

Emily Spangler Murphy, PhD
Associate Professor
College of Physical Activity and Sport Sciences
West Virginia University
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Academic Preparation:

- 2007 PhD West Virginia University, Morgantown, WV
Major: Exercise Physiology
Area of Emphasis: Pediatrics and Chronic Disease Prevention
Dissertation: The effect of aerobic exercise on endothelial dysfunction in overweight children
- 1998 MS West Virginia University, Morgantown, WV
Major Area: Exercise Physiology
- 1996 BS West Virginia University, Morgantown, WV
Major Area: Exercise Physiology

Current Positions:

- 2020- Present Associate Professor
College of Physical Activity and Sport Sciences
West Virginia University
- 2010-Present Associate Clinical Professor of Pediatrics
School of Medicine
West Virginia University

Employment History:

- 2010-2020 Extension Professor
Extension Service
West Virginia University
- 2009-2010 Research Assistant Professor of Pediatrics
School of Medicine
West Virginia University
- 2005-2009 Research Instructor of Pediatrics
School of Medicine
West Virginia University

2004-2005 Extension Clinical Assistant Professor
Extension Service,
West Virginia University

2003-2004 Extension Visiting Instructor
Extension Service
West Virginia

Overview of Professional Accomplishments:

Associate Professor, College of Physical Activity and Sport Sciences

- Continue research related to physical activity promotion, healthy food access and childhood obesity prevention
- Promote physical activity and healthy food choices in early childcare environments (ongoing)
 - Developed and delivered director/teacher training workshops for Head Start, Pre-K and childcare centers
 - Key 2 a Healthy Start
- Serve on West Virginia University Board of Governors
- Serve on local, state and national advisory committees

Teaching duties Fall 2020:

- 3 sections of PASS 293A-Introduction to Health and Wellbeing Professions

Extension Professor, Extension Service

- Promoted physical activity and healthy food choices in early childcare environments (ongoing)
 - Developed and delivered director/teacher training workshops for Head Start, Pre-K and childcare centers
 - WV Healthy Children Project
 - Key 2 a Healthy Start
- Served as a member of the state and national planning committee that led the development and delivery of the 12th Annual Southern Obesity Summit (2018)
- In collaboration with game developers at Konami Digital Entertainment, developed the DanceDanceRevolution classroom edition and the curriculum materials that accompanied the system.
- Served as a member of the development committee and helped managed second cohort of the Camp NEW You Program, a yearlong program for overweight children and their families (2011) www.campnewyou.org
- Led the development and delivery of the WV Childhood Obesity Summit in collaboration with Konami Digital Entertainment (2011)

- Committee member in the development of the first West Virginia Physical Activity Plan (WVPAP), ActiveWV 2015, one of two states to model a state plan after the National Physical Activity Plan (released in January 2010) (www.wvphysicalactivity.org) (2010-present)
- Assisted in the development and delivery of the WV Physical Activity Symposium held July 2010
- Site supervisor for 5-10 Exercise Physiology undergraduate interns each year
- Served on local, state and national advisory committees

Research Assistant Professor, Pediatrics

- Co-Director of the WV Games for Health Project
 - Led the development and implementation of the project which trained physical education teachers (K-12) how to incorporate DanceDanceRevolution into their curriculum and provided industrial strength DanceDanceRevolution equipment to all public schools in West Virginia
- Assisted in the development and delivery of the WV Physical Activity Symposium of the 2nd WV Physical Activity Symposium held March 2015
- Member of the development committee and helped managed two cohorts of the Camp NEW You Program, a yearlong program for overweight children and their families (2009) www.campnewyou.org
- Site supervisor for 5-10 Exercise Physiology undergraduate interns each year
- Continue research related to school-based physical activity and physical activity

Research:

Research interests include physical activity and healthy food access promotion in home, school and community settings, and chronic disease and obesity prevention for interventional strategies for West Virginia families and children.

Current Grant Support:

Murphy, E. (PI), Elliott, E., McCartney, K., Nichols, A., Bulger, S., Zizzi, S., Albidso, C., Lilly, C., Taliaferro, A., O-Hara Tompkins, N., Shamblin, M., Cook, A., & McVey, A. (Co-Is). (2018) Title of Project: Be Wild, Be Wonderful, Be Healthy: Improving Access to Healthy Foods and Physical Activity Opportunities in McDowell and Clay Counties, WV. US DHHS-CDC Centers for Disease Control & Prevention. \$551,262 Year 1. October 1, 2018 – Sept. 30, 2023. Funded. OSP Ref: 14-895

McCartney et al. (2020). WV Family Nutrition Program: SNAP-Ed: Supplemental Nutrition Assistance Program (SNAP).
 Sub-award: Elliott, E. (PI), **Murphy, E.**, Bulger, S., Zizzi, S., Pyles, L. (Co-Is). (2018) West Virginia Family Nutrition Program-SNAP-ED: Title of Project: The CARDIAC Project. USDA – Food and Nutrition Services - WV DHHR Bureau for Children and Families. October 1, 2020 – September 30, 2021.

