

June 3, 2011

David Walter Hey, PhD, CHES

Business Address:

California Polytechnic State University
Kinesiology Department
San Luis Obispo, CA 93407-0386
Office: 805.756.5693
FAX: 805.756.7273
Email: dhey@calpoly.edu

Home Address:

188 Hathway Ave. (Rear Apt.)
San Luis Obispo, CA 93405
Home: 805-748-2892

DEGREES EARNED

PhD Education, Health Education - Southern Illinois University (2004)
MS Education, School Health Education - University of Wisconsin La Crosse (1993)
BS Education, Community Health Education - University of Wisconsin La Crosse (1987)

DISSERTATION

Development of a Multi-disciplinary Ecological Model for Childhood Obesity (2004)

THESIS

Adolescent Obesity Treatment Interventions: A content analysis of selected health education-related journals, 1980-1992 (1993)

PROFESSIONAL EXPERIENCE

ASSISTANT PROFESSOR - KINESIOLOGY DEPARTMENT

CALIFORNIA POLYTECHNIC UNIVERSITY – San Luis Obispo, California (2008-present)

SPRING 2011

- KINE 255 – 1 Section – Multicultural Health – (4 units)
- KINE 250 – 1 Section – Healthy Living (4 units)
 - Research REE in University Freshmen/Perceptions of Obese Teens (C-PaTH)/Engineering Students Senior Projects/WIC Workers Wellness Program – Ongoing
 - Beginning in Summer 2011 “Central California Teen Obesity Prevention Program” (TOPP)

WINTER 2011

- KINE 255 – 1 Section – Multicultural Health – (4 units)
- KINE 443 – 1 Section – Health Education for Teachers – (4 units)
- KINE 305 – 1 Section – Drug Education – (2 units)
 - Research – REE in University Freshman/ Perceptions of Obese Teens/ Engineering Students Senior Projects

FALL 2010

- KINE 255 – 1 Section – Multicultural Health – (4 units)
- KINE 443 – 1 Section – Health Education for Teachers – (4 units)

SPRING 2010

- KINE 510 – 1 Section – Health Behavior Change – (4 units)
- KINE 255 – 1 Section – Multicultural Health – (4 units)
- KINE 250 – 1 Section – Healthy Living (4 units)
- Research – San Luis Obispo County Public Health / HEALSLO School Wellness Policies
 - The California Endowment (TCE) and HEAL-SLO #20081527 (02/09-07/10)

WINTER 2010

- KINE 443 – 1 Section – Health Education for Teachers – (4 units)
- KINE 434 – 1 Section – Planning Health Promotion Programs: Theory and Practice (4 units)

FALL 2009

- KINE 250 – 1 Section – Healthy Living (4 units)
- KINE 443 – 1 Section – Health Education for Teachers – (4 units)

SUMMER 2009

- KINE 250 – 1 Section – Healthy Living – condensed 5 week course (4 units)

SPRING 2009

- KINE 434 – 1 Section – Planning Health Promotion Programs: Theory and Practice (4 units)
- KINE 250 – 1 Section – Healthy Living (4 units)
- Research – San Luis Obispo County Public Health / HEALSLO School Wellness Policies
 - The California Endowment (TCE) and HEAL-SLO #20081527 (02/09-07/10)

WINTER 2009

- KINE 443 – 1 Section – Health Education for Teachers – (4 units)
- KINE 434 – 1 Section – Planning Health Promotion Programs: Theory and Practice (4 units)
- Research – Emerging Center for Obesity Prevention and Education
 - Lompoc Focus Groups to determine perceived barriers to eating healthy and physical activity. (09/08- current)

FALL 2008

- KINE 443 – 1 Section - Health Education for Teachers – (4 units)
- Research – Emerging Center for Obesity Prevention and Education
 - Lompoc Focus Groups to determine perceived barriers to eating healthy and physical activity. (09/08- current)

INSTALLATION HEALTH EDUCATION PROGRAM MANAGER

UNITED STATES AIR FORCE – Spectrum Healthcare Resources - Health and Wellness Center (HAWC) - Grand Forks Air Force Base, Grand Forks, ND (2006 – 2008)

