

## John A. Bernhart

Research Assistant Professor  
Health Promotion, Education, & Behavior  
Arnold School of Public Health  
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*Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!*  
Psalm 27:14

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### **Education**

PhD Exercise Science Health Aspects of Physical Activity 08/2019	University of South Carolina Department of Exercise Science Arnold School of Public Health <i>Dissertation: Leveraging For-Cause Physical Activity Events for Physical Activity Promotion: An Investigation Using Self-Determination Theory</i>
MPH Community Health Education 05/2016	Baylor University Department of Health, Human Performance, and Recreation Robbins College of Health and Human Sciences <i>Internship:</i> Baylor Wellness Department <i>Thesis: Investigating How the Family Influences Physical Activity in a Low-income, Central Texas Community</i>
BSEd Exercise Physiology 05/2014 Magna Cum Laude	Baylor University Department of Health, Human Performance, and Recreation School of Education <i>Internship: Cross-cultural community health education in churches and schools in Brazil</i> Graduate of the Baylor Interdisciplinary Core (BIC)

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### **Professional Experience**

2022-current	<b>Research Assistant Professor</b> Health Promotion, Education, and Behavior Co-Investigator: NEW Soul D&I (NHLBI)	University of South Carolina Columbia, SC
2020-current	<b>Assistant Coach – High School Basketball</b>	Ben Lippen School Columbia, SC

2018-current	<b>Assistant Coach – High School Cross Country</b> <b>Assistant Coach – High School Track &amp; Field</b>	Lexington High School Lexington, SC
2021-2022	<b>Adjunct Instructor</b> Health Promotion, Education, and Behavior	University of South Carolina Columbia, SC
2019-2022	<b>Postdoctoral Fellow</b> NHLBI Diversity Supplement	University of South Carolina Columbia, SC
2016-2019	<b>Graduate Research Assistant</b>	Prevention Research Center University of South Carolina
2018	<b>Academic Mentor</b>	Academic Enrichment Center University of South Carolina
2014-2016	<b>Facilities Graduate Assistant</b>	Campus Recreation Baylor University
2013-2016	<b>Operations Manager</b> Spades Media Group	Roots of Wisdom, LLC Waco, TX
2013-2014	<b>Recreation Services Staff Leader</b>	Campus Recreation Baylor University

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## **Certification & Training**

**United States Track & Field Coach, Level 2 – Youth Specialization.** 2022-current  
United States Track & Field Association.

**Community Health Education Specialist.** 2016-current (renewal: 2026)  
National Commission for Health Education Credentialing, Inc.

**Preparing Future Faculty.** 2019  
Center for Teaching Excellence & The Graduate School at the University of South Carolina.

**United States Track & Field Coach, Level 1.** 2018-2021  
United States Track & Field Association.

**RRCA Certified Running Coach.** 2018-current  
Road Runners Club of America (RRCA).

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## **Peer-reviewed articles** (student co-author)

29. **Bernhart, J.A.**, Turner-McGrievy, G.M., Dubois, K.E., Sentman, C., Rudisill, C., Okpara, N., Wilcox, S., Clemons, B. (in press). Community Health Worker Implementation and Cost-Analysis of a Plant-based Nutrition Program. *Journal of Nutrition Education and Behavior*. Submitted March 3, 2023. Accepted December 27, 2023.

28. **Bernhart, J.A., Quattlebaum, M., Eustis, S., Okpara, N., Wilson, M.J., Sentman, C., Turner-McGrievy, G.M.** (2023) “It’s gonna be okay” – A qualitative exploration of the COVID-19 pandemic’s effects on African American participants in a dietary intervention study. *Journal of the Academy of Nutrition and Dietetics*. December 2023. 123. Issue 12. Pages 1763-1771. Epub ahead of print: <https://doi.org/10.1016/j.jand.2023.07.003>
27. **Bernhart, J.A., Fellers, A., Wilson, M.J., Hutto, B., Bailey, S., Turner-McGrievy, G.M.** (2023) COVID-19 pandemic associations on mental and physical health in African Americans participating in a behavioral intervention. Published online December 2022. 10(3070-3076). *Journal of Racial and Ethnic Health Disparities*. <https://link.springer.com/article/10.1007/s40615-022-01481-6>
26. Turner-McGrievy, G.M, Wilcox, S., Frongillo, E.A., Murphy, E.A., Hutto, B., Wilson, M., Davey, M., **Bernhart, J.A.**, Okpara, N., Bailey, S., Hu, E. (2023) Effect of a plant-based versus omnivorous soul food diet on weight and lipid levels among African American adults: A randomized clinical trial. *JAMA Network Open*. 2023;6(1):e2250626  
doi:10.1001/jamanetworkopen.2022.50626
25. Wilcox, S., Saunders, R.P., Stucker, J., Kaczynski, A.T., Day, K., Kinnard, D., Decker, L., **Bernhart, J.A.** (2023) A case-study in adapting an in-person organizational capacity development training to an online format. *Translational Behavioral Medicine*. Published online January 2023. 13(226-235). <https://doi.org/10.1093/tbm/ibac102>
24. **Bernhart, J.A.**, Turner-McGrievy, G.M., Wilson, M.J., Sentman, C., Wilcox, S., Rudisill, C. (2023). NEW Soul in the Neighborhood – Reach and Effectiveness of a Dissemination and Implementation Feasibility Study. *Translational Behavioral Medicine*. Epub ahead of print January 23, 2023. 13(123-131). doi.org/10.1093/tbm/ibac080
23. Turner-McGrievy, G.M., Wirth, M.W., **Bernhart, J.A.**, Aydin, H. (2022). The Fasting and Shifted Timing (FAST) of Eating Study: A pilot feasibility randomized crossover intervention assessing the acceptability of three different fasting diet approaches. *Appetite*. Epub Jun 16, 2022. Vol.176. 106135. doi: 10.1016/j.appet.2022.106135
22. **Bernhart, J.A.**, Dunn, C.G., Wilcox, S., Stucker, J., Kinnard, D. (2022). The FAN Program Plan: Creating a Healthy Church Environment for Physical Activity and Healthy Eating. *Dialogues in Health*. Epub available: <https://doi.org/10.1016/j.dialog.2022.100019>
21. **Bernhart, J.A., Fellers, A.W.**, Turner-McGrievy, G.M., Wilson, M.J., Hutto, B. (2022). Socially Distanced Data Collection: Lessons Learned Using Electronic Bluetooth Scales to Assess Weight. *Health Education & Behavior*. 49(5): 765-769. Epub ahead of print August 15, 2022. <https://doi.org/10.1177/10901981221104723>
20. Wilcox, S., Day, K.R., Saunders, R.P., Jake-Schoffman, D.E., Kaczynski, A.T., Stucker, J., Dunn, C.G., **Bernhart, J.A.** (2022). The Faith, Activity, and Nutrition (FAN) dissemination and implementation study: Predictors of 24-month organizational maintenance in a statewide initiative. *International Journal of Behavioral Nutrition and Physical Activity*. 19(1): 23. <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-022-01253-9>

