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Education

- 2018 PhD Virginia Polytechnic Institute and State University, Blacksburg, VA**
Human Nutrition, Foods, and Exercise
Specialization: Community and Behavioral Track
- 2009 MS University of Montana, Missoula, MT**
Health and Human Performance
- 2009 BS Central Michigan University, Mt. Pleasant, MI**
Public Health Education and Health Promotion

Professional Experience

Research Scientist, Gretchen Swanson Center for Nutrition (GSCN)
Omaha, NE | 2022 – Present

- Lead and/or provide oversight for all scientific aspects of research and evaluation projects

Research Scientist, Pacific Institute for Research and Evaluation, Louisville Center
Louisville, KY | 2021 – 2022

- Lead and/or provide oversight for all scientific aspects of research and evaluation projects

Assistant Professor and Health Specialist, University of Arkansas System, Division of Agriculture, Cooperative Extension Service
Little Rock, AR | 2019 – 2020

- Designed and led research on improving the implementation of Extension-delivered physical activity and nutrition programs
- Oversaw delivery of statewide health promotion programs

Associate University Extension Educator, Nutrition and Food Safety, University of Wyoming
Lander, WY | 2019

Assistant University Extension Educator, Nutrition and Food Safety, University of Wyoming
Lander, WY | 2015 – 2019

Administrative appointment: Interim County Coordinator, Wind River Indian Reservation, August 2017 – February 2019

- Designed and led research focused on improving the implementation of community-based nutrition and physical activity programs
- Led nutrition and food safety initiative team in intervention selection, adaptation, delivery, and evaluation

CATCH Healthy Habits Coordinator, Tucson OASIS / Pima Council on Aging
Tucson, AZ | 2013 – 2014

- Managed an intergenerational cardiovascular health program

Community Health Specialist, Partnership Health Center
Missoula, MT | 2012 – 2013

- Implemented cancer prevention and dental health interventions

Health and Nutrition Manager, Missoula Early Head Start
Missoula, MT | 2009 – 2012

- Coordinated health and nutrition services

Contract Instructor, St. Patrick Hospital
Missoula, MT | 2008 – 2009

- Taught Active Living Every Day and ExerStart classes

Coordinated Approach to Child Health (CATCH) Program AmeriCorps Intern, St. Patrick Hospital
Missoula, MT | 2008 – 2009

- Assisted schools with implementation of cardiovascular health program

Academic Appointments

2022 - Present **Adjunct Faculty**, Department of Human Nutrition, Foods, and Exercise, Virginia Tech,
Blacksburg, VA

Grants and Contracts – Current

2023-2027 **WIC Community Innovation and Outreach (CIAO) – Food Research and Action Center (FRAC)**

- Provide technical assistance to grantees to conduct innovative WIC outreach
- Apply an implementation science and evaluation framework to identify effective outreach strategies
- Role: Co-Investigator

2023 - 2024 **Identification and Categorization of Evidence Gaps in Physical Activity Research – National Collaborative on Childhood Obesity Research (NCCOR)**

- Synthesize evidence gaps in physical activity research and create a conceptual framework
- Role: Principal Investigator

2023-2024 **Evaluation Technical Assistance for the 2021/2022 Grantees in the Empowering Health Program – UnitedHealthcare**

- Support grantees through research and evaluation technical assistance and dissemination of programmatic findings
- Role: Principal Investigator

2023-2024 **Evaluation of the Shipped Medically Tailored Meals Pilot Project - Mama's Kitchen**

- Conduct a mixed-methods evaluation of the pilot project
- Role: Co-Investigator

2022 – 2025 **An Evaluation of the Training and Technical Assistance Model for Voices for Healthy Kids – American Heart Association**

- Build an evaluation framework for assessing the Voices training and technical assistance model, monitor capacity building, and report findings.
- Role: Principal Investigator

- 2022 –2024 **Implementation Strategies for Extension to Scale Rural Healthy Eating and Active Living Policy, Systems, and Environmental Interventions – National Institute of Food and Agriculture, United States Department of Agriculture**
- Provide expertise on implementation science and physical activity PSEs (policy, systems, and environmental changes)
 - Role: Co-Investigator

