

Curriculum Vitae

Lori Andersen Spruance, PhD, CHES

Department of Public Health
Brigham Young University
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EDUCATION

2015 **Doctor of Philosophy in Public Health**, Global Community Health and Behavioral Sciences
Tulane University, New Orleans, Louisiana
Dissertation: Factors Related to the Adoption and Use of a Salad Bar in Orleans Parish Public Schools

2011 **Master of Education**, Health Promotion
University of Nevada, Las Vegas
Thesis: The Effects of Environmental Prompts on Stair Usage

2008 **Bachelor of Science**, Health Education
Utah State University, Logan, Utah

2008 **Bachelor of Science**, Physical Education
Utah State University, Logan, Utah

EMPLOYMENT

2016-Present **Assistant Professor**, Department of Public Health, Brigham Young University

2015-2016 **Assistant Professor of Health Education**, Department of Health, Physical Education, and Recreation, Utah State University

2014- 2015 **Training Coordinator**, Prevention Research Center, Department of Global Community Health and Behavioral Sciences, Tulane University School of Public Health and Tropical Medicine

2011-2014 **Research Associate**, Prevention Research Center, Department of Global Community Health and Behavioral Sciences, Tulane University School of Public Health and Tropical Medicine

2011 **Research Assistant**, Rescue Social Change Group

2011 **Research Assistant**, School of Community Health Sciences, University of Nevada, Las Vegas

RESEARCH AWARDS

Current

2021-2022 **Principal Investigator**
Paving the way for universal free meals
Brigham Young University Global Women's Studies
\$4,985.00

Completed

2018-2019 **Principal Investigator**
Focus Groups to Create a Social Marketing Campaign for School Breakfast
Funded by College of Life Sciences, Brigham Young University
Amount: \$6,000.00

2016-2018 **Investigator** (PI: Carrie Durward, PhD)
Multi-Disciplinary Methods for Effective, Sustainable, and Scalable Evaluations of Nutrition Education Programs
Funded by USDA UT-EX151160
Amount: \$1,637,880.00

2012-2014 **Investigator** (PI: Carolyn C. Johnson, PhD)
Evaluation of Function an Effectiveness of Salad Bars in New Orleans Schools
Special Interest Project (SIP) 12-063
Funded by CDC

2011-2012 **Investigator** (PI: Carolyn C. Johnson, PhD)
Pilot Study for Salad Bar Evaluation in New Orleans Public Schools
Funded by CDC

Unfunded Projects

2020 **Co-Investigator** (PI: Julie Metos, PhD)
Paving the way for universal free meals
Healthy Eating Research
\$47,500.00

2019 **Co-Investigator** (PI: Natoshia Askelson, PhD)
Social marketing campaign for rural states to support the uptake of school breakfast
No Kid Hungry
\$538,559.00

- 2017 **Principal Investigator**
The Brain on Breakfast: The Effects of Breakfast in the Classroom on Cognitive Performance
 Interdisciplinary Research Origination Award, Research Development, Brigham Young University
 \$60,000.00
- 2017, 2016 **Co-Investigator** (PI: Natoshia Askelson, PhD)
Increasing rural school breakfast participation in Iowa, Nebraska, and Utah: A multi-level participatory approach that engages local food systems, school policy and environment, and parents
 USDA (Scored 4th, funded first three projects)
 2017-\$726,541
 2016- \$953,686
- 2016 **Principal Investigator**
The Brain on Breakfast: The Effects of Breakfast in the Classroom on Cognitive Performance
 Allen Foundation
 \$76,345.00
- 2016 **Principal Investigator**
Memory, Cognition, and Breakfast in the Classroom
 Presbyterian Ministries
 \$19,819.80
- 2015 **Co-Investigator**
Strategies to Inform Breakfast Expansion
 Hunger Is
 Amount: \$10,000.00
- 2015 **Principal Investigator**
The Effects of Breakfast in the Classroom on Body Composition and Fruit and Vegetable Intake
 Utah State University Office of Research and Graduate Studies
 Amount: \$19,923.15

Student Initiated Research Awards

Funded

- 2022-2023 **Mentor** (CURA applicant: Andrea Barney)
Post-Residential Treatment Effectiveness in Addiction Recovery
 College Undergraduate Research Award, College of Life Sciences, Brigham Young University
- 2022-2023 **Mentor** (CURA applicant: Anna Weir)

Post-Residential Treatment Effectiveness in Addiction Recovery
College Undergraduate Research Award, College of Life Sciences, Brigham Young University