Morton et al (2020). Title of the Project: HSTA Citizen Science: Adolescents Engaged in Citizen Science with Early Childcare Facilities to Address Childhood Obesity. USDHHS-NIH-National Institute of General Medical Sciences. August 1, 2020-July 31, 2021.

Past Support:

- CDC- Programs to Reduce Obesity in High Obesity Areas. Title of the Project: The West Virginia Healthy Children Project. 2014-2018. \$1,871,264. (PI)
- USDA-Agricultural and Food Research Initiatives. Title of the Project: “West Virginia Childhood Obesity Prevention Project.” 2011-2017. \$3,674,936. (Co-Investigator).
- Bureau of Public Health. Title of Project: “WV Families Live Well.” Sept 2012-June 2014. \$60,000. (PI)
- USDA-NRI. Title of Project: “Preventing Obesity for At-Risk Audiences through Exergames: Relationships Between Food, Activity, Self Esteem and Family Involvement.” 2008-2012. \$185,000. (PI)
- Public Employees Insurance Agency, Title of the Project: “Determining the prevalence of endothelial dysfunction in overweight children in determining whether a 12-week aerobic exercise intervention will improve their dysfunction”. 2006-2008. \$60,000. (PI)
- Hope Lab. Title of the Project: “West Virginia G-ditty Pilot Project.” Co investigator, 2008. \$20,000. (Co-Investigator)
- Claude Worthington Benedum Foundation. Title of the Project “WV Games for Health Project.” 2006-2008. Direct Costs: \$137,500. (Co-PI)
- Special Olympics, Inc. Title of the Project: “WV Games for Health-SOI Inc. Pilot Project.” 2008-2009. Direct Costs: \$37,590.(PI)
- WV Bureau of Public Health. Title of the Project: “Coronary Artery Risk Detection in Appalachian Communities-CARDIAC.” 1998-2016. Direct Costs: \$470,000 per year. (Co-Investigator)

Peer-reviewed Publications:

Casanave K, O’Hara Tompkins N, Gabbert K, **Murphy E**, Elliott E, Zizzi S. Using Community Partnerships to Understand the Culture of Health in Two Rural WV Counties. *Progress in Community Health Partnerships: Research, Education and Action*. (Accepted for publication, November 2020).

O'Hara Tompkins N, Crum G, Fincham H, Lewis D, Bowen E, **Murphy E**. Opportunities for Impact: Health Promotion in Rural Early Care and Education Environments. *Journal of Extension*, December 2020; JOE ID #19253FEA.

O'Hara Tompkins N, Beanne J, Crum G, Cottrell L, **Murphy E**. Addressing Facilitators and Barriers to Early Childhood Obesity Prevention in Rural Appalachian Communities. *Journal of Extension*, August 2020, 58.

Murphy E, Bowen E, O'Hara Tompkins N, Crum G, Fincham H, Burkhart-Polk M. Early Childhood Obesity Prevention in Rural West Virginia: Extension's Role and Lessons Learned. *Journal of Human Sciences and Education*, March 2020; 8(1): 163-177.

Elliott E, **Murphy E**, Cottrell L, Lilly C, Pyles L, Neal W. The Coronary Artery Risk Detection in Appalachian Communities (CARDIAC) Project: An 18-Year Review. *Current Pediatric Reviews*, 2017, 13(3): 1-12.

Abildso C, Elliot E, Bulger S, **Murphy E**, Jones E, Jones D, Neal W, Olfert M, Shawley S, Owens S, Dyer A. Lessons Learned for State-level Physical Activity Planning from an Evaluability Assessment of the West Virginia Physical Activity Plan 2015. *Preventing Chronic Disease*, 2016, 13: E177.

Cottrell L, Zatezalo J, Bonasso A, Lattin J, Shawley S, **Murphy E**, Lilly C, Neal W. The relationship between children's physical activity and family income in rural settings: A cross-sectional study. *Preventive Medicine Reports*, 2015; 2: 99-104.

Cottrell L, Lilly C, **Murphy E**, John C, Elliott E, Neal W. Chronic Disease Risk Screening: Characteristics of Parents Who Participate in Screening with Their Children. *West Virginia Medical Journal*, 2015; 111(1): 26-31.