- Served as the HAWC Health Promotion Program Advisor to the Director Base Medical Service, Wing Leadership, Air Force community and its agencies
- Plan, direct, and executed all aspects of the Health Promotion Program in concert with Health Promotion Operations, Major Command, and Department of Defense strategic goals and objectives as they pertain to diet, exercise, and health behaviors
- Managed programs, including: fitness enhancement, nutrition education, tobacco cessation, and stress management for all active duty (AD), dependants of AD, Department of Defense Civilians, and retirees
- Provided tobacco cessation classes, individual consults, briefings, and other educational forums to reduce tobacco usage on base and community
- Worked in concert with Grand Forks Public Health Tobacco-Free Coalition to advocate for a tobacco-free community for the city and State of North Dakota
- Monitor and evaluated; health risk appraisals, community health assessments, and medical health database metrics to provide expert advice to individuals and groups
- Maintained medical records management through electronic coding in AHLTA (i.e., HAWC > Family Medicine & Flight Medicine to > pharmacy)
- Employed social marketing techniques combined with health behavioral theories to positively impact health behaviors on base; examples include: tobacco, alcohol, and weight control
- Taught individuals and groups on a variety of health-related topics employing age-specific and behavioral learning theory (e.g., adult learning theory, motivational interviewing for tobacco etc.)
- Delivered health promotion briefings, educational sessions, and seminars/workshops as requested
- Served as member of Integrated Delivery System (IDS) board that is comprised of base agencies with the sole purpose to improve the health and well-being of the base and surrounding community. Helped to draft the Community Action Plan (CAP) as part of the Community Action Information Board (CAIB) a Wing Commander's program
- Actively consulted with IDS to write community resiliency grants based on Installation needs

HEALTH PROGRAM SPECIALIST I

STATE OF NEVADA DIVISION OF HEALTH - Health Alert Network Coordinator – Department of Health and Human Services – Public Health Preparedness Department – Carson City, NV (2005-06)

- Execute and recruited public health officials for the Health Alert Network (HAN) – State government electronic emergency telecommunications system for the state of Nevada
- Manage and executed redundant emergency communication systems, including training public health workforce, healthcare workforce, emergency workforce, and government officials in the event of an emergency (man-made or natural) according to federal grant guidelines
- Served as primary person to activate and post Centers for Disease Control and Prevention (CDC) worldwide health alerts approved by State Health Officer
- Coordinated and/or secured resources necessary to ensure 24/7/365, bi-directional communication for Nevada and Pacific West Coast public health preparedness offices

INSTRUCTOR

UNIVERSITY OF NEVADA EXTENDED STUDIES PROGRAM – (Redfield Campus) – Reno, NV (2004 – 2006)

- School of Public Health 495/680 – Men’s Health: Current Issues (1 credit)
- School of Public Health 495/695 – Women’s Health: Current Issues (1 credit)

LECTURER (Non-tenured instructor)

SCHOOL OF PUBLIC HEALTH – UNIVERSITY OF NEVADA, RENO

Department of Health Ecology – Reno, NV (fall 2004 – summer 2005)

FALL 2004

- H.E. 310 – 2 sections – Health and Wellness Communication – (3 credits)
- H.E. 421 – 1 section – Health and Wellness Across the Lifespan – (3 credits)

SPRING 2005

- H.E. 310 – 1 section – Health and Wellness Communication – (3 credits)
- H.E. 201 – 1 section – Foundations of Personal Health and Wellness – (4 credits)
- H.E. 494 – 1 section - Field Studies in Health Ecology (WWW class) – (3 credits)

SUMMER 2005

- H.E. 310 – 1 section – Health and Wellness Communication – (3 credits)
- Member of University of Nevada Network of Faculty for Undergraduate Research (NFUR)

JOURNALIST

THE CARBONDALE TIMES – City Newspaper – Carbondale Illinois (summer 2002)

ASSISTANT TO THE EDITOR

THE HEALTH EDUCATOR – Journal of Eta Sigma Gamma – National Health Education Honorary, (fall, 2001 – 2002). Dr. Roberta “Bobbie” Ogletree - mentor and chair of dissertation.

