**Vckl,,**

**Jennifer R. Bleck, PhD, MPH**

CURRICULUM VITAE

Contact: Office: 813-974-8498

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Email: [Jbleck@usf.edu](mailto:Jbleck@usf.edu)

**EDUCATION**

07/2015 **PhD**  Community and Family Health

University of South Florida

Tampa, FL

07/2012 **MPH** Evaluative Science

Stony Brook University

Stony Brook, NY

02/2010 **BA** Psychology

Brandeis University

Waltham, MA

**CERTIFICATIONS**

08/2023 **Lifestyle Medicine Coaching**

American College of Lifestyle Medicine and Wellcoaches

07/2020 **Laser Coaching**

Real Balance Global Wellness Services Inc.

04/2020 **National Board-Certified Health & Wellness Coach**

National Board for Health & Wellness Coaching

03/2018 **Certified** **Health & Wellness Coach**

Real Balance Global Wellness Services Inc.

**RESEARCH INTERESTS**

* Health and wellness coaching
* Program evaluation
* Adolescent and college student wellbeing
* Mental wellness

**ACADEMIC EXPERIENCE**

2024 – Present **Associate Professor**

College of Public Health

University of South Florida

Tampa, FL

2022 – Present **Adjunct Instructor**

Gillings School of Global Public Health

University of North Carolina Chapel Hill

Chapel Hill, NC

2021 – Present **Assessment and Evaluation Specialist**

USF Health and Wellness

Office of Student Success

University of South Florida

Tampa, FL

2018 – 2024 **Assistant Professor**

College of Public Health

University of South Florida

Tampa, FL

2018 – 2021 **Director of Success & Wellness Coaching**

USF Health and Wellness

Office of Student Success

University of South Florida

Tampa, FL

2018 – 2020 **Associate Director of Support Services**

Support Services: Marketing, Satellite Wellness Centers, and Research and Evaluation

USF Health and Wellness

Office of Student Success

University of South Florida

Tampa, FL

2016 – 2018 **Assistant Professor – Research Pathway**

Department of Child and Family Studies

College of Community and Behavioral Sciences

University of South Florida

Tampa, FL

2016 – 2017 **Adjunct Faculty**

Department of Health Studies

College of Health Sciences

East Stroudsburg University

East Stroudsburg, PA

2015 – 2016 **Assistant Professor – Tenure Track**

Department of Health Studies

College of Health Sciences

East Stroudsburg University

East Stroudsburg, PA

2014 – 2015 **Instructor**

Department of Community and Family Health

College of Public Health

University of South Florida

Tampa, FL

2014 – 2015 **Adjunct Faculty Instructor**

Department of Health Sciences

Hillsborough Community College

Tampa, FL

**RESEARCH EXPERIENCE**

2024 – Present **Co-Director**

Center for Applied Lifestyle Medicine

University of South Florida

Tampa, FL

2020 – 2020  **Epidemiologist – COVID-19 Response**

Florida Department of Health

Epidemiology and Disease Control

Tallahassee, FL

2016 – 2024 **Co-Director**

Center for Transdisciplinary Research in College Health and Wellbeing

University of South Florida

Tampa, FL

2012 – 2014 **Research Associate**

Center for Transdisciplinary Research in Women's Health

University of South Florida

Tampa, FL

2012 – 2013 **Statistical Consultant**

UNICEF Office of Research-Innocenti

Florence, Italy

2011 – 2012 **Biostatistician**

Department of Health Services

Suffolk County Department of Health

Hauppauge, NY

2011 – 2012 **Graduate Research Intern**

Family Care International

New York, NY

2011 – 2012 **Research Assistant**

Graduate Program of Public Health

Stony Brook University

Stony Brook, NY

2010 – 2012 **Evaluation Research Assistant**

Center for Inclusive Education

Stony Brook University

Stony Brook, NY

2010 – 2011 **Supervisor**

Center for Survey Research

Stony Brook University

Stony Brook, NY

2010 – 2011 **Program Evaluator**

Red Watch Band Alcohol Prevention Program

Stony Brook University

Stony Brook, NY

**TEACHING EXPERIENCE**

**UNIVERSITY OF SOUTH FLORIDA**

College of Public Health

*Undergraduate Courses*

PHC 2100 Introduction to Public Health (Distance Learning)

PHC 4472 Health and Wellness Coaching: Core Methods (In-Person & Distance Learning)

PHC 4941 Health and Wellness Coaching: Practicum (Distance Learning)

PHC 4942 Health and Wellness Coaching: Advanced Methods

PHC 4471 College Peer Health Education (Distance Learning)

HSC 4631 Critical Issues in Public Health (Distance Learning)

HSC 4211 Health Behavior and Society (Distance Learning)

*Graduate Courses*

PHC 6589 Health and Wellness Coaching: Core Methods (In-Person & Distance Learning)

PHC 6586 Health and Wellness Coaching: Skill Development (Distance Learning)

PHC 6587 Health and Wellness Coaching: Advanced Methods (In-Person & Distance Learning)

PHC 6242 Health and Wellness Coaching: Practicum (Distance Learning)

PHC 6945 Field Experience through Service Learning

PHC 6410 Social and Behavioral Sciences Applied to Health (Distance Learning) (*TA*)

PHC 6934 Population Assessment (*TA*)

Department of Rehabilitation and Mental Health Counseling

College of Behavioral and Community Sciences

*Graduate Courses*

RCS 6740 Research and Program Evaluation (Distance Learning)

**UNIVERSITY OF NORTH CAROLINA CHAPEL HILL**

Gillings School of Global Public Health

*Graduate Courses*

SPHG 712 Measures and Measurement in Public Health Practice (Distance Learning)

**EAST STROUDSBURG UNIVERISITY**

Department of Health Studies

College of Health Sciences

*Undergraduate Courses*

HLTH 486 Field Experience & Internship

HLTH 460 Community Health Organizations

HLTH 370 Planning and Evaluation in Public Health Practice

HLTH 280 Fundamentals of Health Administration

HLTH 210 Foundations of Health Sciences

*Graduate Courses*

HLTH 586 Field Experience & Internship

HLTH 571 Health Education Research Problem

HLTH 563 Public Health Measurement Sciences

HLTH 553 Health Ethics Policy & Law

HLTH 538 Health Policy and Administration

HLTH 538 Health Policy and Administration (Distance Learning for MD/ MPH Students)

**HILLSBOROUGH COMMUNITY COLLEGE**

Health Sciences Department

*Undergraduate Courses*

HSC 2100 Health Education

**STONY BROOK UNIVERSITY**

Graduate Program in Public Health

College of Medicine

*Graduate Courses*

HPH 507 Biostatistics II (*TA*)

**STUDENT SUPERVISION**

**ROCKY MOUNTAIN UNIVERSITY OF HEALTH PROFESSIONS**

*Doctoral Committees*

1. Student: Alyssa Doslea, DrPH Candidate

Title: Association of Adverse Childhood Events with Trauma among College Students