19. **Bernhart, J.A.** Wende, M.E., Kaczynski, A.T., Dunn, C.G., Wilcox, S., Hutto, B. (2022) Assessing the Walkability Environments of Churches in a Rural Southeastern County of the United States. *Journal of Public Health Management & Practice*. 28(1), E170-E177. Epub ahead of print October 31, 2019. <http://doi.org/10.1097/PHH.0000000000001076>
18. **Bernhart, J.A.**, Wilcox, S., McKeever, B.W., Ehlers, D.K., O’Neill, J.R. (2022). A Self-Determination Theory Application to Physical Activity in Charity Sports Events. *American Journal of Lifestyle Medicine*. Epub ahead of print February 28, 2022. <https://journals.sagepub.com/doi/full/10.1177/15598276221077204>
17. **Bernhart, J.A.**, Wilcox, S., Decker, L., Ehlers, D.K., McKeever, B.W., O’Neill, J.R. (2022) “It’s having something that you’ve done it for” – Applying Self-Determination Theory to participants’ experiences in a for-cause physical activity event. *Journal of Health Psychology*. January 2022; 27(1), 119-134. Epub ahead of print August 6, 2020. <https://doi.org/10.1177/1359105320947811>.
16. **Bernhart, J.A.**, Turner-McGrievy, G.M., Eustis, S., Wilson, M.J., Hutto, B., Wilcox, S. (2021) Physical Activity Assessment in African Americans Participating in a Dietary Weight Loss Trial Focused on Soul Food. *Journal of Public Health*. Epub ahead of print: <https://link.springer.com/article/10.1007/s10389-021-01666-z>
15. **Bernhart, J.A.**, Turner-McGrievy, G.M., Wirth, M.D., Shivappa, N., Hébert, J.R. (2021) The IMAGINE Intervention: Impacting Physical Activity, Body Fat, Body Mass Index, and Dietary Inflammatory Index. *Translational Journal of the American College of Sports Medicine*. 2022; 7(1) e000181. doi: 10.1249/TJX.0000000000000181
14. Hutto, B., Saunders, R.P., Wilcox, S., Jake-Schoffman, D., **Bernhart, J.A.**, Dunn, C.G., Kaczynski, A.T., James, K. (2021) Pathways of Influences Leading to Adoption and Non-Adoption of the Faith, Activity and Nutrition (FAN) Program in a Statewide Initiative. *Evaluation and Program Planning*. <https://doi.org/10.1016/j.evalprogplan.2021.101941>
13. Turner-McGrievy G.M., Hutto B., **Bernhart J.A.**, Wilson M.J. (2021) Comparison of the Diet ID platform to the Automated Self-Administered 24-Hour (ASA24) Dietary Assessment Tool for assessment of dietary intake. *Journal of the American College of Nutrition*. doi: 10.1080/07315724.2021.1887775
12. **Bernhart, J.A.**, Wilcox, S., Saunders, R.P., Hutto, B., Stucker, J. (2021) Program Implementation and Church Members’ Health Behaviors in a Countywide Study of the Faith, Activity, and Nutrition Program. *Preventing Chronic Disease*. 2021;18:200224. <http://dx.doi.org/10.5888/pcd18.200224>
11. Turner-McGrievy, G.M., Wilson, M., Bailey, S., **Bernhart, J.A.**, Wilcox, S., Frongillo, E., Murphy, E.A., Hutto, B. (2021) Effective recruitment strategies for African American men and women: The Nutritious Eating with Soul study. *Health Education Research*. April 2021; 36(2), 206-211. <https://doi.org/10.1093/her/cyab003>
10. **Bernhart, J.A.**, Turner-McGrievy, G.M., Eustis, S., Wilson, M.J., Hutto, B., Wilcox, S., Frongillo, E.A., Murphy, E.A. (2020) Sensor-measured physical activity is associated with decreased cardiovascular disease risk in African Americans. *Lifestyle Medicine*. 1:e16. Epub available December 17, 2020. <http://dx.doi.org/10.1002/lim2.16>