Completed

2020

Mentor (CURA applicant: Spencer Clason)
Post-Residential Treatment Effectiveness in Addiction Recovery
College Undergraduate Research Award, College of Life Sciences, Brigham Young University
\$3,000.00

2020

Mentor (CURA applicant: Madi Augustine)
Parks and Recreation Administrators' Role in the Food Environment: An Exploratory Qualitative Study
College Undergraduate Research Award, College of Life Sciences, Brigham Young University
\$3,000.00

2019

Mentor (CURA applicant: Jordyn Hansen)
Starting the Day Right III: A Breakfast Toolkit for Utah Elementary Schools
College Undergraduate Research Award, College of Life Sciences, Brigham Young University
\$3,000.00

Unfunded

2018

Mentor (CURA applicant: Natalie Bennion)
An Intervention to Modify the Food Environment in Youth Recreational Sports
College Undergraduate Research Award, College of Life Sciences, Brigham Young University
\$3,000.00

2020

Mentor (CURA applicant: Tien Vo)
Culture and Child Physical Activity and Nutrition in Schools
College Undergraduate Research Award, College of Life Sciences, Brigham Young University
\$3,000.00

PEER-REVIEWED PUBLICATIONS (in reverse chronological order;* denotes undergraduate student author, ** denotes graduate student author)

Publications Accepted or in Press

1. Vaterlaus JM, **Spruance LA**, Heiser K,** Patten EVK. Women's well-being and experiences during the COVID-19 pandemic: a longitudinal mixed-methods approach. (Accepted at *The Social Science Journal*).
2. Augustine, M,* **Spruance LA**, Vaterlaus JM. "What do we do for snacks?": The Perceived Role of Parks and Recreation Administrators in the Youth Sports Food Environment". (Accepted at the Journal of Parks and Recreation Administration).
3. Beckstead E,** Jones M,** **Spruance LA**, Patten EV. Food Safety and Special Diets in School Meals during the Initial COVID-19 Pandemic. (Accepted at the Journal of Food Protection).
4. **Spruance LA**, McConkie M,** Patten EV, Goates MC. A thematic analysis of unpaid school meals in the news media. (Accepted at the *Journal of Hunger and Environmental Nutrition*).
5. Vaterlaus JM, **Spruance LA**, Patten EV. (in press). Social media behaviors and experiences during the COVID-19 Pandemic: Associations with anxiety, depression, and stress. *Journal of Social, Behavioral, and Health Sciences*.
6. **Spruance LA**, Tran N,** Clason S,* Nixon A,* Burton JH,* Woolford M, Hill S,* Lavering M,* Patten EV (2021). The relationship between strength of anti-shaming policies and amount of unpaid school meal debt. *The Journal of Child Nutrition & Management*, 45 (2).
7. Vaterlaus JM, Patten EV, **Spruance LA**. #Alonetogether: An exploratory study of social media use at the beginning of the COVID-19 pandemic. (Accepted at the *Journal of Social Media in Society*).
8. Vaterlaus JM, **Spruance LA**, Patten EV. COVID-19 pandemic and social distancing in the United States: A mixed-methods study on lived experiences and well-being. (Accepted at *The Social Science Journal*).
9. Vaterlaus JM, Shaffer T,* Patten EV, **Spruance LA**. Parent-child relationships and the COVID-19 pandemic: An exploratory qualitative study with parents in early, middle, and late adulthood. (Accepted at the *Journal of Adult Development*).
10. Patten EV, **Spruance LA**, Vaterlaus JM, Jones K,** Beckstead E.** (In press). Disaster management and school nutrition: A qualitative study of emergency feeding during the COVID-19 pandemic. *Journal of the Academy of Nutrition and Dietetics*.
11. **Spruance LA**, Bennion N,** Ghanadan G,* Maddock JE. (2021). An educational intervention for improving the snacks and beverages brought to youth sports in the USA. *International Journal of Environmental Research and Public Health*, 18:9, 4886.
12. Johnston JD, Chaney RA, **Spruance, LA**. (2021). Characterizing fine particulate air pollution at two urban elementary schools: A pilot study of arrival and departure environments. *Associative Journal of Health Sciences*, 1(3).

