

Heather M. Padilla, PhD, RDN, LD

Assistant Professor, Department of Health Promotion and Behavior
Director, Workplace Health Group

345E Wright Hall
100 Foster Road
Athens, GA 30602

e: hmpadilla@uga.edu
p: 706-542-4328

Education

Degrees

Doctor of Philosophy, Public Health Education and Promotion, University of Georgia	2017
Master of Science, Human Nutrition, University of Georgia	2002
Bachelor of Science in Family and Consumer Sciences, Dietetics, University of Georgia	2000

Certifications

Commission on Dietetic Registration, Registered Dietitian Nutritionist	2003 - present
------------------------------------------------------------------------	----------------

Experience

Academic Appointments

Graduate Program Faculty, Department of Health Promotion and Behavior, University of Georgia	2018-present
Assistant Professor, Department of Health Promotion and Behavior, University of Georgia	2018-present
Assistant Research Scientist, Department of Health Promotion and Behavior, University of Georgia	2017

Professional Experience

Research Director, Workplace Health Group, University of Georgia, Athens, GA	2011-2017
Project Coordinator, Workplace Health Group, University of Georgia, Athens, GA	2006-2011
Clinical Dietitian, Landmark Hospital, Athens, GA	2008-2010
Clinical Dietitian, Walton Regional Medical Center, Monroe, GA	2007-2009
Lead Clinical Dietitian, Regency Hospital of Greenville, Greenville, SC	2005-2006
Clinical Dietitian, Elbert Memorial Hospital, Elberton, GA	2003-2005

Teaching

Courses taught

Internship in Public Health (PBHL 7560) Role: Instructor for MPH students Department of Health Promotion and Behavior, University of Georgia Total Credit Hours: 18	Spring 2020
Directed Study in Health Promotion and Behavior (HPRB 8000) Role: Instructor for PhD students Department of Health Promotion and Behavior, University of Georgia Total Credit Hours: 6	Spring 2020
Master's Research (HPRB 7000) Role: Instructor for MPH students Department of Health Promotion and Behavior, University of Georgia Total Credit Hours: 29	Fall 2018 Spring, Summer, Fall 2019 Spring 2020

Capstone Project in Public Health (PBHL 7800)	Fall 2018
Role: Instructor for MPH students	Spring 2020
Department of Health Promotion and Behavior, University of Georgia	
Total Credit Hours: 12	
Doctoral Research (HPRB 9000)	Spring 2020
Role: Instructor for PhD students	
Department of Health Promotion and Behavior, University of Georgia	
Total Credit Hours: 11	
Health Promotion Undergraduate Research (HPRB 4960)	Fall 2017
Role: Instructor	Spring 2018
Department of Health Promotion and Behavior, University of Georgia	Fall 2019
Total Credit Hours: 9	
Program Evaluation in Health Promotion and Health Education (HPRB 7470)	Fall 2017
Role: Instructor	Fall 2018
Department of Health Promotion and Behavior, University of Georgia	Fall 2019
Total Credit Hours: 165	
Public Health Physical Activity and Nutrition Interventions (FDNS/KINS/HPRB 7600)	Fall 2019
Role: Instructor	
Department of Health Promotion and Behavior, University of Georgia	
Total Credit Hours: 60	
Chronic Disease Prevention (HPRB 3850)	Spring 2018
Role: Co-instructor	
Department of Health Promotion and Behavior, University of Georgia	
Health Promotion Program Development (HPRB 4400)	Spring 2018
Role: Co-instructor	
Department of Health Promotion and Behavior, University of Georgia	

Guest lectures

Behavioral Medicine Interventions in Worksite Settings	Spring 2017
Introduction to Behavioral Medicine (HPRB 3100)	Spring 2019
Department of Health Promotion and Behavior, University of Georgia	
Health in the Workplace	Fall 2012
Community Health (HPRB 3700)	Spring, Fall 2013
Department of Health Promotion and Behavior, University of Georgia	Spring, Fall 2014
	Spring, Fall 2015
	Spring, Fall 2016
	Spring, Fall 2017
	Spring, Fall 2018
	Spring, Fall 2019
	Spring 2020
Women at Work	Fall 2015
Issues in Women's Health (HPRB 3150)	Spring 2016
Department of Health Promotion and Behavior, University of Georgia	

