

KARA MARIE KREUTNER MONTGOMERY

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EDUCATION

Doctor of Public Health (DrPH) in the Department of Health Promotion, Education, and Behavior, Arnold School of Public Health, University of South Carolina (USC), May 2004

Dissertation title: Factors Affecting the Knowledge and Use of Dietary Supplements and Ergogenic Aids by University Student-Athletes

Master of Education, University of South Carolina (USC), May 1993
Student Personnel Services / Student Affairs Administration,
Honors on Master's Comprehensive Exam

Bachelor of Science, University of Miami, Coral Gables, Florida, May 1990
Telecommunications and English, *Cum Laude, General Honors from the Honors College*

RELEVANT EXPERIENCE

Clinical Associate Professor, Dean's Office, Public Health Education (PUBH), Arnold School of Public Health, *November 2014-present*

- Teach PUBH courses as directed by supervisor
- Serve on departmental, school, and university committees as needed
- Advise undergraduate students (~150)
- Direct or serve as second reader for South Carolina Honors College (SCHC) students
- Teach UNN101 section in fall for undergraduate Public Health and Exercise Science Students

Clinical Assistant Professor, Department of Health Promotion, Education and Behavior (HPEB), Arnold School of Public Health, USC, *August 2005-August 2008 (part-time); August 2008-present (full-time)*

- Teach HPEB courses as directed by the chair
- Serve on departmental, school, and university committees as needed
- Evaluate doctoral qualifying and master's comprehensive examinations
- Advise master's and doctoral students
- Advise HPEB undergraduate minor students (Coordinator of HPEB Minor since 2010)
- Direct or serve as second reader for South Carolina Honors College (SCHC) students
- Arnold School representative to Delta Omega, Mu Chapter, President-Elect 2009-2010
- Teach UNN101 section in fall for undergraduate Public Health and Exercise Science Students

Student Services Coordinator, Office of Student and Alumni Services, Arnold School of Public Health, USC, *August 2005-August 2008(part-time)*

- Create student newsletter for the Arnold School of Public Health
- Coordinate the Academic Seminar for new graduate student orientation for the school
- Assist Office of Student and Alumni Services in the recruitment of prospective students, including the processing of graduate applications and disseminating information to current students
- Advise the Alumni Council for the Arnold School of Public Health
- Develop and coordinate academic curriculum for a week long summer camp for middle school students called Adventures in Public Health (2006)
- Coordinate Professional Development Skills seminar for graduate students

Program Coordinator/Lecturer, Arnold School of Public Health, USC, *June 2002-August 2005*

- Assist Office of Student and Alumni Services in the recruitment of prospective students, including the processing of graduate applications and disseminating information to current students
- Advise the Alumni Council for the Arnold School of Public Health
- Associate Director for Internal Programs in the Office of Public Health Practice, responsible for coordinating new graduate student academic seminar and for implementing a professional development seminar series of guest lecturers for students, faculty and staff
- Develop and coordinate academic curriculum for a week long summer camp for middle school students called Adventures in Public Health (2004)
- Participate in research and evaluation projects sponsored by the Office of Public Health Practice

Instructor, USC, Introduction to Health Promotion, Education and Behavior (HPEB 300), *Spring 2005*

- Teach class sessions for a three-credit academic course to a diverse class of undergraduate students
- Evaluate research papers and examinations

Instructor, USC, Applied Aspects of Human Nutrition (HPEB 502), *Fall 2002-2004*

- Teach class sessions, ranging in size from 36 to 55, for a three-credit academic course to both undergraduate and graduate students
- Evaluate research papers and examinations

Instructor, USC, University 101 (UNIV 101), *Fall 2001-2014, Spring 2004*

- Teach class sessions, ranging in size from 19 to 22, for a three-credit academic course to a diverse class of freshmen students
- Evaluate essays, oral presentations and examinations

Life Skills Coordinator/Academic Advisor, Department of Athletics, USC, *June 1999-June 2002*

