

Rebecca A. Seguin-Fowler, PhD, RDN, LD, CSCS

Co-Director, Institute for Advancing Health Through Agriculture, Texas A&M AgriLife Research
Professor, Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University
Chief Scientific Officer, Healthy Texas, Texas A&M AgriLife Extension
Elected Member, National Academy of Medicine
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EDUCATION

2019	RDN	Individualized Supervised Practice Pathway Program	Iowa State University	Ames, IA
2008	PhD	Food Policy and Applied Nutrition	Tufts University	Boston, MA
2004	MS	Nutrition Communications	Tufts University	Boston, MA
1998	BS	Clinical Exercise Physiology	Boston University	Boston, MA

POSTDOCTORAL TRAINING

2012–2013	Faculty Leadership Program, College of Agriculture and Life Sciences, Cornell University. Ithaca, NY
2009–2011	National Institutes of Health (NIH), National Institute on Aging T32 Postdoctoral Fellow, Group Health Research Institute. Seattle, WA

CERTIFICATIONS AND LICENSURES

2021–present	Certified Health Coach, #W56937, American Council on Exercise (ACE)
2021–present	Licensed Dietitian (LD), #DT86895, State of Texas
2019–present	Registered Dietitian Nutritionist (RDN), #86153819, Commission on Dietetic Registration (CDR)
2002–present	Certified Strength and Conditioning Specialist (CSCS), #7247846202, National Strength and Conditioning Association (NSCA)

PROFESSIONAL POSITIONS

2023–present	Co-Director, Institute for Advancing Health Through Agriculture, Texas A&M AgriLife Research. College Station, TX
2022–present	Professor with Tenure, Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University. College Station, TX
2022–2023	Associate Director, Institute for Advancing Health Through Agriculture, Texas A&M AgriLife Research. College Station, TX
2021–present	Graduate Faculty, Department of Health Promotion and Community Health Sciences, School of Public Health, Texas A&M University. College Station, TX
2019–present	Chief Scientific Officer, Healthy Texas, Texas A&M AgriLife Extension. College Station, TX

2019–2022	Associate Director, Texas A&M AgriLife Research. College Station, TX
2019–2022	Associate Professor with Tenure, Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University. College Station, TX
2018–2019	Program Coordinator, PhD-RD Program, Division of Nutritional Sciences, College of Human Ecology, Cornell University. Ithaca, NY
2017–2019	Associate Professor with Tenure, Division of Nutritional Sciences, College of Human Ecology, Cornell University. Ithaca, NY
2017–2019	Adjunct Associate Professor, Friedman School of Nutrition Science and Policy, Tufts University. Boston, MA
2017–2019	Co-Associate Director, Community Engagement and Dissemination Core, Cornell Center for Health Equity (New York City and Ithaca). Ithaca, NY
2012–2017	Assistant Professor, Division of Nutritional Sciences, College of Human Ecology, Cornell University. Ithaca, NY
2012–2015	Adjunct Assistant Member, Public Health Sciences Division, Fred Hutchinson Cancer Research Center. Seattle, WA
2011–2017	Adjunct Assistant Professor, Friedman School of Nutrition Science and Policy, Tufts University. Boston, MA
2009–2012	Staff Scientist and Project Director, Public Health Sciences Division, Fred Hutchinson Cancer Research Center. Seattle, WA
2008–2009	Research Associate, John Hancock Research Center for Physical Activity, Nutrition, and Obesity Prevention, Friedman School of Nutrition Science and Policy, Tufts University. Boston, MA
2005–2008	Doctoral Fellow, Friedman School of Nutrition Science and Policy, Tufts University. Boston, MA
2004–2008	Instructor, Nutrition Communications graduate program, Friedman School of Nutrition Science and Policy, Tufts University. Boston, MA
2003–present	Co-Founder and Director, The StrongWomen/StrongPeople Program. Austin, TX
2003–2007	Research Project Manager, John Hancock Research Center for Physical Activity, Nutrition, and Obesity Prevention, Friedman School of Nutrition Science and Policy, Tufts University. Boston, MA
1998–2002	Research Assistant, Jean Mayer Human Nutrition Research Center on Aging at Tufts University. Boston, MA

HONORS, AWARDS, AND PROFESSIONAL APPOINTMENTS

2026	Healthy Aging Expert Panelist, US News & World Report
2026	Best Article Award, Journal of Nutrition Education and Behavior
2025–present	Advisor, Vitality Medical Initiative at University of California, Los Angeles—a student-led organization dedicated to improving senior health. Los Angeles, CA

2025	Dean's IMPACT Faculty Amplification Award for the Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University. College Station, TX
2025	Dean's Outstanding Achievement Award, Faculty Mentoring, College of Agriculture and Life Sciences, Texas A&M University. College Station, TX
2024–2026	Food and Nutrition Board Member, National Academies of Sciences, Engineering, and Medicine
2024–2025	Best Diets for 2025 Expert Panelist, US News & World Report
2024	Innovative Paper Award, Society for Nutrition Education and Behavior, Research Division
2024	Excellence in Practice—Research Award, Academy of Nutrition and Dietetics
2023	National Academy of Medicine, Elected Member
2023	American Public Health Association's 2023 <i>APHA Award for Excellence</i> . Atlanta, GA
2023–2024	Best Diets for 2024 Expert Panelist, US News & World Report
2023	<i>Dietary Patterns and Diet-Related Chronic Diseases Across the Lifespan</i> Planning Committee Member, Food Forum Workshop, National Academy of Sciences, Engineering and Medicine. Washington, DC
2023	Friedman School of Nutrition Science and Policy Alumni Excellence in Nutrition Award, Tufts University. Boston, MA
2023	Named Top 50 Women Leaders of Austin for 2023, Women We Admire
2021–2023	EarthXAmbassador, EarthX. Dallas, TX
2020–present	Breast Cancer Resource Center Advisory Council Member. Austin, TX
2020–2022	Governor's Commission for Women State Agency Council Member. Austin, TX
2020	American Public Health Association's 2020 <i>Henrik L. Blum Award for Excellence in Health Planning</i>
2020	Kenneth E. Freedland Founder's Award, Society of Behavioral Medicine. San Francisco, CA
2018–2019	Advisor, State University of New York Food Insecurity Task Force. Albany, NY
2018	Mead Johnson Award, American Society for Nutrition. Boston, MA
2018	Commencement Ceremony Faculty Speaker (selected by the student body), Division of Nutritional Sciences, Cornell University. Ithaca, NY
2017–2018	NIH Grant Development Program Recipient, Cornell University. Ithaca, NY
2017	Citation Excellence Award, Society of Behavioral Medicine Annual Meeting and Scientific Sessions for 2017. Title: <i>Integrating Civic Engagement into a Behavior Change Intervention to Reduce Cardiovascular Disease in Rural Women</i> . San Diego, CA
2016–2020	Citizen Science Global Network Member, funded by the Robert Wood Johnson Foundation. Stanford Healthy Aging Research and Technology Solutions Lab of the Stanford Prevention Research Center. Palo Alto, CA
2015–2019	Bronfenbrenner Center for Translational Research Fellow, Cornell University. Ithaca, NY
2015–2016	Kaplan Family Distinguished Faculty Fellow, Cornell University. Ithaca, NY

2015	International Life Sciences Institute North America Future Leader Award Finalist.
2015	Excellence Award from the Center for Active Design, Stanford Healthy Neighborhood Discovery Tool. Stanford Prevention Research Center, with partners: M Buman, L Goldman, AC King, J Rivera, D Salvo, JL Sheats, M Moran, SJ Winter. New York, NY
2014–2016	Center of Excellence in Nutrition Education and Obesity Prevention Research Advisory Committee Member, Northeast Region, Cornell University. Ithaca, NY
2012–2019	Cornell Population Center Faculty Affiliate, Cornell University. Ithaca, NY
2012–2015	Bronfenbrenner Center for Translational Research Faculty Affiliate, Cornell University. Ithaca, NY
2012	Robert Wood Johnson Foundation Community Health Leader Award Semi-Finalist
2009–2015	NIH Loan Repayment Program Award Recipient (2009–11), Renewal (2011–13), and Mentor (2013–2015).
2007	Presidential Award for Citizenship and Public Service, Jonathan M. Tisch College of Citizenship and Public Service, Tufts University. Boston, MA
2005–2006	Aging Policy Research Doctoral Fellowship, The Medical Foundation and The Charles H. Farnsworth Trust. Boston, MA

OVERVIEW OF RESEARCH INTERESTS

- Theory-informed, community-engaged diet, food systems, and physical activity interventions and dissemination research for obesity and chronic disease prevention (e.g., cardiovascular disease, diabetes, cancer), focusing on rural, low-income, minority, and other at-risk populations.
- Individual, social, and food and physical activity environment factors related to behavior change and maintenance; health disparities and health equity; food insecurity; civic engagement for built environment change interventions; and community capacity building for health promotion.