Grants and Contracts – Past

- 2023-2024 **Developing a New Compilation: Implementation Strategies Adapted for Communities (ISAC) – Consortium for Cancer Implementation Science, National Institutes of Health**
- Establish a new compilation of implementation strategies by gathering input from researchers and practitioners in community settings, and develop a publicly available resource to share the compilation
 - Role: Principal Investigator
- 2023 **A Mixed-Methods Landscape Analysis to Inform Strategy and Priority Areas – Walton Family Foundation and Builders Initiative**
- Investigate the landscape of local food systems in the Midwest, including health, nutrition, and environmental impacts; potential supply chains and products; and the local context
 - Role: Principal Investigator
- 2022-2024 **Evaluation of the Kohl’s Healthy at Home Initiative – Alliance for a Healthier Generation**
- Evaluate the use of nutrition, physical activity, and social emotional wellness digital campaign materials through key informant interviews.
 - Role: Principal Investigator
- 2022-2023 **Landscape Analysis to Inform Future Work related to Food as Medicine for Pregnant Women –Share Our Strength**
- Explore the landscape of food as medicine interventions designed for pregnant women through a systematic review and key informant interviews
 - Role: Principal Investigator
- 2022 **Creating Healthy Communities Program: Technical Assistance Service – Ohio Department of Health**
- Provide technical assistance, resources, and other learning opportunities to Ohio communities pursuing policy, systems, and environmental changes that increase access to and affordability of healthy foods, with an overall goal of decreasing food insecurity in Ohio.
 - Role: Principal Investigator
- 2019 – 2020 **Outreach Programs to Reduce the Prevalence of Obesity in High Risk Rural Areas – Centers for Disease Control and Prevention High Obesity Program**
- 1) Work with food vendors, distributors, and producers on healthier food purchasing and sales; 2) Establish healthy nutrition standards in key institutions; and 3) Collaborate with partners to connect sidewalks, paths, bicycle routes, and public transit with homes, early care and education, schools, worksites, and parks or recreation centers through implementing master plans and land use interventions.
 - Role: Principal Investigator
- 2019 – 2020 **Evidence-based Complementary and Alternative Interventions to Prevent Opioid Abuse and Misuse in Rural Arkansas – National Institute of Food and Agriculture, United States Department of Agriculture**
- Increase access to non-drug opioid alternatives for rural residents suffering from chronic pain and increase awareness of risks associated with opioid use.
 - Role: Co-Investigator

- 2018 – **Growing and Marketing Ancient Grains in Wyoming – Sustainable Agriculture**
2019 **Research and Education**
- Integrate ancient grains into Cooperative Extension Service nutrition programming
 - Role: Co-Investigator
- 2018–2019 **Engaging Stakeholders in Adapting and Disseminating Ghana’s Physical Activity Guidelines – University of Wyoming Center for Global Studies**
- Involve key stakeholders in determining: 1) culturally appropriate physical activities to include in the Ministry of Health guidelines, and 2) barriers and facilitators in disseminating the guidelines.
 - Role: Principal Investigator
- 2018–2019 **4th H for Health Challenge: Testing an Incentivized Approach to Improve Program Adoption Rates – John P. Ellbogen Foundation Wyoming Communities, Agriculture, and Rural Living Project Fund**
- Test an incentivized approach to encourage adoption of a 4-H healthy meeting intervention and evaluate its effectiveness and implementation.
 - Role: Principal Investigator
- 2017–2018 **LIFT Wyoming: Improving the Health of Rural Older Adults – John P. Ellbogen Foundation Wyoming Communities, Agriculture, and Rural Living Project Fund**
- Pilot test delivery of an in-person physical activity program to older adults in rural communities through trained community partners
 - Role: Principal Investigator
- 2017–2018 **Older Ghanaian Adults’ Perceptions of Physical Activity: An Exploratory, Qualitative Study – University of Wyoming Center for Global Studies**
- Determine older Ghanaian adults’ perceptions of physical activity and the characteristics of a physical activity program that would be attractive to the population.
 - Role: Principal Investigator
- 2016–2017 **Dissemination and Implementation of LIFT (Lifelong Improvements through Fitness Together) Program in Wyoming – Wyoming Center on Aging**
- Examine the dissemination and implementation of LIFT in Wyoming.
 - Role: Principal Investigator
- 2013–2014 **Support for CATCH Healthy Habits Program – Tucson Osteopathic Medical Foundation**
2013–2014 **Support for CATCH Healthy Habits Program – International Association of Eating Disorder Professionals Foundation of Tucson**
2013–2014 **Support for CATCH Healthy Habits Program – Bashas’ Family of Stores**
2011 **Support for a Natural Playground at Missoula Early Head Start – Plum Creek Foundation**

Peer-Reviewed Publications

1. Misyak S, Houghtaling B, **Balis L**, Byker Shanks C. Family and Consumer Science Extension Personnel: Policy, Systems, and Environmental Change Agents. *Journal of Nutrition Education and Behavior*. 2024. In press.
2. **Balis L**, Yaroch A, Palmer S, Shaw E, Lima Dos Santos P, Byker Shanks C. Implementation and impact of perinatal food is medicine: a qualitative research study. *Journal of the Academy of Nutrition and Dietetics*. 2024. <https://doi.org/10.1016/j.jand.2024.02.007>
3. **Balis L**, Houghtaling B. Matching barriers and facilitators to implementation strategies: recommendations for community settings. *Implementation Science Communications*. 2023; 4(1). <https://doi.org/10.1186/s43058-023-00532-1>
4. Houghtaling B, **Balis L**, Pradhananga N, Cater M, Holston D. Healthy eating and active living policy, systems, and environmental changes in rural Louisiana: a contextual inquiry to inform implementation