Cottrell L, John C, **Murphy E**, Lilly CL, Ritchie SK, Minor V, Neal WA. Individual-, Family-, and Policy-Level Impact of a School-based Cardiovascular Risk Detection Screening Program for Children in Underserved, Rural Areas: The CARDIAC Project. *Journal of Obesity*, 2013; Article ID 732579.

Murphy E, Ice C, McCartney K, Leary J, Cottrell L. Does Parent and Child Body Composition Influence Decision-Making Regarding Nutrition and Physical Activity Opportunities? *Appetite*, 2012; 59: 563-9.

Ritchie SK, **Murphy E**, Ice C, Cottrell L, Minor V, Elliott E, Neal W. Universal Versus Targeted Blood Cholesterol Screening Among Youth. *Pediatrics*, 2010; 126: 260-5.

- Ice C, **Murphy E**, Cottrell L., Neal W. Exploring Morbidly Obese Diagnosis as an Indicator of Cardiovascular Disease Risk in Children: Results from the CARDIAC Project. *International Journal of Pediatric Obesity*, 2010; 6:113-9.
- Murphy E**, Carson L, Baylis C, Donley D, Neal W, Yeater R. Effects of an Exercise Intervention Using Dance Dance Revolution on Endothelial Function and Other Risk Factors in Overweight Children. *International Journal of Pediatric Obesity*, 2009 Apr 3: 1-10.
- Ice CL, **Murphy E**, Minor VE, Neal WA. Metabolic Syndrome in 5th Grade Children with Acanthosis Nigricans: Results from the Coronary Artery Risk Detection in Appalachian Communities Project. *World Journal of Pediatrics*, 2009; 5:23-30.
- Cottrell L., Minor V., **Murphy E**, Neal, W. Comparisons of Parent Cardiovascular Knowledge, Attitudes, and Behaviors Based on Screening and Perceived Child Risks. *Journal of Community Health Nursing*, 2007; 24: 86-99.
- Bowen E, Leatherman M, **Murphy E**. Obesity: Help Solve the Problem. *West Virginia Early Childhood Provider*, 2006; 5-7.
- Cottrell L, **Spangler-Murphy E**, Minor V, Downes A, Nicholson P, Neal W. Findings from a Kindergarten Cardiovascular Risk Surveillance Study: CARDIAC-Kinder. *American Journal of Health Behavior*, 2005; 29: 595-606.
- Demerath E, Muratova V, **Spangler E**, Jianrong L, Minor VE, Neal WA: Obesity and Associated Comorbidities in Rural Appalachian Children. *Preventive Medicine*, 2003; 37: 553-60.
- Muratova VN, Demerath EW, **Spangler E**, Ogershock P, Elliott E, Minor VE, Neal WA. The Relation of Obesity to Cardiovascular Risk Factors Among Children: The CARDIAC Project. *WV Medical Journal*, 2002; 98: 263-7.
- Spangler E**, Krummel D, Morrison N, Gordon P: Environmental Perceptions Related to Physical Activity in High- and Low-Risk Counties. *Health Promotion and Practice*, 2002; 6: 57-63.
- Neal WA, Demerath E, Gonzales E, **Spangler E**, Stolling R, Islam S: Coronary Artery Risk Detection in Appalachian Communities (CARDIAC): Preliminary Findings. *WV Med J* 2001, 97:102-105.

Abstracts presented at National Conferences:

Murphy E, Bulger S, Elliott E, Gabbert K, Cook A, Shamblin M. Be Wild, Be Wonderful, Be Healthy! Using Communication to Support Community Health Promotion Programs. 2021 Virtual National Health Outreach Conference (accepted for poster presentation).

Murphy E, Crum G, Fincham H, O'Hara Tompkins N. West Virginia Health Children Project. 2021 Virtual National Health Outreach Conference (accepted for poster presentation).

Gabbert K, O'Hara-Tompkins, Elliott E, Eades D, **Murphy E**. Empowering rural communities to address obesity through policy, systems, and environmental strategies. Oral presentation at the American Public Health Association's 2020 Virtual Annual Meeting.

Zizzi S, **Murphy E**, Cassanave K, Gabbert K. Using a community-based participatory approach to improving food and physical activity access in rural WV. Poster presentation at the 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine 2020 virtual conference.

Elliott E, Murphy E, Gabbert, Zizzi s, Bulger S. BeHealthy WV Program. Using "mini-contracts" to foster community-driven physical activity. Poster presentation at the Active Living Research Conference 2020. Orlando, FL.

Murphy E. Choose to Change: A Consistent Messaging Campaign for Families with Young Children. Oral presentation at the 2018 Southern Obesity Summit. Charleston, WV.

