

Elizabeth Richards PhD, RN, CHES

Purdue University School of Nursing

erichards@purdue.edu

EDUCATION

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| 2012 | Doctor of Philosophy (PhD) , Health Promotion in Health & Kinesiology, Purdue University, West Lafayette, IN |
| 2006 | Master of Science in Nursing (MHS) , Indiana University Purdue University (IUPUI), Indianapolis, IN |
| 2003 | Bachelor of Science in Nursing (BS) , University of Saint Francis, Fort Wayne, IN |

PROFESSIONAL EXPERIENCE

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| 2019-Present | Associate Professor , School of Nursing, Purdue University, West Lafayette, IN
<i>Director, PhD in Nursing Program</i>
<i>Faculty Associate, Center for Aging and the Life Course</i>
<i>Faculty Partner, Center for Families</i>
<i>Courtesy Appointment, Department of Public Health</i> |
| 2013-2019 | Assistant Professor , School of Nursing, Purdue University, West Lafayette, IN |
| 2011-2013 | Clinical Associate Professor , School of Nursing, Purdue University, West Lafayette, IN |
| 2006-2011 | Clinical Assistant Professor , School of Nursing, Purdue University, West Lafayette, IN |

LICENSURE, CERTIFICATION, REGISTRATION

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| 2011-2016 | Registered Nurse, State of Indiana |
| 2006 | Certified Health Education Specialist (CHES) maintained since 2006 |
| 1998 | CPR Certification maintained since 1998 |

AWARDS AND HONORS

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| 2022 | Excellence in Nursing Research Award, Delta Omicron Chapter of Sigma Theta Tau International |
| 2021 | Teaching Excellence Award, Indiana League for Nursing |
| 2021 | Honorary member, Purdue University Mortar Board |
| 2020-2021 | Elevating Leaders in Academic Nursing Fellow, American Association of Colleges of Nursing |
| 2020-2021 | Teaching for Tomorrow Senior Fellow, Purdue University |

2020	Christine M. Ladisch Faculty Leadership Award, College of Health and Human Sciences
2020	Murphy Award for Outstanding Undergraduate Teaching Award, Purdue University
2019-2020	Honorary member, Purdue University Old Masters
2018	Exceptional Engagement Award, Center for Aging and the Life Course, Purdue University
2018	Faculty Engagement Award, College of Health and Human Sciences
2017	Purdue University Teaching Academy Fellow
2017	Early Career Research Award, Midwest Nursing Research Society, Health Promoting Behaviors Research Interest Group
2016	Jane S. Link Outstanding Teaching Award, College of Health and Human Sciences
2016	College of Health and Human Sciences nominee for Purdue University Early Career
2016	Award for Outstanding Undergraduate Education, 2016
2016	Excellence in Nursing Mentorship Award, Delta Omicron Chapter of Sigma Theta Tau International
2014	Excellence in Nursing Education Award, Delta Omicron Chapter of Sigma Theta Tau International
2013, 2012, 2009	Level 3 Faculty Teaching Award, Purdue University School of Nursing

OFFICES HELD in STATE, NATIONAL, and INTERNATIONAL ORGANIZATIONS

	<u>International Society of Behavioral Nutrition and Physical Activity</u>
2021-Present	Co-Chair, Aging Special Interest Group
2019-2021	Communications Officer
	<u>American Academy of Health Behavior</u>
2021-2022	Research mentor
	<u>American Public Health Association (APHA)</u>
2013-2016	Member, Action Board Appointed by the Executive Board of APHA Charged with the facilitation and implementation of Association policies and positions, took action on APHA priorities, action alerts, and other advocacy activities as needed.
2017-present	<i>Public Health Nursing Section</i> Research Committee Member In this role, Dr. Richards lead a diverse team of nursing educators to publish a clinical manuscript stressing the importance of population health in nursing education. This manuscript also provided techniques and suggestions on how to infuse population health principles into nursing education.