- strategies. *International Journal of Behavioral Nutrition and Physical Activity*. 2023; 20(1). <https://doi.org/10.1186/s12966-023-01527-w>
5. Harden S, **Balis L**, Armbruster S, Estabrooks, P. A natural experiment to determine if FitEx works: Impact of a statewide walking program. *Translational Behavioral Medicine*. 2023; ibad058. <https://doi.org/10.1093/tbm/ibad058>
 6. **Balis L**, Porter G, Grocke-Dewey M. Demonstration projects to test built environment changes: A systematic review. *Journal of Public Health Management and Practice*. 2023; <https://doi.org/10.1097/PHH.0000000000001822>
 7. Frazier M, **Balis L**, Armbruster S, Estabrooks P, Harden S. Adaptations to a statewide walking program: Use of iterative feedback cycles between research and delivery systems improves fit for over ten years. *Translational Behavioral Medicine*. 2023; ibad052. <https://doi.org/10.1093/tbm/ibad052>
 8. Houghtaling B, Kourouma P, Pradhananga N, **Balis L**. Louisiana trucking companies' implementation of workplace health promotion programs: explanatory sequential mixed method case study. *WORK: A Journal of Prevention, Assessment & Rehabilitation*. 2023; <https://doi.org/10.3233/WOR-220337>
 9. Daniels B, Harden S, Dysart A, **Balis L**. What does it take? The roles, responsibilities, and fidelity of a prevention support system to build innovation capacity. *Journal of Human Sciences & Extension*. 2022; 10(3). <https://doi.org/10.55533/2325-5226.1426>
 10. Strayer III T, **Balis L**, Ramalingam N, Harden S. Dissemination in Extension: Health Specialists' information sources and channels for health promotion programming. *International Journal of Environmental Research and Public Health*. 2022; 19(24): 16673. <https://doi.org/10.3390/ijerph192416673>
 11. **Balis L**, Grocke-Dewey M. Built environment approaches: Extension personnel's preferences, barriers, and facilitators. *Frontiers in Public Health*. 2022; 10(96049). <https://doi.org/10.3389/fpubh.2022.960949>
 12. **Balis L**, Houghtaling B, Harden S. Using implementation strategies in community settings: An introduction to the Expert Recommendations for Implementing Change (ERIC) compilation and future directions. *Translational Behavioral Medicine*. 2022; 12(10):965-978 <https://doi.org/10.1093/tbm/ibac061>
 13. Kennedy L, **Balis L**, Strayer III T. Addressing health inequities: an exploratory assessment of Extension educators' perceptions of program demand for diverse communities. *Family and Community Health*. 2022; 45(4): 228-237. <https://doi.org/10.1097/FCH.0000000000000332>
 14. Drake C, Abadi M, Batchelder H, Richard B, **Balis L**, Rychener D. National implementation of a group-based program promoting patient engagement and peer support in the Veterans Health Administration: a multi-methods evaluation. *International Journal of Environmental Research and Public Health*. 2022; 19(14): 8333. <https://doi.org/10.3390/ijerph19148333>
 15. Spear M, Rowland B, Vincent J, Brown T, Wilson A, Palenske C, McElfish P, Long C, Presley J, **Balis L**. Results of a rural traffic calming event to promote physical activity. *Journal of Extension*. 2022; 60(2): 18. <https://tigerprints.clemson.edu/joe/vol60/iss2/18/>
 16. **Balis L**, Vincent J. Implementation strategies to support built environment approaches in community settings. *Health Promotion Practice*. 2022. <https://doi.org/10.1177/15248399221081835>
 17. **Balis L**, Houghtaling B, Buck J. Evaluating fidelity to the national Extension Dining with Diabetes program: challenges and opportunities. *Journal of Human Sciences & Extension*. 2022 10(1), 11. <https://scholarsjunction.msstate.edu/jhse/vol10/iss1/11>
 18. **Balis L**, Gallup S, Norman-Burgdolf H, Buck J, Daniels P, Remley D, Graves L, Jenkins M, Price G. Unifying multi-state efforts through a nationally coordinated Extension diabetes program. *Journal of Human Sciences & Extension*. 2022;10(1), 5. <https://scholarsjunction.msstate.edu/jhse/vol10/iss1/5>