Tompkins O'Hara N, **Murphy E**, Lewis D, Kirk A, Lopez M, Hinds B. Effective Obesity Prevention Interventions in Rural Areas of the South. Pre-Conference Presentation at the 2018 Southern Obesity Summit. Charleston, WV.

Tompkins O'Hara N, Crabtree K, **Murphy E**. Goal Setting for Nutrition & Physical Activity Best Practices in Early Care & Education. Poster Presentation at the 2018 National Health Outreach Conference. Bloomington, MN.

Murphy E, Crabtree K, O'Hara N, Bowen E. Using the combination of a research-based intervention and an evidence-based intervention to obtain best practice in childcare settings. Oral presentation at the 2017 International American Public Health Association Conference. Atlanta, GA.

Crum G, Fincham H, Crabtree K, Wolfe B, Bowen E, **Murphy E**. Extension Weighs In: An Early Childhood Prevention Model. Oral Presentation at the 2016 Multi-State Nutrition Assistance Conference. Charleston, WV.

Murphy E, Long K, Smith S, Flanagan S. Try This: Aiming for a Healthier West Virginia. Oral Presentation at the 2017 National Health Outreach Conference. Annapolis, MD.

Viggiano K, Bowen E, **Murphy E**, Cottrell L. Choose to Change: An Early Childhood Obesity Intervention Prevention Project in West Virginia with Focus on Healthy Lifestyle Modification. Oral presentation at the 2016 Southern Obesity Summit. Houston, TX.

Viggiano K, Atkins M, Bennett K, Bowen E, **Murphy E**, Savago-Gomez J, Cottrell L. It's All About the "Base": Helping Parents in Creating a Healthy Home. Poster presentation at the 2016 APHA Annual Meeting. Denver, CO.

Bennet K, Bowen E, Savago-Gomez J, **Murphy E**, Viggiano K, Cottrell L. Family Food Purchasing Patterns Based on Accessibility, Environmental, and Geographical Factors. Poster presentation at the 2016 APHA Annual Meeting. Denver, CO.

McCartney K, Bowen E, **Murphy E**, Cottrell L, Prinzo L, Beane J. Rethink Your Drink: A Multi-Level Campaign Targeting Reduction of Sugar Sweetened Beverage Intake in Adults and Children in West Virginia. Poster presentation at the 2016 APHA Annual Meeting. Denver, CO.

Viggiano K, **Murphy E**, Atkins M, Bowen E, Cottrell L. Healthy Families Choose to Change: An Early Childhood Obesity Research Project in West Virginia. Poster Presentation at the 2016 Eat Smart, Move More Annual Conference. Greenville, SC.

Bowen E, **Murphy E**, Fitch C, Crabtree K, Ohara-Tompkins N, Fincham N, Crum G, Montgomery L, Murphy E, Fincham H, Wade K. Extension Weighs In. Oral presentation at the 2016 National Extension Association of Family & Consumer Science Annual Meeting. Big Sky, MT.

Cottrell L, Bowen E, **Murphy E**, LaCombe D, Wilkinson S, Vigianno K, Gray T, Atkins M, Harris T, LaFone F. Best Practices and Lessons Learned from the Choose to Change Project: Nutrition Education and Interventions for Preschool Children. Poster presentation at the 2016 Society for Nutrition Education and Behavior Annual Meeting. San Diego, CA.

Bowen E, **Murphy E**. The Weight of the Nation. In-depth session at the 2015 National Extension Association of Family & Consumer Sciences Annual Meeting. White Sulphur Springs, WV.

Ackerman S, Bowen E, Atkins M, Gray T, **Murphy E**, Viggiano K. Choose to Change: Communities Collaborate for Healthier Weights. Poster

presentation at the 2015 American Public Health Association Annual Meeting. Chicago, IL.

Morris K, Viggiano K, **Murphy E**, Bowen E, Cottrell L, Atkins M, Gray T, Scott A. The Effect of School- and Family-Based Obesity Prevention: Intervention Amongst Pre-Kindergarteners and Their Families. Poster presentation at the 2014 American Public Health Association Annual Meeting. Chicago, IL.

Partington S, Atkins M, Bowen E, Cottrell L, Gray T, LaCombe D, Menzies T, Middleton M, **Murphy E**, Gomez J, Piras G, Viggiano K. The West Virginia Early Childhood Obesity Prevention Project, Poster presentation at the Society of Nutrition Education and Behavior Annual Conference 2015, Pittsburgh, PA.

Murphy E, Bowen E, Riffe J, Henderson N, Fitch C. Cost Recovery for Extension Wellness Programming: A Memorandum of Understanding with West Virginia's State Insurance Provider. Poster presentation at the Society of Nutrition Education and Behavior Annual Conference 2015, Pittsburgh, PA.