RESEARCH FUNDING (CURRENT)

NIH	Seguin-Fowler
Role: Principal Investigator	06/2026–12/2030
<i>StrongPeople Together: A Multisite Church-Engaged Randomized Trial to Achieve Cardiovascular Disease and Cancer Prevention</i>	
The goals of this study are to conduct community engagement and formative research for a cardiovascular disease and cancer prevention intervention facilitated by Extension Agents and Master Wellness Volunteers and then evaluate intervention effectiveness, maintenance, implementation, and cost-effectiveness via a church-engaged study in underserved areas of Dallas-Fort Worth, Texas.	

NIH
Role: Principal Investigator
Deep in the Heart for Women: A Community-Engaged Intervention Study to Catalyze a Culture of Health in Rural South Texas

Seguin-Fowler

9/2025–06/2029

The goals of this study are to conduct community engagement and formative research for a cardiovascular disease prevention intervention facilitated by a Community Health Worker and then evaluate intervention effectiveness, maintenance, implementation, and cost-effectiveness via a community-engaged study in a diverse, medically underserved rural county of South Texas.

USDA
Role: Co-Investigator
StrongPeople Strong Hearts Digital: an Extension-delivered, mobile-app based cardiovascular disease prevention program for at-risk women

Rethorst

09/2025–09/2028

The overall objective of this study is to evaluate the effects of a digitally adapted version of the evidence-based StrongPeople Strong Hearts program on health behaviors and outcomes.

USDA
Role: Principal Investigator
The USDA Nutrition Hub at Texas A&M: Healthy Communities & Nutrition Security for All

Seguin-Fowler

02/2025–01/2030

The USDA Nutrition Hub at Texas A&M is designed to improve food and nutrition security, reduce diet-related chronic diseases, and improve population health throughout Texas and the United States, through developing and enhancing transdisciplinary collaboration and partnerships, compiling and disseminating precision nutrition resources, and fostering education and training opportunities.

NIH
Role: Co-Investigator
Strong Teens for Healthy Schools Change Club: A Civic Engagement Approach to Improving Physical Activity and Healthy Eating Environments

Szeszulski/MacMillan Uribe

09/2022–06/2027

The goal of this program is to engage community stakeholders in the refinement and testing of STHS-CC's effectiveness on individual health outcomes, as well as social and environmental influences.

USDA
Role: Principal Investigator (MPI)
Integrating Community Nutrition with Improved Pregnancy Outcomes

Seguin-Fowler

08/2022–07/2027

The Harvesting Health trial will evaluate whether a customized food box improves maternal and child health outcomes during pregnancy and postpartum.

USDA
Role: Co-Investigator
The Produce Prescription Program for Healthy Blood Pressure Program To Manage Hypertension Among West Dallas, TX Residents

MacMillan Uribe

08/2022–08/2026

The goal of this program is to evaluate a produce prescription and health education program on blood pressure management among West Dallas residents with hypertension.

RESEARCH FUNDING (COMPLETED)

NIH	Seguin-Fowler/Perry
Role: Principal Investigator (MPI)	04/2022–06/2026
<i>Rural Libraries Promoting Walking and Walkability in Their Rural Communities</i>	
This project aims to conduct a comparative effectiveness study (walking program or walking program plus civic engagement) to examine change in physical activity, cardiovascular fitness, and health outcomes; evaluate physical activity change among residents; and conduct implementation and process evaluation.	
NIH	Seguin-Fowler
Role: Principal Investigator	07/2019–06/2026
<i>Evaluation of a Civic Engagement Approach to Catalyze Built Environment Change and Promote Healthy Eating and Physical Activity among Rural Residents</i>	
This study is evaluating a civic engagement approach to catalyze changes in the local built environment to support healthy eating and active living in rural areas and to measure impact on population health.	
NIH	Gathright
Role: Co-Investigator	05/2023–07/2025
<i>Multisite feasibility of BA-HD: An Integrated Depression and Behavioral Risk Factor Reduction Coaching Program Following Acute Coronary Syndrome</i>	
The goal of this study is to evaluate the multisite feasibility and acceptability of a behavioral activation-based treatment targeting depression and multiple CVD related health behaviors.	
AHA	Ayine
Role: Co-Investigator	04/2023–03/2025
<i>Evaluating and Promoting Parent Engagement in the Healthy School Recognized Campus (HSRC) Initiative</i>	
The goals of this study are to increase parental involvement in school-based health programs and to improve cardiovascular health outcomes among parents.	
NIH	Seguin-Fowler
Role: Co-Investigator; Subcontract Principal Investigator	10/2022–04/2024
<i>Are Interventions Supporting Physical Activity Modified by the Environment (inSPACE)?</i>	
This project examines whether and which home neighborhood built and social environmental factors affect individuals' response to physical activity interventions.	
American Heart Association	Szeszulski
Role: Co-Investigator	04/2022–03/2025
<i>Optimizing the impact of the Healthy School Recognized Campus Program on youth's CVD risk factors.</i>	
The objective of this study is to conduct a group randomized factorial trial using the Multiphase Optimization Strategy (MOST) framework to evaluate the impact (i.e., implementation and effectiveness) of three implementation strategies on program implementation and youth's cardiovascular disease risk.	

NIH	Seguin-Fowler
Role: Co-Investigator; Subcontract Principal Investigator	09/2020–10/2021
<i>Community Engagement Research Alliance Against COVID-19 in Disproportionately Affected Communities (CEAL): COVID-19 Communications Resource Hub to Promote Health Equity for Texans</i>	
The objectives were 1) to conduct critical analysis of COVID-19 related materials (e.g., educational content for community health educators; informational materials for consumers), which were used to populate a web-based repository of COVID-19 products, with attention to serving groups differentially affected by COVID-19 related health disparities, and 2) conduct Clinical Trial Community Navigation (CTCN) trainings, which included culturally and linguistically proficient strategies and materials with respect to health literacy and social determinants of health. Project 5 of the Texas CEAL Consortium.	
Cornell Center for Health Equity	Goodman and Navarro-Millán
Role: Co-Investigator	09/2018–08/2020
<i>Understanding the Barriers to Care for Blacks with Symptomatic Arthritis</i>	
The objective of this pilot project was to assess barriers to care for arthroplasty for patients who are Black and have advanced arthritis.	
NIH (TRIPLL – Translational Research Institute on Pain in Later Life)	Seguin
Role: Principal Investigator	06/2018–05/2019
<i>Evaluation of a Flow-Restorative Yoga Intervention to Decrease Pain in Women Aged 60 or Older</i>	
The objective of this pilot study was to evaluate a flow-restorative yoga intervention designed to decrease pain and inflammation among women aged 60 or older.	
Cornell University Agricultural Experiment Station	Seguin
Role: Principal Investigator	10/2017–09/2020
<i>Strong Hearts for New York: Reducing Heart Disease Risk among Rural Women</i>	
The objective of this ancillary study was to examine the relationships between self-reported physical activity and dietary measures with 1) objective measures, 2) audit measures of physical activity and nutrition environments, and 3) dietary and physical activity behavior change in the context of a rural, community-based intervention trial.	
Cornell University Agricultural Experiment Station	Seguin
Role: Principal Investigator	10/2016–09/2019
<i>Expansion of a Civic Engagement Initiative to Encourage <u>H</u>ealthy <u>E</u>ating and <u>A</u>ctivity in <u>R</u>ural <u>T</u>owns: A Web-Based Dissemination of the eHEART Curriculum</i>	
The objective of this project was to adapt the HEART Club curriculum, which provides a stepwise process by which rural residents are empowered to improve healthy eating and physical activity opportunities in their community, into a web-based format (eHEART) for national dissemination.	
NIH	Seguin-Fowler
Role: Co-Investigator; Subcontract Principal Investigator	07/2015–06/2017
<i>Fuerte y Sanas: Adaptation of an Exercise and Nutrition Program for Rural Latinas</i>	
The objective of this study was to adapt, implement, and evaluate an evidence-based exercise and nutrition program that meets the needs of rural Latinas.	

USDA
Role: Principal Investigator
Innovative Community Supported Agriculture (CSA) Cost-Offset Intervention to Prevent Childhood Obesity and Strengthen Local Agricultural Economies

Seguin-Fowler

03/2015–03/2021

The objective of this study was to examine whether cost-offset CSAs coupled with tailored nutrition education improves dietary intake and quality among children aged 2-12 in low-income households.

NIH
Role: Principal Investigator
Strong Hearts, Healthy Communities: A Rural Cardiovascular Disease (CVD) Prevention Program

Seguin

03/2014–02/2019

This community-randomized trial used a participatory approach in development, implementation, and evaluation of a cardiovascular disease prevention program in medically underserved rural communities.

Boston Nutrition Obesity Research Center
Role: Co-Investigator
Preliminary Investigation of Civic Engagement as a Novel Approach to Behavior Change and Body Weight Improvement in African American Females

Folta

12/2013–11/2014

The objective of this study was to examine the impact of built environment focused civic engagement on personal health behavior with urban African American women.