13. Patten EV, Beckstead E,** Jones M,** **Spruance LA**, Hayes D. (2021). School Nutrition Professionals' Employee Safety Experiences during the Onset of the COVID-19 Pandemic. *Journal of Nutrition Education & Behavior*, 53:1:2-9.
14. **Spruance LA**, Clason M,* Burton JH,* Myers L, O'Malley K, Johnson CC. (2020). Diet Quality is Lower among Adolescents who Skip Lunch. *American Journal of Health Promotion*. <https://doi.org/10.1177/0890117120981372>
15. Stokes NM & **Spruance LA**. (2020). Processing and promoting local produce as part of Farm to School programs: perspectives of School Nutrition Staff. *Journal of Health and Environmental Nutrition*, 15:6, 778-793.
16. Bennion N,** **Spruance LA**, Maddock JE. (2020). Do youth consume more calories than they expended in youth sports leagues? An observational study of physical activity, snacks, and beverages. *American Journal of Health Behavior*, 44(2):180-187.
17. **Spruance LA**, Vaterlaus, JM, Haines, A,** & Walker, J.* (2020). "Please bring a healthy snack": An exploratory study on parent experiences with post-game snacks and beverages in youth sports. *Journal of Parks and Recreation Administration*. <https://doi.org/10.18666/JPra-2019-9985>
18. Stokes NM, **Spruance LA**, Patten EKV. (2019). Teachers' experiences and perspectives of Traditional Breakfast and Breakfast in the Classroom. *Journal of Nutrition Education and Behavior*, 51(8): 936-945.
19. **Spruance LA**, Esplin J*, Glover A*, Haines A**. (2019). School administrators' attitudes towards the School Breakfast Program. *Journal of Hunger and Environmental Nutrition*, <https://doi.org/10.1080/19320248.2019.1599310>
20. **Spruance LA**, Haines A**, Glover A*, Esplin J*, Woolford M, Stokes NM. (2019). Comparisons of food service and parent perceptions of the nutritional quality of school breakfast. *Journal of Health Behavior & Policy Review*, 6(3), 305-314.
21. **Spruance LA**, Atoloye A**, Douglass D, Zimmerman TP, Guenther PM, Franck K, Henson T, Moore CJ, Wood G, Durward CM. (2019). A pilot test of online ASA24 training manual with EFNEP educators. *Sage Open*, 9(2), <https://doi.org/10.1177/2158244019844074>
22. Vaterlaus JM, **Spruance LA**, Kruger J, Franz K*. (2018). College student television binge watching: conceptualization, gratifications, and perceived consequences. *The Social Science Journal*, 56 (4):470-479.
23. Haines A**, **Spruance LA**. (2018). Parent support for Breakfast After the Bell programs in a state with very low breakfast participation. *Journal of Child Nutrition & Management*, 42(1).

24. **Spruance LA**, Harrison C*, Brady PJ**, Woolford M, Leblanc H. (2018). Who eats school breakfast? Parent perceptions on school breakfast in a state with very low participation. *Journal of School Health, 88*(2).
25. **Spruance LA**, Myers L, O'Malley K**, Rose D, Johnson CC. (2017). Individual- and school-level factors related to salad bar use in children and adolescents. *Journal of Health Education and Behavior, 44*(6).
26. Joyner, D**, Wengren HJ, Aguilar SS, **Spruance LA**, Morrill BA, Madden, GJ. (2017). The FITT Game III: reducing operating expenses of a game-based approach to increasing healthy eating in elementary schools. *Games for Health Journal, 6*(2).
27. Johnson CC, Myers L, Mundorf AR, O'Malley K**, **Spruance LA**, Harris DM. (2017). Lunch salad bars in New Orleans' middle and high schools: student intake of fruit and vegetables. *International Journal of Environment Research and Public Health, 14*(4):415.
28. Johnson CC, **Spruance LA**, O'Malley K**, Begaliev, M, Myers L. (2017). Using a problem-solving/decision-making model for evaluating school salad bars. *Journal of Child Nutrition & Management, 41*(1).
29. **Spruance LA**, Karmakar M**, Sloan JK**, Vaterlaus JM. (2017). College student binge watchers: differences between self-reported bingers and non-bingers. *Journal of Obesity and Weight Management*.
30. **Andersen L**, Myers L, O'Malley K**, Rose D, Johnson CC. (2016). Administrators and food service perspectives related to salad bar use. *Journal of Child Nutrition & Management, 40*(2).
31. Gustat J, Carton T, Shahien A**, **Andersen, L**. (2016). Body image satisfaction among African Americans. *Journal of Health Education and Behavior*. DOI:10.1177/1090198116644181.
32. **Andersen L**, Myers L, O'Malley K**, Mundorf AR, Harris, D, Johnson CC. (2015) Adolescent student use of school-based salad bars. *Journal of School Health, 85*, 722-727.
33. **Andersen L**, Gustat J, Becker, A. (2015). The relationship between social support and physical activity in a low-income African American inner-city community. *Journal of Community Health, 10.1007/s10900-015-0019-z*.
34. Gustat J, Richards K**, Rice J, **Andersen L**, Parker-Karst K, Cole, S**. (2015). Youth walking and biking rates vary by environment around five Louisiana schools. *Journal of School Health, 85*, 36-42.
35. Madkour A, Ledford EC**, **Andersen L**, Johnson CC. (2014). Tobacco advertising/promotions and adolescents' smoking risk in Northern Africa. *Tobacco Control, 23*, 244-252.