GRADUATE SCHOOL RESEARCH ASSISTANT

Department of Health Education and Recreation – Southern Illinois University, Carbondale, IL (1999-2001)

- Development of Multiple Assessment Measures for Personal and Social Competence: A Delphi Study. Research Funded by the Centers for Disease Control (CDC) and SIUC’s Special Research Program. Study mentored by Dr. Joyce Fetro

INTRUCTOR – while PhD CANDIDATE

DEPARTMENT OF HEALTH EDUCATION AND RECREATION – Southern Illinois University – (1999-2001)

- H.E.D. 101 – 3 sections – Foundations for Human Health – (2 credits)

HIGH SCHOOL HEALTH EDUCATION TEACHER

Milwaukee Public Schools – Milwaukee Pulaski High School – Milwaukee, WI (1994-1998)

- Taught a comprehensive ninth grade health education curriculum to a racially diverse student body. Prepared daily learner objectives designed to meet life-long goals
- Implemented a myriad of teaching strategies to meet each level of understanding. Evaluated student learning achievement levels utilizing written, electronic and verbal assignments
- Head Coach – Pulaski High School Boy’s Soccer team (1994-1997) – Milwaukee City Champions (1997)
- Head Coach – Pulaski High School Girl’s Soccer team (1995-1997) – Milwaukee City Champions (1997)

MIDDLE SCHOOL HEALTH EDUCATION TEACHER

La Crosse Public Schools – Longfellow Middle School – La Crosse, WI (1993-1994)

- Taught a seventh grade introductory comprehensive health education curriculum. Implemented diverse and appropriate teaching strategies to meet all students’ levels of understanding. Evaluated student’s daily work and assignments based on the identified health needs and priorities set by the State of Wisconsin Department of Public Instruction
- Head Coach – Longfellow Girl’s Tennis team (1993-1994)
- Head Coach – Longfellow Boy’s Basketball Junior Varsity team (1993-1994)
- Assistant Coach Longfellow Boy’s and Girl’s Track teams (1993-1994)

HEALTH EDUCATION STUDENT TEACHER INTERNSHIP

Milwaukee Public Schools, Milwaukee, WI (1992-1993)

- Milwaukee Pulaski High School, Grades 9 -12 – Mrs. Christine Hicks (Mentor)
- Henry David Thoreau Elementary, Grades K-6 – Ms. Catherine “Kit” Engbring (Mentor)
- Taught comprehensive (K-12) health education curricula to diverse multi-racial student body.

- Assistant Coach, (Volunteer) – Pulaski High Boy’s and Girl’s Cross Country team (1992)

YMCA PROGRAM DIRECTOR

The YMCA of Greater Green Bay – Green Bay, WI (1987-1990)

- Planned, developed, implemented, and evaluated health enhancement programs. Supervised and trained 20 member staff and controlled program budget of \$70,000 annually.
- Supervised the Life Style Center
- Taught Starter Fitness Aerobic class
- Performed youth and adult Fitness Testing according to YMCA of the USA protocol
- Supervised the After-School and Before-School program
- Director of “The Jack Frost 10 Kilometer Run”
- Director of “The Youth Triathlon” - West Side Branch
- Director of “The Saturday Morning Youth-At-Risk Program”
- Supervised adult and youth exercise class for special populations

HEALTH EDUCATION PRECEPTORSHIP

St. Mary’s Hospital, Minneapolis, MN and St. Joseph’s Hospital, St. Paul, MN - Carondelet Community Hospitals – Health Education Department - Minneapolis and Saint Paul, MN (1986-1987)

- Developed and coordinated a comprehensive health and wellness program for seniors in an adjunct health education outreach program sponsored by St. Mary’s Hospital
- Produced all marketing and advertising materials for seniors on: stress management, healthy eating and nutrition, and locating quality/affordable assisted living
- Conducted employee well checks (e.g., stress management, blood pressure screenings, nutrition counseling for diabetes, cholesterol screenings, and health risk appraisals)
- Coordinated low impact aerobic class for hospital employees
- Shadowed tobacco cessation class and support groups that were offered to general public
- Participated with educational task force aimed at improving the existing health promotion program for the community

