

## CURRICULUM VITAE

Current as of 5/1/14

**Name:** Brooks Cotton Wingo, PhD

**Current Address:** Office: SHPB 339  
University of Alabama at Birmingham  
1720 2<sup>nd</sup> Ave South  
Birmingham, AL 35294  
Phone (205) 934-5982  
E-mail: bcwingo@uab.edu

### **Education**

2000 BSW  
University of Alabama, Tuscaloosa, AL  
2002 MSW  
University of Alabama, Tuscaloosa, AL  
2010 PhD in Health Education and Promotions (Public Health)  
University of Alabama at Birmingham, Birmingham, AL

### **Postdoctoral Training**

2010-2012 Postdoctoral Fellow  
AHRQ T-32 Training Program in Comparative Effectiveness Research  
Center for Outcomes Effectiveness Research and Education (COERE)/  
Department of Nutrition Sciences  
University of Alabama at Birmingham, Birmingham, AL  
2012-2013 Postdoctoral Fellow  
Lifestyle Interventions for Obesity  
Department of Nutrition Sciences  
University of Alabama at Birmingham, Birmingham, AL

### **Other Training**

2014 Mathematical Sciences in Obesity Research, University of Alabama at  
Birmingham Office of Energetics, Birmingham, AL.  
2013 Electronic Health/Mobile Health Bootcamp, The Obesity Society, Atlanta, GA

### **Academic and Clinical Appointments**

2013- Present Assistant Professor  
Department of Occupational Therapy  
University of Alabama at Birmingham, Birmingham, AL  
2010-2013 Postdoctoral Fellow  
Department of Nutrition Sciences  
University of Alabama at Birmingham, Birmingham, AL  
2006-2011 Fitness Director  
EatRight Weight Management Services  
University of Alabama at Birmingham, Birmingham, AL  
2006-2010 Research Assistant

Department of Nutrition Sciences  
 University of Alabama at Birmingham, Birmingham, AL

2005-2006 Therapist / Discharge Coordinator  
 Bradford Health Services/Carraway United Methodist Medical Center  
 Birmingham, AL

2003-2006 Program Specialist II  
 Community Psychiatry Program  
 University of Alabama at Birmingham, Birmingham, AL

2002-2003 Mental Health Social Worker II  
 State of Alabama, Bryce Hospital, Tuscaloosa, AL

**Other Positions Held Concurrently at UAB**

2013- Associate Scientist  
 UAB Center for Exercise Medicine

2013- Member  
 UAB Diabetes Research Center

2014- Associate Scientist  
 UAB Nutrition Obesity Research Center

**Awards and Honors**

2011 American Heart Association, Best of AHA specialty conference invitation

2002 Academic Excellence Award, University of Alabama, Tuscaloosa, AL

2001 Hugh Daniels Memorial Scholarship, University of Alabama, Tuscaloosa, AL

2000 Cum Laude, University of Alabama, Tuscaloosa, AL

**SERVICE**

**Professional Memberships**

American Congress of Rehabilitation Medicine  
 American Heart Association: Council on Nutrition, Physical Activity and Metabolism  
 Society for Behavioral Medicine  
 The Obesity Society

**Reviewer- Journal Manuscripts**

*Canadian Journal of Behavioral Science*  
*Clinical Obesity*  
*Journal of Clinical Psychiatry*  
*Journal of Nutrition Education and Behavior*  
*Journal of Obesity*  
*Obesity*

**External Councils and Committees**

2014- Present Spinal Cord Injury Model Systems Special Interest Group on Aging

2014- Present American Congress of Rehabilitation Medicine: Early Career  
 Development Task Force

2014-Present American Congress of Rehabilitation Medicine Spinal Cord Injury Fitness and Wellness Task Force

### **Internal Committees**

2013-2014 Search Committee: UAB/Lakeshore Research Collaborative Exercise Science Lab Coordinator

2014 Search Committee (Chair): UAB/Lakeshore Research Collaborative Project Coordinator

2014 Admissions committee: UAB PhD Program in Rehabilitation Science

## **TEACHING**

### **Courses**

Rehabilitation Science Research Seminar (RHB 789), Co-course Master, PhD Program in Rehabilitation Science, Departments of Physical Therapy and Occupational Therapy, University of Alabama at Birmingham (Fall 2013, Spring 2014, Summer 2014)

