

CURRICULUM VITAE
SARA M. ST. GEORGE, PHD

1. *Date:* April 2021

I. Personal

2. *Name:* Sara Mijares St. George, Ph.D.
3. *Office Phone:* 305-243-0726
4. *Address:* 1120 NW 14th Street, Office 1009
Miami, FL 33136
5. *Current Academic Rank:* Assistant Professor
5A. *Current Track of Appointment:* Tenure-earning
6. *Primary Department:* Public Health Sciences
7. *Secondary or Joint Appointment:* N/A

II. Higher Education

8. *Institutional:*

University of Missouri-Columbia	B.A. Psychology and Spanish (double major)	2007
University of South Carolina	M.A. Clinical-Community Psychology	2010
University of South Carolina	Ph.D. Clinical-Community Psychology	2014

9. *Non-Institutional:* N/A

10. *Certification and Licensure:* Psychologist - State of Florida (License No. PY9445)

III. Experience

11. *Academic:*

Assistant Professor, Department of Public Health Sciences, University of Miami Miller School of Medicine **2016-Present**

Postdoctoral Fellow, Department of Public Health Sciences, University of Miami Miller School of Medicine **2014-2016**

Pediatric Psychology Resident, Mailman Center for Child Development, Department of Pediatrics, University of Miami Miller School of Medicine **2013-2014**

12. *Hospital Appointments:* N/A

13. *Non-Academic:* N/A

14. *Military:* N/A

IV. Publications

15. Books and Monographs Published:

- a. **St. George, S.M.**, Parra-Cardona, R., Vidot, D.C., Molleda, L., Quevedo Terán, A., Castillo Onetto, D., Benitez Gibbons, J. & Prado, G. (2017). Cultural adaptation of preventive interventions in Hispanic youth. In S. Schwartz & J. Unger (Eds). *Oxford Handbook of Acculturation and Health*. New York, NY: Oxford University Press.
- b. **St. George, S.M.**, & Wilson, D. (2013). Social marketing. In M.D. Gellman & J.R. Turner (Eds.) *Encyclopedia of Behavioral Medicine* (pp. 1836-1838). New York, NY: Springer.
- c. Wilson, D.K., **St. George, S.M.**, & Zarrett, N. (2010). Developmental influences in understanding children and adolescent health behaviors. In J. Suls, K. Davidson, R.M. Kaplan (Eds.) *Handbook of Health Psychology* (pp. 133-146). New York, NY: Guilford Press.

16. Juried or Refereed Journal Articles or Exhibitions:

* Indicates senior author role with graduate student mentee

- a. *Lebron, C., Agosto, Y.A. Guzman, T., Sutton, D., Stoutenberg, M., Messiah, S.E., & **St. George, S.M.** (in press). A qualitative study of cognitive, behavioral, and environmental influences on Hispanic mothers' early childhood feeding practices. Appetite. **Impact Factor = 3.61**
- b. *St. Fleur, R.G., **St. George, S.M.**, Leite, R., Kobayashi, M., Agosto, Y., & Jake-Schoffman, D. (in press). Use of Fitbit devices in physical activity intervention studies across the life course: Narrative review. *JMIR mHealth and uHealth*. **Impact Factor = 4.31**
- c. Lee, J-Y., **St. George, S.M.**, Neilands, T.B., Rodriguez, A., Feaster, D.J., & Carrico, A.W. (in press). Understanding willingness to participate in HIV biomedical research: A mixed methods investigation. *AIDS and Behavior* **Impact Factor = 3.15**
- d. Prado, G., Fernandez, A., **St. George, S.M.**, Lee, T.K., Lebron, C.N, Tapia, M.I., Velazquez, M.R., & Messiah, S.E. (2020). Results of a family-based intervention promoting healthy weight strategies in overweight Hispanic adolescents and parents: A randomized clinical trial. *American Journal of Preventive Medicine*, 59, 658-668. [Link to Article](#) **Impact Factor = 4.42**
- e. Kanamori M., Shrader C., **St. George S.M.**, Adkins T., Bartholomew, T., Sanchez M., De La Rosa, M. (2020). Influences of immigration stress and occupational exploitation on Latina seasonal workers' substance use networks: A qualitative study. *Journal of Ethnicity in Substance Abuse*. Advance online publication. doi: 10.1080/15332640.2020.1778591 [Link to Article](#) **Impact Factor = 1.88**

- f. Lebron, C.N., Agosto, Y., Lee, T.K., Prado, G., **St. George, S.M.**, Pantin, H., & Messiah, S.E. (2020). Family mealtime communication in single- and dual-headed households among overweight and obese Hispanic adolescents. *Journal of Nutrition Education and Behavior*. Advance online publication. doi: 10.1016/j.jneb.2020.03.003. [Link to Article](#) **Impact Factor = 2.50**
- g. Deitz, R.L., Hellerstein, L.H., **St. George, S.M.**, Palazuelos, D., Schimek, T.E. (2020). A qualitative study of social connectedness and its relationship to community health programs in rural Chiapas, Mexico. *BMC Public Health*, 20, 852. PMID: PMC7271512 [Link to Article](#) **Impact Factor = 2.52**
- h. **St. George, S.M.**, Agosto, Y., Rojas, L.M., Soares, M., Bahamon, M., Prado, G., & Smith, J.D. (2020). A developmental cascade perspective of paediatric obesity: A systematic review of preventive interventions from infancy through late adolescence. *Obesity Reviews*, 21, e12939. PMID: PMC6980892 [Link to Article](#) **Impact Factor = 7.31**
- i. **St. George, S.M.**, Noriega Esquivas, B., Agosto, Y., Kobayashi, M., Leite, R., Vanegas, D., Perez, A.T., Calfa, C., Schlumbrecht, M., Slingerland, J., & Penedo, F.J. (2020). Development of a multigenerational digital lifestyle intervention for women cancer survivors and their families. *Psycho-Oncology*, 29, 182-194. PMID: PMC Journal – In Process [Link to Article](#) **Impact Factor = 3.00**
- j. *Lebron, C.N., **St. George, S.M.**, Eckembrecher, D., & Alvarez, L. (2020). “Am I doing this wrong?” Information seeking and sharing practices of breastfeeding mothers in an online-forum. *Maternal & Child Nutrition*, 16, e12890. PMID: PMC6937377 [Link to Article](#) **Impact Factor = 2.79**
- k. *Kobayashi, M.A., Lee, T.K., Leite, R.O., Noriega Esquivas, B., Prado, G., Messiah, S.E., **St. George, S.M.** (2019). The effects of parental stress on physical activity among overweight and obese Hispanic adolescents: Moderating role of family communication and gender. *Journal of Physical Activity and Health*, 16, 952-961. PMID: 31557723 [Link to Article](#) **Impact Factor = 2.12**
- l. Lebron, C.N., Lee, T.K., Prado, G., **St. George, S.M.**, Pantin, H., & Messiah, S.E. (2019). Psychometric properties of an abbreviated childhood family mealtime questionnaire among overweight and obese Hispanic adolescents. *Appetite*, 140: 169-179. PMID: 31075325 [Link to Article](#) **Impact Factor = 3.61**
- m. Law, L.H., Wilson, D.K., **St. George, S.M.**, Kitzman, H., & Kipp, C.J. (2019). Families Improving Together (FIT) for Weight Loss: A resource for translation of a positive climate-based intervention into community settings. *Translational Behavioral Medicine*. Advance online publication. doi: 10.1093/tbm/ibz020. PMID: 31167022 [Link to Article](#) **Impact Factor = 2.86**

- n. Rojas, L.M., Bahamon, M., Wagstaff, R., Ferre, I., Perrino, T., Estrada, Y., **St. George, S.M.**, Pantin, H., & Prado, G. (2019). Evidence-based prevention programs targeting youth mental and behavioral health in primary care: A systematic review. *Preventive Medicine*, *120*, 85-99. [Link to Article](#) **Impact Factor = 3.79**

- o. Portacio, F., Botero, P., **St. George, S.M.**, Stoutenberg, M. (2018). Informing the adaptation and implementation of a lifestyle modification program in Hispanics: A qualitative study among low-income Hispanic adults. *Hispanic Healthcare International*, *16*, 204-212. PMID: 30426783 [Link to Article](#) **Impact Factor = 0.52**

- p. Smith, J. D., Berkel, C., Rudo-Stern, J., Montaña, Z., **St. George, S. M.**, Prado, G., ... Dishion, T. J. (2018). The Family Check-Up 4 Health (FCU4Health): Applying implementation science frameworks to the process of adapting an evidence-based parenting program for prevention of pediatric obesity and excess weight gain in primary care. *Frontiers in Public Health*, *15*, 293. PMCID: PMC6196330 [Link to Article](#) **Impact Factor = 2.48**

- q. **St. George, S.M.**, Petrova, M., Lee, T.K., Sardinas, K.M., Kobayashi, M.A., Messiah, S.E., & Prado, G. (2018). Predictors of participant attendance patterns in a family-based intervention for overweight and obese Hispanic adolescents. *International Journal of Environmental Research and Public Health*, *15*, 1482. PMCID: PMC6068939 [Link to Article](#) **Impact Factor = 2.85**