SCHOLARLY ACTIVITIES

GRANT WRITING

- USDA Hunger Grant for SLO County. Diring, J., Carsel, B., Pascuito, K., McDermott, A.Y., Nazmi, A., Hansen, C., Wolf, J. and **Hey, D.W.** **Awarded \$99,561**
- The National Science Foundation (NSF). “Effects of Adapted Physical Activity Design Projects on Attitudes and Learning.” Dr. Lynne Slivovsky (PI). Dr. Brian Self, **Dr. David Hey**, Dr. James Widmann, and Dr. Kevin Taylor (Co-PIs). Subject award ID: 1062297 for \$27,997. **Awarded December 21, 2010.**
- Cal Poly EFI State Faculty Support Grants: “Central California Teen Obesity Prevention Program (TOPP).” April 14, 2010. (Resubmitted: September 2010). **Dr. David Hey (PI)**, Dr. Jun Kim (Co-PI), and Ann McDermott (Co-PI). **Awarded \$14,800 February 2011.**
- The California State University Agriculture Research Institute (ARI) FY 2011-12. “Uncovering the Freshman 15: Is it real or myth?” Hall, L. (PI) and **Hey, D.W. (Co-PI)**, McDermott, A. (Co-PI) for \$26,503. **Awarded \$26,503 – May 6, 2011.**
- Cal Poly EFI State Faculty Support Grants: Academic Senate Grants Review Committee (2010-11) SFSG proposal “Perceptions of Resting Energy Expenditure among Freshman College Students” **Hey, D.W.** (PI) partially awarded \$4,000, asked for \$6,500. **Granted - December 10, 2010.**
- The 2010 Carol M. White Physical Education Program (PEP) Grant for the Cal Poly STRIDE Poly Kids After-School Program \$5.2 Million. McDermott, A.Y. (PI), Kim, J., **Hey, D.W.** (Co-PIs). (Submitted: June, 2010). **Denied September, 2010.**
- The Robert Wood Johnson Foundation (RWJF), Active Living Childhood Obesity and Environmental Policy Grant \$50,000. “Central California Teen Obesity Prevention Program.” April 14, 2010. McDermott, A.Y., (PI) Kim, J., and **Hey, D.W.** (Co-PIs) (Submitted: March, 2010). **DENIED August, 2010.**
- Sports Empowerment Zones. “Sports Based Youth Development Model”. Collaborator, \$500,000. Greenwood, B. (PI), **Hey D.W.** (Co-PI) (Submitted: March, 2010). **DENIED June, 2010.**
- Cal Poly Extramural Funding Initiative. “Metabolic Resting Rate in College Freshman: Is the freshman 15 for real?” **Hey, D.W.** (PI) Submitted January 2010 for \$6,500 (Original grant put on hold due to budget crisis, awarded December 2010, 4 bullets up).
- The California Association for Health, Physical Education, Recreation and Dance, CAHPERD, Foundation for the Promotion of Healthy Lifestyles, a subdivision of CAHPERD. “Purchasing Behavior and Use of

Calorie Information at Fast Food Outlets on the California Polytechnic University Campus 2010". **Hey, D. W.** (PI) January 1st, 2010. **DENIED April, 2010.**

- USAF Air Mobility Command – Community Resilience Grant (2007). **Hey, D. W.** (PI) Grand Forks AFB \$44,000.00. Responsible for writing, editing, and reviewing other author's grant submissions **AWARDED \$44,000 December, 2007.**

HEALTH EDUCATION TEXTBOOK ASSESSMENT FOR DEPARTMENT ADOPTION

- Textbook review for Health Education Core Curriculum (HED 101) – Department of Health Education and Recreation – Southern Illinois University – (2000)