Health Focused Patient Management I (PTC 783), Contributing Instructor, Graduate Certificate Program in Health-Focused Care, Departments of Physical Therapy and Occupational Therapy, University of Alabama at Birmingham (Spring 2014)

Non-Thesis Research (OT 698), Co-course Master, MSOT program, Department of Occupational Therapy, University of Alabama at Birmingham (Fall 2013, Spring 2014, Summer 2014)

Health Focused Patient Management I (PTC 782), Contributing Instructor, Graduate Certificate Program in Health-Focused Care, Departments of Physical Therapy and Occupational Therapy, University of Alabama at Birmingham (Fall 2013)

Health Focused Patient Communication and Advocacy (PTC 781), Contributing Instructor, Graduate Certificate Program in Health-Focused Care, Departments of Physical Therapy and Occupational Therapy, University of Alabama at Birmingham (Summer 2013, Summer 2014)

Advanced Theory and Practice of Health Behavior (HB624), Teaching Assistant, Department of Health Behavior, School of Public Health, University of Alabama at Birmingham (Fall 2009)

Women's Health and Nutrition (HE 491), Teaching Assistant, Department of Human Studies, School of Education (Spring 2008)

### **Ad Hoc Lectures**

Topics in Rehabilitation Science III (RHB 782), PhD Program in Rehabilitation Science, Departments of Physical Therapy and Occupational Therapy, University of Alabama at Birmingham (Summer 2014). 2 sessions

Barriers to Occupational Performance (OT 609), MSOT program, Department of Occupational Therapy, University of Alabama at Birmingham (Summer 2014). 1 session

Principles of Exercise Science and Rehabilitation (RHB 781), PhD Program in Rehabilitation Science, Departments of Physical Therapy and Occupational Therapy, University of Alabama at Birmingham (Spring 2014). 2 sessions

Research Design and Measurement in Rehabilitation Science (RHB 784), PhD Program in Rehabilitation Science, Departments of Physical Therapy and Occupational Therapy, University of Alabama at Birmingham (Spring 2014). 2 sessions

Professional Practice III (PT 762), Department of Physical Therapy, University of Alabama at Birmingham (Fall, 2013). 4 sessions

Wellbeing and Health through Occupation (OT 661), Department of Occupational Therapy, University of Alabama at Birmingham (Fall, 2013). 1 session

Advanced Medical Nutrition (NTR 601), Department of Nutrition Sciences, University of Alabama at Birmingham (Spring 2011, Spring 2012). 1 session

Social Work in Public Health (HCO 619), Department of Health Care Organization and Policy, School of Public Health, University of Alabama at Birmingham (Fall 2010). 1 session

Core Principles of Health Behavior (HB 600), Department of Health Behavior, School of Public Health (Fall 2008). 1 session

### **MSOT Student Advisees**

#### Class of 2015

Courtney Dunkerley  
Keaira Gunn  
Anna Jones  
Morgan Paysour

### **Special Training Program Students Mentored**

2014 Michael Gunter, medical student, University of South Alabama, UAB Center for Clinical and Translational Science/Center for Outcomes and Effectiveness Research and Education Summer Training Program

2010 Cornelius Daniel, Undergraduate student, Tuskegee University, UAB Minority Health Research Center Summer Enrichment Program  
Project Title: The effects of strenuous physical activity and dietary intake on bone mineral density in active duty soldiers: A literature review.

### **RESEARCH**

#### **Publications**

**Wingo, B.C.**, Cox, T., Ard, J. (in press). Differences in weight loss and health outcomes between African Americans and whites in behavioral interventions: A systematic review. *Obesity Reviews*.

