

## Curriculum Vitae

M. Allison Ford-Wade, Ph.D.  
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### Academic Record

The University of Arkansas, Fayetteville, AR Health Science	Ph.D.	2001
Dissertation: <i>Influences on bone mineral density among college-age women.</i>		
Mississippi State University, Starkville, MS Health Education and Health Promotion	M.S.	1998
University of North Alabama, Florence, AL Exercise Physiology	B.S.	1997

### Employment Record

2022-present	<b>Interim Chair</b> , Health, Exercise Science and Recreation Management, School of Applied Sciences, The University of Mississippi, Oxford, MS
2020-present	<b>Associate Dean of Community Engagement</b> , School of Applied Sciences, The University of Mississippi, Oxford, MS
2017-present	<b>Professor</b> , Department of Health, Exercise Science and Recreation Management, The University of Mississippi, Oxford, MS
2019-2022 2023-present	<b>Public Health Program Coordinator</b> , Department of Health, Exercise Science and Recreation Management, The University of Mississippi, Oxford, MS
2006-2017 2019-2020	<b>Health Promotion Program Coordinator</b> , Department of Health, Exercise Science and Recreation Management, The University of Mississippi, Oxford, MS
2017- 2020 2009 - 2012	<b>Graduate Program Coordinator</b> , Department of Health, Exercise Science and Recreation Management, The University of Mississippi, Oxford, MS

- 2008 – 2020      **Director**, Bone Density Laboratory, Department of Health, Exercise Science and Recreation Management, The University of Mississippi, Oxford, MS
- 2008 - 2017      **Associate Professor**, Department of Health, Exercise Science and Recreation Management, The University of Mississippi, Oxford, MS
- 2004 - 2008      **Assistant Professor**, Department of Health, Exercise Science and Recreation Management, The University of Mississippi, Oxford, MS
- 2001 - 2004      **Assistant Professor**, Department of Exercise Science and Health Promotion, Florida Atlantic University, Davie, FL
- 1999 - 2001      **Health and Fitness Anchor**, KFSM Channel 5  
Fayetteville, AR. Provided monthly television commentary on various health and fitness topics and answered call-in questions.

## Publications

### *Printed Publications*

\*\*Nasruddin, S., Johnson, T., Presley, M., Wade, B., Whalen, Q., Gordineer, E., Compretta, C., Dehon, E. **Ford-Wade, A.**, Godfrey, M., Barnard, M. (In press). Inspiring or failing the next generation of public health professionals? When a public health learning experience is impacted by public health crises. *American Journal of Public Health*

Sharma, M., Sehgal, M., Lakhan, R., Nahar, V., Wilkerson, A., Daniels, M., Kanekar, A., **Ford-Wade, A.** (2023). College students' readiness to change in physical inactivity behavior using perfection quotient behavioral model. *Journal of Social Health*, 5: 2, 1-16.

\*\*Chelf, S., Davis, R. E., Bass, M. A, **Ford, M. A.**, Firouzabadi, A. D., Leo, J. T., & Nahar, V. K. (2022). Osteoporosis Knowledge and Health Beliefs among Middle-aged Men and Women in the Southern United States. *Journal of Osteopathic Medicine*, 5: 122 (9): 453-459.

\*\*Cohen-Winans, S., Armstrong, K., **Ford, M.A.**, Allen, H.K. (2022). Individual correlations of COVID-19 concerns, preventative behaviors and experiences among college students. *Journal of Public Health in the Deep South*, 3 (1): 41-61.

\*\*Pittman, E., **Ford, M.A.**, Tschumper, E., Earl, S., Gautreaux, J., & Barnard, M (2022). Launching a Human Papillomavirus Vaccination (HPV) campaign on a college campus during the COVID-19 pandemic. *Journal of Public Health in the Deep South*, 3 (1): 109-114.

Allen, H.K., Cohen-Winans, S., Armstrong, K., Clark, N.C., **Ford, M.A.** (2021). COVID-19 exposure and diagnosis among college student drinkers: links to alcohol use behavior, motives, and context. *Translational Behavioral Medicine*, 25 May. doi: <https://doi.org/10.1093/tbm/ibab059>

**\*\*Coleman, L., Bass, M. Cafer, A., Ford-Wade, A, Loftin, M. (2020).** Influences on Body size perceptions among black women in the Mississippi Delta. *American Journal of Health Promotion*, 34 (8): 901-908.

**\*\*Oliver, A., Ford, M.A., Bass, M.A., Barnard, M. (2020).** College students' knowledge, attitudes, and beliefs of the 2017-2018 H3N2 flu virus and vaccination. *Southern Medical Journal*, Oct; 113(10): 524-530.

Davis, R.E., Bass, M.A., **Ford (Wade), M.A.**, Nahar, V.K. (2020). Screening for depression among a sample of US college students who engage in recreational prescription opioid misuse. *Health Promotion Perspectives*, 10 (1), 59-65. doi: [10.15171/hpp.2020.10](https://doi.org/10.15171/hpp.2020.10)

Nahar, V. K., Kim, R. W., Stephens, P. M., Patel, F. C., Pham, L., Hendricks, A., Haskins M. A., Lakhan, R., **Ford, M. A.**, & Bass, M. A. (2020). A Pilot Study of Osteoporosis Knowledge, Beliefs, and Self-efficacy of Asian-Indians in Northern Mississippi. *Journal of the Mississippi State Medical Association*, L11(1): 14-17.

*Davis, R.E., Bass, M.B., Ford, M.A., Bentley, J.P., Lee, K. Doyle, N.A. (2019). Recreational prescription opioid misuse among college students in the USA: An application of the theory of planned behavior. Journal of Health and Social Sciences, 4(3): 389-404.*

**\*\*Simmons, J.S., Ford, M.A., Novicevic, M.M.& Popoola, I.T. (2019).** Risk Perceptions of acquiring Type 2 Diabetes Mellitus among College Students *Journal of Higher Education Theory and Practice*, 19(7).

Bass, M. A., Sharma, A., Nahar, V. K., Chelf, S., Zeller, B., Pham, L., & **Ford, M. A.** (2019). Bone Mineral Density and Its Correlates in Women and Men Ages 35 to 50 Years. *The Journal of the American Osteopathic Association*, 119: 357-363.

Nahar, V. K., Black, W. H., **Ford, M. A.**, Bass, M. A., Bentley, J. P., Johnson, P., & Brodell, R. T. (2019). Factors Influencing Sun Protection Behaviors among Skin Cancer Patients: An Application of the Information-Motivation-Behavioral Skills Model. *Journal of the Dermatology Nurses' Association*. September 5, 2019 - Volume Publish Ahead of Print - Issue - p doi: 10.1097/JDN.0000000000000472

Nahar, V. K., Wilkerson, A. H., Martin, B., Boyas, J. F., **Ford, M. A.**, Bentley, J. P., Johnson, P., Beason, K. R., Black, W. H., & Brodell, R. T. (2019). Sun Protection Behaviors of State Park Workers in the Southeastern United States. *Annals of Work Exposures and Health*, 63(5): 521-532.

Sharma, M., Stephens, P. M., Nahar, V. K., Catalano, H. P., Lingam, V., & **Ford, M. A.** (2018). Using Multi-theory Model to Predict Initiation and Sustenance of Fruit and Vegetable Consumption among College Students. *The Journal of the American Osteopathic Association*, 118(8): 507-517.

Loprinzi, P.D. & **Ford, M.A.** (2018). The effects of social support network size on mortality risk: Considerations by diabetes status. *Diabetes Spectrum*, 31(2):189-192.

Sharma, M. Anyimukwu, C., Kim, R.W., Nahar, V.K. & **Ford, M.A.** (2018). Predictors of responsible drinking or abstinence among college students who binge drink: A Multi-theory Model Approach. *The Journal of the American Osteopathic Association*, 118(8): 519-530.

\*\*Morgan, R., Nahar, V. K., Wilkerson, A. H., **Ford, M. A.**, Hendricks, A., Bawa, G., Bass, M. A., & Sharma, M. (2017). Osteoporosis Knowledge, Perceptions, and Self-efficacy among Nursing Students in Mississippi: An Exploratory Study. *Journal of the Mississippi State Medical Association* 58(10): 264-269

**Ford, M. A.**, Haskins M. A., & Nahar, V. K. (2017). Does adherence to a motivational counseling program impact weight loss? *International Journal of Health Sciences*, 11 (4): 1-5.

Stapp, A.C., Valliant, M.W., **Ford, M.A.**, & Swain, K.A (2017). A lens with multiple perspectives: The transformative power of higher education in health promotion. *Journal of Contemporary Research in Education*, 67(1).

