General Focus Areas:

A. Biomechanics Injury Prevention & Movement Abilities

B. Chronic Disease Prevention

C. Energy Balance Metabolism, Physiology and Health

D. Epidemiology/Surveillance Measurement

E. Health Information/Communication/Technology/Promotion

F. Lifespan/Aging & Health

G. Nutrition Behaviors in Physical Activity

H. Public Health/Community/Policy
A. Biomechanics Injury Prevention & Movement Abilities

Cheryl Der Ananian, PhD
(Cheryl.Derananian@asu.edu)
Associate Professor, Exercise Science and Health Promotion
The promotion of physical activity for older adults with an emphasis on utilizing physical activity as a secondary prevention strategy for chronic illnesses include arthritis and heart disease; community-based physical activity for older adults; translation and dissemination of evidence-based physical activity programs.

Natalia Dounskaia, PhD
(Natalia.Dounskaia@asu.edu)
Associate Professor, Exercise Science and Health Promotion
Control of human multi-joint movements, including arm movements and postural control, and adverse effect of normal gaining and motor disorders.

Daniel Peterson, PhD
(Daniel.Peterson1@asu.edu)
Assistant Professor, Nutrition
Understand the interaction between balance, cognitive deficits, brain structure, and falls in neurological populations such as people with Parkinson’s disease and multiple sclerosis. In particular, I am interested in how gait and balance can be improved (and falls avoided) through rehabilitation using principles of motor learning.

Shannon Ringenbach, PhD
(Shannon.Ringenbach@asu.edu)
Associate Professor, Exercise Science and Health Promotion
Assisted cycle therapy on motor, cognitive & clinical functions in persons with Down Syndrome, intellectual disability, ADHD, stroke, physical & mental health, behavioral neuroscience, etc.

B. Chronic Disease Prevention

Barbara Ainsworth, PhD, MPH, FACSM, FNAK
(Barbara.ainsworth@asu.edu)
Regents Professor, Exercise Science and Health Promotion
Physical activity epidemiology, surveillance of physical activity, measurement of physical activity, and physical activity in middle age and minority women.

Siddhartha Angadi, PhD
(Sangadi@asu.edu)
Assistant Professor, Exercise Science and Health Promotion

Jared Dickinson, PhD
(Jared.Dickinson@asu.edu)
Assistant Professor, Exercise Science and Health Promotion
Mechanisms of muscle adaptation; mechanisms that contribute to the loss of muscle size and function with aging (i.e. sarcopenia); maximizing the ability for exercise and nutritional strategies to effectively preserve muscle health in older adults and accelerate functional recovery in at-risk clinical populations.

Glenn Gaesser, PhD
(Glenn.Gaesser@asu.edu)
Professor, Exercise Science and Health Promotion
Acute and chronic impact of exercise and diet on endothelial function; weight-loss independent health benefits of exercise and diet; obesity paradox; physical activity assessment technology.
Steven Hooker, PhD, FACSM  
(Steven.Hooker@asu.edu)  
Professor, Exercise Science and Health Promotion  
Physical activity interventions for midlife and older adults, particularly racial/ethnic minority men; the associations between physical activity and health outcomes (e.g., stroke, cognitive function, CVD); community-based participatory research.

Carol Johnston, PhD, RD  
(Carol.Johnston@asu.edu)  
Professor, Nutrition  
Vitamin C: relationships with adiposity, vinegar: antiglycemic effects in health adults and individuals with type 2 diabetes, vegetarian diets, and low carbohydrate diets.

Linda Larkey, PhD, CRTT  
(Linda.Larkey@asu.edu)  
Professor, Nursing and Health Innovation  
Testing theory-based methods of communicating health messages to underserved/low-income populations, community-based participatory research practices, and examining mind-body methods of alleviating symptoms in cancer survivor.