Cornell University Agricultural Experiment Station
Role: Principal Investigator
Rural Built Environment Assessment Tools (R-BEAT/iCHART)

Seguin

10/2013–09/2016

The objective of this research project was to develop rural food environment and rural built/physical activity environment tools that are appropriate for use with researchers, health educators, and residents to systematically assess and/or enumerate non-urban community assets.

Cornell University Agricultural Experiment Station
Role: Principal Investigator
The HEART Club Project: Encouraging Healthy Eating and Activity in Rural Towns

Seguin

10/2013–09/2016

The objective was to implement the community-based HEART Club civic engagement curriculum in which extension educators recruited residents to identify and address a nutrition or physical activity environment issue and follow a stepwise approach to develop and evaluate their goals.

President's Council of Cornell Women
Role: Principal Investigator
Neighborhood Environment (Walk Score) and Disease Risk in the Women's Health Initiative (WHI)

Seguin

07/2013–06/2014

The objective was to conduct prospective analyses of the relationship between neighborhood built environment and related health behaviors and outcomes such as physical activity and sedentary behavior, body weight status, and development of chronic diseases and cause-specific mortality.

Bronfenbrenner Center for Translational Research
Role: Principal Investigator
Translating the Evidence to Build a Community-Level Intervention Framework for Catalyzing Positive Change in Rural Food and Physical Activity Environments

Seguin

07/2013–06/2014

The objective of this project was to address the gap in knowledge related to rural built environment characteristics by conducting qualitative research with residents in four rural New York towns.

Institute for the Social Sciences	Seguin
Role: Principal Investigator	05/2013–04/2014
<i>Examining Relationships between Neighborhood Walkability and Health Outcomes</i>	
The objective of this study was to conduct prospective analyses of the relationship between neighborhood built environment, specifically walkability, and related health behaviors and outcomes by using data from the Women’s Health Initiative (WHI) Study.	
NIH (K01)	Seguin
Role: Principal Investigator	09/2011–05/2016
<i>The StrongWomen Follow-Up Study</i>	
The objective of this project was to examine personal, social, and built environment factors related to long-term maintenance of weight loss, exercise, and dietary behaviors among overweight and obese female participants in a nationally disseminated community program.	
Centers for Disease Control and Prevention	Nelson
Role: Co-Investigator	09/2009–09/2013
<i>StrongWomen – Healthy Hearts: A Community-Based Program for Midlife and Older Women</i>	
The goal of this project was to study the dissemination of an effective community-based heart health program for midlife and older women using the RE-AIM framework.	
Friedman School of Nutrition Science and Policy, Tufts University	Seguin
Role: Principal Investigator	06/2006–12/2009
<i>StrongWomen Program Research Project</i>	
The goal was to identify leader, participant, and community factors that affected implementation and participation in a nationally disseminated community exercise program.	
Fannie E. Rippel Foundation	Nelson
Role: Co-Investigator	05/2006–09/2008
<i>Promoting Heart Health in Midlife and Older Women</i>	
The goal of this randomized controlled trial was to develop and evaluate a comprehensive curriculum for reducing heart disease risk in rural midlife and older women.	
The Medical Foundation and Farnsworth Trust	Seguin
Role: Principal Investigator	06/2005–05/2006
<i>Leaders in Older Adult Community Programs: Roadmap to Policies and Recommendations</i>	
The goal was to explore characteristics of public health program leaders, roles of organizations and communities, and environmental factors that influence program implementation and maintenance.	
National Aging Blueprint (Robert Wood Johnson Foundation)	Nelson
Role: Project Manager	04/2004–06/2005
<i>StrongWomen Program: Community Coalition and Dissemination with Cooperative Extension</i>	
The project aimed to increase strength training programs for older women in underserved areas through a widespread community coalition and dissemination project with the USDA Cooperative Extension Service.	

Ross Aging Initiative Nelson
 Role: Project Manager 07/2003–06/2004
Health Behavior Change: Impact of Leadership and Community Factors on Program Sustainability
 The project goal was to use qualitative and quantitative methods to explore attributes of trained program leaders that predict implementation of a community exercise program for older women.

Centers for Disease Control and Prevention Nelson
 Role: Project Coordinator and Lead Author 07/1999–06/2002
Growing Stronger: Strength Training for Older Adults
 The objective was to develop and disseminate an evidence-based exercise resource that would be affordable, widely available, and intellectually accessible to a broad and diverse range of people.

TEACHING

2021–2022	Nutritional Biochemistry II (NFSC 642), guest lecture. Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University. College Station, TX
2020–2022	Community Nutrition (NFSC 430), guest lecture. Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University. College Station, TX
2019–2022	<i>Directed Study</i> (NFSC 485). Community Intervention Research: Design, Methods, & Evaluation. Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University. College Station, TX
2015–2019	Translational Research and Evidence-Based Policy and Practice in Nutrition (NS 6200), guest lecture. Division of Nutritional Sciences, College of Human Ecology, Cornell University. Ithaca, NY
2014–2019	<i>Teaching Apprenticeship</i> (NS 4030). Division of Nutritional Sciences, College of Human Ecology, Cornell University. Ithaca, NY
2014–2017	<i>Introduction to Public Health</i> (NS 1600). Division of Nutritional Sciences, College of Human Ecology, Cornell University. Ithaca, NY
2014–2016	<i>Grant Writing</i> (NS 7040). Division of Nutritional Sciences, College of Human Ecology, Cornell University. Ithaca, NY
2013–2019	<i>Empirical Research</i> (NS 4010). Division of Nutritional Sciences, College of Human Ecology, Cornell University. Ithaca, NY
2013, 2015	Healthy Places: How Design and Planning Affect Public Health (DEA 2700), guest lecture. Department of Design and Environmental Analysis, College of Human Ecology, Cornell University. Ithaca, NY
2013	Research in Human Nutrition and Health (NS 3980), guest lecture. Division of Nutritional Sciences, College of Human Ecology, Cornell University. Ithaca, NY
2013	<i>Doctoral Thesis and Research: Independent Study</i> (NS 9990). Directed readings on theories related to behavior change and the use of qualitative/mixed methodologies in evaluation and measurement of nutrition behaviors. Division of Nutritional Sciences, College of Human Ecology, Cornell University. Ithaca, NY
2006–2008	<i>Introduction to Writing about Nutrition and Health</i> . Friedman School of Nutrition Science and Policy, Tufts University. Boston, MA

2005	<i>Communicating Health Information to Diverse Audiences</i> (teaching assistant). Friedman School of Nutrition Science and Policy, Tufts University. Boston, MA
2004	<i>Introduction to Writing about Nutrition and Health</i> (teaching assistant). Friedman School of Nutrition Science and Policy, Tufts University. Boston, MA

LEADERSHIP AND SERVICE

2026	Chair, IHA Precision Nutrition Associate Director Search Committee, Texas A&M AgriLife Research
2026–present	Member, IHA Strategic Planning Committee, Texas A&M AgriLife Research
2026–present	Member, Working Group, AgriLife Rio Grande Valley Research Center Design and Planning for McAllen Facilities
2025	Member, IHA Precision Nutrition Interim Associate Director Search Committee, Texas A&M AgriLife Research
2025–present	Member, Texas Active Policy, Research, and Engagement Network (TAPREN) partner team
2025–present	Member, Department of Nutrition Strategic Planning Committee, Texas A&M University
2024	Reviewer, Promotion and Tenure, School of Integrated Health Sciences, University of Nevada, Las Vegas
2024	Reviewer, Graduate Women in Science National Fellowship Program
2024	Award Jury, American Society for Nutrition Annual Awards
2021–2022	Chair, Agriculture, Food and Nutrition Scientific Evidence Center Director Search Committee, Texas A&M AgriLife Research
2021–2022	Chair, Agriculture, Food and Nutrition Scientific Evidence Center Deputy Director Search Committee, Texas A&M AgriLife Research
2021	Member, Interdisciplinary Scientist Search Committee, Agricultural Research Service, Texas A&M University
2021	Chair, El Paso Center Director Search Committee, Texas A&M AgriLife Research
2021	Mentor, Grant Writing Special Forum, American Society for Nutrition Annual Meeting
2020–present	Member, Evaluation Center Proposal Taskforce, Texas A&M AgriLife
2020–2023	Member, Graduate Assessment Committee, Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University
2020–2023	Member, Promotion and Tenure Committee, Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University
2020–2022	Member, Graduate Curriculum Committee, Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University
2020–2022	Member, Inclusive Excellence Advisory Board, Texas A&M AgriLife
2020–2021	Scientific Advisory Board Member, Institute for Advancing Health Through Agriculture, Texas A&M AgriLife Research