9. **Bernhart, J.A.**, Ylitalo, K.R., Doyle, E.I., Umstatted Meyer, M.R., Wilkinson, L.R., Stone, K.W. (2020). Leveraging Household Structure for Increasing Adult Physical Activity in a Low-Income, African American Community. *Health Promotion Practice*. July 2020; 21(4), 582-590. Epub ahead of print November 28, 2018. <https://doi.org/10.1177/1524839918814731>
8. Wende, M., Kaczynski, A.T., **Bernhart, J.A.**, Dunn, C.G., Wilcox, S., Hutto, B. (2020) Examining the Relationship Between the Church Environment and Perceptions, Self-efficacy, and Physical Activity and Healthy Eating Behaviors of Church Attendees. *International Journal of Environmental Research and Public Health*. 17(10), 3598; Epub available at <https://doi.org/10.3390/ijerph17103598>.
7. Dunn, C.G., Wilcox, S., **Bernhart, J.A.**, Blake, C.E., Kaczynski, A.T., Turner-McGrievy, G.M. (2020). Church Leaders Views of Obesity Prevention Efforts for Children and Youth. *Journal of Nutrition Education & Behavior*. 52(3):259-268 Epub ahead of print October 31, 2019. [doi.org/10.1016/j.jneb.2019.09.019](https://doi.org/10.1016/j.jneb.2019.09.019)
6. **Bernhart, J.A.**, La Valley, E.A., Kaczynski, A.T., Wilcox, S., Jake-Schoffman, D.E., Peters, N., Dunn, C.G., Hutto, B. (2020). Investigating Socioeconomic Disparities in the Healthy Living Environments of Churches. *Journal of Religion and Health*. 59(2), 1065-1079. Epub ahead of print August 21, 2018. <http://link.springer.com/article/10.1007/s10943-018-0687-y>
5. Sharpe, P.A., Wilcox, S., Stucker, J., Kinnard, D., **Bernhart, J.A.** James, K.L. (2019) Community health advisors' characteristics and behaviors, role performance, and volunteer satisfaction in a church-based healthy eating and physical activity intervention. *Journal of Community Health*. February 2020. 45 (1), 88-97. Epub ahead of print August 10, 2019. <https://link.springer.com/article/10.1007%2Fs10900-019-00722-w>  
 \*\*\*Featured in the Association of Schools & Programs of Public Health Friday Letter. November 22, 2019. <https://www.aspph.org/south-carolina-study-examines-community-health-advisors-role-in-healthy-eating-and-physical-activity-intervention/>
4. **Bernhart, J.A.** & O'Neill, J.R. (2019). Walking and Running to Benefit Breast Cancer: Descriptive Characteristics of Participants in the 2017 Walk for Life Events. *Perspectives in Public Health*. November 2019; 139(6): 303-307. Epub ahead of print May 9, 2019 <https://doi.org/10.1177/1757913919833717>
3. **Bernhart, J.A.** Dunn, C.G., Wilcox, S., Saunders, R.P., Sharpe, P.A., Stucker, J. (2019). Church Leaders' Barriers and Facilitators Before and After Implementing a Physical Activity and Nutrition Intervention. *Health Education Research*. April 2019; 34(2): 188-199. Epub ahead of print January 2, 2019. <https://doi.org/10.1093/her/cyy051>  
 \*\*\*Featured in the Association of Schools & Programs of Public Health Friday Letter. April 5, 2019. <https://www.aspph.org/south-carolina-researchers-examine-church-leaders-barriers-and-facilitators-before-and-after-implementing-a-physical-activity-and-nutrition-intervention/>
2. Umstatted Meyer, M.R., Meyer, A.M., Wu, C., **Bernhart, J.A.** (2018) When Helping Helps: Exploring Health Benefits of Cancer Survivors Participating in for-Cause Physical Activity Events. *BMC Public Health* 18. May 29, 2018: 663. <https://doi.org/10.1186/s12889-018-5559-6>
1. Patterson, M. S., Patterson C. A., Walsh, S. M., **Bernhart, J. A.** (2017). A Five-year Evaluation of the Bearfit Worksite Physical Activity Program. *Occupational Medicine & Health Affairs*, 5(3):308. November 17, 2017. <https://doi.org/10.4172/2329-6879.1000308>

## **Peer-reviewed articles under review** (student or trainee)

1. Sentman, C., **Bernhart, J.A.**, Carswell, J., Turner-McGrievy, G.M., Aldamuy, C., Williams, K., Carswell, I. (under review) New Soul for Families: A Hands-on Plant-Based Nutrition Program for Children and Families. *Progress in Community Health Partnerships: Research, Education, and Action*. Submitted June 28, 2023. Revision submitted November 22, 2023. Second revision submitted December 22, 2023. Third revisions due February 23, 2024.
  2. Okpara, N., **Bernhart, J.A.**, Bailey, S., Turner-McGrievy, G.M. (under review). Examining the role of social media distrust in the use of private Facebook groups among African American adults participating in a behavioral nutrition intervention. *Journal of Nutrition Education and Behavior*. Submitted January 5, 2024.
  3. Day, K.R., **Bernhart, J.A.**, Wilcox, S. (under review). Barriers and Facilitators to 24-Month Maintenance and Intent to Maintain the Faith, Activity, and Nutrition Program. *Journal of Religion and Health*. Submitted November 23, 2021. Fourth revisions request January 3, 2024.
  4. Day, K.R., Wilcox, S., Decker, L., **Bernhart, J.A.**, Baruth, M., Kaczynski, A., Pelligrini, C. (under review) Church Leaders' Health Behaviors and Program Implementation in the Faith, Activity, and Nutrition Program. *American Journal of Health Promotion*. Submitted October 26, 2023.
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## **Funding** – External