Chong Lee, EdD, FACSM  
(Chong.Lee@asu.edu)  
Associate Professor, Exercise Science and Health Promotion  
Investigating the combined impact of lifestyle factors (i.e., physical activity, healthy diet, not smoking, etc.) on CVD and cancer mortality; developing new waist girth, body fatness, and physical fitness standards in children and adults (e.g. population-specific groups); and constructing new global prediction algorithms of CVD, cancer (i.e. colorectal, breast, etc.), and type 2 diabetes using health behaviors and health factors across race and sex groups.

Rebecca Lee, EdD, FACS  
(relee6@mainex1.asu.edu)  
Professor, Nursing and Health Innovation  
Community research with Hispanic populations in the US and Mexico to reduce health disparities. Use of innovative strategies, incorporating social cohesion, capitalizing on innovations in technology and improving the quality of neighborhood environments. Research grants focusing on social, environmental, community and virtual interventions to increase physical activity and improve dietary habits in Hispanic populations.

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Elizabeth “Betty” Phillips, PhD  
(Betty.Phillips@asu.edu)  
University Professor and Professor, Psychology; Co-director: Obesity Solutions Initiative  
Neuroscience of taste, Conditioned food preferences; Food taste, acceptance and consumption.

Shannon Ringenbach, PhD  
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Assisted cycle therapy on motor, cognitive & clinical functions in persons with Down Syndrome, intellectual disability, ADHD, stroke, physical & mental health, behavioral neuroscience, etc.

Gabriel Shaibi, PhD (Gabriel.Shaibi@asu.edu)  
Associate Professor, Nursing and Exercise Science and Health Promotion  
Effects of exercise on cardiometabolic disease risk (e.g., insulin resistance, metabolic syndrome, and type 2 diabetes) in overweight and obese children and adolescent Physiology of insulin resistance type 2 diabetes across the lifespan.

Pamela Swan, PhD, FACSM, FTOS  
(Pamela.Swan@asu.edu)  
Associate Professor, Exercise Science and Health Promotion  
Exercise, obesity and health, Muscular-skeletal health consequences of severe weight loss (Post Bariatric Surgery), Regional adiposity, Effects of exercise on resting energy
expenditure, Health effects of whole body vibration exercise.

Karen Sweazea, PhD
(Karen.Sweazea@asu.edu)
Associate Professor, Nutrition
Exploration of potentially protective mechanisms existing in mammalian and non-mammalian organisms against complications that can arise in diseases associated with being overweight or having high blood sugar levels; Evaluation of functional foods in the reversal of complications associated with overweight and diabetes; cardiovascular impact of poor nutrition.

Natasha Tasevska, MD, PhD
(Natasha.Tasevska@asu.edu)
Assistant Professor, Nutrition
Developing biomarkers of intake; Dietary validation and calibrations studies and measurement error in self-reported diet; Epidemiological investigations of the effects of sugars on cancer, obesity and other chronic diseases.

Sonia Vega-Lopez (Sonja.Vega-Lopez@asu.edu)
Associate Professor, Nutrition
Assessment of diet and lifestyle factors that affect chronic disease risk among minority populations; Development of culturally sensitive strategies to aid Latinos and other high-risk populations in chronic disease prevention; Development of community-based interventions to aid in the prevention of chronic diseases and reduction of risk factors; evaluation of the effects of diet and lifestyle modifications on chronic disease risk factors, obesity, the metabolic disease and diabetes management; Effect of diets and dietary components on the metabolism of cholesterol and lipoproteins.

Corrie Whisner, PhD
(Corrie.Whisner@asu.edu)
Assistant Professor, Nutrition
Broad research interests: metabolic disturbances in nutrition-related diseases, lifestyle interventions to prevent or correct chronic disease, and the influence of both genetic and environmental factors on health outcomes. Specific interests include Interactions between dietary intake and gut microbiome in relation to bone health and obesity outcomes in pediatric populations; Mineral metabolism in at-risk, pediatric populations such as infants and adolescents; Functional food (prebiotics/probiotics) applications for health.