Role: Committee Member (2023-Present)

**UNIVERSITY OF SOUTH FLORIDA**

*Doctoral Committees*

1. Student: Sarah Scharf, DrPH Candidate, College of Public Health

Title: An Exploratory Study of Influential Factors for Health and Wellness Coaching Opportunities for Health Care Professionals

Role: Co-Major Professor (2021-2024)

1. Student: Michelle Catlin, PhD Candidate, College of Education

Title: Mindfulness in Action: Advancing Adult Learning and Development Through a Critical Reflective Inquiry on Coaching for College Student Success, the Peer-to-Peer Learning Experience, and the Progressive Power of Cultivating Mindfulness

Role: Committee Member (2020-2024)

1. Student: Krysta Banke, PhD Graduate, College of Education

Title: Honors Thesis Writers’ Motivation and Productivity Supports and Thwarts: A Developmental Analysis of the Honors Thesis Program at USF.

Role: Committee Member (2020-2022)

*Pharmacy Student Research Projects*

1. Students: Victoria Schwalm, Katie Duranceau, Sydney Anderson, Samuel Pointdexter, & Kaitlyn Seabrook, Doctor of Pharmacy Candidates

Title: Exercise is Medicine – On Campus Pharmacy

Role: Committee Member (2019)

*Graduate Special Projects*

1. Student: Laura Marsh, MPH Candidate, College of Public Health

Title: Girls on the Run Southern Tampa Bay Council: 2012-2013 Evaluation Report

Role: Supervisor (2014)

1. Student: Kristin Harsch, MPH Candidate, College of Public Health

Title: Girls on the Run Tampa Bay: Fall 2012 Evaluation Report

Role: Supervisor (2013)

*Undergraduate Honors Thesis Committees*

1. Student: Abil Jospeh, BS Biology, Honors College

Title: Safety and Efficacy of Weight Loss Medication

Role: Thesis Chair (2023-2024)

1. Student: Emerson Mendez, BS Biomedical Sciences, Honors College

Title: The Integration of Artificial Intelligence in Teletherapy: Efficacy in Mental Health Interventions

Role: Thesis Chair (2023-2024)

1. Student: Hassan Choudhary, BS Biomedical Sciences Candidate, Honors College

Title: Remote Learning and Increased Computer Usage During COVID-19 and the Resulting Health Issues

Role: Thesis Chair (2020-2021)

1. Student: Nikolas Jen, BS Biomedical Sciences Candidate, Honors College

Title: Impact of Perceived Parenting Style on Eating and Physical Activity

Role: Committee Member (2017-2018)

1. Student: Natalie Soyster, BS Cell and Molecular Biology and Psychology Candidate, Honors College

Title: Body Weight Perception and Depression among College Students

Role: Committee Member (2016-2017)

1. Student: Leah Lindstrand, BS of Biomedical Sciences Candidate, Honors College

Title: Exploring the Relationship between Binge Eating and Obesity among ADHD Patients and Providing Recommendations for Prevention

Role: Committee Member (2014)

*Rehabilitation and Mental Health Counseling Masters Program Internship*

1. Claire Kinney

Role: Supervisor

Date: Summer 2021

1. Molly Dawkins

Role: Supervisor

Date: Summer 2021

1. Amber Jankowski

Role: Supervisor

Date: Summer 2021

1. Amyn Ali

Role: Supervisor

Date: Spring 2021

1. Charlotte Paparella

Role: Supervisor

Date: Spring 2021

1. Dr. Sarah Taylor

Role: Supervisor

Date: Spring 2011

1. Ashley Wilson

Role: Supervisor

Date: Fall 2019 – Fall 2020

1. Sara Schluender

Role: Supervisor

Date: Summer 2019

1. Jennica Robe

Role: Supervisor

Date: Summer 2019

1. Kara Miller

Role: Supervisor

Date: Spring 2019

**EAST STROUDSBURG UNIVERSITY**

*Graduate Thesis Committees*

1. Student: Elicia Kaiser, MS Health Education

Title: Developing a School-based Nutrition Promotion Program

Role: Chair (2015-2016)

1. Student: Colette Botts, MPH Candidate

Title: General Perspectives of Intimate Partner Violence

Role: Chair (2015-2016)

1. Student: Patrice Penrose, MPH Candidate

Title: An Analysis of Healthcare Providers and Their Approach to Screening for Adverse Childhood Experiences Based on the Health Belief Model

Role: Chair (2015-2016)

**GRANTS**

Title: Exploring the Delivery of Health and Wellness Coaching Across Modalities: Perceptions and Implications for Effective Practice

Dates: 2023-2024

Source: University of South Florida College of Public Health Internal Award

Amount: $23,302

Role: Principal Investigator

Title: The *StudentLife* Application Project: Predicting and Impacting 1st year Persistence and 4- & 6-Year Graduation Rates

Dates: 2019 – 2021

Source: University of South Florida Strategic Investment Pool

Amount: $163,257

Role: Co-Investigator (Co-PI: Rita DeBate)

Title: Prevalence and Impact of ADHD on Weight Loss at an Adolescent Bariatric Clinic

Dates: 2017 – 2018

Source: University of South Florida New Researcher Grant

Amount: $10,000

Role: Principal Investigator

Title: Modeling Mental Health Comorbidities

Dates: 2015 – 2016

Source: East Stroudsburg University Mini Grant

Amount: $2,200

Role: Principal Investigator

Title: Clinical Correlations and Outcomes of Comorbid ADHD and Binge Eating

Dates: 2015 – 2016

Source: University of South Florida Women’s Health Collaborative Grant

Amount: $8,000

Role: Co-Investigator (PI: Lauri Wright)

Title: Exploring the Comorbidity of ADHD, Eating Disorders, and Psychopathological Moderators

Dates: 2012

Source: University of South Florida, Department of Community and Family Health Research Award

Amount: $920

Role: Principal Investigator

Title: SUNY Alliance for Graduate Education and the Professoriate

Dates: 1999 – 2012

Source: National Science Foundation

Amount: $1.4 million

Role: Evaluation Research Assistant (PI: David Ferguson)

Title: Cost of Treatment at the Mayo Pediatric Chronic Pain Rehabilitation Center