- Academic Advisor for equestrian team and the men's and women's golf and tennis teams. Advised student-athletes with regard to academic course selection and academic major changes. Monitored student-athletes' academic performance while ensuring compliance with National Collegiate Athletic Association (NCAA) and Southeastern Conference (SEC) rules.
- Served as CHAMPS/Life Skills Coordinator for all sport teams. Worked with staff and student-athletes to design effective Life Skills programming as outlined by the NCAA.
- Coordinated Team Gamecocks, a means for facilitating service learning opportunities for all student-athletes throughout the greater Midlands community.
- Designed a career development program for current and former student-athletes, including resume development and interview preparation. Served as a resource for student-athletes considering graduate school.
- Scheduled educational/motivational speakers for student-athletes. Served as a resource for locating information related to personal development on campus and in the community.
- Advised the Student-Athlete Advisory Committee (SAAC), made up of student-athlete representatives from all sport teams. Worked closely with SAAC officers so that meetings would run effectively and planned projects would be completed.
- Served as Nutrition Consultant for student-athletes on all sport teams. Provided individual nutritional consultation designed for student-athletes, including dietary analysis and recommendations for improvement. Utilized Nutritionist V software. Collected and maintained up-to-date resources and information related to athletic nutrition, dietary supplements, and eating disorders.

Nutrition Consultant/Graduate Assistant, Department of Athletics, USC, *April 1997-MmJ 1999*

- Sole provider of individual nutritional counseling sessions for student-athletes addressing diet and weight concerns
- Screened student-athletes for eating disorders using valid instruments, providing referrals when necessary
- Presented programs on nutrition topics to sport teams
- Created and edited monthly newsletter addressing nutrition topics

Teaching Assistant, USC, School of Public Health, *Spring 1999*

- Assisted professor for HPRE 753, Obesity and Eating Disorders
- Helped students select and prepare to present research topics
- Lectured on eating disorders among student-athletes

Graduate Research Assistant, School of Public Health, USC, *June 1996-April 1997*

- Worked with faculty investigators on the ENDOW project
- Transcribed and edited focus group recordings for a research project examining ethnic differences in women's attitudes toward hysterectomy and menopause
- Coded focus group transcripts for analysis leading to a quantitative research design instrument
- Collected relevant research articles

Residence Coordinator, Office of Housing and Residence Life, University of North Carolina at Wilmington, (UNCW), *July 1993-May 1996*

- Supervised 7-10 student Resident Assistants in co-educational living areas housing 400-550 students
- Served as an academic advisor for freshmen students
- Advised residence hall government

Wellness Coordinator, Hundley Wellness Promotion Center, UNCW, *July 1995-Mny 1996*

- Coordinated and facilitated a Breast Cancer Awareness Panel open to campus and community
- Supervised peer educators (wellness assistants), concentrating on HIV/ AIDS issues
- Served as a committee member of Project Assist, a statewide effort in smoking cessation
- Coordinated and served as a panelist for a presentation during Body Image Week

Hall Director/Graduate Assistant, Office of Residence Life, USC, *August 1991-Mny 1993*

- Supervised 15 student resident assistants and one student Assistant Hall Director for a residence hall housing 610 female undergraduate students (primarily freshmen)
- Advised hall government
- Served **as a** front-line campus judicial officer

Intern, Athletic Department, The Citadel, Charleston, SC, *MmJ 1992-August 1992*

- Worked for the Director of Sports Marketing and Promotions
- Sold advertisements for football programs and coupon books for basketball games
- Assisted in the scheduling of halftime entertainment

Hall Director, Office of Housing, College of Charleston, Charleston, SC, *August 1990-July 1991*

- Supervised 6 student resident assistants in a residence hall housing 300 female undergraduate students
- Coordinated community service and programming efforts for the residence hall