Shawn Youngstedt, PhD
(Shawn.Youngstedt@asu.edu)
Professor, Nursing, Health Innovation & Exercise Science, and Health Promotion
Sleep, mental and physical health. a) The risks of long sleep. Both short sleep duration (less than 6 hours) and long sleep duration (8 hours or more) are associated with mortality and multiple morbidities. Although the risks of long sleep have been greater and more consistent than the risks of short sleep, we are one of the only groups that are experimentally studying long sleep. b) Non-pharmacologic means of improving sleep and mental health. We have conducted research examining the effects of exercise and bright light on insomnia, sleep apnea, and PTSD.
C. Energy Balance Metabolism, Physiology and Health

Siddhartha Angadi, PhD (Sangadi@asu.edu)
Assistant Professor, Exercise Science and Health Promotion

Jared Dickinson, PhD (Jared.Dickinson@asu.edu)
Assistant Professor, Exercise Science and Health Promotion
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Associate Professor, Nutrition
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Shawn Youngstedt, PhD
(Shawn.Youngstedt@asu.edu)
Professor, Nursing and Health Innovation & Exercise Science and Health Promotion
Influence of chronic moderate sleep restriction on health in older adults. Influence of napping on health in older adults.

Back to Mentor List

D. Epidemiology/Surveillance Measurement

Marc Adams, PhD, MPH
(Marc.Adam@asu.edu)
Assistant Professor, Exercise Science and Health Promotion
Behavior change: walking, physical activity; Environment: city designs, walkability, transit environments; Intervention design: e-Health & adaptive interventions; Theory: behavioral economics; Measurement: pedometers, GIS/GPS; Primary prevention.

Barbara Ainsworth, PhD, MPH, FACSM, FNAK (Barbara.ainsworth@asu.edu)
Regents Professor, Exercise Science and Health Promotion
Physical activity epidemiology, using surveillance data to identify populations at risk for low physical activity, measurement of physical activity, and physical activity promotion in middle age and minority women.

Meg Bruening, PhD, MPH, RD
(Meg.Bruening@asu.edu)
Assistant Professor, Nutrition
Public health nutrition promotion and obesity prevention targeted to underserved youth and families. Major topics include: Social epidemiology/social network/socio-environmental influences on eating and physical activity behaviors; food insecurity risk and resiliency factors; Developing and evaluating public health nutrition interventions, including school-and community-based programs.

Glenn Gaesser, PhD
(Glenn.Gaesser@asu.edu)
Professor, Exercise Science and Health Promotion
Acute and chronic impact of exercise and diet on endothelial function; weight-loss independent health benefits of exercise and diet; obesity paradox; physical activity assessment technology.

Jennifer Huberty, PhD
(Jennifer.Huberty@asu.edu)
Associate Professor, Exercise Science and Health Promotion
Physical activity (PA) adherence in middle-aged women, pregnant women, college females; relationship of self-worth to PA; social-support/group-based interventions (e.g., face to face and online); utilizing PA to improve grief/depressive symptoms in perinatal loss; utilizing technology to improve PA in women (i.e., text-message, mobile app); complementary approaches (e.g. yoga meditation) to improve mental, physical health, and quality of life in women and cancer patients.
Chong Lee, EdD, FACSM  
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Associate Professor, Exercise Science and Health Promotion  
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Punam Ohri-Vachaspati, PhD, RN  
(Punam.Ohri-Vachaspati@asu.edu)  
Professor, Nutrition  
Understanding social-ecological determinants of obesity, specifically the role of environments, and policies in influencing consumption behaviors and health outcomes; and study of nutrition interventions in community settings.

Shannon Ringenbach, PhD  
(Shannon.Ringenbach@asu.edu)  
Associate Professor, Exercise Science and Health Promotion  
Exercise interventions on motor, cognitive, clinical functions in persons with Down Syndrome and Intellectual disability.

Shawn Youngstedt, PhD  
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Professor, Nursing, Health Innovation & Exercise Science, and Health Promotion  
Developing biomarkers of intake; Dietary validation and calibrations studies and measurement error in self-reported diet; Epidemiological investigations of the effects of sugars on cancer, obesity and other chronic diseases.