TEXTBOOK REVIEW AND REVIEW WITH TEST CONSTRUCTION

- McGraw-Hill Higher Education. Your Health Today, Reviewed Chapter 8: Body Weight and Body Composition, Chapter 12: Relationships and Sexual Health and Chapter 18: Complementary and Alternative Medicine, 3rd Edition by Michael Teague, Sara Mackenzie and David Rosenthal – (Spring, 2011)
- JOHN WILEY AND SONS INC. San Francisco, CA. Current Concepts in Male Health: Perspectives across the Lifespan. James F. Leone, PhD Author – (Summer, 2010)
- JONES AND BARTLETT PUBLISHING – Human Sexuality –Chapter Review Test Construction – (1999)

MANUSCRIPT REVIEWER (2007- present)

- California Association of Health, Physical Education, Recreation and Dance (CAHPERD) Journal
- Online Journal – Work Force Education and Development – Southern Illinois University, Carbondale – Fall 2007 Volume 2, Number 4 – Online journal can be accessed at: <http://wed.siu.edu/Journal/index.php>

REFEREED PUBLICATIONS (2000 – present)

- **Hey, D.W.**, McCarey, B., Slivovsky, L., Self, B., Widmann, J. & Taylor, K. (2011). Abstract submitted to 2011 Frontiers in Education 41st Annual FIE Conference in Rapid City, South Dakota to be held October 12-15. Abstract accepted March 4, 2011. Full Paper accepted May 20, 2011.
- Fetro, J.V. Rhodes, D.L., & **Hey, D.W.**, (2010). "Perceived Personal and Social Competence: Development of Valid and Reliable Measures." The Health Educator, 42(1), 19-26.
- Chessen, J., **Hey, D.W.**, Nicholson, L., & McDermott, A.Y. (2009). "What's Cooking on the Central Coast with the Pink and the Dude Chefs?" Health Education and Behavior, 36(6), 975-977. Accessible at: <http://heb.sagepub.com/cgi/reprint/36/6/973>
- Fetro, J.V. and **Hey, D.W.**, (2000) "Who want's to be healthy?" Journal of School Health, 70(10), 417-419
- Adams, K., Ernst, A., and **Hey, D. W.** (2000). Setting goals for achieving success. In J.V. Fetro and J. C. Drolet, Personal and Social Competence: Strategies for Communication, Decision-Making, Goal Setting, and Stress Management (pp. 213-215). Santa Cruz, CA: ETR Associates
- Adams, K., Ernst, A., and **Hey, D. W.** (2000). Developing a plan of action. In J. V. Fetro and J. C. Drolet, Personal and Social Competence: Strategies for Communication, Decision-Making, Goal Setting, and Stress Management (pp. 219-220). Santa Cruz, CA: ETR Associates

SCHOLARSHIP: INVITED PROFESSIONAL PRESENTATIONS (2001 – present)

- Cox, C., Lowe, S., Zimmerman, N., Verdugo, J., **Hey, D.W.**, Hall, L., Roy, S., Hagobian, T., and McDermott, A.Y. (2011). "Perceptions of Resting Energy Expenditure among Freshmen College Students". Spring 2011 College of Science and Math Student Research Conference. California Polytechnic State University, San Luis Obispo, May 12 & 13. Poster presentation.
- **Hey, D.W.**, McCarey, B.L., Slivovsky, L., Self, B., Widmann, J., & Taylor, K. (2011). "Capstone Experiences: Effects of Adapted Physical Activity Design Projects on Attitudes and Learning". Spring 2011 College of Science and Math Student Research Conference. California Polytechnic State University, San Luis Obispo, May 12 & 13. Poster presentation.
- Shearn, C., Condon, S., and **Hey, D.W.** (2011). "Evaluation of SLO WIC Wellness Program". Spring 2011 College of Science and Math Student Research Conference. California Polytechnic State University, San