Research Funding

Ongoing

<u>Worksite wellness programs and health climate evaluation</u>	10/1/2019-
Role: PI	9/30/2020
Funding Source: Georgia Department of Public Health	
Total Funding: \$31,747	
<u>Pilot study on technology-enhanced health coaching intervention for low-income patients with multiple chronic conditions</u>	7/1/2019-
Role: Co-I	6/30/2020
PI: Janani Thapa	
Funding Source: Clinical Translational Research Unit, University of Georgia	
Total Funding: \$40,000	

Completed

<u>Putting CDSMP to work: Implementation of the Live Healthy, Work Healthy program</u> Project ID: 1R01HL122330 Role: Research scientist PIs: Mark Wilson & Matthew Smith, Funding Source: NIH/NHLBI Total Funding: \$3,236,343	3/15/2014- 2/28/2020
<u>Evaluation of costs and employee satisfaction with employee health programs</u> Role: PI Funding Source: University of Georgia Archway Partnership Total Funding: \$19,012	1/1/2019- 12/31/2020
<u>Worksite health promotion evaluation</u> Role: PI Funding Source: Georgia Department of Public health Total Funding: \$44,518	10/1/2017- 9/30/2018
<u>Effect of intensity and health coaches on the translation of DPP to worksite</u> Project ID: 1R18DK09067 Role: Project director PI: Mark Wilson Funding Source: NIH/NIDDK Total Funding: \$2,978,155	8/1/2011- 7/31/2017
<u>Worksite wellness evaluation</u> Project ID: 40500-054-16141158 Role: Project director PI: Mark Wilson Funding Source: Georgia Department of Public Health Total Funding: \$44,999	9/1/2015- 8/31/2016
<u>Worksite wellness evaluation</u> Project ID: 40500-054-15141158 Role: Project director PI: Mark Wilson Funding Source: Georgia Department of Public Health Total Funding: \$49,718	9/1/2014- 8/31/2015
<u>Evaluation of InSTEP and worksite wellness program</u> Project ID: 40500-054-14141158 Role: Project director PI: Mark Wilson Funding Source: Georgia Department of Public Health Total Funding: \$80,000	9/1/2013- 8/31/2014
<u>Translating a weight management program to worksites</u> Project ID: 5R18OH009396 Role: Project coordinator PI: Mark Wilson Funding Source: CDC/NIOSH Total Funding: \$1,178,189	9/30/2007- 9/30/2011
<u>Environmental approaches to obesity management at Dow</u> Project ID: R01 HL079546 Role: Project coordinator PIs: David DeJoy, Ron Goetzel Funding Source: NHLBI/NIH Total Funding: \$1,131,357	9/30/2004- 6/30/2010
<u>Evaluation of the Georgia Worksite Wellness Toolkit</u> Project ID: 427-93-09091362-99 Role: Project coordinator PI: Mark Wilson Funding Source: Georgia Department of Community Health Total Funding: \$39,801	4/1/2009- 6/30/2010