Physical Activity Section Leadership Team

2022-2023 Nomination chair
 2017-2019 Section chair
 2011-2012 Communications committee chair
 2015-2017 Membership committee chair

Midwest Nursing Research Society (MNRS)

2016-2017 Chair, Health Promoting Behaviors Research Interest Group
 2017-2018 Immediate past chair, Health Promoting Behaviors Research Interest Group
 2015-2016 Chair-Elect, Health Promoting Behaviors Research Interest Group
 2015-2019 Scholarship Committee
 2015-2016 Awards Committee

Indiana Public Health Association (IPHA)

2013-2019 Board Member
 2006-2008;
 2013-2020 Policy & Advocacy Committee
 2015-2020 Chair
 April 2020 Beyond Boundaries Indiana Academies Symposium;
 Cross-disciplinary poster session planning committee
 *rescheduled due to COVID-19

Delta Omicron Chapter of Sigma Theta Tau International

2015-2017 Treasurer, 2015-2017

RESEARCH GRANTS AWARDED

Kelleher, B., Lane, S., & **Richards, E.** (2020-2021). *Family risk and resilience in response to COVID-19*. Purdue University College of Health & Human Sciences, \$10,000

Richards, E., Franks, M., Christ, S., Friedman, E., & Rietdyk, S. (2020-2021). *Social connectedness and women's health: Benefits of quality social ties for secondary prevention and recovery following cardiac rehabilitation*. Purdue University Center for Aging on the Life Course, \$10,000

Eicher-Miller, H., **Richards, E.**, Delp, E., Bhadra, A. (2020-2021). *Temporal dietary guidelines related to obesity*. Purdue University Clifford B. Kinley Trust Foundation. \$20,000

Richards, E. & Franks, M. (2019). *Actigraph accelerometers*. Purdue Research Equipment Grant, \$13,000.

Richards, E., Franks, M., Rietdyk, S., & Christ, S. (2018-2019). *Stepping out: A pilot study of midlife couples' walking*. American Nurses Foundation, \$5,000.

Eicher-Miller, H. (PI), **Richards, E.** (Co-I), Delp, E. (Co-I), Gelfand, S. (Co-I). & Bhadra, A. (Co-I). (2018-2020). *Temporal dietary and physical activity patterns related to health outcomes*. National Institutes of Health. \$410,241

Richards, E., Franks, M., Rietdyk, S., & Christ, S. (2018-2019). *Stepping out: The impact of older couples' walking behavior on gait speed*. Hancock Fellowship, Purdue University Center for Families, \$10,000.

Richards, E., Franks, M. McDonough, M., & Christ, S. (2016-2017). *Walking for our health: A test of a couple-focused approach to promote physical activity*. Purdue University Clifford B. Kinley Trust Foundation, \$19,998.

Richards, E. & Woodcox, S. (2016). *Statewide community walking program*. Purdue University Cooperative Extension, \$8,000.

Richards, E. & McDonough, M. (2015). *Social and environmental context influences on physical activity motivation*. American Nurses Foundation, \$5,000.

Franks, M., **Richards, E.**, McDonough, M., & Christ, S. (2015). *Walking for our Health: A test of a couple-focused approach to promote physical activity*. Purdue Department of Human Development and Family Studies, \$5,400.

Richards, E. & Woodcox, S. (2015). *Statewide community walking initiative pilot*. Purdue University Cooperative Extension, \$1,000.

Blatchley, E., Simpson, V., **Richards, E.**, Applegate, B., Foster, K. (2015). *Community-scale water treatment system for application in developing counties*. Dr. Scholl Foundation, \$10,000

Richards, E. & Ogata, N. (2014). *Dog walking and its role in heart health promotion*. Human Animal Bond Research Initiative, \$59,696

Kritchevsky, J., Beck, A., **Richards, E.**, & Ogata, N. (2013). *Keeping people and pets together: Community organizing*. Amie's Place Foundation, \$4,650

Richards, E. & Ogata, N. (2013). *The reciprocal impact of a healthy and active lifestyle on the well-being of dogs and their owners: Physical Activity and Walking (PAW)*. American Kennel Club, \$12,927.60

REFEREED RESEARCH PUBLICATIONS

[*indicates primary author; superscript numbers indicate co-author mentored by the candidate: ¹undergraduate student, ²graduate student, ³postdoctoral scientist]

Thomas*, P., **Richards, E.**, & Forster², A. (in press). Is marital quality related to physical activity across the life course for men and women? *Journal of Aging and Health*.