- Luis Obispo, May 12 & 13. Poster presentation.
- **Hey, D.W.,** Roy, S. & McDermott, A.Y. (Co-PI). (2011). “Reported Behavior Change and Health Status Change Factors in Obese Teens: Results of Phase II of the C-PaTH Program”. The California Association of Health, Physical Education, Recreation, and Dance (CAHPERD) State Conference, Monterey, CA. March 11, 2011.
 - **Hey, D.W.,** Hall, L., Hagobian, T. & McDermott, A.Y. (Co-PIs). (2011). “Perceptions of Resting Energy Expenditure among Freshmen College Students”. The California Association of Health, Physical Education, Recreation, and Dance (CAHPERD) State Conference, Monterey, CA. March 12, 2011.
 - **Hey, D.W. & McDermott A.Y.** (2009). Parent Perceptions on Childhood Obesity in Lompoc California: A Qualitative Focus Group Study. Session ID: 166861, Poster Number: 614-P, The Obesity Society's 2009 Annual Scientific Meeting, Washington DC, October 26, (2009). Peer-reviewed invited poster presentation.
 - **Hey D. W. & McDermott A.Y.** (2009). Program Evaluation: A focus group study of Pink Chefs and Dude Chefs. Session ID: 166874, Poster Number: 598-P, The Obesity Society's 2009 Annual Scientific Meeting, Washington DC, October 26, (2009). Peer-reviewed invited poster presentation.
 - **Hey, D. W.** (2009). California Polytechnic State University, San Luis Obispo, CA. California Workshop – Physical Education, Athletic Coaching and Health (PEACH) “Poverty, Government Corn Subsidies, and Food Marketing: The Big 3”(08/09)
 - **Hey, D. W.** (2009). California Polytechnic State University, San Luis Obispo, CA. California Physical Education Workshop (CPEW) “Toxic Environment: The obesity epidemic” (08/09)
 - **Hey, D. W.** (2009). California Polytechnic State University, San Luis Obispo, CA. Horticulture and Viticulture Department/Swiss Delegation on Education Roundtable on Cal Poly “Learn By Doing Across the Spectrum” in C.O.P.E. (08/09)
 - **Hey, D. W.** (2009). California Polytechnic State University, San Luis Obispo, CA. Kinesiology Qualitative Research Inquiry: Using Focus Groups (06/09)
 - **Hey, D. W.** (2007). 2007 Air Mobility Command’s Health Promotion Conference. Charleston Air Force Base, Charleston South Carolina. “Taking a Hard Look at the Pediatric Obesity Epidemic in the United States” (03/08).
 - **Hey, D. W.** (2007). Integrated Delivery Systems (IDS) Project NorthStar Community Action Information Board (CAIB). Presentation to Wing Commanders. “Project FEELBETTER.” IDS Board endorses use of Internet sites: FEELBETTER, MOODGYM and BLUEPAGES to prevent and treat signs and symptoms of depression. Grand Forks AFB, (01/12).
 - **Hey, D. W.** (2006). Wingman Day in Hangar (Wing Presentation). “What Does a Wingman do for his Fellow Wingmen?” Great American Smokeout Kickoff – Grand Forks Air Force Base ND
 - **Hey, D. W.** (2006). U.S. Air Force Health Promotion Workshop. “Social Marketing and Social Marketing Jeopardy” Brooks City Base - San Antonio, Texas (May 01/06)
 - **Hey, D. W.** (2005). “How do we stop and reverse the obesity epidemic?” (expert panel discussion) Dr. Jamie Benedict’s Nutrition and Obesity course NUTR. 400/600 (04/26)
 - **Hey, D. W.** (2004-2005) Subcommittee I: (Research). Identification of the barriers and challenges for overweight and obesity in Reno, Nevada. Presented to the Nevada Public Health Foundation
 - **Hey, D. W.** (2004). Evaluation/Guest Lecturer HE 101. University of Nevada, Reno. “Keeping the freshman 15 off!” School of Public Health, for Dr. Craig Klugman
 - **Hey, D. W.** (2004). Southern Illinois University Teacher’s Association. “Childhood Obesity: What can teachers do?” Southern Illinois University Education Extension
 - **Hey, D. W.** (spring, 2001). Michigan Eight Component Model for Health Education taught 8 lessons to Lincoln Elementary School in Murphysboro, IL. Jackson County Health Department sponsored materials
 - Atkinson, D., **Hey, D. W.** and Johnson, J. (2001). “Student Perspectives on Quality Indicators on Health Education Doctoral Programs. AAHPERD 116th Annual National Convention, Cincinnati, OH
 - **Hey, D. W.** and White, V. N. (2001). National Health Education Advocacy Issues: A look at current issues by state. Illinois State Eta Sigma Gamma Advocacy Summit, Carbondale Memorial Hospital, Carbondale, IL