36. **Andersen L**, Bungum T, Moonie S. (2012). The effects of environmental prompts on stair usage. *Nevada Journal of Public Health*, 9, 7-12.

Publications Under Review

1. **Spruance LA**, Beckstead E**, Hammond E*, Meza C*, Glover A*, Haines A**. Parents in a rural area favor school lunch over school breakfast. (Under review at the *International Journal of Environmental Research and Public Health*).
2. Bennion N,** Redelfs AH, **Spruance LA**, Benaly S, Sloan S. Driving distance and food accessibility: a geospatial analysis of the food environment in the Navajo Nation and Border Towns. (Under review at *Food Security*).
3. Tien V,* **Spruance LA**, Redelfs AH. Adolescent obesogenic behaviors: The influence of race/ethnicity, generation status, acculturation, and time lived outside the US. (Under review at the *International Journal of Environmental Research and Public Health*).

OTHER SCHOLARLY CREATIVE WORKS

Jordyn Hansen Burton & **Lori Andersen Spruance**. (2019). Starting the day right III: A breakfast toolkit for Utah elementary schools.

Utah Breakfast Expansion Team. (2018). Starting the day right II: Best practices for increasing school breakfast participation in Utah Schools.

https://www.uah.org/images/Starting_the_Day_Right_2018.pdf

Utah Breakfast Expansion Team. (2016). Starting the day right: Best practices for increasing school breakfast participation in Utah schools. https://www.uah.org/images/pdfs-doc/Starting_the_Day_Right_2014-2015.pdf

Andersen L, Durward C. Reviewers: LeBlanc H, Buck J. (2016). ASA24 Training Manual.

Spruance LA. (2016) School breakfast report in Utah: Fall 2016 study.

PEER-REVIEWED PRESENTATIONS AT SCIENTIFIC MEETINGS

1. **Spruance LA**, Tien V.* Does race/ethnicity and acculturation matter to school meal participation? American Academy of Health Behavior, Key Largo, FL, March 2022.
2. Tien V,* **Spruance LA**. Acculturation Implications on Obesity Among Ethnically Diverse Teens. Society of Public Health Education Annual Meeting, April 2022.
3. Macfarlane G, Stucki E,** Redelfs AH, **Spruance LA**. Measuring utility-based access to nutrition in Utah County, UT using passive mobile devices and NEMS-S data. Food

Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science. Virtual, September 2021.

4. Vaterlaus JM, Patten EV, **Spruance LA**. Adults' experiences with social media during the early weeks of the COVID-19 pandemic. Poster accepted for presentation at the National Council on Family Relations annual conference. Baltimore, MD, 2021.
5. Redelfs AH, **Spruance LA**, Weir A,* Beckstead E.** Policy Support for Feeding America's Kids: An Analysis of State Legislation Related to School Nutrition from 2010-2020. Society of Public Health Education Annual Meeting, April 2021.
6. McConkie M,** **Spruance LA**, Patten EV, Goates MC. A content and thematic analysis of unpaid meals in the news. Society of Nutrition Education & Behavior Annual Meeting, Virtual Conference, July 2020.
7. Clason S,* **Spruance LA**, Myers L, O'Malley K,** Johnson CC. Diet quality is lower among adolescents that skip lunch. American Heart Association EPI Lifestyles Annual Meeting, Phoenix, AZ, March 2020.
8. **Spruance LA**, Bennion N*, Maddock, JE. An effective educational intervention for improving the youth sports food environment. Active Living Conference Annual Meeting, Orlando, FL, February 2020.
9. **Spruance LA**, Tran N,* Clason S,* Nixon A,* Hansen Burton J,* Woolford M, Hill S,* Lavering M,* Patten EV. Strong anti-shaming policies are not related to the amount of unpaid school meals. Society of Nutrition Education and Behavior Annual Meeting, Orlando, FL, July 2019.
10. Bennion N*, **Spruance LA**, Maddock, JE. Physical activity, snacks and beverages in the youth sports environment. American Academy of Health Behavior Annual Meeting, Greenville, SC, March 2019.
11. Bennion N*, **Spruance LA**. Environmental determinants of child nutrition. Utah Society of Public Health Education, Provo, UT, November 2018.
12. Glover A*, Esplin J*, Haines A**, **Spruance LA**. Comparing parent and foodservice staff perceptions of the School Breakfast Program's nutritional quality. Society for Behavioral Medicine, New Orleans, LA, April 2018.
13. Haines A**, **Spruance LA**. Parental support for breakfast after the bell programs. Society of Nutrition Education and Behavior Annual Meeting, Washington, DC, July 2017.
14. Kruger JS, **Andersen L**, Karmakar M, Vaterlaus, JM. College student binge TV watchers and the effects on mental health. American Public Health Association Annual Conference, Denver, CO, November 2016.

