

SARA WILCOX

Department of Exercise Science & Prevention Research Center
Arnold School of Public Health
University of South Carolina
921 Assembly Street (PHRC), 1st Floor
Columbia, SC 29208
Tel: (803) 777-8141
Fax: (803) 777-9007
E-mail: swilcox@sc.edu

EDUCATION AND TRAINING

- 1996 - 1998 *Postdoctoral Fellow in Cardiovascular Disease Epidemiology and Prevention*
Stanford Center for Research in Disease Prevention
Stanford University School of Medicine, Palo Alto, CA
Primary advisor: Abby C. King, PhD
- 1995 - 1996 *Predoctoral Clinical Psychology Intern in Geropsychology*
Veterans Affairs Palo Alto Health Care System, Palo Alto, CA
Primary advisor: Larry W. Thompson, PhD
- 1991 - 1996 *Doctoral Training Program in Clinical Psychology*
Specialty Track: Adult Development and Aging
Washington University, St. Louis, MO
MA: December, 1993; PhD: August, 1996
Primary advisor: Martha Storandt, PhD
- 1987 - 1991 *Undergraduate Major in Psychology*
Northwestern University, Evanston, IL
BA with honors: June, 1991

PROFESSIONAL POSITIONS

- 2012 - *Director, Prevention Research Center, Arnold School of Public Health,*
University of South Carolina (Interim Director, 2011)
- 2010 - *Professor, Department of Exercise Science, Arnold School of Public Health,*
University of South Carolina
- 2000 – *Adjunct Assistant Professor (2000-2004), Associate Professor (2004-2010),*
and Professor (2010-present), Department of Psychology, University of South
Carolina
- 1999 – *Faculty Affiliate, Women and Gender Studies Program, University of South*
Carolina

2004 – 2010	<i>Associate Professor, Department of Exercise Science, Arnold School of Public Health, University of South Carolina,</i>
1999 - 2004	<i>Assistant Professor, Department of Exercise Science, Arnold School of Public Health, University of South Carolina,</i>
1999 – 2003	<i>Adjunct Assistant Professor, Section on Social Sciences and Health Policy, Department of Public Health Sciences, Wake Forest University School of Medicine,</i>
1998 - 1999	<i>Assistant Professor, Section on Social Sciences and Health Policy, Wake Department of Public Health Sciences, Forest University School of Medicine</i>

LICENSURE

2000 –	<i>Licensed Clinical Psychologist, South Carolina (license #775)</i>
1998 - 2000	<i>Licensed Psychologist and Health Services Provider Psychologist, North Carolina (license #2466)</i>

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- American Public Health Association
- Society of Behavioral Medicine
- American College of Sports Medicine, Fellow
- Gerontological Society of America
- American Psychological Association

HONORS, AWARDS, & RECOGNITIONS

2015	Fellow, National Academy of Kinesiology (elected)
2014-2015	Southeastern Conference (SEC) Academic Leadership Development Program Fellow (1 of 4 faculty at the University of South Carolina selected by the Provost)
2010	Recipient of the University of South Carolina Educational Foundation Faculty Research Award for Health Sciences
2009	Article nominated by the Robert Wood Johnson Foundation (RWJF) as 1 of 25 that “had major policy impact, affected our work and thinking, or stood out in some other way.” Article was then chosen to be in the top 10 list of most influential RWJF research articles (2008: The Year in Research) based on open votes and by the Vice President for Research and Education of the RWJF (article: <i>Wilcox et al., 2008, Am J Prev Med</i>).

- 2007 Nominated by University of South Carolina President Sorenson for the 2008 Governor's Young Researcher Award for Excellence in Scientific Research
- 2007 Recipient of the Arnold School of Public Health Faculty Research Award, University of South Carolina
- 2006 Fellow, American College of Sports Medicine
- 2006-2007 President, Delta Omega Society, Mu Chapter
- 2003 Inducted into Delta Omega Society, Mu Chapter (national honorary public health society)
- 2003 Physical-e-Fit (program developed collaboratively with the 7th Episcopal District of the AME church and MUSC) was the recipient of the 2003 Faith-Based Award from the South Carolina Governor's Council on Physical Fitness
- 2001 Recipient of the Fellowship Fund for Epidemiological Research on Physical Activity (Ralph S. Paffenbarger, Jr. award). Recognized at the annual ACSM meeting in Baltimore, MD.
- 1998 Recipient of the Katharine McCormick Fund for Women travel grant (bequest to Stanford University School of Medicine).
- 1997 Recipient of the National Institute on Aging Summer Institute on Aging Research Fellowship.
- 1995 Recipient of the American Psychological Association Science Directorate Student Travel Award.
- 1994 Received the American Psychological Association Division 20 (Adult Development and Aging) Award for Student Research.
- 1994 Received honors on doctoral subject matter oral examinations.
- 1992-1994 National Institute on Aging Training Fellowship
- 1992 Received honors on doctoral qualifying examinations.
- 1991 - 1996 Full Tuition Remission Awards, School of Arts and Sciences, Washington University, St. Louis, MO
- 1991 Graduated with honors in psychology, Northwestern University, Evanston, IL

RESEARCH INTERESTS

- Translation, dissemination, and implementation of evidence-based health behavior change programs into community settings

- Community-based interventions to increase physical activity and promote healthy eating in older adults, women, and persons of color
- Factors influencing physical activity and healthy eating in diverse populations

PUBLICATIONS

Peer-Reviewed Publications:

* Indicates author was a student or post-doctoral fellow at the time of submission or resulted from the work the student did while at USC.

Under review:

1. Turner-McGrievy, G.M., **WILCOX, S.**, Kaczynski, A.T., Spruijt-Metz, D., Hutto, B.E., Muth, E.R., Hoover, A. (under review). Can we crowdsource dietary intake for self-monitoring? Using the Traffic Light Diet and crowdsourcing to provide dietary feedback. Journal of the American Medical Informatics Association. Submitted August 2015.
2. Hebert, J.R., Wirth, M.D., Harmon, B.E., Shivappa, N., Hurley, T.G., Davis, L., Murphy, E.A., Adams, Brandt, H.M., **WILCOX, S.**, Blair, S.N. (under review). Results of a diet and lifestyle randomized community trial to reduce inflammation in African-American church goers. Preventive Medicine. Submitted August 2015.
3. *Whitaker K, **WILCOX, S.**, Liu J, Blair S, Pate R (under review). Provider counseling and women's intentions to meet weight gain, physical activity, and nutrition recommendations during pregnancy. Maternal and Child Health Journal. Submitted June 2015.
4. *Whitaker K, **WILCOX, S.**, Liu J, Blair S, Pate R (under review). African American and White women's perceptions of weight gain, exercise, and nutrition during pregnancy: a qualitative study. Midwifery. Submitted June 2015.
5. *Whitaker, K.M., **WILCOX, S.**, Liu, J., Blair, S.N., Pate, R.R. (under review). Patient and provider perceptions of weight gain, exercise, and nutrition counseling during pregnancy: a qualitative study. Women's Health Issues. Submitted May 2015.
6. Hales, S., Valafar, H., Fahim, A., Freix, A., **WILCOX, S.**, Davis, R. E., Bell, B., Turner-McGrievy, G. M., and Huhns, M. (under review). The Social POD App: A mixed-methods approach to the development, refinement, and pilot testing of social networks for improving healthy behaviors. Journal of Medical Internet Research Human Factors. Submitted April 2015.
7. *Becofsky, K., Newman-Norlund, R., **WILCOX, S.**, Wang, X., Davis, J.M. (under review). Exercise and cognitive reserve: an fMRI investigation in healthy older women. Journal of Physical Activity and Aging. Submitted March 2015.
8. *Falck, R.S., **WILCOX, S.**, Best, J.R., Chandler, J. Liu-Ambrose, T. (under review). The association between physical performance and executive function in a sample of rural older adults from South Carolina. Archives of Clinical Neuropsychology. Submitted March 2015.

9. *Falck, R.S., *Schenkelberg, M., Christison, L., **WILCOX, S.** (under review). Increasing physical activity through an evidence-based walking program: A process evaluation of the Arthritis Foundation's "Walk With Ease." Health Promotion Practice. Submitted, February 2015.
10. *Paluch, A.E., Hand, G.A., O'Connor, D.P., **WILCOX, S.**, Shook, R.P., Drenowatz, C., Baruth, M. Blair S.N. (under review). The influence of life events on the total spectrum of physical activity. Health Psychology. Submitted November 2014.
11. *Falck, R., **WILCOX, S.**, Chandler, J., Liu-Ambrose, T. (under review). The association between physical performance and cognitive function in a sample of rural older adults from South Carolina. Archives of Clinical Neuropsychology. Submitted July 2015.
12. *Paluch, A.E., Hand, G.A., O'Connor, D.P., **WILCOX, S.**, Shook, R.P., Baruth, M., Drenowatz, C., Burgess, S., Blair, S.N. (under review). Intrapersonal level factors associated with specific components of the full spectrum of physical activity among young adults. Journal of Behavioral Medicine. Submitted October, 2014.
13. Baruth, M., **WILCOX, S.**, *Schoffman, D.E., *Becofsky, K. (under review). Understanding the effects of a self-directed exercise program on depressive symptoms among adults with arthritis through sequential mediation analyses. Arthritis. Revised and resubmitted July 2015.
14. Baruth, M., **WILCOX, S.**, McClenaghan, B., *Becofsky, K., *Schoffman, D. (under review). Clinically meaningful changes in functional performance resulting from self-directed interventions in individuals with arthritis. Arthritis.
15. *Banda, J.A., Hooker, S.P., **WILCOX, S.**, Colabianchi, N., Kaczynski, A.T., Hussey, J. (under review). The effects of a park awareness campaign on rural park use and physical activity. Public Health. Submitted September 2015.

In press:

1. Sharpe, P.A., **WILCOX, S.**, *Schoffman, D., Hutto, B., Ortaglia, A. (in press). Association of complementary and alternative medicine use with symptoms and physical functional performance among adults with arthritis. Disability Health Journal. E-pub ahead of print, June 27, 2015.
2. *Becofsky, K., Baruth, M., **WILCOX, S.** (in press). Physical activity mediates the relationship between program participation and improved mental health in older adults. Public Health.
3. *Whitaker, K.M., **WILCOX, S.**, Liu, J., Blair, S.N., Pate, R.R. (in press). Pregnant women's perceptions of weight gain, physical activity, and nutrition using Theory of Planned Behavior constructs. Journal of Behavioral Medicine. Advanced online publication. doi: 10.1007/s10865-015-9672-z
4. Baruth, M., Sharpe, P.A., Magwood, G.S., **WILCOX, S.**, Schlaff, R. (in press). Body size perceptions among overweight and obese African American women. Ethnicity and Disease.

5. Turner-McGrievy, G.M., Leach, A.M., **WILCOX, S.**, Frongillo, E.A. (in press). Differences in environmental impact and food expenditures of four different plant-based diets and an omnivorous diet: Results of a randomized, controlled intervention. Journal of Hunger and Environmental Nutrition.
6. *Child, S.T., *Schoffman, D.E., Kaczynski, A.T., Forthofer, M., **WILCOX, S.**, Baruth, M. (in press). Neighborhood attributes associated with the social environment. American Journal of Health Promotion.
7. *Marr, J.D., **WILCOX, S.** (in press). Self-efficacy and social support mediate the relationship between internal health locus of control and health behaviors in college students. American Journal of Health Education.
8. *Becofsky, K.M., Shook, R.P., Sui, X., **WILCOX, S.**, Lavie, C.J., Blair, S.N. (in press). The influence of source of social support and size of social network on all-cause mortality. Mayo Clinic Proceedings. Epub ahead of print June 5, 2015. doi: 10.1016/j.mayocp.2015.04.007. PMID: 26055526.
9. *McDonald, S.M., Liu, J., **WILCOX, S.**, *Lau, E., Archer, E. (in press). Does dose matter in reducing gestational weight gain in exercise interventions? A systematic review of literature. Journal of Science and Medicine in Sport. Epub ahead of print. March 26, 2015
10. Friedman, D.B., **WILCOX, S.**, Hebert, J.R. (in press). Proposing an interdisciplinary, communication-focused agenda for cancer and aging researchers. Journal of Cancer Education. Epub ahead of print April 18, 2015.
11. Baruth, M., **WILCOX, S.** (in press). Psychosocial mediators of physical activity and fruit and vegetable consumption in the Faith, Activity, and Nutrition programme. Public Health Nutrition Dec 8: 1-9. Epub ahead of print.