STUDENT SUPERVISION/STUDENT COMMITTEES

Doctoral Dissertation Committee Member

- Holly Harring - An Examination of Environmental and Social Sources of Racial Disparities in Health among College Students-defended May 2011
- Anna Mathews - Formative Research to guide the Development of Persuasive Messages Linking Physical Activity and Cognitive Health for Older Adults, defended March 2009
- Corrie Barnett - Overweight and Obesity in Sexual Minority College Aged Females, defended April 2009

Chair Masters Thesis Committee

- Ellen Elizabeth Elliott Wingard - Knowledge and Perceptions of Vitamin D among College Women Age 18-22; defended April 2010
- Renita Graham - Knowledge of Listeriosis and Awareness of the Mercury Fish Advisory Among Pregnant Women in the Military Health Care System, defended April 2007
- Holly Harring - The Effect of Perceived Child Food Insecurity on Dietary Intake and Body Mass Index, defended April 2007

Undergraduate South Carolina Honors College Thesis Director

- Eliza Binney, *Healthy Living for a Healthy Haiti*, defended December 2015
- Kristie Chepaitis, *Fend off the Fifteen: a Guide to Healthy Eating in College*, defended April 2015
- Kara Gay, *Rare Diseases and tire Importance of Research and Resources for Overall Health: an Inside Perspective*, defended April 2015
- Kyle Koch, *Examination of PersonalihJ Type Among Male and Female Student-Athletes by Sport at a Division I Institution*, defended April 2015
- Dianna Colvin, *Conquering the SNAP Challenge, Good Nutrition on a Budget*, defended April 2014
- Molly Steele, *"Tlie Old College Tri" - Training for and Completing a Sprint Triathlon for tlie First Time*, defended April 2014
- Elise Porter, *Health Cooking for Students: Course Development and Implementation*, defended April 2013
- Yasmine Elraheb, Kristen Polinski, Madeleine Pressley, *"Let's Get Active!": A Public Health Initiative with tlie Waverly Afterscliool Program*, defended April 2013
- Audrey Mallard, *Exploring Student Connectedness through Completing the USC Bucket List*, defended April 2013
- Zack King, Magellan Scholar, *Increased Physical ActivihJ and Increased Produce Intake as a Result of CommuniHJ Garden Partidpation*, defended April 2013
- Christina Galardi, *A Hair Raising Event: Carolina's First Beautiful Lengths Ceremony*, defended April 2012
- Melanie Dunn - *Kids in tire Kitchen, Healthy for Life*, defended April 2012
- Aaron Vanderhoff - *Cookbook and LifeshJle Guide for a College Student on a Budget*, defended April 2012
- Ann Gilligan- *Life After Ranien Noodles: A College Student's Guide to Healthy Eating*, defended April 2011
- Lauren Mazingo - *An Explanation of Taiwanese National Health Insurance*, defended April 2011
- Taylor Thul- *Branding of USC's Healthy Carolina Farmer's Market*, defended April 2011
- Billy Amador - *Tlie Rainbow Agenda for Youth (T.R.A.Y.): a Curriculum Designed to Address tlie Sexual and Mental Health of Sexual MinorihJ Male Youth*, defended April 2010
- Halley Gibson - *Cookbook and Nutrition Information for Parents of Young Children*; defended April 2010
- Kaitlyn Pruitt - *An Analysis of Services for Orphaned Children in Yaroslavl, Russia*; defended April 2009
- Samantha Meyers - *Researching tlie Childhood ObesihJ Epidemic and tire UtilihJ of the Internet*; defended May 2009
- Michael Holt - *DNA & GMOs: A Case for Patent Law Reform*; defended June 2009
- Judith Pena - *The Health Benefits OJChIocolate: a Cookbook*; defended December 2008
- Paula Johns - *A Vision Unit Study for Grades K-2*; defended August 2007