15. **Andersen L**, Johnson CC, Myers L, O'Malley K, Rose D. Do school food service personnel support school-based salad bars? 3rd International Conference on Nutrition & Growth, Vienna, Austria, March 2016.
16. **Andersen L**, Myers L, O'Malley K, Rose D, Johnson CC. Administrators and food service perspectives related to salad bar use. American Academy of Health Behavior Annual Conference, Ponte Vedra Beach, FL, February 2016.
17. **Andersen L**, Myers L, O'Malley K, Johnson CC. Individual- and school-level factors related to school-based salad bars in children and adolescents. American Public Health Association Annual Conference, Chicago, IL, November 2015.
18. Johnson CC, **Andersen L**, O'Malley K, Mundorf A, Myers L. Using a problem-solving model to evaluate school salad bars. American School Health Association Annual Meeting, Orlando, FL, October 2015.
19. Mundorf AR, Myers L, **Andersen L**, O'Malley K, Johnson CC. School-based salad bars not associated with adolescent student consumption of fruit or vegetables. The 14th European Congress of Psychology, Milan, Italy, July 2015.
20. Mundorf AR, Myers L, **Andersen L**, O'Malley K, Johnson CJ. School-based salad bars not associated with fruit or vegetable consumption among adolescents in New Orleans, Louisiana, USA. American Academy of Health Behavior Annual Conference, San Antonio, TX, March 2015.
21. **Andersen L**, Gustat J, Becker AB. The relationship between social, neighborhood factors and physical activity in a low-income African American inner-city neighborhood, American Public Health Association Annual Conference, New Orleans, LA, November 2014.
22. **Andersen L**, Myers L, O'Malley K, Mundorf A, Johnson CC. Factors associated with student use of school-based salad bar, American Public Health Association Annual Conference, New Orleans, LA, November 2014.
23. **Andersen L**, Gustat J, Becker AB. The relationship between social support and physical activity in a low-income African American inner-city community. Xavier University Seventh Health Disparities Conference, New Orleans, LA, March 2014.
24. **Andersen L**, Ledford EC, Madkour A, Johnson CC. Gender differences and determinants of obesity in North African countries. American Public Health Association Annual Conference, Boston, MA, November 2013.
25. Johnson C, Madkour AS, Ledford EC, **Andersen L**. Tobacco advertising/promotions and adolescent smoking risk in North Africa. American Academy of Health Behavior Annual Conference, Santa Fe, NM, March 2013.

26. **Andersen L**, O'Malley K, Rice J, Johnson C. Development of a salad bar evaluation. American Public Health Association Annual Conference, San Francisco, CA, October 2012.
27. **Andersen L**, Ledford EC, Madkour AS. Religious beliefs and Egyptian adolescent males' smoking habits. American Public Health Association Annual Conference, San Francisco, CA, October 2012.
28. Ledford EC, **Andersen L**, Madkour AS. Do as I say, not as I do: Father smoking habits and the effects of lectures by parents on adolescent boys' smoking rates and susceptibility in Egypt. American Public Health Association Annual Conference, San Francisco, CA, October 2012.
29. Madkour AS, Johnson C, Ledford EC, **Andersen L**. Cigarette promotions and advertising in five North African countries: Exposure prevalence and relationships with adolescent smoking susceptibility and current cigarette use. American Public Health Association Annual Conference, Washington, D.C., October 2011.
30. Coughenour C, **Andersen L**. Implementing an HIV prevention program for Ghanaian youth in a low income fishing community in Greater Accra. Nevada Public Health Association Annual Conference, Las Vegas, NV, September 2010.