2015

12. *Schoffman D.E., Kaczynski A.T., Forthofer M., **WILCOX S.**, Hutto B., *Child S.T., *Hughey S.M. (2015). Longitudinal associations with changes in outdoor recreation area use for physical activity during a community-based intervention. Preventive Medicine, 67, 29-32.
13. *Child, S., Kaczynski, A.T., Sharpe, P.A., **WILCOX, S.**, *Schoffman, D.E., Forthofer, M., Mowen, A.J., Barr-Anderson, D.J. (2015). Demographic differences in perceptions of outdoor recreation areas across a decade. Journal of Park and Recreation Administration, 33(2), 1-19.
14. *Kyrlyiuk, R., Baruth, M., **WILCOX, S.** (2015). Predictors of weight loss for African-American women in the Faith, Activity, and Nutrition (FAN) study. Journal of Physical Activity and Health, 12(5), 659-665. Epub ahead of print June 4, 2014. PMID: 24905567.

15. **WILCOX, S.**, Forthofer, M., Sharpe, P.A., Hutto, B. (2015). Characteristics of walking group leaders as compared with walking group members in a community-based study. Journal of Physical Activity and Health, 12 (Suppl 1), S26-S30.
16. Baruth, M., **WILCOX, S.**, Der Ananian, C., Heiney, S. (2015) Effects of home-based walking on quality of life and fatigue on outcomes in early stage breast cancer survivors: A 12-week pilot study. Journal of Physical Activity and Health, 12 (Suppl 1), S110-S118. PMID: 23963636.
17. Sharpe, P.A., Flint, S., Burroughs-Girardi, E., Pekuri, L., **WILCOX, S.**, Forthofer, M. (2015). Building capacity in disadvantaged communities: Development of the Community Advocacy and Leadership Program. Progress in Community Health Partnerships: Research, Education, and Action, 9(1), 113-127.
18. Liu, J., **WILCOX, S.**, *Whitaker, K., Blake, C., Addy, C. (2015). Preventing excessive weight gain during pregnancy and promoting postpartum weight loss: A pilot lifestyle intervention for overweight and obese African American women. Maternal and Child Health Journal, 19(4), 840-849. Epub ahead of print July 23, 2014.
19. *Harris, S.T., Liu, J., **WILCOX, S.**, Moran, R., Gallagher, A. (2015). Exercise during pregnancy and its association with gestational weight gain. Maternal and Child Health Journal, 19 (3), 528-537. Epub ahead of print June 10, 2014. PMID: 25204768.
20. Turner-McGrievy, G.M., Wirth, M.D., Shivappa, N., Wingard, E.E., Fayad, R., **WILCOX, S.**, Frongillo, E.A., Hébert, J. (2015). Randomization to plant-based dietary approaches leads to larger short-term improvements in Dietary Inflammatory Index scores and macronutrient intake compared to diets that contain meat. Nutrition Research, 35(2), 97-106.
21. *Becofsky, K.M., Sui, X., Lee, D.C., **WILCOX, S.**, Zhang, J., & Blair, S.N. (2015). A prospective study of fitness, fatness, and depressive symptoms. American Journal of Epidemiology, 181 (5), 311-320. Epub ahead of print, February 17, 2015
22. *Becofsky, K.M., Sui, X., Lee, D.C., **WILCOX, S.**, & Blair, S.N. (2015). Becofsky et al. respond to "misclassifying fitness and depression." American Journal of Epidemiology, 181(5), 325-326. Epub ahead of print, February 17, 2015.
23. Turner-McGrievy, G.M., Davidson, C.R., Wingard, E.E., **WILCOX, S.**, Frongilo, E.A. (2015). Comparative effectiveness of plant-based diets for weight loss: A randomized controlled trial of five different diets. Nutrition, 31(2), 350-358.
24. **WILCOX, S.**, McClenaghan, B., Sharpe, P.A., Baruth, M., Hootman, J.M., Leith, K., Dowda, M. (2015). The Steps to Health randomized trial for arthritis: A self-directed exercise versus nutrition control program. American Journal of Preventive Medicine, 48(1), 1-12.

2014

25. *Whitaker, K., Young-Hyman, D., Vernon, M., **WILCOX, S.** (2014). Maternal stress predicts postpartum weight retention. Maternal and Child Health Journal, 18(9), 2209-2217. Epub ahead of print April 24, 2014. PMID: 24760321.

26. *Schoffman, D.E., **WILCOX, S.**, Kaczynski, A.T., *Child, S., Barr-Anderson, D.J., Sharpe, P.A., Forthofer, M. (2014). Predicting outdoor recreation area use in a Southeastern U.S. county: a signal detection analysis. Journal of Community Health, 39(6), 1101-1108. E-pub ahead of print published March 14, 2014. PMID: 24627153
27. *Banda, J.A., **WILCOX, S.**, Colabianchi, N., Hooker, S.P., Kaczynski, A.T., Hussey, J. (2014). The associations between park environments and park use in southern US communities. Journal of Rural Health, 30(4), 369-378. Epub ahead of print published April 9, 2014. PMID: 24717017
28. Baruth, M., **WILCOX, S.**, Sharpe, P.A., Schoffman, D.E., *Becofsky, K. (2014). Baseline predictors of physical activity in a sample of adults with arthritis participating in a self-directed exercise program. Public Health, 128(9), 834-841.
29. *Becofsky, K., Baruth, M., **WILCOX, S.** (2014). Psychosocial mediators of two community-based physical activity programs. Annals of Behavioral Medicine, 48, 125-129. Epub ahead of print December 18, 2013. PMID: 24347407.
30. Baruth, M., Sharpe, P.A., Parra-Medina, D., **WILCOX, S.** (2014). Perceived barriers to exercise and healthy eating among women from disadvantaged neighborhoods: Results from a focus groups assessment. Women and Health, 54(4), 336-353. PMID: 24617795. PMCID: 4058907.
31. **WILCOX, S.**, *Schoffman, D.E., Dowda, M., Sharpe, P.A. (2014). Psychometric properties of the 8-item English Arthritis Self-Efficacy Scale in a diverse sample. Arthritis, 2014, Article ID 385256. doi:10.1155/2014/385256 PMID: 25215233. PMCID: 4158258.
32. Baruth, M., *Becofsky, K., **WILCOX, S.**, *Goodrich, K. (2014). Health characteristics and health behaviors of African American adults according to self-rated health status. Ethnicity and Disease, 24(1), 97-103. PMID: 24620455.
33. Liu, J., Gallagher, A.E., Carta, C.M., Torres, M.E., Moran, R., **WILCOX, S.** (2014). Racial differences in gestational weight gain and pregnancy-related hypertension. Annals of Epidemiology, 24(6), 441-447. PMID: 24685832. PMCID: 4029921.
34. *Whitaker, K.M., Sharpe, P.A., **WILCOX, S.**, Hutto, B.E. (2014). Depressive symptoms are associated with dietary intake but not physical activity among overweight and obese women from disadvantaged neighborhoods. Nutrition Research, 34, 294-301. PMID: 24774065. PMCID: 4004962.
35. Baruth, M., **WILCOX, S.** (2014). Predictors of physical activity 6-months postintervention in the Active for Life initiative. Journal of Physical Activity and Health, 11(2), 256-265. PMID: 23364218.
36. Baruth, M., **WILCOX, S.**, Evans, R. (2014). The health and health behaviors of a sample of African American pastors. Journal of Health Care for the Poor and Underserved, 25(1), 229-241. PMID: 245092023.

37. Saunders, R.P., **WILCOX, S.**, Baruth, M., Dowda, M. (2014). Process evaluation methods, implementation fidelity results and relationship to physical activity and healthy eating in the Faith, Activity, and Nutrition (FAN) study. Evaluation and Program Planning, 43, 93-102. PMID: 24394548. PMCID: 4022598.
38. Turner-McGrievy, G.M., Davidson, C.R., **WILCOX, S.** (2014). Does the type of weight loss diet affect who participates in a behavioral weight loss intervention? A comparison of participants for a plant-based diet versus a standard diet trial. Appetite, 73, 156-162. Epub ahead of print published November 20, 2013. PMID: 24269507 PMCID: 3932532.

2013

39. Baruth, M., **WILCOX, S.** (2013). Multiple behavior change among church members taking part in the Faith, Activity, and Nutrition program. Journal of Nutrition Education and Behavior, 45(5), 428-434. PMID: 23769297 PMCID: PMC3770824
40. Baruth, M., **WILCOX, S.**, *Schoffman, D.E., *Becofsky, K. (2013). Factors associated with disability in a sample of adults with arthritis. Disability and Health Journal, 6(4), 377-384. PMID: 24060261
41. Hebert, J.R., Wirth, M., Davis, L., Davis, B., Harmon, B.E., Hurley, T.G., Drayton, R., Murphy, E.A., Shivappa, N., **WILCOX, S.**, Adams, S.A., Brandt, H.M., Blake, C.E., Armstead, C.A., Steck, S.E., Blair, S.N. (2013) c-reactive protein levels in African Americans: a diet and lifestyle randomized community trial. American Journal of Preventive Medicine, 45(4), 430-440. PMID: 24050419 PMCID: PMC3779347
42. *Schoffman, D.E., **WILCOX, S.**, Baruth, M. (2013). Association of body mass index with physical function and health-related quality of life in adults with arthritis. Arthritis, 2013, Article ID 190868. <http://dx.doi.org/10.1155/2013/190868> PMID: 24392226
43. *Baruth, M., **WILCOX, S.**, Saunders, R.P., Hooker, S.P., Hussey, J.R., Blair, S.N. (2013). Perceived environmental church support and physical activity among black church members. Health Education and Behavior, 40(6), 712-720. PMID: 23463792
44. *Schoffman, D.E., Turner-McGrievy, G., Jones, S.J., **WILCOX, S.** (2013). Mobile apps for pediatric obesity prevention and treatment, healthy eating, and physical activity promotion: Just fun and games? Translational Behavioral Medicine: Practice, Policy, and Research, 3, 320-325. PMID: 24073184
45. *Becofsky, K., Baruth, M., **WILCOX, S.** (2013). Physical functioning, perceived disability, and depressive symptoms in adults with arthritis. Arthritis, 2013, Article ID 525761. <http://dx.doi.org/10.1155/2013/525761> PMID: 24093063
46. **WILCOX, S.**, Altpeter, M., Anderson, L.A., Belza, B., Bryant, L., Jones, D.L., Leith, K.H., Phelan, E.A., Satariano, W.A. (2013). The Healthy Aging Research Network: Resources for building capacity for public health and aging practice. American Journal of Health Promotion, 28(1), 2-6. PMID: 24000962 * Author order beyond first two is alphabetic.
47. **WILCOX, S.**, Sharpe, P.A., Turner-McGrievy, G., Granner, M., Baruth, M. (2013). Frequency of consumption at fast-food restaurants is associated with dietary intake in

- overweight and obese women recruited from financially disadvantaged neighborhoods Nutrition Research, 33, 636-646. PMID: 23890353 PMCID: PMC3758906
48. Baruth, M., Sharpe, P.A., Hutto, B.E., **WILCOX, S.**, *Warren, T.Y. (2013). Patterns of sedentary behavior in overweight and obese women. Ethnicity and Disease, 23, 336-342. PMID: 23914420 PMCID: PMC3761397
 49. Jagers, J.R., Dudgeon, W.D., Blair, S.N., Sui, X., Burgess, S., **WILCOX, S.**, Hand, G.A. (2013). A home-based exercise intervention to increase physical activity among people living with HIV: study design of a randomized clinical trial. BMC Public Health, 13, 502. PMID: 23706094. PMCID: PMC3668143.
 50. Condrasky, M.D., Baruth, M., **WILCOX, S.**, *Carter, C. (2013). Predictors of change in fruit and vegetable consumption in a faith-based intervention with African American adults. Family and Community Health, 36(3), 236-247. PMID: 23718959
 51. Baruth, M., **WILCOX, S.**, Saunders, R.P. (2013). The role of pastor support in a faith-based health promotion intervention. Family and Community Health, 36(3), 204-214. PMID: 23718956
 52. **WILCOX, S.**, Parrott, A., Baruth, M., Laken, M., Condrasky, M., Saunders, R., Dowda, M. Evans, R., Addy, C., *Warren, T., Kinnard, D., Zimmerman, L. (2013). The Faith, Activity, and Nutrition Program. A randomized controlled trial in African American churches. American Journal of Preventive Medicine, 44(2), 122-131. PMID: 23332327 PMCID: PMC3884828
 53. *Goodrich, K., *Cregger, M., **WILCOX, S.**, Liu, J. (2013) A qualitative study of factors affecting pregnancy weight gain in African American women. Maternal and Child Health Journal, 17(3), 432-440. Epub ahead of print April 22, 2012. PMID: 22527762
 54. Condrasky, M.D., Baruth, M., **WILCOX, S.**, *Carter, C., Jordan, J.F. (2013) Cooks training for Faith, Activity, and Nutrition project with AME churches in SC. Evaluation and Program Planning, 37, 43-39. PMID: 23352927 PMCID: PMC3594548
- 2012:**
55. Hooker, S.P., Courtenay, W.H., Burroughs, E., Rheaume, C., **WILCOX, S.** (2012) The potential influence of masculine identity on health-improving behavior in midlife and older African American men. Journal of Men's Health, 9(2), 79-88. Epub ahead of print April 2012. PMCID: PMC3580856
 56. Friedman, D.B., Hooker, S.P., **WILCOX, S.**, Burroughs, E.L., Rheaume, C.E. (2012). African American men's perspectives on promoting physical activity: "We're not that difficult to figure out!" Journal of Health Communication, 17(10), 1151-1170. PMID: 22808914 PMCID: 3504165
 57. Sharkey, J.R., Locher, J., Sahyoun, N., **WILCOX, S.** (2012). Nutrition and Aging: Nutritional Health Inequity. Journal of Aging Research, vol 2012, Article ID 164106, 1 page. doi:10.1155/2012/164106 PMID: 23119162 PMCID: PMC3479997