- r. **St. George, S.M.**, Messiah, S.E., Sardinas, K.M., Poma, S., Lebron, C.N., Tapia, M., Velazquez, M.R., Pantin, H., & Prado, G. (2018). Familias Unidas for Health & Wellness: Adapting an evidence-based substance use and sexual risk behavior intervention for obesity prevention in Hispanic adolescents. *The Journal of Primary Prevention*, *39*, 529-553. PMID: 30291486 [Link to Article](#) **Impact Factor = 1.72**

- s. **St. George, S.M.**, Wilson, D.K., & Van Horn, M.L. (2018). Project SHINE: Effects of a randomized family-based health promotion program on the physical activity of African American parents. *Journal of Behavioral Medicine*, *41*, 537-549. PMID: 29705935 [Link to Article](#) **Impact Factor = 2.98**

- t. Smith, J.D., Egan, K.N., Montaña, Z., Dawson-McClure, S., Jake-Schoffman, D.E., Larson, M., & **St. George, S.M.** (2018). A developmental cascade perspective of pediatric obesity: Conceptual model and scoping review. *Health Psychology Review*, *12*, 271-293. PMCID: PMC6324843 [Link to Article](#) **Impact Factor = 5.14**

- u. Lebron, C.N., Lee, T.K., Park, S.E., **St. George, S.M.**, Messiah, S.E., & Prado, G. (2018). Effects of parent-adolescent reported family functioning discrepancy on physical activity and diet among Hispanic youth. *Journal of Family Psychology*, *32*, 333-342. PMCID: PMC5922788 [Link to Article](#) **Impact Factor = 1.84**

- v. Warren, T.Y., Wilcox, S., **St. George, S.M.**, & Brandt, H.M. (2018). African American women's perceived influences on and strategies to reduce sedentary behavior.

Qualitative Health Research, 28, 1112-1122. PMID: PMC6204229 [Link to Article](#)
Impact Factor = 2.62

- w. Perrino, T., Estrada, Y., Huang, S., **St. George, S.M.**, Pantin, H., Cano, M.A., Lee, T.K., & Prado, G. (2018). Predictors of participation in an eHealth family-based preventive intervention for Hispanic youth. *Prevention Science*, 19, 630-641. PMID: 27704326 [Link to Article](#) **Impact Factor = 3.10**
- x. Wilson, D.K., Sweeney, A.M., Kitzman-Ulrich, H., Gause, H., & **St. George, S.M.** (2017). Promoting social nurturance and positive social environments to reduce obesity in high-risk youth. *Clinical Child and Family Psychology Review*, 20, 67-77. PMID: PMC5411982 [Link to Article](#) **Impact Factor = 3.47**
- y. **St. George, S.M.**, Pulgaron, E.R., Ferranti, D., Agosto, Y., Toro, M., Ramseur, K., & Delamater, A. (2017). A qualitative study of cognitive, behavioral, and psychosocial challenges associated with pediatric type 2 diabetes in ethnic minority parents and adolescents. *The Diabetes Educator*, 43, 180-189. PMID: 28340546 [Link to Article](#) **Impact Factor = 2.09**
- z. Molleda, L., Bahamon, M., **St. George, S.M.**, Perrino, T., Estrada, Y., Correa Herrera, D., Pantin, H. & Prado, G. (2017). Clinic personnel, facilitator and parent perspectives of eHealth Familias Unidas in primary care. *Journal of Pediatric Health Care*, 31, 350-361. PMID: PMC5903564 [Link to Article](#) **Impact Factor = 1.49**
- aa. Buscemi, J., Janke, A.E., Kugler, K.C., Duffecy, J., Mielenz, T.J., **St. George, S.M.**, & Sheinfeld Gorin, S.N. (2017). Increasing the public health impact of evidence-based interventions in behavioral medicine: New approaches and future directions. *Journal of Behavioral Medicine*, 40, 203-213. PMID: 27481103 [Link to Article](#) **Impact Factor = 2.98**
- bb. †Smith, J.D., †**St. George, S.M.**, & Prado, G. (2017). Family-centered positive behavior support interventions in early childhood to prevent obesity. *Child Development*, 88, 427-435. †*Co-first authors* PMID: PMC5342923 [Link to Article](#) **Impact Factor = 4.89**
- cc. **St. George, S.M.**, Van Horn, M.L., Lawman, H.G., & Wilson, D.K. (2016). Reliability of 24-hour dietary recalls as a measure of diet in African American youth. *Journal of the Academy of Nutrition and Dietetics*, 116: 1551-1559. PMID: PMC5039054 [Link to Article](#) **Impact Factor = 4.15**
- dd. Bardone-Cone, A. M., Higgins, M. K., **St. George, S. M.**, Rosenzweig, I., Schaefer, L. M., Fitzsimmons-Craft, E. E., Henning, T. M., & Preston, B. (2016). Behavioral and psychological aspects of exercise across stages of eating disorder recovery. *Eating Disorders: The Journal of Treatment and Prevention*, 24, 424-439. PMID: PMC5055812 [Link to Article](#) **Impact Factor = 2.01**

- ee. **St. George, S.M.**, Wilson, D.K., McDaniel, T.C., & Alia, K.A. (2016). Process evaluation of the Project SHINE intervention for African American families: An integrated positive parenting and peer monitoring approach to health promotion. *Health Promotion Practice, 17*, 557-568. PMID: 27084025 [Link to Article](#) **Impact Factor = 1.05**
- ff. **St. George, S.M.**, Huang, S., Vidot, D.C., Smith, J.D., Brown, C.H., & Prado, G. (2016). Factors associated with the implementation of the Familias Unidas intervention in a type 3 translational trial. *Translational Behavioral Medicine, 6*, 105-114. PMCID: PMC4807187 [Link to Article](#) **Impact Factor = 2.86**
- gg. **St. George, S.M.**, Delamater, A.M., Pulgaron, E.R. Daigre, A., Sanchez, J. (2016). Access to and interest in using smartphone technology for the management of type 1 diabetes in ethnic minority adolescents and their parents. *Diabetes Technology & Therapeutics, 18*, 104-109. PMID: 26840496 [Link to Article](#) **Impact Factor = 4.40**
- hh. Alia, K.A., Wilson, D.K., McDaniel, T., **St. George, S.M.**, Kitzman-Ulrich, H., Smith, K., Heatley, V., Wise, C. (2015). Development of an innovative process evaluation approach for the Families Improving Together (FIT) for weight loss trial in African American adolescents. *Evaluation and Program Planning, 49*, 106-116. PMCID: PMC4372476 [Link to Article](#) **Impact Factor = 1.52**
- ii. Wilson, D.K., Van Horn, M.L., Siceloff, E.R., Alia, K.A., **St. George S.M.**, Lawman, H.G., Trumpter, N.N., Coulon, S.M., Griffin, S., Wandersman, A., Egan, B., Colabianci, N., Forthofer, M., & Gadsen, B. (2015). The results of the “Positive Action for Today’s Health” (PATH) trial for increasing walking and physical activity in underserved African American communities. *Annals of Behavioral Medicine, 49*, 398-410. PMCID: PMC4426390 [Link to Article](#) **Impact Factor = 4.48**
- jj. Wilson, D.K., Kitzman-Ulrich, H., Resnicow, K., Van Horn, M.L., **St. George, S.M.**, Siceloff, E.R., Alia, K.A., McDaniel, T., Heatley, V., Huffman, L., Coulon, S. & Prinz, R. (2015). An overview of the Families Improving Together (FIT) for weight loss randomized controlled trial in African American families. *Contemporary Clinical Trials, 42*, 145-157. PMCID: PMC4450135 [Link to Article](#) **Impact Factor = 1.83**
- kk. Lawson, A.B., Ellerbe, C., Carroll, R., Alia, K.A., Coulon, S.M., Wilson, D.K., Van Horn, M.L., & **St. George, S.M.** (2014). Bayesian latent structure modeling of walking behavior in a physical activity intervention. *Statistical Methods in Medical Research*. Advance online publication. doi:10.1177/0962280214529932 PMCID: PMC5388556 [Link to Article](#) **Impact Factor = 2.29**
- ll. Schneider, E.M., Wilson, D.K., Kitzman-Ulrich, H., **St. George, S.M.**, & Alia, K.A. (2013). The associations of parenting factors with adolescent body mass index in an underserved population. *Journal of Obesity, 2013* (71518), 7. PMCID: PMC3671295 [Link to Article](#)