Peer-Reviewed Publications

*indicates a mentored student co-author

- McCardel, R. E.*, & **Padilla, H. M.** (2020). Assessing workplace breastfeeding support among working mothers in the United States. *Workplace Health and Safety*. doi:[10.1177/2165079919890358](https://doi.org/10.1177/2165079919890358)
- Rajbhandari-Thapa, J., Zhang, D., **Padilla, H. M.**, & Chung, S. R. (2019). Opioid-related hospitalization and its association with chronic disease: Findings from the National Inpatient Sample, 2011-2015. *Preventing Chronic Disease*, 16. doi:[10.5888/pcd16.190169](https://doi.org/10.5888/pcd16.190169)
- Padilla, H. M.**, Zuercher, H., Robertson, M., DeJoy, D. M., Wilson, M., Vandenberg, R. J., & Corso, P. S. (2019). Reach, uptake, and satisfaction of three delivery modes of *FUEL Your Life*. *Health Promotion Practice*. 1524839919869921. doi:[10.1177/1524839919869921](https://doi.org/10.1177/1524839919869921)
- Wilson, M. G., **Padilla, H. M.**, Meng, L., & Daniel, C. N. (2019). Impact of a workplace holiday weight gain prevention program. *Nutrition and Health*, 25(3), 173-177. doi:[10.1177/0260106019854916](https://doi.org/10.1177/0260106019854916)
- Padilla, H. M.**, Wilson, M., Vandenberg, R. J., Davis, M., & Clark, M. A. (2019). Health behavior among working adults: Workload and exhaustion are associated with nutrition and physical activity behaviors that lead to weight gain. *Journal of Health Psychology*. doi:[10.1177/1359105319851205](https://doi.org/10.1177/1359105319851205)
- Haynes, N. J., Vandenberg, R. J., DeJoy, D. M., Wilson, M. G., **Padilla, H. M.**, Zuercher, H. S., & Robertson, M. M. (2019). The Workplace Health Group: A Case Study of 20 Years of Multidisciplinary Research. *American Psychologist*, 74(3), 380-393. doi:[10.1037/amp000445](https://doi.org/10.1037/amp000445)
- Smith, M. L., Wilson, M. G., Robertson, M. M., **Padilla, H. M.**, Zuercher, H., Vandenberg, R., Corso, P., Lorig, K., Laurent, D. D., DeJoy, D. M. (2018). Impact of a translated disease self-management program on employee health and productivity: Six-month findings from a randomized controlled trial. *International Journal of Environmental Research and Public Health*, 15(5), 851. doi:[10.3390/ijerph15050851](https://doi.org/10.3390/ijerph15050851)
- Corso, P. S., Ingels, J. B., **Padilla, H. M.**, Zuercher, H., DeJoy, D. M., Vandenberg, R. J., & Wilson, M. G. (2018). Cost effectiveness of a weight management program implemented in the worksite translation of Fuel Your Life. *Journal of Occupational and Environmental Medicine*, 60(8): 683-687. doi:[10.1097/JOM.0000000000001343](https://doi.org/10.1097/JOM.0000000000001343)
- Wilson, M. G., DeJoy, D. M., Vandenberg, R. J., Corso, P., **Padilla, H.**, & Zuercher, H. (2016). Effect of intensity and program delivery on the translation of DPP to worksites: A randomized controlled trial of Fuel Your Life. *Journal of Occupational and Environmental Medicine*, 58, 1113-1120. doi:[10.1097/JOM.0000000000000873](https://doi.org/10.1097/JOM.0000000000000873)
- Ingels, J. B., Walcott, R. L., Wilson, M. G., Corso, P. S., **Padilla, H. M.**, Zuercher, H., DeJoy, D. M., & Vandenberg, R. J. (2016). A prospective programmatic cost analysis of Fuel Your Life: A worksite translation of DPP. *Journal of Occupational and Environmental Medicine*, 58, 1106-1112. doi:[10.1097/JOM.0000000000000868](https://doi.org/10.1097/JOM.0000000000000868)
- Wilson, M. G., DeJoy, D. M., Vandenberg, R., **Padilla, H.**, & Davis, M. (2016). FUEL Your Life: A translation of the Diabetes Prevention Program to worksites. *American Journal of Health Promotion*, 30,188-197. doi:[10.4278/ajhp.130411-QUAN-169](https://doi.org/10.4278/ajhp.130411-QUAN-169)
- Brace, A. M., **Padilla, H. M.**, DeJoy, D. M., Wilson, M. G., Vandenberg, R. J., & Davis, M. (2015). Applying RE-AIM to the evaluation of FUEL Your Life : A worksite translation of DPP. *Health Promotion Practice*, 16(1), 28-35. doi:[10.1177/1524839914539329](https://doi.org/10.1177/1524839914539329)
- DeJoy, D. M., Dyal, M. A., **Padilla, H. M.**, & Wilson, M. G. (2014). National workplace health promotion surveys: The Affordable Care Act and future surveys. *American Journal of Health Promotion*, 28(3), 142-145. doi:[10.4278/ajhp.121212-CIT-602](https://doi.org/10.4278/ajhp.121212-CIT-602)
- Smith, M. L., Wilson, M. G., DeJoy, D. M., **Padilla, H.**, Zuercher, H., Corso, P., Vandenberg, R. J., Lorig, K., & Ory, M. G. (2014). Chronic disease self-management program in the workplace: Opportunities for health improvement. *Frontiers in Public Health Education and Promotion*, 2, 179. doi:[10.3389/fpubh.2014.00179](https://doi.org/10.3389/fpubh.2014.00179)
- DeJoy, D. M., **Padilla, H. M.**, Wilson, M. G., Vandenberg, R. J., & Davis, M. A. (2013). Worksite translation of the Diabetes Prevention Program: Formative research and pilot study results from FUEL Your Life.. *Health Promotion Practice*, 14(4), 506-513. doi:[10.1177/1524839912461014](https://doi.org/10.1177/1524839912461014)
- DeJoy, D. M., Wilson, M. G., **Padilla, H. M.**, Goetzel, R. Z., Parker, K. B., Della, L. J., & Roemer, E. C. (2012). Process evaluation results from an environmentally focused worksite weight management study. *Health Education and Behavior*, 39(4), 405-418. doi:[10.1177/1090198111418109](https://doi.org/10.1177/1090198111418109)