### *Under review*

1. **NEW Soul For Families: Teaching children to model healthy eating behaviors for the family**  
Medical University of South Carolina (PI: Bernhart)  
Community Engaged Scholars Program  
Submitted: January 24, 2024

### *In progress*

1. **National Heart, Lung, and Blood Institute** (PI: Turner-McGrievy)  
Expanding the reach of the Nutritious Eating with Soul (NEW Soul) program: A Type 2 hybrid effectiveness-implementation trial  
R01 – PAR-19-274 Dissemination and Implementation Research in Health  
GRANT: 13394677  
R01HL163714  
Submitted: June 15, 2021  
Role: Co-Investigator  
4/2022-3/2026

### *Completed*

1. **National Heart, Lung, and Blood Institute – Diversity Supplement** (PI: Bernhart)  
Research supplement to study Dissemination and Implementation of the Nutritious Eating with Soul (NEW Soul) study.  
R01HL135220-04S1

5/2020 – 4/2022  
Amount: \$226,740

2. **Nutritious Eating with Soul (NEW Soul) Study** (PI: Turner-McGrievy)  
National Heart, Lung, and Blood Institute  
R01HL135220-03  
Role: Postdoctoral Fellow  
09/2019 – 04/2020
3. **Faith, Activity, and Nutrition Dissemination and Implementation Study** (PI: Wilcox)  
Centers for Disease Control and Prevention  
Prevention Research Center Network  
U48DP005000  
Role: Graduate Research Assistant  
08/2016 – 09/2019

*Unfunded*

1. **Episcopal Health Foundation, September 2015**  
Mission Waco/Mission World: Increasing Health Literacy Program (PI: Naomi Abel)  
Amount: \$215,404.03  
Co-investigators: Jimmy Dorrell, Dr. Beth Lanning, **John Bernhart**, Lynette Lartey  
Status: Not funded
2. **National Institute of Diabetes, Digestive, and Kidney Diseases (PI: Bernhart)**  
K99/R00 – Maximizing Opportunities for Scientific and Academic Independent Careers (MOSAIC)  
Postdoctoral Career Transition Award to Promote Diversity  
ASSIST: 1014058  
GRANT: 13388498  
Understanding how African American children can be a role model for healthy eating behaviors for their parents  
Submitted: June 9, 2021  
Meeting dates: October 20-21, 2021, January 26-27, 2022  
Update: October 22, 2021  
Impact score: 53  
Percentile: N/A

**Funding** – Internal

*Under review*

N/A

*In progress*

N/A

*Completed*

1. **NEW Soul for Families: Developing a Healthy Eating Soul Food Program for the Family in Partnership with EdVenture Children’s Museum**  
#115400-21-56836  
Advanced Support Program for Innovative Research Excellence-I (ASPIRE)  
Office of Vice President for Research  
University of South Carolina  
Amount: \$5000  
PI: **Bernhart, J.A.**  
07/2021-09/2022
2. **COVID-19 Pandemic: Effects on participants’ physical activity, diet, and stress in the Nutritious Eating with Soul study**  
#115700-20-54014  
Office of the Vice President for Research  
University of South Carolina  
Amount: \$11,625  
Co-PIs: Turner-McGrievy, G.M., **Bernhart, J.A.**  
05/2020-4/2021
3. **Magellan Guarantee – Tasty Tuesdays: Helping Children Be Role Models for Healthy Eating**  
Office of Undergraduate Research  
University of South Carolina  
Amount: \$1500  
Role: Mentor  
Student PI: Jordyn J. Livingston  
11/2020-5/2021
4. **Magellan Scholar Award – Examining the Effects of an After-School Physical Activity Program on Elementary School Students’ Well-Being**  
#15400-21-55962  
Office of Undergraduate Research  
University of South Carolina  
Amount: \$2750  
Role: Mentor  
Secondary Mentor: Sarah Burkart, PhD  
Student PI: Evan Robinette. Awardee for the Discover UofSC 2021 Outstanding Undergraduate Presentations.  
1/2021-5/2021
5. **Magellan Mini Grant Award – Tasty Tuesdays: Helping Children Be Role Models for Healthy Eating**  
Office of Undergraduate Research  
University of South Carolina  
Amount: \$1000  
Role: Mentor  
Student PI: Jordyn Livingston  
1/2021-5/2021
6. **Graduate Student Travel Award**  
University of South Carolina  
Graduate School (2019) – \$500



Department of Exercise Science – \$300.00 (2019) \$200 (2017)  
Arnold School of Public Health – \$300 (2019) \$300 (2017)

7. **Graduate Student Travel Award 2016**

Baylor University  
Robbins College of Health and Human Sciences – \$800.00  
Department of Health, Human Performance, and Recreation – \$300.00  
Campus Recreation – \$500.00

8. **Professional Development 2015**

Baylor University Graduate School  
Robbins College of Health and Human Sciences – \$75.00

9. **Graduate Assistantship**

Baylor University  
Full tuition and stipend support  
Role: Facilities Graduate Assistant  
05/2014 – 05/2016

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**Peer-reviewed presentations** (student)