NON REFEREED PUBLICATIONS (2006 - 2008)

- **Hey, D.W.** (February 11, 2008). Feature – “AF heart health month and Black history month: Focus on hypertension” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/news/story.asp?id=123075195>
- **Hey, D.W.** (February 04, 2008). Feature – “Diabetes more common in minorities” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/news/story.asp?id=123075195>

- **Hey, D.W.** (November 16, 2007). Feature – “Winterize yourself when running this winter” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/news/story.asp?id=123075195>
- **Hey, D.W.** (November 09, 2007). Feature – “Using tobacco affects everyone” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/news/story.asp?id=123075960>
- **Hey, D.W.** (October 19, 2007). Feature – “Fruits and Vegetables Do Matter” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/news/story.asp?id=123072432>
- **Hey, D.W.** (September 6, 2007). Feature – “Cholesterol: The good, the bad and the ugly” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/news/story.asp?id=123067044>
- **Hey, D.W.** (August 29, 2007). “HAWC launches public health display tables” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/news/story.asp?id=123066312>
- **Hey, D.W.** (August 14, 2007). “The skinny on skin cancer and tanning” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/news/story.asp?id=12306399>
- **Hey, D.W.** (June 11, 2007). “Tell your children to have fun over summer -safely!” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://preview.afnews.af.mil/grandforks/news/index.asp?catid=259>
- **Hey, D.W.** (June 7, 2007). “Stressin’ over time” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://preview.afnews.af.mil/grandforks/news/index.asp?catid=259>
- **Hey, D.W.** (May 24, 2007). “Be SMART about managing stress” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://preview.afnews.af.mil/grandforks/news/index.asp?catid=259>
- **Hey, D.W.** (May 2, 2007). “The benefits of optimism for stress management” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://preview.afnews.af.mil/grandforks/news/index.asp?catid=259>
- **Hey, D.W.** (April 18, 2007). “Your doctor says you are pre-diabetic or have diabetes; Now what?” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://preview.afnews.af.mil/grandforks/news/index.asp?catid=259>
- **Hey, D.W.** (April 16, 2007). “For Health Sake: Control partially hydrogenated oils” - Grand Forks Herald (Opinion Section) – online at: <http://www.grandforksherald.com/articles/index.cfm?id=34569§ion=Opinion>
- **Hey, D. W.** (February 9, 2007). “Black History Month: *Health Disparities in African Americans*” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/>
- **Hey, D. W.** (December 15, 2006). “Childhood Obesity: Result of America’s *Fast Supper!*” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/>
- **Hey, D. W.** (November 24, 2006). “Quitting Tobacco: Success Stories” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/>
- **Hey, D. W.** (November 10, 2006). “U.S. Surgeon General Says: *Second Hand Smoke Kills!*” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/>
- **Hey, D. W.** (November 03, 2006). “Great American Smokeout: Helping People Quit Smoking for 30 Years” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/>
- **Hey, D. W.** (October 27, 2006). “Exercise Important for Moms-to-be” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/>
- **Hey, D. W.** (September 15, 2006). “NUTS: Unique parent-child program debuts this fall” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/>
- **Hey, D. W.** (August 25, 2006). “Skipping Breakfast? Weight Gain a Distinct Possibility” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/>
- **Hey, D. W.** (June 30, 2006). “Spotlight on men’s health: Prostate Cancer” - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/>

- **Hey, D. W.** (May 17, 2006). "How well do YOU know your own eating patterns?" - The Leader – Grand Forks Air Force Base, North Dakota. 319th Refueling Wing – online at: <http://public.grandforks.af.mil/>
- **Hey, D. W.** (2005). Interview for Online school of journalism for Northern Nevada written by Katy Kelly (05/05). Title: "Diet Trends vs. Obesity" Zephyr (Online at <http://zephyr.unr.edu/>) - Accessed 13 December, 2006