19. Houghtaling B, **Balis L**, Minaker L, Kheshaifaty K, Morgan R, Byker Shanks C. A systematic review of trucking food, physical activity, and tobacco environments and tractor-trailer drivers' related patterns and practices in the United States and Canada, 1993-2021. *Preventive Medicine Reports*. 2022;26:101760. <https://doi.org/10.1016/j.pmedr.2022.101760>
20. Harden S, Murphy A, Ratliff K, **Balis L**. Internet search results for the older adult Physical Activity Guidelines: a scoping review. *JMIR Formative Research*. 2022;6(1): e29153. <https://doi.org/10.2196/29153>
21. Strayer III T, **Balis L**, Kennedy L, Ramalingam N, Wilson M, Harden S. Intervention characteristics considered in health educators' adoption-decision making process. *Health Education & Behavior*. 2022. <https://doi.org/10.1177/10901981211067170>
22. **Balis L**, Adjei K, Nyame S, Opoku Mensah J, Asante K. Stakeholder perspectives on adapting and disseminating Ghana's physical activity guidelines: a qualitative study. *BMC Public Health*. 2021;21(2266). <https://doi.org/10.1186/s12889-021-12250-1>
23. Dysart A, **Balis L**, Daniels B, Harden S. Health educator participation in virtual micro-credentialing increases physical activity in public health competencies. *Frontiers in Public Health*. 2021;9(780618). <https://doi.org/10.3389/fpubh.2021.780618>
24. **Balis L**, Harden S. "Replanning" a statewide walking program through the iterative use of the reach, effectiveness, adoption, implementation, and maintenance framework. *Journal of Physical Activity and Health*. 2021;18(10). <https://doi.org/10.1123/jpah.2021-0034>
25. **Balis L**, Brown D, Marshall C, Kesterson H, Harden S. Move More, Sit Less: applying the Physical Activity Guidelines for Americans to Extension programs. *Journal of Human Sciences & Extension*. 2021;9(2):165-179. <https://www.jhseonline.com/article/view/1021>
26. Harden S, **Balis L**, Strayer III T, Wilson M. Assess, Plan, Do, Evaluate, and Report: iterative cycle to remove academic control of a community-based physical activity program. *Preventing Chronic Disease*. 2021;18:200513. <http://dx.doi.org/10.5888/pcd18.200513>
27. **Balis L**, Kennedy L, Houghtaling B, Harden S. Red, yellow, and green light changes: adaptations to Extension health promotion programs. *Prevention Science*. 2021;22,903-912. <https://doi.org/10.1007/s112121-021-01222-x>
28. **Balis L**, Strayer III T, Harden S. First things first: assessing needs, comfort, and role clarity for physical activity promotion. *Journal of Human Sciences & Extension*. 2021; 9(1):123-138. <https://www.jhseonline.com/article/view/1020>
29. Harden S, **Balis L**, Strayer III T, Carlson B, Prosch N, Lindsay A, Gunter K, Estabrooks PA, Dziewaltowski D. Strengths, challenges, and opportunities for physical activity promotion in the century-old national Cooperative Extension System. *Journal of Human Sciences & Extension*. 2020;8(3):104-124. <https://www.jhseonline.com/article/view/834>
30. Strayer III T, **Balis L**, Harden S. Partnering for successful dissemination: how to improve public health with the National Cooperative Extension System. *Journal of Public Health Management & Practice*. 2020;26(2): 184-186. <https://doi.org/10.1097/PHH.0000000000001025>
31. Strayer III T, Kennedy L, **Balis L**, Ramalingam N, Wilson M, Harden S. Cooperative Extension gets moving, but how? Exploration of Extension health educators' sources and channels for information-seeking practices. *American Journal of Health Promotion*. 2020;34(2):198-205. <https://doi.org/10.1177/0890117119879606>
32. **Balis L** and Strayer III T. Evaluating Take the Stairs, Wyoming! through the RE-AIM framework: challenges and opportunities. *Frontiers of Public Health*. 2019;7(368). <https://doi.org/10.3389/fpubh.2019.00368>

33. **Balis L** and Harden S. Scaling out a 4-H healthy meeting initiative: challenges in implementation and comprehensive evaluation. *Journal of Nutrition Education and Behavior*. 2019;51(8):1020-1024. <http://doi.org/10.1016/j.jneb.2019.05.288>
34. **Balis L**, Marshall C, Malcolm A, Harden S. Goat yoga: preliminary implications for health, agriculture, and 4-H. *Journal of Extension*. 2019;57(3). <https://tigerprints.clemson.edu/joe/vol57/iss3/19/>
35. **Balis L**, John D, Harden S. Beyond evaluation: using the RE-AIM framework for program planning in Extension. *Journal of Extension*. 2019;5(2). <https://tigerprints.clemson.edu/joe/vol57/iss2/4/>
36. **Balis L**, Sowatey G, Ansong-Gyimah K, Ofori E, and Harden S. Older Ghanaian adults' perceptions of physical activity: an exploratory, mixed methods study. *BMC Geriatrics*. 2019;19:85. <https://doi.org/10.1186/s12877-019-1095-1>
37. **Balis L**, Strayer III T, Ramalingam N, Wilson M, Harden S. Open-access physical activity programs for older adults: a pragmatic and systematic review. *The Gerontologist*. 2019;59(4):e268-e278. <https://doi.org/10.1093/geront/gnx195>
38. **Balis L**, Strayer III T, Ramalingam N, Harden S. Beginning with the end in mind: contextual considerations for scaling-out a community-based intervention. *Frontiers of Public Health*. 2018;6(357). <https://doi.org/10.3389/fpubh.2018.00357>

Manuscripts Under Review

1. Palmer S, Byker Shanks C, **Balis L**, Shaw E, Lima Do Santos P, Yaroch A. Food as medicine programs for pregnant people in the United States: a systematic review. *BMC Pregnancy and Childbirth*: invited to revise and resubmit.
2. Fitzhugh E, Smock C, **Balis L**, Gustat J, Roemmich J, Townsend Z, Abildso C. Factors Associated with Leisure-time Bicycling among Adults in the United States: An Urban-Rural Comparison. *Journal of Physical Activity and Health*: invited to revise and resubmit.
3. **Balis L**, Shaw E, Fung Uy W, Nelson, K, Isack M, Flournoy L, Vest D, Deelo J, Yaroch A. Midwestern Specialty Crop Impacts on the Environment and Health: A Scoping Review. *Agriculture and Food Security*: invited to revise and resubmit.
4. **Balis L**, Palmer S, Isack M, Yaroch A. Barriers and Facilitators to Program Evaluation and Dissemination: A Qualitative Study to Inform Implementation Strategies. *BMC Public Health*.
5. **Balis L**, Houghtaling B, Clausen W, Lane H, Wende M, Pereira E, McLoughlin G, Harden S. Advancing Implementation Science in Community Settings: The Implementation Strategies Applied in Communities (ISAC) Compilation. *International Journal of Behavioral Nutrition and Physical Activity*.
6. Stroope J, **Balis L**, Garn A, Seals K, Holston D. Who Let the Dogs Out? Gender, stray dogs, and rural physical activity. *Family and Community Health*.