58. Baruth, M., Addy, C.L., **WILCOX, S.**, Dowda, M. (2012). Clustering of risk behaviors among African American adults. Health Education Journal, 71(5), 565-575.
59. *Archer, E., Groessl, E.J., Sui, X., McClain, A.C., **WILCOX, S.**, Hand, G.A., Merriwether, R.A., Blair, S.N. (2012). An economic analysis of traditional and technology-based approaches to weight loss: LEAN study cost-effectiveness. American Journal of Preventive Medicine, 43(2), 176-182. PMID: 22813682
60. *Warren, T.Y., **WILCOX, S.**, Dowda, M., Baruth, M (2012). Independent association of waist circumference with hypertension and diabetes in African American women, South Carolina, 2007-2009. Preventing Chronic Disease, May, 9:E105. PMID: 22632742
61. Dunn, A.L., Buller, D.B., Dearing, J.W., Cutter, G., Guerra, M., **WILCOX, S.**, Bettinghaus, E.P. (2012). Adopting an evidence-based lifestyle physical activity program: Dissemination study design and methods. Translational Behavioral Medicine, 2, 199-208. PMID: 23181147 PMCID: PMC3503455

2011:

62. *Lattimore, D. **WILCOX, S.**, Saunders, R., Griffin, S., Fallon, E., Hooker, S., Durstine, J.L. (2011). Self-reported barriers of older adults entering a home-based physical activity program. Californian Journal of Health Promotion, 9(2), 15-28.
63. Hooker, S.P., **WILCOX, S.**, Rheume, C.E., Burroughs, E.L., Friedman, D.B. (2011). Factors related to physical activity and recommended intervention strategies as told by midlife and older African American men. Ethnicity and Disease, 21(3), 261-267.
64. Parra-Medina, D., **WILCOX, S.**, Salinas, J., Addy, C., Fore, E., Poston, M.B., Wilson, D.K. (2011). Results of the Heart Healthy and Ethnically Relevant Lifestyle Trial: A cardiovascular risk reduction intervention for African American women attending community health centers. American Journal of Public Health, 101, 1914-1921.
65. **WILCOX, S.**, Sharpe, P.A., Parra-Medina, D., Granner, M., Hutto, B. (2011). A randomized trial of a diet and exercise intervention for overweight and obese women from economically disadvantaged neighborhoods: Sisters Taking Action for Real Success (STARS). Contemporary Clinical Trials, 32, 931-945.
66. *Baruth, M. & **WILCOX, S.** (2011). Effectiveness of two evidence-based programs in participants with arthritis: Findings from the Active for Life initiative. Arthritis Care and Research (Hoboken), 63(7), 1038-1047.
67. Hooker, S.P., Harmon, B., Burroughs, E.L., Rheume, C.E., **WILCOX, S.** (2011). Exploring the feasibility of a physical activity intervention for midlife African American men. Health Education Research, 26(4), 732-738.
68. *Sieverdes, J.C., Sui, X., Hand, G.A., Barry, V.W., **WILCOX, S.**, Meriwether, R.A., Hardin, J.W., McClain, A.C., Blair, S.N. (2011) Cardiometabolic results from an armband-based weight loss trial. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, 4, 187-194.

69. Sharpe, P.A., **WILCOX, S.**, *Rooney, L.J., Strong, D., Hopkins-Campbell, R., Butel, J., Ainsworth, B., Parra-Medina, D. (2011). Adherence to accelerometer protocols among women from economically disadvantaged neighborhoods. Journal of Physical Activity and Health, 8(5), 699-706.
70. *Baruth, M., **WILCOX, S.**, Egan, B.M., Dowda, M., Laken, M., Warren, T.Y. (2011). Cardiovascular disease risk factor clustering among African American adults. Ethnicity & Disease, 21, 129-134.
71. *Umstattd, R.M., **WILCOX, S.**, Dowda, M. (2011). Predictors of change in satisfaction with body appearance and body function in mid-life and older adults: Active for Life®. Annals of Behavioral Medicine, 41(3), 342-352.
72. *Baruth, M., **WILCOX, S.**, Condrasky, M. (2011). Perceived environmental church support is associated with dietary practices among African-American adults. Journal of the American Dietetic Association, 111, 889-893.
73. *Barry, V.W., McClain, A.L., *Shuger, S., Sui, X., Hardin, J.W., Hand, G.A., **WILCOX, S.**, Blair, S.N. (2011). Using a technology-based intervention to promote weight loss in sedentary overweight or obese adults: a randomized controlled trial study design. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, 4, 67-77.
74. *Shuger, S.L., *Barry, V.W., Sui, X, McClain, A., Hand, G.A., **WILCOX, S.**, Meriwether, R.A., Hardin, J.W., Blair, S.N. (2011). Electronic feedback in a diet- and physical activity-based lifestyle intervention for weight loss: a randomized controlled trial. International Journal of Behavioral Nutrition and Physical Activity, 8, 41.
75. Estabrooks, P.A., Smith-Ray, R.L., Dzewaltowski, D.A., Dowdy, D., *Lattimore, D., Rheume, C., Ory, M.G., Bazzarre, T., Griffin, S.F., **WILCOX, S.** (2011). Sustainability of evidence-based community-based physical activity programs for older adults: lessons from Active for Life. Translational Behavioral Medicine, 1, 208-215.
76. *Baruth, M., Lee, D.C., Sui, X., Church, T.S., Marcus, B.H., **WILCOX, S.**, Blair, S.N. (2011). Emotional outlook on life predicts increases in physical activity among initially inactive men. Health Education and Behavior, 38 (2), 150-158.
77. *Baruth, M., **WILCOX, S.**, Sallis, J.F., King, A.C., Marcus, B.H., Blair, S.N. (2011). Changes in CVD risk factors in the Activity Counseling Trial. International Journal of General Medicine, 4, 53-62.
78. *Baruth, M., **WILCOX, S.**, Wegley, S., Buchner, D.M., Ory, M.G., Phillips, A., Schwamberger, K., Bazzarre, T.L. (2011). Changes in physical functioning in the Active Living Every Day program of the Active for Life Initiative®. The International Journal of Behavioral Medicine, 18(3), 199-208. Published online 6/30/2010.
- 2010:**
79. **WILCOX, S.**, Parra-Medina, D., Felton, G., Poston, M.B., McClain, A. (2010). Adoption and implementation of physical activity and dietary counseling by community health center providers and nurses. Journal of Physical Activity and Health, 7(5), 602-612.

80. *Baruth, M., **WILCOX, S.**, Dunn, A.L., King, A.C., Marcus, B.H., Rejeski, W.J., Sallis, J.S., Blair, S.N. (2010). Psychosocial mediators of physical activity and fitness changes in the Activity Counseling Trial. Annals of Behavioral Medicine, 39(3), 274-289.
81. *Baruth, M., **WILCOX, S.**, Blair, S., Hooker, S., Hussey, J., Saunders, R. (2010). Psychosocial mediators of a faith-based physical activity intervention: implications and lessons learned from null findings. Health Education Research, 25(4), 645-655.
82. *Lattimore, D., Griffin, S.F., **WILCOX, S.**, Rheume, C., Dowdy, D.M., Leviton, L.C., Ory, M.G. (2010). Understanding the challenges encountered and adaptations made by community organizations in translation of evidence-based behavior change physical activity interventions: A qualitative study. American Journal of Health Promotion, 24(6), 427-434.
83. Parra-Medina, D., **WILCOX, S.**, Wilson, D.K., Addy, C.L., Felton, G., Poston, M.B. (2010). Heart Healthy and Ethnically Relevant (HHER) Lifestyle trial for improving diet and physical activity in underserved African American women. Contemporary Clinical Trials, 31, 92-104.
84. **WILCOX, S.**, Laken, M., Parrott, A.W., Condrasky, M., Saunders, R., Addy, C.L., Evans, R., *Baruth, M., Samuel, M. (2010). The Faith, Activity, and Nutrition (FAN) Program: design of a participatory research intervention to increase physical activity and improve dietary habits in African American churches. Contemporary Clinical Trials, 31, 323-335.
85. Griffin, S.F., **WILCOX, S.**, Ory, M.G., *Lattimore, D., Leviton, L., Castro, C., Carpenter, R.A., Rheume, C. (2010). Results from the Active for Life process evaluation: program delivery and fidelity. Health Education Research, 25(2), 325-342.
86. Sharpe, P.A., Burroughs, E.L., Granner, M.L., **WILCOX, S.**, Hutto, B.E., Bryant, C.A., Peck, L., Pekuri, L. (2010). Impact of a community-based prevention marketing intervention to promote physical activity among middle-aged women. Health Education and Behavior, 37(3), 403-423.
87. Hales, D., Evenson, K.R., Wen, F., **WILCOX, S.** (2010). Postpartum physical activity: measuring theory of planned behavior constructs. American Journal of Health Behavior, 34(4), 387-401.
88. *Mathews, A.E., Laditka, S.B., Laditka, J.N., **WILCOX, S.**, Corwin, S.J., *Liu, R., Friedman, D.B., Hunter, R., Tseng, W., Logsdon, R.G. (2010). Older adults' perceived physical activity enablers and barriers: A multicultural perspective. Journal of Aging and Physical Activity, 18, 119-140.
- 2009:**
89. **WILCOX, S.**, Dowda, M., Wegley, S., Ory, M.G. (2009). Maintenance of change in the Active for Life initiative. American Journal of Preventive Medicine, 37(6), 501-504.
90. *Umstattd, M.R., Motl, R.W., **WILCOX, S.**, Saunders, R., Watford, M. (2009). Measuring physical activity self-regulation strategies in older adults. Journal of Physical Activity and Health, 6(Suppl 1), S105-112.

