

# Ken W. Watkins, Ph.D.

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## Professional Experience

Associate Department Chair, Dept of Health Promotion, Education, and Behavior Arnold School of Public Health University of South Carolina, Columbia, South Carolina	2006 - Present
Graduate Director, Department of Health Promotion, Education, and Behavior Arnold School of Public Health University of South Carolina, Columbia, South Carolina	2003 - Present
Clinical Associate Professor, Dept of Health Promotion, Education, and Behavior Arnold School of Public Health University of South Carolina, Columbia, South Carolina	2004 - Present
Interim Department Chair, Dept of Health Promotion, Education, and Behavior Arnold School of Public Health University of South Carolina, Columbia, South Carolina	2003 - 2006
Assistant Professor, Department of Health Promotion, Education, and Behavior Arnold School of Public Health University of South Carolina, Columbia, South Carolina	1999 - 2003
Graduate Student Instructor, Department of Psychology University of Michigan, Ann Arbor, Michigan	1997 - 1999
Statistical Consultant The Michigan Study – longitudinal study of diversity issues on campus University of Michigan, Ann Arbor, Michigan	1997 - 1999
Research Project Manager NINR-funded study: “Shaping Cognitive Representations for Hypertensive Women” University of Michigan, Ann Arbor, Michigan	1997 - 1999

Research Project Coordinator NIA-funded study: "Medication Adherence Among Low-SES Hypertensive Elderly" University of Georgia, Athens/University of Michigan, Ann Arbor	1994 - 1997
Director of Career Planning and Orientation Anderson College, Anderson, South Carolina	1992 - 1994
Director of Counseling Center Anderson College, Anderson, South Carolina	1989 - 1992
Counselor Anderson College, Anderson, South Carolina	1988 - 1989
Counselor Arkansas State University, Jonesboro, Arkansas	1985 - 1988
Assistant Director, University Center University of Tennessee at Chattanooga	1983 - 1985

## **Education**

University of Michigan, Ann Arbor, MI Ph.D., Health Behavior and Health Education Dissertation: "Effects of Adults' Self-Regulation of Diabetes on Quality of Life Outcomes"	1999
University of Tennessee, Knoxville, TN M.S., College Student Personnel (College of Education)	1983
University of Tennessee, Martin, TN B.S. (cum laude), Psychology	1980

## **Awards and Fellowships**

Delta Omega Public Health Honor Society	2004 - present
Rackham Dissertation Fellowship, University of Michigan	1999
Predocutorial Trainee Fellowship, Institute of Gerontology Research Training, Univ. of Michigan	1996 - 1997

## **Teaching**

### University of South Carolina

HPEB 321	Personal and Community Health
HPEB 547	Consumer Health in Contemporary Society
HPEB 550	Behavioral Concepts and Processes for Health Professionals
HPEB 553	Community Health Problems
HPEB 555	Managing Stress
HPEB 700	Concept and Methods in Health Promotion
HPEB 701	Theoretical Foundations of Health Promotion
HPEB 704	Health Promotion Research Seminar
HPEB 707	Health Promotion Research Methods
HPEB 709	Stress and Support: Concepts and Management
HPEB 730	Programs for Patient Education

### University of South Carolina (cont)

HPEB 731	Health Promotion for Older Adults
HPEB 790	Independent Study (Qualitative Research Methods)
HPEB 798A	Public Health Practicum Seminar
PH Practice	Evidence-Based Public Health: Planning and Evaluation

### University of Michigan

PSYCH 341	Cognitive Laboratory for the Natural Sciences (Research Methods)
HBHE 504	Principles of Health Behavior

## **Publications**

Pope, H., WATKINS, K.W., McKeown, R.E., Friedman, D.B., Simmons, D.B., Miller, M.C. (2013). Church-based health promotion program impact on ethnically diverse older adults' social support, religiosity, and spirituality. Journal of Religion, Spirituality & Aging, 25 (3), 238-257.

Dominick, G.M., Friedman, D.B., Saunders, R.P., Hussey, J.R., & WATKINS, K.W. (2012). Factors associated with physical activity literacy among foster parents. American Journal of Health Behavior, 36 (2): 179-192.

Dave, J.M., Evans, A.E., Pfeiffer, K.A., WATKINS, K.W., & Saunders, R.P. (2010). Correlates of availability and accessibility of fruits and vegetables in homes of low-income Hispanic families. Health Education Research, 25 (1): 97-108.