2020	Mentor, NIH Proposal Review, Department of Communications Faculty Member, Texas A&M University
2019–2022	Member, Strategic Planning Committee, Texas A&M AgriLife Research
2019–2021	Chair, Search Committee Cluster Hire (Healthy Living), Texas A&M AgriLife Research Dallas Center
2017–2019	Co-Chair, Faculty Search Committee, Division of Nutritional Sciences, College of Human Ecology, Cornell University
2017–2018	Reviewer, Promotion and Tenure, College of Human Ecology, Cornell University
2016	Panelist, NIH Funding Workshop, Office of Sponsored Programs and the Office of Faculty Development and Diversity, Cornell University
2015–2016	Member, Experiential Learning Committee, Division of Nutritional Sciences, College of Human Ecology, Cornell University
2014–2016	Member, Faculty Search Committee, Division of Nutritional Sciences, College of Human Ecology, Cornell University
2014	External Thesis Examiner, Universiti Putra Malaysia, Malaysia
2013–present	Member, Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) Rural Food Access Working Group
2013–2019	Member, Dean’s Diversity Committee, College of Human Ecology, Cornell University
2013–2019	Member, Academic Affairs Committee, Division of Nutritional Sciences, College of Human Ecology, Cornell University
2013	Judge, Elsie Buren Rice Public Speaking Competition, College of Human Ecology, Cornell University
2013	Faculty Host, Nutrition Graduate Student Organization (NGSO) Dinner, Cornell University
2013	Speaker, Nutrition Graduate Student Organization (NGSO) Faculty Career Panel Event, Cornell University
2013	Judge, Active Schools Acceleration Project, Childhood Obesity 180
2012–2019	Mentor, Biology Scholars Program, Cornell University
2009	Facilitator, implementation of a statewide community physical activity and nutrition program, Kentucky Department of Public Health in partnership with the Centers for Disease Control and Prevention
2008	Facilitator, implementation, and evaluation of strength training programs for seniors, with extended family of New Hampshire and Atria Senior Living
2003–present	Facilitator, StrongWomen Community Leader Training Workshops, conducted in partnership with hospitals, public health departments Cooperative Extension at land grant universities, and community-based organizations

Grant Review Service

2024–2026	Texas Academy of Medicine, Engineering, Science, & Technology (TAMEST), Lyda Hill Prize grant review
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2024	Health Equity Research Network on Community-Driven Research Approaches – Partner Hub, American Heart Association
2024	The Swiss National Science Foundation
2023–present	Research Leadership Academy, University of Kentucky (ad hoc)
2022–present	Canada Foundation for Innovation (ad hoc)
2019–present	Community Level Health Promotion Study Section, NIH (ad hoc)
2018–2019	Special Emphasis Panel: Healthcare Delivery and Methodologies Study Section, NIH
2018	Applying Research into Policy & Practice Postdoctoral Fellowships, Health Research Board, Ireland (ad hoc)
2017–2018	PA16-160, Health Disparities and Equity Promotion Study Section, NIH
2017	PAR-16-238, Dissemination and Implementation Research in Health Study Section, NIH
2016–2025	PAR-15-346/PAR-18-854/PAR-21-305, Time-Sensitive Obesity Policy and Program Evaluation Study Section, NIH (ad hoc, 2016–2025; chair, 2017 and 2020)
2015–2019	Population and Systems Medicine Board, Medical Research Council, United Kingdom

Editorial Service

2022–present	Member, Board of Reviewing Editors, PNAS - Nexus
2022–2023	Editorial Board Member, Women’s Midlife Health
2020–present	Editorial Board Member, Contemporary Clinical Trials
2020–present	Editorial Board Member, Journal of Healthy Eating and Active Living
2018	Invited Lead Guest Editor, <i>Special Issue: Built Environments, Food Environments, and Public Health</i> , in the International Journal of Environmental Research and Public Health
2015	Active Living Research: Physical Activity in Rural Communities

Journal Review

- American Journal of Health Promotion; American Journal of Preventive Medicine[¶]; American Journal of Public Health; American Journal of Clinical Nutrition; Applied Physiology, Nutrition, and Metabolism; BMC Geriatrics; BMC Public Health; Contemporary Clinical Trials; Fertility and Sterility; Health Education and Behavior; Health Promotion Journal of Australia; International Journal for Behavioral Nutrition and Physical Activity; International Journal of Environmental Research and Public Health; Journal of the Academy of Nutrition and Dietetics[§]; Journal of Aging and Health; Journal of Aging and Physical Activity; Journal of Immigrant and Minority Health; Journal of Nutrition Education and Behavior; The Journal of Nutrition, Health and Aging; Preventing Chronic Disease; Translational Behavioral Medicine; Tropical Medicine and International Health; Women's Health Issues

[¶] *Outstanding Reviewer* status by Elsevier (American Journal of Preventive Medicine)

[§] *Recognized Reviewer* status by Elsevier (Journal of the Academy of Nutrition and Dietetics)

Professional Affiliations

- Current memberships and affiliations: National Rural Health Association, American Association for the Advancement of Science; American Public Health Association; American Society for Nutrition; International Society for Behavioral Nutrition and Physical Activity; National Strength and Conditioning Association; Obesity Society; Society of Behavioral Medicine; Society for Nutrition Education and Behavior

MENTORING AND ACADEMIC TRAINEES

Faculty Mentoring

2024–present	Stephanie Rogus, PhD, Assistant Professor, Texas A&M AgriLife El Paso Center
2023–present	Emily Belarmino, PhD, Assistant Professor, Department of Nutrition and Food Sciences, College of Agriculture and Life Sciences, University of Vermont
2021–present	Jacob Szeszulski, PhD, Research Assistant Professor, Texas A&M AgriLife Research
2021–present	Alexandra MacMillan Uribe, PhD, RDN, Research Assistant Professor, Texas A&M AgriLife Research
2021–present	Chad Rethorst, PhD, Research Associate Professor, Texas A&M AgriLife Research
2020–present	Sara Folta, PhD, Associate Dean for Diversity and Inclusion, Associate Professor, Friedman School of Nutrition Science and Policy, Tufts University
2020–2023	Iris Navarro-Millán, MD, MSPH, Assistant Professor of Medicine, Division of General Internal Medicine, Weill Cornell Medicine. NIH K23: Mentored Patient-Oriented Research Center Development Award
2018–2019	Martha Field, PhD, Assistant Professor, Division of Nutritional Sciences, College of Human Ecology, Cornell University
2018–2019	Joeva Barrow, PhD, RD, Assistant Professor, Division of Nutritional Sciences, College of Human Ecology, Cornell University
2016–2019	Laura Barre, PhD, Clinical Assistant Professor, Division of Nutritional Sciences, College of Human Ecology, Cornell University
2015–2020	Karla Hanson, PhD, Senior Research Associate, Division of Nutritional Sciences, College of Human Ecology, Cornell University

Postdoctoral Trainees

2024–present	Emma Lewis, PhD, MS, Texas A&M AgriLife Research
2021–2023	Priscilla Ayine, PhD, MS, Texas A&M AgriLife Research
2021–2022	Laura Rolke, PhD, MPH, MS, CHES, Texas A&M AgriLife Research
2019–2020	Urshila Sriram, PhD, MPH, RD, Texas A&M AgriLife Research
2015–2016	Beth Myers, PhD, MPH, Division of Nutritional Sciences, College of Human Ecology, Cornell University

2014–2018 Emily Morgan, PhD, MPH, Division of Nutritional Sciences, College of Human Ecology, Cornell University

Graduate Student Trainees

2026–present Hannah Lamar, Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University

2023–2026 Erica Reyes, Health Promotion and Behavioral Science, School of Public Health, University of Texas

2023–2025 Yanyan Chen, Department of Health Behavior, School of Public Health, Texas A&M University

2021–2023 Nicole Ochel[†], Department of Nutrition, College of Agriculture and Life Sciences, Texas A&M University

2020–2024 Amelia Ahles, Department of Agricultural Economics, College of Agriculture and Life Sciences, Texas A&M University

2017–2019 Ibukun Owoputi, International Nutrition, Division of Nutritional Sciences, College of Human Ecology, Cornell University

2017–2018 Christal Greenlaw[†], Division of Nutritional Sciences, College of Human Ecology, Cornell University

2016–2020 Yae Eun Han, International Nutrition, Division of Nutritional Sciences, College of Human Ecology, Cornell University

2016–2019 Kathryn Merckel, International Nutrition, Division of Nutritional Sciences, College of Human Ecology, Cornell University

2015–2020 Brian Lo[‡], Community Nutrition, Division of Nutritional Sciences, College of Human Ecology, Cornell University

2015–2018 Emily Riddle, Molecular Nutrition, Division of Nutritional Sciences, College of Human Ecology, Cornell University

2014–2019 Urshila Sriram[‡], Community Nutrition, Division of Nutritional Sciences, College of Human Ecology, Cornell University

2014–2015 William Carlos Higgins[†], Design and Environmental Analysis, College of Human Ecology, Cornell University

2013–2018 Jennifer Garner[‡], Community Nutrition, Division of Nutritional Sciences, College of Human Ecology, Cornell University

2013–2017 Sajin Bae, Molecular Nutrition, Division of Nutritional Sciences, College of Human Ecology, Cornell University

[‡]Chair [†]MS student (all others doctoral trainees)

PEER-REVIEWED PUBLICATIONS

1. **Seguin-Fowler RA**, Graham ML, Eldridge GD, Folta SC, Szeszulski J, MacMillan Uribe AL, Marshall GA, Villarreal DL, Volpe LC, Maddock JE, Nelson ME. *Implementation of and recommendations from the Change Club civic engagement curriculum targeting health behavior improvement*. Am J Health Promot. 2026. In press.