Book Chapters

1. Weybright, EH, **Balis L**, Kennedy L, Cooper B, Bruzios K, & Harden S. Implementation and dissemination science for Health Extension: Getting back to our roots. In C. Eschbach, E. H. Weybright, & J. Dwyer (Eds.) *Health Extension: Community-based Healthcare and the Future of Cooperative Extension*. East Lansing, MI: Michigan State University Press: In press.

Extension Curricula and Publications

1. **Balis L**, and Lewis P. Dining with Diabetes supports eating for health. *University of Wyoming 2017 Extension Impacts*. 2017;20-23.
2. Case K, **Balis L**, Hayman V. Real Food. *University of Wyoming*. 2016.

3. **Balis L**, and Lewis P. Hunter's dilemma: What to do with extra game meat? Go retro and make into jerky. *Barnyards & Backyards*. 2016;12(4):20-23.
4. **Balis L**, and Russell J. Tips, tricks ease aches and pains of gardening gains. *Barnyards & Backyards*. 2016;12(3):25-27.
5. Miller A, Keller P, and **Balis L**. Recess in Action: Activities for the elementary school classroom teacher/aide. *University of Montana*. 2009.

Invited Presentations

1. **Improving the built environment and beyond: compiling and testing implementation strategies in community settings**. Ones to Watch Invited Talk. International Society of Behavioral Nutrition and Physical Activity 2024 Annual Meeting. Omaha, NE. May 2024.
2. **Life at an independent research nonprofit: partnerships, projects, and potential opportunities**. University of Florida Department of Health Education and Behavior. Virtual. December 2023.
3. **Integrating physical activity interventions in real-world settings: an introduction to ISAC (Implementation Strategies Adapted for Communities)**. Advance RI-CTR Implementation Science Seminar Series. Virtual. October 2023. <https://www.youtube.com/watch?v=UasU-9 LGWQ>
4. **Implementation strategies adapted for communities: enhancing health equity through a new compilation**. Consortium for Cancer Implementation Science. Virtual. September 2023. <https://cancercontrol.cancer.gov/is/training-events/webinars/implementation-strategies-adapted-for-communities-enhancing-health-equity-through-a-new-compilation>
5. **Scaling up and out: increasing the uptake of built environment approaches in community settings**. Colorado Pragmatic Research in Health Conference. Virtual. May 2022.
6. **Local, regional, and global initiatives for health promotion: translating research to practice**. University of Minnesota Division of Epidemiology and Community Health, Post-Doctoral Research Group. Virtual. January 2022.
7. **What is RE-AIM and how can I use it? A general overview of the dimensions of RE-AIM and resources to help you use it**. International Marcé Society for Perinatal Mental Health Biennial Meeting. Virtual. October 2020.
8. **Beginning with the end in mind: using RE-AIM to guide program planning, implementation, and evaluation**. RE-AIM National Workgroup Monthly Webinar. Virtual. 2019.
9. **Addressing physical activity promotion through Extension: domestic and international efforts**. University of Nebraska Medical Center Department of Health Promotion, Implementation and Systems Science Lab. Virtual. 2018
10. **From Wyoming to Ghana: my experiences in physical activity promotion research**. Virginia Tech Department of Human Nutrition, Foods, and Exercise, Physical Activity Research and Community Implementation Lab Summer Undergraduate Seminar Series. Virtual. 2018.

Refereed Posters and Presentations

1. Fung Uy W, Yaroach A, Nelson K, Shaw E, Isack M, Flournoy L, **Balis L**. Using a rapid qualitative analysis approach: Understanding farmer and food Access practitioners' perspectives on production, distribution, and impact of specialty crops in the midwestern United States. Poster presented at: International Society of Behavioral Nutrition and Physical Activity 2024 Annual Meeting. Omaha, NE. May 2024: abstract accepted.
2. Clausen W, Houghtaling B, Harden S, Lane H, Wende M, Pereira E, McLoughlin G, **Balis L**. Trusted organizations and webinars: Practitioners' preferences for learning about implementation strategies. Presented at: International Society of Behavioral Nutrition and Physical Activity 2024 Annual Meeting. Omaha, NE. May 2024: abstract accepted.

