

BIOGRAPHICAL SKETCH

Provide the following information for the Senior/key personnel and other significant contributors.

Follow this format for each person. DO NOT EXCEED FIVE PAGES.

NAME: NOTHWEHR, FARYLE K

eRA COMMONS USER NAME (agency login): FNOTHWEHR

POSITION TITLE: Associate Professor

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
Winona State University, Winona, MN	BS	1981	Nursing
University of St. Thomas, St. Paul, MN	MA	05/1987	Adult Education
University of Minnesota, Minneapolis, MN	MPH	05/1993	Epidemiology
University of Michigan, Ann Arbor, MI	PHD	05/1997	Health Behavior and Health Education
Indiana University School of Medicine, Indianapolis, IN	Postdoctoral Fellow	1998	Diabetes Research and Training Center

A. Personal Statement

My work has focused on several health behaviors, but especially the complex and fundamental problem of nutrition, and particularly eating behaviors of adults in understudied rural community settings. As extensive research has shown, poor nutrition is associated with the development of many health problems either directly or through the development of obesity. I have designed and/or evaluated interventions in community settings and have productively collaborated with other researchers, public health officials and various community members. Results of these studies have been published in numerous, respected peer-reviewed journals. An intervention I developed to encourage healthier eating in non-chain rural restaurants was widely disseminated through the state of Iowa and is now being implemented in other states as well. Other research interests include behavioral epidemiology, and theory-guided behavior change.

1. Nothwehr F, Haines H, Chrisman M, Schultz U. Statewide dissemination of a rural, non-chain restaurant intervention: adoption, implementation and maintenance. *Health Educ Res.* 2014 Jun;29(3):433-41. PubMed PMID: [24650944](#); PubMed Central PMCID: [PMC4271112](#).
2. Nothwehr F, Chrisman M, Andsager JL. Improving rural newspaper coverage of nutrition stories: an educational assessment of editors' attitudes and learning needs. *Health Promot Pract.* 2014 Nov;15(6):849-56. PubMed PMID: [24648288](#); PubMed Central PMCID: [PMC4251733](#).

B. Positions and Honors**Positions and Employment**

1981 - 1985	Staff Nurse, United Hospital, Cardiac Surgery Step-down Unit, St. Paul, MN
1988 - 1991	Cardiovascular Patient Educator, North Memorial Hospital, Minneapolis, MN
1991 - 1993	Research Assistant, University of Minnesota, School of Public Health, Minneapolis, MN
1993 - 1997	Research Assistant, University of Michigan, School of Public Health, Ann Arbor, MI
1994 - 1994	Teaching Assistant, University of Michigan, School of Public Health, Ann Arbor, MI
1994 - 1994	Research Assistant, University of Michigan, Division of Kinesiology, Ann Arbor, MI
1998 - 2001	Scientist, Regenstrief Institute for Health Care, Indianapolis, IN
1998 - 2001	Center Scientist, Indiana University, Center for Aging Research, Indianapolis, IN
1998 - 2001	Assistant Scientist, Indiana University School of Medicine, Indianapolis, IN
2001 - 2007	Assistant Professor, University of Iowa, College of Public Health, Iowa City, IA

2002 - 2006 Deputy Director, University of Iowa Prevention Research Center, Iowa City, IA
2007 - Associate Professor, Tenured, University of Iowa, College of Public Health, Iowa City, IA
2007 - 2008 Interim Director, University of Iowa Prevention Research Center, Iowa City, IA
2008 - 2011 Director and PI, University of Iowa Prevention Research Center for Rural Health, Iowa City, IA

Other Experience and Professional Memberships

1992 - Member, American Public Health Association
1998 - 2001 Member, Gerontological Society of America
1999 - 2008 Member, Society of Behavioral Medicine
2005 - Member, Iowa Public Health Association
2005 - 2007 Member, Iowa Society for Public Health Education
2008 - 2009 Practice Journal Working Group Member, Society of Behavioral Medicine
2009 - 2010 Board of Directors, Iowa Rural Health Association

Honors

1977 President's Honor Scholarship, Winona State University
1995 Marshall H. Becker Scholarship, University of Michigan, School of Public Health
1996 Marshall H. Becker Scholarship, University of Michigan, School of Public Health
2008 Nominated for Faculty Teaching Award, University of Iowa, College of Public Health
2011 Data Harmonization Pioneer Award, Society of Behavioral Medicine
2012 Member, Delta Omega Honorary Society in Public Health
2014 Outstanding Volunteer Service Award, Iowa Valley Habitat for Humanity