Sharma, M., Catalano, H. P., Nahar, V. K., Lingam, V., Johnson, P., & **Ford, M. A.** (2017). Using Multi-Theory Model (MTM) of Health Behavior Change to Predict Plain Water Consumption Instead of Sugar Sweetened Beverages. *Journal of Research in Health Sciences*, 17(1), e00370.

Hall, M. Williams, R.D., **Ford, M.A.**, Cromeans, E.M. & Bergman, R.J. (2016) Hooking-up, religiosity, and sexting among college students. *Journal of Religion and Health*. DOI 10.1007/s10943-016-0291-y

\*\*Nahar, V.K., Nelson, K.M., **Ford, M.A.**, Sharma, M., Bass, M.A., Haskins, M.A., Garner, J.C. (2016). Predictors of bone mineral density among Asian Indians in Northern Mississippi: A pilot study. *Journal of Research in Health Sciences*, 16(4) 228-232.

\*\*Nooe, A., Morgan, R., **Ford, M.A.** & Loprinzi, P.D. (2016). Perceptions of the exercise is medicine initiative in a geographically defined deep south population. *Southern Medical Journal*, 109(12).

Abe, T., Loenneke, J. P., Nahar, V. K., **Ford, M. A.**, Bass, M. A., Owens, S. G., & Loftin, M. (2016). Site-specific associations of muscle thickness with bone mineral density in Middle-aged and older men and women. *Physiology International*, 103 (2), 202-220.

Sharma, M., Catalano, H.P., Nahar, V.K., Lingam, V., Johnson, P., & **Ford, M.A.** (2016). Using multi-theory model to predict and initiation and sustenance of small portion size consumption among college students. *Health Promotion Perspectives*, 6 (3): 137-144.

\*\*Nahar, V. K., Sharma, M., Catalano, H. P., Ickes, M. J., Johnson, P., & **Ford, M. A.** (2016). Testing multi-theory model in predicting initiation and sustenance of physical activity behavior among college students. *Health Promotion Perspectives*, 6(2):58-65.

\*\*Nahar, V. K., **Ford, M. A.**, Brodell, R. T., Boyas, J.F., Jacks, S. K., Biviji-Sharma, R. Haskins M. A., & Bass, M. A. (2016). Compliance with sun protection and screening practices among melanoma survivors: A systematic review. *Journal of Cancer Research and Clinical Oncology*. 142 (6): 1273-1283

\*\*Nahar, V.K., **Ford, M. A.**, Jacks, S.K., Thielen, S., Johnson, A. K, Brodell, R. T, Bass, M. A. (2015). Sun-related Behaviors among Individuals Previously Diagnosed with Non-melanoma Skin Cancer: A review. *Indian Journal of Dermatology, Venereology, and Leprology*, 81(6), 568-575.

Abe, T., Loenneke, J. P., Nahar, V. K., **Ford, M. A.**, Bass, M. A., Owens, S. G., & Loftin, M. Bone mineral density in master cyclists: A 2-year Follow-up Study. (2015). *Journal of Aging Research & Clinical Practice*, 4(4), 226-229.

\*\*Vice, M.A., Nahar, V.K., **Ford, M.A.**, Bass, M.A., Johnson, A.K., Davis, A.B. & Biviji-Sharma, R (2015). Risk factors for low bone mineral density in institutionalized individuals with developmental disabilities: A brief report, *Health Promotion Perspectives*, 5 (2).

\*\*Johnson, A.K., **Ford, M.A.**, Jones, T.L., Nahar, V.K., Hallam, J.S. (2015). Predictors of bone mineral density in African-American and Caucasian college-aged women, *Health Promotion Perspectives*, 5(1), 14-23.

Janz, K.F., Thomas, D.Q., **Ford, M.A.** & Williams, S.M. (2015) Top 10 research questions related to physical activity and bone health in children and adolescents, *Research Quarterly for Exercise and Sport*, 86 (1), 5-12.

Abe, T., Loenneke, J.P., Young, K.C., Theibaud, R.S., Nahar, V.K., Patterson, K.M. Stover, C.D., **Ford, M.A.**, Bass, M.A. & Loftin, M. (2015). Validity of ultrasound prediction equations for total and regional muscularity in middle-aged and older men and women. *Ultrasound in Medicine and Biology*, 41 (2), 557-564.

\*\*Nahar, V.K., **Ford, M.A.**, Boyas, J.F., Brodell, R.T., Hutcheson, A., Davis, R.E., Beason, K.R., Bass, M.A. & Biviji-Sharma, R. (2014). Skin cancer preventative behaviors in state park workers: A pilot study. *Environmental Health and Preventative Medicine*, 19 (6), 467-474.

**Ford, M.A.**, Haskins, M.A. & Wade, C. (2014). Weight management through motivational counseling in the workplace. *The Journal of Safety, Health and Environmental Research*, 10 (2), 178-183.

Abe, T., Nahar, V.K., Young, K.C., Patterson, K.M., Stover, C.D., Lajza, D.G., Tribby, A.C., Geddam, D.A.R., **Ford, M.A.**, Bass, M.A., & Loftin, M. (2014). Skeletal muscle mass, bone mineral density and walking performance in masters cyclists. *Rejuvenation Research*, 17(3), 291-296.

**\*\*Hobbs, C.**, Nahar, V.K., **Ford, M.A.** Bass, M.A. & Brodell, R. (2014). Skin cancer knowledge, attitudes, and behaviors of collegiate athletes. *Journal of Skin Cancer*, doi/10.1155/2014/248198.

**\*\*Nahar, V.K.**, Vice, M.A. & **Ford, M.A.** (2013). Conceptualizing and measuring risk perceptions of skin cancer: A review. *California Journal of Health Promotion*, 11 (3), 36-47.

**\*\*Nahar, V.K.**, **Ford, M.A.**, Hallam, J.S., Bass, M.A., & Vice, M.A. (2013). Socio-Demographic and psychological correlates of sun protection behaviors among outdoor workers: A review. *Journal of Skin Cancer*, doi/10/1155/2013/453174.

**\*\*Nahar, V.K.** **Ford, M.A.**, Hallam, J.S., Bass, M.A., Hutcheson, A., & Vice, M.A. (2013). Skin cancer knowledge, beliefs, self-efficacy, and preventative behaviors among North Mississippi Landscapers. *Dermatology Research and Practice*, doi/10.1155/2013/496913.

Abe, T., Dabbs, N.C., Nahar, V.K., **Ford, M.A.**, Bass, M.A. & Loftin, M. (2013). Relationship between dual energy x-ray absorptiometry-derived appendicular lean tissue mass and total body skeletal muscle mass estimated by ultrasound. *International Journal of Clinical Medicine*, 4 (6), 283-286.

**\*\*Hatchett, A.**, Hallam, J.S., & **Ford, M.A.** (2013). Evaluation of social cognitive theory based email intervention designed to influence the physical activity of survivors of breast cancer. *Psycho-Oncology* 22(4): 829-36.

**\*\*Gamble A.**, Waddell D., **Ford M.A.**, Bentley J.P., Woodyard C.D., & Hallam J.S. (2012). Obesity and Health Risk of Children in the Mississippi Delta. *Journal of School Health* 82 (10), 478-483.

**\*\*Ermin, K.**, Owens, S.G., **Ford, M.A.**, & Bass, M.A. (2012). Bone mineral density of adolescent female tennis players and non-tennis players. *Journal of Osteoporosis* Article ID 423910, 5 pages, doi:10.1155/2012/423910.

Garner, J.C., MacDonald, C., Wade, C., Johnson, A.K. & **Ford, M.A.** (2011). The Influence of body composition on youth throwing kinetics, *Pediatric Exercise Science*, 23 (3), 379-387.

**Ford, M.A.**, Bass, M., Zhao, Y., Bai, J.B., & Zhao, Y. (2011). Osteoporosis knowledge, self-efficacy, and beliefs among college students in the USA and China, *Journal of Osteoporosis*, Article ID 729219, 8 pages, doi:10.4061/2011/72921.

**Ford, M.A.** & Torok, D.J. (2008). Motivational signage increases physical activity on a college campus, *American Journal of College Health*, 57 (2), 242-244.

**Ford, M.A.**, Bass, M.A. & Keathley, R. (2007). Osteoporosis knowledge and attitudes: A cross-sectional study among college age students. *American Journal of College Health*, 56 (1), 43-47.

Bass, M.A., **Ford, M.A.**, Keathley, R.S. & Mauromoustakos, A. (2006). Variables for the prediction of femoral bone mineral status in American women. *Southern Medical Journal*, Feb 99 (2), 115-22.

Whitehurst, M.A., Johnson, B.L., Parker, C.M., Brown, L.E. & **Ford, M.A.** (2005). The benefits of a functional exercise circuit for older adults. *Journal of Strength and Conditioning Research*, 19 (3), 647-651.