Dates: 2009

Source: Brandeis University, World of Work Fellowship

Amount: $3,000

Role: Principal Investigator

**PUBLICATIONS**

*\*Student first author*

**PEER REVIEWED PUBLICATION**

1. **Bleck, J.,** Smith, K., Mansouri, J., & Early, C. (2023). Exploring the link between demographic, employment, and coaching characteristics with financial earning among Health and Wellness Coaches. *American Journal of Lifestyle Medicine.* 15598276231218939. *[Impact Factor (IF): 2.4]*
2. **Bleck, J.**, DeBate, R., Gatto, A., & Garcia, J. (2022). A pilot evaluation of a university health and wellness coaching program for college students. *Health Education and Behavior*.Published online October 31, 2022. *(IF: 4.444)*
3. DeBate, R., Gatto, A., Rafal, G., & **Bleck, J.** (2022). A qualitative assessment of mental health literacy and help-seeking behaviors among male college students. *Discover Mental Health*, *2(23), 1-14.*
4. **Bleck J.**, & DeBate, R. (2022). Positive youth developmental assets: Implications for eating disorder prevention. *International Journal of Child and Adolescent Health*, 15(2), 121-132.
5. \*Gatto, A., Walters, E., Garcia, J., James, J., **Bleck, J.,** & DeBate, R. (2021). Knowledge of and satisfaction with a behavioral intervention team at a large urban southeastern university. *Journal of American College Health*, 1-8. *(IF: 3.093)*
6. Quinn, G., **Bleck, J.**, & Stern, M. (2020). A review of the psychosocial, ethical, and legal considerations for discussing fertility preservation with adolescent and young adult cancer patients. *Clinical Practice in Pediatric Psychology,* 8(1), 86-96. *(IF: 0.81)*
7. Gregory, S., Hall, K., Quast, T., Gatto, A., **Bleck, J.**, Storch, E., & DeBate, R. (2018). Hormonal contraception, depression, and academic performance among females attending college in the United States. *Psychiatric Research,* 270, 111-116. *(IF: 2.223)*
8. Stern, M., **Bleck, J.**, Ewing, L., Davila, E., Lynn, C., Hale, G., & Mazzeo, S. (2018). NOURISH-T: Targeting caregivers to improve health behaviors in pediatric cancer survivors with obesity. *Pediatric Blood and Cancer,* 65(5), e26941. *(IF: 2.634)*
9. \*LaRosa, K., Stern, M., **Bleck, J.**, Lynn, C., Hudson, J., Donovan, K., Reed, D., & Quinn, G. (2017). Adolescent and young adult patients with cancer: Perceptions of care. *Journal of Adolescent and Young Adult Oncology,* 6(4), 512-518. *(IF: 1.431)*
10. Peterman, A., Pereira, A., **Bleck, J.**, Palermo, T., & Young, K. (2017). Women’s individual asset ownership and experience of intimate partner violence: Evidence from 28 international surveys. *American Journal of Public Health,* 107(5), 747-755. *(IF: 4.552)*
11. DeBate, R., **Bleck, J.**, Raven, J., & Stevenson, H. (2017). Using intervention mapping to develop an oral health e-curriculum for secondary prevention of eating disorders. *Journal of Dental Education*, 81(6), 716-725. *(IF: 0.630)*
12. Sun, H., Vamos, C., Flory, S., DeBate, R., **Bleck, J.**, & Thompson, E. (2017). Correlates of long-term physical activity adherence in women. *Journal of Sport and Health Science,* 6(4), 434-442. *(IF: 1.712)*

1. **Bleck, J**., & DeBate, R. (2016). Long-term association between developmental assets and health behaviors: An exploratory study. *Health Education & Behavior*, 43(5), 543-551. *(IF: 2.229)*
2. DeBate, R., & **Bleck, J.** (2016). Changes in developmental assets and physical activity frequency among 3rd-5th grade girls participating in a girl-focused sport-based positive youth development program. *International Journal of Health Promotion and Education*, 54(2), 95-112. *(IF: 0.313)*
3. **Bleck, J.**, DeBate, R., Levin, B., & Baldwin, J. (2016). Underlying mechanisms and trajectory of comorbid ADHD and eating disorders: proposing an innovative systems framework for informing research. *International Journal of Mental Health and Addiction*, 14(4), 449-458. *(IF: 0.992)*
4. Peterman, A., **Bleck, J.**,&Palermo, T. (2015). Age and intimate partner violence: an analysis of global trends among women experiencing victimization in 30 developing countries. *Journal of Adolescent Health*, 57(6), 624-630. *(IF: 3.612)*
5. Vamos, C., Sun, H., Flory, S., DeBate, R., Daley, E., Thompson, E., **Bleck, J.**, & Merrell, L. (2015). Community level predictors of physical activity among women in the preconception period. *Maternal and Child Health Journal*, 19(7), 1584-1592. *(IF: 2.015)*
6. Vamos, C., Flory, S., Sun, H., DeBate, R., **Bleck, J.**, Thompson, E., & Merrell, L. (2015). Do physical activity patterns across the lifecourse impact birth outcomes? *Maternal and Child Health Journal*, 19(8), 1775-1782. *(IF: 2.015)*
7. **Bleck, J.**, DeBate, R., & Olivardia, R. (2015). The comorbidity of ADHD and eating disorders in a nationally representative sample. *Journal of Behavioral Health Services & Research,* 42(4), 437-451. *(IF: 0.78)*
8. Palermo, T., **Bleck, J.**, & Westley, E. (2014). Knowledge and use of emergency contraception: A multicountry analysis. *International Perspectives on Sexual and Reproductive Health*, 40(2), 79-86. *(IF: 1.14)*
9. DeBate, R., Cragun, D., Severson, H., **Bleck, J.**, Brickhouse, T., Keysek, D., & Isringhousen, K. (2014). Psychosocial and skill-based differences between dental and dental hygiene students regarding secondary prevention of eating disorders. *Oral Hygiene & Health*, 2(1), 123. *(IF: 4.55)*
10. Palermo, T., **Bleck, J.**,&Peterman, A. (2014). Response to “Disclosure of gender-based violence in developing countries”. *American Journal of Epidemiology*, 179(5), 619-620. *(IF: 5.59)*
11. Palermo, T., **Bleck, J.**,&Peterman, A. (2014). Tip of the iceberg: Reporting and gender-based violence in developing countries. *American Journal of Epidemiology*, 179(5), 602-612. *(IF: 5.59)*
12. DeBate, R., Cragun, D., Merrell, L., **Bleck, J.**, Severson, H., Shaw, T., Christiansen, S., Koerber, A., Tomar, S., McCormack Brown, K., Tedesco, L., & Hendricson, W. (2014). Randomized trial of two e-learning programs on secondary prevention of eating disorders. *Journal of Dental Education*, 78(1), 5-15. *(IF: 0.99)*
13. DeBate, R., Severson, H., Cragun, D., Gau, J., Merrell, L., **Bleck, J.**, Christiansen, S., Koerber, A., Tomar, S., McCormack Brown, K., Tedesco, L., & Hendricson, W. (2013). Evaluation of a theory-driven e-learning intervention for future oral healthcare providers on secondary prevention of disordered eating behaviors. *Health Education Research*, 28(3), 472-487. *(IF: 1.66)*
14. **Bleck, J.**, & DeBate, R. (2013). Exploring the co-morbidity of attention-deficit/hyperactivity disorder with eating disorders and disordered eating behaviors in a nationally representative community-based sample. *Eating Behaviors*, 14(3), 390-393. *(IF: 1.80)*
15. Westley, E., Kapp, N., Palermo, T., & **Bleck, J**. (2013). A review of global access to emergency contraception. *International Journal of Gynecology and Obstetrics*, 123(1), 4-6. *(IF: 1.84)*

**MANUSCRIPTS UNDER REVIEW**

1. **Bleck, J.**, Scharf, S., & DeBate, R. Comparison of remote modalities in health and wellness coaching.
2. DeBate, R., **Bleck, J.,** Thompson, E., & Kline, N. Examining mental health among multiply minoritized college students: The need for intersectional approaches.
3. **Bleck, J.**, & DeBate, R. A longitudinal examination of college student mental health during the COVID-19 pandemic.