91. *Bopp, M., **WILCOX, S.**, Laken, M., & McClorin, L. (2009). Physical activity participation in African American churches. Journal of Cultural Diversity, 16(1), 26-31.
92. Youngstedt, S.D., *Kline, C.E., *Zelinki, M.R., Kripke, D.F., *Devlin, T.M., Bogan, R.K., **WILCOX, S.**, Hardin, J.W. (2009). Tolerance of chronic 90-minute time-in-bed restriction in older long sleepers. Sleep, 32(11), 1467-1479.
93. Corwin, S.J., Laditka, J.N., Laditka, S.B., **WILCOX, S.**, *Liu, R. (2009). Attitudes on aging well among older African Americans and whites in South Carolina. Preventing Chronic Disease, 6(4). [serial online] Available at URL: http://www.cdc.gov/pcd/issues/2009/oct/08_0169.htm.
94. *Bopp, M., **WILCOX, S.**, Laken, M., Hooker, S.P., Parra-Medina, D., Saunders, R., *Butler, K., *Fallon, E.A., McClorin, L. (2009). 8 Steps to Fitness: a faith-based, behavior change physical activity intervention for African Americans. Journal of Physical Activity and Health, 6, 568-577.
95. **WILCOX, S.**, Sharkey, J., *Matthews, A.E., Laditka, J.N., Laditka, S.B., Logsdon, R.G., Sahyoun, N., Robare, J., *Liu, R. (2009). Perceptions and beliefs about the role of physical activity and nutrition on brain health in older adults. The Gerontologist, 49(S1), S61-S71.
96. Laditka, S.B., Corwin, S.J., Laditka, J.N., *Liu, R., Friedman, D.B., *Matthews, A.E., **WILCOX, S.** (2009). Methods and management of the Healthy Brain Study: A large multisite qualitative research project. The Gerontologist, 49(S1), S18-S22.
97. **WILCOX, S.**, Dowda, M., Dunn, A., Ory, M.G., Rheaume, C., King, A.C. (2009). Predictors of increased physical activity in the Active for Life program. Preventing Chronic Disease, 6(1). [serial online] Available at URL: http://www.cdc.gov/pcd/issues/2009/jan/07_0244.htm.
- 2008:**
98. **WILCOX, S.**, Dowda, M., Leviton, L.C., Bartlett-Prescott, J., Bazzarre, T., Campbell-Voytal, K., Carpenter, R.A., Castro, C.M., Dowdy, D., Dunn, A.L., Griffin, S.F., Guerra, M., King, A.C., Ory, M.G., Rheaume, C., Tobnick, J., Wegley, S. (2008). Active for Life – Final results from the translation of two physical activity programs. American Journal of Preventive Medicine, 35(4), 340-351.
99. *Baruth, M., **WILCOX, S.**, Laken, M., Bopp, M., Saunders, R. (2008). Implementation of a faith-based physical activity intervention: Insights from church health directors. Journal of Community Health, 33(5), 304-312.
100. *Der Ananian, C.A., **WILCOX, S.**, Watkins, K., Saunders, R., Evans, A.E. (2008). Factors associated with exercise participation in adults with arthritis. Journal of Aging and Physical Activity, 16(2), 125-143.
101. *Umstattd, M.R., **WILCOX, S.**, Saunders, R., Watkins, K., Dowda, M. (2008). Self-regulation and physical activity: The relationship in older adults. American Journal of Health Behavior, 32(2), 115-124.

102. *Vrazel, J., Saunders, R.P., **WILCOX, S.** (2008). An overview and proposed framework of social-environmental influences on the physical activity behavior of women. American Journal of Health Promotion, 23(1), 2-12.
103. Griffin, S., Wilson, D.K., **WILCOX, S.**, Buck, J., Ainsworth, B.E. (2008). Physical activity influences in a disadvantaged African American community and the communities' proposed solutions. Health Promotion Practice, 9(2), 180-190.
104. King, A.C., **WILCOX, S.** (2008). Exploring physical activity preferences. Annals of Behavioral Medicine, 35(1), 123-124.
105. Sharpe, P.A., Granner, M.L., Hutto, B.E., **WILCOX, S.**, Peck, L., Addy, C.L. (2008). Correlates of physical activity among African American and White women. American Journal of Health Behavior, 32(6), 701-713.

2007:

106. **WILCOX, S.**, Laken, M., *Bopp, M., Gethers, O., Huang, P., McClorin, L., Parrott, A.W., Swinton, R., & Yancey, A. (2007). Increasing physical activity among church members: community-based participatory research. American Journal of Preventive Medicine, 32(2), 131-138.
107. **WILCOX, S.**, Laken, M., Anderson, T., *Bopp, M., Bryant, D., Carter, R., Gethers, O., Jordan, J., McClorin, L., O'Rourke, K., Parrott, A.W., Swinton, R., Yancey, A. (2006). The Health-e-AME Faith-Based Physical Activity Initiative: Description and baseline findings. Health Promotion Practice, 8(1), 69-78.
108. *Bopp, M., *Lattimore, D., **WILCOX, S.**, Laken, M., McClorin, L., Swinton, R., Gethers, O., Bryant, D. (2007) Understanding physical activity participation in members of an African American church: A qualitative study. Health Education Research, 22(6), 815-826.
109. *Bopp, M., **WILCOX, S.**, Laken, M., Hooker, S., Saunders, R., Parra-Medina, D., *Butler, K., McClorin, L. (2007). Using the RE-AIM framework to evaluate a physical activity intervention in churches. Preventing Chronic Disease, 4(4). [serial online] Available at URL: http://www.cdc.gov/pcd/issues/2007/oct/06_0155.htm.
110. Granner, M.L., Sharpe, P.A., Hutto, B., **WILCOX, S.**, Addy, C.L. (2007). Perceived individual, social and environmental factors for physical activity and walking. Journal of Physical Activity and Health, 4(3), 278-29.
111. Meriwether, R.A., **WILCOX, S.**, Parra-Medina, D. (2007). Physical activity interventions in clinical settings. Current Cardiovascular Risk Reports, 1(3), 237-246.
112. Matthews, C.E., **WILCOX, S.**, Hanby, C.L., *Der Ananian, C., Heiney, S.P., Gebretsadik, T., Shintani, A. (2007). Evaluation of a 12-week home-based walking intervention for breast cancer survivors. Supportive Care in Cancer, 15(2), 203-211.
113. Laken, M., **WILCOX, S.**, Swinton, R. (2007). Working across faith and science to improve the health of African Americans. Ethnicity and Disease, 17(S1), 23-26.

2006:

114. **WILCOX, S.**, Dowda, M., Griffin, S.F., Rheaume, C., Ory, M.G., Leviton, L., King, A.C., Dunn, A., Buchner, D.M., Bazzarre, T., Estabrooks, P.A., Campbell-Voytal, K., Bartlett-Prescott, J., Dowdy, D., Castro, C.M., Carpenter, R.A., Dzewaltowski, D.A., Mockenhaupt, R. (2006). Results of the first year of Active for Life: translation of two evidence-based physical activity programs for older adults into community settings. American Journal of Public Health, *96*(7), 1201-1209.
115. **WILCOX, S.**, *Der Ananian, C., Abbott, J., *Vrazel, J., *Ramsey, C., Sharpe, P.A., Brady, T. (2006). Perceived exercise barriers, enablers, and benefits among exercising and non-exercising adults with arthritis: results from a qualitative study. Arthritis and Rheumatism, *55*(4), 616-627.
116. **WILCOX, S.**, Castro, C.M., King, A.C. (2006). Outcome expectations and physical activity participation in two samples of older women. Journal of Health Psychology, *11*(1), 65-77.
117. *Bopp, M., **WILCOX, S.**, Laken, M., *Butler, K., Carter, R.E., McClorin, L., Yancey, A. (2006). Factors associated with physical activity among African-American men and women. American Journal of Preventive Medicine, *30*(4), 340-346.
118. *Der Ananian, C., **WILCOX, S.**, Saunders, R., Watkins, K., Evans, S. (2006). Factors that influence exercise among non-exercisers, insufficiently active individuals and regular exercisers with arthritis. Preventing Chronic Disease [serial online]. July. Available from: URL: <http://www.cdc.gov/pcd/issues/2006/july/05-0220.htm>.
119. *Der Ananian, C.A., **WILCOX, S.**, Abbott, J., *Vrazel, J., *Ramsey, J., Sharpe, P.A., Brady, T (2006). The exercise experience in adults with arthritis: A qualitative approach. American Journal of Health Behavior, *30*(6), 731-744.
120. *Fallon, E.A., **WILCOX, S.**, Laken, M. (2006). Health care provider advice for African American adults not meeting health behavior recommendations. Preventing Chronic Disease [serial online]. April. Available from: URL: http://www.cdc.gov/pcd/issues/2006/apr/05_0103.htm.
121. *Umstattd, M.R., Saunders, R., **WILCOX, S.**, Valois, R.F., Dowda, M. (2006). Correlates of self-regulation for physical activity among older adults. American Journal of Health Behavior, *30*(6), 710-719.
122. Dye, C. J., **WILCOX, S.** (2006). Beliefs of low-income and rural older women regarding physical activity: You have to want to make your life better. Women and Health, *43*(1), 115-134.
123. Prohaska, T., Belansky, E., Belza, B., Buchner, D., Marshall, V., McTigue, K., Satariano, W., & **WILCOX, S.** (2006). Physical activity, public health, and aging: Critical issues and research priorities. Journal of Gerontology: Social Sciences, *61B*(5), S267-273.
- a. Author order beyond 1st is alphabetical by last name.**

124. The Healthy Aging Research Network Writing Group. The Prevention Research Centers Healthy Aging Research Network. (2006) Preventing Chronic Disease [serial online]. January. Available from: URL: http://www.cdc.gov/pcd/issues/2006/jan/05_0054.htm.
S. WILCOX was a member of the writing group.

2005:

125. **WILCOX, S.**, Sharpe, P.A., Hutto, B., & Granner, M.L. (2005). Psychometric Properties of the Self-Efficacy for Exercise Questionnaire in a Diverse Sample of Men and Women. Journal of Physical Activity and Health, 2(3), 285-297.
126. **WILCOX, S.**, *Oberrecht, L., *Bopp, M., Kammermann, S.K., McElmurray, C.T. (2005). A qualitative study of exercise in older African American and White Women in Rural South Carolina: Perceptions, Barriers, and Motivators. Journal of Women and Aging, 17 (1/2), 37-53.
127. **WILCOX, S.**, *DerAnanian, C., Sharpe, P.A., *Robbins, J., Brady, T. (2005). Correlates of physical activity in persons with arthritis: Review and recommendations. Journal of Physical Activity and Health, 2, 230-252.
128. **WILCOX, S.**, *Bopp, M., Wilson, D.K., *Fulk, L.J., Hand, G.A. (2005). Race differences in cardiovascular and cortisol responses to an interpersonal challenge in women who are family caregivers. Ethnicity & Disease, 15(1), 17-24.
129. *Fallon, E., **WILCOX, S.**, Ainsworth, B.E. (2005). Correlates of self-efficacy for physical activity in African American women. Women and Health, 41(3), 47-62.

2004:

130. **WILCOX, S.**, King, A.C. (2004). The effects of life events and interpersonal loss on adherence to home- and class-based exercise sessions in older adults. Journal of Aging and Physical Activity, 11, 117-130.
131. Bopp, M., **WILCOX, S.**, Oberrecht, L., Kammermann, S.K., McElmurray, C.T. (2004). Correlates of strength training in older rural African American and Caucasian women. Women and Health, 40(1), 1-20.
132. Parra-Medina, D., **WILCOX, S.**, Thompson-Robinson, M., Sargent, R., Will, J.C. (2004). A replicable process for redesigning ethnically relevant educational materials. Journal of Women's Health, 13(5), 579-588.

2003:

133. **WILCOX, S.**, Evenson, K.R., Aragaki, A., Wassertheil-Smoller, S., Mouton, C.P., Loevinger, B.L. (2003). The effects of widowhood on physical health, mental health, and health behaviors: the Women's Health Initiative. Health Psychology, 22 (5), 513-522.
134. **WILCOX, S.**, Bopp, M., Oberrecht, L., Kammermann, S.K., McElmurray, C.T. (2003). Psychosocial and environmental correlates of physical activity in rural and older African American and White women. Journal of Gerontology: Psychological Sciences, 58B(6), P329-P337

135. Tudor-Locke, C., Henderson, K.A., **WILCOX, S.**, Cooper, R.S., Durstine, J.L., & Ainsworth, B.E. (2003). In their own voices: Definitions and interpretations of physical activity. Women's Health Issues, 13, 194-199.
136. Sellers, D.B., Thompson-Robinson, M., Parra-Medina, D., **WILCOX, S.**, Thompson, N.L., Will, J.C. (2003). Readability of educational materials targeting CVD risk factors in African Americans and women. American Journal of Health Studies, 18(4), 188-194.
137. Ainsworth, B.E., **WILCOX, S.**, Thompson, W.W., Richter, D.L., Henderson, K.A. (2003). Personal, social, and physical environmental correlates of physical activity in African-American women in South Carolina. American Journal of Preventive Medicine, 25 (3Si), 23-29.
138. Eyler, A.A., Matson-Koffman, D., Young, D.R., ***WILCOX, S.**, Wilbur, J., Thompson, J.L., Sanderson, B., Evenson, K.R. (2003). Quantitative study of correlates of physical activity in women from diverse racial/ethnic groups. Women's Cardiovascular Health Network Project. Introduction and Methodology. American Journal of Preventive Medicine, 25 (3Si), 5-14.
Author order beyond 1st 2 is reverse alphabetical.
139. Eyler, A.A., Matson-Koffman, D., Young, D.R., ***WILCOX, S.**, Wilbur, J., Thompson, J.L., Sanderson, B., Evenson, K.R. (2003). Quantitative study of correlates of physical activity in women from diverse racial/ethnic groups. Women's Cardiovascular Health Network Project. Summary and conclusions. American Journal of Preventive Medicine, 25 (3Si), 93-103.
Author order beyond 1st 2 is reverse alphabetical.
140. Evenson, K.R., Eyler, A.A., **WILCOX, S.**, Thompson, J.L., Burke, J.E. (2003). Test-retest reliability of a questionnaire on physical activity and its correlates among women from diverse ethnic and racial groups. American Journal of Preventive Medicine, 25 (3Si), 15-22.
141. McTiernan, A., Kooperberg, C., White, E., **WILCOX, S.**, Coates, R., Adams-Campbell, L.L., Woods, N., & Ockene, J. (2003). Recreational physical activity and the risk of breast cancer in postmenopausal women. The Women's Health Initiative cohort study. Journal of the American Medical Association, 290(10), 1331-1336.