- mm. **St. George, S.M.**, Wilson, D.K., Schneider, E.M., & Alia, K.A. (2013). Project SHINE: Effects of parent-adolescent communication on sedentary behavior in African American adolescents. *Journal of Pediatric Psychology*, 38: 997-1009. PMID: PMC3785219 [Link to Article](#) **Impact Factor = 2.59**
- nn. Power, T.G., Sleddens, E.F.C, Berge, J., Connell, L., Govig, B., Hennessy, E., Ligget, L., Mallan, K., Santa Maria, D., Odoms-Young, A., & **St. George, S.M.** (2013). Contemporary research on parenting: Conceptual, methodological, and translational issues. *Childhood Obesity*, 9, S87-94. PMID: PMC37462 [Link to Article](#) **Impact Factor = 2.76**
- oo. **St. George, S.M.**, Wilson, D.K., Lawman, H.G., & Van Horn, M.L. (2013). Weight status as a moderator of the relationship between motivation, emotional social support, and physical activity in underserved adolescents. *Journal of Pediatric Psychology*, 38: 387-397. PMID: PMC3695650 [Link to Article](#) **Impact Factor = 2.59**
- pp. Alia, K.A., Wilson, D.K., **St. George, S.M.**, Schneider, E.M., & Kitzman-Ulrich, H. (2013). Effects of parenting style and parent-related weight and diet on adolescent weight status. *Journal of Pediatric Psychology*, 38, 321–329. PMID: PMC3604826 [Link to Article](#) **Impact Factor = 2.59**
- qq. Wilson, D.K., **St. George, S.M.**, Trumpeter, N.N., Coulon, S.M., Griffin, Wandersman, A., Forthofer, M., Gadson, B. & Brown, P. (2013). Qualitative developmental research among low-income African American adults to inform a social marketing campaign for walking. *International Journal of Behavioral Nutrition and Physical Activity*, 10: 33. PMID: PMC3610237 [Link to Article](#) **Impact Factor = 6.71**
- rr. Coulon, S.M., Griffin, S., Wilson, D.K., **St. George, S.M.**, Trumpeter, N.N., Wandersman, A., Forthofer, M.B., & Robinson, S. (2012). Formative process evaluation for implementing a social marketing intervention to increase walking among African Americans in the Positive Action for Today's Health trial. *American Journal of Public Health*, 102, 2315-2321. PMID: PMC3519297 [Link to Article](#) **Impact Factor = 4.38**
- ss. **St. George, S.M.**, & Wilson, D.K. (2012). A qualitative study for understanding family and peer influences on obesity-related health behaviors in low-income African-American adolescents. *Childhood Obesity*, 8, 466-476. PMID: PMC3647590 [Link to Article](#) **Impact Factor = 2.76**
- tt. Kitzman-Ulrich, H., Wilson, D.K., **St. George, S.M.**, Peterson, M.S., Schneider, E.M., & Kugler, K.A. (2011). A preliminary test of a motivational and parenting weight loss program targeting low-income and minority adolescents. *Childhood Obesity*, 7, 379-384. [Link to Article](#) **Impact Factor = 2.76**
- uu. Wilson, D.K., Trumpeter, N.N., **St. George S.M.**, Coulon, S.M., Griffin, S., Van Horn, M.L., Wandersman, A., Egan, B., Forthofer, M., Lawman, H.G, Goodlett, B., Kitzman-

Ulrich, H., & Gadsen, B. (2010). An overview of the “Positive Action for Today’s Health” (PATH) trial for increasing walking in underserved communities. *Contemporary Clinical Trials*, 31, 624-633. PMID: PMC3294379 [Link to Article](#)
Impact Factor = 1.83

vv. Kitzman-Ulrich, H., Wilson, D. K., **St. George, S. M.**, Lawman, H.G., Segal, M., & Fairchild, A. (2010). The integration of a family systems approach for understanding youth obesity, physical activity, and dietary programs. *Clinical Child and Family Psychology Review*, 13, 231–253. PMID: PMC3293190 [Link to Article](#) **Impact Factor = 3.47**

ww. **Mijares, S.E.**, & Bardone-Cone, A.M. (2007). Differences in psychological and behavioral aspects of exercise among females with adolescent-onset eating disorders: Comparing active vs. recovered cases. *MU McNair Journal*, 15, 28-32. [Link to Article](#)

17. *Other Works, Publications and Abstracts:*

a. Figueroa, R., Bean, M., Nock, N., **St. George, S.M.**, Rosenberg, D., Soriano, E., Roberts, K, & Buscemi, J. (2021). Increasing diet quality through Pandemic-EBT, SNAP, and school meals during and after COVID-19. Society of Behavioral Medicine March 2021 Position Statement.

18. *Other Works Accepted for Publication: N/A*

V. Professional

19. *Funded Research Performed:*

Active

CENTER FOR LATINO HEALTH RESEARCH OPPORTUNITIES (CLARO)

Principal Investigator: Victoria Behar Mitrani (Contact PI), Mario De La Rosa

Role: Pilot Awardee (10% effort)

Funding Source: National Institute of Minority Health and Health Disparities

Project Period: 03/01/2021-02/28/2022

Total Award: \$50,000

Goal: To culturally adapt a cognitive-behavioral stress management intervention for Latino sexual minority men living with HIV and cancer.

SINGLE SESSION INTERVENTIONS TO PREVENT ANXIETY AND DEPRESSION DURING COVID-19 AND BEYOND

Principal Investigator: Jill Ehrenreich-May (Contact PI), Sara M. St. George, PhD (Co-PI, 5% effort)

Funding Source: The Children’s Trust

Project Period: 01/01/2021-12/31/2021

Total Award: \$80,000

Goal: To culturally adapt and disseminate single-session interventions for youth anxiety and depression that reflect the cultural and linguistic diversity of youth in Miami-Dade County via a fully online platform.

FORMATIVE DEVELOPMENT AND FEASIBILITY OF AN INNOVATIVE MULTIGENERATIONAL eHEALTH INTERVENTION FOR OVERWEIGHT/OBESE FEMALE CANCER SURVIVORS AND THEIR FAMILIES

Principal Investigator: Sara M. St. George, PhD (5% effort)

Funding Source: V Foundation

Project Period: 05/01/2018-05/01/2021

Total Award: \$200,000

Goal: To develop and pilot test a multigenerational intervention that uses the web and mobile devices (eHealth) to empower Hispanic and/or non-Hispanic black overweight/obese female cancer survivors to lead their families in improving their lifestyle behaviors

FAMILY-BASED eHEALTH OBESITY PREVENTION INTERVENTION FOR HISPANIC ADOLESCENTS
NIH K01 HL133521

Principal Investigator: Sara M. St. George, PhD (75% effort)

Mentoring Team: Guillermo Prado, PhD (Primary Mentor); Hendricks Brown, PhD; Sara Czaja, PhD; Alan Delamater, PhD; David Mohr, PhD

Funding Source: National Heart, Lung, and Blood Institute

Project Period: 8/19/2016 – 10/31/2021

Total Award: \$133,984 annual direct cost; \$657,751 anticipated 5 year total cost

Goal: To develop and pilot test a family-based web and mobile phone (eHealth) obesity prevention intervention for increasing moderate-to-vigorous physical activity, decreasing sedentary behavior, and improving quality dietary intake in Hispanic adolescents

Completed

FORMATIVE DEVELOPMENT OF A MULTIGENERATIONAL eHEALTH INTERVENTION FOR GRANDPARENTS AND GRANDCHILDREN

Principal Investigator: Marissa Kobayashi, MHS (PhD Student in Prevention Science; Mentee)

Role: Mentor (0% effort)

Funding Source: Center for Research and Education on Aging and Technology Enhancement

Project Period: 01/01/2018-12/31/2018

Total Award: \$10,000

Goal: To collect preliminary data that will lead to the development of a multigenerational eHealth intervention aimed at increasing physical activity levels and psychosocial well-being among grandparent-grandchild dyads

FAMILIES PREVENTING AND REDUCING OBESITY HEALTH DISPARITIES IN HISPANIC YOUTH
NIH R01 MD007724

Principal Investigator: Guillermo Prado, PhD (Contact PI), Sarah Messiah, PhD (Co-PI)

Role: Co-Investigator (2.5% effort – 07/01/2015 - 08/18/2016)

Funding Source: National Institute on Minority Health and Health Disparities
Project Period: 7/1/2013 – 2/28/2018
Total Award: \$ 1,742,667
Goal: To determine the efficacy of a Hispanic-specific family-centered intervention for increasing physical activity and improving quality dietary intake in Hispanic adolescents classified as overweight or obese

FAMILIES IMPROVING TOGETHER FOR WEIGHT LOSS
NIH R01 HD 072153

Principal Investigator: Dawn K. Wilson, PhD
Role: Graduate Research Assistant (2012-2013) (100% effort)
Funding Source: National Institute of Child Health and Human Development
Project Period: 8/1/2012 – 7/31/2017
Total Award: \$ 2,904,987
Goal: To test the efficacy of a motivational and parenting weight loss program which combines group-based and online approaches

COMMUNITIES THAT CARE – MIAMI YOUTH HEALTH ASSESSMENT

Principal Investigator: Eric C. Brown, PhD
Role: Co-Investigator (0% effort)
Funding Source: University of Miami Clinical and Translational Science Institute, from the National Center for Advancing Translational Sciences and National Institute on Minority Health and Health Disparities (UL1TR000460)
Project Period: 2/1/2016 – 1/31/2017
Total Award: \$50,000
Goal: To extend the *Communities That Care* prevention system for the dissemination of youth obesity-related information by identifying and developing risk and protective factors measures for youth obesity that can be included in self-report surveys of youth

A PARENT INTERVENTION FOR IMPROVING PHYSICAL ACTIVITY AND DIET IN ADOLESCENTS
NIH F31 HD 066944

Principal Investigator: Sara M. St. George, MA (100% effort)
Faculty Sponsors: Dawn K. Wilson, PhD (Sponsor); Ron Prinz, PhD (Co-Sponsor); Nicole Zarrett, PhD)
Funding Source: National Institute of Child Health and Human Development
Project Period: 8/1/2010 – 7/31/2013
Total Award: \$90,580
Goal: To test the effects of a behavioral skills plus positive parenting and peer monitoring intervention on physical activity, sedentary behavior, and diet in African American adolescents and their families

IMPROVING SAFETY AND ACCESS FOR PHYSICAL ACTIVITY – DIVERSITY SUPPLEMENT
NIH RO1 DK 067615-02S1

Principal Investigator: Dawn K. Wilson, PhD

Role: Diversity Supplement Grant Award Recipient (100% effort)