1. Wilson, M., **Bernhart, J.**, Carswell, J., Turner-McGrievy, G.M. (2022) Virtual versus in-person attendance in a teaching kitchen dietary guidelines intervention for African American adults. Accepted as a poster presentation at the Teaching Kitchens Research Conference, poster presentation, to be presented October 18-19, 2022. Los Angeles, CA.
2. Wilson, M., **Bernhart, J.**, Okpara, N., Aydin, H., Carswell, J., Turner-McGrievy, G.M. (2022) Incorporating cultural relevance into a teaching kitchen’s dietary guidelines intervention for African American adults. Accepted as a poster presentation at the Teaching Kitchens Research Conference. October 18-19, 2022. Los Angeles, CA.
3. **Bernhart, J.A.**, Carswell, J., Aldamuy, C., Williams, K. October 18-19, 2022. “NEW Soul for Families: A Feasibility Study to Develop a Community Partnership to Teach Children Nutrition and Cooking Skills.” Accepted as a Participant Impact Video presentation at the *Teaching Kitchens Research Conference*. Los Angeles, CA.
4. **Bernhart, J.A.**, Turner-McGrievy, G.M., Sentman, C., Wilson, M., Clemons, B. (2022) Implementing a Plant-based Nutrition Program through a Restaurant Partnership and Community Health Worker. Accepted as an oral presentation to the Scientific Retreat on Dissemination and Implementation (D&I) Science. Medical University of South Carolina. September 9, 2022.
5. **Bernhart, J.A.**, Sentman, C., Turner-McGrievy, G.M. (2022). “NEW Soul for Families: A Pilot Study of a Child-focused Nutrition Intervention Focused on Plant-based Soul Food.” Accepted as a poster presentation at the *Discover UofSC* research event. April 22, 2022.
6. Sentman, C., **Bernhart, J.A.** (2022). “NEW Soul for Families: An Analysis of Class Satisfaction and Attendance Data in a Child-Focused Nutrition Intervention.” Accepted as a poster presentation at the *Discover UofSC* research event. April 22, 2022.

7. **Bernhart, J.A., Fellers, A., Quattlebaum, M., Eustis, S., Okpara, N., Wilson, M.J., Hutto, B., Bailey, S., Turner-McGrievy, G.M.** (2022). “It’s gonna be okay” – COVID-19 effects on mental and physical health in African Americans: a mixed methods study. Accepted as a poster presentation at the *Society of Behavioral Medicine Annual Meeting*. Baltimore, MD. April 6, 2022.
8. **Bernhart, J.A., Clemons, B., Alexander, K., Wilson, M.J., Turner-McGrievy, G.M.** (2021) Nutritious Eating with Soul @ Rare Variety Café – Reach and Effectiveness of a Dissemination and Implementation Pilot Study. Accepted as a poster presentation for the *14<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Health*. December 14-16, 2021.
9. Sentman, C., Bernhart, J., Turner-McGrievy, G., Wilson, M. (2021) NEW Soul in the Neighborhood: Recruiting African Americans to a Diet Program. Presented as a poster presentation for the NIH Virtual Workshop - *Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science*. September 21-23, 2021.
10. Chauvenet, C., **Bernhart, J.,** Turner-McGrievy, G., Wilson, M. (2021) Food Insecurity and Diet Quality in a Culturally Tailored Nutrition Intervention. Presented as a poster presentation for the NIH Virtual Workshop - *Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science*. September 21-23, 2021.
11. **Bernhart, J.A.,** Wilson, M., Clemons, B. (2021) The NEW Soul Study - Addressing the Disparity of Heart Disease in African Americans. Accepted as a panel presentation for the *19th Annual Chronic Disease Prevention Symposium*. June 3, 2021.
12. **Bernhart, J.A.,** Wilson, M., Clemons, B., Alexander, K. (2021) The NEW Soul Study - Addressing the Disparity of Heart Disease in African Americans. Presented as a panel presentation for the *Eat Smart, Move More South Carolina Leadership Summit for Healthy Communities + Youth Edition*. May 12, 2021.
13. Wilcox, S., Day, K.R., Saunders, R.P., Kaczynski, A.T., Stucker, J., Dunn, C.G., **Bernhart, J.A.** (2021) Twenty-four Month Maintenance of the Faith, Activity, and Nutrition (FAN) Program in South Carolina United Methodist Churches. Accepted for research talk presentation at the *Society of Behavioral Medicine Annual Meeting*. April 14-17, 2021.
14. Wilson, M.J., Turner-McGrievy, G.M., Bailey, S., Bernhart, J.A. (2021). Conducting Clinical Assessments for the NEW Soul Study during COVID-19. Accepted for research spotlight presentation at the *Society of Behavioral Medicine Annual Meeting*. April 14-17, 2021.
15. Turner-McGrievy, G.M., Wilson, M., Bailey, S., Bernhart, J.A., Wilcox, S., Frongillo, E., Murphy, E.A., Hutto, B. (2021) Effective recruitment strategies for African American men and women: The Nutritious Eating with Soul study. Accepted for research spotlight presentation at the *Society of Behavioral Medicine Annual Meeting*. Virtual. April 14-17, 2021.
16. **Bernhart, J.A.,** Turner-McGrievy, G.M., Eustis, S., Wilson, M., Hutto, B., Wilcox, S., Frongillo, E., Murphy, E.A. (2021) Sensor-measured physical activity is associated with decreased cardiovascular disease risk in African Americans. Accepted for research spotlight presentation at the *Society of Behavioral Medicine Annual Meeting*. April 14-17, 2021.
17. **Bernhart, J.A.,** Turner-McGrievy, G.M., Eustis, S., Wilson, M., Hutto, B., Wilcox, S. (2021) Comparing the IPAQ-SF and Accelerometer in African Americans Participating in a Weight Loss