2002:

142. **WILCOX, S.**, Richter, D.L., Henderson, K.A., Greaney, M.L., & Ainsworth, B.E. (2002). Perceptions of physical activity and perceived barriers and enablers in African-American women. Ethnicity and Disease, 12, 353-362.
143. **WILCOX, S.**, Ainsworth, B.E., LaMonte, M.J., & DuBose, K.D. (2002). Worry regarding major diseases among African American, Native American, and Caucasian women. Women and Health, 36(3), 83-99.
144. **WILCOX, S.** (2002). Physical activity in older women of color. Topics in Geriatric Rehabilitation, 18(1), 21-33.

145. Castro, C.M., **WILCOX, S.**, O'Sullivan, P., Bauman, K., & King, A.C. (2002). An exercise program for women who are caring for relatives with dementia. Psychosomatic Medicine, 64(3), 458-468.
146. Eyler, A.E., **WILCOX, S.**, Matson-Koffman, D., Evenson, K., Rohm-Young, D., Sanderson, B., Thompson, J., Wilbur, J. (2002). Correlates of physical activity among women from diverse racial/ethnic groups: A review. Journal of Women's Health and Gender-Based Medicine, 11(3), 239-253.
147. Jamieson, M., **WILCOX, S.**, Webster, W., Blackhurst, D., Valois, R.F., Durstine, J.L. (2002). Factors influencing health-related quality of life in cardiac rehabilitation patients. Progress in Cardiovascular Nursing, 17(3), 124-131.
148. Evenson, K.R., **WILCOX, S.**, Pettinger, M., Brunner, R., King, A.C., & McTiernan, A. (2002). Vigorous leisure activity through women's adult life: the Women's Health Initiative observational cohort study. American Journal of Epidemiology, 156(10), 945-953.
149. Richter, D.L., **WILCOX, S.**, Greaney, M.L., Henderson, K.A., & Ainsworth, B.E. (2002). Environmental, policy, and cultural factors related to physical activity in African American women. Women and Health, 36(2), 91-109.

Also printed in:

Richter, D.L., **WILCOX, S.**, Greaney, M.L., Henderson, K.A., & Ainsworth, B.E. (2002). Environmental, policy, and cultural factors related to physical activity in African American women. In A.A. Eyler (Ed.). Environmental, Policy, and Cultural Factors Related to Physical Activity in a Diverse Sample of Women: The Women's Cardiovascular Health Network Project (pp. 91-109). New York: Haworth Medical Press.

150. Eyler, A.A., Matson-Koffman, D., Vest, J.R., Evenson, K., Sanderson, B., Thompson, J., Wilbur, J., ***WILCOX, S.**, Young, D.R. (2002). Environmental, policy, and cultural factors related to physical activity in a diverse sample of women: The Women's Cardiovascular Health Network Project – Summary and discussion. Women and Health, 36(2), 123-134.
Author order beyond 1st 3 is alphabetical

Also printed in:

Eyler, A.A., Matson-Koffman, D., Vest, J.R., Evenson, K., Sanderson, B., Thompson, J., Wilbur, J., ***WILCOX, S.**, Young, D.R. (2002). Environmental, policy, and cultural factors related to physical activity in a diverse sample of women: The Women's Cardiovascular Health Network Project – Summary and discussion. In A.A. Eyler (Ed.). Environmental, Policy, and Cultural Factors Related to Physical Activity in a Diverse Sample of Women: The Women's Cardiovascular Health Network Project (pp. 123-134). New York: Haworth Medical Press.

*author order beyond 1st 3 is alphabetical

151. Eyler, A.A., Matson-Koffman, D., Vest, J.R., Evenson, K., Sanderson, B., Thompson, J., Wilbur, J., ***WILCOX, S.**, Young, D. R. (2002). Environmental, policy, and cultural factors related to physical activity in a diverse sample of women: The Women's Cardiovascular Health Network Project – Introduction and methodology. Women and Health, 36(2), 1-15.

Author order beyond 1st 3 is alphabetical.

Also printed in:

Eyler, A.A., Matson-Koffman, D., Vest, J.R., Evenson, K., Sanderson, B., Thompson, J., Wilbur, J., ***WILCOX, S.**, Young, D. R. (2002). Environmental, policy, and cultural factors related to physical activity in a diverse sample of women: The Women's Cardiovascular Health Network Project – Introduction and methodology. In A.A. Eyler (Ed.). Environmental, Policy, and Cultural Factors Related to Physical Activity in a Diverse Sample of Women: The Women's Cardiovascular Health Network Project (pp. 1-15). New York: Haworth Medical Press.

*author order beyond 1st 3 is alphabetical

152. King, A.C., Baumann, K., O'Sullivan, P., **WILCOX, S.**, & Castro, C. (2002). Effects of moderate-intensity exercise on physiological, behavioral, and emotional responses to family caregiving: A randomized controlled trial. Journal of Gerontology: Medical Sciences, 57, M26-M36.

2001:

153. **WILCOX, S.**, Irwin, M., Addy, C., Ainsworth, B.E., Stolarczyk, L., Whitt, M., Tudor-Locke, C. (2001). Agreement between participant-rated and compendium-coded intensity of daily activities in a tri-ethnic sample of women 40 years and older. Annals of Behavioral Medicine, 23(4), 253-262.
154. **WILCOX, S.**, Parra-Medina, D., Thompson-Robinson, M., & Will, J. (2001). Nutrition and physical activity interventions to reduce cardiovascular disease risk in health care settings: a quantitative review with a focus on women. Nutrition Reviews, 59(7), 197-215.
155. **WILCOX, S.**, Shumaker, S.A., Bowen, D.J., Naughton, M.J., Rosal, M.C., Ludlam, S.E., Dugan, E., Hunt, J.R., & Stevens, S. (2001). Promoting adherence and retention to clinical trials in special populations: A Women's Health Initiative workshop. Controlled Clinical Trials, 22 (3), 279-289.
156. **WILCOX, S.**, O'Sullivan, P., King, A.C. (2001). Caregiver coping strategies: wives versus daughters. Clinical Gerontologist, 23(1/2), 81-97.
157. Atienza, A.A., Henderson, P., **WILCOX, S.**, & King, A.C. (2001). Gender differences in cardiovascular response to dementia caregiving. The Gerontologist, 41(4), 197-215.
158. Espeland, M.A., Kumanyika, S., Wilson, A.C., **WILCOX, S.**, Chao, D., Bahnson, J., Reboussin, D.M., Easter, L., & Zheng, B. (2001). Lifestyle interventions influence relative errors in self-reported diet intake of sodium and potassium. Annals of Epidemiology, 11, 85-93.

2000:

159. **WILCOX, S.**, King, A.C., Vitaliano, P.P., & Brassington, G.S. (2000). Anger expression and natural killer cell activity in family caregivers participating in a physical activity trial. Journal of Health Psychology, *5(4)*, 431-440.
160. **WILCOX, S.**, & King, A.C. (2000). Self-favoring bias for physical activity in middle-aged and older adults. Journal of Applied Social Psychology, *30(9)*, 1773-1789.
161. **WILCOX, S.**, Brenes, G.A., Levine, D., Sevick, M., Shumaker, S.A., & Craven, T. (2000). Factors related to sleep disturbance in older adults experiencing knee pain or knee pain with radiographic evidence of knee osteoarthritis. Journal of the American Geriatrics Society, *48(10)*, 1241-1251.
162. **WILCOX, S.**, Castro, C., King, A.C., Housemann, R., & Brownson, R. (2000). Determinants of leisure time physical activity in rural compared with urban older and ethnically diverse women in the United States. Journal of Epidemiology and Community Health, *54*, 667-672.
163. **WILCOX, S.**, & King, A.C. (2000). Alcohol consumption in older adults: A comparison of two assessment methods. Journal of Applied Gerontology, *19*, 170-180.
164. **WILCOX, S.**, King, A.C., Castro, C., & Bortz II, W. (2000). Do changes in physical activity lead to dietary changes in middle and older age? American Journal of Preventive Medicine, *18(4)*, 276-283.
165. King, A.C., Castro, C., **WILCOX, S.**, Eyer, A.A., Sallis, J.F., Brownson, R.C. (2000). Personal and environmental factors associated with physical inactivity among different racial-ethnic groups of U.S. middle-aged and older-aged women. Health Psychology, *19(4)*, 354-364.

1999:

166. **WILCOX, S.**, King, A.C., Brassington, G.S., & Ahn, D.K. (1999). Physical activity preferences in middle-aged and older adults: A community analysis. Journal of Aging and Physical Activity, *7*, 386-399.
167. **WILCOX, S.**, & Stefanick, M.L. (1999). Knowledge and perceived risk of major diseases in middle-aged and older women. Health Psychology, *18*, 346-353.
168. **WILCOX, S.**, & King, A.C. (1999). Sleep complaints in older women who are family caregivers. Journal of Gerontology: Psychological Sciences, *54B*, P189-P198.

1998 and earlier:

169. King, A.C., Kiernan, M., Ahn, D.K., & **WILCOX, S.** (1998). The effects of marital transitions on physical activity levels: Results from a 10-year community study. Annals of Behavioral Medicine, *20*, 64-69.
170. **WILCOX, S.** (1997) Age and gender in relation to body attitudes: Is there a double standard of aging? Psychology of Women Quarterly, *21*, 549-565.

171. **WILCOX, S.**, & Storandt, M. (1996). Relations among age, exercise, and psychological variables in a community sample of women. Health Psychology, 15, 110-113.
172. LaBarge, E., & **WILCOX, S.** (1995). Emotional effects of cognitive testing in demented vs. non-demented healthy older people [Letter]. Journal of the American Geriatrics Society, 43, 838-839.

Chapters in Textbooks:

1. **WILCOX, S.**, & King, A.C. (under editorial review). Goal setting and behavioral management. C.J. Jones & D.J. Rose (Eds). Physical Activity Instruction of Older Adults, 2nd edition. Champaign, IL: Human Kinetics Publishers.
2. **WILCOX, S.**, & Shepard, D. (2010). Informational Approaches to Promoting Physical Activity: Community-wide Campaigns. In D.R. Brown, G. W. Heath, & S. L. Martin, Eds.. Promoting Physical Activity: A Guide to Community Action – Second Edition. Champaign, IL: Human Kinetics Publishers.
3. **WILCOX, S.**, & Ainsworth, B.E. (2008). The measurement of physical activity. In S.A. Shumaker, J.K. Ockene, & K.A. Riekert (Eds.). The Handbook of Health Behavior Change (3rd ed., pp. 327-346). New York: Springer.
4. **WILCOX, S.**, & King, A.C. (2005). Goal setting and behavioral management. C.J. Jones & D.J. Rose (Eds). Physical Activity Instruction of Older Adults (pp. 111-127). Champaign, IL: Human Kinetics Publishers.
5. **WILCOX, S.**, & King, A.C. (2003). Health behaviors and adherence. W.R. Hazzard, J.P. Blass, J.B. Halter, J.G. Ouslander, & M.E. Tinetti (Eds). Principles of Geriatric Medicine and Gerontology (5th ed., pp. 265-283). New York: McGraw-Hill.
6. **WILCOX, S.**, Tudor-Locke, C.E., & Ainsworth, B.E. (2002). Physical activity patterns, assessment, and motivation in older adults. R. Shephard (Ed.). Physical Activity and Gender Differences in the Aging Process (pp. 13-39). Boca Raton, FL: CRC Press.
7. **WILCOX, S.**, & King, A.C. (2000). Type, frequency, and correlates of sleep complaints in older women caring for a family member with dementia. B. Vellas & L.J. Fitten (Eds). Research and Practice in Alzheimer's Disease (Vol. 3, pp. 315-322). New York: Springer.
8. **WILCOX, S.**, & King, A.C. Health behaviors and aging. (1999). W.R. Hazzard, J.P. Blass, W.H. Ettinger, J.B. Halter, & J.G. Ouslander (Eds). Principles of Geriatric Medicine and Gerontology (4th ed., pp. 287-302). New York: McGraw-Hill.