Bowen E, Ackerman S, Atkins M, Fint-Clark B, Gray T, Murphy E, **Murphy E**, Viggiano K. The More the Merrier: Engaging Partners for Healthier Community Environments. Poster presentation at the Society of Nutrition Education and Behavior Annual Conference 2015, Pittsburgh, PA.

Murphy E, Bowen E, Atkins M, Gray T, Cottrell L. Parental Socio-demographic Influence on Pre-Kindergarten Children's Physical Activity. Poster presentation at the 2014 American College of Sports Medicine Meeting. Orlando, FL.

Cottrell L, **Murphy E**, Bowen E, Gray T, Partington S. If You Build It, Who Will Come? Poster presentation at the 2014 American College of Sports Medicine Meeting. Orlando, FL.

Long K, O'Hara Tompkins N, Martin A, **Murphy E**, Bowen E. Effective Media-Public Health Emergency: Soaring Obesity and Chronic Disease Rates. Poster presentation at the 2014 American Public Health Association Annual Meeting. Boston, MA.

Bowen E, Cottrell L, **Murphy E**. Choose to Change: Communities Collaborate for Healthy Weights. Poster presentation at the 14th Annual Engagement Scholarship Consortium 2014. Lubbock, TX.

Partington S, Bowen E, Cottrell L, Lacombe D, Menzies T, **Murphy E**, Piras G. Choose to Change: The West Virginia Early Childhood Obesity Prevention Project. Poster presentation at the Society of Nutrition Education and Behavior Annual Conference 2013, Portland, OR.

Bowen E, Lester D, **Murphy E**, Prinzo L, Weatherford L, Wright D. LiveWell West Virginia. Oral presentation at 2013 National Priester Conference. Corvallis, OR.

Partington S, Bowen E, Cottrell L, Lacombe D, Menzies T, **Murphy E**, Piras G. The West Virginia Early Childhood Obesity Prevention Project. Poster presentation at the Society of Nutrition Education and Behavior Annual Conference 2012, Washington, DC.

Ice C, **Murphy E**, Cottrell L, Neal W, Piedimonte G. Associations Between Acanthosis Nigricans, Insulin, and Asthma in Rural, Appalachian Children. Poster presentation at the Annual International Meeting of the ATS 2012, San Francisco, CA.

Murphy E, Cottrell L, Henderson N, McCartney K, Weikle M. Developing a Roadmap for Prevention: The West Virginia Childhood Obesity Prevention Summit. Poster presentation at the 2011 Diabetes Symposium and Workshop, Charleston, WV.

Murphy E, Bowen E, Waugh C, Yohn A. Wellness is Prevention: The Wild, Wonderful Wellness Challenge. Roundtable presentation at the 2011 Diabetes Symposium And Workshop, Charleston, WV.

Maloney A, **Murphy E**. Beyond Calories: Social and Psychosocial impacts of Exergames. Oral Presentation at the 7th Games for Health Conference. Boston, MA, 2011.

Murphy E, Ice C, Cottrell L, Neal W, Piedimonte G. Insulin Resistance Among Overweight WV Fifth Graders: Is Acanthosis Nigricans or Weight Status the Best Indicator. Oral presentation at the 2010 Diabetes Symposium and Workshop. Charleston, WV.

Minor V, Cottrell L, **Murphy E**, Ice C, Neal W. School-Based Universal Screening for Hypertension in West Virginia: From Ideal to Real. Poster presentation at the High Blood Pressure Research 2010 Scientific Sessions. Washington, DC.

Shaw E, **Murphy E**, William R, Shaw C. New You After School: A Clinical Exergaming Program for Children Identified as at Risk for Overweight, Heart Disease or Diabetes. Poster presentation at the WV Physical Activity Symposium, Charleston, WV, 2010.

Murphy E. Reading, Writing and Exergaming. Oral presentation at the Games for Health Annual Conference. Boston, MA, May 2010.

Murphy E, Shannon V, Vosloo J, Carson L. Exergaming in Individuals with Intellectual

Disabilities. Poster presentation at the International Congress on Physical Activity and Public Health, Toronto, Canada, 2010.

Murphy E, Ice C, Shannon V, Cottrell L. Children Slow Down with Age: Parents' Perceptions of Activity Levels. Poster presentation at the International Congress on Physical Activity and Public Health, Toronto, Canada, 2010.

Shannon V, **Murphy E**, Vosloo J, Carson L. Using Exergaming to Increase Physical Activity. Poster presentation at the International Congress on Physical Activity and Public Health, Toronto, Canada, 2010.