- Trial. Accepted for research spotlight presentation at the *Society of Behavioral Medicine Annual Meeting*. April 14-17, 2021.
18. **Bernhart, J.A.**, Wilcox, S., Saunders, R.P., Sharpe, P.A., Stucker, J., Hutto, B. April 1-4, 2020. *Associations between program implementation and member health behaviors in the Faith, Activity, and Nutrition program*. Accepted for a poster presentation to the *Society of Behavioral Medicine Annual Meeting*. San Francisco, CA.
    - a. Annual Meeting cancelled due to COVID-19.
  19. **Bernhart, J.A.**, Wilcox, S., Decker, L., Ehlers, D.K., McKeever, B.W., O’Neill, J.R. *Applying Self-Determination Theory to participants’ experiences in for-cause physical activity events: A qualitative study*. Accepted for a poster presentation to the *Society of Behavioral Medicine Annual Meeting*. San Francisco, CA. April 1-4, 2020.
    - b. Annual Meeting cancelled due to COVID-19.
  20. Decker, L., Wilcox, S., **Bernhart, J.** *An Examination of Health Behaviors in a Sample of Church Leaders*. Accepted for a poster presentation at the *Active Living Research Annual Conference*. Orlando, FL. February 2-5, 2020.
  21. **Bernhart, J.A.**, Wilcox, S., Ehlers, D.K., McKeever, B.W., O’Neill, J.R, Hutto, B. *Physical activity in participants of a for-cause physical activity event: An application of Self-Determination Theory*. Poster presented at the *Active Living Research Annual Conference*. Orlando, FL. February 2-5, 2020.
  22. **Bernhart, J.A.** Dunn, C.G., Stucker, J., Wilcox, S., Saunders, R.P., Sharpe, P.A. Barriers and facilitators to implementing a healthy living program in churches. 3-Minute Thesis (3MT) presentation competition oral presentation at *Discover USC*. Columbia, SC. April 26, 2019.
  23. Dunn CG, Wilcox S, **Bernhart J.A.**, Blake CE, Kaczynski AT, Turner-McGrievy GM. Church leaders’ views of health promotion efforts for children and youth. Poster presented at the *Society of Behavioral Medicine Annual Meeting*. Washington DC. March 6-9, 2019.
  24. **Bernhart, J.A.** Dunn, C.G., Stucker, J., Wilcox, S., Saunders, R.P., Sharpe, P.A. “Barriers and facilitators to implementing a faith-based physical activity and healthy eating intervention.” Poster presented at the *Active Living Research Annual Conference*. Charleston, SC. February 17-20, 2019.
  25. Wende, M., Kaczynski, A. Dunn, C., **Bernhart, J.**, Wilcox, S. Examining the relationship between the church environment and church attendees’ perceptions, self-efficacy, and physical activity and healthy eating behaviors. Poster presented at the *Active Living Research Annual Conference*. Charleston, SC. February 17-20, 2019.
  26. **Bernhart, J.A.**, Dunn, C.G., Kaczynski, A.T., Wilcox, S. Windshield surveys of church neighborhoods to assess potential for physical activity promotion. Oral presentation at the *Active Living Research Annual Conference*. Charleston, SC. February 17-20, 2019.
  27. Wilcox, S., Saunders, R.P., Dunn, C.G., **Bernhart, J.A.** The Faith, Activity, and Nutrition Program: Results of 24-month maintenance interviews. Poster presented at the *11th Annual Conference on the Science of Dissemination and Implementation in Health*. Washington, DC. December 3-5, 2018.
  28. **Bernhart, J.A.**, Dunn, C.G., Wilcox, S., Stucker, J. Social-ecological overview of churches’ plans for implementing healthy environment changes. Poster presented at the 39th Annual Meeting of the

*Society of Behavioral Medicine*. New Orleans, LA. April 11-14, 2018.