Funding Source: National Institute of Diabetes and Digestive and Kidney Diseases

Project Period: 8/1/2008 – 7/31/2009

Total Award: \$32,728

Goal: To expand on the Positive Action for Today's Health (PATH) trial by qualitatively exploring the role of family and peer factors related to weight status, physical activity and healthy eating in low-income, African American adolescents

IMPROVING SAFETY AND ACCESS FOR PHYSICAL ACTIVITY
NIH R01 DK 067615

Principal Investigator: Dawn K. Wilson, PhD

Role: Graduate Research Assistant (2007-2008); Intervention Coordinator (2009-2010) (100% effort)

Funding Source: National Institute of Diabetes and Digestive and Kidney Diseases

Project Period: 8/1/2007 – 7/31/2012

Total Award: \$2,685,904

Goal: To test the efficacy and cost-effectiveness of a walking intervention and social marketing campaign for increasing physical activity in low-income, high crime communities

20. *Editorial Responsibilities:*

Editorial Board: *Families, Systems, & Health* **2018-Present**

Prevention Science **2014-2016**

Mentored Reviewer Program (Mentor: Guillermo Prado, PhD)

Ad Hoc Reviewer: *American Journal of Geriatric Psychiatry, Childhood Obesity, Contemporary Clinical Trials, Global Journal of Community Psychology Practice, International Journal of Behavioral Medicine, International Journal of Intercultural Relations, Journal of Adolescent Health, Journal of Behavioral Medicine, Journal of Pediatric Psychology, Obesity, Obesity Reviews, Pediatric Obesity, PLOS ONE, Public Health Nutrition, Prevention Science, Qualitative Research in Sport, Exercise and Health, Translational Behavioral Medicine*

21. *Professional and Honorary Organizations:*

APA Division 38 – Health Psychology **2010-Present**

International Society for Behavioral Nutrition and Physical Activity **2010-Present**

Society of Behavioral Medicine **2008-Present**

National Service

Healthy Policy Ambassador , Society of Behavioral Medicine	2020-Present
Chair , Society of Behavioral Medicine Optimization of Behavioral and Biobehavioral Interventions Special Interest Group	2019-2020
Co-Chair , Society of Behavioral Medicine Optimization of Behavioral and Biobehavioral Interventions Special Interest Group	2018-2019
Junior Co-Chair , Society of Behavioral Medicine Optimization of Behavioral and Biobehavioral Interventions Special Interest Group	2017-2018
Conference Chair , Society of Behavioral Medicine Optimization of Behavioral and Biobehavioral Interventions Special Interest Group	2016-2017
Communications Chair , Society of Behavioral Medicine Optimization of Behavioral and Biobehavioral Interventions Special Interest Group	2015-2016

22. Honors and Awards:

Faculty Development Travel Award , Sylvester Comprehensive Cancer Center, University of Miami Competitive stipend to support travel to a national conference [\$1,500]	2018
Early-Stage Investigator Award Finalist , National Institutes of Health Office of Disease Prevention (ODP) One of five finalists for the ODP's inaugural Early-Stage Investigator Award for junior investigators who have made outstanding contributions to their fields and are identified as future leaders in prevention research	2017
Outstanding Dissertation Award , Society of Behavioral Medicine (SBM) Award for excellence in dissertation research presented at the 2014 annual conference [\$500]	2014
Child and Family Health Special Interest Group Student Award for Outstanding Research , SBM Abstract selected by SBM reviewers of the Child and Family Health SIG as an excellent student submission and specially recognized at the 2014 annual conference [\$100]	2014
Honorable Mention for the Diane Willis Award for Outstanding Article First-author publication ("Weight status as a moderator of the relationship between motivation, emotional social support, and physical activity in underserved adolescents") selected by the Society of Pediatric Psychology as an exemplary paper published during 2013 in the <i>Journal of Pediatric Psychology</i>	2014

Meritorious Student Abstract Award , Society of Behavioral Medicine (SBM) Abstract selected by SBM reviewers as an excellent student submission and specially recognized at the 2013 annual conference	2013
Outstanding Scholarship by Later-Stage Clinical-Community Student , University of South Carolina Nominated award voted on by Clinical-Community Psychology program faculty for demonstrating an outstanding academic and research record	2012
Outstanding Thesis Award , University of South Carolina Graduate School award for exemplary thesis research and nomination for the Conference of Southern Graduate Schools Master's Thesis Award [\$500]	2012
Breakthrough Distinguished Graduate Scholar , University of South Carolina Inaugural member of <i>Breakthrough's</i> "Outstanding Graduate Students" for excellence in scholarship and research; <i>Breakthrough</i> is a bi-annual publication of the Office of Research and Graduate Education	2012
Honorable Mention for Ford Foundation Fellowship Program , National Academies Research Council Honorable mention status in the 2012 Ford Foundation Fellowship dissertation competition	2012
Division 38 National Graduate Research Award , American Psychological Association Award for quality, originality, and significance of graduate research in the field of health psychology [\$1,500]	2011
Nora and William Smith Endowed Fellowship , University of South Carolina Department of Psychology award in support of research with South Carolina children and families [\$1,500]	2011
Graduate Student Travel Award , University of South Carolina Competitive stipends awarded by the College of Arts & Sciences, Graduate School, and Department of Psychology to support travel to national conferences [\$750, \$1,000, \$1,250, \$1,588, \$960, \$1,000, \$1,000]	2008 – 2014

23. Post-Doctoral Fellowships:

Postdoctoral Fellow , Division of Prevention Science and Community Health, Department of Public Health Sciences, University of Miami Miller School of Medicine	2014-2016
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24. Other Professional Activities:

Invited Presentations

- a. **St. George, S.M.** (October 2020). Using the IDEAS framework to develop a multigenerational digital lifestyle intervention for women cancer survivors and their families. 2020 Annual Florida Academic Cancer Center Alliance (FACCA) Virtual Retreat.
- b. **St. George, S.M.** & De Santis, J.P. (June 2020). Qualitative data analysis seminar. Center for HIV and Research in Mental Health (CHARM). CTSI Research Training Center, University of Miami Miller School of Medicine. Miami, FL.
- c. **St. George, S.M.** & De Santis, J.P. (December 2019). Qualitative research methods seminar. Center for HIV and Research in Mental Health (CHARM). CTSI Research Training Center, University of Miami Miller School of Medicine. Miami, FL.
- d. **St. George, S.M.** (August 2019). Using qualitative methods to develop a family-based digital obesity prevention intervention for Hispanic parents and adolescents. Center for Latino Health Research Opportunities (CLaRO) Summer Training Institute on Latino Health Disparities, School of Nursing & Health Studies, University of Miami. Miami, FL.
- e. **St. George, S.M.** (June 2019). Formative development of Healthy Juntos: A family-based digital obesity prevention intervention for Hispanic adolescents and their parents. Pediatrics Research Seminar, University of Miami Department of Pediatrics. Miami, FL.
- f. **St. George, S.M.** (October, 2017). Family-based healthy lifestyle interventions for ethnic minorities. Center for Research on U.S. Latino HIV/AIDS and Drug Abuse (CRUSADA), Robert Stempel College of Public Health & Social Work, Florida International University. Miami, FL.

Oral Conference Presentations

1. Horigian, V. & **St. George, S.M.** (2020, March). Giving students a voice: Introducing discussion-based activities in a flipped course in obesity. Ignite oral presentation accepted for presentation at the Association of Schools & Programs of Public Health Annual Meeting. Arlington, VA. *Conference cancelled due to COVID-19*
2. Lee, J-Y., **St. George, S.M.**, Neilands, T., & Carrico, A. (July, 2019). Perspectives of people living with HIV regarding participation in HIV cure research. Paper presentation to be presented at the 2019 AIDS Impact Conference. London, United Kingdom.
3. Prado, G., Lee, T.K., **St. George, S.M.**, Sardinias, K., Velazquez, M.R., Tapia, M.I., Lebron, C.N., & Messiah, S.E. (2019, May). Efficacy of a family-based obesity prevention intervention for Hispanic families. In J.D. Smith (Chair), Family-based programs for childhood obesity prevention: Engagement, characteristics, and intervention effects. Symposium presented at the 27th Annual Meeting of the Society for Prevention Research. San Francisco, CA.