Unrefereed Publications or Reports:

1. Rheume, C., Abbott, J., **WILCOX, S.** (2006). Active For Life®: Community Organization Interviews. Report submitted to the Robert Wood Johnson Foundation.

2. **WILCOX, S.**, Sharpe, P.A., DerAnanian, C., Vrazel, J., Abbott, J., Ramsey, C. (2004). Factors Influencing Physical Activity in People with Arthritis. Final Report. Submitted to the Centers for Disease Control and Prevention. Distributed to the South Carolina State Plan for Arthritis.
3. **WILCOX, S.** (1999). Regular physical activity may help promote sleep. ADVANCE for Managers of Respiratory Care, 8, 48-49.

GRANTS

Currently Funded Grants:

Principal Investigator:

Agency: Centers for Disease Control and Prevention

Title: Health Promotion and Disease Prevention Research Center, Core Research Project: Faith, Activity, and Nutrition – Dissemination in Underserved Communities

Principal Investigator: Sara Wilcox (30-40%)

Co-Investigators: Margaret Condrasky, Melinda Forthofer, Andrew Kaczynski, Ruth Saunders, Patricia A. Sharpe

Total Costs: \$4,350,000 (Direct: \$2,979,452)

Submitted: 09/17/2013

Proposed Granting Period: 09/30/2014 – 09/29/2019

Status: Funded (Priority score: 21)

Agency: National Institutes of Health (NICHD) (R01)

Title: Promoting Healthy Weight in Pregnancy and Postpartum among Overweight/Obese Women

Principal Investigators: Sara Wilcox (15-30%) & Jihong Liu (Multiple PIs)

Co-Investigators: Gabrielle Turner-McGrievy, Cheryl Addy, Judith Burgis

Total Costs: \$2,901,888 (Direct: \$2,003,203)

Submitted: 11/05/2013

Granting Period: 08/06/2014 – 04/30/2019

Status: Funded (Impact score: 18, 8%)

Co-Investigator:

Agency: National Institutes of Health (NCI) (R21)

Title: Increasing Dietary Self-Monitoring and Weight Loss in an mHealth Intervention

Principal Investigator: Gabrielle Turner-McGrievy

Co-Investigators: Sara Wilcox (5%)

Total Costs: \$353,198 (Direct: \$250,388)

Submitted: 03/12/2014

Granting Period: 12/01/2014 – 11/30/2016

Status: Funded

Agency: Centers for Disease Control and Prevention

Title: Implementing Road Map Actions through a New Healthy Brain Initiative Network (Special Interest Project 14-002; Healthy Brain Initiative Network Collaborating Center)

Principal Investigators: Daniela B. Friedman
Co-Investigators: Sara Wilcox (4%), Sue Levkoff
 Submitted: 04/24/2014
 Granting Period: 09/30/2014 – 09/29/2019
 Total Costs: \$474,998 (Direct Costs: \$331,692)
 Status: Funded

Agency: National Institutes of Health (NCI) (R01)
 Title: Evaluating a food hub's impact on food access, diet and weight in a food desert
 Principal Investigator: Patricia A. Sharpe
Co-Investigators: Sara Wilcox, Angela Liese, Bethany Bell, Sarah Battersby
 Total Costs: \$2,742,375
 Submitted: December 2012
 Granting Period: 03/01/2013 – 02/28/2017

Consultant on Currently Funded Grant:

Agency: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control
 Title: Translation of an evidence-based fall-prevention program into rural West Virginia churches
 Principal Investigator: Dina Jones
Consultant: Sara Wilcox
 Dates of Award: 9/30/12 – 9/29/15
 Total: \$540,669

Completed Funded Grants:

Principal Investigator:

Agency: Centers for Disease Control and Prevention
 Title: SIP 09-028: Evaluation of a Self-directed, Packaged Physical Activity Program for Adults with Arthritis
Principal Investigator: Sara Wilcox
 Co-investigators: Patricia Sharpe, Bruce McClenaghan, Katherine Leith, Robert Moran
 Total Costs: \$824,741
 Granting Period: 9/30/2009 – 09/28/2012 (no-cost extension through 2014)

Agency: Centers for Disease Control and Prevention
 Title: Health Promotion and Disease Prevention Research Centers
Principal Investigator: Sara Wilcox (as of 5/2011; Co-Investigator before that date)
 Co-investigators: Patricia Sharpe, Melinda Forthofer
 Total Costs: \$3,421,250
 Granting Period: 9/30/2009 – 09/28/2014

Agency: Centers for Disease Control and Prevention
 Title: SIP 09-027: Healthy Aging Research Network Collaborating Center
Principal Investigator: Sara Wilcox, Katherine Leith
 Co-investigators: Daniela Friedman

Total Costs: \$368,885
 Granting Period: 9/30/2009 – 09/28/2014

Agency: USC (ASPIRE I) (Intramural)
 Title: Refining and Pilot Testing Social Networks for Modeling Healthy Behaviors: The Social Pounds Off Digitally (Social POD) study
 Principal Investigator: Brie Turner-McGrievy
Co-Investigators: Sara Wilcox, Michael Huhns, Hoday Valafar, Patrick Malone
 Submitted: 01/27/2014
 Granting Period: 05/01/2014-04/30/2015
 Total Costs: \$14,995

Agency: Intramural - USC (ASPIRE)
 Title: Neighborhood Physical and Social Environment and Residents' Physical Activity Patterns
 Principal Investigator: Andrew Kaczynski
Co-Investigators: Sara Wilcox, Darcy Freedman, Stephanie Child
 Submitted: 1/23/13
 Granting Period: 06/01/2013-05/31/2014
 Total Costs: \$14,835

Agency: Intramural - USC/MUSC SCTR Discovery Grant
 Title: The Efficacy of Agent-Mediated Social Networks for Modeling Healthy Behaviors
 Principal Investigator: Gabrielle Turner-McGrievy
Co-Investigators: Sara Wilcox, Michael Huhns, Patrick Malone, Hoday Valafar
 Total Costs: \$29,986
 Submitted: 1/18/2013
 Granting Period: 03/01/2013-05/30/2014

Agency: Intramural - USC/MUSC SCTR Discovery Grant
 Title: eCPAT: Using mobile technology to assess the acceptability, feasibility, and efficacy of the Community Park Audit Tool with youth
 Principal Investigator: Andrew T. Kaczynski
Co-Investigators: Gabrielle Turner-McGrievy, Benjamin Schooley, Sonja A. Wilhelm Stanis, **Sara Wilcox**, Gina M. Besnyi,
 Total Costs: \$30,000
 Submitted: 1/18/2013
 Granting Period: 03/01/2013-06/31/2014

Agency: National Institutes of Health (NHLBI)
 Title: *A Partnership to Promote Physical Activity and Healthy Eating in AME Churches (R01)*
Principal Investigator: Sara Wilcox
 Co-Investigators (USC): Ruth Saunders, Cheryl Addy, Marsha Dowda
 Co-Investigators (MUSC): Marilyn Laken
 Co-Investigators (Clemson): Margaret Condrasky
 Total Costs: \$3,302,379
 Granting Period: 7/10/2006 – 3/31/2011 (no-cost extension to 2013)

Agency: National Institutes of Health (NHLBI)

Title: *Supplement to a Partnership to Promote PA and Healthy Eating in AME Churches (Research Supplements to Promote Diversity in Health-Related Research for Ms. Tatiana Warren, doctoral student in the Department of Exercise Science)*

Principal Investigator: Sara Wilcox

Total Costs: \$174,773

Granting Period: 1/1/2008 – 12/31/2011 (no-cost extension to 2013)

Agency: National Institutes of Health (NICHD)

Title: Promoting Healthy Weight in Pregnancy and Postpartum among Overweight/Obese Women (R21 – 1 year funded under ARRA mechanism)

Principal Investigators: Jihong Liu & Sara Wilcox

Co-Investigators: Cheryl L. Addy, Christine Blake, Anthony Gregg

Total Costs: \$ 181,250

Granting Period: 09/13/2010-08/31/2011 (no-cost extension to 2013)

Agency: Centers for Disease Control and Prevention

Title: *SIP 13-04: PRC's Healthy Aging Research Network*

Principal Investigator: Sara Wilcox (9/30/04 – 9/29/06), Delores Pluto (9/30/06 – 9/29/08), Steven Hooker (9/30/08 – 9/29/08)

Co-Principal Investigator: Delores Pluto (9/30/04 – 9/29/06), **Sara Wilcox (9/30/06 – 9/29/09)**

Co-Investigators: Steven Hooker, Katherine Leith, Delores Pluto, Ken Watkins, Harriet Williams

Total Costs: \$248,795

Granting Period: 09/30/2004 – 09/29/2009

Agency: Robert Wood Johnson Foundation

Title: *Evaluation of the Active for Life® Program*

Principal Investigator: Sara Wilcox

Co-Investigators: Sarah Griffin, Marsha Dowda

Total Costs: \$971,283

Granting Period: 02/01/2004 – 01/31/2009

Agency: Centers for Disease Control and Prevention

Title: *Health-e-AME Faith-Based Physical Activity Initiative* (Subcontract from MUSC)

Principal Investigator: Marilyn Laken

Principal Investigator of USC subcontract: Sara Wilcox

Total Costs: \$610,506 to USC (\$1,257,640 for the entire project)

Granting Period: 9/30/2002 – 09/30/2005 (extension through 9/30/06)

Agency: Centers for Disease Control and Prevention & Association of Schools of Public Health

Title: *Factors Influencing Physical Activity in People with Arthritis*

Principal Investigator: Sara Wilcox

Co-Principal Investigator: Patricia A. Sharpe

Total Costs: \$149,819

Granting Period: 09/30/2002 – 09/29/2004 (includes one-year extension)

Agency: Department of Defense

Title: *The Effect of a Home-Based Walking Intervention on Quality of Life, Body Composition, and Estrogen Metabolism in Post-Menopausal Cancer Survivors*

Principal Investigators: Charles Matthews & **Sara Wilcox**

Total Costs: \$72,250

Granting Period: 09/01/2001 - 08/31/2002 (due to delays from the Army, this project began 10/04 and ended 9/06)

Agency: Centers for Disease Control and Prevention

Title: *Creation of a Prevention Research Center Network for Healthy Aging***Principal Investigator: Sara Wilcox**

Co-Principal Investigator: Kenneth Watkins

Co-Investigators: Harriet Williams, Thomas Brown, Jr., Delores Pluto

Total Costs: \$96,810

Granting Period: 09/30/2001 – 09/29/2004

Agency: The National Council on the Aging

Title: *Healthy Aging Network: NCOA Supplement***Principal Investigator: Sara Wilcox**

Total Costs: \$11,700 (for supplement to the above grant)

Granting Period: 09/01/2002 – 12/31/2003

Agency: Robert Wood Johnson Foundation

Title: *Evaluation of the Active for Life® Program***Principal Investigator: Sara Wilcox** (4/2003 +)

Co-Investigators: Sarah Griffin, Russell Pate, Barbara Ainsworth, Dennis Shepard

Total Costs: \$747,146

Granting Period: 02/01/2002 – 01/31/2004

Agency: American College of Sports Medicine

Title: *Physical Activity in Rural African American and White Women***Principal Investigator: Sara Wilcox**

Total Costs: \$14,998

Granting Period: 07/01/2001 – 06/30/2002

Agency: University of South Carolina, Research and Productive Scholars Award

Title: *Ethnic Differences in Stress Responses to Family Caregiving***Principal Investigator: Sara Wilcox**

Total Costs: \$14,000

Granting Period: 4/01/2001 – 6/30/2002

Co-Principal Investigator:

Agency: National Institutes of Health

Title: *The HHER Lifestyle Program for CVD Risk Reduction (R01)*

Principal Investigator: Deborah Parra-Medina

Co-Principal Investigator: Sara Wilcox

Co-Investigators: Cheryl Addy, Barbara Ainsworth, Gwen Felton, Dawn Wilson, Mary Beth Poston