**Ford, M.A.**, Bass, M.A., Turner, L.W., Mauromoustakos, A., & Graves, B.S. (2004). Past and recent physical activity and bone mineral density in college-aged women. *Journal of Strength and Conditioning Research*, 18 (3), 405-409.

**Ford, M.A.** & Bass, M.A. (2004). Osteoporosis: A home healthcare issue. *Californian Journal of Health Promotion*, 2 (3), 5-11.

Tokar, K., **Ford, M.A.**, Turner, L.W. & Denny, G. (2003). Bone mineral density levels of college-aged women in northwest Arkansas. *Arkansas Medical Society*, 100 (5), 170-175.

\*\*Dodge, J.R., **Ford, M.A.**, & Perko, M. (2003). From ephedra to creatine: Using theory to respond to sport dietary use in young athletes. *American Journal of Health Studies*, 18 (2/3), 111-115.

**Ford, M.A.**, Turner, L. W., DiBrezzo, R. & Cho, H.K. (2001). Bone densitometry in assessment of bone mineral density. *Arkansas Medical Society Journal*, (98), 86-88.

Ferguson, R.H., Bass, M.A., & **Ford, M.A.** (2001). A comparison of various methods for assessing body composition. *Arkansas AAHPERD Journal*, (36), 49-52.

**Ford, M.A.**, Turner, L.W., & Hunt, S. (2000). Enhancing exercise initiation and adherence: Application of the transtheoretical model of behavior change. *Arkansas AAHPERD Journal*, (35), 35-39.

**Ford, M.A.**, Turner, L.W., Pesa, J. A., & Hunt, S. (2000). Body image and fruit and vegetable intake among youth: Results from a national survey. *Arkansas AAHPERD Journal*, (35), 21-25

\*\*denotes graduate student as first author

## Other Pertinent Publications

### Book Chapters/Enhancements

**Ford, M. A.** (2003) Lecture Enhancement 10-2: Enhancing exercise initiation and adherence with the application of the transtheoretical model, *Instructor's Manual forSizer and Whitney's Nutrition Concepts and Controversies*, 9<sup>th</sup> edition, Wadsworth/Thomson Learning, Belmont, CA.

Ferguson, R.H., Bass, M.A., & **Ford, M.A.** (2003) Lecture Enhancement 9-2: A comparison of various methods for assessing body composition, *Instructor's Manual forSizer and Whitney's Nutrition Concepts and Controversies*, 9<sup>th</sup> edition, Wadsworth/Thomson Learning, Belmont, CA.

**Ford, M.A.** (2002) Lecture Enrichment 14-2: Enhancing exercise initiation and adherence with the application of the transtheoretical model, *Instructor Manual Nutrition: Concepts and Controversies*, 9<sup>th</sup> edition, West/Wadsworth Educational Publishing, Belmont, CA.

Ferguson, R.H., Bass, M.A., & **Ford, M.A.** (2002) Lecture Enrichment 8-1: A comparison of various methods for assessing body composition, Instructor Manual to Accompany *Nutrition: Concepts and Controversies*, 9<sup>th</sup> edition, West/Wadsworth Educational Publishing, Belmont, CA.

**Ford, M.A.** (2000) Lecture Enhancement 10-2: Enhancing exercise initiation and adherence with the application of the transtheoretical model, Instructor Manual to accompany *Nutrition: Concepts and Controversies*, 8<sup>th</sup> edition, West/Wadsworth Educational Publishing, Belmont, CA.

### Published Abstracts

Vidya M. Medepalli, William H. Black, Robert E. Davis, Manoj Sharma, **M. Allison Ford**, Robert T. Brodell, Vinayak K. Nahar (2022) Associations of perceived skin cancer absolute risk and comparative risk with sunscreen use among patients with keratinocyte carcinoma, *Journal of the American Academy of Dermatology*, Volume 87, Issue 3, Supplement. Page AB143,ISSN 0190-9622, <https://doi.org/10.1016/j.jaad.2022.06.606>.

Nahar VK, W Black, **MA Ford-Wade**, RT Brodell. Skin Cancer: Knowledge, Attitudes, and prevention Behaviors among outdoor working patients diagnosed with non-melanoma skin cancer. *Journal of the American Academy of Dermatology* (2020) 83 (6): supplement AB218 Dec 1, 2020. <https://doi.org/10.1016/j.jaad.2020.06.962>

Barnard, M. Dehon, E., Compretta, C., **Ford-Wade, A.**, White, W., Rockhold, R. (2020). PROJECT SCORE (Student-Centered Outcomes Research Experiences). *Mississippi Academy of Sciences*, 65 (1), O12.06.



Nahar, V. K., Hutcheson, A. K., Boyas, J. F., Lee, K., Chelf, S., Lakhan, R., **Ford, M. A.**, Bentley, J. P., Johnson, P., Beason, K. R., Black, W. H., Grant-Kels, J. M., & Brodell, R. T. (2017). Utility of the Health Belief Model in Predicting Sun Protection Behaviors among State-Park Workers in the Southeastern United States. *American Public Health Association*. Abstract available

from: <https://apha.confex.com/apha/2017/meetingapp.cgi/Paper/386511>

Nahar, V. K., Black, W. H., **Ford, M. A.**, Bass, M. A., Bentley, J. P., Johnson, P., Jacks, S. K., Breeden, T., Grant-Kels, J. M., & Brodell, R. T. (2017). Predicting Sun Protection Behaviors among Skin Cancer Patients Using the Information-Motivation-Behavioral Skills Model. *American Public Health Association*, Abstract available

from: <https://apha.confex.com/apha/2017/meetingapp.cgi/Paper/373089>

**Ford, M.A.**, Nahar, V.K., Bass, M.A., Vice, M.A., Davis, R. & Hutcheson, A.K. (2014). Influences on bone mineral density among. Asian Indians residing In the US. *Medicine and Science in Sports and Exercise*, 46 (5) S32.

Johnson, A.K., **Ford, M.A.**, Hallam, J.S., Jones, T.L. (2014). Osteoporosis knowledge among African-American and Caucasian college-age women, *Medicine and Science in Sports and Exercise*, 46 (5) S34.

Bass, M.A., Bankston, T., **Ford-Wade, M.A.**, Valliant, M., Nahar, V.K. (2014). Effect of carbonated soft drink consumption on bone mineral density: A pilot study, *Medicine and Science in Sports and Exercise*, 46 (5) S209

Nahar, V.K., Abe., T, Young, K, Patterson, K.M., Stover, C.D., Lajza, D.G., Tribby, A.C., Geddam, **Ford, M.A.**, Bass, M.A., & Loftin, M. (2014). Skeletal muscle mass and bone mineral density in masters cyclists and moderately active young men. *Medicine and Science in Sports and Exercise*, 46 (5) S209.

Vice, M.A., Nahar, V.K., Bass, M. & **Ford-Wade, A.** (2012). Risk factors for low bone mineral density in institutional individuals with developmental disabilities. *Medicine and Science in Sports and Exercise*, 44 (5) S517.

Hobbs, C., Bass, M.A., Hallam, J.S. & **Ford-Wade, A.** (2012). Skin Cancer knowledge, attitudes, and behaviors in collegiate athletes. *Medicine and Science in Sports and Exercise*, 44 (5) S262.

Ermin, K., Owens, S, **Ford-Wade, A.**, & Bass, M. (2011). Differences in bone mineral density among adolescent female tennis players and non-tennis players. *Medicine and Science in Sports and Exercise*, 43 (5) S606.

Garner, J.C., Johnson, A.K., MacDonald, C.J., **Ford-Wade, A.** & Wade, C. (2009). The influence of body composition and segmental mass on kinetic variables associated with youth throwing injuries. Abstracted: *Journal of Strength and Conditioning Research* 23(5).

Johnson, A, Wade, C, **Ford, M.A.** & Breloff, S (2007). A comparison of gait dynamics in individuals with low or normal bone mineral density. *Medicine and Science in Sports and Exercise*, 39 (5), S6.

**Ford, M.A.**, & Torok, D.J. (2005). Motivational signage increases physical activity on a college campus. *Research Quarterly for Exercise and Sport*, 76 (1), A-38.

**Ford, M.A.**, Bass, M.A. & Keathley, R.S. (2005). Knowledge and perceptions of college-age women regarding osteoporosis. *Research Quarterly for Exercise and Sport*, 76 (1), A-37.

Bass, M.A, Brown, B.S., Mauromoustakos, A. & **Ford, M.A.** (2004). The Effect of exercise, body composition, and nutritional intake on bone mineral status of women in the United States. *Research Quarterly for Exercise and Sport*, 75 (1), A-16.