Nkansah-Amankra, S., Luchok, K.J., Hussey, J.R., WATKINS, K., & Liu, X. (2010). Effects of maternal stress on low birth weight and preterm birth outcomes across neighborhoods of South Carolina, 2000-2003. Journal of Maternal and Child Health, 14 (2): 215-226.

Dave, J.M., Evans, A.E., Saunders, R.P., WATKINS, K.W., & Pfeiffer, K.A. (2009). Associations among food insecurity, acculturation, demographic factors, and fruit and vegetable intake at home in Hispanic children. Journal of the American Dietetic Association, 109 (4): 697-701.

Umstadd M.R., Wilcox S., Saunders R., WATKINS K., & Dowda M. (2008). Self-regulation and physical activity: The relationship in older adults. American Journal of Health Behavior, 32(2):115-24.

Creameens, J.L., Usdan, S.L., Brock-Martin, A., Martin, R.J., & WATKINS, K. (2008). Parent-child communication to reduce heavy alcohol use among first-year college students. College Student Journal, 42 (1), p 152-163.

Der Ananian, C.A., Wilcox, S., Watkins, K., Saunders, R., & Evans, A. (2008). Factors associated with exercise participation in adults with arthritis. Journal of Aging and Physical Activity, 30(6):731-44.

Paxton, R.J., Valois, R.F., WATKINS, K., Huebner, S., Drane, J.W. (2007). Associations between depressed mood and clusters of health risk behaviors. American Journal of Health Behavior, 31(3), pgs. 272-283.

Paxton, R.J., Valois, R.F., WATKINS, K.W., Huebner, E.S., Drane, J.W. (2007) Sociodemographic differences in depressed mood: results from a nationally representative sample of high school adolescents. Journal of School Health, 77(4):180-186.

Martin, A.B., Crawford, S., Probst, J.C., Smith, G., Saunders, R.P., WATKINS, K.W., Luchok, K. (2007) Medical homes for children with special health care needs: a program evaluation. Journal of Health Care for the Poor and Underserved, 18 (4): 916-930.

Hajjar, I.M., Dickson, B., Blackledge, J.L., Lewis, P., Herman, J., WATKINS, K.W. (2007) A multidisciplinary management program in primary care to improve hypertension control and healthy behaviors in elderly patients. Journal of the American Geriatrics Society, 55 (4): 624-626.

Der Anian, C., Wilcox, S., Saunders, R., WATKINS, K., & Evans, A. Factors that influence exercise among adults with arthritis in three activity levels. *Preventing Chronic Disease: Public Health Research, Practice, and Policy* [serial online] 2006 Jul. Available from: URL: [http://www.cdc.gov/pcd/issues/2006/jul/05\\_0220.htm](http://www.cdc.gov/pcd/issues/2006/jul/05_0220.htm).

Piegorsch, K.M., WATKINS, K.W., Piegorsch, W.W., Reiningger, B., Corwin, S.J., & Valois, R.F. (2006) Ergonomic decision-making: a conceptual framework for experienced practitioners from backgrounds in industrial engineering and physical therapy. Applied Ergonomics, 37, pgs 587-598.

Pope, H., WATKINS, K.W., Evans, A.E., & Hess, P. (2006). The perception of depression in long-term-care residents: a qualitative study using residential journaling. Journal of Applied Gerontology, 25 (2), pgs 153-172.

S.L. Hughes, B. Williams, L.C. Molina, C. Bayles, L.L. Bryant, J.R. Harris, MD, R. Hunter, S. Ivey, K. WATKINS. (2005) Characteristics of Physical Activity Programs for Older Adults: Results of a Multisite Survey. The Gerontologist 45:667-675.

Smith, L.U., Richter, D.L., Miner, K.L., WATKINS, K., & Usdan, S. (2005). An organizational diffusion study on distance education. *Online Journal of Distance Learning Administration, Winter 2005, 8 (4)*. Retrieved on January 4, 2006, from <http://www.westga.edu/%7Edistance/ojdl/winter84/smith84.htm>

Granner, M.L., Sargent, R.G., Calderon, K.D., Hussey, J.R., Evans, A.E., & WATKINS, K.W. (2004) Factors of fruit and vegetable intake by race, gender, and age among young adolescents. Journal of Nutrition Education and Behavior, 36 (4), 173-180.

WATKINS, K.W. & Connell, C.M. (2004). Measurement of health-related quality of life in diabetes mellitus. Pharmacoeconomics, 22 (17), 1109-1126.

Coker, A., WATKINS, K.W., & Brandt, H. (2003). Women's health outcomes associated with battering: a structural modeling approach. Preventive Medicine, 37, 259-267.