Ice CL, Cottrell L, **Murphy E**, Neal W. Longitudinal Childhood Obesity Trends in an Appalachian Population. Poster presentation at the American Heart Association's 50th Cardiovascular Disease Epidemiology and Prevention Conference, San Francisco, CA, 2010.

Ice CL, **Murphy E**, Cottrell L, Neal W. The Coronary Artery Risk Detection in Appalachian Communities Project. Poster presentation at the American Heart Association's 50th Cardiovascular Disease Epidemiology and Prevention Conference, San Francisco, CA, 2010.

Matthews M, **Murphy E**, Ice C, Neal WA, Cottrell LA. An examination of the use of food and physical activity as reinforcers by parents of normal weight and overweight children. Poster presentation at the American Public Health Association Meeting, Denver, CO, 2009.

Vosloo J, Carson L, Henderson, **Murphy E**. West Virginia Games for Health: Implementing DanceDanceRevolution into Public Schools. Poster presentation at the American College of Sports Medicine Annual Meeting, Seattle, WA, 2009.

Ice CL, **Murphy E**, Cottrell L, Neal W. The influence of weight status and ethnicity on Acanthosis Nigricans in children. Poster presentation at the American Heart Association's 49th Cardiovascular Disease Epidemiology and Prevention Conference, Palm Harbor, FL, 2009.

Ice CL, **Murphy E**, Cottrell L, Neal W. Recent longitudinal childhood obesity trends in an Appalachian Population. Poster presentation at the American Heart Association's 49th Cardiovascular Disease Epidemiology and Prevention Conference, Palm Harbor, FL, 2009.

Cottrell L, Ice C, Leary JM, Neal W, Minor V, **Murphy E**. A statewide examination of childhood overweight and obesity trends. Poster presentation at the Society of

Research in Child Development. Boston, MA, 2009.

Green C, **Murphy E**, Cottrell L, Neal W. Exploring BMI as an indicator of cardiovascular risk in children: Results from the CARDIAC project. Poster presentation at the Child Health Services Special Interest Group of the Academy Health Annual Research Meeting, Washington, D.C., 2008.

Minor V, Ward AM, **Murphy E**, Polak K, Cottrell L, Neal W. CARING: Taking cardiovascular risk reduction education to the 5th grade classroom. Poster presentation at the American Public Health Association. San Diego, CA, 2008.

Green CL., **Murphy E**, Cottrell L, Neal W. Exploring BMI as an indicator of cardiovascular risk in children: Results from the CARDIAC project. Poster presentation at the Child Health Services Special Interest Group of the Academy Health Annual Research Meeting, Washington, D.C., 2008.

Elliott E, Ward A, **Murphy E**, Housner L, Neal W. The CARDIAC Project: Interventions to improve children's health in WV. Oral presentation at the National AAPHERD Conference. Forth Worth, Texas, 2007.

Murphy E, Cottrell L, Ward A, Minor V, Elliott E, Tillis G, Neal W. The CARDIAC Project: A statewide risk detection initiative. Oral presentation at the National Prevention and Health Promotion Summit. Washington, DC, 2007.

Murphy E, Ward A, Elliott E, Tillis G, Cottrell L, Neal W. Weight status predicts risk: Eight-year results from the CARDIAC Project. Poster presented at the American Academy of Pediatrics Conference. San Francisco, CA, 2007.

Ward A, Cottrell L, Elliott E, **Murphy E**, Powell M, Krulich L, Polak K, Neal W. New You: A community-based physical activity and nutrition program for at-risk youth and their parents. Poster presentation at the American College of Sports Medicine Annual Conference. New Orleans, LA, 2007.

Murphy ES, Neal W, Elliott E. A Statewide risk surveillance project combatting childhood obesity in West Virginia. Poster presentation at the American College of Sports Medicine Annual Conference. New Orleans, LA, 2007.

Cottrell L, **Murphy E**, Minor V, Ward A, Neal W. Exploring the extent to which pre-existing asthma conditions impact children's physical activity patterns, obesity-related outcomes, and family health decision making. Poster presentation at the American Thoracic Society. San Francisco, CA, 2007.