Richards*, E., Woodcox, S., & Forster, A. (in press). What works and for whom? Outcome evaluation of an e-mail walking program delivered through Cooperative Extension. *Journal of Primary Care and Community Health*.

Lin^{2*}, L., Guo², J., Gelfand, S., Delp, E., Bhadra, A., **Richards, E.**, Hennessy, E., Aqeel, M., Eicher-Miller, H. (in press). Joint temporal dietary and physical activity patterns: Associations with health status indicators and chronic diseases. *American Journal of Clinical Nutrition*.

Richards*, E. & Woodcox, S. (2021). Barriers and motivators to physical activity prior to starting a community-based walking program. *International Journal of Environmental Research and Public Health*. 18(20).

Aqeel^{2*}, M., Guo², J., Lin², L., Gelfand, S., Delp, E., Bhadra, A., **Richards, E.**, Hennessy, E., & Eicher-Miller, H. (2021). Temporal physical activity patterns are associated with obesity in U.S. adults. *Preventive Medicine*. 148.

Cho², H., Forster², A., Christ, S., Franks, M., & **Richards, E.**, Rietdyk^{*}, S. (2021). Changes to gait speed when romantic partners walk together: Effect of age and obstructed pathway. *Gait & Posture*. 85: 285-289.

Forster^{2*}, A., **Richards, E.**, Foli, K., Hass, Z., McGowan, B., Becker¹, M., & Miller¹, A. (2021). Influence of affect in physical activity: An integrative review. *Clinical Nursing Research*. 30(7): 934-949.

Wang^{2*}, E., Ahmed, A., Liu, M., & **Richards, E.** (2021). Lifestyle intervention's effect and predictive value on weight loss for university employees. *Western Journal of Nursing Research*. 43(3): 347-355.

Ruiz^{*}, Y., MacDermid Wadsworth, S., Elias, C., Marceau, K., Purcell, M., Redick, T., **Richards, E.**, & Schlesinger-Devlin, E. (2020). Ultra-rapid development and deployment of a family resilience program during the COVID-19 pandemic: Lessons learned from Families Tackling Tough Times Together. *Journal of Military, Veteran, and Family Health*. 6(52): 35-43. *After first two lead authors, authors listed alphabetically

Aqeel^{2*}, M., Guo², J., Lin², L., Gelfand, S., Delp, E., Bhadra, A., **Richards, E.**, Hennessy, E., & Eicher-Miller, H. (2020). Temporal dietary patterns are associated with obesity in U.S. adults. *The Journal of Nutrition*. 150(12): 3259-3268.

Richards*, E. Woodcox, S., & Forster², A. (2020). Statewide dissemination of an evidenced-based email walking program delivered through cooperative extension. *Frontiers in Public Health*. 8(78).

Richards*, E., & Woodcox, S. (2020). Process Evaluation of an Email-based Walking Program with Extension Educators. *Journal of Human Sciences & Extension*. 8(2): 215-222.

Aqeel², M., Forster², A., **Richards, E.**, Hennessy, E., McGowan, B., Bhadra, A., Guo², J., Gelfand, S., Delp, E. & Eicher-Miller^{*}, H. (2020). The effect of timing of exercise and eating on postprandial metabolism in adults: A systematic review. *Nutrients*. 12 (1), 221-240. *Invited manuscript

Sorg^{2*}, M., Coddington J., Ahmed, Z., & **Richards, E.** (2019). Improving postpartum depression screening in pediatric primary care: A quality improvement project. *Journal of Pediatric Nursing*, 46:83-88.

Richards*, E., Thomas, P., Forster², A., & Hass³, Z. (2019). A longitudinal examination of the impact of major life events on physical activity. *Health Education & Behavior*, 46(3): 398-405.