**MANUSCRIPTS IN PROGRESS**

1. **Bleck, J.** An outcomes evaluation of university-based wellness coaching.
2. Smith, K., **Bleck, J.**, Mansouri, J., & Early, C. A systematic review of best practices for digital patient education post COVID-19.
3. DeBate, R., & **Bleck, J**. Student psychological well-being and perceived faculty support during the COVID-19 pandemic: Differences by sex and race/ethnicity.
4. DeBate, R., & **Bleck, J**. College student psychological well-being: racial and ethnic differences.
5. DeBate, R., **Bleck, J.,** Gatto, A., & Garcia, J. Measuring the impact of a Mental Health First Aid program on university faculty & staff.
6. **Bleck, J.,** DeBate, R., Gatto, A., & Walters, E. Improvements in state anxiety: A pilot study of a university relaxation station.
7. DeBate, R., Gatto, A., **Bleck, J.,** & Walters, E. Evaluation of an interactive online mental health literacy program among university students, faculty, and staff.

**PUBLISHED ABSTRACTS**

1. Smith, K., **Bleck J.**, & Mansouri, J. (2022). State of health and wellness coaching: Assessment of business and operational practices. *American Journal of Lifestyle Medicine*, 17(1), 85. *(IF: 1.90)*
2. DeBate, R., & **Bleck J**. (2022). A pilot evaluation of a university health & wellness coaching program. *American Journal of Lifestyle Medicine*, 17(1), 56. *(IF: 1.90)*
3. **Bleck J.**, Scharf, S., & DeBate, R. (2022). Comparing remote and in-person wellness coaching modalities. *American Journal of Lifestyle Medicine*, 17(1), 52. *(IF: 1.90)*
4. **Bleck, J.,** Haywood, C., French, K., & DeBate, R. (2021). An Innovative Marketing Research Method for the Promotion of a Behavioral Change Program Targeting University Students. Health Behavior Research, 4(3).
5. \*Gatto, A., **Bleck, J.,** & DeBate, R. (2021). A retrospective examination of a university success and wellness coaching program. Health Behavior Research, 4(3).
6. **Bleck, J.,** Haywood, C., French, K., & DeBate, R. (2020). An Innovative Marketing Research Method for the Promotion of a Behavioral Change Program Targeting University Students. The American Academy of Health Behavior 2020 Annual Scientific Meeting: "Transforming the narrative to meet emerging health behavior challenges"," Health Behavior Research, 3(2).
7. \*Gatto, A., **Bleck, J.,** & DeBate, R. (2020). A retrospective examination of a university success and wellness coaching program. The American Academy of Health Behavior 2020 Annual Scientific Meeting: "Transforming the narrative to meet emerging health behavior challenges"," Health Behavior Research, 3(2).
8. \*Gatto, A., Garcia, J., **Bleck, J.,** Debate, R., & Walters, E. (2019). Evaluating the impact of a success & wellness coaching program for university students. *Annals of Behavioral Medicine*, 53, 619. *(IF: 3.80)*
9. \*Garcia, J., Gatto, A., **Bleck, J.,** & Debate, R. (2019). Assessing the outcomes of a mental health first aid training for university faculty & staff. *Annals of Behavioral Medicine*, 53, 619. *(IF: 3.80)*
10. \*Paola, J., DeBate, R., & **Bleck, J.** (2018). An understanding of the relationship between hormonal birth control and depression in college-aged women. *Annals of Behavioral Medicine*, 52, S65. *(IF: 3.80)*
11. Stern, M., **Bleck, J.,** & Mazzeo, S. (2018). Improving health behaviors of obese pediatric cancer survivors: Measurement considerations and factors affecting participation and adherence. *Pediatric Blood & Cancer*, 65, S591. *(IF: 3.20)*

**WHITE PAPERS AND RESEARCH BRIEFS**

1. National Board of Health and Wellness Coaching. (2024). Results from the National Board for Health & Wellness Coaching’s 2024 Annual Survey. Report available at https://lp.constantcontactpages.com/sl/vbQPhoY.
2. Smith, K., **Bleck, J.**, Mansouri, J., & Early, C. (2022). The state of health coaching (Report No. Pillar 01). With Pillar Inc. White paper available at https://withpillar.com/state-of-coaching.
3. Palermo, T., **Bleck, J.**,&Peterman. A. (2015). Tip of the iceberg: Reporting and gender-based violence in developing countries. Research Brief available at <http://publichealth.stonybrookmedicine.edu/phpubfiles/GBV_reporting_web.pdf>.

**BOOK CHAPTERS**

1. Stern, S., **Bleck, J.**, & Quinn, G. (2018). Genetic testing and ethical considerations: Cases involving adolescents and young adults and cancer. In M.M. Leach & E. R. Welfel (Eds.), The Cambridge handbook of applied psychological ethics. New York: Cambridge University Press, pp. 575-597.
2. Cortese, S., & **Bleck, J**. (2016). Attention Deficit/Hyperactivity Disorder in co-morbidities in eating disorders. In. Wade, T. (Ed.), Encyclopedia of Feeding and Eating Disorders. Springer Publications.