Sherman, N.W., Ocker, L.B., Bloomquist, J.K., **Ford, M.A.**, Ruiz, A. & Doughty, P.D. (2004). Reliability Estimates and Changes in Total Bone Mineral Density in Adults. *Medicine and Science in Sports and Exercise*, 36, S297-298.

**Ford, M.A.** Bass, M.A., Tuner, L.W. & Mauromoustakos, A. (2003) Influences on bone mineral density among college-aged women. *Medicine and Science in Sports and Exercise*, 35 (5), 447.

Whitehurst, M. Johnson, B., Parker, C. Brown, L.E & **Ford, M.A.** (2003) Functional training program promotes fitness among frail elderly population. *Medicine and Science in Sports and Exercise*, 35 (5), 948.

**Ford, M.A.**, Turner, L.W., Mauromoustakos, A., & Bass, M.A. (2003) Effect of Body Composition on Bone Mineral Density Among College-Aged Women, *Research Quarterly for Exercise and Sport*, 74 (1), A-15.

Chaney, J.D., **Ford, M.A.**, Bass, M. A., Williams, D.P., Jones, C. (2003) Is Environmental Health Emphasized at the Graduate Level in Programs of Public Health and Health Education, *Research Quarterly for Exercise and Sport*, 74 (1), A-14.

**Ford, M.A.**, Turner, L.W., Mauromoustakos, A. & Bass, M.A. (2002) The effects of past and present physical activity on bone mineral density among college-aged women, *Research Quarterly for Exercise and Sport*, 73 (1), A-23.

Turner, L.W., **Ford, M.A.**, Hoyt, G.L., Hunt, S.B. (2001) Effects of lifestyle factors on bone mineral density among college-aged women, *Research Quarterly for Exercise and Sport*, 72 (1), A-35.

Ferguson, R.H., **Ford, M.A.**, Bass, M.A. (2001) A comparison of body composition measurement techniques, *Arkansas AAHPERD Journal*, 36 (1), 14.

**Ford, M.A.**, Turner, L.W., Bass, M.A., Hunt, S.B. (2001) Bone mineral density levels of college females attending a southern university, *Southern Academy of Women in Physical Activity, Sport and Health*, 65.

Bass, M.A., Turner, L.W., **Ford, M.A.** (2001) Application of the transtheoretical model in the management of the female athlete triad, *Southern Academy of Women in Physical Activity, Sport and Health*, 65.

**Ford, M.A.**, Turner, L.W., Hunt, S, Mulvenon, S. (2000) Body image and fruit and vegetable intake among youth: Results from a national survey, *Research Quarterly for Exercise and Sport*, 71, (Suppl.), A-38.

Turner, L.W., Young, M. **Ford, M.A.**, Ting, L. (2000) Gender differences in nutrition intake among southern rural adolescents, *Research Quarterly for Exercise and Sport*, 71, (Suppl.), A-46.

## **Other Publications**

**Ford, M.A.**, Allen, K., Alsop, M., Daley, J., David, J.L., Echols, V.K., Haupt, K., Hillbrand, A., Mayes, M.N. (2000) Guide to searching Infotrac, *Health Reference Center-Academic*, The University of Arkansas, Fayetteville.

## **Grants and Contracts**

### **External Funding**

Mississippi Drug-Use Reduction Program (2022-2023)  
Office of National Drug Control Policy (ONDCP)  
Role: Investigator  
Funded: \$5,000,000

Project SCORE: Student-Centered Outcomes Research Experience (2021-2026)  
Science Education Partnership Award (SEPA)-NIH  
Role: Co-Investigator  
Funded \$1,309,262

Mental Health First Aid (MHFA) Trainings at the University of Mississippi  
US Department of Education funding through the Higher Education Emergency Relief Fund III  
Role: PI  
Funded \$60,445.24

Leisure Lifestyles Wellness Program- Oxford Park Commission (2022-present)  
Role: PI  
Funded: \$10,000/year

HiVE (HPV Vaccination Education Mississippi Phase 2: Establishment of HPV Vaccine Education Teams and assisting in the launch of campaigns on colleges campuses across Mississippi (2022-2023)  
Role: Co-Investigator  
Funded \$9,953

HiVE (HPV Vaccination Education) Mississippi (2021-2022)  
Mississippi Comprehensive Cancer Control  
Centers for Disease Control/Mississippi State Department of Health  
Role: Investigator  
Funded: \$10,000

IIC HiVE-HPV Vaccine Education (2021-2022)  
Indiana Immunization Coalition Award  
Role: Co-Investigator  
Funded \$1,500

Mississippi Comprehensive Cancer Control Program (MCCCP) (2017-2018)  
Evaluation Services for MCCCP Program, Plan and Partnership  
Centers for Disease Control/Mississippi State Department of Health  
Role: Evaluator  
Funded \$15,000

Mississippi Comprehensive Cancer Control Program (MCCCP) (2016-2017)  
Evaluation Services for MCCCP Program, Plan and Partnership  
Centers for Disease Control/Mississippi State Department of Health  
Role: Evaluator  
Funded \$25,000

Mississippi Comprehensive Cancer Control Program (MCCCP) (March 2016-June 2016)  
Evaluation Services for MCCCP Program, Plan and Partnership  
Centers for Disease Control/Mississippi State Department of Health  
Role: Principle Investigator  
Funded: \$11,886

Mississippi State Employee Wellness Evaluation (2014)  
Process Evaluation of State Employee Wellness Program  
Mississippi State Department of Health  
Role: Principle Investigator  
Funded: \$16,500

Mississippi Osteoporosis Prevention Program (2006)  
Educating North Mississippians on Chronic Diseases Using Models and Props  
Project HOPE  
Role: Principle Investigator  
Funded: \$1,662

Mississippi Osteoporosis Prevention Program (2005)  
Project HOPE  
Role: Principle Investigator  
Funded: \$1,800

Injury Control Cooperative Agreement-Safe Communities (2002-2003)  
National Highway Traffic Safety Administration (NHTSA)  
Role: Principle Investigator  
Funded: \$35,000

Injury Control Cooperative Agreement-Safe Communities (2001-2002)  
National Highway Traffic Safety Administration (NHTSA)  
Role: Principle Investigator  
Funded: \$17,587

### **Internal Funding**

Using Tower Gardening in the Classroom  
Quality Enhancement Plan (QEP)  
The University of Mississippi Center for Excellence in Teaching and Learning (2020)  
Role: Faculty Advisor-(Graduate Students: Tess Johnson and Lindsey Crawford)  
Funded: \$1,100

Hands-On Educational Tools: e-cigarette using and fat rich diets  
Quality Enhancement Plan (QEP)  
The University of Mississippi Center for Excellence in Teaching and Learning (2020)  
Role: Faculty Advisor (Graduate Students: Samantha Cohen-Winans and Eric Pittman)  
Funded: \$1,000

Student-Centered Outcomes Research Experience (SCORE) (2018)  
The University of Mississippi Community Wellbeing Constellation  
Role: Investigator  
Funded: \$5,000

New Beginnings Health Promotion Program (2008-2015)  
Student and Employee Health Services  
The University of Mississippi  
Role: Principle Investigator  
Funded: \$18,000 per year (\$144,000)

Live Healthy- A Worksite Health Promotion Program (2004-2006)  
Office of Outreach and Summer School  
The University of Mississippi  
Role: Principle Investigator  
Funded: \$17,615 per year (\$52,845)

Fall Prevention and Older Adults-Interdisciplinary Workgroup (2005-2007)  
Office of Research and Sponsored Programs  
The University of Mississippi  
Principle Investigator: JS Hallam  
Role: Co-Investigator  
Funded: \$20,000

The Influence of Low Bone Mineral Density on Postural Control (2006)

Office of Research and Sponsored Programs

The University of Mississippi

Role: Principle Investigator

Funded: \$6,500

Utilizing the NeuroCom Equitest Dynamic Posturography system to investigate aging and postural control (2006)

University of Mississippi's Provost's Associates' and Partners Teaching and Research Equipment Grant

Role: Co-Investigator

Funded: \$10,000

Risk Factors Associated with Low Bone Mineral Density Among University of Mississippi Employees (2005)

Office of Research and Sponsored Programs

The University of Mississippi

Role: Principle Investigator

Funded: \$7,868

Microplate Washer (2004)

Associates' and Partners' Fund

The University of Mississippi

Principle Investigator: SG Owens

Role: Co-Investigator

Funded: \$5137

The Effects of Depo-Provera Use on Bone Mineral Density in Young Women (2002-2003)

Division of Research

Florida Atlantic University

Role: Principle Investigator

Funded: \$4,800

## **Unfunded Grants**

Mississippi Osteoporosis Prevention Programs (MOPP), Cabot Cheese and University of Mississippi Women's Athletics Presents Building Bones for Mothers and Daughters (2011)

AAUW

Role: Principle Investigator

Requested: \$16,987

Abuse and HIV Prevention Program Within Racial and Ethnic Minority Populations at the University of Mississippi (2010)

SAMHSA

Role: Principle Investigator

Requested: \$1,476,472

Live Healthy :A strategy to increase health knowledge and awareness in Mississippi (2009)

Project HOPE

Role: Principle Investigator

Requested: \$24,280

Mississippi Osteoporosis Prevention Programs (MOPP)-Building Bones for Mothers and Daughters (2008)

Project HOPE

Role: Principle Investigator

Requested: \$7,674

Assessing Bone Mineral Density Status Among Female Teenagers in Mississippi (2006)

Community Pharmacy Foundation

Role: Principle Investigator

Requested \$91,152

Cooperation in teacher training across the Atlantic (2003)

AMERICANEUROPE.NET

Principle Investigator: J Thompson

Role: Co-Investigator

Requested: 49637 Euro

## **Dissertations and Theses Directed**

### ***Masters Theses Directed***

Teresa Johnson, "Influence of tower gardens on vegetable preference and consumption among kindergarteners" Summer 2020.