Practicum/Project Supervision

- Ashley Meador (MPH/HPEB)
- Nacara Patterson (MPH/HPEB)
- Natoya Patterson (MPH/HPEB)
- Sarah Wilson (MSW/MPH)
- Suzanne Young (HPEB/MPH)
- John Oarkson (HPEB/MPH)
- Brooke Davis (HPEB/MPH)
- Rachel Kaplan (HPBB/MPH)
- Jackie Knight (HPEB/MPH)
- Elizabeth Cashen (HPEB/MPH) - Case Management of Obese Children and Patients with Hypertension at the John A. Martin Primary Health Care Center
- Melissa Elders (HPEB/MPH) - A Physical Activity Pilot Study Conducted at Blue Cross Blue Shield of South Carolina
- Meredith Faulling (HPEB/MPH) - Development of a Non-Profit Organization Specializing in Breastfeeding Support for Military Mothers at Fort Jackson and Shaw Air Force Base
- Amy McEachin (HPEB/MPH) - Improving the Sustainability of Eat Smart Move More Florence County and ARCH Program Support
- Sarah Rabieh (HPEB/MPH) - Healthy Carolina, Tobacco Free Policy Evaluation; Summer 2010
- Carrie Taylor (HPEB/MPH) - SC DHEC, Evaluating State-Wide Obesity Prevention Programs and Developing Tools to Address Childhood Obesity; Spring 2010
- Sara Malarik (HPEB/MPH) - Centering Pregnancy through the Greenville Hospital System: An Evaluation of Program Effects on Breastfeeding Behaviors, Attitudes, and Intentions; Spring 2010
- Joseph Pinilla (HPEB/MPH) - Practicum at John A. Martin Primary Health Care Center, Winnsboro, SC; Fall 2009
- LeighAnn Barnes (HPEB/MPH) - Healthy Palmetto Challenge/Palmetto Baptist Hospital's program for overweight children; Spring 2009
- Lauren Mobley (HPEB/MPH) - Development of a Parental Curriculum for GoodBodies: A Weight Management Program for Children and Teenagers; Spring 2009
- Ilona Burgrova - (HPEB/MS) at USC's Office of Substance Abuse Prevention and Education - spring semester 2009
- Urarat Buranakongkatee (HPEB/MPH) - Evaluation of the Healthy Carolina/UNIV 101 Nutrition Education Partnership; Spring 2008
- Kevin Kirkwood (HPEB/MPH) - Development of an Environmental Surveillance Network for South Carolina: Fish Kill Analysis & Synthesis, 1992-2005; Spring 2008
- Kate Robertson (HPEB/MPH) - Lactation Support Programming: A Needs Assessment at the University of South Carolina; Fall 2008
- Jenilee Hlavenka - Candler Health and Nutrition Outreach (Emory University); Spring 2007
- Alice Batson (PA/PH/MPH) - Fueled for Life; Spring 2007

Magellan Scholar, Undergraduate Research

- Zack King, 2012
- Kaitlyn Pruitt, 2009

Center for Teaching Excellence (CTE) Doctoral Student Mentor

- Heather Ranhofer Dolinger, 2010-present
- Jennifer Gay-2007-2008

Supervision of EDLP 520 Students through UNIV 101 Peer Leader Program

- Casey John, EXSC major, Fall 2015
- Meredith Marlowe, EXSC major, Fall 2014
- Courtney Stoltz, EXSC major, Fall 2013
- Matt Modugno, PUBH major, Fall 2012
- Katherine Miele, EXSC major, Fall 2011
- Kia Ali, EXSC major, Fall 2010
- Jake McMillin, EXSC major, Fall 2009
- Benji McCollum, EXSC major, Fall 2008
- Robyn Hager, ACCT major, Fall 2007
- Amanda Bates, EDEC major, Fall 2006
- Caitlyn Palazzolo, RETL major, Fall 2005
- Brittany Vallie, EXSC major, Fall 2005
- Bethany Human, Public Relations Major, Fall 2004
- West Streib, ECON/IBUS major, Fall 2003
- India Odum, JOUR major, Fall 2002

PuBLICATIONS

Price AE, Corwin SJ, Friedman DB, Laditka SB, Colabianchi N & Montgomery KM. Physical Activity and Cognitive-Health Content in Top-Circulating Magazines, 2006-2008. *Journal of Aging and Physical ActivihJ*, 19(2), 2011.