**TECHNICAL AND EVALUATION REPORTS**

1. **Bleck, J**. (2023). RecWell Benchmarking Technical Report. University of South Florida.
2. **Bleck, J**. (2022). Campus Recreation and Wellness. NASPA Consortium: Benchmarking Survey Technical Report. University of South Florida.
3. **Bleck, J**. (2022). American College Health Association’s National College Health Spring 2022 Assessment Academic Level Technical Report. University of South Florida.
4. **Bleck, J**. (2022). American College Health Association’s National College Health Spring 2022 Assessment Disability Status Technical Report. University of South Florida.
5. **Bleck, J**. (2022). American College Health Association’s National College Health Spring 2022 Assessment First Generation Student Technical Report. University of South Florida.
6. **Bleck, J**. (2022). American College Health Association’s National College Health Spring 2022 Assessment Greek Life Technical Report. University of South Florida.
7. **Bleck, J**. (2022). American College Health Association’s National College Health Spring 2022 Assessment Housing Status Technical Report. University of South Florida.
8. **Bleck, J**. (2022). American College Health Association’s National College Health Spring 2022 Assessment International Student Technical Report. University of South Florida.
9. **Bleck, J**. (2022). American College Health Association’s National College Health Spring 2022 Assessment LGBTQ+ Student Technical Report. University of South Florida.
10. **Bleck, J**. (2022). American College Health Association’s National College Health Spring 2022 Assessment Veteran Student Technical Report. University of South Florida.
11. **Bleck, J**. (2021). Success and Wellness Coaching 2020-2021 Evaluation Report for University of South Florida.
12. **Bleck, J**. (2020). Success and Wellness Coaching 2018-2020 Evaluation Report for University of South Florida.
13. **Bleck, J**. (2015). Girls on the Run: Spring 2015 Evaluation Report for Big Bend Council.
14. Rosini, K., **Bleck, J.**, & DeBate, R. (2013). Girls on the Run: Spring 2013 Evaluation Report for Northern Florida Council.
15. Marsh, L., **Bleck, J.**, & DeBate, R. (2013). Girls on the Run Southern Tampa Bay Council: Spring 2013 Evaluation Report.
16. Rosini, K., **Bleck, J.**, & DeBate, R. (2012). Girls on the Run: Fall 2012 Evaluation Report for Northern Florida Council.
17. Harsch, K., **Bleck, J.**, & DeBate, R. (2012). Girls on the Run Southern Tampa Bay Council: Fall 2012 Evaluation Report.
18. Ferguson, D., Maung, N., Piazzola, K., Gafney, L., Corrales de Eilers, A., **Bleck, J.**, & Yusuf, S. (2010-2012) Annual Report SUNY AGEP Best Practices for Institutionalization. Stony Brook University Center for Inclusive Education.
19. Hwang, J., Stein, J., Driscoll, E., Hunter, L., Majumdar Das, S., Belazi, A., Kruger, A., & **Bleck, J**. (2009-2011) Red Watch Band Program Report: Highlights, Process, and Outcomes Assessment, Stony Brook University.

**CONFERENCE PRESENTATIONS**

*\*Student first author*

**PRE-CONFERENCE WORKSHOPS**

1. **Bleck, J.,** & DeBate, R. Developing a strategic framework of evaluating your health and wellness coaching programs. American College Health Association Annual Conference. Boston, MA, May 2023.

**ORAL PRESENTATIONS**

1. Smith, K, **Bleck, J,** & Mansouri, J. State of health and wellness coaching: Assessment of business and operational practices. American College of Lifestyle Medicine Annual Conference. Orlando, FL, November 2022.
2. DeBate, R, **Bleck, J.,** & Perez, J. Psychological distress, flourishing, COVID-19 related stress, and perceived faculty support: A longitudinal study of undergraduate students during the COVID-19 pandemic. Southern College Health Association Conference. Tallahassee, FL, March 2022.
3. **Bleck, J.,** & DeBate, R. Comparing remote service modalities for the delivery of success and wellness coaching. NASPA Strategies Conference. Virtual, January 2021.
4. \*Garcia, J., Gatto, A., **Bleck, J.,** & DeBate, R. Demographic differences among university faculty and staff who participate in a Mental Health First Aid Training Program. American Public Health Association Conference. Philadelphia, PA, November 2019.
5. \*Garcia, J., Gatto, A., **Bleck, J.,** & DeBate, R. Secondary prevention for mental health: Evaluation of a Mental Health First Aid Program implemented on a university campus. Society for Public Health Education Conference. Salt Lake City, UT, March 2019.
6. \*Garcia, J., Gatto, A., **Bleck, J.,** & DeBate, R. Addressing college students’ mental health needs by training faculty & staff in Mental Health First Aid (MHFA) on a university campus. Southern College Health Association Conference. Chapel Hill, NC, March 2019.
7. \*Walters, E., Gatto, A., **Bleck, J.,** & DeBate, R. Addressing students’ mental health needs through an online mental health literacy program. Southern College Health Association Conference. Chapel Hill, NC, March 2019.
8. \*Gatto, A., Garcia, J., Walters, E., James, J., **Bleck, J.,** & DeBate, R. Usage and perceived utility of a behavioral intervention team program at a large urban southeastern university. NASPA Strategies Conference. Washington, DC, January 2019.
9. Stern, M., **Bleck, J.**, Davila, E., Lynn, C., Hale, G., Ewing, L., & Mazzeo, S. NOURISH-T: Improving eating and physical activity behaviors of pediatric cancer survivors with obesity. In K. Devine (chair). The Diverse Impact of Physical Activity on Child Health. Society of Pediatric Psychology, Orlando, FL, April 2018.
10. Peterman, A., Pereira, A., **Bleck, J.**, Palermo, T., & Young, K. Women’s individual asset ownership and experience of intimate partner violence: Evidence from 28 international surveys. International Population Conference, Cape Town, South Africa, November 2017.
11. Stern, M., **Bleck, J.**, Davila, E., Lynn, C., Hale, G., Ewing, L., & Mazzeo, S. A Pilot RCT targeting caregivers to improve the health behaviors of obese pediatric cancer survivors. VIII International conference of Health Psychology, Havana, Cuba, November 2017.
12. Peterman, A., Pereira, A., **Bleck, J.**, Palermo, T., & Young, K. Global evidence on the relationship between women’s individual asset ownership and experience of intimate partner violence. Population Association of America Annual Meeting, Chicago, IL, April 2017.
13. Stern, M., Lescano, C., Lopez Castillo, H., Lynn, C., & **Bleck, J**. Adaptando Dieta y Accion Para Todos (ADAPT): Targeting diet and physical activity of Latinos living in rural communities in Florida. In I. B. Thurston (chair). Culturally Responsive Assessments and Interventions to Address Pediatric Obesity: A Collaborative Symposium of the Diversity and Obesity SIGs. Society of Pediatric Psychology, Portland, OR, March 2017.
14. Vamos, C., Flory, S., Sun, H., DeBate, R., **Bleck, J.**, Thompson, E., & Merrell, L. Does women’s physical activity consistency across the life course impact birth outcomes? 142nd Annual Meeting of the American Public Health Association, New Orleans, LA, November 2014.
15. DeBate, R., Wathington, D., **Bleck, J.**, Wolfe-Quintero, K., & Hodge, M. Our practice is our passion: creating high-quality practice experiences through service-learning partnerships. 142nd Annual Meeting of the American Public Health Association, New Orleans, LA, November 2014.
16. Westley, E., Palermo, T., & **Bleck, J**. Factors associated with knowledge and use of emergency contraception. International Conference on Family Planning, Addis Ababa, Ethiopia, November 2013.
17. DeBate, R., **Bleck, J.,** & Merrell, L. Short-term and long-term behavioral outcomes of adolescent positive youth development. 141st Annual Meeting of the American Public Health Association, Boston, MA, November 2013.
18. DeBate, R., Severson, H., Deborah, C., **Bleck, J.**, Merrell, L., Christiansen, S., Koerber, A., Tomar, S., McCormack Brown, K., Tedesco, L., & Hendricson, W. Evaluation of theory-based eating disorder prevention program: Triangulation of two methodologies to identify relationships between key theoretical constructs. 141st Annual Meeting of the American Public Health Association, Boston, MA, November 2013.
19. Palermo, T., **Bleck, J.**, & Westley, E. Factors associated with knowledge and use of emergency contraception: a global analysis. 141st Annual Meeting of the American Public Health Association, Boston, MA, November 2013.
20. Palermo, T., **Bleck, J.**, & Peterman, A. Tip of the iceberg: Reporting gender-based violence in developing countries. Sexual Violence Research Initiative Forum, Bangkok, Thailand, October 2013.
21. Palermo, T., Peterman, A., **Bleck, J.**, & Hoover Green, A. Sexualized violence in conflict and post-conflict settings: What do we know? Globalizes Sexual Violence: From Epidemiology to Action: Columbia University Epidemiology Scientific Symposium, New York, NY, January 2013.
22. Palermo, T., **Bleck, J.**, & Peterman, A. Tip of the iceberg: Reporting gender-based violence in developing countries. 142nd Annual Meeting of the American Public Health Association, San Francisco, CA, October 2012.
23. Palermo, T., Westley, E., & **Bleck, J**. Factors associated with knowledge and use of emergency contraception: A global analysis. EC Jamboree, New York, NY, October 2012.
24. Maung-Gaona, N., **Bleck, J.**, DePass, A., & Gergen, J. Possible indicators of cumulative disadvantages among underrepresented minority students in the biological sciences at Stony Brook University. 5th Annual Conference on Understanding Interventions that Broaden Participation in Research Careers, Baltimore, MD, May 2012.
25. **Bleck, J.** Evaluating the relationship between childhood ADHD and subsequent eating disorder behavior. The National Longitudinal Study of Adolescent Health (Add Health) Users Conference, Bethesda, MD, July 2012.