2. Dieckmann NF, Perry C, Winkle J, **Seguin-Fowler RA**, Maddock JE, Andreyeva E, Lewis EC[^], Franklin H. *Rural library competency development across a two-year public health intervention in Oregon*. J Libr Adm. 2026. In press.
3. Currier J, Lenstra N, Winkle J, Dieckmann N, Franklin H, **Seguin-Fowler R**, Maddock J, Perry CK. *Recruiting rural libraries into a walking group study: strategies and insights for public health professionals*. J Extension. 2026. In press.
4. Lewis EC[^], Graham ML, Fisher KP, Rutnam H, Box G, Palma MA, Dodd CF, Hohlt RR, MacMillan Uribe AL, Rethorst CD, Szeszulski J, Teran-Garcia M, **Seguin-Fowler RA**. *Nutrition programming across Cooperative Extension systems: a formative content analysis of publicly available websites*. J Extension. 2026. In press.
5. Wang X, Nayga R Jr, Borchers L, Eicher-Miller H, **Seguin-Fowler RA**, Szeszulski J, MacMillan Uribe AL. *Community cafes as a health promotion model: evidence on food security, diet, and social well-being*. Am J Health Promot. 28 July 2026. DOI: 10.1177/08901171261473018.
6. George A, McNeely A, De Mello GT, Beattie CM, Rethorst CD, **Seguin-Fowler RA**, Szeszulski J, MacMillan Uribe AL. *School personnel's comprehension and perceptions of school recruitment materials for Strong Teens for Healthy Schools*. Front Public Health. 2026;14;1852763.
7. **Seguin-Fowler RA**, Hanson KL, Eldridge GD, Marshall GA, Maddock JE, Foltz SC, Villarreal DL, Graham ML. *The Change Club intervention: 2-year impacts from a cluster randomized trial in rural communities in New York and Texas*. Front Public Health. 2026 Jul 2 14:1793324. DOI: 10.3389/fpubh.2026.1793324. PMC13374524
8. Moosavi D, Nejati N, Arcan C, Kroenke CH, Saquib N, **Seguin-Fowler RA**, Glenn A, Jung SY, Sun Y, Laddu D, Neuhouser ML. *Data-driven discovery of plant-based dietary subtypes and their association with cancer, cardiovascular diseases, and type 2 diabetes in postmenopausal women: insights from the Women's Health Initiative*. J Acad Nutr Diet. 2026 June 24:156406. DOI: 10.1016/j.jand.2026.156406. PMC13399195
9. Umstattd Meyer MR, Lewis EC[^], Janda-Thomte KM, Patterson MS, **Seguin-Fowler RA**, Carter JR, Maddock JE. *Understanding demand for agriculturally-integrated neighborhoods: characteristics, health behaviors, and design preferences among prospective homebuyers*. J Agric Food Syst Community Dev. 2026 June 24:15:3. DOI: 10.5304/jafscd.2026.153.029
10. Lim B, Githinji P, Liao Y, Szeszulski J, MacMillan Uribe AL, **Seguin-Fowler RA**, Anderson J, Rethorst CD. *The effect of hunger on the likelihood of glucose excursions in adults with overweight or obesity: continuous glucose monitoring and ecological momentary assessment observational study*. JMIR Form Res. 2026 Jun10:10:e85897. DOI: 10.2196/85897. PMC13251861
11. On A, **Seguin-Fowler RA**, Githinji P, Szeszulski J, MacMillan Uribe L, Benner L, Rodriguez J, Rethorst C. *Acceptability of digitally adapted cardiovascular risk reduction intervention content from the StrongPeople Strong Hearts program: a pilot study*. Digit Health. 2026 May 31:12. DOI: 10.1177/20552076261455915. PMC13226987
12. **Seguin-Fowler RA**, Graham ML, Hanson KL, Villarreal DL, Eldridge GD, Christou A, On A, Kershaw M, Foltz SC, Maddock JE, Andreyeva E. *Effective and cost-effective strategies for recruiting rural adults into a civic engagement and health behavior change research study*. BMC Public Health. 2026 May 22. DOI: 10.1186/s12889-026-27592-x. PMC13383436

13. Hanson KL, Marshall GA, Folta SC, Maddock JE, **Seguin-Fowler RA**. *Cross-sectional comparisons of different approaches to measuring composite health scores in rural US adults: the World Cancer Research Fund/American Institute for Cancer Research (WCRF/AICR) 2018 Cancer Prevention Recommendations Adherence Score*. BMJ Public Health. 2026 Apr 20. DOI:10.1136/bmjph-2025-003832. PMC13141110
14. Graham ML, Lewis EC[^], Villarreal DL, Folta SC, Volpe LC, Eldridge GD, Hanson KL, Marshall GA, Maddock JE, Nelson ME, **Seguin-Fowler RA**. *Implementation of Change Club action plans to promote built environment change in rural communities*. Int J Behav Nutr Phys Act. 2026 Mar 31. DOI: 10.1186/s12966-026-01908-x. PMC1316260
15. Putnam MH, Meloni G, Butler P, Gardner J, MacMillan Uribe AL, Rethorst C, Schaeffers A, **Seguin-Fowler RA**, Walters RW, Szeszulski J. *Effect of the Healthy School Recognized Campus Initiative on metabolic syndrome among adolescents in Texas: a pilot randomized factorial trial study*. J Health Popul Nutr. 2026 Feb 14. DOI: 10.1186/s41043-026-01261-6. PMC13011626
16. Rethorst CD, Demment M, Graham ML, Ha S, MacMillan Uribe AL, Lo BK, Szeszulski J, Githinji P, Strogatz D, Folta SC, Nelson ME, **Seguin-Fowler RA**. *Mechanisms of Strong Hearts, Healthy Communities-2.0 effects on weight: a mediation analysis of a community randomized trial*. J Nutr Educ Behav. 2026 Feb 6. DOI: 10.1016/j.jneb.2025.12.008. PMC 13292833
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19. Lewis EC[^], Umstattd Meyer MR, Janda-Thomte KM, Maddock JE, Palma MA, McNeely AC, Olawuyi YO, **Seguin-Fowler RA**. *Cultivating connection between community, agriculture, food, and green space: a narrative review of agrihoods and their impact on health and wellbeing*. Public Health Pract. 2025 Dec 11;100695 DOI: 10.1016/j.puhip.2025.100695. PMC12794511
20. **Seguin-Fowler RA**, Hanson KL, Eldridge GD, Marshall GA, Graham ML, Nelson ME, Villarreal DL, Andrews Trevino J, Maddock JE. *Associations between diet quality and psychosocial and environmental factors in rural adults*. J Nutr Educ Behav. 2025 Dec 11. DOI: 10.1016/j.jneb.2025.10.010. PMC12704822
21. Lewis EC[^], Eldridge GD, Villarreal DL, Graham ML, Andrews-Trevino JY, Folta SC, Maddock JE, Patterson MS, Andreyeva E, **Seguin-Fowler RA**. *Civic engagement and social connectedness in rural communities: the role of sociodemographic factors and social determinants of health in rural areas of the United States*. Soc Sci. 2025 Nov 19;14(11):674. DOI: 10.3390/socsci14110674. PMC13309175
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26. Andreyeva E, Graham ML, Eldridge GD, Foltz SC, Nelson ME, Strogatz D, **Seguin-Fowler RA**. *Cost-effectiveness of two iterations of a community-based cardiovascular disease prevention intervention*. Obesity. 2025 Oct 16;1-11. DOI: 10.1002/oby.70050. PMC12704013
27. Perry CK, Maddock JE, Dieckmann NR, Winkle J, Franklin H, Currier JJ, Andreyeva E, **Seguin-Fowler RA**. *Associations of physical activity-related social norms and frequency of outdoor walking with perceived walkability among rural Oregon adults*. J Public Health Manag Pract. 2025 Sep-Oct 01;31(5):709-715. DOI: 10.1097/PHH.0000000000002164. PMC12798957
28. Hosain R, Michael YL, Wallace RB, Chlebowski RT, Garcia DO, Nassir R, Robinson LF, **Seguin-Fowler RA**, Weitlauf JC, De Roos AJ. *The relationship between occupation and lung cancer incidence in the Women's Health Initiative Observational Study*. Work Health. 2025 Sep 19;1(2):2509001299. DOI: 10.53941/wah.2025.100010. PMC12904250
29. MacMillan Uribe A, George A, McNeely A, Xin L, Cevallos EL, Rethorst C, **Seguin-Fowler R**, Szeszulski J. *Strong Teens for Healthy Schools: protocol for evaluating a youth nutrition, physical activity, and civic engagement protocol*. Front Public Health. 2025 Sep 16;13;1654678. DOI: 10.3389/fpubh.2025.1654678. PMC12487017
30. McNeely A, MacMillan Uribe A, De Mello GT, Herrero-Loza A, Ali M, Nguyen K, Olawuyi Y, Rethorst CD, **Seguin-Fowler RA**, Szeszulski J. *Educators' perceived barriers and facilitators to implementing a school-based nutrition, physical activity, and civic engagement intervention: a qualitative analysis*. Front Public Health. 2025 Jun 26;13. DOI: 10.3389/fpubh.2025.1616483. PMC12247174
31. Bailey RL, **Seguin-Fowler RA**, Stover PJ, Scott-Pierce M, Racine EF, Eicher-Miller HA, Penrod N, Fischer BL. *Effectiveness evaluation of national nutrition education programs must be a priority to safeguard nutrition security*. Nat Food. 2025 Apr 23. DOI: 10.1038/s43016-025-01164-5
32. Faul CB, Jilcott Pitts S, Calloway E, Seligman HK, Reis H, Webb Cherry C, Hatsu IE, Toyin Babatunde O, MacMillan Uribe AL, McGuirt JT, **Seguin-Fowler RA**. *A meta-ethnography to determine critical constructs of nutrition security*. J Nutr Educ Behav. 2025;57(3):167-184. DOI: 10.1016/j.jneb.2024.11.004.
33. Busse KR, Poppe KI, Wu Q, Jilcott Pitts SB, Haynes-Maslow L, Ammerman AS, Guerra KK, Plakias Z, Hanks AS, Garrity K, Gillespie R, Houghtaling B, **Seguin-Fowler RA**, Garner JA*. *Household food sourcing patterns and their relationship to food insecurity in Appalachian Ohio*. J Acad Nutr Diet. 2025;125(1):54-69.e4. DOI: 10.1016/j.jand.2024.07.162