Amanda K. Hutcheson, "Cardiovascular disease knowledge, awareness, perceived risk, and hormonal contraceptive use among female college students" Summer 2014.

Vinayak K. Nahar, "Skin cancer knowledge, beliefs, self-efficacy and preventative behaviors among North Mississippi landscapers" Spring 2013.

Courtney Hobbs, "Skin cancer knowledge, attitudes and behavior in collegiate athletes" Fall 2010.

Samantha Hirth, "Perception of risk of heart disease in comparison to actual risk in college females" Summer 2010.

Sandy Seufert, "The effectiveness of the American Association of Cheerleading Coaches and Advisors safety certification program in reducing the number of injuries among high school cheerleaders" Fall 2006.

### ***Masters Theses Committee Membership***

Bob Davis, "Examination of accelerometer reactivity among children, adolescents, and adults: Implications for influencing physical activity estimates, proportion meeting physical activity guidelines and associations with health outcomes" Summer 2015

Tina Bankston, "The effects of carbonated soft drink on bone mineral density in college age women" Spring 2014.

Megan Marsh, "Impact of eating and exercise habits on college students life satisfaction" Spring 2013.

Kevser Ermin, "Bone mineral density of adolescent female tennis players and non-tennis players" Fall 2010.

Mary Righton Brown, "Cognitive-behavioral aspects of eating and weight status in young adults" Spring 2010.

Blake Goldman, "The built environment and active commuting to school in Oxford, MS: Comparing actual and perceived barriers" Spring 2010.

Catherine Woodyard, "Differences in perceptions and reported drinking behavior of college students" Fall 2009.

### **Dissertations Directed**

Samantha Cohen-Winans, "Prevalence of meeting 24-hour movement guidelines and sociodemographic correlates among US Adults" Summer 2023

Sarah A. Ball, "Leisure boredom and perceived stress as predictors of social distancing among university students" Summer 2020

Michael Andrew Vice, "The relationship between caring for individuals diagnoses with Prader-Willi Syndrome and caregiver stress" Summer 2017

Mary Amanda Haskins, "Bone mineral density, preventative behaviors and risk factors in African American and Caucasian mother-daughter pairs" Fall 2016

Vinayak K. Nahar, "Utility of Information Motivation Behavioral Skills Model in measuring and predicting sun protection behaviors in skin cancer patients" Summer 2016

Andrea Johnson, "Determinants of bone mineral density of African American and Caucasian college aged women" Fall 2010



## **Dissertation Committee Membership**

Seungho Ryu "Psychometric evaluation of memory and concentration sections in the standardized assessment of concussion" Summer 2021

Gina Boullion "Acceptability, anticipated adherence, and willingness to begin interceptive exposure: Examination of the Influence of a values rationale" Summer 2021 (Psychology)

Lindsay Crawford, "Manipulations of a memory interference paradigm" Spring 2021

Emily Frith, "Creativity in motion: Examining the impact of meaningful movement on creative cognition" Summer 2020 (Psychology)

Lois Coleman, "Cultural influences on weight perception among African American women in the Mississippi Delta" Spring 2019

Emily Frith, "Acute exercise and creativity: Embodied cognition approaches" Spring 2019

Stacy Chelf, "Predictors of bone mineral density among men and women living in rural communities" Spring 2019

Peter Tulchinsky, "Professional skill development for collegiate recreation student employees" Summer 2018

Robert Davis, "Salient beliefs and social influence on intentions to misuse prescription opioid pain relieving drugs for recreational purposes: An application of the Theory of Planned Behavior" Fall 2017

Takilya T. Davis, "The role of self-regulation, self-efficacy, outcome expectancy value on physical activity on former NCAA Division I student athletes" Spring 2015

Linda Lobb, "Certified personal trainers and physicians: An evaluation of consumer preference, influence, and decision making on using a weight loss medication" Spring 2014

Abby Gamble, "The role of policy and the built environment on children's physical activity in the Mississippi Delta" Spring 2011

Nganga Ngata, "Attitudes toward cultural practices and sport participation of adolescent girls in Kenya" Spring 2009

Andrew Hatchett "Process evaluation and impact evaluation of a Social Cognitive Theory based intervention to increase the adoption of physical activity in breast cancer survivor" Spring 2009

Lynette Lacey-Godfrey, "African American female body image: Perceptions of women on two distinct college campuses" Spring 2007, (Department of Leadership and Counselor Education)

Gina Blunt, "Worksite supportive environments for active living survey (Worksite SEALS): Development and psychometric properties" Summer 2006

Danielle Wadsworth. "Evaluation of a social cognitive theory based e-mail intervention to increase physical activity of college females" Spring 2005

## **Professional Activities**

### ***Membership in Professional Organizations***

- Society for Public Health Education (2004-2006, 2013-present)
- American College of Sports Medicine (2007-2009, 2011-2013, 2014-2015)
- American Red Cross CPR/First Aid Instructor (1997-present)
- American Alliance for Health, Physical Education, Recreation and Dance (1999-2013)
- American Association for Health Education (1999-2013)
- American Public Health Association (2004-2006)

### ***Offices Held in Professional Organizations***

- Chair: Multicultural Committee, American Association of Health Educators (AAHE) (2006-2007)
- Member: Multicultural Committee, American Association of Health Educators (AAHE) (2002-2005)
- Member: American Alliance of Health Educators Scholarship Committee (2002-2005)
- Member: Society of Public Health Education's National Convention Planning Committee (2005)
- Member: American Alliance of Health Educators (AAHE) Multicultural Committee (2003-2007)

## **Papers Presented**

Armstrong, K., **Ford MA**, Wade, C. & Zigmont VA. The task specificity of obstacle negotiations in individual with low bone mineral density, American Public Health Association, Boston, MA 2022.

Barnard, M. Compretta, C., **Ford-Wade, A.**, Godfrey, M. Presley, M. Nasruddin, S., Cohen-Winans, S., Whalen, Q., Gordineer E., Brock, S., Carter, C., Rockhold, R. Project SCORE (Student-Centered Outcomes Research Experience): A student-developed research agenda" NIH SciED Annual Conference, Washington, DC, June 2022.

Barnard, M., Pittman, E, Head, K., Gautreaux, J., **Ford-Wade, A.** Mississippi HPV Vaccine Education (HiVE) Program, Mississippi Department of Health Grand Rounds, March 2022.

Gautreaux J, Pittman E, **Ford-Wade A**, Tschumper E, Earl S, Barnard M. Implementing an HPV Vaccination and Education Campaign at the University of Mississippi. Mississippi Public Health Association 2022 Annual Meeting. Jackson, MS. April 7-8, 2022.

Medepalli, V. M., Black, W. H., Davis, R. E., Sharma, M., **Ford, M. A.**, Brodell, R. T., & Nahar, V. K. Associations of Perceived Skin Cancer Absolute Risk and Comparative Risk with Sunscreen Use among Patients with Keratinocyte Carcinoma." *American Academy of Dermatology*, Annual Meeting, Boston, MA, March, 2022.

Allen, H.K., Cohen-Winans, S., Armstrong, K. Ford, M.A. COVID-19 exposure and diagnosis among college student drinkers: Links to alcohol use motives and context *Society for Prevention Research (SPR)* Virtual 29<sup>th</sup> Annual Meeting, June 2021.

Harrigill, M., Pearlman, R. L., Black, W. H., Davis, R. E., **Ford, M. A.**, Brodell, R. T., & Nahar, V. K. Utility of Health Belief Model (HBM) to Predict Sun Protection Behaviors among Patients with Keratinocyte Carcinoma. *Brigham and Women's Hospital Dermatology Medical Student Virtual Research Symposium*, May, 2021.