Cottrell L, **Murphy ES**, Neal W, Ward A, Minor V. The development, implementation, and evaluation of a healthy lifestyle intervention program among kindergarten, fifth and ninth grade students and their families. Poster presentation at the 21st

- Century Families: From Research to Reality Conference. Little Rock, AK, 2007.
- Elliott E, **Murphy E**, Cottrell L, Ward A, Neal W. eLearning for Health: Healthy Hearts 4 Kids and Take Charge! Internet modules for school children and youth. Poster presentation at the National Prevention Summit. Washington, DC, 2006.
- Murphy ES**, Vosloo J, Donley D, Richison K, Carson L. The Effects of a Video Game to Promote Physical Activity in Obese Children. Oral presentation at the National Prevention Summit. Washington, DC, 2006.
- Elliott E, Ward A, **Murphy E**, Cottrell L, Neal W. Healthy Hearts 4 kids: Results of a Web-Based Health Program. Poster presentation at NAASO Annual Meeting. Boston, MA, 2006.
- Murphy E**, Donley D, Carson L, Ullrich U, Vosloo J, Mueller C, Richison K, Yeater R. An Innovative Home-based Aerobic Exercise Intervention Improves Endothelial Function in Overweight West Virginia Children. Poster presentation at American College of Sports Medicine Annual Conference. Denver, Colorado, 2006.
- Murphy ES**, Carson L. Rolling out DDR Across West Virginia Public Schools. Oral presentation at the Games for Health Conference. Baltimore, MD, 2006.
- Murphy ES**, Vosloo J, Carson L. West Virginia Games for Health: An Innovative Physical Activity Project for Schools. Oral presentation at the National Obesity Action Forum. Bethesda, MD, 2006.
- Ward A, **Murphy E**, Ritchie S, Gunel E, Cottrell L, Minor V, Elliott E, Neal W. Universal versus selective cholesterol screening among children: Are National Guidelines Still Working? Poster presentation at the 46th Annual Conference on Cardiovascular Disease Epidemiology and Prevention. Phoenix, Arizona, 2006.
- Murphy ES**, Carson L. Games for Health Project: The Effects of Aerobic Exercise on Endothelial Dysfunction in Overweight Children. Oral presentation at the Council of State Governments Meeting, 2006.
- Murphy E**, Donley D, Ullrich I, Neal M, Yeater R. Endothelial Dysfunction in Overweight, Prepubertal Children. Poster presentation at the NAASO Annual Scientific Meeting. Vancouver 2005.
- Frisbee SJ, Cottrell L, Elliott E, Minor V, **Spangler-Murphy E**, Neal W. Relationship of Birthweight to Obesity, Hypertension, and Dyslipidemia in Pre-adolescents: Results from the CARDIAC Project. Poster presentation at the NAASO Annual Scientific Meeting. Vancouver 2005.

Frisbee SJ, Cottrell L, Elliott E, Minor V, **Spangler-Murphy E**, Neal W. Obesity, Hypertension, Dyslipidemia, and the Metabolic Syndrome in West Virginia Children: Seven Years of the CARDIAC Project. Poster presentation at NAASO Annual Scientific Meeting. Vancouver 2005.

Frisbee SJ, Cottrell L, Elliott E, Minor V, **Spangler-Murphy E**, Neal W. Relationship Between Economic Conditions and Cardiovascular Disease Risk Factors in West Virginia School Children: Results from the CARDIAC Project. Poster presentation at the American Heart Association Meeting. Dallas, TX, 2005.

Frisbee SJ, Cottrell L, Elliott E, Minor V, **Spangler-Murphy E**, Neal WA. Epidemiology of Obesity, Hypertension, Hyperlipidemia and Insulin Resistance in West Virginia School Children: Six years of the CARDIAC Project. Poster presentation at the American Heart Association 45th Annual Conference on Cardiovascular Disease Epidemiology and Prevention. Washington, DC: April 2005.

Cottrell L., Neal WA, Minor VE, **Murphy ES**. Merging Community and Family as an Outlet for Cardiovascular Risk Reduction Program among Kindergarten Children. Poster presentation at Society for Research in Child Development (SRCD). Atlanta, GA, 2005.

Cottrell L, Minor V, **Murphy E**, Tillis G, Frisbee S, Nicholson P, Neal W. The Power of Persuasion: Parental Estimates of Children's Weight, Their Perceived Abilities, and Opportunities. Poster presentation at NAASO Annual Meeting. Vancouver, 2005.

Bowen E, **Murphy E**, Leatherman M. Flexible Programming * Integrating Obesity Strategies. Oral presentation at the Priester National Extension Health Conference, 2005.

Elliot E, Neal W, Cottrell L, Minor V, **Murphy E**, Palmer S. Schools as Change Agents: Implementing the WV CARDIAC Project and the E-Learning Module *Healthy Hearts*, Oral presentation at the CDC Prevention Conference on Heart Disease and Stroke, Atlanta, GA, 2004.

Spangler E, Elliott E, Palmer S, Yeater R, Graham G, Muratova VN, Neal WA. An Internet Instructional Module's Effects on Cardiovascular Factors in Children. Poster presentation at the American College of Sports Medicine Annual Meeting, San Francisco, CA, 2003.