34. Karra P, Hardikar S, Winn M, Anderson G, Haaland B, Shadyab AH, Neuhouser ML, **Seguin-Fowler RA**, Thomson CA, Coday M, Wactawski-Wende J, Stefanick ML, Zhang X, Cheng TYD, Karanth S, Sun Y, Saquib N, Pichado MS, Jung SY, Tabung FK, Summers SA, Holland WL, Jalili T, Gunter M, Playdon MC. *Metabolic phenotype and risk of obesity-related cancers in the Women's Health Initiative*. Cancer Prev Res. 2025 Feb 3;18(2):63-72. DOI: 10.1158/1940-6207.CAPR-24-0082. PMC11790363
35. Palmer JC, Davies AL, Spiga F, Heitmann BL, Summerbell CD, Higgins JPT, Inequity in Obesity Prevention Trialists Collaborative Group [includes **Seguin-Fowler RA**]. *Do the effects of interventions aimed at the prevention of childhood obesity reduce inequities? A re-analysis of randomized trial data from two Cochrane reviews*. eClinicalMedicine. 2025;81:103130. DOI: 10.1016/e.eclinm.2025.103130. PMC11925530
36. Graham ML, Eldridge GD, Demment M, Kershaw M, Christou A, Luong V, Andreyeva E, Foltz SC, Hanson KL, Maddock JE, **Seguin-Fowler RA**. *Leadership characteristics of Extension educators facilitating a healthy communities, civic-engagement randomized trial in rural towns*. J Healthy Eat Act Living. 2024;4(3):174-188. DOI: 10.51250/jheal.v4i3.87. PMC12080407
37. Rethorst CD, Demment M, Ha S, Foltz SC, Graham ML, Eldridge GD, **Seguin-Fowler RA**. *Heterogeneity in health outcomes in the Strong Hearts, Healthy Communities-2.0 multilevel intervention in a community-randomized trial: an exploratory study of moderators*. Nutrients. 2024;16(24):4353. DOI: 10.3390/nu16244353. PMC11678296
38. Maddock JE, Perry CK, **Seguin-Fowler RA**, Dieckmann NF, Currier J, Winkle J, Lenstra N, Franklin H. *Is Walk Score a useful tool for measuring walkability in rural communities?* J Rural Health. 2024 Nov 9. DOI: 10.1111/jrh.12895. PMC12342837
39. Hanson KL, Marshall GA, Graham ML, Villarreal DL, Volpe LC, **Seguin-Fowler RA**. *Identifying and removing fraudulent attempts to enroll in a human health improvement intervention in rural communities*. Methods Protoc. 2024;7(6):93. DOI: 10.390/mps/7060093. PMC11587125
40. Githinji P, MacMillan Uribe AL, Szeszulski J, Rethorst CD, Luong V, Xin L, Rolke LJ, Smith MG, **Seguin-Fowler RA**. *Public health communication during the COVID-19 health crisis: sustainable pathways to improve health information access and reach among underserved communities*. Humanit Soc Sci Commun. 2024 Sep 14;11(1):1218. DOI: 10/1057/s41599-024-03718-7
41. Szeszulski J, Rolke LJ, Ayine P, Bailey RL, Demment M, Eldridge GD, Foltz SC, Graham ML, MacMillan Uribe AL, McNeely A, Nelson ME, Pullyblank K, Rethorst CD, Strogatz D, **Seguin-Fowler RA**. *Process evaluation findings from Strong Hearts, Healthy Communities 2.0: a cardiovascular disease prevention intervention for rural women*. Int J Behav Nutr Phys Act. 2024;21:122. DOI: 10.1186/s12966-024-01670-y. PMC11515669
42. Schaefers A, Xin L, Butler P, Gardner J, MacMillan Uribe A, Rethorst CD, Rolke L, **Seguin-Fowler RA**, Szeszulski J. *Relationship between the inner setting of CFIR and the delivery of the Healthy School Recognized Campus Initiative: a mixed-methods analysis*. Implement Sci Commun. 2024 Sep 4;5(1):96. DOI: 10.1186/s43058-024-00627-3. PMC11375957
43. Lenstra N, Franklin H, Dieckmann NF, Andreyeva E, Maddock J, **Seguin-Fowler RA**, Winkle J, Perry CK. *Assessing the readiness of rural public librarians to implement public health programs*. J Community Health. 2024 Sep 6. DOI: 10.1007/s10900-024-01402-0. PMC11805653
44. MacMillan Uribe AL, Szeszulski J, Borchers L, Eicher-Miller HA, **Seguin-Fowler RA**, Largacha Cevallos, E. *Diet quality of community café meals among guests with food insecurity*. J Nutr Educ Behav. 2024 Aug;56(8):579-587. DOI: 10.1016/j.jneb.2024.04.009. PMC12368908

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46. Iyer S, Walker TJ, Marroquin M, Demment M, MacMillan Uribe AL, Rethorst CD, **Seguin-Fowler RA**, Szeszulski J. *Urban-rural differences in school districts' local wellness policies and policy implementation environments*. Nutrients. 2024 Mar 11;16(6):801. DOI: 10.3390/nu16060801. PMC10974557
47. McNeely A, Borchers L, Szeszulski J, Eicher-Miller HA, **Seguin-Fowler RA**, MacMillan Uribe AL. *The role of the community café in addressing food security: perceptions of managers and directors*. Appetite. 2024 Feb 14:107274. DOI: 10.1016/j.appet.2024.107274. PMC12368909
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181. **Seguin RA**, Nelson ME. *Physical activity: a key to wellness throughout the ages*. Nutrition Updates. 2002:11.

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183. **Seguin RA,** Nelson ME. In the Literature: *Epidemiology of sarcopenia.* *Nutrition in Clinical Care.* 2000:3(6).
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^ Postdoctoral mentee * Graduate student mentee * Undergraduate mentee

BOOKS, BOOK CHAPTERS, AND PUBLISHED REPORTS

1. Texas A&M International University; Institute for Advancing Health Through Agriculture, Texas A&M AgriLife Research; and the United States Department of Agriculture. ASCEND for Better Health—Building a Healthy Community Together, Listening Session Report. Laredo, TX. 2023. Published in English and Spanish.
2. Maddock JE, **Seguin-Fowler RA,** Shrestha A, Ferdinand AO. *Obesity and Physical Activity in Rural Settings.* Chapter in: *Rural Healthy People 2023.* Texas A&M Health Southwest Rural Health Research Center, 2023. DOI: 10.21423/1969.1/1581915
3. **Seguin-Fowler RA,** Jilcott Pitts SB, Byker Shanks C, Babatunde OT, Maddock JE. *Nutrition and Healthy Eating in Rural America.* Chapter in: *Rural Healthy People 2023.* Texas A&M Health Southwest Rural Health Research Center, 2023. DOI: 10.21423/1969.1/1581917
4. **Seguin RA,** Nelson ME. *Aging Well Through Sound Nutrition and Physical Activity.* Chapter in: *Women's Retirement Guide.* The Heinz Family Foundation, 2006.
5. Nelson ME, **Seguin RA.** *Physical Activity and Older Adults: Impact on Physical Frailty and Disability.* Chapter in: *Measurement Issues in Aging and Physical Activity,* edited by Weimo Zhu and Wojtek Chodzko-Zajko. Human Kinetics, 2006.
6. **Seguin RA,** Nelson ME. *Better Bones at Menopause: Supporting Your Skeleton.* Chapter in: *Menopause: Beyond Convention,* edited by Mary Tagliaferri. Penguin Putnam, 2006.
7. **Seguin RA,** Buchner D, Epping J, Nelson, ME. *Growing Stronger: Strength Training for Older Adults.* Centers for Disease Control and Prevention (CDC). 112 pages, 2004.