INVITED RESEARCH TALKS

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| 2020 | Utah School Breakfast Conference, Utah State Board of Education |
| 2019 | Society of Public Health Education Webinar, national audience |
| 2019 | Jump Start Afterschool Conference, Odgen, UT |
| 2019 | Parent Teacher Association of Utah Statewide Conference, Provo, UT |
| 2018 | Utah Academy of Nutrition and Dietetics, Murray, UT |
| 2016 | Department of Nutrition, Dietetics, and Food Sciences, Brigham Young University |
| 2016 | Statewide Business Meeting, Child Nutrition Programs, Utah State Office of Education |
| 2016 | Department of Community and Environmental Health, Boise State University, Boise, ID |
| 2016 | Department of Health Science, Brigham Young University, Provo, UT |
| 2015 | Dean's National Advancement Board, Emma Eccles Jones College of Education and Human Services, Utah State University, Logan, UT |

- 2015 Statewide Business Meeting, Child Nutrition Programs, Utah State Office of Education
- 2015 Idaho Falls Alumni Event, Emma Eccles Jones College of Education and Human Services, Idaho Falls, ID
- 2015 Department of Health, Physical Education, & Recreation, Utah State University, Logan, UT

NON-REFERRED PRESENTATIONS

1. **Andersen L**, Myers L, O'Malley K, Johnson CC. Individual- and school-level factors related to school-based salad bars in children and adolescents. Utah Chapter for the Society of Public Health Education, Provo, UT, October 2015.
2. **Andersen L**, Gustat J, Becker AB. The relationship between social support and physical activity in a low-income African American inner-city community. Tulane University Health Sciences Research Days, New Orleans, LA, April 2014.
3. **Andersen L**, Ledford EC, Madkour AS. Religious beliefs and Egyptian adolescent males' smoking habits. Tulane Centennial Anniversary Poster Presentation, New Orleans, LA, November 2012.
4. **Andersen L**, O'Malley K, Rice J, Johnson C. Development of a salad bar evaluation. Women's Faculty Research Day, Tulane University, New Orleans, LA, February 2012.

NEWS MEDIA

Newspaper

McCullaugh, P. Get Healthy and Unhealthy At the Game. *Kinesiology Today*.

Healio: Infectious Disease is in Children. Children consume more calories from post-game snacks than they burn playing sports. March 5, 2020.

<https://www.healio.com/pediatrics/nutrition/news/online/%7Bf9cb8aa2-449f-485f-b248-78121074e208%7D/children-consume-more-calories-from-post-game-snacks-than-they-burn-playing-sports>

Benz, M. "Snack Culture" Means Kids Get More Calories During Sports Than They Burn. Medicalresearch.com. March 3, 2020. <https://medicalresearch.com/pediatrics/snack-culture-means-kids-get-more-calories-during-sports-than-they-burn/53373/>

Hollingshead, T. Study: Kids eat more calories in post-game snacks than they burn during the game. *BYU News*. February 25, 2020. <https://news.byu.edu/intellect/study-kids-eat-more-calories-in-post-game-snacks-than-they-burn-during-the-game>

Spruance, LA, Patten, EKV, Stokes, N. Letter: School breakfast bills can help over 160,000 students in Utah. *Deseret News*. February 13, 2020.

<https://www.deseret.com/opinion/2020/2/13/21133376/letter-school-breakfast-bills-can-help-over-160000-students-in-utah?fbclid=IwAR1uSizJbL56rhLldnVs-yxEbMMzPKDH-teSroBu-MH-lc1kIPxcckySRyY>

Maddock, J & **Spruance, LA**. Snacks after youth sports add more calories than kids burn while playing, study says. *The Conversation*. January 22, 2020.

<https://theconversation.com/snacks-after-youth-sports-add-more-calories-than-kids-burn-while-playing-study-says-129404>

Republished by over 20 other news sources; shared more than 1,000 time on Facebook

Spruance, LA. Op-ed: Here's how to help hungry Utah students for National Breakfast Week.