Yakimicki^{2*}, M., Edwards, N., Beck, A., & **Richards, E.** (2019). Animal-assisted interventions and dementia: A systematic review. *Clinical Nursing Research*, 28(1):9-29.

Franks^{*}, M., **Richards***, E., McDonough, M., Christ, S., & Marshall², M. (2018). Walking for Our Health: Couple-focused interventions to promote physical activity in older adults. *International Journal of Health Promotion and Education*, 56(6): 280-288.

Richards*, E., & Woodcox, S. (2018). County extension-delivered, e-mail mediated walking intervention: A program evaluation. *Health Education Journal*, 7(5), 615-624.

Christian^{*}, H., Bauman, A., Epping, J., Levine, G., McCormack, G., Rhodes, R., **Richards, E.**, Rock, M., Westgarth, C. (2018). State of the art review: Encouraging dog walking for healthy lifestyles. *American Journal of Lifestyle Medicine*, 12(3), 233-243.

Richards*, E., Franks, M., McDonough, M., & Porter², K. (2018). "Let's Move": A systematic review of couple-focused interventions to promote physical activity. *International Journal of Health Promotion and Education*, 56(1), 51-67.

Winner of the 2018 Pittu Laungani Best Paper Prize

Richards*, E., McDonough, M., & Fu, R. (2017). Longitudinal examination of social & environmental influences on motivation for physical activity. *Applied Nursing Research*, 37, 36-43.

Richards*, E., Ogata, N., & Cheng, C. (2017). Randomized, controlled e-mail based walking intervention: Differences between dog owners and non-dog owners. *Clinical Nursing Research*, 65(3): 191-201.

Cai², Y., Abrahamson, K., Nazir, A., Edwards, N., & **Richards, E.** (2017). Goal setting practice within a patient-centered model of post-acute care. *Annals of Long-term Care*, 25(3), 29-35.

Prah², A., **Richards, E.**, Griggs, R., & Simpson, V. (2017). Enhancing osteoporosis efforts through lifestyle modifications and goal-setting techniques. *The Journal of Nurse Practitioners*. 13(6), 552-561.

Abrahamson*, K., Cai², Y., **Richards, E.**, Cline, K., & O'Haire, M. (2016). Hospital staff's perceptions of an animal assisted intervention program: An exploratory study. *Complementary Therapies in Clinical Practice*, 25, 150-154.

Richards*, E., Ogata, N., & Cheng, C. (2016). Evaluation of the Dogs, Physical Activity, and Walking (Dogs PAW) intervention: A randomized controlled trial. *Nursing Research*, 65(3), 191-201.

Burris², S., Edwards, N., Beck, A., & **Richards, E.** (2016). Incorporating pets into acute inpatient rehabilitation: A case study. *Journal of Rehabilitation Nursing*, 41(6), 336-341.

Richards*, E. & Cai², Y. (2016). Integrative review of nurse-delivered community-based physical activity promotion. *Applied Nursing Research*, 31, 132-138.

Richards*, E. & Cai², Y. (2016). Systematic review of physical activity outcomes of rural lifestyle interventions. *Western Journal of Nursing Research*, 38, 909-927.

Richards*, E. & Cai², Y. (2016). Integrative review of nurse-delivered physical activity interventions in primary care. *Western Journal of Nursing Research*, 38, 484-507.

Richards, E. (2016). Does dog walking predict physical activity participation: Results from a national survey. *American Journal of Health Promotion*, 30(5), 323-330.

Richards*, E. & Cai², Y. (2016). Review of physical activity outcomes of home-based lifestyle interventions: From research to nursing practice. *Home Healthcare Now*, 34(2), 93-101.

Richards, E. (2015). The evolution of physical activity promotion: Implications for nurses. *American Journal of Nursing*, 115(8), 50-54.

Richards, E. (2015). Prevalence of dog walking and sociodemographic characteristics of dog walkers in the United States: An update from 2001. *American Journal of Health Behavior*, 39(4), 500-506.

Richards*, E., Ogata, N., & Ting, J. (2015). Dogs, Physical Activity, and Walking (Dogs PAW): Acceptability and feasibility of a pilot physical activity intervention. *Health Promotion Practice*, 16(2), 362-370.