**Wingo, B.C.**, Ard, J., Desmond, R., Evans, R., Roy, J., Baskin, M. (2013). Body mass index and chronic health conditions as predictors of exercise fear-avoidance beliefs. *Journal of Research in Obesity*, Vol. 2013, Article ID 793181, DOI: 10.5171/2013.793181

**Wingo, B.C.**, Desmond, R., Brantley, P., Appel, L., Svetkey, V.J., Ard, J.D. (2013). Self-efficacy as a predictor of weight change and behavior change in the PREMIER trial. *Journal of Nutrition Education and Behavior*. 45(4): 341-21.

**Wingo, B.C.**, Baskin, M.B., Ard, J.D., Evans, R., Roy, J., Vogtle, L., Grimley, D., Snyder, S. (2013). Component analysis and initial validity of the Exercise Fear Avoidance Scale. *American Journal of Health Behavior*. 37(1): 87-95.

Northrop, M.D., **Wingo, B.C.**, Ard, J.D. (2013). The perceptions of community gardens at Jones Valley Urban Farms and the implications for dietary interventions. *The Qualitative Report*. 18(53): 1-10.

Ard, J.D., Zunker, C., Qu, H., Cox, T., **Wingo, B.C.**, Jefferson, W.K., Shewchuk, R. (2013). Cultural perceptions of weight in African American and Caucasian women. *American Journal of Health Behavior*. 37(1).

**Wingo, B.C.**, Evans, R., Ard, J.D., Grimley, D.M., Roy, J., Snyder, S.W., Zunker, C., Acton, A., Baskin, M.B. (2011). Fear of physical response to exercise among overweight and obese adults. *Qualitative Research in Sport and Exercise*. 3(2): 174-192. DOI: 10.1080/2159676X.2011.572994.

Cox, T. L., Zunker, C., **Wingo, B. C.**, Jefferson, W.K., Ard, J. D (2011). Stressful life events and behavior change: A qualitative examination of African American women's participation in a weight loss program. *The Qualitative Report*, 16(3).

Cox, T. L., Zunker, C., **Wingo, B. C.**, Thomas, D., Ard, J. D. (2010). Body image and quality of life in a group of African American women. *Social Indicators Research*. DOI: 10.1007/s11205-010-9602-y.

Ard, J.D., Cox, T.L., Zunker, C., **Wingo, B.C.**, Jefferson, W. K., Brakhage, C. (2010) A study of a culturally enhanced EatRight dietary intervention in a predominately African American workplace. *Journal of Public Health Management & Practice*, 16 (6), E1-E8.

Malpede, C.Z., Cox, T.L., **Wingo, B.C.**, Knight, B., Jefferson, W.K., Ard, J.D. (2008) Using Formative Research to Develop a Worksite Health Promotion Program for African American Women. *Women and Health*, 48 (2): 189-207.

### **Peer-Reviewed Abstracts**

**Wingo, B.C.**, Qu, P., Rimmer, J.H. (2014). Accuracy of clinical measures of obesity risk in adolescents with mobility limitations. Accepted for poster presentation at the American Congress of Rehabilitation Medicine annual conference, Toronto, ON, Canada.

**Wingo, B.C.,** Ard, J. (2012). The influence of age on exercise fear-avoidance beliefs. Poster presentation at the North American Federation of Adapted Physical Activity annual scientific meeting, Birmingham, AL.

**Wingo, B.C.,** Ard, J., Desmond, R. (2012). BMI and pain predict exercise fear-avoidance better than presence of cardiorespiratory or musculoskeletal disease. Poster presentation at The Obesity Society annual scientific meeting, San Antonio, TX.

**Wingo, B.C.,** Vogtle, L., Desmond, R., Ard, J (2012). Using shared decision making strategies to reduce barriers to physical activity. Poster presentation at Shared Decision Making Symposium at Washington University, St. Louis, MO.

**Wingo, B.C.,** Vogtle, L., Heaton, K., Desmond, R., Ard, J. (2011). Development of a graded exposure exercise prescription to increase physical activity among hospital nurses. Poster presentation at the AHRQ National Research Services Award (NRSA) Trainees Research Conference, Seattle, WA.

**Wingo, B.C.,** Desmond, R., Brantley, P., Appel, L., Svetkey, L., Stevens, V.J., Ard, J.D. (2011). Self-efficacy as a predictor of weight change and behavior change in the PREMIER trial. Oral presentation at the American Heart Association, Nutrition, Physical Activity and Metabolism Scientific Session, Atlanta, GA.