Mathews AE., Corwin SJ, Laditka SB, Friedman DB, Colabianchi N, and **MONTGOMERY K.** Older adults' perceptions of physical activity and cognitive health: implications for health communication." *Health Education and Belurviior*. Published online December 29, 2010.

Harring H, **MONTGOMERY K**, Hardin J, Burcin M. Perceptions of body weight, weight management strategies and psychosocial factors among US college students. *Journal of American College Health*. 2010 Jul-Aug 59(1) 43-50.

Barnett C, Lindley L, **MONTGOMERY KM** and Hardin J. Overweight and obesity among sexual minority college women. In Review: *Journal of American College Healtli*. 2010 Jul-Aug 59(1) 51-56.

Malin Fair A and **MONTGOMERY KM.** Energy balance, physical activity and cancer **risk**. In M. Verma (ed.), *Cancer Epidemiology, Volume 2. Modifiable Factors (Methods in Molecular Biology)*, vol. 472 (2008)

PRESENTATIONS

- Contributed as paper author: Price AE, Corwin SJ, Laditka SB, Friedman DB, Colabianchi N, Montgomery K. Content Linking Physical Activity and Cognitive Health in Top-Grcluating Magazines, 2006-2008. Presented at the Annual Meeting of the Gerontological Society of America, November 2010, New Orleans, LA.
- Contributed as paper author/ oral presentation: Lindley L, Annang L, Hardin J, **Montgomery K**, and Corwin S. *Unintended pregnanetJ among unmarried sexually active female college students in the U.S.* Oral presentation at the American Public Health Association Annual Meeting, November 2009.
- Contributed as poster author: Mathews AE, Corwin SJ, Laditka SB, Friedman DB, Colabianchi N, **Montgomery K.** *Formative research to guide tire development of theon l-based messages promoting physical activihJ and cognitive lrealtli for older adults.* Poster Presentation at the American Public health Association Annual Meeting, November 2009.
- Contributed as poster author: Gay JM & Montgomery KM. *Nutrition Beliefs and Practices of College Students Enrolled in Healtli Education Courses.* Poster Presentation at the American Public Health Association Annual Meeting, November 2008.

- Poster Author: *Factors Affecting the Knowledge and Use of Diet and Supplements and Ergogenic Aids by University Student-Athletes*. Poster Presentation at the American Public Health Association Annual Meeting, November 2004.
- Contributed as poster author: *Telephone Survey of Public Health Workforce Development: Academic and Practice Efforts in Public Health Workforce Planning*. American Public Health Association Annual Meeting, November 2004.
- South Carolina Association of Health, Physical Education, Recreation & Dance Annual Meeting, November 2004, Oral Presentation: *Factors Affecting the Knowledge and Use of Diet and Supplements and Ergogenic Aids by University Student-Athletes*.

WORKSHOPS

- American College of Sports Medicine CEC Workshop: *Weight Management for the Fitness Professional*, June 2011, June 2010 & June 2006, Columbia, SC
- American College of Sports Medicine CEC Workshop: *Behavior Change Strategies for Optimal Client Outcomes*, June 2007, Columbia, SC

MANUSCRIPT REVIEWER

- Journal of School Health, 2008-2012
- International Electronic Journal of Health Education, 2008
- Journal of Nutrition Education and Behavior, 2009
- Annals of Behavior Medicine, 2008