29. Dunn, C.G., **Bernhart, J.A.**, Hutto, B., Wilcox, S., Baruth, M. Relationship between the church environment and church leader health characteristics. Poster presented at the *Active Living Research Annual Conference*. Banff, Canada. February 11-14, 2018.
30. Wilcox, S., Saunders, R.P., Kaczynski, A.T., Jake-Schoffman, D., Forthofer, M., Kinnard, D., Stucker, J., Goodwin, C., Sharpe, P.A., Hutto, B., Condrasky, M., Kennedy, V., Dunn, C., & **Bernhart, J.** The Faith, Activity, and Nutrition (FAN) dissemination and implementation (D&I) study: Phase 1 adoption, reach, implementation, and effectiveness. Poster presented at the *CDC Prevention Research Center 2017 Network Meeting*. Atlanta, GA. November 2017.
31. Meyer, A., Umstadd Meyer, M.R., Wu, C., **Bernhart, J.** We believe in strength: benefits of participating at LIVESTRONG physical-activity events. Oral presentation at the *2017 North American Society for the Sociology of Sport Conference*. Windsor, Ontario. November 1-4, 2017.
32. La Valley, E.A., **Bernhart, J.A.**, Kaczynski, A.T., Jake-Schoffman, D.E., Dunn, C., Peters, N., Hutto, B., Wilcox, S. Exploring Physical Activity and Healthy Eating Opportunities in Churches. Presented as a poster at *Discover USC*. Columbia, SC. April 21, 2017.
33. **Bernhart, J.A.**, La Valley, E.A., Kaczynski, A.T., Jake-Schoffman, D.E., Dunn, C., Peters, N., Hutto, B., Wilcox, S. Investigating socioeconomic disparities in the healthy living environments of churches. Poster presented at the 17<sup>th</sup> Annual Meeting of the *American Academy of Health Behavior*. Tucson, AZ. March 19-22, 2017.
34. Walsh, S.M., Umstadd Meyer, M.R., Wu, C., McClendon, M.E., Miller, A., Nelon, J., Morehead, T., **Bernhart, J.**, & Bridges, C. Still sitting at a desk all day? Applying theory to understand work-standing behaviors among sedentary employees. Poster presented at the 16<sup>th</sup> Annual Meeting of the *American Academy of Health Behavior*. Tucson, AZ. March 19-22, 2017.
35. McClendon M. E., Umstadd Meyer M. R., Wu C., Walsh S. M., Bridges C., Miller A., Nelon J., Morehead T. P., & **Bernhart J.A.** Perceived severity of sitting too much and value beliefs of standing at work: Understanding sedentary behavior of American working adults. Poster presented at the 16<sup>th</sup> Annual Meeting of the *American Academy of Health Behavior*. Tucson, AZ. March 19-22, 2017.
36. **Bernhart, J.**, Ylitalo K.R., Umstadd-Meyer, M.R., Doyle, E., Stone, K. Family structure and adult physical activity level in a low-income community. Poster presented at the *American Academy of Health Behavior Conference*. Ponte Vedra Beach, FL. February 21-24, 2016.
37. Doyle, E., Williams, S., Bridges, C., **Bernhart, J.**, Nelon, J., Viso, B. Using bilingual freeze-frame skits to promote lead poisoning Awareness in mixed-language parent groups. Oral presentation at the *Texas Society for Public Health Education Conference*. Austin, TX. October 23, 2015.

## **Teaching**

### *Teacher of Record*

Introduction to Health Promotion, Education, & Behavior (HPEB 300)  
Community Health Problems (HPEB 553)  
Honors Community Health Problems (HPEB 553H)

## *Guest Lectures*

### Undergraduate

Policy, Environment, and Obesity Prevention (HPEB 511)  
Applied Aspects of Human Nutrition (HPEB 502)  
Psychological Aspects of Physical Activity (EXSC 410)  
Public Health 101 (Columbia College)

### Graduate

Grant Writing for Epidemiologists (EPID 802)  
Social and Physical Environments for Health Interventions (HPEB 824)  
Health Communications (Mercy College)  
Healthy Eating & Physical Activity Interventions: Key Populations & Settings (West Virginia University)

### **Invited presentations**

1. **Bernhart, J.A.** Leveraging Charity 5Ks and Walks for Physical Activity Promotion. *Exercise Science Seminar Series*. University of South Carolina. November 30, 2018.
2. Dorrel-Ritter, S., Aspy, S., **Bernhart, J.**, Dandridge, L., Koehn, A. September 22, 2015. *Panel on Physical Health*. Presented as a panel speaker for the Baylor Interdisciplinary Core, Baylor University, Waco, TX.
3. Patterson, M.S., Arterburn, D., Dorrell-Ritter, S., **Bernhart, J.** Summer 2015. *The Buzz on Relationships at Baylor*. Presented as a breakout session during Freshmen Orientation, Baylor University, Waco, TX.

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### **Academic Service / Mentoring**

2022-current    Editorial Board Member  
                          Translational Behavioral Medicine

#### *Funding Agency Reviewer*

2024            SPARC Grant Reviewer  
                          University of South Carolina  
                          Fall 2023 Application Cycle

2023            ASPIREinG Grant Reviewer  
                          University of South Carolina School of Medicine Greenville  
                          Spring 2023 Application Cycle

2021            Undergraduate Student Magellan Scholar Review Committee  
                          University of South Carolina  
                          Spring and Fall 2021 Application Cycles

*Graduate Students*

- 2020 Sarah Eustis  
*NEW Soul @ Rare Variety Café Dissemination and Implementation Trial*  
Role: MPH Applied Project Experience Supervisor
- 2020 Mary J. Quattlebaum  
*NEW Soul COVID-19 Research Initiative*  
University of South Carolina BBIP Lab Rotation  
Role: Research supervisor
- 2020 Ashley Fellers  
University of South Carolina School of Medicine M1 student  
SOAR internship for *NEW Soul Study*  
University of South Carolina  
Role: Research Mentor

*Undergraduate Students*

- 2020-2023 Claudia Sentman  
University of South Carolina  
Recipient of 2023 HPEB Undergraduate Student Researcher Award  
*Fasted and Shifted Timing of Eating (FAST) Study*  
*Diet Guidelines: 3 Diets Study*  
*NEW Soul Study*  
*NEW Soul @ Rare Variety Café Study*  
*NEW Soul for Families Study*  
*NEW Soul Dissemination & Implementation Study*
- 2020-2021 Evan Robinette  
University of South Carolina  
*NEW Soul @ Rare Variety Café* (Role: Honors Thesis Second Reader)  
*Magellan Scholar Award* (Role: Primary Mentor)
- 2020-2021 Jordyn Livingston  
University of South Carolina  
*Magellan Guarantee Award* (Role: Primary Mentor)  
*Magellan Mini-Grant Award* (Role: Primary Mentor)
- 2020 Sarah Eustis  
Recipient of 2020 HPEB Undergraduate Student Researcher Award  
*Fasted and Shifted Timing of Eating (FAST) Study*  
*NEW Soul Study*  
University of South Carolina  
Role: Research supervisor
- 2020 Ashley Long  
*Fasted and Shifted Timing of Eating (FAST) Study.*  
University of South Carolina  
Role: Research supervisor

2019-2020 Carly Fassler  
*Eating Plant-Based in Columbia, SC: A review & booklet.*  
University of South Carolina  
Role: Honors Thesis Second Reader.