INTERVENTION PROGRAM CURRICULA, MOBILE APPS, AND RELATED MATERIALS

1. *StrongPeople Change Club* (previously *StrongWomen Change Club* and *HEART Club*). Latest version: 2023. First published: 2011.
 - *StrongPeople Change Club Leader Guide.* 112 pages. English and Spanish.
 - *StrongPeople Change Participant Guide.* 190 pages. English and Spanish.
 - *StrongPeople Change Club Online Leader Training Course.* English and Spanish.
 - *The StrongPeople Change Club—Healthy Hearts Program (Adaptation for Black/African American Women): A Civic Engagement Program to Catalyze Resident-Led Community Changes that Support Healthy Living.* 74 pages, 2013.

- *StrongPeople Strong Hearts (also known as Deep in the Heart) Digital Mobile Applications, iOS and Android.* English and Spanish.
2. *StrongPeople Strong Hearts* (previously *Strong Hearts, Healthy Communities*). Latest version: 2022. First published: 2015.
 - *StrongPeople Strong Hearts Leader Guide.* 244 pages. English and Spanish.
 - *StrongPeople Strong Hearts Participant Guide.* 330 pages. English and Spanish.
 - *StrongPeople Health Journal.* 317 pages. English and Spanish.
 - *StrongPeople Strong Hearts Online Leader Training Course.* English and Spanish.
 3. *StrongPeople Living Well* (previously *StrongWomen--Healthy Hearts*). Latest version: 2022. First published: 2008.
 - *StrongPeople Living Well Leader Guide.* 270 pages. English and Spanish.
 - *StrongPeople Living Well Participant Guide.* 181 pages. English and Spanish.
 - *StrongPeople Living Well Online Leader Training Course.* English and Spanish.
 - *Mujeres Fuertes, Corazones Saludables (StrongWomen, Healthy Hearts Latina adaptation).* 463 pages, 2016.
 4. *StrongPeople Strong Bodies.* (previously *StrongWomen Strength Training*). Latest version: 2022. First published: 2003.
 - *StrongPeople Strong Bodies Tool Kit.* 189 pages. English and Spanish.
 - *StrongPeople Strong Bodies Participant Handbook.* 66 pages. English and Spanish.
 - *StrongPeople Strong Bodies Online Leader Training Course.* English and Spanish.
 - *StrongPeople Strength Training Program Guide: Training Tips and Exercise Modifications Guidelines.* 30 pages, 2012.
 - *StrongPeople Booster Pack: Additional Exercises for Your StrongPeople Programs.* 71 pages, 2011.
 5. *Farm Fresh Foods for Healthy Kids* (also *Cost-Offset Community Supported Agriculture, CO-CSA, study*). 2016.
 - *Farm Fresh Foods for Healthy Kids Curriculum.* 60 pages.
 - *Farm Fresh Foods for Healthy Kids Cookbook.* 49 pages.
 - *Cost-Offset Continuation Planning for Farmers – A Guide for Regional Coaches.* 55 pages.
 - *Implementation and Evaluation of Sustainable Local Food Initiative Course Modules.* 4 modules.
 6. *Strong Hearts, Healthy Women curriculum.* 91 pages, 2015.

KEYNOTES AND INVITED PRESENTATIONS

- Invited Speaker: USDA Human Nutrition Research Centers (HNRC) Community Engaged Research. *Harvesting Health Study to Advance Nutrition and Wellness for Moms and Babies: Early Learnings from Participants, Clinicians, and Grocery Retail Partners.* 2026.
- Invited Speaker: Texas A&M AgriLife Faculty Workshop: Translating Research. *Storytelling for Impact in Translating Research: Examples from StrongWomen and Harvesting Health.* Dallas, TX. 2026.

- Invited Speaker: Vitality Medical Initiative, University of California, Los Angeles. *Evolution of Growing Stronger and the StrongPeople Programs*. 2025.
- Invited Speaker: Responsive Agriculture Forum, Institute for Advancing Health through Agriculture, Texas A&M AgriLife Research. *Healthy Living*. College Station, TX. 2025.
- Invited Speaker: World Health Organization Department of Nutrition and Food Safety. *Healthy Living*. Geneva, Switzerland. 2024.
- Invited Speaker: Nutrition and Obesity Policy Research and Evaluation Network (NOPREN), Rural Food Access Working Group (RFAWG). *Recruitment and Retention Strategies for Rural Studies*. 2024.
- Invited Speaker: Texas A&M University College of Agriculture & Life Sciences. *Innovation and Adaptation of Civic Engagement for Health Promotion Interventions*. College Station, TX. 2023.
- Invited Speaker: National Academies of Sciences' Standing Committee on Evidence Synthesis and Communications in Diet and Chronic Disease Relationships Workshop, Translating Nutrition Science from Bench to Plate: Complexity of Iterative Processes. *Farm Fresh Foods for Healthy Kids: Findings, Lessons, and Considerations for Food System and Food Environment Interventions and Program*. 2023.
- Invited Speaker: University of California San Diego, School of Public Health. *Multilevel, Multicomponent Interventions to Advance Health Equity through Community-Engaged Nutrition and Obesity Prevention Research*. La Jolla, CA. 2023.
- Invited Keynote: Precision-The Genes and Beyond, University of Alabama at Birmingham. *Multilevel, Multicomponent Interventions to Advance Health Equity through Community-Engaged Nutrition and Obesity Prevention Research*. Birmingham, AL. 2022.
- Invited Keynote: Junior Master Gardener National Leader Training Conference. *Strategies and Innovations for Community Nutrition Programs and Evaluation: Lessons from the Field*. 2022.
- Invited Speaker: University of North Texas Health Science Center 16th Annual Texas Conference on Health Disparities: Community Approaches to Health Equity. *COVID-19 Information and Resource Hub to Promote Health Equity for Texans: Engaging Diverse Community Voices*. 2021.
- Invited Speaker: American Society for Nutrition. *Malnutrition, a Multidimensional Global Health Challenge: Overcoming Public Health, Socioeconomic, and Behavioral Challenges Using Systems and Partnership Approaches Targeting Obesity and Chronic Disease Prevention*. 2021.
- Invited Speaker: Prairie View A&M University—Texas A&M University Summit: *Synergies and Opportunities in Nutrition and Food Systems Research and Education*. 2021.
- Invited Speaker: Nutrition and Obesity Policy Research and Evaluation Network (NOPREN), Rural Food Access Working Group (RFAWG). *Measures and Approaches for Remote/Virtual/Hybrid Data Collection for Rural Communities and COVID-19 Times: Balancing Reality, Rigor, and Participant Perspectives*. 2020.
- Invited Speaker: EarthXConservation. *Solving Current and Future Obesity and Chronic Disease Challenges through Multilevel, Socioecological Interventions: Systems and Partnership Approaches*. 2020.
- Invited Speaker: AgriLife Conference. *Integrating Community-Based Health Research into AgriLife Extension Programs*. College Station, TX. 2020.

- Panelist for Journal of Nutrition Education and Behavior Journal Club 5: *Process Evaluation of Strong Hearts, Healthy Communities: A Rural Community-Based Cardiovascular Disease Prevention Program*. 2020.
- Commencement Speaker (selected by the student body): Division of Nutritional Sciences Cornell University Commencement Ceremony. Ithaca, NY. 2018.
- Invited Keynote: Cornell Club of Monmouth Ocean County: Aging Well Event. *Aging Well through Healthy Eating, Physical Activity, & Civic Engagement: Be the Change that You Wish to See*. Red Bank, NJ. 2016.
- Invited Speaker: Nutrition and Obesity Policy Research and Evaluation Network (NOPREN), Rural Food Access Working Group (RFAWG). *Community Supported Agriculture Cost-Offset Intervention to Prevent Childhood Obesity and Strengthen Local Agricultural Economies*. 2015.
- Invited Speaker: Bronfenbrenner Center for Translational Research Talks at Twelve. Cornell University. *Using Tablet-Based Technology with Residents to Understand Barriers and Facilitators to Healthy Eating and Active Living: Rural Findings and Potential Catalysts for Change*. Ithaca, NY. 2015.
- Invited Speaker: South Central Regional Library Council: Healthy Libraries, Healthy Communities Series. *Food and Physical Activity Environments: An Approach to Improving Community Health*. 2014.
- Invited Keynote: Cornell Cooperative Extension Semi-Annual Conference. *Community-Based Capacity Building and Civic Engagement to Catalyze Positive Change in Rural Food and Physical Activity Environments: Lessons from the Field*. Ithaca, NY. 2012.
- Invited Keynote: Bassett Research Conference. *Rural Food and Physical Activity Environments in Community-Based Interventions*. Cooperstown, NY. 2012.
- Invited Speaker: National Extension Association of Family and Consumer Sciences. National Institute of Food and Agriculture. *The StrongWomen – Healthy Hearts Program*. Portland, ME. 2010.
- Invited Speaker: National Extension Association of Family and Consumer Sciences Annual Conference. Cooperative State, Research, Education, and Extension Service. *The StrongWomen Program*. Nashville, TN. 2003.