4. **St. George, S.M.** (2018, October). Giving students a voice: Introducing discussion-based activities in a flipped graduate course. Learning circle presented at the 2018 University of Miami Faculty Showcase. Miami, FL.
5. Smith, J.D., Dawson-McClure, S., Egan, K.N., Montaña, Z., Jake-Schoffman, D., Larson, M., & **St. George, S.M.** (May, 2017). Reversing the pediatric obesity epidemic: Using a developmental cascade perspective to guide preventive intervention. Paper session presented at the 25th Annual Meeting of the Society for Prevention Research. Washington, DC.
6. Petrova, M., **St. George, S.M.**, Lee, TK., Sardinias, K.M., Messiah, S.E. & Prado, G. (2017, May). The role of acculturation in predicting participant attendance patterns in a family-centered obesity prevention intervention for Hispanic youth. Paper session presented at the 25th Annual Meeting of the Society for Prevention Research. Washington, DC.
7. **St. George, S.M.**, Wilson, D.K., & Van Horn, M.L. (2015, April). Project SHINE: Sedentary behavior versus physical activity outcomes in African American parents and youth. In D.E. Conroy (Chair), New approaches to sedentary behavior intervention across the lifespan. Symposium presented at the 36th Annual Meeting for the Society of Behavioral Medicine, San Antonio, TX.
8. Wilson, D.K., Alia, K.A., Colabianchi, N., Trumpeter, N.N, **St. George, S.M.**, Coulon, S.M., Lawman, H., Siceloff, E.R., Van Horn, M.L, & Gadson, B. (2013, March). Innovative community-based methods for assessing and evaluating the impact of the PATH trial on physical activity and walking. In K. Resnicow & D. Wilson (Chairs), Innovative community-based methods for assessing and evaluating the impact of the PATH trial on physical activity and walking. Symposium presented at the 34th Annual Meeting for the Society of Behavioral Medicine, San Francisco, CA.
9. Coulon, S.M., Trumpeter, N.N, Wilson, D.K., **St. George, S.M.**, Alia, K.A., Robinson, S., Griffin, S. (2013, March). An innovative social marketing strategy to increase physical activity in the PATH trial: Adapting technology to match community needs. In K. Resnicow & D. Wilson (Chairs), Innovative community-based methods for assessing and evaluating the impact of the PATH trial on physical activity and walking. Symposium presented at the 34th Annual Meeting for the Society of Behavioral Medicine, San Francisco, CA.
10. Tackett, B., **St. George, S.M.**, & Wilson, D.K. (2012, April). Differences between parental and peer social support for a healthy diet in African American adolescents. Paper session presented at the University of South Carolina's Discovery Day Research Forum for Undergraduate Students, Columbia, SC.
11. Hucks, C., **St. George, S.M.**, & Wilson, D.K. (2012, April). Effects of parenting strategies and parent weight status on the weight status of African American adolescents.

Paper session presented at the University of South Carolina's Discovery Day Research Forum for Undergraduate Students, Columbia, SC.

12. **St. George, S.M.**, & Wilson, D.K. (2012, April). A systematic review of parent and peer involvement in physical activity and diet interventions in adolescents. Paper session presented at the 33rd Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.
13. Wilson, D.K., Coulon, S.M., Griffin, S., **St. George, S.M.**, Trumpeter, N.N., Lawman, H., Kugler, K.A., Wandersman, A., Forthofer, M., & Robinson, S. (2012, March). The use of FORECAST to develop an ecological intervention to promote walking in underserved communities in the PATH Trial. Paper session presented at the Active Living Research Annual Conference, San Diego, CA.
14. Wilson, D.K., Lawson, A.B., Ellerbe, C.N., Kugler, K.A., Coulon, S.M., Meyers, D., **St. George, S.M.**, & Trumpeter, N.N. (2011, April). Social Environmental Predictors of Walkers versus Non Walkers in the PATH Trial. Paper session presented at the 32nd Annual Meeting for the Society of Behavioral Medicine, Washington, DC.
15. Wilson, D.K., Lawman, H.G., **St. George, S.M.**, Kitzman-Ulrich, H., Segal, M., & Fairchild, A. (2011, March). A family systems approach for understanding youth obesity, dietary and physical activity programs. Paper session presented at the University of South Carolina's Center for Research in Nutrition and Health Disparities Symposium, Columbia, SC.
16. **St. George, S.M.**, & Wilson, D.K. (2010, June). A Qualitative Study to Develop a Parent Intervention for Improving Physical Activity and Diet in Underserved Adolescents: The Teens Talkin' Health Study. Paper session presented at the 2010 International Society for Behavioral Nutrition and Physical Activity Annual Conference, Minneapolis, MN.
17. Coulon, S.M., Wilson, D.K., **St. George, S.M.**, Trumpeter, N.N., Brown, P., & Griffin, S. (2010, April). Formative process evaluation of the PATH Trial for increasing physical activity in underserved African Americans. Paper session presented at the 31st Annual Meeting for the Society of Behavioral Medicine, Seattle, WA.
18. Griffin, S., Wilson, D.K., Wandersman, A., Trumpeter, N.N, **St. George, S.M.**, & Meyers, D. (2009, November). Defining and Measuring the Social Environment in a Neighborhood-based Environmental Intervention to Increase Physical Activity in Adults. In D. Wilson (Chair), Monitoring Contextual Factors in Physical Activity Interventions That Target Change in the Social and Physical Environment. Symposium presented at American Evaluation Association, Orlando, FL.
19. Trumpeter, N.N., Wilson, D.K., **St. George, S.M.**, Coulon, S.M., Lawman, H.G., Robinson, S., Griffin, S., Van Horn, M.L., Wandersman, A., Forthofer, M., & Egan, B. (2009, October). Positive Action for Today's Health: Perceptions of safety and access in

underserved African Americans. Paper session presented at the Southeastern ECO Conference, Columbia, SC.

20. **St. George, S.M.**, Wilson, D.K., Schneider, E.M., & Alia, K.A. (2013, April). Project SHINE: Effects of parent-adolescent communication on sedentary behavior in African American adolescents. Paper session presented at the University of South Carolina's Graduate Student Day, Columbia, SC.
21. **St. George, S.M.**, Wilson, D.K., Alia, K.A., & Van Horn, M.L. (2014, April). Project SHINE: Effects of a family-based parenting intervention on physical activity and sedentary behavior in African American adolescents and their parents. Paper session presented at the 35th Annual Meeting for the Society of Behavioral Medicine, Philadelphia, PA.
22. Coulon, S.M., & **St. George, S.M.** (2009, June). Development of a Social Marketing Plan for Increasing Trail Use. In A. Wandersman & D. Wilson (Chairs), Innovative community-based methods to increase physical activity in high-crime neighborhoods: The PATH trial. Symposium presented at the 12th Biennial Conference of the Society for Community Research and Action, Montclair, NJ.
23. **St. George, S.M.**, & Johnson, E.L.S. (2009, June). Innovative community-based methods to increase physical activity in high-crime neighborhoods: The PATH Trial. In A. Wandersman & D. Wilson (Chairs), Innovative community-based methods to increase physical activity in high-crime neighborhoods: The PATH trial. Symposium presented at the 12th Biennial Conference of the Society for Community Research and Action, Montclair, NJ.
24. Kitzman-Ulrich, H., Wilson, D. K., Segal, M., Fairchild, A., Schneider, E.M., **Mijares, S.E.**, & Blair, S. (2009, April). Integrating motivational and family variables to improve weight loss outcomes in underserved adolescents. Paper session presented at the 30th Annual Meeting of the Society of Behavioral Medicine, Montreal, Canada.
25. **Mijares, S.E.**, Bardone-Cone, A.M., & Preston, B.F. (2008, May). Differences in psychological dimensions of exercise across eating disorder status. Paper session presented at the International Conference on Eating Disorders, Seattle, WA.
26. **Mijares, S.E.**, & Bardone-Cone, A.M (2007, April). Psychological aspects of exercise among females with adolescent-onset eating disorders. Paper session presented at the Spring Undergraduate Research and Creative Achievements Forum, Columbia, MO.
27. **Mijares, S.E.**, & Bardone-Cone, A.M. (2007, April). Differences in psychological and behavioral aspects of exercise among females with adolescent-onset eating disorders: Comparing active vs. recovered cases. Paper session presented at the McNair Scholars Conference, Columbia, MO.

Poster Presentations

* Indicates senior author role with graduate student mentee

1. *Wagstaff, R.G., Warner, A., Brown, S.C., Messiah, S.E., Prado, G., & **St. George, S.M.** (2020, May). Effects of neighborhood walkability and income on cardiovascular fitness in overweight and obese Hispanic adolescents and their parents. Poster session presented at the 28th Annual Meeting of the Society for Prevention Research Virtual Conference.
2. *Leite, R., Vanegas, D., Noriega Esquivas, B., Agosto, Y., Kobayashi, M., Saber, R., Velasquez, C., & **St. George, S.M.** (2020, April). Testing prototypes of the “Healthy Juntos” digital obesity prevention intervention for Hispanic adolescents and their parents. Poster session accepted for presentation at the 41st Annual Meeting for the Society of Behavioral Medicine. San Francisco, CA. *Cancelled due to COVID-19*
3. * Noriega Esquivas, B., Agosto, Y., Kobayashi, M., Leite, R., Vanegas, D., Perez, A.T., Calfa, C., Schlumbrecht, M., Slingerland, J., Penedo, F.J., & **St. George, S.M.** (2020, April). Exploring female cancer survivors’ ideas for a multigenerational digital lifestyle intervention. Poster session accepted for presentation at the 41st Annual Meeting for the Society of Behavioral Medicine. San Francisco, CA. *Cancelled due to COVID-19*
4. Noriega Esquivas, B. Moreno, P., Fox, R., Yanez, B., Lee, T., St. George, S.M., Penedo, F.J. (2020, April). Disease-specific and general health-related quality of life profiles among men with advanced prostate cancer. Poster session accepted for presentation at the 41st Annual Meeting and Scientific Sessions for the Society of Behavioral Medicine, San Francisco, CA. *Cancelled due to COVID-19*
5. *St. Fleur, R.G., Noriega Esquivas, B., & **St. George, S.M.** (2020, April). Association between duration of type 2 diabetes and lifestyle behaviors among adults with type 2 diabetes, using the 2017 BRFSS. Poster session accepted for presentation at the 41st Annual Meeting for the Society of Behavioral Medicine. San Francisco, CA. *Cancelled due to COVID-19*
6. *Kobayashi, M., Leite, R., Lugo, I., Wetstone, R., Vanegas, D., **St. George, S.M.**, & Czaja, S. (2019, November). Grandparents’ perspectives on a multigenerational digital health physical activity intervention. Poster session presented at the Gerontological Society of America's 71st Annual Scientific Meeting. Austin, TX.
7. *Lebron, C.N., Guzman, T., Agosto, Y., Sutton, D., Stoutenberg, M., Messiah, S.E., & **St. George, S.M.** (2019, July). A qualitative study of the attitudes and practices of Hispanic mothers of young children around feeding practices and food choices. Poster session presented at the 2019 Society for Nutrition Education and Behavior Conference. Orlando, FL.
8. *Kobayashi, M., Ocasio, M., Noriega Esquivas, B., Wagstaff, R., & **St. George, S.M.** (2019, May). The effect of pediatric obesity interventions on BMI among Hispanic youth: A meta-analysis. Poster session presented at the 27th Annual Meeting of the Society for Prevention Research. San Francisco, CA.