2019-2020 Kathleen Hill  
University of South Carolina  
Role: Honors Thesis Statistical Analysis.

2019-2020 Sarah Eustis  
University of South Carolina  
Role: Honors Thesis Statistical Analysis

2018-2020 Mackenzie Walker  
University of South Carolina  
*Magellan Scholar Award*  
Role: Research supervisor

*High School Students*

2022 Grace Harrell  
Lexington High School  
Internship with the BRIE Lab  
Role: Research Supervisor

*Conference presentation reviewer*

2023 Poster presentation reviewer for Nutrition Consortium. **USC.**

2021-2022 Poster presentation reviewer for Graduate Students Session. **Discover USC.**

2020-2021 Abstract Reviewer. **Society of Behavioral Medicine.** Techniques and theories of behavior change interventions (TTCBI) special interest group.

2019 Abstract Reviewer. **Active Living Research.**

2019, 2023 Poster Presentation Reviewer for Undergraduate Students Session. **Discover USC.**

2016-2018 Abstract Reviewer. **American Academy of Health Behavior.**

*Journal Reviewer*

Journal of Public Health

Journal of Public Health: From Policy to Practice

Journal of Healthy Eating and Active Living

International Journal of Behavioral Medicine

Journal of Healthcare for the Poor and Underserved

Health Promotion Practice

Progress in Community Health Partnerships: Research, Education, and Action

Public Health Management & Practice

Preventive Medicine Reports

Journal of Health Psychology  
 Perspectives in Public Health  
 Translational Behavioral Medicine  
 Health Education Research  
 American Journal of Lifestyle Medicine  
 Health and Social Care in the Community

*Public Health Organizations*

2015-2016 Physical Activity Policy Co-chair, Student Division. **APHA.**

*Community*

2019-present Associate Deacon, Member, Volunteer. **First Baptist Church.** Columbia, SC

**Professional Memberships**

2020-current	United States Track & Field	Member
2019-current	Society of Behavioral Medicine	Student/trainee member
2020-2021	Academy Health	Fellow member
2018-2019	North Carolina Public Health Association	Student member
2018-2019	South Carolina Public Health Association	Student member
2018-2019	United States Track & Field	Member
2017	American Academy of Health Behavior	Student member
2015-2016	Texas Society for Public Health Education	Student member
2015-2016	American Public Health Association	Student member
2012-2014	Texas Chapter of the American College of Sports Medicine	Student member

**Recognitions**

2024	<i>2023 South Carolina Assistant Cross Country Coach of the Year</i>	South Carolina Track and Field and Cross Country Coaches' Association
2021	<i>Brooks Inspiring Coach of the Year</i>	Brooks
2021	<i>Ann Johnson Institute Magellan Faculty Fellow</i>	University of South Carolina
2019	<i>Member inductee</i>	Delta Omega Honor Society University of South Carolina



2016	<i>James Huckins Award for Outstanding Graduate Assistant</i>	Division of Student Life Baylor University
2014	<i>Outstanding Senior Man in Health, Human Performance, and Recreation</i>	Department of Health, Human Performance, and Recreation Baylor University
2014	<i>Outstanding Student Service</i>	School of Education Baylor University
2012	<i>Excellence in Student Involvement</i>	Baylor University
2012	<i>Norman and Halve Frederick Scholarship</i>	School of Education Baylor University
2012	<i>AA &amp; Marjorie Hyden Scholarship</i>	School of Education Baylor University
2012	<i>Alpha Lambda Delta Sophomore Scholarship</i>	Baylor University
2010-2014	<i>Dean's List</i>	Baylor University
2010-2014	<i>Baylor University President's Gold Scholarship</i>	Baylor University
2010	<i>Cleft-Palate Foundation Scholarship</i>	Cleft-palate foundation Chapel Hill, NC
2010	<i>Valedictorian</i>	Trinity Christian School Morgantown, WV

### **Select Professional Development**

2023	<i>Foundations of Online Teaching</i>	University of South Carolina
2020	<i>Designing for Implementation 6-week course</i>	The Center for Implementation Virtual
2018	<i>Healthy Campus Summit - Fueling Bodies &amp; Minds</i>	University of South Carolina Columbia, SC
2017	<i>Healthy Campus Summit - Generation Z &amp; College Health</i>	University of South Carolina Columbia, SC
	<i>Venture Expeditions: Mentoring Project Tour</i> <a href="https://bernhartmentoringproject.blogspot.com/">https://bernhartmentoringproject.blogspot.com/</a>	Asheville, NC, to Nashville, TN
2016	<i>Healthy Campus Summit – Building a Better Future</i>	University of South Carolina Columbia, SC

	<i>Venture Expeditions: Bicycle Across America Tour</i> <a href="https://bernhartbikeacrossamerica.blogspot.com/">https://bernhartbikeacrossamerica.blogspot.com/</a>	Los Angeles, CA, to Jacksonville, FL
2014-2016	<i>Student Life Professional Development Lunch Series</i>	Baylor University Waco, TX
2014; 2012	<i>Passion Conference</i>	Houston, TX; Fort Worth, TX
2012-2015	<i>Campus Recreation Rec Retreat</i>	Baylor University Waco, TX