SELECTED SCIENTIFIC MEETING PRESENTATIONS AND WORKSHOPS

- *"We know what we're supposed to eat": Household, social, and community influences on healthy eating priorities and behaviors among rural South Texas women*. Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo (FNCE®). San Antonio, TX. 2026.
- *Expanding Healthy Food Access through Pay-What-You-Can Restaurants: Perspectives and Menu Evidence from US Community Cafes*. International Society of Behavioral Nutrition and Physical Activity, 25th Annual Meeting. Cádiz, Spain. 2026.
- *Understanding Local Adaptation of Nutrition and Agricultural Literacy Programs in the United States*. International Society for Behavioral Nutrition and Physical Activity, 25th Annual Meeting. Cádiz, Spain. 2026.
- *Does Civic Engagement Added to a Community Walking Program Confer More Benefit? A Comparative Effectiveness Trial in Rural Oregon*. Podium presentation. International Society of Behavioral Nutrition and Physical Activity, 25th Annual Meeting. Cádiz, Spain. 2026.

- *StrongPeople Strong Bodies Implementation Demonstrates Health Impact and Sustained Dissemination Expansion in Texas*. National Health Outreach and Engagement Conference. St. George, UT. 2026.
- *Synthesizing emerging evidence on how U.S. pay-what-you-can restaurants improve diet quality among food-insecure individuals*. International Society of Behavioral Nutrition and Physical Activity, 25th Annual Meeting. Cádiz, Spain. 2026.
- *Living in Agriculturally-Integrated Neighborhoods: Protocol for Assessing Longitudinal Changes in Health and Community Behaviors*. (Delivered by J. Maddock) American Academy of Health Behavior Annual Scientific Meeting. Austin, TX. 2026.
- *The Immediate Effects of Momentary Affective and Fatigue on Interstitial Glucose in Non-Diabetic Adults with Overweight and Obesity*. Society of Behavioral Medicine Annual Meeting. Chicago, IL. 2026.
- *Hunger Increases the Likelihood of Glucose Excursions in Adults with Overweight or Obesity: A Continuous Glucose Monitoring and Ecological Momentary Assessment Study*. (Delivered by B. Lim) 47th Annual Meeting of the Society of Behavioral Medicine. Chicago, IL. 2026.
- *Identifying Predictors of Intervention Effectiveness: A Moderator Analysis of the Strong Hearts Healthy Communities 2.0 Trial*. (Delivered by C. Rethorst) Society of Behavioral Medicine. San Francisco, CA. 2025.
- *Pilot study evaluating the StrongPeople Strong Heart digital intervention*. (Delivered by C. Rethorst) Society of Behavioral Medicine. 2025.
- *Identifying Retention Strategies for Maternal and Child Health and Nutrition Research: Perspectives of Women of Child-Bearing Age and Clinical Practitioners*. (Delivered by A. MacMillan Uribe) American Public Health Association Annual Meeting & Expo. Washington, DC. 2025.
- *Characterizing Cultural and Contextual Influences on Hypertension Management Health Behaviors among Hispanic American Women*. (Delivered by A. MacMillan Uribe) Society for Nutrition Education and Behavior Annual Conference. Indianapolis, IN. 2025.
- *Understanding Motivators and Challenges to Enrollment in Maternal and Child Health and Nutrition Research: A Mixed Methods Study with Women of Child-Bearing Age and Clinical Practitioners*. (Delivered by A. MacMillan Uribe) Society for Nutrition Education and Behavior Annual Conference. Indianapolis, IN. 2025.
- *Demographics and Health Behaviors Among Interested Buyers of an Agrihood Community*. American Academy of Health Behavior. San Diego, CA. 2025.
- *Community Design Preferences in a Sample of Interested Buyers of an Agrihood Community*. American Academy of Health Behavior. San Diego, CA. 2025.
- *Characterizing Nutrition Security and Perceived Diet Quality Among Food-Insecure Guests at Pay-What-You-Can Community Cafes in the United States*. (Delivered by A. MacMillan Uribe) International Society of Behavioral Nutrition and Physical Activity. Auckland, New Zealand. 2025.
- *Civic Engagement for Policies, Systems, and Environmental Change to Make Rural Communities Healthier Places to Live*. National Health Outreach & Engagement Conference. Omaha, NE. 2025.

- *COVID-19 Related Protocol Considerations and Modifications within a Rural Community-Engaged Health Promotion Randomized Trial.* Food Science and Human Nutrition. Prague, Czech Republic. 2024.
- *Leadership Characteristics of Extension Educators Facilitating a Healthy-Communities, Civic-Engagement Randomized Trial in Rural Towns.* (Delivered by M. Graham) National Health Outreach and Engagement Conference. Greenville, SC. 2024.
- *A Pilot Study to Evaluate the Feasibility and Acceptability of the StrongPeople Strong Hearts Adaption in Diverse Urban Women.* (Delivered by P. Githinji) Society of Behavioral Medicine. Philadelphia, PA. 2024.
- *Household Food Sourcing Patterns and Their Relationship to Food Insecurity in Appalachian Ohio.* American Society for Nutrition. Boston, MA. 2023.
- *Mediation Analysis to Identify Mechanisms Responsible for Weight Loss in the Strong Hearts, Healthy Communities 2.0 Community-Randomized Trial.* (Delivered by C. Rethorst) International Society for Behavioral Nutrition and Physical Activity. Uppsala, Sweden. 2023.
- *Relationship Between the Inner Setting of the Consolidated framework for Implementation Research and the Implementation of the Healthy School Recognized Campus Initiative: A Mixed Methods Analysis.* (Delivered by A. Schaefer) Society for Behavioral Medicine. Phoenix, AZ. 2023.
- *Effects of a Community-Randomized Cardiovascular Disease Risk Reduction Intervention on Diet-related Outcomes of Rural Women.* (Delivered by A.L. MacMillan Uribe) Society for Behavioral Medicine. Phoenix, AZ. 2023.
- *Effectiveness of the Multilevel, Multicomponent Strong Hearts, Healthy Communities-2.0 Intervention: A Community-Randomized Controlled Trial.* International Society of Behavioral Nutrition and Physical Activity. Phoenix, AZ. 2022.
- *Program Engagement among Participants of a Farmers' Market Incentive Program.* (Delivered by K. Anderson) Association for the Study of Food and Society (ASFS); Agriculture, Food, and Human Values Society (AFHVS); Canadian Association for Food Studies (CAFS); the Society for the Anthropology of Food and Nutrition (SAFN). 2021.
- *Cost Effectiveness of a Subsidized Community Supported Agriculture Intervention for Low-Income Families.* (Delivered by J. Garner[§]) Society of Behavioral Medicine. 2021.
- *Process Evaluation of a Rural Community-Based Cardiovascular Disease Prevention Program: Strong Hearts, Healthy Communities.* (Delivered by J. Garner[§]) Society for Nutrition Education and Behavior. Minneapolis, MN. 2018.
- *Cost-Offset Community Supported Agriculture (CO-CSA) Plus Education Improves Caregivers' Dietary Quality and Food Security in Low-Income Households, as well as Caregiver Attitudes, Self-Efficacy, and Skills.* American Public Health Association. San Diego, CA. 2018.
- *Increased Social Support from Friends Mediated the Effect of a Community-Based Behavioral Change Intervention to Improve Physical Activity Among Sedentary and Overweight Rural Women.* (Delivered by B. Lo[§]) American Public Health Association. San Diego, CA. 2018.
- *Functional Fitness and Physical Function Improvements in a Rural Community-Based Cardiovascular Disease Prevention Intervention Program.* (Delivered by B. Lo[§]) American Public Health Association. San Diego, CA. 2018.

- *Participants' Friends and Family Weight Changes in the Strong Hearts, Healthy Communities Cardiovascular Disease Risk Reduction Multilevel Randomized Trial.* American Society for Nutrition. Boston, MA. 2018.
- *Strong Hearts, Healthy Communities: Reducing Cardiovascular Disease Risk in Underserved Rural Populations.* American Society for Nutrition. Boston, MA. 2018.
- *A Cost-Effectiveness Evaluation of the Double Up Food Bucks Farmers Market Incentive Program in New York State.* (Delivered by J. Garner^Y) Society for Nutrition Education and Behavior. Minneapolis, MN. 2018.
- *Objective, But Not Perceived, Built Environment Moderated Physical Activity Changes Among Rural Overweight and Obese Women Participating in a Community-Based Randomized Controlled Trial.* (Delivered by B. Lo^Y) International Society of Behavioral Nutrition and Physical Activity. Hong Kong. 2018.
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