**ROUND TABLE PRESENTATIONS**

1. \*Gatto, A., **Bleck, J.,** DeBate, R. Innovative strategies to evaluate health and wellness initiatives on student success. NASPA Conferences on Student Success in Higher Education: Assessment, Persistence, and Data Analytics Conference, Orlando, FL, June 2019.
2. **Bleck, J.**, DeBate, R., & Severson, H. Application of the intervention mapping framework to an oral-systemic intervention for eating disorders prevention. 143rd Annual Meeting of the American Public Health Association, Chicago, IL, November 2015.

**POSTER PRESENTATIONS**

1. **Bleck, J.,** & DeBate, R. University-based Health and Wellness Coaching: Comparing the Efficacy of Staff and Peer Coaches. American College Health Association Annual Conference. Atlanta, GA, May 2024.
2. **Bleck, J.,** Scharf, S., & DeBate, R. A comparison of remote and in-person modalities at a university-based wellness coaching program. American College Health Association Annual Conference. Boston, MA, May 2023.
3. **Bleck, J.,** & DeBate, R. A qualitative assessment of mental health literacy and help-seeking behaviors among male college students. American College Health Association Annual Conference. Boston, MA, May 2023.
4. DeBate, R., **Bleck, J.,** Thompson, E., & Kline, N. Examining mental health among multiple minoritized college students: The needs for intersectional approaches. American College Health Association Annual Conference. Boston, MA, May 2023.
5. DeBate, R., **Bleck, J.**, Thompson, E., & Kline, N. Examining mental health among multiply minoritized college students: The need for intersectional approaches. American Academy of Health Behavior Annual Meeting. San Francisco, CA, March 2023.
6. **Bleck, J.,** Scharf, S., & DeBate, R. Comparing remote and in-person wellness coaching modalities. American College of Lifestyle Medicine Annual Conference. Orlando, FL, November 2022.
7. DeBate, R., & **Bleck, J**. A pilot evaluation of a university health & wellness coaching program. American College of Lifestyle Medicine Annual Conference. Orlando, FL, November 2022.
8. \*Perez, J., **Bleck, J.,** & DeBate, R. Student psychological well-being and perceived faculty support during the COVID-19 pandemic: Differences by sex and race/ethnicity. USF Health Research Day. Tampa, FL, February 2022.
9. **Bleck, J.,** Haywood, C., & DeBate, R. Using innovative marketing research to expand a university wellness coaching program. NASPA Strategies Conference. Virtual, January 2021.
10. **Bleck, J.,** Haywood, C., French, K., & DeBate, R. An innovative marketing research method for the promotion of a behavioral change program targeting university students. American Academy of Health Behavior Annual Meeting. Virtual, March 2020.
11. \*Gatto, A., **Bleck, J.,** & DeBate, R. An analysis of an environmental sleep scan at a large southern university with national comparisons. American Academy of Health Behavior Annual Meeting. Virtual, March 2020.
12. **Bleck, J.,** Gatto, A., LaSure, T., & DeBate, R. Mental health social marketing. American College Health Association Annual Meeting. Virtual, March 2020.
13. \*Garcia, J., Gatto, A., Prieto, C., **Bleck, J.,** & DeBate, R. Demographic differences among university faculty and staff who participate in a Mental health First Aid training program. American Public Health Association Conference. Philadelphia, PA, November 2019.
14. \*Gatto, A., Garcia, J., James, J., **Bleck, J.,** & DeBate, R. Examining the effectiveness of a success and wellness coaching program among university students. American Public Health Association Conference. Philadelphia, PA, November 2019.
15. \*James, J., Garcia, J., Gatto, A., **Bleck, J.,** & DeBate, R. Evaluation of knowledge & process outcomes of a behavioral intervention team among faculty & staff at a Southeastern university. American Public Health Association Conference. Philadelphia, PA, November 2019.
16. \*Gatto, A., **Bleck, J.,** & DeBate, R. Innovative strategies to evaluate health and wellness initiatives on student success. NASPA Conferences on Student Success in Higher Education. Orlando, FL, June 2019.
17. **Bleck, J.,** Gatto, A., & DeBate, R. Assessing the impact of success & wellness coaching programs on student wellbeing and success. American College Health Association Conference. Denver, CO, May 2019.
18. \*Garcia, J., Gatto, A., **Bleck, J.,** & DeBate, R. Addressing the mental health needs of college students by training faculty & staff members in Mental Health First Aid (MHFA) at a large urban Southeastern university. American College Health Association Conference. Denver, CO, May 2019.
19. \*Walters, E., **Bleck, J.,** Gatto, A., & DeBate, R. Evaluation of an online mental health literacy intervention for college students. Society for Public Health Education Conference. Salt Lake City, UT, March 2019.
20. \*Walters, E., Gatto, A., **Bleck, J.,** & DeBate, R. Psychometric properties of a mental health literacy scale among college students. American Academy of Health Behavior Meeting. Greenville, SC, March 2019.
21. \*Gatto, A., **Bleck, J.,** Newsome, A., Garcia, J., Schrider, L., & DeBate, R. Implementation of Exercise is Medicine on Campus to increase physical activity at a large urban university. Society for Public Health Education Conference. Salt Lake City, UT, March 2019.
22. \*Gatto, A., Garcia, J., **Bleck, J.,** & DeBate, R. Evaluating the impact of a success & wellness coaching program for university students. Society of Behavioral Medicine Annual Meeting & Scientific Sessions. Washington, D.C., March 2019.
23. \*Garcia, J., Gatto, A., **Bleck, J.,** & DeBate, R. Assessing the outcomes of training university faculty & staff in Mental Health First Aid (MHFA). Society of Behavioral Medicine Annual Meeting & Scientific Sessions. Washington, D.C., March 2019.
24. \*Garcia, J., Gatto, A., **Bleck, J.,** & DeBate, R. Evaluating Mental Health First Aid (MHFA) among university faculty & staff. American Academy of Health Behavior Meeting. Greenville, SC, March 2019.
25. **Bleck, J.,** Walters, E., Gatto, A., & DeBate, R. Evaluation of a relaxation station to reduce anxiety among undergraduate college students. Society for Public Health Education Conference. Salt Lake City, UT, March 2019.
26. \*Garcia, J., Gatto, A., Walters, E., James, J., **Bleck, J.,** & DeBate, R. Exploring differences between faculty & staff members willingness to refer students in crisis to a behavioral intervention team. USF Health Research Day. Tampa, FL, February 2019.