9. *Lebron, C.N., Eckembrecher, D., Alvarez, L., & **St. George, S.M.** (2019, May). "Am I doing this wrong?" Online information seeking and sharing practices of breastfeeding mothers. Poster session presented at the 27th Annual Meeting of the Society for Prevention Research. San Francisco, CA.
10. **St. George, S.M.**, Noriega Esquivas, B.S., Agosto, Y., Perez, A.T., Calfa, C., Schlumbrecht, M., Slingerland, J.M., Leite, R., & Vanegas, D. (2019, May). User-centered development of a multigenerational digital lifestyle intervention for female cancer survivors and their families. Poster session presented at the 2019 Sylvester Comprehensive Cancer Center Member Retreat. Miami, FL.
11. *Noriega Esquivas, B.S., Agosto, Y., Perez, A.T., Calfa, C., Schlumbrecht, M., Slingerland, J.M., & **St. George, S.M.** (2019, March). Recruitment of ethnically and racially diverse female cancer survivors to inform a family lifestyle intervention trial. Poster session presented at the 40th Annual Meeting for the Society of Behavioral Medicine, Washington, D.C.
12. *Agosto, Y., Eckembrecher, F.J., Lebron, C.N., & **St. George, S.M.** (2019, March). Pregnant and postpartum women's use of an online physical activity and nutrition community forum. Poster session presented at the 40th Annual Meeting for the Society of Behavioral Medicine, Washington, D.C.
13. *Kobayashi, M.A., Ocasio, M., Noriega Esquivas, B.S., Wagstaff, R., & **St. George, S.M.** (2019, March). A meta-analysis of the effects of pediatric obesity interventions on activity and dietary behaviors among Hispanic youth. Poster session presented at the 40th Annual Meeting for the Society of Behavioral Medicine, Washington, D.C.
14. *Kobayashi, M.A., Leite, R., Alvarez, L., Wetstone, R., **St. George, S.M.**, & Czaja, S. (2019, March). Formative development of a physical activity digital health intervention for grandparents and grandchildren. Poster session presented at the 40th Annual Meeting for the Society of Behavioral Medicine, Washington, D.C.
15. *Leite, R., Kobayashi, M.A., Lee, T.K., Perrino, T., Prado, G., Messiah, S.E., & **St. George, S.M.** (2019, March). Associations between psychological and behavioral problems, unhealthy lifestyle behaviors, and income among overweight and obese Hispanic adolescents. Poster session presented at the 40th Annual Meeting for the Society of Behavioral Medicine, Washington, D.C.
16. *Noriega Esquivas, B. S., Agosto, Y., Perez, A. T., Calfa, C., Schlumbrecht, M., Slingerland, J. M., & **St. George, S. M.** (2018, November). Formative development of a digital health intervention for female cancer survivors, their children, and grandchildren. Poster session presented at the 2018 Miami Epigenetics and Cancer Symposium. Miami, FL.
17. **St. George, S.M.**, Lee, T.K., Kobayashi, M.A., Agosto, Y., Messiah, S.E., & Prado, G. (2018, April). Effects of general and domain-specific parental monitoring on the lifestyle

behaviors of Hispanic youth in a family-based trial. Poster session presented at the 39th Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.

18. *Agosto, Y., **St. George, S.M.**, Molleda, L., Bahamon, M., Soares, M., Prado, G., & Smith, J.D. (2018, April). A developmental cascade perspective of pediatric obesity: A systematic review of preventive interventions from infancy through late adolescence. Poster session presented at the 39th Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.
19. *Noriega Esquivas, B., Kobayashi, M., Wagstaff, R., Dorcius, D., Alvarez, L., & **St. George, S.M.** (2018, April). Formative development of a family-based eHealth obesity prevention intervention for Hispanic parents and adolescents. Poster session presented at the 39th Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.
20. Noriega Esquivas, B., Quintana Ramos, K., **St. George, S.M.**, & Stoutenberg, M. (2018, April). Exploring strategies to engage Hispanic patients in screening for a diabetes prevention program at a community health center. Poster session presented at the 39th Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.
21. *Kobayashi, M.A., Lee, T.K., Leite, R., Noriega Esquivas, B., Prado, G., Messiah, S.E., & **St. George, S.M.** (2018, April). The effects of parental stress and family communication on levels of physical activity among Hispanic adolescent boys versus girls. Poster session presented at the 39th Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.
22. Lee, T.K., Moise, R., Soares, M., Bahamon, M., **St. George, S.M.**, Messiah, S.E. & Prado, G. (2017, May). The influence of parental stress and social support on physical activity among Hispanic youth. Poster session presented at the 25th Annual Meeting of the Society for Prevention Research. Washington, DC.
23. Molleda, L.M., Estrada, Y., **St. George, S.M.**, Tapia, M.I., Poma, S., Prado, G., & Pantin, H. (2016, May). Fidelity of Familias Unidas in Ecuador: A report and comparison to a U.S. effectiveness trial. Poster session presented at the 24th Annual Meeting of the Society for Prevention Research. San Francisco, CA.
24. Molleda, L.M., Bahamon, M., **St. George, S.M.**, Perrino, T., Correa Herrera, D., Estrada, Y., Pantin, H., & Prado, G. (2016, May). Clinic, personnel, facilitator, and parent perspectives of an eHealth family-based substance use and HIV preventive intervention for Hispanic adolescents in primary care. Poster session presented at the Practical Playbook National Meeting: Bringing Public Health and Primary Care Together. Bethesda, MD.
25. **St. George, S.M.**, Van Horn, M.L., Lawman, H.G., & Wilson, D.K. (2016, March). Reliability of 24-hour dietary recalls as a measure of diet in ethnic minority youth. Poster session presented at the 37th Annual Meeting for the Society of Behavioral Medicine, Washington, D.C.

26. Wilson, D.K., McDaniel, T., **St. George, S.M.**, Coulon, S.M., & Smith, S.S. (2015, April). Associations of perceived parental stress and parenting factors on physical activity in African American adolescents. Poster session presented at the Society of Pediatric Psychology Annual Conference, San Diego, CA.
27. Delamater, A.M., **St. George, S.M.**, Pulgaron, E.R., Daigre, A., Waks, J., & Sanchez, J. (2015, February). Web and mobile technology for type 1 diabetes management in adolescents and their parents. Poster session presented at the International Conference on Advanced Technologies & Treatments for Diabetes, Paris, France.
28. Alia, K.A., Wilson, D.K., McDaniel, T., **St. George, S.M.**, Heatley, V., Kitzman-Ulrich, H., & Smith, K. (2014, April). A social climate and behavioral skills approach to process evaluation: The Families Improving Together (FIT) for Weight Loss trial. Poster session presented at the 35th Annual Meeting for the Society of Behavioral Medicine, Philadelphia, PA.
29. Alia, K.A., Wilson, D.K., McDaniel, T., **St. George, S.M.**, Davis, R., Heatley, V., Kitzman-Ulrich, H., Smith, K. (2014, March). Using process evaluation to assess the delivery of a culturally-tailored, social climate weight loss intervention for African American families. Poster session presented at the Annual Symposium for the University of South Carolina Center for Research on Nutrition and Health Disparities and Environment and Sustainability Program. Columbia, SC.
30. **St. George, S.M.**, Delamater, A.M., Pulgaron, E.R., Daigre, A., Sulc, W., Waks, J., & Sanchez, J. (2014, March). Access to and interest in using smartphone technology for the management of type 1 diabetes in ethnic minority adolescents and their parents. Poster session presented at the Society of Pediatric Psychology Annual Conference, Philadelphia, PA.
31. Alia, K.A., Wilson, D.K., **St. George, S.M.**, Heatley, V., Davis, R., Kitzman-Ulrich, H., McDaniel, T., & Saunders, R. (2013, October). The development of a process evaluation plan for a family-based, weight loss intervention for African American adolescents. Poster session presented at the 27th Annual Conference of the American Evaluation Association, Washington, DC.
32. Kyrlyuk, R., Coulon, S.M., Wilson, D.K., & **St. George, S.M.** (2013, March). Associations between family structure, blood pressure, and body mass index among African American parents. Poster session presented at the 34th Annual Meeting for the Society of Behavioral Medicine, San Francisco, CA.
33. Warren, T.Y., Wilcox, S., **St. George, S.M.**, & Brandt, H.M. (2013, March). A qualitative study of African-American women's perceived influences on and strategies to reduce sedentary behavior. Poster session presented at the 34th Annual Meeting for the Society of Behavioral Medicine, San Francisco, CA.