Richards*, E., Troped, P., & Lim, E. (2014). Assessing the intensity of dog walking and impact on overall physical activity: A pilot study using accelerometry. *Open Journal of Preventive Medicine*, 4(7), 523-528.

Richards*, E., McDonough, M., Edwards, N., Lyle, R., Troped, P. (2013). Development and psychometric testing of the Dogs and Walking Survey (DAWGS). *Research Quarterly for Exercise and Sport*, 84(4), 493-502.

Richards*, E., McDonough, M., Edwards, N., Lyle, R., Troped, P. (2013). Psychosocial and environmental factors associated with dog walking. *International Journal of Health Promotion and Education*, 51(4), 198-211.

Christian*, H., Wesgarth, C., Bauman, A., **Richards, E.**, Rhodes, R., Volpe, S., Thorpe, R. (2013). Dog ownership and physical activity: A review of the evidence. *Journal of Physical Activity and Health*, 10(5), 750-759.

†Cited by the American Heart Association scientific statement on pet ownership and health.

Richards*, E., Riner, M., & Sands, L. (2008). A social ecological approach of community efforts to promote physical activity and weight. *Journal of Community Health Nursing*, 25, 179-192.

UNPUBLISHED WORKS: SUBMITTED and UNDER REVIEW

Rousch^{2*}, M., **Richards, E.**, Masterson, K., & Potetz, J. The utilization of sunscreen prescriptions to increase patient use: Examination of healthcare provider perceptions. *Journal of Dermatology Nurses Association*.

Kelleher*, B., Neo,² W., Witthuhn, Felicicchia², R., Protho², T., Dartis², C., Wheeler, A., Foti, D., **Richards, E.**, George³, M., & Lane, S. Impact of COVID-19 on mental health among caregivers of children with disabilities. *Journal of Intellectual Disabilities*.

Thomas*, P., **Richards, E.**, & Forster², A. Does marital quality influence physical activity in later life? *Journal of Aging and Health*.

Rietdyk*, S., Ambike, S., Amireault, S., Haddad, J., Lin, G., Liu², J., Newton², D., & **Richards, E.** Co-occurrences of fall-related factors in adults 60 and older: A cluster analysis using data from the United States National Health and Nutrition Examination Survey. *The Journals of Gerontology, Series B*. *After lead author, authors listed alphabetically.

BOOK CHAPTER

Richards*, E. & Stoutenberg, M. (2019). The importance of the healthcare sector for promoting physical activity. In Bornstein, D., Eyler, A., Maddock, J., Moore, J. (eds.) *Physical Activity and Public Health Practice*. Springer: New York.
2020 PROSE book award recipient

PEER-REVIEWED RESEARCH PRESENTATIONS

[superscript numbers indicate co-author mentored by the candidate: ¹undergraduate student, ²graduate student, ³postdoctoral scientist]

International:

Richards, E. & Woodcox, S. (June 2021). Barriers and motivators to physical activity prior to starting a walking program. Virtual presentation. International Society of Behavioral Nutrition and Physical Activity.

Protho², T., Lane, S., George, M., **Richards, E.**, & Kelleher, B. (May 2021). The impact of stress, exercise, social media use, and alcohol consumption on sleep. Virtual presentation. International Society for Autism Research Annual Meeting. Boston, MA.

Eicher-Miller, H., Aqeel², M., Guo², J., Gelfand, S., Delp, E., Bhadra, A., **Richards, E.**, Hennessy, E., & Lin², L. (May 2020; postponed to Feb. 2021). Joint temporal dietary and physical activity patterns associate with health status indicators. Virtual presentation. International Conference on Diet and Activity Methods. Ede, Netherlands.

Eicher-Miller, H., Lin², L., Guo², J., Aqeel², M., Gelfand, S., Delp, E., Bhadra, A., **Richards, E.**, & Hennessy, E. (May 2020; postponed to Feb. 2021). Temporal dietary patterns are associated with body mass index, waist circumference and obesity. Virtual presentation. International Conference on Diet and Activity Methods. Ede, Netherlands.