Total Costs: \$2,152,232

Granting Period: 6/01/2004-5/31/2008 (no-cost extension through 5/31/2009)

Agency: U.S. Army

Title: *A diet, physical activity, and meditation intervention in men with rising prostate-specific antigen (PSA)*

Principal Investigator: James Hebert

Co Principal-Investigator: Sara Wilcox

Co-Investigators: Charles Matthews, Jane Teas, William JM Hrushesky, David Blask, Sue Heiney

Granting Period: 05/01/2003-07/01/2004 (project funded through 2006, but due to other grants, I transitioned off this project)

Agency: Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation

Title: *The Women's Cardiovascular Health Network Project: Identifying Environment, Policy, and Psychosocial Factors Important for Designing Culturally-Appropriate Physical Activity Programs for Women*

Principal Investigator: Barbara E. Ainsworth

Co-Principal Investigator: Sara Wilcox

Co-Investigators: Donna Richter, Karla Henderson

Total Costs: \$119,474 (CDC); \$50,000 (RWJF)

Granting Period: 9/30/1999 – 8/29/2001 (CDC); 01/01/02 – 12/31/02 (RWJF)

Agency: Centers for Disease Control and Prevention

Title: *Heart Healthy and Ethnically Relevant Lifestyle (HHER Lifestyle) Pilot*

Principal Investigator: Deborah Parra-Medina

Co-Principal Investigator: Sara Wilcox

Co-Investigators: Alexandra Evans, Kenneth Watkins

Total Costs: \$64,307

Granting Period: 9/30/2000 – 8/29/2001

Agency: South Carolina Cancer Center

Title: *The Effect of a Walking Program on Estrogen Metabolism in Overweight Postmenopausal Women*

Principal Investigators: Charles Matthews, **Sara Wilcox**, Jay Fowke

Total Costs: \$14,919

Granting Period: 6/01/2000 – 7/31/2001

Co-Investigator:

Agency: National Institutes of Health (NIDDK)

Title: *Behavioral/Support Intervention for Diet and Exercise Among Underserved Women (R01)*

Principal Investigator: Patricia A. Sharpe

Co-Investigators: Sara Wilcox

Total Costs: \$2,713,730

Granting Period: 8/1/2007 – 5/31/2012 (one-year no-cost extension)

Agency: National Institutes of Health

Title: *Diet & Activity Community Trial: High-Risk Colon Polyps (R24)*

Principal Investigator: James Hebert

Co-Investigators: Swann Adams, Cheryl Armstead, Elizabeth Murphy, James Hardin, J. Mark Davis, James Burch, **Sara Wilcox**

Total Costs: \$2,829,569

Granting Period: 7/1/2008 – 6/30/2013

Agency: National Institutes of Health (NCHMD)

Title: Home-based Exercise for Management of HIV-associated Cardiovascular Disease Risk (R21)

Principal Investigator: Gregory A. Hand

Co-Investigators: Steven Blair, Cheryl Addy, Stephanie Burgess, Xuemei Sui, **Sara Wilcox**

Total Costs: \$ 399,065

Submitted: 5/3/2010 (revised application)

Granting Period: 12/01/2010-11/30/2012

Agency: National Institutes of Health (NIDDK)

Title: *Supplement to Behavioral/Support Intervention for Diet and Exercise Among Underserved Women (Research Supplements to Promote Diversity in Health-Related Research for Dr. Gayenell Magwood, faculty at MUSC)*

Principal Investigator: Patricia Sharpe

Co-Investigators: Sara Wilcox

Total Costs for second year: \$120,047

Granting Period: 07/01/09 – 06/30/12

Agency: Body Media, Inc.

Title: *Use of Electronic Feedback on Diet and Physical Activity to Enhance Weight Management*

Principal Investigator: Steven N. Blair

Co-Investigators: Gregory Hand, Mei Shui, Rebecca A. Meriwether, **Sara Wilcox**

Total Costs: \$205,515

Granting Period: 11/5/2007 – 4/4/2009

Agency: Centers for Disease Control and Prevention

Title: *Prevention Research to Promote and Protect Brain Health*

Principal Investigator: Daniela Friedman (current) / James Laditka (previous)

Co-Investigators: Sara Corwin, Sarah Laditka, Robert McKeown, Deborah Parra-Medina, **Sara Wilcox**, Harriet Williams

Total Costs: \$825,863

Granting Period: 09/30/2006– 09/29/2009

Agency: Centers for Disease Control and Prevention

Title: *Health Promotion and Disease Prevention Research Centers*

Principal Investigator: Steven Hooker

Co-Investigators: Russell Pate, Dennis Shepard, Fran Wheeler, Dawn Wilson, Patricia Sharpe, **Sara Wilcox**, Alexandra Evans

Total Costs: \$4,395,665

Granting Period: 09/30/2004 – 09/29/2009

Agency: National Institutes of Health (NIA)

Title: *Factors Influencing Physical Activity in Older African American Men (R21)*

Principal Investigator: Steven P. Hooker

Co-Investigator: Sara Wilcox

Total Costs: \$396,000

Granting Period: 07/01/2006 – 06/30/2008 (no cost extension through 6/30/2009)

Agency: Centers for Disease Control and Prevention
 Title: *Community Based Approaches for Preventing Alzheimer's Disease (Supplement to the Healthy Aging Research Network, PI: Sara Wilcox)*
 Principal Investigator: James Laditka
Co-Investigators: Carol Cornman, Sara Corwin, Sarah Laditka, Marcia Lane, Robert McKeown, Deborah Parra-Medina, Terry Territo, **Sara Wilcox**, Harriet Williams
 Total Costs: \$156,789
 Granting Period: 09/30/2005 – 09/29/2006

Agency: Centers for Disease Control and Prevention
 Title: *Participatory Research for Physical Activity Promotion*
 Principal Investigator: Patricia Sharpe
Co-Investigators: **Sara Wilcox**, Regina Fields, Barbara Ainsworth
 Total Costs: \$1,371,739
 Granting Period: 9/30/2002 – 09/30/2005 (extended through 09/30/06)

Agency: Centers for Disease Control and Prevention
 Title: *Health Promotion and Disease Prevention Research Centers*
 Principal Investigator: Barbara Ainsworth
Co-Investigators: Russell Pate, Dennis Shepard, Fran Wheeler, Harris Pastides, **Sara Wilcox**, Alexandra Evans
 Annual Costs: \$517,621
 Granting Period: 09/30/1998 – 09/29/2004
Note: Involvement of S. Wilcox as of 9/30/2001

Agency: Centers for Disease Control and Prevention
 Title: *Nutrition, Physical Activity, and Obesity Network*
 Principal Investigator: Alexandra Evans
Co-Investigators: Barbara Ainsworth, Charles Matthews, **Sara Wilcox**
 Annual Costs: \$10,000
 Granting Period: 09/30/2000 – 09/29/2003
Note: Involvement of S. Wilcox from 9/30/2001-12/31/2002

Agency: Center for Health Promotion & Risk Reduction in Special Populations, USC College of Nursing, National Institute of Nursing Research
 Title: *Effects of Acupuncture and Nursing Back Rub on Stress-Induced Oral Disease in HIV+ Individuals*
 Co-Principal Investigators: Gregory Hand, Kenneth Phillips
Co-Investigators: James Carson, J. Mark Davis, Barbara Latham, Michelle Rojas, Bruce Schell, William Skelton, **Sara Wilcox**
 Total Costs: \$10,000

Agency: Centers for Disease Control and Prevention
 Title: *Heart Healthy and Ethnically Relevant Tools (HHER Tools)*
 Principal Investigator: Deborah Parra-Medina
 Co-Principal Investigator: Roger Sargent
Co-Investigators: **Sara Wilcox**, Rose Marie Hendrix, Lynn Thomas
 Total Costs: \$99,981
 Granting Period: 9/30/1999 – 8/29/2000

Consultant:

Agency: National Institutes of Health
 Title: Faith in Action (Fe en Acción)
 Principal Investigator: Elva Arredondo & John Elder
Advisory Board Member: Sara Wilcox
 Dates of Award: 12/1/2010 – 10/31/2014

Agency: National Institutes of Health (NHLBI)
 Title: *Study of the Naturalistic Dissemination Process of an Evidence-based Program*
 Principal Investigator: Andrea Dunn (Klein Buendel, Inc.)
Consultant: Sara Wilcox
 Dates of Award: 12/01/05 – 11/30/09 (no cost extension through 2011)

Agency: National Institutes of Health (NCI)
 Title: *Promoting Healthy Weight with 'Stability First'*
 Principal Investigator: Michaela Kiernan (Stanford Prevention Research Center)
Consultant / Data Safety Monitoring Board Member: Sara Wilcox
 Dates of Award: 07/11/07 - 05/31/2011

Agency: National Institutes of Health (NCI)
 Title: *Understanding Change in Physical Activity Postpartum*
 Principal Investigator: Kelly Evenson (UNC-Chapel Hill)
Consultant: Sara Wilcox
 Dates of Award: 09/30/2004 – 02/29/2010

Agency: National Institutes of Health (NHLBI)
 Title: *Preventing Risks of Long Sleep*
 Principal Investigator: Shawn Youngstedt
 Co-Investigators: Daniel F. Kripke, Richard Bogan
Ombudsperson: Sara Wilcox
 Granting Period: 07/01/2003 – 6/30/2006
 Purpose: This major goal of this study is to develop behavioral methods of preventing the health risks associated with long sleep.

Student-Mentored Funded Grants:

Agency: University of South Carolina (SPARC)
 Title: Patient and provider perceptions of weight gain, nutrition, and exercise in pregnancy
 Principal Investigator: Kara Goodrich (EXSC doctoral student, BBIP T32 training program)
Advisor: Sara Wilcox
 Co-Mentor: Jihong Liu
 Total Costs: \$4,770
 Granting Period: 05/01/2014 – 07/31/2015

Agency: Intramural - University of South Carolina (SPARC)
 Title: An fMRI Investigation of Fitness-Induced Cognitive Reserve in Older Women
 Principal Investigator: Katie Becofsky (EXSC doctoral student, BBIP T32 training program)
 Mentor: Roger Newman-Norlund
 Co-Mentor and Advisor: **Sara Wilcox**
 Total Costs: \$5,000

Granting Period: 05/15/2013 – 07/31/2014

Agency: Intramural – McCausland Center

Title: *Neural Implementation of Fitness-Induced Cognitive Reserve in Older Adults*

Principal Investigator: Katie Becofsky (EXSC doctoral student, BBIP training program)

Faculty Advisor: Sara Wilcox

Total Costs: Funded for 20 hours of MRI Scans

Agency: American College of Sports Medicine

Title: *Evaluation of a Faith-Based Behavior Change PA Program*

Principal Investigator: Melissa Bopp (EXSC doctoral student)

Faculty Advisor: Sara Wilcox

Total Costs: \$5000

Granting Period: 07/01/2004 – 06/30/2005

Agency: American College of Sports Medicine

Title: *Mediating Effects of Self Regulation on Older Adult's PA*

Principal Investigator: Michelle Renee Umstattdt (HPEB doctoral student)

Faculty Advisor: Sara Wilcox

Total Costs: \$5000

Granting Period: 07/01/2004 – 06/30/2005

TEACHING

Courses Taught:

2000 - Department of Exercise Science, Arnold School of Public Health, University of South Carolina

Graduate Courses:

- Selected Topics in Exercise Science (EXSC 755)
- Behavioral Aspects of Physical Activity (EXSC 710 / HPEB 713)
- Research Seminar in Exercise Physiology (EXSC 783)

Undergraduate Courses:

- Current Topics in Exercise Science (EXSC 555)
- Psychology of Physical Activity (EXSC 410 / PSYC 565)

1995 *Instructor*, Barnes College School of Nursing, St. Louis, MO
Undergraduate Course: Mental Health and Aging

1994 - 1995 *Teaching Assistant*, Department of Psychology, Washington University, St. Louis, MO
Graduate Courses: Statistics (two-semester course)

1994 & 1995 *Instructor*, Departments of Psychology and Gerontology, University of Missouri in St. Louis, St. Louis, MO
Undergraduate/Graduate Courses: Mental Health and Aging (two courses)

1994 *Instructor*, University College, Washington University, St. Louis, MO *Course:*
Undergraduate Course: Psychology of Aging

Postdoctoral Fellows:

2009 – 2011 Meghan Baruth, The role of positive health on health outcomes and community-based physical activity interventions
(Also mentored by Dr. Steven Blair)
(Current position: Research Associate, University of South Carolina)

2004-2006 Elizabeth Fallon, Community-based approaches to physical activity promotion
(Current position: Assistant Professor, University of Rhode Island)

Doctoral Students (Major Advisor; Chaired or Co-Chaired Dissertation):

2013 – Kelly Speiran, dissertation topic tbd

2013 - Danielle Schoffman, Enhancing parent-child communication and promoting physical activity and healthy eating through mobile technology: A randomized trial (co-chair of committee)

2011 - 2015 Kara Goodrich (BBIP T32 program), Patient and provider perceptions of weight gain, physical activity, and nutrition in pregnancy
** Received a USC SPARC (Support to Promote Advancement of Research and Creativity) research award.