Scisney-Matlock, M. & WATKINS, K.W. (2003). Validity of the cognitive representations of hypertension scales. Journal of Applied Social Psychology, 33 (4), 817-832.

WATKINS K.W. & Connell C.M. (2002). Quality of life among older men with diabetes. In B. Lunenfeld, L. Gooren (Eds.), Textbook of men's health (pp. 197-206). London: Parthenon Publishing.

Scisney-Matlock, M., WATKINS, K.W., & Colling, K.B. (2001). The interaction of age and cognitive representations in predicting blood pressure. Western Journal of Nursing Research, 23 (5), 476-489.

WATKINS, K.W., Connell, C. M, Fitzgerald, J. T., Klem, L., Hickey, T., & Ingersoll-Dayton, B. (2000). Effect of adults' self-regulation of diabetes on quality-of-life outcomes. Diabetes Care, 23 (10), 1511-1515.

Scisney-Matlock, M. & WATKINS, K. (1999). Examination of factor structure of the cognitive representations of hypertension scale for ethnic equivalence. Ethnicity & Disease, 9 (1), 33-47.

WATKINS, K. W., Shifren, K. Park, D., & Morrell, R. (1999). Age, pain, and coping with rheumatoid arthritis. Pain, 82 (3), 217-228.

## Research

Research interests: Self-management of health and wellness, quality of life, gerontology, faith and health.

"SIP 5-01, 13-04: Creation of a Prevention Research Center Network for Healthy Aging" (Co-PI)  
Centers for Disease Control and Prevention 9/01 – 12/04

"Heart, Soul, Mind, and Strength: A Congregation-based Program for and by Older Adults" (Inv)  
Duke Endowment Caring Communities 8/03 – 7/06

"Palmetto Health Diabetes Education Evaluation" (PI - subcontract) 6/03 – 5/05  
Contract between Palmetto Health Alliance and Arnold School of Public Health

"USC/Columbia Faith & Health Initiative: Health Promotion and Companions in Christ" (Co-Inv)  
Internal funding 12/02 - 12/03

"Racial and Ethnic Approaches to Community Health 2010" (Co-Investigator) 9/00 - 9/03  
Centers for Disease Control and Prevention

"South Carolina Alzheimer's Disease Registry" (Consultant) 7/01 - 6/04  
SC Department of Health & Human Services

"Heart Healthy & Ethnically Relevant (HHER) Lifestyle Program" (Co-Investigator) 10/00 - 9/01  
Centers for Disease Control and Prevention

"Lifestyle Interventions for Dietary Cognitive Representations with  
Hypertensive Women" (Consultant) 9/98 - 9/99  
National Institutes of Health, National Institute on Aging

## Selected Presentations

Freelove-Charton, J., Tavakoli, A., Watkins, K., Herman, J., Saunders, R., & Evans, A. (November 21-25, 2008). Associations between expectations regarding aging, perceived environment and healthy aging behaviors in older adults. Paper presented at The Gerontological Society of America 2008 Annual Scientific Meeting, National Harbor, MD.

Nkansah-Amankra, S., Luchok, K., Hussey, J.R., Watkins, K.W., & Liu, X. (October 25-29, 2008). Multilevel analysis of neighborhood factors and maternal behaviors in the prevalence of low birth weight and preterm births in a South Carolina PRAMS population. Greg Alexander Outstanding Students Papers Session at the American Public Health Association 2008 Annual Meeting, San Diego.

Tu, F., Upton-Smith, L., Watkins, K., & McLaughlin, P.L. (October 26-30, 2008). Uses of virtual reality in professional education: an examination of collaborations between programs in library and information science and public health education. Paper presented at Southern Chapter of the Medical Library Association 2008 Annual Meeting, Birmingham.

Dave, J., Evans, A., Saunders, R., Watkins, K., & Pfeiffer, K. (2008). Association of parental and child factors and availability and accessibility of fruit and vegetables in the home environment of Hispanic children. Oral presentation at the International Society for Behavioral Nutrition and Physical Activity 2008 Annual Meeting, Banff, Alberta Canada.

Dave, J., Evans, A., Saunders, R., Watkins, K., & Pfeiffer, K. (2008). Association between the home environment, child and parent interpersonal factors, and children's fruit and vegetable intake among elementary-aged Hispanic children. Poster presentation at the International Society for Behavioral Nutrition and Physical Activity 2008 Annual Meeting, Banff, Alberta Canada.