- DeJoy, D. M., Parker, K. M., **Padilla, H. M.**, Wilson, M. G., Roemer, E. C., & Goetzel, R. Z. (2011). Combining environmental and individual weight management interventions in a work setting: Results from the Dow Chemical study. *Journal of Occupational and Environmental Medicine*, 53(3), 245-252. doi:[10.1097/JOM.0b013e31820c9023](https://doi.org/10.1097/JOM.0b013e31820c9023)
- Parker, K. B., DeJoy, D. M., Wilson, M. G., **Bowen, H. M.**, & Goetzel, R. Z. (2010). Application of the Environmental Assessment Tool (EAT) as a process measure for a worksite weight management intervention. *Journal of Occupational and Environmental Medicine*, 52(1), S42-S51. doi:[10.1097/JOM.0b013e3181ca3b37](https://doi.org/10.1097/JOM.0b013e3181ca3b37)
- DeJoy, D. M., **Bowen, H. M.**, Baker, K. M., Bynum, B. H., Wilson, M. G., Goetzel, R. Z., & Dishman, R. K. (2009). Management support and worksite health promotion program effectiveness. In B.T. Karsh (Ed.). *Ergonomics and Health Aspects*. Springer-Verlag.
- DeJoy, D. M., Wilson, M. G., Goetzel, R. Z., Ozminkowski, R. J., Wang, S., Baker, K. M., **Bowen, H.**, Tully, K. J. (2008). Development of the Environmental Assessment Tool (EAT) to measure organizational physical and social support for worksite obesity prevention programs. *Journal of Occupational and Environmental Medicine*, 50(2), 126-137. doi:[10.1097/JOM.0b013e318161b42a](https://doi.org/10.1097/JOM.0b013e318161b42a)
- Harris, R. B. S., **Bowen, H. M.**, & Mitchell, T. D. (2003). Leptin resistance in mice is determined by gender and duration of exposure to high-fat diet. *Physiology and Behavior*, 78(4-5), 543-555. doi:[10.1016/S0031-9384\(03\)00035-0](https://doi.org/10.1016/S0031-9384(03)00035-0)
- Bowen, H.**, Mitchell, T. D., & Harris, R. B. S. (2003). Method of leptin dosing, strain, and group housing influence leptin sensitivity in high-fat-fed weanling mice. *American Journal of Physiology*, 284(1), R87-R100. doi:[10.1152/ajpregu.00431.2002](https://doi.org/10.1152/ajpregu.00431.2002)
- Bowen, H. M.**, Mitchell, T. D., & Harris, R. B. S. (2001). Development of central but not peripheral leptin resistance in high-fat fed mice. In *Obesity Research* Vol. 9 (pp. 110S).

Book Chapters

- Wilson, M. & **Padilla, H.** (2017) Weight management in US occupational settings. In Oxford Bibliographies in Public Health. Ed. David McQueen. New York: Oxford University Press. DOI: 10.1093/OBO/9780199756797-0109
- Wilson, M.G., Gay, J.L., DeJoy, D.M. & **Padilla, H.M.** (2015). Enhancing fitness and physical activity. In O'Donnell, M. (Ed.). *Health promotion in the workplace* (4th ed.) (pp. 439-466). Albany, NY: Delmar.
- Wilson, M.G., Baker, K., DeJoy, D.M., **Bowen, H.M.**, & Davis, M. (2010). The employer's role in reducing health disparities through diabetes prevention and control. In L. Jack (Ed.). *Diabetes in black America: Public health and clinical solutions to a national crisis* (pp. 373-395). Roscoe, IL: Hilton.
- Bowen, H.M.**, Smith, T.D., DeJoy, D.M., & Wilson, M.G. (2009). Health promotion programming in small, medium, and large size businesses. In N.P. Pronk (Ed.) *American College of Sports Medicine worksite health handbook* (2nd Ed.) (pp. 41-48). Champaign, IL: Human Kinetics.
- Goetzel, R.Z., Bowen, J., Ozminkowski, R.J., Kassed, C., Roemer, E.C., Tabrizi, M.J., Short, M., Wang, S., Pei, X., **Bowen, H.M.**, DeJoy, D.M., Wilson, M.G., Baker, K., Tully, K., White, J.M., Bilotti, G.M., & Baase, C.M. (2009). Case study: Introducing environmental interventions at The Dow Chemical Company aimed at reducing overweight and obesity among workers. In N.P. Pronk (Ed.) *American College of Sports Medicine worksite health handbook* (2nd Ed.) (pp. 336-341). Champaign, IL: Human Kinetics.