Marc Adams, PhD, MPH  
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Assistant Professor, Exercise Science and Health Promotion  
Behavior change: walking, physical activity; Environment: city designs, walkability, transit environments; Intervention design: e-Health & adaptive interventions; Theory: behavioral economics; Measurement: pedometers, GIS/GPS; Primary prevention.

Matthew Buman, PhD  
(Mbuman@mainex1.asu.edu)  
Assistant Professor, Exercise Science and Health Promotion  
Dynamic interplay of sleep, sedentary, and more active behaviors for health promotion; Community-based interventions for mid-life and older adults; wearable sensors for 24-hour behavioral monitoring.

Eric Hekler, PhD  
(Eric.Hekler@mainex1.asu.edu)  
Assistant Professor, Nutrition  
Personalized behavior change, digital health, health, physical activity, research design and evaluation methods, agile science, behavioral theory development, just-in-time-adaptive interventions, human-computer interaction, the application of control systems engineering to the creation of personalized behavioral interventions, self-experimentation for behavior change.

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E. Health Information/Communication/Technology/Promotion

Marc Adams, PhD, MPH  
(Marc.Adams@asu.edu)  
Assistant Professor, Exercise Science and Health Promotion  
Behavior change: walking, physical activity; Environment: city designs, walkability, transit environments; Intervention design: e-Health & adaptive interventions; Theory: behavioral economics; Measurement: pedometers, GIS/GPS; Primary prevention.

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Sonia Vega-Lopez (Sonja.Vega-Lopez@asu.edu)  
Associate Professor, Nutrition  
Developing predictive biomarkers of sugar intake, Dietary validation and calibrations studies and measurement error in self-reported diet; Epidemiological investigations of the effects of sugars on cancer, obesity and other chronic diseases.

Christopher Wharton, PhD  
(Christopher.Wharton@asu.edu)  
Associate Professor, Nutrition  
Healthy food production and distribution, Food systems and sustainability, Local food programs, Food security.

F. Lifespan/Aging & Health

Barbara Ainsworth, PhD, MPH, FACSM, FNAK  
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Regents Professor, Exercise Science and Health Promotion  
Relationship between physical activity, fundamental motor skills, and movement abilities in middle age and older women.

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programs on weight gain during adolescent pregnancy.

G. Nutrition Behaviors in Physical Activity

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Assistant Professor, Exercise Science and Health Promotion  
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Influence of chronic moderate sleep restriction on health in older adults. Influence of napping on health in older adults.

H. Public Health/Community/Policy

Marc Adams, PhD, MPH (Marc.Adams@asu.edu)
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Cheryl Der Ananian, PhD
(Cheryl.Derananian@asu.edu)
Associate Professor, Exercise Science and Health Promotion
The promotion of physical activity for older adults with an emphasis on utilizing physical activity as a secondary prevention strategy for chronic illnesses include arthritis and heart disease; community-based physical activity for older adults; translation and dissemination of evidence-based physical activity programs.

Steven Hooker, PhD, FACSM
(Steven.Hooker@asu.edu) Professor, Exercise Science and Health Promotion
Physical activity interventions for midlife and older adults, particularly racial/ethnic minority men; the associations between physical activity and health outcomes (e.g., stroke, cognitive function, CVD); community-based participatory research.
Rebecca Lee, EdD, FACS  
(relee6@mainex1@asu.edu)  
Professor, Nursing and Health Innovation  
Community research with Hispanic populations in the US and Mexico to reduce health disparities. Use of innovative strategies, incorporating social cohesion, capitalizing on innovations in technology and improving the quality of neighborhood environments. Research grants focusing on social, environmental, community and virtual interventions to increase physical activity and improve dietary habits in Hispanic populations.

Punam Ohri-Vachaspati, PhD, RN  
(Punam.Ohri-Vachaspati@asu.edu)  
Professor, Nutrition  
Understanding social-ecological determinants of obesity, specifically the role of environments, and policies in influencing consumption behaviors and health outcomes; and study of nutrition interventions in community settings.

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