**Wingo, B.C.,** Ard, J., Baskin, M.L., Evans, R.R., Grimley, D.M., Roy, J., Snyder, S. (2010). Fear-Avoidance Beliefs and Exercise among Overweight and Obese Adults. *Obesity* 18(S2), S106.  
Ard, J., Zunker, C., Cox, T., Jefferson, W., Greene, L., **Wingo, B.C.,** Knight, B., Saenz, K. (2008). Cluster analysis of empirically derived weight related cultural factors in black and white women. *Obesity*, 16(S1), S289.

Cox, T.L., Zunker, C., **Wingo, B.C.,** Thomas, D.M., Ard, J.D. (2007) Body image and quality of life in a group of African American women from the same worksite. Poster presented at the North American Association for the Study of Obesity conference, New Orleans, LA.

Malpede, C.Z., **Wingo, B.C.,** Cox, T., Ard, J.D. (2007) Practical considerations for promoting physical activity and nutrition in the worksite. Poster presented at the Southern District conference of American Alliance for Health, Physical Education, Recreation and Dance, Chattanooga, TN.

### **Invited Research Presentations**

*Exercise is bad for my heart: The role of fear in exercise avoidance.* Lakeshore Foundation staff training, Birmingham, AL 2012

*A Culturally Appropriate Intervention in Hypertensive African Americans Based on the DASH Diet: the Altering Diet in African-American Populations to Treat Hypertension (ADAPT) Project.* International Food and Nutrition Conference, Tuskegee, AL 2011

*Should grandma lose weight: obesity, diet and fitness in older adults.* American Dietetic Association Weight Management Symposium, Atlanta, GA 2011

*Strategies to overcome exercise barriers among older adults.* Alabama State Association for Health, Physical Education, Recreation and Dance fall conference, Birmingham, AL 2010

*Cultural adaptations to a nutrition and fitness program: EatRight for Life.* Alabama State Association for Health, Physical Education, Recreation and Dance fall conference, Birmingham, AL 2008

**Research Support (current)**

NIH/NIA (K07AG043588; Locher PI)

Impact of Nutrition on Physical Function and Cardiometabolic Health in Adults with Physical Disabilities

PI: Wingo (PI of pilot grant within K07) 07/01/14 – 06/30/15

NIDDR (H133A130044) Dose-Response Effects of Transformative Exercise in Improving Health and Function in Adults with Spinal Cord Injury and Multiple Sclerosis

PI: Rimmer Role in project: Co-investigator 10/01/2013-09/30/2018

NIH/NIDDK (1R21HD073487-01A1) Internet Based System for Managing Obesity in Children with Disabilities

PI: Rimmer Role in project: Project coordinator 09/18/2013-08/31/2015

NIH/NICHD (1R43DK097972) Personalized telehealth weight management system for overweight adults with disabilities

PI: Rimmer Role in Study: Project Coordinator 05/20/2013-04/30/2015

NIH/NIA (R01 AG033094) Calorie Restriction & Changes in Body Composition, Disease, Function, & Quality of Life in Older Adults

PI: Locher, J, Ard, J Role in Study: Co-investigator 09/01/2009 – 08/31/2014

**Research Support (ended)**

NIH/NIDDK Improving Weight Loss Outcomes in African Americans

PI: Ard, J Role in Study: Research Assistant

UAB, Departments of Health Behavior and Nutrition Science

Development and Validation of a Scale to Measure Fear of Physical Response to Exercise among Overweight and Obese Adults

PI: Wingo, B

UAB, Department of Health Behavior Qualitative Research for Maintaining Healthy Eating

PI: Zunker, C Role in Study: Research Assistant

UAB Comprehensive Cancer Center Can Changes in Facets of Fruit and Vegetable Cost Increase Consumption?

PI: Ard, J Role in Study: Research Assistant

Charles Barkley Health Disparities Fund Enhancing Weight Loss Outcomes in African  
Americans Using a Modified *EatRight* Program  
PI: Ard, J                      Role in Study: Research Assistant