PROFESSIONAL MEMBERSHIPS

- California Alliance for Health, Physical Education, Recreation and Dance (#2190972) – Southwest District – Affiliations AAHE and AAPAR (2009 – present)
- The American Alliance for Health, Physical Education, Recreation and Dance (#2190972) – Southwest District – Affiliations AAHE and AAPAR (2009 – present)
- Nevada Public Health Foundation – Obesity Stakeholder’s Initiate (fall, 2004 –2006)
- Eta Sigma Gamma – National Professional Health Education Honorary (not current)
- The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) (1999 - 2001)
- Phi Delta Kappa International (2004 – not current)

HONORS

- Elected Vice President Elect, Health Education for the California Association for Health, Physical Education, Recreation and Dance, (March 7, 2010)
- Most distinguished service award – Eta Sigma Gamma – Alpha Alpha Chapter – University of Southern Illinois, Carbondale (2001)
- Most distinguished service award – Eta Sigma Gamma – Alpha Alpha Chapter – University of Southern Illinois, Carbondale (2000)

TEACHER – Pulaski High School

- Milwaukee City Conference Boy’s Soccer Coach of the Year (1997)
- Milwaukee City Conference Girl’s Soccer Coach of the Year (1997)

STUDENT ATHLETE – University of Wisconsin – La Crosse

- Intramural Racquet Ball Champion (Class A) – (1983)

STUDENT ATHLETE – Preble High School (1979 – 1982)

- Hard worker award – Green Bay Preble High School – (1982) WIAA State Sectional Champions (Track) – Co Captain
- Senior award - Green Bay Preble High School – (1981) WIAA State Championship Cross-Country Wausau, WI – Co Captain – 4th place State Championships (57th individual)
- Hard worker award – Green Bay Preble High School – (1981) WIAA State Championship Cross-Country – Wausau, WI
- Hard worker award – Green Bay Preble High School – (1981) State Sectional Champions (Track)
- Hard worker award – Green Bay Preble High School – (1980) WIAA State Sectionals Champions (Track)
- Most improved runner – Green Bay Preble High School – (1979) – State Regional Meet – Cross Country

CERTIFICATIONS AND LICENSES (1986 – 2010)

- American Cancer Society Tobacco Cessation Facilitator “Fresh Start” – (2008)
- National Commission for Health Education Credentialing, INC – Certified Health Education Specialist (CHES) – CHES # 14359 (October, 2007)
- American Lung Association Tobacco Cessation Facilitator “Freedom from Smoking” (2006)
- American Heart Association “Heartsaver” CPR (Adult and Child) Including AED Instruction (2006)
- United States Air Force – School of Aerospace Medicine – Health Promotion: B30ZYHPRO 000: PDS Code: HEO (2006)
- US Food and Drug Administration Food Security Awareness: FD 251 – (2006)
- United States Air Force Information Technology – USAF Information Assurance Awareness: ZYAF0116 – (2006)
- Military Training Network – Resuscitative Medicine Program – Heart Saver CPR – (2006)
- Military Training Network – Fire Extinguisher Training – (2006)

CERTIFICATIONS AND LICENSES Continued (1986 – 2011)

- Patriot Services: Exercise Design and Evaluation Training – Department of Public Safety – Division of Emergency Management – Carson City, Nevada (January 10-12, 2006)
- Nevada State Health Division Public Health Preparedness – Orientation Certification – (2006)
- Wisconsin State Teacher’s License #910 – (K-12) Health Education (1993 – 1998)
- La Crosse Wellness Project – Certified Facilitator (1990)
- American Red Cross CPR – (1997)
- American Red Cross First Aid – (1997)
- American Red Cross Life Guard – (1997)
- YMCA of the USA Fitness Testing – Physical Fitness Specialist (1989)
- American Cancer Society Tobacco Cessation Facilitator “Fresh Start” (1986)