27. \*Walters, E., Gatto, A., **Bleck, J.,** & DeBate, R. Changes in mental health literacy construct scores by race and ethnicity following the completion of an interactive online module. USF Health Research Day. Tampa, FL, February 2019.
28. \*Walters, E., Gatto, A., Smith, D., **Bleck, J.,** & DeBate, R. Assessing the impact of a bystander intervention training on student knowledge, intention, and behavior at a large urban university. NASPA Strategies Conference. Washington, DC, January 2019.
29. **Bleck, J.,** Walters, E., Gatto, A., & DeBate, R. Addressing students’ mental health needs through an online mental health literacy program. NASPA Strategies Conference. Washington, DC, January 2019.
30. DeBate, R., **Bleck, J.**, & Paola, J. An understanding of the relationship between birth control and depression in college-aged women. Society of Behavioral Medicine, New Orleans, LA, April 2018.
31. DeBate, R., **Bleck, J.**, & Paola, J. An understanding of the relationship between birth control and depression in college-aged women. NASPA Strategies: Mental Health, Portland, OR, January 2018.
32. **Bleck, J.**,& DeBate, R. Exploring gender differences in the relationship between developmental assets and disordered eating behavior. 23rd Annual Eating Disorder Research Society Meeting, Leipzig, Germany, September 2017.
33. DeBate, R., & **Bleck, J.** Mental health literacy among male college students: Impact on care seeking for weight related distress. 23rd Annual Eating Disorder Research Society Meeting, Leipzig, Germany, September 2017.
34. **Bleck, J.**, DeBate, R., & Stern, M. The prevalence of ADHD and binge eating among patients at a bariatric surgery clinic. International Conference on Eating Disorders, Prague, Czech Republic, June 2017.
35. Stern, M., **Bleck, J.**, & DeBate, R. Exploring determinants of disordered eating behavior and eating disorder diagnosis through a developmental assets framework. International Conference on Eating Disorders, Prague, Czech Republic, June 2017.
36. **Bleck, J.**, & DeBate, R. Exploring the impact of ADHD on binge eating and weight loss success post bariatric surgery. Annual Meeting of the American Academy of Health Behavior, Tucson, AZ, March 2017.
37. **Bleck, J.**, DeBate, R., & Stern, M. Internal and external developmental assets as determinants of disordered eating behaviors and eating disorders. Annual Meeting of the American Academy of Health Behavior, Tucson, AZ, March 2017.
38. **Bleck, J.,** & DeBate, R. Psychometric properties of a positive youth development instrument among 3rd to 5th grade girls. 144rd Annual Meeting of the American Public Health Association, Denver, CO, November 2016.
39. **Bleck, J.**, & DeBate, R. Development of an innovative theory-based model of the underlying mechanisms of comorbid ADHD and disordered eating behavior. 22nd Annual Eating Disorder Research Society Meeting, New York, NY, October 2016.
40. DeBate, R., & **Bleck, J**. Exploring the impact of ADHD on binge eating and weight loss success post bariatric surgery. 22nd Annual Eating Disorder Research Society Meeting, New York, NY, October 2016.
41. **Bleck, J.**, & DeBate, R. Changes in developmental assets and physical activity frequency among 3rd – 5th grade girls participating in a girl-focused sports-based positive youth development program. 143rd Annual Meeting of the American Public Health Association, Chicago, IL, November 2015.
42. **Bleck, J.**, & DeBate, R. Exploring the underlying mechanisms of the ADHD and eating disorder comorbidity. 21st Annual Eating Disorder Research Society Meeting, Taormina, Italy, September 2015.
43. DeBate, R., & **Bleck, J**. Identifying characteristics of men who binge eat. 21st Annual Eating Disorder Research Society Meeting, Taormina, Italy, September 2015.
44. **Bleck, J.**, & DeBate, R. Positive youth development: Implications for eating disorder prevention. 20th Annual Eating Disorder Research Society Meeting, San Diego, CA, October 2014.
45. **Bleck, J.**, & DeBate, R. Gender and racial differences in the co-occurrence of ADHD and disordered eating behaviors. University of South Florida Research Day, Tampa, FL, February 2014.
46. DeBate, R., **Bleck, J.**, & Marsh, L. Changes in developmental assets and physical activity frequency among 3rd-5th grade girls participating in a girl-focused sport-based positive youth development program. University of South Florida Research Day, Tampa, FL, February 2014.
47. **Bleck, J.**, DeBate, R., & Olivardia, R. Gender and racial differences in the co-occurrence of ADHD and disordered eating behaviors. International Conference on Eating Disorders, New York, NY, March 2014.
48. DeBate, R., **Bleck, J.**, & Rosini, K. Positive youth development through sport: assessing developmental outcomes among 3rd – 5th grade *Girls on the Run* program participants. 141st Annual Meeting of the American Public Health Association: Think Global Act Local, Boston, MA, November 2013.
49. **Bleck, J.**, DeBate, R., & Olivardia, R. Gender differences in the co-occurrence of ADHD and eating disorders. Eating Disorder Research Society 19th Annual Meeting, Bethesda, MD, September 2013.
50. **Bleck, J.**, & DeBate, R. Exploring the co-morbidity of ADHD and disordered eating behaviors among a nationally representative sample of U.S. adults. International Conference on Eating Disorders, Montreal, Canada, May 2013.
51. Cragun, D., DeBate, R., **Bleck, J.,** & Severson, H. Triangulation of two methodologies to identify relationships between key theoretical constructs associated with secondary prevention of disordered eating behaviors. 13th Annual Scientific Meeting of the American Academy of Health Behavior, Santa Fe, NM, March 2013.
52. Palermo, T., **Bleck, J.,** & Peterman, A. Tip of the iceberg: Reporting gender-based violence in developing countries. Missing Peace Symposium 2012, Sexual Violence in Conflict and Post Conflict Settings, Washington D.C., Feb 2013.
53. **Bleck, J**. Evaluating the relationship between adolescent ADHD and subsequent eating disorders. 141st Annual Meeting of the American Public Health Association, San Francisco, CA, October 2012.
54. Maung-Gaona, N., Corrales de Eilers, A., Piazzola, K., & **Bleck, J**. Evaluating enrollment and graduation of underrepresented STEM Ph.D. students in the SUNY AGEP Alliance. NSF JAM12 “Broadening Participation Research”, Washington, D.C., June 2012.
55. **Bleck, J**. Evaluating the relationship between adolescent ADHD and subsequent eating disorders. New England Science Symposium, Harvard Medical School, Boston, MA, March 2012.