34. Tyler, M.C., **St. George, S.M.**, Wilson, D.K., & Alia, K.A. (2013, March). Process evaluation of a family-based intervention for improving physical activity, sedentary behavior, and diet in African American adolescents. Poster session presented at the 34th Annual Meeting for the Society of Behavioral Medicine, San Francisco, CA.
35. **St. George, S.M.**, Wilson, D.K., Schneider, E.M., & Alia, K.A. (2013, March). Parent-adolescent communication moderates the effects of a family-based parenting intervention on sedentary behavior in African American adolescents. Meritorious student award-winning poster session presented at the 34th Annual Meeting for the Society of Behavioral Medicine, San Francisco, CA.
36. Lopez, M., **St. George, S.M.**, & Wilson, D.K. (2012, October). Effects of body image dissatisfaction and social support on risk for developing obesity in African American adolescents. Poster session presented at the Society for Advancement of Chicanos and Native Americans in Science National Conference, Seattle, WA.
37. Woods, L.L., **St. George, S.M.**, & Wilson, D.K. (2012, April). Effect of parental income, motivation, and self-efficacy on adolescent weight status. Poster session presented at the University of South Carolina's Discovery Day Research Forum for Undergraduate Students, Columbia, SC.
38. Schimmel, R., **St. George, S.M.**, & Wilson, D.K. (2012, April). Parental support for diet in African American mother-daughter versus mother-son dyads. Poster session presented at the University of South Carolina's Discovery Day Research Forum for Undergraduate Students, Columbia, SC.
39. Griffin, S., Kugler, K.A., Wilson, D.K., **St. George, S.M.**, Trumpeter, N.N., Coulon, S.M., & Wandersman, A. (2012, April). Partners' perceptions of capacity factors influencing implementation and sustainability of the Positive Action for Today's Health (PATH) trial. Poster session presented at the 33rd Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.
40. Ellerbe, C., Lawson, A., Wilson, D.K., Kugler, K.A., Coulon, S.M., **St. George, S.M.**, & Van Horn, M.L. (2012, March). Getting an underserved community walking: The PATH trial's Bayesian hierarchical modeling approach for understanding factors related to walking. Poster session presented at the Active Living Research Annual Conference, San Diego, CA.
41. Wilson, D.K., Schneider, E.M., Kugler, K.A., **St. George, S.M.**, & Kitzman-Ulrich, H. (2011, October). The relationship between parenting factors and pediatric obesity. Poster session presented at Obesity 2011: The 29th Annual Scientific Meeting of The Obesity Society, Orlando, FL.
42. Coulon, S.M., Wilson, D.K., **St. George, S.M.**, Trumpeter, N.N., Kugler, K.A., Griffin, S., & Wandersman, A. (2011, October). Theory-based development and evaluation of the PATH intervention for increasing physical activity in underserved African Americans.

Poster session presented at Obesity 2011: The 29th Annual Scientific Meeting of The Obesity Society, Orlando, FL.

43. **St. George, S.M.**, Wilson, D.K., Lawman, H.G., Van Horn, M.L., & Zarrett, N. (2011, October). The effects of BMI status and motivation on physical activity in underserved adolescents. Poster session presented at Obesity 2011: The 29th Annual Scientific Meeting of The Obesity Society, Orlando, FL.
44. Kugler, K.A., Wilson, D.K., Griffin, S.F., Coulon, S.M, **St. George, S.M.**, Trumpeter, N.N., & Meyers, D. (2011, June). Process evaluation design and methods for the PATH Project. Poster session presented at the 13th Biennial Conference of the Society for Community Research and Action, Chicago, IL.
45. Kugler, K. A. Wilson, D.K., Schneider, E.M., & **St. George, S.M.** (2011, April). The relationship between parental weight status, parental limit-setting and adolescent body mass index. Poster session presented at the 32nd Annual Meeting for the Society of Behavioral Medicine, Washington, DC.
46. Kitzman-Ulrich, H., Wilson, D. K., **St. George, S. M.**, Lawman, H., & Fairchild, A. (2011, April). A family systems approach for understanding youth obesity, physical activity, and dietary programs. Poster session presented at the 32nd Annual Meeting for the Society of Behavioral Medicine, Washington, DC.
47. Coulon, S.M., Wilson, D.K., **St. George, S.M.**, Trumpeter, N.N., Acenbrak, A., Lopez, M., & Egan, B.M. (April 2011). Association of social-environmental factors with hypertension status in underserved African Americans. Poster session presented at the 32nd Annual Meeting for the Society of Behavioral Medicine, Washington, DC.
48. **St. George, S.M.**, Wilson, D.K., & Lopez, M. (2011, April). Family and peer influences on underserved adolescents' obesity and implications for parent-based interventions. Poster session presented at the 32nd Annual Meeting for the Society of Behavioral Medicine, Washington, DC.
49. Lopez, M., **St. George, S.M.**, & Wilson, D.K. (2011, April). Differences in social support for healthy behaviors in adolescents with low and high body image dissatisfaction. Poster session presented at the University of South Carolina's Discovery Day Research Forum for Undergraduate Students, Columbia, SC.
50. **St. George, S.M.**, Wilson, D.K., Lawman, H.G., & Van Horn, M.L. (2011, April). Effects of weight status and motivational factors on physical activity in underserved adolescents. Poster session presented at the University of South Carolina's Graduate Student Day, Columbia, SC.
51. Schneider, E.M., Wilson, D.K., **St. George, S.M.**, & Kitzman-Ulrich, H. (2010, October). Microsystemic influences on pediatric obesity and implications for Type 2

Diabetes prevention. Poster session presented at the 2010 Kansas Conference in Clinical Child and Adolescent Psychology, Lawrence, KS.

52. Trumpeter, N.N., Wilson, D.K., **St. George, S.M.**, Coulon, S.M., Lawman, H.G., Robinson, S., Griffin, S., Van Horn, M.L., Wandersman, A., Forthofer, M., & Egan, B. (2010, April). Positive Action for Today's Health: Perceptions of safety and access in underserved African Americans. Poster session presented at the 31st Annual Meeting for the Society of Behavioral Medicine, Seattle, WA.
53. **St. George, S.M.**, Wilson, D.K., & Van Horn, M.L. (2010, April). Effects of intrinsic motivation and adiposity on physical activity in underserved adolescents. Poster session presented at the 31st Annual Meeting for the Society of Behavioral Medicine, Seattle, WA.
54. Segal, M., Kitzman-Ulrich, H., Wilson, D.K., Schneider, E.M., **Mijares, S.E.**, & Kugler, K.A. (2009, April). The impact of parent characteristics on social support and parenting practices in overweight adolescents. Poster session presented at the 30th Annual Meeting for the Society of Behavioral Medicine, Montreal, Canada.
55. Trumpeter, N.N., Wilson, D.K., Kitzman-Ulrich, H., **Mijares, S.E.**, Lawman, H.G., Coulon, S.M., & Goodlett, B.D. (2009, April). An overview of the positive Action for Today's Health (PATH) Trial. Poster session presented at the 30th Annual Meeting for the Society of Behavioral Medicine, Montreal, Canada.
56. **Mijares, S.E.**, Wilson, D.K., Trumpeter, N.N., Lawman, H.G., Kitzman-Ulrich, H., & Zarrett, N. (2009, April). Sex differences in physical activity and nutrition behaviors in underserved adolescents. Poster session presented at the 30th Annual Meeting for the Society of Behavioral Medicine, Montreal, Canada.
57. Wilson, D.K., Trumpeter N.N., Kitzman-Ulrich, H., **Mijares, S.E.**, Lawman, H.G., Brown, P., Griffin, S., Wandersman, A., Van Horn, M.L., Egan, B., Coulon, S.M., Goodlet, B.D., & Johnson, E.L.S. (2009, February). Using Community Empowerment to Increase Physical Activity in Low-Income African American Communities: The Positive Action for Today's Health (PATH) Trial. Poster session presented at the Active Living Research Annual Conference, San Diego, CA.
58. Brown, P., Wilson, D.K., Kitzman-Ulrich, H., Ragaban, N., **Mijares, S.E.**, & Parnell, A. (2008, April). A qualitative study on barriers and facilitators for weight loss in African American families. Poster session presented at the Forging Solutions through Research and Practice, James E. Clyburn Health Disparities Lecture Series, Columbia, SC.
59. Spelman, E.L., Wilson, D.K., Griffin, S., **Mijares, S.E.**, Sharpe, P., Wandersman, A., Van Horn, L., Trumpeter, N.N., & Egan, B. (2008, April). An Overview of the Positive Action for Today's Health (PATH) Trial for Improving Safety and Access for Physical Activity. Poster session presented at the Active Living Research Annual Conference, Washington, D.C.

60. **Mijares, S.E., & Bardone-Cone, A.M.** (2007, April). Differences in psychological and behavioral aspects of exercise among females with adolescent-onset eating disorders: Comparing active vs. recovered cases. Poster session presented at the McNair Scholars Conference. Columbia, MO.

