-252.

Ciccolo, J., **Jowers, E. M.**, & Bartholomew, J. B. (2004). The benefits of exercise training for quality of life in HIV/AIDS in the Post-HAART era. *Sports Medicine*, 34(8), 487-499.

Invited Book Chapters:

Bartholomew, J.B., Errisuriz, V. L., & **Jowers, E.M.** (2018). Physical Activity in Children and Adolescents. In, Tenenbaum, G., & Eklund, R.C. (Eds.). Handbook of Sport Psychology (4th Ed.). Hoboken, NJ: Wiley.

John B. Bartholomew & **Esbelle M. Jowers** (June 2010). Strategies to modify school-based foods to lower obesity and disease risk, in *Watson, R. R., et al. (eds.), Modern Dietary Fat Intakes in Disease Promotion, Nutrition and Health*. Springer Science Business Media, LLC 2010.

Abstracts Published:

Bartholomew, J. & **Jowers, E.M.** (2007). An active curriculum for the regular classroom. *Medicine and Science in Sports and Exercise*, 39 (5), Suppl.

Bartholomew, J., **Jowers, E. M.**, Loukas, A., & Herrington, T., & Loukas, A. (2003). The effects of a modified lunch menu on the food selections of elementary school children. *Medicine and Science in Sports and Exercise*, 35(5), Suppl 1: S178, May 2003.

Herrington, T. A., Bartholomew, J. B., **Jowers, E. M.**, Loukas, A., Loudin, J. L., & Allen, J. M. (2002). The Physical Activity Stages of Change for Children: Validation of a New Instrument. *Medicine and Science in Sports and Exercise*, 34(5) Suppl 1: S67, May 2002.

Welk, G. J., Dzewaltowski, D. A., Ryan, G. J., **Sepulveda-Jowers, E. M.**, & Hill, J. L. (2001). Convergent Validity of the Previous Day Physical Activity Recall and the ActivityGram Assessment. *Medicine and Science in Sports and Exercise*.

Sepulveda-Jowers, E. M., Bartholomew, J. B., & Spirduso, W. W. (2000). Application of the Transtheoretical Model to the Exercise Behavior of Active Adults. *Medicine and Science in Sports and Exercise*, 32, S172.

Courses Taught:

KIN 327L	Undergraduate Field Work in Kinesiology/Internship
KIN 315/335C	Motor Learning & Control, Undergraduate
HED 311	Introduction to Health Promotion & Behavioral Sciences
KIN 395	Sports Psychology, Graduate course
KIN 321m	Motor Development and Performance, Undergraduate
KIN 352K/348	Psychological Aspects of Exercise, Undergraduate
KIN 311	Sports Psychology, Undergraduate
KIN/HED 366	Human Sexuality, Undergraduate

Community Service:

2012 - Present	<u>Meal Ministry</u> , Catholic Church
2010 - Present	<u>Eucharistic Minister and Hospitality Minister</u> , Church
2010-2013	<u>Language Proficiency Assessment Committee (LPAC) Member</u> for Leander Independent School District – English as a Second Language Committee