**ELECTRONIC PRESENTATIONS**

1. **Bleck, J.** Exploring the co-morbidity of ADHD and disordered eating behaviors among a nationally representative sample of U.S. adults. University of South Florida, College of Public Health Student Honorary Award for Research and Practice Presentation. June 2013. Can be viewed at: <http://eta.health.usf.edu/publichealth/SHARP_Presentations/2012-2013/SHARP_Spring2013_Bleck/player.html>
2. **Bleck, J.,** DeBate, R., Severson, H., Deborah, C., Merrell, L., Christiansen, S., Koerber, A., Tomar, S., McCormack Brown, K., Tedesco, L., & Hendricson, W. Triangulation of two methodologies to identify relationships between key theoretical constructs. University of South Florida, College of Public Health Student Honorary Award for Research and Practice Presentation. November 2013. Can be viewed at: <http://eta.health.usf.edu/publichealth/SHARP_Presentations/2012-2013/F13_Bleck/player.html>

**WEBINARS**

**NATIONAL BOARD FOR HEALTH AND WELLNESS COACHING**

05/2024 **Bleck, J.,** Webster, L., & Pope, N. Exploring the Identity of National Board Certified Health & Wellness Coaches: Insights into the NBHWC Community.

09/2023 **Bleck, J.,** & Smith, K. A Discussion of the Current Trends in Health Coaching

**WITH PILLAR INC.**

11/2022 **Bleck, J.** & Smith, K. A Discussion on Research Data and Findings from the State of Health Coaching Assessment

**COACHING LEADERSHIP ALLIANCE, WELLCOACHES**

10/2022 **Bleck, J.** Industry Study on the State of Health Coaching

**REAL BALANCE GLOBAL WELLNESS INC.**

05/2022 Arloski, M., & **Bleck, J.** Masterful Health & Wellness Coaching: A Demo

**UNIVERSITY OF SOUTH FLORIDA**

College of Social Work

Official Launce of CALM: Corner for a Little Mindfulness

08/2023 **Bleck, J.** Health and Wellness

USF Health Shared Services

07/2021 **Bleck, J.** & DiPrete, J. Maintaining Healthy Habits in a Post-Pandemic World

College of Education

02/2021 **Bleck, J.** & Dutil, J. Stress Management & Motivation

Office of Academic Advocacy

01/2021 **Bleck, J.** Adapting a Coaching Mindset

USF Housing LIVE!

07/2020 Strader, S., & **Bleck, J.** Campus Mental Wellbeing Services

**AWARDS AND RECOGNITIONS**

2023 American College Health Association Advancing Health Equity Award

2022 American College of Lifestyle Medicine Outstanding Poster Award

2019 American College Health Association Best Practices in College Health Award: University of South Florida’s MWell4Success Initiative

2015 International Research Scholarship, University of South Florida

2012–2014 Honorary Award for Research and Practice, University of South Florida

2012 Public Health Traineeship, University of South Florida, College of Public Health

2012 Community and Family Health Research Award, University of South Florida

2012 University Graduate Fellowship, University of South Florida

2012 Overall Excellence in Public Health, Stony Brook University

**PROFESSIONAL AFFILIATIONS**

2018 – Present Member, National Board for Health and Wellness Coaching

2019 – Present Faculty, Real Balance Global Wellness Inc.

2018 – Present Member, American College Health Association

2019 – 2021 Member, National Association of Student Personnel Administrators

2018 – 2021 Member, Society for Public Health Education

2016 – 2021 Member, American Academy of Health Behavior

2013 – 2018 Member, American Public Health Association

2012 – 2018 Member, Academy of Eating Disorders

**PROFESSIONAL SERVICE**

*Leadership Roles*

2023 – Present Member, Research Committee, American College Health Association

2022 – Present Advisory Board, With Pillar Inc.

2022 – Present Member, Coaching Leadership Alliance, WellCoaches

2022 – Present Member, Coaching at Scale

2015 – 2016 Delegate, Association of Accredited Public Health Programs

2013 – 2015 Co-chair Student Special Interest Group (SIG), Academy of Eating Disorders

*Ad Hoc Reviewer*

American Journal of College Health

American Journal of Public Health

Child Psychology & Human Development

Eating and Weight Disorders

Eating Behaviors

Health Education and Behavior

Journal of Behavioral Health Services & Research

Journal of Health Behavior

Psychiatry Review

**UNIVERSITY SERVICE**

**UNIVERSITY OF SOUTH FLORIDA**

*Committees*

2023-Present Member, USF Health Wellness Council

2023-Present Member, College of Public Health Faculty Affairs Committee

2021-Present Member, College of Public Health Alumni Award Committee

2020-2021 Member, COPH Outstanding Woman in Public Health Award Committee

2020-2021 Chair, Self-Guided Coaching Development Committee

2020-2021 Member, National College Health Assessment Workgroup

2020-2021 Member, Student Success Leadership Workgroup

2020 Member, Status of Men Committee

2019 Member, Exercise is Medicine Steering Committee

2019 Member, Wellness Champion Certified Organization Committee

**COMMUNITY SERVICE**

2021 – Present Member, Rotary Club of Tampa

2017 – Present Member, Rotaract of Tampa Bay

2017 – 2019 Volunteer, St. Francis Animal Society