3. **Balis L**, Brown D, Hatfield D, Lima Dos Santos P, Stott G, Green Parker M, Matjasko J, Baumgartner J, Minkoff N, Bowles H, Din M, Sharfman A, Kowtha B. Opportunities for physical activity research, policy, and practice: A conceptual framework. Presented at: International Society of Behavioral Nutrition and Physical Activity 2024 Annual Meeting. Omaha, NE. May 2024: abstract accepted.
4. Fung Uy W, **Balis L**, Nelson K, Isack M, Shaw E, Flournoy L, Vest D, Yaroach A. Environmental and Health Impacts of Specialty Crops in the US Midwest: A Qualitative Study Guided by the RE-AIM Framework. Presented at: 2024 Association of International Agricultural and Extension Education Annual Conference. Orlando, FL. April 2024: abstract accepted.
5. Umstatted Meyer MR, Wende ME, Stroope J, Kellstedt DK, Johnson A, Gamble A, Edwards MB, Beck AM, Moore JB, Abshire D, Anderson RE, Aytur SA, **Balis L**, Davis K, Gabbert KD, Gustat J, John D, Jones DL, King KA, Needham BD, Orzech KM, Pickett AC, Rhoades RR, Slater S, Smock C, Villwock-Witte NM, Baskin M, Perry C, Abildso C. A Rural Call to Action 2.0: Looking back and paving the way forward. Presented at: 2024 Annual Active Living Conference. Chattanooga, TN. March 2024: abstract accepted.
6. Shaw E, **Balis L**, Fung Uy W, Nelson K, Isack M, Flournoy L, Vest D, Yaroach A. Midwestern specialty crop impacts on health and nutrition: A scoping review guided by the RE-AIM framework. Poster presented at: 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Philadelphia, PA. March 2024: abstract accepted.
7. Harden S, Ramalingam N, Strayer III T, Wilson M, **Balis L**, Payne A, Gartner R. Cooperative extension as a century-old implementation laboratory: An overview of extension training and infrastructure to improve health equity in rural population. Presented at: 16th Annual Conference on the Science of Dissemination and Implementation. Washington, DC. December 2023.
8. **Balis L**, Clausen W, Houghtaling B, Lane H, Wende M, Pereira E, McLoughlin G, Harden S. Introducing ISAC: Implementation strategies adapted for communities. Poster presented at: 16th Annual Conference on the Science of Dissemination and Implementation. Washington, DC. December 2023.
9. **Balis L**, Palmer S, Isack M, Yaroach A. Building evaluation and dissemination capacity: An assessment of contextual factors to design technical assistance. Poster presented at: 16th Annual Conference on the Science of Dissemination and Implementation. Washington, DC. December 2023.
10. Houghtaling B, **Balis L**. Selecting implementation strategies to overcome barriers to delivering and scaling rural healthy eating and active living policy, systems, and environmental change interventions. Oral session presented at: International Society of Behavioral Nutrition and Physical Activity 2023 Annual Meeting, Uppsala, Sweden. June 2023.
11. Houghtaling B, **Balis L**, Pradhananga N, Cater M, Holston D. Barriers and facilitators to scaling healthy eating and active living policy, systems, and environmental interventions to more rural communities in Louisiana. Oral session presented at: International Society of Behavioral Nutrition and Physical Activity 2023 Annual Meeting, Uppsala, Sweden. June 2023.
12. **Balis L**, Porter G, Grocke-Dewey M. Do built environment demonstration events lead to permanent changes? A systematic review. Oral session presented at: Active Living Conference, Bethesda, MD. March 2023.
13. Frazier M, **Balis L**, Armbruster S, Estabrooks P, Harden S. Use of iterative feedback cycles with delivery personnel to improve an ongoing statewide walking program. Poster presented at: 15th Annual Conference on the Science of Dissemination and Implementation. Washington, DC. December 2022.
14. **Balis L**, Houghtaling B, Harden S. Using implementation strategies in community settings: terminology, examples, and next steps. Poster presented at: 15th Annual Conference on the Science of Dissemination and Implementation. Washington, DC. December 2022.
15. Stroope J, **Balis L**, Seals K, Garn A, Holston D. Factors Who let the dogs out? Gender, stray dogs, and rural physical activity. Oral session presented at: American Public Health Association Annual Meeting. Boston, MA. November 2022.
16. Fitzhugh E, Roemmich J, Abildso C, Smock C, Townsend Z, **Balis L**, Gustat J, Kellstedt D. Factors associated with leisure-time bicycling among adults in the United States: An urban-rural comparison.

Oral session presented at: American Public Health Association Annual Meeting. Boston, MA. November 2022.