UNIVERSITY COMMITTEE SERVICE

- University Advisors Network (UAN), member representing ASPH, January 2014-present
- USC Connect UNIV 101 Assessment Review Team, Office of the Provost, 2012-present
- Discovery Day Judge, 2013-2015
- Healthy Carolina's Healthy Eating Council, January 2012-present
- USC Student Leadership & Service Student Awards Committee, Spring 2011, Spring 2014, Spring 2015
- Faculty Associate, Carolina Judicial Council, September 2011-present
- Gamma Phi Beta Sorority, Faculty Advisor, Spring 2011-present
- International Justice Mission, Faculty Advisor, November 2014-present
- USC Alcohol Policy Task Force Member, May 2010-December 2010
- Interview and Selection Committee, Outstanding Woman of the Year Award, March 2010 & 2013
- Executive Council Member, Early Career Faculty Network (ECFN), sponsored by the Provost's Office;
 - o Clinical Faculty Track, Co-Chair; 2008-present
 - o Executive Board, Co-chair; August 2009-August 2010
- Healthy Carolina Farmers Market Advisory Council Member; August 2009-2012
- Provost's Advisory Committee on Women's Issues, 2009-2011
- Healthy Carolina Task Force/Nutrition and Physical Activity Subcommittee Member; 2007-2008
- Faculty Advisor, Epsilon Sigma Alpha (campus service sorority); August 2007-2011
- Advisory Board, USC Children's Center; January 2008-August 2008
- Director's Search Committee, USC Children's Center; chaired by Dr. Jerry Odom, USC Education Foundation; Fall 2007- May 2008
- USC Alumni Affairs and Development Council (USCAAD), Arnold School of Public Health representative, 2005-2008
- Tobacco Free USC, Committee Member, 2006
- Panel Member, UNIV 101 Instructor Training

SCHOOL COMMITTEE SERVICE

- James A. Keith Award Selection Committee Member, 2011-2013
- Arnold School of Public Health Student Awards Committee Member, 2009-2012
- Norman J. Arnold and Gerry Sue Arnold Alumni Award Selection Committee, 2006-2011
- Delta Omega, Mu Chapter, Executive Committee, 2008-2012
- HPEB 502 class featured in the 2009-2012 USC Parents Weekend Schedule of Events
- Arnold School of Public Health Alumni Council, 2003-2008

DEPARTMENT COMMITTEE SERVICE

- HPEB Awards Committee
 - Acting Chair, 2008-2009
 - Member, 2009-Fall 2013
- Guest Lecturer, HPEB 547, October 2007, 2008, 2009
- Guest Lecturer, HPEB 321, March 2010-2011, October 2009-2011, November 2007
- Guest Lecturer, WGST 113, February 2011

COMMUNITY SERVICE

- Brockman Montessori Elementary School, Richland One, School Wellness Council (October 2009-present)
- Volunteer- Harvest Hope Food Bank with HPEB 502 class sections (January 2009-December 2013)
- Brockman Montessori Elementary School, Richland One, School Improvement Council, Secretary, (August 2009-May 2011)
- Data collection assistant for a March of Dimes grant awarded to Dr. Sara Corwin through the SC Campaign to Prevent Teen Pregnancy (May 2008-August 2009)
- Guest Lecturer- Dr. John Evans' class "The Connection Between Body, Mind, Emotions, and Soul: Family Systems Theory, Thinking that Makes a Difference," October 2008
- Stroke and Tum Judge, Columbia Swim League, Summers 2011-2015

HONORS AND AWARDS

- Outstanding Faculty Partner, USC Division of Student Affairs, 2014
- Nominee, UNIV 101 Teaching Award, Fall 2011, Fall 2012, Fall 2013, Fall 2014, Fall 2015
- USC Mortar Board Excellence in Teaching Award, October 2011
- Induction into Omicron Delta Kappa, USC Chapter, faculty member, October 2010
- Arnold School of Public Health James A. Keith Excellence in Teaching Award, May 2010
- Nominee, South Carolina Honors College Michael A. Hill Award, 2009
- Nominee, Outstanding Freshman Advocate, USC, 2009
- Nominee, Office of Undergraduate Research Distinguished Mentor Award
- U.S. Public Health Service Traineeship for graduate study in public health, August 1996-May 1999
- UNCW Division of Student Affairs, Award for Excellence, 1995 & 1996
- Honors on Master's Comprehensive exam