Dave, J., Evans, A., Saunders, R., Watkins, K., & Pfeiffer, K. (Feb. 20-23, 2008). Association of food insecurity, acculturation, and children's fruit and vegetables intake among Hispanic children in elementary schools as reported by their parents. Poster presentation at the Preventive Medicine Annual Conference, Austin, TX.

Pope, H., McKeown, R., Watkins, K., & Martin, M. (November 4-8 2006). A Congregation-Based Program of Holistic Health: A Qualitative Perspective of Participants' Creating More Caring Communities. Speaker Presentation at the American Public Health Association 2006 Annual Meeting, Boston.

Pope, H., McKeown, R., Watkins, K., & Martin, M. (November 4-8 2006). Evaluation, Accountability and Methods for Effective Assessment of Interfaith and Faith-Based Human Rights Initiatives. Presentation at the American Public Health Association 2006 Annual Meeting, Boston.

Paxton, R.J., Valois, R.F., Watkins, K., Huebner, E.S., Drane, J.W. (November, 2006). Associations between depressed mood and clusters of health risk behaviors: Results from a national sample of high school adolescents. Poster presentation at the 9th Annual Conference of the International Society of Behavioral Medicine, Bangkok, Thailand.

Umstatted M.R., Wilcox S., Saunders R., Watkins K., & Dowda M. (March 2006). Self-regulation mediates the relationship between self-efficacy and physical activity in older adults. Presented as a poster at the Society of Behavioral Medicine Annual Meeting & Scientific Sessions. San Francisco, CA.

Lumpkin, J.L., Parra-Medina, D.P., Swan, S., & WATKINS, K.W. (2005). Intimate partner violence: a pervasive threat to women's health. American Public Health Association, 133<sup>rd</sup> Annual Meeting. Panel discussion.

Watkins, K.W. (2003, December). Health beliefs and behavior change. Invited presenter at Health at Work: Building a Healthier Workplace, SC Budget and Control Board, Columbia, SC.

McWayne, J., Watkins, K.W., Luchok, K.J., Heiney, S.P., Richter, D.L., & Cunningham, J. (2003, December). The lived experience of secondary lymphedema: a cautionary tale. Third Annual Research Retreat: Hollings Cancer Center of the Medical University of South Carolina, Isle of Palms, S.C.

McWayne, J., Watkins, K.W., Richter, D.L., Heiney, S.P., & Luchok, K.J. (2003, December). "Uncomfortably numb: women's cognitive representations of secondary lymphedema". Third Annual Research Retreat: Hollings Cancer Center of the Medical University of South Carolina, Isle of Palms, S.C.

Hollis, M. & Watkins, K. (2003, November). Changes in social support for cardiac rehabilitation patients: the role of healthcare professionals. Eleventh Annual Nursing Research Conference, Merrillville, IN.

Watkins, K.W. (2002, February). Quality of life issues – diabetes in the aging male. Panel discussion at The 3<sup>rd</sup> World Congress on the Aging Male, Berlin, Germany. [Invited]

Coker, A.L. & Watkins, K.W. (2002, November). How does partner violence affect health? Poster presentation at the 130<sup>th</sup> Annual Meeting: American Public Health Association, Philadelphia, PA.

Coker, A.L. & Watkins, K.W. (2002, June). How does partner violence impact health? Poster session at Annual Meeting of the Society for Epidemiologic Research, Palm Desert, CA.

Pearson, J.P., Watkins, K.W., & Smith, E.S. (2002). Identifying the motivational priorities that influence long-term participation in cardiac rehabilitation: a delphi study. (Conference proceedings of the 17<sup>th</sup> Annual Meeting of the American Association of Cardiovascular & Pulmonary Rehabilitation) Promoting Health and Disease.

Watkins, K.W. (2001, December). Quality of life and managing issues with diabetes. Invited presenter at Health at Work: Building a Healthier Workplace, SC Budget and Control Board, Columbia, SC.

Sellers, D.B., Watkins, K., & Parra-Medina, D. (2001). African Americans with diabetes: an assessment of satisfaction with care, communication with providers, and diet self-management of Type 2 diabetes. (American Diabetes Association 61<sup>st</sup> Scientific Sessions) Diabetes, 50 (S2), A200.

Sellers, D.B., Watkins, K., & Parra-Medina, D. (2001). African Americans with diabetes: an assessment of satisfaction with care, communication with providers, and physical activity management of Type 2 diabetes. Annals of Behavioral Medicine, (Conference Supplement).