17. **Balis L** and Vincent J. Implementation strategies to support built environment approaches in community settings. Poster presented at: International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Phoenix, AZ. May 2022.
18. Pradhananga N, Niroula K, Holston D, **Balis L**, Lima M, Keenan M, Morgan R, Houghtaling B. A systematic review of policies to improve food and physical activity environments in community settings using RE-AIM. Poster presented at: International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Phoenix, AZ. May 2022.
19. Houghtaling B, Kourouma P, Pradhananga N, Marchard M, **Balis L**. Trucking company stakeholder views on workplace health promotion initiatives using the Transtheoretical Domains Framework. Poster presented at: International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Phoenix, AZ. May 2022.
20. Pradhananga N, Niroula K, Holston D, **Balis L**, Lima M, Keenan M, Morgan R, Houghtaling B. A systematic review of policies to improve food and physical activity environments in community settings using RE-AIM. Presented virtually at: 2022 Tufts Research and Data Symposium for Food and Nutrition. March 2022.
21. Houghtaling B, **Balis L**, Minaker L, Kheshaifaty K, Morgan R, Byker Shanks C. A review of trucking food, physical activity, and tobacco environments and tractor-trailer drivers' related patterns/practices in the U.S. and Canada. Oral session presented at: American Public Health Association 2021 Annual Meeting and Expo. Denver, CO. October 2021.
22. **Balis L**, Dysart A, Daniels B, Oker H, Harden S. Setting the "PACE": Initial feasibility and reach of the Physical Activity in Cooperative Extension training. Presented virtually at: Society of Behavioral Medicine Annual Meeting and Scientific Sessions. April 2021.
23. **Balis L**, Kennedy L, Houghtaling B, Harden S. Red, yellow, and green light changes: Adaptations to extension health promotion programs. Poster presented virtually at: 13th Annual Conference on the Science of Dissemination and Implementation. December 2020.
24. **Balis L**, Adjei K, Nyame S. Stakeholder input to inform the adaptation and dissemination of Ghana's physical activity guidelines. Presented virtually at: International Society of Behavioral Nutrition and Physical Activity Annual Meeting. June 2020.
25. **Balis L**. 4th H for Health Challenge: Testing an incentivized approach to improve program adoption rates. National Health Outreach Conference. Kansas City, MO. May 2020. (Conference canceled)
26. **Balis L**, Strayer III T, Ramalingam N, Harden S. Beginning with the end in mind: contextual considerations before, during, and after program delivery. Oral session presented at: Society of Behavioral Medicine Annual Meeting and Scientific Sessions. Washington, DC. March 2019.
27. **Balis L**, Sowatey G, Ansong-Gyimah K, Ofori ES, and Harden S. A mixed methods approach to understanding older Ghanaian adults' perceptions of physical activity. Oral session presented at: Association for International Agricultural and Extension Education. Merida, Mexico. April 2018.
28. Strayer III T, Kennedy L, **Balis L**, Ramalingam N, Wilson M, Harden S. Cooperative extension gets moving, but how?: Exploration of the modes of dissemination for health promotion. Poster presented at: 10th Annual Conference on Science of Dissemination and Implementation. Arlington, VA. December 2017.
29. **Balis L**, Hayman V, Case K, Strayer III T. Let's get real: the Real Food pilot program helps Wyomingites eat less processed food. Oral session presented at: National Extension Association of Family & Consumer Sciences Annual Session. Omaha, NE. October 2017.
30. Case K, **Balis L**, Hayman V, Strayer III T. Real Food: a 5-week hands-on pilot program focused on reducing highly processed food results in behavior change in participants. Poster presented at: Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo. Chicago, IL. October 2017.

31. Harden S, Ramalingam N, Strayer III T, Wilson M, **Balis L**, Esakia A, and members of the Physical Activity Leadership Team. Partnering for improvement: current efforts of a research-practice partnership to improve physical activity program penetration. Poster presented at: Rural Cancer Control: Challenges & Opportunities Research Meeting. Memphis, TN. May 2017.

Extension and Professional Presentations

1. **Selecting strategies that work: how to improve health in your community.** National 4-H Healthy Living Summit. Washington, DC. February 2020
2. **Empowered agents, healthy communities: managing your work for maximum impact.** University of Arkansas System Division of Agriculture Cooperative Extension Service, Delta District Meetup. Little Rock, AR. 2019
3. **Photovoice: Talking with pictures.** Learning huddle presented at: University of Extension Professional Improvement Conference. Casper, WY. 2018
4. **Goat Yoga: Preliminary implications for health, agriculture, and 4-H.** Poster presented at: University of Wyoming Extension Professional Improvement Conference. Casper, WY. 2018
5. **A mixed methods approach to understanding older Ghanaian adults' perceptions of physical activity.** Poster presented at: Wyoming Goes Global Conference. Laramie, WY. 2018
6. **Eat smart and move more: make your meetings healthy.** University of Wyoming Connecting Extension and Research Conference. Laramie, WY. 2017
7. **My Native Plate: eating for disease prevention.** Caring for our Tribal Elders Workshop. Riverton, WY. 2017
8. **Move more and sit less: be a role model!** Staff Wellness Presentation for 1305 CDC funding with the Virginia Department of Health. Blacksburg, VA. 2017
9. **Promoting physical activity in young children.** Wyoming Early Childhood Association Conference. Riverton, WY. 2016
10. **Promoting physical activity in youth.** Cent\$ible Nutrition Program Spring Fling. Sheridan, WY. 2016
11. **CATCH Healthy Habits National Training.** Tucson, AZ. 2014
12. **Starting an employee wellness program.** Montana Head Start Association Health Managers' Cluster. Missoula, MT. 2011
13. **Promoting physical activity in youth.** AmeriCorps Spring Summit Conference. Bozeman, MT. 2009
14. **Coordinated approach to child health.** Montana Educators and School Nurses Convention. Missoula, MT. 2008

Federal and Non-Federal Grant Reviews

2021	Early Career Reviewer , Science of Implementation in Health and Healthcare (SIHH), National Institutes of Health (NIH)
2017 – 2018	Reviewer , National Institute of Food and Agriculture, United States Department of Agriculture
2018	Reviewer , Robert Wood Johnson Foundation

Meeting and Workshop Planning Committees

2018	Planning Committee Member , Extension Professional Improvement Conference, University of Wyoming Extension
2017	Planning Committee Member , Connecting Extension and Research Conference, University of Wyoming

2016 **Planning Committee Member**, Extension Professional Improvement Conference, University of Wyoming Extension

Service to Profession

2024 – Present American Heart Association Food is Medicine Implementation Science and Community Engagement Task Force

2024 – 2025 **Friend to the Committee**, Transportation Research Board Standing Committee on Transportation and Public Health