Deseret News. March 19, 2018. <https://www.deseretnews.com/article/900013346/op-ed-heres-how-to-help-hungry-utah-students-for-national-breakfast-week.html>

Edwards, A. BYU study: Binge-watching TV linked to poor diet, exercise habits. *Fox 13*. January 9, 2018. <http://fox13now.com/2018/01/09/byu-study-binge-watching-tv-linked-to-poor-diet-exercise-habits/>

Hollingshead, T. Surprise! Binge-watching TV is connected to poor diet, exercise habits. *BYU News*. January 10, 2018. <https://news.byu.edu/news/surprise-binge-watching-tv-connected-poor-diet-and-exercise-habits>

Paul, P. Sleeping less, binge-watching TV can lead to poor diet, studies find. *International Business Times*. January 10, 2018. <http://www.ibtimes.com/sleeping-less-binge-watching-tv-can-lead-poor-diet-studies-find-2639605>

Leonard, W. Utah ranks last in school breakfast participation. *Deseret News*. March 19, 2016.

<http://www.deseretnews.com/article/865650480/Utah-ranks-last-in-school-breakfast-participation.html>

Hollingshead, T. Salad bars in public schools: how to get kids to use them. *BYU News*. March 7, 2017. <https://news.byu.edu/news/salad-bars-public-schools-how-get-kids-use-them>

Radio

KCBS Radio in San Francisco. Live Interview. March 5, 2020.

KSL Radio in Salt Lake City. Live Interview. February 26, 2020.

Top of Mind with Julie Rose. Internet privacy, swamp burger for bugs, refugee story. *BYU Radio*.

April 12, 2017. <https://www.byuradio.org/episode/63baa88b-6276-4227-9b75-c6bce9b93609/top-of-mind-with-julie-rose-trump-rolls-back-internet-privacy-swap-your-burger-for-bugs-a-refugee-s-story?playhead=5441&autoplay=true;>

ACADEMIC PRODUCTIVITY

Courses Taught

Brigham Young University

- HTLH 312: Introduction to Planning, Interventions and Evaluation (7 section)
- HLTH 439/494: Advanced Program Planning (10 sections)
- HLTH 630: Community Building in Public Health (formerly Small-Group Interventions) (4 sections)
- HLTH 403R: Special Topics: Public Health Approaches to Food and Nutrition (1 section)
- HLTH 491R/HLTH 691R: Undergraduate or Graduate Mentored Research (12 sections)
- HLTH 492R: Directed Student Readings (2 sections)

Utah State University

- Introduction to Grant Writing (1 section)
- Planning and Evaluation for Health Education (1 section)

Tulane School of Public Health and Tropical Medicine

- Monitoring and Evaluation, teaching assistant (1 section)
- Food Institute: Farm to Table, teaching assistant (2 sections)
- Human Sexual Behavior, teaching assistant (1 section)

University of Nevada Las Vegas

- Personal Health Across the Lifespan (10 sections)
- Anatomy and Physiology Lab (4 sections)

Guest Lectures

- 2021 Principles and Practices of Health Promotion, Department of Public Health, Brigham Young University, Provo, UT
- 2019 Introduction to Public Health, Department of Public Health, Brigham Young University, Provo, UT
- 2018 Women's Issues in Career Exploration, Counseling and Psychological Services, Brigham Young University, Provo, UT
- 2018, 2019 Faith and Public Health, Department of Public Health, Brigham Young University, Provo, UT
- 2016 Introduction to Health Communication, Department of Languages, Philosophy, and Communication Studies, Utah State University, Logan, UT
- 2014 Advanced Program Planning and Grant Writing for Research, Department of Global Community Health and Behavioral Sciences, Tulane University, New Orleans, LA

- 2014 Double Burden of Malnutrition, Department of Global Community Health and Behavioral Sciences, Tulane University, New Orleans, LA
- 2014 Monitoring and Evaluation, Department of Global Community Health and Behavioral Sciences, Tulane University, New Orleans, LA
- 2014 Community Nutrition, Department of Global Community Health and Behavioral Sciences, Tulane University, New Orleans, LA
- 2013 Advanced Program Planning and Grant Writing for Research, Department of Global Community Health and Behavioral Sciences, Tulane University, New Orleans, LA

TEACHING AWARDS

Completed

- 2018-2019 **Principal Investigator**
Small Group Interventions (HLTH 630) Community Engagement Project
 Funded by College of Life Sciences, Brigham Young University
 Amount: \$2,970.00