Barnard, M. Dehon, E., Compretta, C., Ford-Wade, A., White, W., & Rockhold, R. (2020). PROJECT SCORE (Student-Centered Outcomes Research Experiences). *Mississippi Academy of Sciences*, Biloxi, MS.

Lakhan, R., Sharma, M., Nahar, V.K., Kanekar, A., Wilkerson, A., **Ford-Wade, A.** Developing and testing a scale for predicting readiness for health behavior change among college students. *American Public Health Association*, Annual Meeting, Philadelphia, PA, November 5, 2019. Abstract available from: <https://apha.confex.com/apha/2019/meetingapp.cgi/Paper/433183>

Nahar, V. K., Wikerson, A. H., **Ford-Wade, M. A.**, & Sharma, M. Understanding and Predicting Indoor Tanning Cessation using Multi-theory Model of Health Behavior Change. (2019) *Dermatology Nurses' Association*, Annual Meeting, Washington, DC.

Davis, R. E., Bass, M. A., **Ford, M. A.**, & Nahar, V. K. (2018). Are there Gender Differences in Depression and Co-occurring Substance Use in College Students Who Engage in Recreational Prescription Opioid Misuse? *Society for Public Health Education*, Delta Regional Chapter, Oxford, MS

Oliver, A., **Ford, M.A.**, Bass, M. & Barnard, M. (2018). College Students' Attitudes and Beliefs of the 2017-2018 H3N2 Flu Virus and Vaccine. *Delta SOPHE*, Oxford, MS.

Haskins M. A., **Ford, M. A.**, Bass, M. A., & Nahar, V. K. (2018) Bone Mineral Density, Preventative Behaviors and Risk Factors in African American and Caucasian Mother-Daughter Pairs. *Society for Public Health Education Annual Meeting*, Columbus, OH.

Nahar, V. K., Hutcheson, A. K., Boyas, J. F., Lee, K., Chelf, S., Lakhan, R., **Ford, M. A.**, Bentley, J. P., Johnson, P., Beason, K. R., Black, W. H., Grant-Kels, J. M., & Brodell, R. T. (2017). Utility of the Health Belief Model in Predicting Sun Protection Behaviors among State-Park Workers in the Southeastern United States. *American Public Health Association*, Atlanta, GA. Abstract available from:

<https://apha.confex.com/apha/2017/meetingapp.cgi/Paper/386511>

Nahar, V. K., Black, W. H., **Ford, M.A.**, Bass, M. A., Bentley, J. P., Johnson, P., Jacks, S. K., Breeden, T., Grant-Kels, J. M., & Brodell, R. T. (2017). Predicting Sun Protection Behaviors among Skin Cancer Patients Using the Information-Motivation-Behavioral Skills Model. *American Public Health Association*, Atlanta, GA. Abstract available from: <https://apha.confex.com/apha/2017/meetingapp.cgi/Paper/373089>

Nahar, V.K., Sharma, M., Jacks, S.K., Brodell, R.T., Grigsby, T.B., **Ford, M.A.**, Bass, M.A. (2016). Correlates of Tanning Bed Use among Collegiate Athletes in the Southern United States. *American Public Health Association*, Denver, CO.

Bass, M.A., Nahar, V.K., **Ford, M.A.**, Sharma, M. Shaikh, M.S. (2016). Assessing osteoporosis related knowledge and perceptions in younger populations. *Health, Wellness & Society Knowledge Community*, Washington, DC.

Nahar, V.K., Sharma, M., Jacks, S.K., Brodell, R.T., Catalano, H.P., Grigsby, T.B., **Ford, M.A.**, Bass, M.A. (2016). Tanning bed use among collegiate athletes in the Southeastern United States. *Health, Wellness & Society Knowledge Community*, Washington, DC.

Nahar, V.K., Sharma, S., Jacks, S.K., Brodell, R.T., Atfi, A., Duhe, R.J., **Ford, M.A.**, Aloia, C.R., Bawa, G. (2016). Skin cancer risk and preventative behaviors among attendees of a free skin cancer screening. *Health, Wellness & Society Knowledge Community*, Washington, DC.

Sharma, M., Catalano, H.P., Nahar, V.K., Lingam, V., Johnson, P., **Ford, M.A.** (2016). Instrument development to predict portion size behavior in college students. *Health, Wellness & Society Knowledge Community*, Washington, DC.

Ball, S.A., Nahar, V.K., & **Ford, M.A.** (2016) "Predictors of sleep quality among university students in the southeastern US: A cross-sectional study." *Society of Public Health Educators*, Charlotte, NC.

Morgan, R.G, Bass, M.A., Haskins, M.A., **Ford, M.A.** (2016) Osteoporosis health beliefs, self-efficacy, and knowledge among nursing students in Mississippi: A cross-sectional study. *Society of Public Health Educators*, Charlotte, NC.

**Ford, M.A.**, Nahar, V.K., Nelson, K., Bass, M.A., Garner, J.C. (2015). Predictors of Bone Mineral Density among Asian Indians in North Mississippi: A Pilot Study. *Mississippi Public Health Association*, Jackson, MS.

Nahar, V.K., **Ford, M.A.**, Jacks, S.K., Brodell, R.T., Boyas, J.F., Cromeans, E.M., Haskins, M.A., Bass, M.A. (2015). Prevalence of sunscreen use and related factors among College Students in the Southeastern US: A Cross-sectional Study. *Mississippi Public Health Association*, Jackson, MS.

Johnson, A.K., **Ford-Wade, A.**, Nahar, V.K., Jones, T (2015). Physical activity predicts BMD in African American and Caucasian college age women. *American College of Sports Medicine*, San Diego, CA.

**Ford, M.A.**, & Gamble, A. (2015). A Process Evaluation of the Mississippi State Employee Wellness Program. *Society of Public Health Educators*, Portland, OR.

Hutcheson, A., **Ford-Wade, A.**, Bass, M., Barnard, M. (2015). Cardiovascular Disease Awareness, Knowledge, and Perceived Risk among College Women." *Society of Public Health Educators*, Portland, OR.

**Ford, M.A.**, Haskins, M.A., Nahar, V., Morgan, R. (2015). Adherence to On-campus Motivational Counseling Program Impacts Students' Weight Loss. *Society of Public Health Educators*, Portland, OR.

Cromeans, E., Hall, M., **Ford-Wade, A.**, Bergman, R. (2015). Exploring Sexting Behaviors as a Mediator of the Association Between Religiosity and Hooking-Up among University Students. *Society of Public Health Educators*, Portland, OR

Weimo, Zhn, **Ford, M.A.**, Williams, S. & Weaver, C (2015). RQES Top-10 Research Questions: Physical Activity and Bone Health. *SHAPE America*, Seattle, WA.

**Ford, M.A.**, Nahar, V.K., Bass, M.A., Vice, M.A., Davis, R. & Hutcheson, A.K. (2014). "Influences on bone mineral density among Asian Indians residing In the US," *American College of Sports Medicine*, Orlando, FL

Johnson, A.K., **Ford, M.A.**, Hallam, J.S., Jones, T.L. (2014). "Osteoporosis knowledge among African-American and Caucasian college-age women," *American College of Sports Medicine*, Orlando, FL

Bass, M.A., Bankston, T., **Ford-Wade, M.A.**, Valliant, M., Nahar, V.K. (2014). Effect of carbonated soft drink consumption on bone mineral density: A pilot study, *American College of Sports Medicine*, Orlando, FL

Nahar, V.K., Abe., T, Young, K, Patterson, K.M., Stover, C.D., Lajza, D.G., Tribby, A.C., Geddam, **Ford, M.A.**, Bass, M.A., Loftin, M. (2014). "Skeletal muscle mass and bone mineral density in masters cyclists and moderately active young men." *American College of Sports Medicine*, Orlando, FL

Nahar, V. K., **Ford-Wade, A.**, Hallam, J. S., Bass, M., Hutcheson, A. (2013). Skin Cancer Knowledge, Beliefs, Self-Efficacy, and Preventative Behaviors among North Mississippi Landscapers. *American Public Health Association*, Boston, MA

Vice, M.A., Nahar, V.K., Bass, M.A., **Ford-Wade, M.A.** (2012). Risk factors for low bone mineral density in institutionalized individuals with developmental disabilities.

*American College of Sports Medicine*, San Francisco, CA.

Bass, M.A., Hobbs, C., **Ford-Wade, M.A.**, Hallam, J.S. (2012). Skin Cancer Knowledge, Attitudes, and Behaviors in Collegiate Athletes. *American College of Sports Medicine*, San Francisco, CA.