Presentations

- Padilla, H. M.**, Zuercher, H., Wilson, M. G., DeJoy, D. M., Vandenberg, R. J., Haynes, N., Smith, M. (2019). Program satisfaction with a worksite translation of the Chronic Disease Self-Management Program. Poster presentation at the American Public Health Association Meeting, November 2-6, 2019, Philadelphia, PA.
- Padilla, H. M.**, McCardel, R.,* DeJoy, D. M., & Wilson, M. G. (2019). Health inequities in access to worksite health promotion programs. Roundtable presentation at the American Public Health Association Meeting, November 2-6, 2019, Philadelphia, PA.
- McCardel, R.,* **Padilla, H. M.**, & Daniel, C. (2019). Perceived barriers and facilitators to implementing a workplace lactation policy in a complex organization with multiple worksites. Oral presentation at the American Public Health Association Meeting, November 2-6, 2019, Philadelphia, PA.
- Haynes, N. J., **Padilla, H.**, DeJoy, D., Smith, M., Vandenberg, R. J., & Wilson, M. (2019, Nov.). Allostatic load as a mechanism explaining the link between job stress and employee attitudes and behaviors. Oral

- presentation at the 13th International Conference on Occupational Stress and Health: Work, Stress, and Health Conference, Philadelphia, PA.
- Wilson, M., Zuercher, H., Robertson, M., **Padilla, H.**, DeJoy, D., Haynes, N., Vandenberg, R., Lorig, K. & Smith, M. (2019). Do Work-life factors influence engagement in a worksite chronic disease self-management program? Presented at the American Public Health Association Annual Conference, Philadelphia, PA.
- Wilson, M., DeJoy, D., **Padilla, H.**, Vandenberg, R., Haynes, N., Zuercher, H., Corso, P., Lorig, K. & Smith, M. (2019). Translating CDSMP for use in the workplace: Results of the *Live Healthy, Work Healthy* Trial, Presented at the American Public Health Association Annual Conference, Philadelphia, PA.
- Padilla, H. M.**, Zuercher, H., Smith, M. L., DeJoy, D. M., & Wilson, M. G. (2019). Translating the Chronic Disease Self-Management Program to Worksites: Understanding the bidirectional relationship between work and chronic disease. Oral presentation at the Society for Public Health Education 70th Annual Conference, March 27-29, 2019, Salt Lake City, Utah.
- Smith, M. L., Wilson, M. G., Robertson, M. M., **Padilla, H. B.**, Zuercher, H., Vandenberg, R., Corso, P. S., Lorig, K., & DeJoy, D. M. (2018). Impact of a disease self-management program on employee health and work performance: Introducing Workplace CDSMP. Poster presentation at the Gerontological Society of America Annual Conference, November 14-18, 2018, Boston, MA.
- Padilla, H. M.**, Wilson, M. G., Bien, M., Daniel, C. & Greene, C. (2017). A holiday weight management program helps employees lose weight. Oral presentation at the 38th Annual Meeting of the Society of Behavioral Medicine, San Diego, CA.
- Padilla, H. M.**, Zuercher, H., Mitchell, M. DeJoy, D. M., & Wilson, M. G. (2017). A comparison of reach, retention, uptake, and satisfaction between three delivery modes of *FUEL Your Life*. Oral presentation at the 38th Annual Meeting of the Society of Behavioral Medicine, San Diego, CA.
- Zuercher, H., **Padilla, H. M.**, Bien, M., DeJoy, D. M., Smith, M. L., & Wilson, M. G. (2017). If you build it, will they come? Lessons learned from recruiting participants for a chronic disease self-management program in small to medium worksites in rural Georgia. Oral presentation at the American Public Health Association Annual Meeting, Atlanta, GA.
- Wilson, M. G., **Padilla, H. M.**, Meng, L., Bein, M., Daniel, C. & Greene, C. (2017). Weight gain prevention in an employed adult population: Effectiveness of Holiday Survivor. Presented at the World Congress on Nutrition and Obesity Source, Barcelona, Spain.
- Wilson, M. G., DeJoy, D. M., Vandenberg, R. J., Corso, P., **Padilla, H.**, Zuercher, H. and Mitchell, M. (2017). The effectiveness of program delivery on the translation of DPP to a worksite setting: Implementation of Fuel Your Life. Presentation at the Global Implementation Conference, Toronto, Canada.
- Padilla, H. M.**, Wilson, M., Parr, E. & Gay, J. (2016). Standing workstations increase occupational physical activity in public health workers. Poster presentation at the 37th Annual Meeting of the Society of Behavioral Medicine, Washington, D.C.
- Padilla, H. M.**, Wilson, M. G., DeJoy, D. M., Vandenberg, R., LoPilato, A., & Zuercher, H. (2015) Predictors of success in a worksite weight management study. Oral presentation at the 36th Annual Meeting of the Society of Behavioral Medicine. San Antonio, TX.
- Smith, M. L., Wilson, M. G., DeJoy, D. M., **Padilla, H. B.**, Zuercher H, Vandenberg, R., Corso, P. S., Lorig, K., & Ory, M. G. (2015) Translating the Chronic Disease Self-Management Program (CDSMP) for use in the workplace: Stakeholders and processes. Oral presentation at the American Public Health Association Annual Meeting, Chicago, IL.
- Zuercher, H. S., **Padilla, H. M.**, Wilson, M. G. & DeJoy, D. M. (2015). Using motivational interviewing in a worksite translation of the Diabetes Prevention Program. Oral presentation at the American Public Health Association Annual Meeting, Chicago, IL.
- Smith, M. L., Wilson, M. G., Zuercher, H., DeJoy, D. M., **Padilla, H. B.**, Vandenberg, R., Corso, P. S., Lorig, K., & Ory, M. G. (2015) The role of trained facilitators in translating CDSMP for use in the workplace. Poster presentation at the Gerontological Society of America Annual Conference, Orlando Florida.
- Meng, L., Smith, M. L., **Padilla, H. B.**, Zuercher, H., Robinson, K., Wilson, M. G., & DeJoy, D. M. (2015). Factors associated with missing work among employed adults with chronic conditions. Poster presentation at the Annual State of Public Health Conference, Athens, GA.
- Meng, L., Mattick, K. A., **Padilla, H. B.**, Wilson, M. G., DeJoy, D. M., & Smith, M. L. (2015). A systematic literature review of workplace health interventions. Poster presentation at the Annual State of Public Health Conference, Athens, GA.