VI. Teaching

25. Teaching Awards Received:

Delta Omega Award for Excellence in Teaching 2019-2020, Department of Public Health Sciences, University of Miami **2020**
Nominated award for excellence in teaching voted on by graduate students in the department

Delta Omega Award for Excellence in Teaching 2018-2019, Department of Public Health Sciences, University of Miami **2019**
Nominated award for excellence in teaching voted on by graduate students in the department

26. Teaching Specialization: Qualitative Research Methods, Obesity & Public Health

Graduate Courses Taught

Instructor, **Obesity & Public Health (EPH 622)** **Spring 2018, Spring 2020**
Department of Public Health Sciences, University of Miami Miller School of Medicine

Instructor, **Qualitative Research Methods in Public Health (EPH 656)** **Spring 2019, Spring 2017**
Department of Public Health Sciences, University of Miami Miller School of Medicine

Instructor, **Qualitative Research Methods in Public Health (EPH 684)** **Spring 2016**
Department of Public Health Sciences, University of Miami Miller School of Medicine

Co-Instructor, **Clinical Health Psychology Practicum (PSYC 784)** **Fall 2012**
Department of Psychology, University of South Carolina

Guest Lectures

Research Methods (EPH 651) **Spring 2021**
Department of Public Health Sciences, University of Miami Miller School of Medicine
Topic: Qualitative Research Methods

Health Promotion and Disease Prevention (BPH 321) **Fall 2018**

School of Nursing and Health Studies, University of Miami
Topic: Family-based eHealth Interventions for Obesity and Chronic Disease Prevention

Developing, Adapting and Evaluating Interventions (EPH 731) **Fall 2018,**
Department of Public Health Sciences, University of Miami Miller School of **Fall 2017**
Medicine
Topic: Intervention Mapping

Fundamentals of Program Evaluation (EPH 644) **Spring 2016**
Department of Public Health Sciences, University of Miami Miller School of
Medicine
Topic: Qualitative Research

Introduction to Public Health (EPH 600) **Fall 2017,**
Department of Public Health Sciences, University of Miami Miller School of **Spring 2016**
Medicine
Topic: Introduction to Obesity: A Modern Day Public Health Crisis

Introduction to Disease Prevention and Health Promotion (EPH 617) **Fall 2018,**
Department of Public Health Sciences, University of Miami Miller School of **Fall 2015,**
Medicine **Spring 2015**
Topic: Introduction to Qualitative Research

Obesity and Public Health (EPH 622) **Fall 2015**
Department of Public Health Sciences, University of Miami Miller School of
Medicine
Topic: Obesity and Family Systems

Psychology of Adolescence (PSYC 521) **Spring 2012,**
Department of Psychology, University of South Carolina **Summer**
Topic: Physical Health and Obesity **2011**

Health Psychology (PSYC 465) **Spring 2012,**
Topic: Developing a Healthy Diet, Weight Control & Obesity, and Eating **Fall 2010,**
Disorders **Spring 2010**

Developmental Psychology (PSYC 420) **Spring 2012**
Department of Psychology, University of South Carolina
Topic: Adolescent Health and Obesity

Psychology of Physical Activity (EXSC 410) **Fall 2010**
Department of Exercise Science, University of South Carolina Arnold School
of Public Health
Topic: Body Image and Exercise

Abnormal Psychology (PSYC 411)
Department of Psychology, University of South Carolina
Topic: Eating Disorders

Fall 2010

Introduction to Community Psychology (PSYC 487)
Department of Psychology, University of South Carolina
Topic: Community-based Research

Spring 2009

27. Thesis and Dissertation Advising/Post-doctoral Student Supervision:

Master's Thesis Committees

Committee Member, Amanda Ponce, Master of Science in Public Health, "The Role of Gender and Parent Behaviors in Adolescent Screen-based Sedentary Behavior, University of Miami, 2021 (anticipated)

Committee Member, Rafael Leite, Master of Science in Psychology, "The Associations between Self-rated Health and Cardiovascular Risk Factors in a Racially and Ethnically Diverse Sample," University of Miami, 2021 (anticipated)

Committee Member, Dominique Phillips, Master of Science in Psychology, "Clinical Impairment and Service Utilization in Youth: The Influence of Perceived Barriers on Treatment Engagement," University of Miami, 2021 (anticipated)

Committee Member, Elizabeth Halliday, Master of Science in Psychology, "The Initial Effects of a Brief Transdiagnostic, Cognitive Behavioral Intervention on Parenting Beliefs and Behaviors During the COVID-19 Pandemic," University of Miami, 2021 (anticipated)

Chair, Natasha Kane, Master of Science in Prevention Science & Community Health, "Development of Brief Physical Education Video Content to Promote Physical Activity among Children during the COVID-19 Pandemic," University of Miami, 2021

Committee Member, Julia Janecki, Master of Science in Public Health, "An Overview of Health-related Behaviors and Knowledge in Female Ultra-Orthodox Jewish Teachers," University of Miami, 2019.

Committee Member, Andrea Ramos, Master of Science in Public Health, "Seeing the Unseen: Evaluating the Emergency Preparedness and Response Plan for the People Experiencing Homelessness in Broward County," University of Miami, 2015.

Dissertation Committees

Committee Member, Oshea Johnson, PhD in Sociology, "The Reverberating Effects of Mass Incarceration on Health: A Multilevel Mixed Methods Analysis of Communities and Families," University of Miami, 2022 (anticipated)

Committee Member, Saskia Vos, PhD in Prevention Science & Community Health, “Social Determinants of Migration Related Stress among Venezuelan Refugees/Migrants and their Impact on Post-Traumatic Stress Disorder: A Mixed-methods Dissertation,” University of Miami, 2022 (anticipated)

Committee Member, Daniella Carucci Marchetti, PhD in Clinical Psychology, “The Individual and Environmental Determinants of Weight Status and Academic Achievement: A Multi-level Analysis,” University of Miami, 2022 (anticipated)

Committee Member, Yaray Agosto, PhD in Health Promotion and Disease Prevention, “Prevention of Early Onset Childhood Obesity During Prenatal Care: A Mixed Methods Formative Analysis,” Florida International University, 2021 (anticipated)

Committee Member, Arthur de Oliveira Correa, PhD in Prevention Science & Community Health, “Development of a Community Readiness Measure for Use by Community Leaders,” University of Miami, 2021 (anticipated)

Chair, Marissa Kobayashi, PhD in Prevention Science & Community Health, “An Intergenerational Approach to Childhood Obesity and Cardiovascular Health,” University of Miami, 2021.

Committee Member, Jordan A. Baeker Bispo, PhD in Epidemiology, “Intravaginal Practices among Haitian Women in Florida: Associations with HPV and Implications for Prevention,” University of Miami, 2020.

Committee Member, Ji-Young Lee, PhD in Prevention Science & Community Health, “Ending the HIV/AIDS epidemic: Treatment as Prevention, HIV Pathogenesis, and Participation in HIV Cure Research,” University of Miami, 2020.

Committee Member, McKenzie K. Roddy, PhD in Clinical Psychology, “Effects of Our Relationship and ePREP on Individual Mental and Physical Health,” University of Miami, 2019.

Post-Doctoral Mentees

Roberto Benzo, PhD **2020-Present**
T32 Postdoctoral Fellow, Cancer Control Training in Disparities and Equity
University of Miami
Co-Primary Mentor

Pre-Doctoral Mentees

Ruth G. St. Fleur 2019-Present
Doctoral Student, University of Miami
Primary Mentor

Blanca Noriega Esquivas, MSPH, MD 2018-Present
Doctoral Student, University of Miami

Primary Mentor

Willie Joseph 2018-Present
Doctoral Student, University of Miami
Secondary Mentor

Marissa Kobayashi 2017-Present
Doctoral Student, University of Miami
Primary Mentor

VII. Service

28. *University Committee and Administrative Responsibilities (Academic Service):*

Director, Master's of Science in Prevention Science and Community Health 2020-Present

Faculty Search Committee Member, Department of Public Health Sciences, University of Miami Miller School of Medicine (Chair: Adam Carrico, PhD) 2019-Present

Mental Health Disparities Core Member, Center for HIV and Research in Mental Health (CHARM), University of Miami 2019-Present

Postdoctoral Advisory Committee, Graduate School, University of Miami 2019- Present

Review Committee Member, 2019 Cancer Survivorship Research Pilot Program Review Committee, Sylvester Comprehensive Cancer Center June 2019

Mentor, Graduate School Pilot Mentoring Program, University of Miami 2017-2019

Member, Sylvester Comprehensive Cancer Center, University of Miami Miller School of Medicine 2016-Present

Member, Center on Aging, University of Miami Miller School of Medicine 2016-2018

29. *Community Activities*

Parent Ambassador, United Way of Miami-Dade 2020 - Present
Parent training and advocacy program

Panelist, Women's Junior League of Columbia "Lunch with Leaders," Panel Discussion, Columbia, SC 2012
Topic: Child Health and Obesity

Speaker, Gibbes Middle School Assembly, Columbia, SC 2012
Topic: National Recommendations for Youth Activity and Dietary Behaviors

Ad Hoc Member, South Carolina Medical Association Childhood Obesity Taskforce **2012**

Speaker, Midlands SC Workforce Center Workshop, Lexington, SC **2011**
Topic: Healthy Eating on a Fixed Budget

Organizer and Presenter, Continuing medical education workshop on motivational interviewing to reduce childhood obesity **2011**

Student Representative, Committee for a Behavioral Medicine Practicum, University of South Carolina; co-led a student initiative to develop a practicum course specific to behavioral medicine clinical externship experiences **2009**