Johnson, A.K., **Ford-Wade, M.A.**, Hallam, J.S., Jones, T.L. (2011). Determinants of bone mineral density in African-American and Caucasian college-aged women. *American College of Sports Medicine*. Denver, CO

Ermin, K., Owens, S., Bass, M., **Ford-Wade, M.A.** (2011). Differences in bone mineral density among adolescent female tennis players and non-tennis players. *American College of Sports Medicine*, Denver, CO.

Ding, K. Birch, D.A., **Ford-Wade M.A.** Johnson, C., McCormack, F.A.D., Perez, M.A. Holt, A. Lindestadt, A., Smith, B. (2011). Ethnic/Racial diversity among professional preparation faculty in health education. *American Alliance of Health, Physical Education, Recreation and Dance*, San Diego, CA.

Hirth S.J., **Ford-Wade M.A.**, Bass M.A., Hallam J.S. (2011). Knowledge, perceptions and risk factors for heart disease among college females. *American Academy of Health Behavior*. Hilton Head, SC.

Gamble A., Waddell D., **Ford-Wade M.A.**, Bentley J.P., Hallam J.S. (2011). The role of policy and the built environment on children's in-school physical activity in the Mississippi Delta. *American Academy of Health Behavior*, Hilton Head, SC.

Gamble A., Bentley J.P., Waddell D., **Ford M.A.**, Hallam J.S. (2011). In-school physical activity opportunity and physical activity levels of elementary-school age children in the Mississippi Delta. *American Public Health Association*, Washington, DC.

Gamble A, Waddell D., **Ford M.A.**, Bentley J.P., Hallam J.S.. (2011). Best practices to evaluate the impact of school health policy on childhood obesity. *American Public Health Association*, Washington, DC.

Goldman W. Gamble A, Valliant M, Waddell D, Ford MA, **Hallam, JS.** (2011). Built environment and active commuting to school in a rural community. *American Public Health Association*, Washington DC.

Garner, J.C., Wade, C., MacDonald, C.J., **Ford, M.A.**, Johnson, AK. (2010) The influence of body composition on youth throwing kinetics. *Global Obesity Summit*, Jackson, MS.

Gamble A., Amis J., Bentley J.P., **Ford M.A.**, Waddell D., Hallam J.S. (2010). The role of policy and the built environment on children's in-school physical activity in the Mississippi Delta. *Active Living Research*, San Diego, CA.

Garner, JC, Johnson, AK, MacDonald, CJ, **Ford-Wade, A**, Wade, C. (2009). The Influence of Body Composition and Segmental Mass on Kinetic Variables Associated

with Youth Throwing Injuries. *National Strength and Conditioning Association*, Las Vegas, NV.

Gamble A., Hallam J.S., **Ford M.A.**, Waddell D. (2008). Differences between older and younger adults on composite balance and selected health correlates. *South East American College of Sports Medicine*, Birmingham, AL.

Johnson, A., Wade, C., **Ford, M.A.** Breloff, S. (2007). A comparison of gait dynamics in individuals with low or normal bone mineral density. *American College of Sports Medicine*, New Orleans, LA

Wood, J.T., **Ford, M.A.**, Carithers, T. Myrick, L. (2007). Live Healthy: A personalized health promotion program for university employees. *American Academy of Health Behavior*, Savannah, GA.

**Ford, M.A.**, Hallam, J.S., Lacey, K.S., Hatchet, A.G., Lobb, L. Owens, S.G. (2006). Bone mineral density status among university employees. *American Alliance of Health, Physical Education, Recreation and Dance*, Salt Lake City, Utah.

**Ford, M.A.**, Hallam, J.S., Vesey, N., Bass, M.A. Wade, L.R. (2006). Healthcare workers motivation to live healthy. *American Academy of Health Behavior*, Carmel, CA.

Wade, C., **Ford, M.A.**, Johnson, A., Beckman, J. (2006). Body mass index as a predictor of slip outcome in young and older workers. *American Society of Safety Engineers Annual Conference*, Seattle, WA.

Hatchett, A.G., Hallam, J.S., Endo, S., **Ford, M.A.**, Higdon, C., O'Quin, J., Wade, C., Wilkin, .N. (2006). An interdisciplinary workgroup approach to fall prevention in the older adult population. *Southern Gerontological Society Meeting*, Lexington, KY

**Ford, M.A.**, Goldman, E., Hooks, K.L. Hallam, J.S. (2005) A study of quality in "retainer" medicine: Based on national standards. *American Public Health Association*, Philadelphia, PA.

Hallam J.S., Jones M., Bateman Y., **Ford M.A.**. (2005). Effectiveness of a culturally specific diabetes management program delivered in rural west Tennessee. *American Public Health Association*, Philadelphia, PA.

**Ford, M.A.** & Torok, D.J. (2005). Motivational Signage Increases Physical Activity on a College Campus. *American Alliance for Health, Physical Education, Recreation and Dance*, Chicago, IL.

**Ford, M.A.**, Bass, M.A. Keathley, R.S. (2005) Knowledge and Perceptions of College-Age Women Regarding Osteoporosis. *American Alliance for Health, Physical Education, Recreation and Dance*, Chicago, IL.

**Ford, M.A.** & Hooks, K. (2004) A model approach to safe communities. *The 7<sup>th</sup> World Conference on Injury Prevention and Health Promotion*. Vienna, Austria.

Aloia, G.F., Townsend, T. **Ford, M.A.** (2004) The accountability game and quality teachers: Responding to Florida state standards within a national framework. *International Congress for School Effectiveness and Improvement*, Rotterdam, Netherlands.

Sherman, N.W., Ocker, L.B., Bloomquist, J.K., **Ford, M.A.**, Ruiz, A., Doughty, P.D. (2004) Reliability estimates and changes in total bone mineral density in adults. *American College of Sports Medicine Annual Meeting*, Indianapolis, IN.

Whitehurst M, Johnson B, Parker C, Brown L.E., **Ford M.A.** (2004) Further study of the effect of functional exercise on fitness/health parameters in frail elderly. *American College of Sports Medicine Annual Meeting*, Indianapolis, IN.

Bass, M.A, Brown, B.S., Mauromoustakos, A. **Ford, M.A.** (2004) The effect of exercise, body composition, and nutritional intake on bone mineral status of women in the United States." *American Alliance for Health, Physical Education, Recreation and Dance*, New Orleans, LA.

Torok, D.J. & **Ford, M.A.** (2004) Integrating technology into a health fitness for life course. *Florida School Health and Higher Education Symposium*, Tampa, FL. (invited presentation).

**Ford, M.A.** Bass, M.A., Turner, L.W. Mauromoustakos, A. (2003) Influences on bone mineral density among college-aged women. *American College of Sports Medicine*, San Francisco, CA.

Whitehurst, M. Johnson, B., Parker, C. Brown, L.E., **Ford, M.A.** (2003) Functional training program promotes fitness among frail elderly population. *American College of Sports Medicine*, San Francisco, CA.

Chaney, J.D., **Ford, M.A.**, Bass, M.A, Williams, D., Jones, C. (2003) Is environmental health emphasized at the graduate level in programs of public health and health education? *American Alliance for Health, Physical Education, Recreation and Dance*, Philadelphia, PA.

**Ford, M.A.**, Turner, L.W., Mauromoustakos, A., Bass, M.A. (2003) The effect of body composition on bone mineral density among college-aged women. *American Alliance for Health, Physical Education, Recreation and Dance*, Philadelphia, PA.

Chaney, J.D. & **Ford, M.A.** (2002) A Call to Action: Including Environmental Health Courses in Public Health/Health Education Related Graduate Degree Programs. *Society for Public Health Education (SOPHE) National Midyear Scientific Conference*, Cincinnati, OH.

**Ford, M.A.**, Turner, L.W., Mauromoustakos, A., Bass, M.A. (2002) The effects of past and present physical activity on bone mineral density among college-aged women. *American Alliance for Health, Physical Education, Recreation and Dance*, San Diego, CA.



Turner, L.W., **Ford, M.A.**, Hoyt, G.L., Hunt S. (2001) Effects of lifestyle factors on bone mineral density among college-aged women. *American Alliance for Health, Physical Education, Recreation and Dance*, Cincinnati, OH.

Ferguson, R., **Ford, M.A.**, Bass, M.A. (2000) A comparison of selected body composition measurement techniques. *Arkansas American Alliance for Health, Physical Education, Recreation and Dance*, Jonesboro, AR.

Hoyt, G.L., Turner, L.W., **Ford, M.A.** (2000) Bone mineral density and body fat differences in a sample of college-age females. *American College of Sports Medicine Central States Chapter*, Kansas City, MO.