- DeJoy, D. M., Wilson, M. G., **Padilla, H. M.**, Zuercher, H., Vandenberg, R., LoPilato, A., Ingels, J. B., & Mitchell, M. (2015) Workplace translation of the diabetes prevention program. Oral presentation at the 14th European Congress of Psychology, Milan, Italy.
- Wilson, M. G., **Padilla, H. M.**, LoPilato, A., Zeurcher, H., DeJoy, D. & Vandenberg, R. (2014). An examination of the relationship between work-related and leisure-time physical activity and the perception of work. Oral presentation at the 5th International Congress on Physical Activity and Public Health, Rio de Janeiro, Brazil.
- Howard, T. M., Zuercher, H., **Padilla, H. M.**, Wilson, M. G., & DeJoy, D. M. (2014) Group engagement influences participant outcomes in a worksite translation of the Diabetes Prevention Program. Oral presentation at the 142nd American Public Health Association Annual Meeting, New Orleans, Louisiana.
- Zuercher, H., **Padilla, H. M.**, Wilson, M. G., & DeJoy, D. M. (2014) Lessons learned from telephone-based health coaching in the worksite. Oral presentation at the 142nd American Public Health Association Annual Meeting, New Orleans, Louisiana.
- Dills, S., **Padilla, H. M.**, DeJoy, D. M., & Wilson, M. G. (2014) Assessment of a workplace health promotion toolkit: One size does not fit all. Poster presentation at SOPHE 65th Annual Meeting, Baltimore, Maryland.
- Padilla, H. M.**, Zuercher, H., Wilson, M. G., & DeJoy, D. M. (2013) Training health coaches to deliver a worksite translation of the Diabetes Prevention Program. Oral presentation at the 141st American Public Health Association Annual Meeting, Boston, Massachusetts
- Padilla, H. M.** (2013). Worksite Health Promotion: Current Status, New Directions, and Future Opportunities. Effective strategies for behavior change. Oral presentation at the State of Public Health Conference, Athens, GA.
- DeJoy, D. M., Grigsby, A., Wilson, M. & **Padilla, H. M.** (2012) Health at work: The growth, development, and status of worksite health promotion. Oral presentation at the American Public Health Association 140th Annual Meeting, San Francisco, CA.
- Padilla, H. M.**, Wilson, M. G., DeJoy, D. M., Brace, A. M., & Vandenberg, R. J. (2012) Process evaluation findings from FUEL Your Life: A worksite translation of the Diabetes Prevention Program. Oral presentation at the American Public Health Association 140th Annual Meeting, San Francisco, CA.
- DeJoy, D. M., **Padilla, H. M.**, Wilson, M. G., Vandenberg, R. J., & Davis, M. A. (2012). Worksite translation of the Diabetes Prevention Program: Formative and pilot study results. Oral presentation at the 12th International Congress of Behavioral Medicine, Budapest, Hungary.
- Wilson, M. G., DeJoy, D. M., **Padilla, H. M.**, Davis, M., Vandenberg, R. J., & Eldredge, C. (2011). Effectiveness of a worksite diabetes prevention program: Results of Fuel Your Life. Oral presentation at the American Public Health Association 139th Annual Meeting, Washington, DC.
- Wilson, M. G., **Padilla, H. M.**, DeJoy, D. M., Vandenberg, R. J., & Eldredge, C. (2011). Being healthy is hard work: Worksite translation of DPP. Oral presentation at the 4th Annual NIH Conference on the Science of Dissemination and Implementation: Policy and Practice, Washington, DC.
- Bowen, H. M.**, Wilson, M. G., Bynum, B. H., Davis, M., DeJoy, D. M., & Vandenberg, R. J. (2010). Translating the Diabetes Prevention Program to worksites: Results from a pilot study. Oral presentation at the American Public Health Association 138th Annual Meeting, Denver, CO.
- Wilson, M. G., DeJoy, D. M., **Bowen, H. M.**, Davis, M., Bynum, B., & Vandenberg, R. J. (2010). Fuel Your Life: Results from a worksite Diabetes Prevention Program. Oral presentation at the American Public Health Association 138th Annual Meeting, Denver, CO.
- Parker, K. M., **Bowen, H. M.**, DeJoy, D. M., Shearry, D., Wilson, M. G., & Goetzel, R. Z. (2010). Effects of an individual-based weight loss intervention concurrent to an environmental intervention in a work setting. American Public Health Association 138th Annual Meeting, Denver, CO.
- Bowen, H. M.**, DeJoy, D. M., Wilson, M. G., Goetzel, R. Z., Roemer, E. C., & Ozminkowski, R. J. (2009). Lessons learned from a worksite environmental obesity prevention intervention. Oral presentation at the American Public Health Association 137th Annual Meeting, Philadelphia, PA.
- Wilson, M. G., **Bowen, H. M.**, Davis, M., DeJoy, D. M., Baker, K. M., Bynum, B., & Vandenberg, R. J. (2009). FUEL Your Life: Pilot study of a worksite diabetes prevention program. Oral presentation at the American Public Health Association 137th Annual Meeting, Philadelphia, PA.
- DeJoy, D. M., **Bowen, H. M.**, Baker, K. M., Bynum, B. H., Wilson, M. G., Goetzel, R. Z., & Dishman, R. K. (2009). Management support and worksite health promotion program effectiveness. Oral presentation at the 13th International Conference on Human-Computer Interaction, San Diego, CA.