C. Contribution to Science

1. Prior to the development of behavioral interventions, it is important to understand their epidemiology within different populations and over time. Several of my earlier studies have contributed to this literature with regard to smoking and dietary behaviors.
 - a. Nothwehr F, Elmer P, Hannan P. Prevalence of health behaviors related to hypertension in three blood pressure treatment groups: the Minnesota Heart Health Program. *Prev Med.* 1994 May;23(3):362-8. PubMed PMID: [8078858](#).
 - b. Nothwehr F, Lando HA, Bobo JK. Alcohol and tobacco use in the Minnesota Heart Health Program. *Addict Behav.* 1995 Jul-Aug;20(4):463-70. PubMed PMID: [7484327](#).
 - c. Nothwehr F, Stump T. Health-promoting behaviors among adults with type 2 diabetes: findings from the Health and Retirement Study. *Prev Med.* 2000 May;30(5):407-14. PubMed PMID: [10845750](#).
 - d. Nothwehr F, Perkins AJ. Relationships between comorbidity and health behaviors related to hypertension in NHANES III. *Prev Med.* 2002 Jan;34(1):66-71. PubMed PMID: [11749098](#).
2. Dietary behavior is complex and difficult to measure. Though many interventions had been designed to change behavioral strategies that lead to healthy dietary intake, there was a serious gap in the measurement of such strategies – e.g., portion control strategies, meal planning. Without measuring use of these targeted strategies, it is difficult to determine the specific impact of educational programs or to improve upon them. Using Social Cognitive Theory, and concepts of self-regulation as a guide, I developed and tested a set of measures that capture diet and physical activity-related strategies. Through a series of papers, I demonstrated that these were indeed associated with measures of dietary intake, physical activity, and other theoretical constructs such as self-efficacy and stage of change. I received over 35 requests for these measures from other researchers, including requests from 6 different countries. These measures were posted on NCI's web-based compendium of measures (GEM) making them easily available to other researchers and practitioners across the country and world.
 - a. Nothwehr F, Snetselaar L, Yang J, Wu H. Stage of change for healthful eating and use of behavioral strategies. *J Am Diet Assoc.* 2006 Jul;106(7):1035-41. PubMed PMID: [16815119](#).

- b. Nothwehr F, Yang J. Goal setting frequency and the use of behavioral strategies related to diet and physical activity. *Health Educ Res.* 2007 Aug;22(4):532-8. PubMed PMID: [17032703](#).
 - c. Nothwehr F, Dennis L, Wu H. Measurement of behavioral objectives for weight management. *Health Educ Behav.* 2007 Oct;34(5):793-809. PubMed PMID: [16816028](#).
 - d. Nothwehr F. Self-efficacy and its association with use of diet-related behavioral strategies and reported dietary intake. *Health Educ Behav.* 2008 Oct;35(5):698-706. PubMed PMID: [17602101](#).
3. Rural communities are understudied when it comes to health promotion. Often these communities have few resources and limited expertise available to carry out behavioral interventions. They are desperate for simple, low-cost interventions that are consistent with their resources and culture. In response to this need, I developed and tested an intentionally simple intervention for rural non-chain restaurants. In preliminary work we discovered that restaurant owners were reluctant to change menu items for fear of losing customers. Labeling offerings with nutrition information was also unacceptable to them and impractical given their lack of standardized menus. The developed program involved placement of signs on restaurant tables advertising healthy options and/or adjustments that the restaurant offered (e.g., smaller portions of some items; baked or broiled meat; toppings on the side). The intervention was tested in first one restaurant (CDC funding), then four (NIH funding), then in 28 restaurants across the state (CDC funding). It proved to be well accepted by restaurant owners and effective in changing customer orders. A toolkit was developed and made available on our Prevention Research Center website for other communities interested in implementing the program. This toolkit is also highlighted on the Rural Assistance Center website (DHHS) and has been accessed by over 140 visitors to the site. We know of at least several states that have implemented it or are planning to do so.
- a. Nothwehr F, Snetselaar L, Dawson JD, Hradek C, Sepulveda M. Healthy option preferences of rural restaurant customers. *Health Promot Pract.* 2010 Nov;11(6):828-36. PubMed PMID: [19515859](#); PubMed Central PMCID: [PMC2891921](#).
 - b. Nothwehr FK, Snetselaar L, Dawson J, Schultz U. Promoting healthy choices in non-chain restaurants: effects of a simple cue to customers. *Health Promot Pract.* 2013 Jan;14(1):132-8. PubMed PMID: [23048009](#); PubMed Central PMCID: [PMC3956304](#).
 - c. Nothwehr F, Andsager J, Haines H. The rural restaurant healthy options program: response of rural, local newspapers to a program press release. *Health Promot Pract.* 2014 Mar;15(2):217-22. PubMed PMID: [23182860](#); PubMed Central PMCID: [PMC4255713](#).
 - d. Nothwehr F, Haines H, Chrisman M, Schultz U. Statewide dissemination of a rural, non-chain restaurant intervention: adoption, implementation and maintenance. *Health Educ Res.* 2014 Jun;29(3):433-41. PubMed PMID: [24650944](#); PubMed Central PMCID: [PMC4271112](#).

Complete List of Published Work in My Bibliography:

<http://www.ncbi.nlm.nih.gov/myncbi/faryle.nothwehr.2/bibliography/48156509/public/?sort=date&direction=ascending>

D. Research Support

Ongoing Research Support

2018/1/1- 2019/6/30

Heartland Occupational Safety & Health Education & Research Center.

NIOSH T42-0H008491-12

PI: Patrick O'Shaughnessy

Role: Co-Investigator, Center Evaluator

Recently Completed Research Support

2014/09/30-2015/09/29

RFA-DP14-1417

CDC Subaward, CDC/Siouxland District Health Department

Live Healthy Siouxland – Partnership to Improve Community Health (PICH)

Role: Subcontract PI; Evaluator

2012/10/01-2014/09/30

CDC Subaward, Iowa Dept. of Public Health

Community Transformation Grant, Evaluation Service

Role: Subcontract PI; Evaluator

2010/07/01-2013/06/30

R01 AG37947-01, National Institutes of Health

Snetselaar, Linda G. (PI)

Resetting Nutritional Defaults: Testing the Effect of NuVal on Older Adults

Role: Co-Investigator

2012/03/01-2016/09/29

U48 DP001902, Centers for Disease Control and Prevention

Parker, Edith (PI)

University of Iowa Prevention Research Center for Rural Health

Role: Co-Investigator

2010/03/01-2012/02/28

U48 DP001902, Centers for Disease Control and Prevention

Nothwehr, Faryle (PI)

University of Iowa Prevention Research Center for Rural Health

Role: PI