2021 – 2026 **Friend to the Committee**, Transportation Research Board Standing Committee on Bicycle Transportation

2021 – 2025 **Friend to the Committee**, Transportation Research Board Standing Committee on Pedestrians

2019 – 2020 Southern Region Extension Health Collaborative

2019 – 2020 **Chair**, National Dining with Diabetes Working Group, Evaluation Subcommittee

2017 – 2020 National Dining with Diabetes Working Group

2018 – 2019 **Chair**, Western Region Physical Activity Collaborative

2018 – 2019 **National Program Leader**, Wyoming Family and Consumer Science

2017 – 2020 National Institute of Food and Agriculture, Nutrition and Health Committee for Planning and Guidance, Evaluation and Public Value Sub-Committee

2016 – 2019 **Wyoming Ambassador**, Society for Nutrition Education and Behavior

2016-2019 **Treasurer**, Wyoming Extension Association of Family and Consumer Sciences

University Service

2021 **Reviewer**, Elton S. Carter Award for Excellence in a Master's Thesis, University of Nebraska at Omaha

2020 University of Arkansas System, Division of Agriculture, Cooperative Extension Service Disaster Preparedness and Relief Committee

2018-2019 **Chair**, University of Wyoming Extension Nutrition and Food Safety Initiative Team

2017-2019 **Chair**, Academic Information Technology Committee, University of Wyoming

2016-2019 **Chair**, University of Wyoming Extension Nutrition and Food Safety Website Committee

2018 **Chair**, Search Committee, Extension Educator, University of Wyoming Extension, Wind River Indian Reservation

2017 Search Committee, Cent\$ible Nutrition Program Educator, University of Wyoming Extension, Wind River Indian Reservation

2016 University of Wyoming Cent\$ible Nutrition Program PSE (Policy, System, and Environments) Committee

2016 Chaperone, American Youth Leadership Program – Ghana, University of Wyoming Extension 4-H

Teaching Experience

Guest Lectures

- Health Counseling, Virginia Tech (Spring 2022, Fall 2022, Spring 2023, Fall 2023, Spring 2024)
- Community Nutrition, Southern Utah University (Fall 2023)
- Health Promotion, Louisiana State University (Fall 2023)

Teaching Assistant, Virginia Polytechnic Institute and State University, Blacksburg, VA

- Health Counseling (Fall 2014, Spring 2015)

Teaching Assistant, University of Montana, Missoula, MT

- Exercise Physiology Lab (Fall 2007, Spring 2008, Spring 2009)
- Basic Exercise Prescription (Fall 2008)

- Total Body Conditioning (Spring 2009, as instructor of record)
- Intermediate Weight Training (Fall 2008)
- Fundamentals of Weight Training (Fall 2008)
- Cardio Boot Camp (Spring 2008)
- Fundamentals of Weight Training for Women (Fall 2008)

Mentoring

- Nila Pradhanga: School of Nutrition and Food Sciences, Louisiana State University. Doctoral Committee Member (2019 – Present).
- Bryce Daniels, PhD: Department of Health, Human Performance, & Recreation, University of Arkansas. Mentor for summer research assistantship and implementation science independent study (2019 – 2022).

Honors, Awards, and Professional Associations

Honors and Awards

2024	Selected for the Building Future Leaders Mid-Career Researcher Program, International Society of Behavioral Nutrition and Physical Activity
2021	Fellow: Physical Activity and Public Health Postgraduate Research Course, University of South Carolina
2019	Fellow: Western Extension Leadership Development
2019	Excellence in Multi State Collaboration Award, 2 nd Place: National Extension Association of Family & Consumer Sciences
2019	Communications Educational Curriculum Package Award, 2 nd Place: National Extension Association of Family & Consumer Sciences
2018	Communications Educational Curriculum Package Award, 1 st Place: National Extension Association of Family & Consumer Sciences
2016	Fellow: eXtension i-Three Issue Corps National Initiative Team

Professional Association Membership

2020 – Present	International Society for Behavior Nutrition and Physical Activity (ISBNPA)
2019 – 2021	Society of Behavioral Medicine (SBM)
2018 – 2019	National Extension Association of Family and Consumer Sciences (NEAFCS)
2015 – 2019	Wyoming Extension Association of Family and Consumer Sciences (WEAFCS)
2015 – 2019	Society for Nutrition Education and Behavior (SNEB)
2009 – 2012	National Health Start Association (NHSA)

Editorial Roles and Journal Reviews

Editorial Roles

2023 – Present	Journal of Healthy Eating and Active Living, Review Board
2021 – Present	International Journal of Behavioral Nutrition and Physical Activity, Editorial Board Member
2021 – Present	International Journal of Environmental Research and Public Health, Special Issue Guest Editor
2020 – 2023	Frontiers in Public Health, Review Editor
2019 – 2024	Journal of Human Sciences and Extension, Associate Editor

Journal Reviews (2018 – Present)

Evaluation and Program Planning
 Journal of Clinical and Translational Science
 Journal of Child and Family Studies

Child and Youth Care Forum
Preventive Medicine Reports
Contemporary Clinical Trials Communications
Translational Behavioral Medicine
Health Education & Behavior
Preventing Chronic Disease
Frontiers in Public Health
Environmental Research