Jenkins, C., Spruill, I., Zheng, D., Stepka-Tracey, C., Hendrix, K., Kozlowski, L., Arnold, P., Butler, T., Watkins, K., & Abraham, L. (2001). REACH 2010 Charleston and Georgetown Diabetes Coalition: lessons learned about racial disparities in diabetes. (American Diabetes Association 61<sup>st</sup> Scientific Sessions) Diabetes, 50 (Suppl. 2), A198.

Watkins, K. W. & Connell, C. M (2000). Diabetes quality life: a self-regulatory model. (American Diabetes Association 61<sup>st</sup> Scientific Sessions) Diabetes, 49 (Suppl. 1), A322.

Harris, M.J., Richter, D.L., McKeown, R., Saunders, R., Watkins, K., Parra-Medina, D., & Lewis, C.E. (2000, October). Racial differences in predictors of hysterectomy status among women who have similar signs and symptoms: a model of determinants. Poster session presented at NIH Community Prevention Research in Women's Health Conference, Washington, DC.

Scisney-Matlock, M., Wegner, J., & Watkins, K. (1999). Age and gender differences in cognitive representations of hypertension in diverse clinic outpatients. Abstracts of The Gerontological Society of America 52<sup>nd</sup> Annual Scientific Meeting, 30.

Watkins, K., Shifren, K., Park, D., & Morrell, R. (1997, November). Mental representations and coping with the pain of rheumatoid arthritis. Poster session presented at the annual meeting of the Gerontological Society of America, Cincinnati, OH.

Morrell, R. & Watkins, K. (1996, October). Mental models and management of Type 2 diabetes. Research proposal submitted at the University of Michigan's Research Retreat on Breast Cancer and Aging – Psychosocial and Behavioral Issues, Ann Arbor, MI.

## Service

### **University-wide**

Healthy Carolina Steering Committee	2014 – Present
Provost's Committee for Distributed Learning	2013 – 2018
Graduate School Taskforce	2011 – Present
Graduate Certificate in Gerontology committee	2010 - Present
Promising Investigators Research Award (PIRA) Review Committee	2010 – 2011
Health Communication Research Group	2008 - Present
Graduate Directors Committee	2004 - Present
Faculty Senate (Departmental representative)	1999 – 2003

### **School**

ASPH CEPH MPH Planning Committee	2017 - 2018
ASPH CEPH Self Study Steering Committee	2015 – 2017
ASPH Office for the Study of Aging (affiliate faculty)	2008 - Present
SPH Curriculum Committee	2006 - 2007
SC PH Consortium Advisory Committee	2004 – 2015
SC PH Consortium Research Committee	2007 – 2015
SPH Graduate Directors Committee	2004 - Present
MPH in Physical Activity and Public Health Committee	2003 – 2004
MPH – General Admissions Committee	2004 - 2015
SPH Library Committee	2002 - 2005
SPH Aging Initiative Working Group (member)	1999 - Present
USC Prevention Research Center Physical Activity Materials Review panel(member)	2000 – 2015
SPH Research Ethics Committee (chair)	2001
SPH Research Ethics Committee (member)	1999 - 2000

### **Departmental**

HPEB Online Professional MPH Coordinator	2013 - Present
HPEB MSW/MPH Coordinator	2004 – Present
HPEB Doctoral Committee (ex-officio)	2004 - Present
HPEB Masters Committee (ex-officio)	2003 - Present
HPEB Curriculum Manager	2000 – 2003; 2014 - Present
HPEB Faculty Search Committee (member)	Varying
HPEB Admissions Committee (member)	1999 - Present

### **Community**

Contract between College of Public Health & Health Informatics (CPHHI), King Saud Bin Abdulaziz University and SC Research Foundation, USC Department of Health Services Policy and Management. (co-director)	2013 - 2014
Community Advisory Board – South University Health Sciences	2011 – 2016
PHHS Block Grant Advisory Committee	2010 - 2016
Advisory Council - Carolinas Center for Medical Excellence (member) (formerly Carolina Medical Review)	2003 – 2016
Diabetes Initiative of South Carolina - Outreach Committee (member)	2000 - 2005
South Carolina Older Adults Festival (planning committee member)	2001 – 2005



## **Reviewer**

Annals of Behavioral Medicine  
Diabetes Care  
Disease Management and Health Outcomes  
Diabetes Research and Clinical Practice  
Journal of Aging and Physical Activity  
Journal of Applied Gerontology  
Journal of Family and Community Health  
Journal of Psychosomatic Research  
Psychology and Aging  
Quality of Life Research  
Social Science and Medicine  
Value in Health