- Wilson, M. G., Davis, M., DeJoy, D. M., **Bowen, H.**, Baker, K., Bynum, B. & Vandenberg, R. J. (2009). FUEL Your Life: Formative research for a worksite diabetes prevention program. Oral presentation at the CDC Diabetes Translation Conference, Long Beach, CA.
- Bowen H.**, DeJoy D. M., Wilson M. G., Goetzel R. Z., Chung-Roemer E. & Ozminkowski R. J. (2008). Modifying the worksite environment to support individual behavior change. Oral presentation at the American Public Health Association 136th Annual Meeting, San Diego, CA.
- DeJoy D. M., Wilson M. G., Goetzel R. Z., Ozminkowski R. J., Baker K., **Bowen H.**, Christaldi J. & Wang S. (2008). Use of an environmental assessment tool to measure organizational physical and social support for worksite obesity prevention programs. Oral presentation at the American Public Health Association 136th Annual Meeting, San Diego, CA.
- Christaldi J., **Bowen H.**, Baker K., DeJoy D. M., Wilson M. G., Goetzel R. Z. & Ozminkowski R. J. (2008). Employee perceptions of an environmental obesity management program. Poster presentation at the American Public Health Association 136th Annual Meeting, San Diego, CA.
- Goetzel, R. Z., DeJoy, D. M., Wilson, M. G., Ozminkowski, R. J., Roemer, E. C., White, J. M., Tully, K. J., Billotti, G. M., Baase, C. M., **Bowen, H.**, Mitchell, S. G., Wang, S., Tabrizi, M. J., Bowen, J. D., Short, M., Liss-Levinson, R. C., Christaldi, J., & Baker, K. (2007). Environmental approaches to obesity prevention and management at The Dow Chemical Company: Second year results. Oral presentation at the American Heart Association Annual Scientific Sessions, Orlando, FL.
- Baker, K., Wilson, M., DeJoy, D., Goetzel, R., **Bowen, H.**, Mitchell, S. G., & Ozminkowski, R. J. (2007). Challenges of implementing a healthy choice vending intervention. American Public Health Association, 135th Annual Meeting, Washington, DC.
- Goetzel, R., DeJoy, D. M., Wilson, M., Ozminkowski, R., Chung Roemer, E., Tully, K., White, J., Billotti, G., Baase, C., **Bowen, H.**, Mitchell, S. G., Wang, S., Tabrizi, M. J., Bowen, J. D., Short, M., Liss-Levinson, R., Christaldi, J., & Baker, K. (2007). Environmental approaches to obesity prevention and management at The Dow Chemical Company: Second year results. CDC/NIOSH WorkLife 2007 Symposium, Bethesda, MD.
- Bowen, H.**, Wilson, M. G., DeJoy, D. M., Goetzel, R. Z., Baker, K., Christaldi, J., & Ozminkowski, R. J. (2007). An environmental assessment tool for weight management: Worksite application. Oral presentation at the 19th IUHPE World Conference on Health Promotion and Health Education, Vancouver, BC.
- Wilson, M. G., DeJoy, D. M., Goetzel, R. Z., Ozminkowski, R. J., Chung Roemer, E., **Bowen, H.**, Tully, K., & White, J. (2007). Lessons learned from a worksite intervention project: Building capacity to sustain a healthy culture. Oral presentation at the 19th IUHPE World Conference on Health Promotion and Health Education, Vancouver, BC.
- DeJoy, D. M., Wilson, M. G., Goetzel, R. Z., Ozminkowski, R. J., Chung Roemer, E., Mitchell, S., Tully, K., & **Bowen, H.** (2007). Environmental approaches to weight management in a work setting: Structuring the process evaluation. Oral presentation at the 19th IUHPE World Conference on Health Promotion and Health Education, Vancouver, BC.