**Ford, M.A.**, Turner, L.W., Bass, M.A., Hunt, S.B. (2000) Bone mineral density levels of college females attending a southern university. *Southern Academy of Women in Physical Activity, Sport and Health*, Memphis, TN.

Bass, M.A., Turner, L.W., **Ford, M.A.** (2000) Application of the transtheoretical model in the management of the female athlete triad. *Southern Academy of Women in Physical Activity, Sport and Health*. Memphis, TN.

**Ford, M.A.**, Turner, L.W., Hunt, S. B., Mulvenon, S. (2000) Body image and fruit and vegetable intake among youth: Results from a National Survey. *American Alliance for Health, Physical Education, Recreation and Dance*, Orlando, FL.

Turner, L.W., Young, M., **Ford, M.A.**, Ting, L. (2000) Gender differences in nutrition intake among southern rural adolescents. *American Alliance for Health, Physical Education, Recreation and Dance*, Orlando, FL.

**Ford, M.A.**, Nelson, A.A., Bass, M.A. (1999) Use of Dual-Energy X-ray absorptiometry in the assessment of bone mineral density. *Arkansas American Alliance for Health, Physical Education, Recreation and Dance*, Eureka Springs, AR.

## **Additional Pertinent Professional Activities**

### ***Invited International Lectures***

“Obesity: A Global Prospective” Guest Lecturer, Hogueschool van Amsterdam, Amsterdam, The Netherlands, March 2010

### ***Invited Lectures***

Nahar, V. K., Wilkerson, A. H., Ford-Wade, M. A., & Sharma, M. “Indoor Tanning Behaviors, Beliefs, and Future Avoidance among College Students.” *Lincoln Memorial University’s Research Day*, April, 2019.

“Osteoporosis Research among Diverse Populations” Mississippi State University Health Equity Cross-campus Interest Group, 2016.

*"Osteoporosis: Preventing the Silent Thief"* New Beginnings Seminar, The University of Mississippi, 2012

*"Preventing Osteoporosis"* Healthworks, The University of Mississippi, September, 2006

*"Osteoporosis: The silent thief"* Oxford Pilot Club, February 2, 2006

*"Eating healthy your freshman year"* Stewart Hall Freshman, The University of Mississippi, August 30, 2005

*"Sex can wait"* National Teen pregnancy month Sav-a-life of Monroe County, Amory, Mississippi, May 2, 2005

*"Think you can't exercise with arthritis? Think again!"* John Knox Village, Pompano Beach, Florida, November 13, 2004

*"Osteoporosis: The importance of exercise"* Senior Fitness Day, John Knox Village, Pompano Beach, Florida, June 11, 2003

*"Nutrition, supplements & osteoporosis"* Third Annual Interdisciplinary Gerontology Conference, Boca Raton, Florida, March 29, 2003

*"Osteoporosis: What women can do about it"* International Association of Administration Professionals Fort Lauderdale Chapter, Fort Lauderdale, Florida, October 9, 2002

*"Osteoporosis: The silent thief"* National Senior Health and Fitness Day, Abbey Delray South, Delray, Florida, May 29, 2002

*"Current women's health issues"* Dentament Company Luncheon, Fayetteville, Arkansas, April, 1999

## **Appearances in Media**

**Ford-Wade, Allison** with Helena Shelby/BBC Radio "Defining the limits of human endurance" June 9, 2019 <https://www.bbc.co.uk/programmes/w3csy9jt>

<https://news.olemiss.edu/bbc-radio-um-professor-featured-health-check-radio-show-podcast-bone-research/>

## **Service**

### ***Service to the University of Mississippi***

- Member, Distinguished Professor Review Committee (2018-present)
- Member, Council for Community Engagement (2019-present)
- Member, Bachelor of General Studies Advisory Committee (2015-present)
- Member, International Student Programs (2005-2007, 2011- 2019)
- Member, Alcohol and Other Drugs (AOD) Task Force (2014-2019)

- Member, Radiation Safety Committee (2006-present)
- Member, Rebelwell (Formerly Healthworks) (2004-2016)
- Member, Faculty Senate (2008, 2012, 2013)
- Member, Friends of the Children Fund (2005-2010)
- Coordinator, The University of Mississippi Student Health Fair (2005-2007)
- Coordinated and led students to study health status of South Africa, January (2006 & 2007)
- Coordinated and led students to study health status of Australia, August (2006)

### ***Service to the School of Applied Sciences***

- Member, Tenure and Promotion Committee (2017- 2020)
- Member, Curriculum and Policy Committee (2005-2007)
- Member, Research Advisory Committee (2005-2006)
- Member, Interdisciplinary Committee (2005-2006)

### ***Service to Department of Health, Exercise Science & Recreation Management***

- Member, Cycle B-Public Health (2021-present)
- Member, Cycle B-Health Promotion (2004-2021)
- Coordinated and mentored of two Danish Nutrition Students (Spring 2011)  
Metropolitan University College, Copenhagen, Denmark
- Faculty Advisor, Exercise Science Club (2005- 2008)
- Chair, Library Acquisitions Committee (2004-2006)
- Member, Social Committee (2004-2006)
- Member, Alumni Fall Celebration Committee (2005-2006)

### ***Service to Community (Oxford, Lafayette, MS (2004-present, Ft. Lauderdale, FL 2001-2004 & Fayetteville, AR 1998-2001)***

- Member, LOU Excel by 5 Coalition (2011- 2017)
- Member, Health and Safety Committee, Excel by 5 Program (2011-2017)
- Member, Oxford School District's Health Council (2007-2010)
- Chair, American Cancer Society's Relay for Life (2006)
- American Cancer Society's Relay for Life University- Emcee, (October 29, 2005)
- Member of Broward County Women's Way (2001-2004)
- Professionals Supporting Habitat for Humanity for Broward County (HAMMERHEADS) (2002)
- Spokesperson for TV 5 Susan B Komen's Race for the Cure (2000)
- Executive board member (women's health coordinator) Washington Regional Hospital's "Taste of the Town" (1999-2001)
- Enrichment/health teacher for University of Arkansas's National Youth Sports Program (NYSP) (1999)

## ***Service to Discipline***

- Guest Editor, (2022) Journal of Public Health in the Deep South, Special Issue on COVID-19
- Guest Editor, (2022) Women's Health across the Lifespan, O'Connell & Smith 2<sup>nd</sup> Ed.
- Reviewer, (2019) Women's Health across the Lifespan, O'Connell & Smith 2<sup>nd</sup> Ed.
- Appointed Member, Mississippi Governor's Commission of Physical Activity and Sport (2016-2020)
- Reviewer, SOPHE Abstract Reviewer for the 64th National Convention (2012-2020)
- Review Editorial Board of Bone Research, Frontiers in Endocrinology, 2014-2018
- Reviewer, European Journal of Applied Physiology, 2014
- Reviewer, Obesity Research and Clinical Practice, 2013
- Member, Selection Committee for Excellence on Worksite Wellness Award (Awarded by The Governor's Commission on Physical Fitness and Sport (2012)
- Member, Mississippi Worksite Wellness Coalition (2010-present)
- Reviewer: *Health Promotion Practice* 2006-present
- Reviewer: *ICHPER-SD Journal of Research* 2005-present
- Reviewer: *Measurement for Evaluation in Physical Education and Exercise 7<sup>th</sup> Edition*, McGraw-Hill Publishing (2005)
- Roundtable Panel Discussant -Women's Breakfast, Southeast ACSM, Charlotte, NC (2005)
- Reviewer: *Nutrition: Concepts and Controversies, 9<sup>th</sup> Edition*, Wadsworth Thompson Publishing Company (2004)
- Reviewer: *Principles & Foundations of Health Promotion and Education*. Benjamin Cummings Publishing Company (2003)
- Reviewer: American Journal of Public Health (2003)
- Reviewer: NCAA Alcohol CHOICES grants (2002)
- Reviewer: Wadsworth Publishing Stress Management textbooks (2002)
- Florida Atlantic University's Exercise Science and Health Promotion Health Fair-Coordinator (2001-2004)

## **Honors**

**SEC Academic Leadership Development Program**, The University of Mississippi, 2023-2024

**Thomas A. Crowe Outstanding Faculty**, School of Applied Sciences, The University of Mississippi, 2006

**Fellow**, American Alliance of Health, Physical Education, Recreation and Dance, 2006

**Summer Research Fellow**, The University of Mississippi, 2006

**Summer Research Fellow**, The University of Mississippi, 2005

**Kappa Delta Pi Honor Society**, The University of Arkansas, College of Education, 2000

**Outstanding Doctoral Student**, The University of Arkansas, Health Science Program, 2000

**Outstanding Doctoral Teacher**, The University of Arkansas, Health Science Program, 1999