2011 - 2012 Rebecca Kyrlyliuk (BBIP T32 program, initial mentor)

2010 - 2014 Katie Becofsky (BBIP T32 program), The effects of exercise training on cognitive reserve and cognitive function in healthy older women
** Received a USC SPARC (Support to Promote Advancement of Research and Creativity) research award. (Completing T32 postdoctoral fellowship at Brown University)

2007 – Tatiana Warren, Patterns of sedentary behavior and associations with health risks among African American adults

2010 - 2014 Joni Marr, Understanding the relationship between health locus of control and God health locus of health control and health behaviors in college students through mediation analysis (Current Position: Assistant Professor, Winthrop University)

2011 – 2012 Jorge Banda, Examining park use in financially disadvantaged, rural communities (ASPH/CDC Prevention Research Center Minority Health Fellow; Current Position: Postdoctoral Fellow, Stanford University School of Medicine)
** Received the 2012 Arnold School of Public Health Doctoral Achievement Award

- 2005-2009 Meghan Baruth, Social support and physical activity in African Americans (Current position: Assistant Professor, Saginaw Valley State University)
- 2003-2006 Diana Lattimore, Barriers experienced by older adults participating in a telephone-based physical activity program, and relations to outcomes (Current position: Associate Professor, University of San Francisco)
- 2001-2005 Melissa Bopp, Evaluation of a faith-based physical activity intervention (Current position: Assistant Professor, Pennsylvania State University)
** Received an American College of Sports Medicine dissertation award.
- 2002-2005 Cheryl DerAnanian, Understanding factors that influence exercise in non-exercisers, insufficiently active individuals, and exercisers with arthritis: A quantitative and qualitative approach (Co-Chair of committee)
(Postdoctoral Fellowship at University of Illinois-Chicago, Current position: Assistant Professor, Arizona State University)

SERVICE

Professional Leadership Roles:

- 2006 - 2010 *Consulting Editor*, Health Psychology
- 2006 - 2007 *Conference Planning Committee Member*, Healthy Aging Research Network Symposium: Effective Community-Based Physical Activity Programs for Older Adults
- 2005 - 2010 *Editorial Board Member*, Psychology and Aging
- 2003 - 2009 *Associate Editor*, Journal of Aging and Physical Activity
- 2004 - 2007 *Editorial Board Member*, Journal of Physical Activity and Health
- 2002 - 2011 *Member*, Strategic Health Initiatives (SHI) - Behavioral Strategies Committee, American College of Sports Medicine
- 1998 - 2000 *Co-Convener*. Health Promotion and Disease Prevention informal interest group, Gerontological Society of America

Peer Review:

Grant reviews (study sections)

- Member, Psychosocial Risk and Disease Prevention Study Section, *National Institutes of Health* (6/2006 – 6/2009)
- Temporary Member, Psychosocial Risk and Disease Prevention Study Section, *National Institutes of Health* (2/2004 - 10/2005)

- Grant Proposal Reviewer, The Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance (2001, 2002, 2003)

Conference submission reviewer

- American Public Health Association Susan B. Anthony Aetna Award for Excellence in Research on Older Women (2013; 2014)
- Healthy Aging Research Network Symposium: Effective Community-Based Physical Activity Programs for Older Adults. From Research to Practice (2006)
- Gerontological Society of America (2000, 2003, 2004)
- American Psychological Association, Division 35 – Psychology of Women (1998, 1999, 2000)
- Society of Behavioral Medicine (1998, 2000, 2003, 2005, 2006, 2008, 2013, 2014)
- American Psychological Association, Division 20 – Adult Development and Aging (1998)
- American Psychological Association, Division 20 Student Awards (1998)

Ad hoc reviewer - journals:

- ACSM's Health and Fitness Journal (2010, 2011)
- American Journal of Epidemiology (2010)
- American Journal of Lifestyle Medicine (2011)
- American Journal of Preventive Medicine (2001- 2003, 2005-2006, 2009-2011, 2014)
- Annals of Behavioral Medicine (2001- 2004, 2009)
- Annals of Leisure Research (2014)
- Arthritis Care and Research (2002, 2007-2009, 2011-2014)
- Clinical Child and Family Psychology Review (2002)
- Clinical Gerontologist (2004, 2005)
- Contemporary Clinical Trials (2011, 2012)
- Developmental Review (1999)
- Ethnicity and Disease (2001, 2003, 2004)
- Evaluation and Program Planning (2013)
- Exercise and Sport Sciences Reviews (2003)
- Family and Community Health (2012)
- Health Education & Behavior (2001, 2003- 2005)
- Health Education Research (2001, 2002, 2005)
- Health Psychology (2000, 2001, 2003-2005, 2007-2013)
- International Journal of Behavioral Medicine (1998)
- International Journal of Sport Psychology (2002)
- Journal of Aging and Physical Activity (2002- 2010)
- Journal of Aging Research (2014)
- Journal of the American Geriatrics Society (2007)
- Journal of Applied Gerontology (2001, 2007, 2009)
- Journal of Clinical Rheumatology (2012)
- Journal of Epidemiology and Community Health (2001, 2002)
- Journal of Gerontology: Psychological Sciences (1999-2001)

- Journal of Gerontology: Medical Sciences (2004)
- Journal of Gerontology: Social Sciences (2015)
- Journal of Religion and Health (2014)
- Journal of Physical Activity and Health (2003- 2011)
- Journal of Public Health Management and Practice (2007)
- Journal of Rural Health (2008)
- Journal of Urban Health (2012)
- Journal of Women's Health and Gender-Based Medicine (2001)
- Medicine and Science in Sports and Exercise (2000, 2003, 2004, 2006, 2007, 2011)
- Obesity (2010-2012)
- PLOS ONE (2015)
- Preventing Chronic Disease (2004, 2014)
- Preventive Medicine (2000, 2001, 2003, 2004, 2011)
- Psychology and Aging (2003-2009)
- Psychology of Women Quarterly (1999)
- Research Quarterly for Exercise and Sport (2001, 2006-2007, 2013)
- Social Science and Medicine (2001, 2012, 2014)
- Women and Health (2001-2002)

Standing Committees – Selected Examples:

- | | |
|-----------|---|
| 2014- | Member, National Physical Activity Plan, Faith Sector |
| 2014 - | Member, Evaluation Committee, Scaledown (South Carolina State Obesity Plan), South Carolina Department of Health and Environmental Control, South Carolina Institute of Medicine and Public Health |
| 2015 - | Member, Action Team (Leadership Team), Scaledown (South Carolina State Obesity Plan), South Carolina Department of Health and Environmental Control, South Carolina Institute of Medicine and Public Health |
| 2013-2014 | Member, South Carolina Obesity Strategic Planning Committee, Faith Task Force, South Carolina Department of Health and Environmental Control |
| 2013- | Member, Active Living Council, Healthy Carolina, Student Health Services, University of South Carolina |
| 2012- | Ad hoc Member, South Carolina Medical Association Childhood Obesity Task Force |
| 2011-2013 | Member, Internal Research Advisory Board, Office of Research, University of South Carolina |
| 2009-2012 | Member, South Carolina Partnership for Healthy Aging, South Carolina Department of Health and Environmental Control |

- 2006-2010 Co-Chair, Magellan Scholars Program (awards research grants to undergraduates), Office of the Vice President for Research and Health Sciences, University of South Carolina (**Proposal reviewer from 2010 – present**)
- 2006-2008 Member, Research Council Committee, Office of the Vice President for Research and Health Sciences, University of South Carolina
- 2004-2007 Director, Division of Health Aspects of Physical Activity, Department of Exercise Science, University of South Carolina
- 2004-2007 Member, Arnold School of Public Health Research Advisory Committee, University of South Carolina
- 2002-2011 Member, Strategic Health Initiatives – Behavioral Strategies Committee, American College of Sports Medicine
- 2002-2005 Member, Institutional Review Board, University of South Carolina

CLINICAL

- 2000 – *Licensed Clinical Psychologist*, South Carolina (license #775)
- 1998 - 2000 *Licensed Psychologist and Health Services Provider Psychologist*, North Carolina (license #2466)
- 1996 - 1998 *Postdoctoral Fellow*, Preventive Cardiology Clinic and Stanford Center for Research in Disease Prevention, Stanford University School of Medicine, Stanford, CA
Supervisor: Abby C. King, PhD
Experience: Provided brief psychological assessments and cognitive-behavioral change interventions to patients with multiple risk factors for cardiovascular diseases. Provided psychosocial and health behavior assessments, health behavior change interventions, and psychosocial referrals to older women family caregivers of family members with dementia.
- 1995 - 1996 *Predoctoral Clinical Psychology Intern*, Veterans Affairs Palo Alto Health Care System, Palo Alto, CA
Director of Training: Jacqueline Becker, PhD & Antonette Zeiss, PhD
Supervisors: Larry Thompson, PhD, Dolores Gallagher-Thompson, PhD, William Lynch, PhD, ABPP, Bruce Linenberg, PhD, Patricia Ashbrook, PhD, & Vicki Ellis, RN
Rotations: Outpatient psychotherapy with older adults, geriatric medical clinic (assessments and brief interventions), inpatient hospice, psychological and neuropsychological assessment, inpatient psychiatry, long-term psychotherapy, and partial hospitalization (day hospital)

- 1992 - 1995 *Clinical Assistant*, Psychological Service Center, Washington University, St. Louis, MO
Supervisors: Richard Kurtz, PhD, Amy Bertelson, PhD, Rose Boyarsky, PhD, Lois Franklin, PhD, & Dorothy Van Buren, PhD
Experience: Individual and group psychotherapy, personality and neuropsychological assessments. Populations included personality, mood, adjustment, and eating disorders.
- 1991 - 1995 *Neuropsychological Testing*, Alzheimer's Disease Research Center, St. Louis, MO
Supervisors: Martha Storandt, PhD & Emily LaBarge, EdD
Experience: Neuropsychological testing of community dwelling older adults with Alzheimer's disease, Parkinson's disease, and Multi-Infarct dementia.
- 1994 *Psychotherapy Supervisor*, Psychological Service Center, Washington University, St. Louis, MO
Experience: Provided group psychotherapy supervision for graduate students under the direction of Richard Kurtz, PhD
- 1994 *Clinical Assistant*, St. Louis University Behavioral Medicine Unit (inpatient and day hospital), St. Louis, MO
Supervisor: Sue Ann Bauserman, PhD
Experience: Group psychotherapy. Populations included anxiety (particularly obsessive compulsive disorder), mood, chronic pain, and eating disorders.
- 1993 - 1994 *Clinical Assistant*, Senior Stress Unit (inpatient), St. Anthony's Psychiatric Center, St. Louis, MO
Supervisors: Lynn Gulick, PhD & Christine Gibson, LCSW
Experience: Individual and group psychotherapy, psychosocial and cognitive assessments. Populations included older adults with mood, anxiety, and psychotic disorders, and dementias.

SPECIALTY TRAINING SEMINARS ATTENDED

- 2003 *10th Annual Teaching Research Ethics Workshop* (4-day training seminar), Poynter Center for the Study of Ethics and American Institutions, Indiana University, Bloomington, IN.
- 1998 *Postgraduate Course on Research Directions and Strategies: Physical Activity and Public Health* (8-day training seminar)
Sponsored by the Centers for Disease Control and Prevention, the University of South Carolina School of Public Health, and the South Carolina Department of Health and Environmental Control.
- 1997 *National Institute on Aging Summer Institute on Aging Research* (7-day training seminar)
Sponsored by the National Institute on Aging and the Brookdale Foundation
- 1997 *23rd Ten-day Seminar on the Epidemiology and Prevention of Cardiovascular Disease*

Sponsored by the American Heart Association and the National Heart, Lung,
and Blood Institute

(Updated: 09/10/2015)