SERVICE

National

- 2021-Present **Action Board Representative**, School Health Education Services, American Public Health Association
- 2021- Present **Governing Councilor**, School Health Education Services, American Public Health Association
- 2015-2021 **Membership Chair**, School Health Education Services, American Public Health Association
- 2015-Present **Abstract Reviewer**, American Public Health Association Annual Meeting
- 2012, 2017 **Abstract Reviewer**, American Academy of Health Behavioral Annual Meeting
- 2012-2014 **Abstract Reviewer**, Society of Behavioral Medicine Annual Meeting

State

- 2019 **Presenter**, Educational Interim Legislative Committee, Utah State Legislature
- 2018-2019 **Coalition Chair**, Utah Breakfast Expansion Team
- 2015-2018; **Committee Member**, Utah Breakfast Expansion Team
- 2019-Present

2013 **Contributor**, Louisiana State Team Life Course Metrics Project, Association of Maternal and Child Health Programs

University

2021- Present **Committee Member**, Bicycle Committee, Brigham Young University

2020-Present **Committee Member**, Diversity and Inclusion Committee, Department of Public Health, Brigham Young University

2020-Present **Executive Committee Member**, Global Women’s Studies, Brigham Young University

2020-Present **Committee Member**, General Education Design Taskforce on Diversity, Brigham Young University

2019 **Presenter**, College Meeting, College of Life Sciences, Brigham Young University

2019 **Poster Judge**, College Undergraduate Research Awards, College of Life Sciences, Brigham Young University

2018-Present **BYU Public Health Association Club Advisor**, Department of Public Health, Brigham Young University

2017-2018 **Annual Review Committee Member**, Department of Public Health, Brigham Young University

2017-2018 **MPH Curriculum Committee Member**, Department of Public Health, Brigham Young University

2017-2018 **Mentoring Enhancement Grant Reviewer**, College of Life Sciences, Brigham Young University

2016-2017 **MPH Admissions Committee Member**, Department of Health Science, Brigham Young University

2016-2017 **Student Scholarship Committee Member**, Department of Health Science, Brigham Young University

2016-2017 **Ad Hoc Department Library Journal Cancellations and Retention Representative**, Brigham Young University

2016-2017 **Ad Hoc External Funding Committee Member**, Department of Health Science, Brigham Young University

- 2016-2017 **Office of Research & Creative Activities Grant Reviewer**, Brigham Young University
- 2015-2016 **Search Committee Member**, Health Education and Promotion, Department of Health, Physical Education and Recreation, Utah State University
- 2015-2016 **MPH Curriculum Committee Member**, Health Education and Promotion, Department of Health, Physical Education and Recreation, Utah State University
- 2015-2016 **Curriculum Committee Member**, Health Education and Promotion, Department of Health, Physical Education and Recreation, Utah State University
- 2015-2016 **Ad Hoc Mission Statement Committee Member**, Department of Health, Physical Education, and Recreation, Utah State University
- 2009-2010 **Grant Reviewer**, Graduate Professional Student Association, University of Nevada, Las Vegas
- 2009-2010 **New Programs Evaluation Committee Member**, University of Nevada, Las Vegas
- 2008-2010 **Graduate Professional Student Association Council Representative**, University of Nevada, Las Vegas,
- 2007-2008 **Ambassador**, College of Education and Human Services, Utah State University

JOURNAL REVIEWER

Journal of Nutrition Education and Behavior
 Journal of Public Health Nutrition
 Journal of School Health

HONORS AND AWARDS

- 2014 Centers for Disease Control and Prevention, Millennial Health Leader
- 2011 University of Nevada, Las Vegas, Outstanding Teaching by Part-Time Faculty Award
- 2010 University of Nevada, Las Vegas, Outstanding Thesis, School of Community Health Sciences
- 2009 University of Nevada, Las Vegas, Outstanding Part-Time Instructor
- 2008 Utah State University, Most Outstanding Student in Health
- 2007 Utah State University, Old Main Society Student Scholar
- 2007 Utah State University, Ted and Marge Seeholzer Scholarship
- 2006 Utah State University, Mary J. Faylor Scholarship

2003-2006 Utah State University, Western Undergraduate Exchange Scholarship

LICENSES/CERTIFICATIONS

2010-Present Certified Health Education Specialist (Certification Number: 16959)

PROFESSIONAL MEMBERSHIPS

2018-2019 Society of Public Health Education
2018-Present Utah Society of Public Health Education
2016-Present Society for Nutrition Education and Behavior
2015-Present American Academy of Health Behavior
2012-2014 American School Health Association
2010 Nevada Public Health Association
2009-Present American Public Health Association