Honors and Awards

- Delta Omega Honorary Society in Public Health Beta Chi Chapter
- Phi Upsilon Omicron
- Golden Key National Honor Society
- Gamma Sigma Delta
- 2017 Citation Abstract Winner, Society of Behavioral Medicine
- 2017 Meritorious Abstract Winner, Society of Behavioral Medicine
- 2016 Graduate Study Abstract Award for Outstanding Research in Pain or Palliative Care, Society of Behavioral Medicine Pain Special Interest Group
- 2016 Student Abstract Award, Society of Behavioral Medicine, Student Special Interest Group

Service

Journal Reviewer

Health Promotion International
 Health Education and Behavior
 International Journal of Environmental Research and Public Health
 Translational Behavioral Medicine
 Journal of Occupational and Environmental Medicine
 American Journal of Health Promotion

Abstract Reviewer

Society of Behavioral Medicine
 American Public Health Association
 Work, Stress, and Health Conference

Professional Memberships

Society of Behavioral Medicine
 American Public Health Association
 Society for Public Health Education

Advisory Board Membership

Georgia Society for Public Health Education Advisory Board 2019-present

Departmental and University Service

Total Rewards Steering Committee Well-being Subcommittee 2020-present
 University System of Georgia
 State of Public's Health Planning Committee Member 2019-present
 College of Public Health
 University of Georgia
 2020-2015 Strategic Planning Committee Member 2019-2020
 College of Public Health
 University of Georgia
 Department Research Committee Member 2019 - present
 Department of Health Promotion and Behavior
 College of Public Health
 University of Georgia
 Faculty Search Committee Member 2018
 Undergraduate Program Coordinator, Clinical Assistant Professor
 Department of Health Promotion and Behavior
 College of Public Health
 University of Georgia
 Well-being Vendor RFP Evaluation Committee Member 2017
 University System of Georgia