Muratova VN, Demerath EW, Ogershok P, **Spangler E**, Minor VE, Neal WA. Relationship Between Obesity, Insulin, and Lipoprotein Fractions: The CARDIAC Project. Poster presentation at the American Heart Association Scientific

Sessions, Chicago, IL, 2002.

Spangler E, Pauline J, Sindler A, Goodrich D, Gordon P. Is the Frequency of Trail Use Related to Trail Accessibility? Poster presentation at the American College of Sports Medicine Annual Meeting, Indianapolis, IN, 2002.

Muratova VN, Demerath EW, Minor VE, **Spangler E**, Neal WA. The Relation of Obesity to Cardiovascular Risk Factors Clustering Among Children: the CARDIAC Project. Poster presentation at the 42nd Annual Conference on Cardiovascular Disease Epidemiology and Prevention, Honolulu, HI, 2002.

Spangler E, Gordon P, Krummel D, Morrison N. Perceptions of the Environment for Physical Activity Among High and Low-risk Counties. Poster presentation at the Cardiovascular Health for All, Meeting the Challenge of Healthy People 2010, Washington, DC, 2002.

Spangler E, Muratova VN, Demerath EW, Minor VE, Neal WA: Coronary Artery Risk Detection in Appalachian Communities (CARDIAC). Poster presentation at the Cardiovascular Health for All, Meeting the Challenge of Healthy People 2010, Washington DC, 2002.

Demerath EW, Muratova V, **Spangler E**, Li J, Neal WA: Obesity Screening as a Means of Identifying Children with Adverse CVD Risk Factors: the CARDIAC project. Poster presentation at NAASO, Quebec City, QC, 2001.

Spangler, E, Gordon, P, Neal, WA, Muratova, VN, Demerath, EW, Minor, VE. Effects of Body Weight Status on Cardiovascular Disease Risk Factors in Fifth Grade Children. Oral presentation at the American College of Sports Medicine Annual Meeting, 2001.

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Muratova VN, Demerath EW, Islam SS, **Spangler E**, Neal WA: Cholesterol Screening in Children and Family History of Coronary Heart Disease. Poster presentation at the 41st Annual Conference on Cardiovascular Disease Epidemiology and Prevention, 2001.

Ad Hoc Reviewer:

- Convention Program Review Southern Obesity Summit (2016-2018)
- Convention Program Review National Health Outreach Conference (2015-2018)

- Manuscript Reviewer: Journal of Pediatrics (2015-2020)
- Manuscript Reviewer: Appetite (2014-2020)
- Manuscript Reviewer: Journal of Physical Activity and Health (2012-2020)

Publicity/Awards:

- Marketing Package Award, for the Be Wild, Be Wonderful, Be Healthy project. 1st Place National Winner, National Extension Association of Family & Consumer Sciences. Virtual Conference. 2020.
 - Marketing Package Award for 1st Place Eastern Regional Winner for the Be Wild, Be Wonderful, Be Healthy project. 1st Place Regional Winner, National Extension Association of Family & Consumer Sciences. Virtual Conference. 2020.
 - Community Partnership Award for the WV Healthy Children Project. West Virginia Association for Family Consumer Sciences, WVU Extension Annual Meeting, Jackson's Mill. 2019.
 - Community Partnership Award for the WV Healthy Children Project. 1st Place Eastern Region. National Extension Association of Family & Consumer Sciences, Hershey, PA. 2019.
 - Early Childhood Child Care Training Award, Title of Project: "WV Healthy Children Project." 1st Place Eastern Regional Winner, National Extension Association of Family & Consumer Sciences, 2017, Omaha, NE.
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- Marketing Package Award, 1st Place Regional Winner, for the Choose to Change Project, National Extension Association of Family & Consumer Sciences, White Sulphur Springs, WV. 2015.
 - Extension's Individual Faculty Performance Excellence Award, WVU Extension Annual Meeting, Jackson's Mill. 2014.
 - Extension's New Program Award for Rethink Your Drink, WVU Extension Annual Meeting, 2014, Jackson's Mill.
 - Internet Education Technology, 2nd Place Regional Winner for the Wild, Wonderful Wellness Challenge. National Extension Association for Family & Consumer Sciences, Columbus, Ohio. 2012.
 - Innovations Award from the Council of State Governments, for the WV Games for Health Project, 2010. Providence, RI. December 2010.
 - 2007 Secretary's Innovation in Prevention Awards, Public Sector. National Prevention and Health Promotion Summit, Washington DC. US Department of Health & Human Services. November 2007.
 - American Public Health Association, 2003 GlaxoSmithKline Partnership for Healthy Children Award, for the CARDIAC Project. San Francisco, November 2003.