Aqeel², M., Guo², J., Gelfand, S., Delp, E., Bhadra, A., **Richards, E.**, Hennessy, E., Lin², L. & Eicher-Miller, H. (May 2020; postponed to Feb. 2021). Temporal physical activity patterns and association with health status indicators and chronic disease. Virtual presentation. International Conference on Diet and Activity Methods. Ede, Netherlands.

Aqeel², M., Forester², A., **Richards, E.**, Hennessy, E., Guo², J., Gelfand, S., Delp, E., Bhadra, A., Lin², L. & Eicher-Miller, H. (May 2020; postponed to Feb. 2021). The effect of timing of exercise relative to meal consumption on postprandial response in adults. Virtual presentation. International Conference on Diet and Activity Methods. Ede, Netherlands.

Eicher-Miller, H., Aqeel², M., Guo², J., Gelfand, S., Delp, E., Bhadra, A., **Richards, E.**, Hennessy, E., & Lin², L. (June 2020). Temporal physical activity integrating physical activity intensity and timing are associated with health. Virtual presentation. International Society of Behavioral Nutrition and Physical Activity. Auckland, New Zealand.

Eicher-Miller, H., Aqeel², M., Guo², J., Gelfand, S., Delp, E., Bhadra, A., **Richards, E.**, Hennessy, E., & Lin², L. (June 2020). Temporal dietary patterns integrating energy amount and timing are associated with health. Virtual presentation. International Society of Behavioral Nutrition and Physical Activity. Auckland, New Zealand.

Baier², J., Bhadra, J., **Richards, E.**, & Amireault, S. (June 2020). Autonomy support, satisfaction of the need for autonomy, and autonomous regulation for physical activity in older adults. Virtual presentation. North American Society for the Psychology of Sport and Physical Activity. Vancouver, Canada.

Forster^{2*}, A., **Richards, E.**, Franks, M., Foli, K., & Hass, Z. (November 2019). Positive or Negative: How Affect Influences Physical Activity Behavior in Adults. Poster presentation. Sigma Theta Tau International 45th Biennial Convention. Washington, DC.
*Selected as *STTI Rising Star Presentation*

Richards, E. & Woodcox, S. (July 2019). Evaluation of a Statewide, Extension-based, Email-Mediated Walking Intervention. Podium presentation. Sigma Theta Tau International's 30th International Nursing Research Congress. Calgary, British Columbia.

Cho², H., Forster², A., Hatala², S., Ochoa³, M., Franks, M., **Richards, E.**, & Rietdyk, S. (June 2019). Walking Speed Choices Among Married Couples: Is Walking Together Better than Walking Alone? Podium presentation. 2019 World Congress of the International Society of Posture and Gait Research. Edinburgh, Scotland.

Richards, E., Franks, M., Christ, S., McDonough, M., & Forster², A. (June 2019). Spouse Concordance in Objectively Measured Physical Activity among Older Couples. Podium presentation. International Society of Behavioral Physical Activity & Nutrition. Prague, Czech Republic.

Minich², K., **Richards, E.**, Jones, E., Hass, Z., Spoerner, D. (June 2019). Implementation and evaluation of an exercise prescription in a rural school setting. Poster presentation. International Society of Behavioral Physical Activity & Nutrition. Prague, Czech Republic.

Richards, E., Thomas, P., Forster², A., & Hass, Z. (June 2018). A longitudinal examination of the impact of major life events on physical activity. The 16th International Conference on Social Stress Research. Podium presentation. Athens, Greece.

Richards, E., Abrahamson, K., Cai², K., O'Haire, M., & Cline, K. (November 2017). An exploratory, qualitative study of perceptions of a hospital-based animal assisted intervention Program. Podium presentation. Sigma Theta Tau International's 44th Biennial Convention. Indianapolis, IN.

McDonough, M., **Richards, E.**, Franks, M., Christ, S., & Marshall², M. (October 2017). Spousal attempts to support activity through pressure and persuasion associated with decline in physical activity in a walking intervention with older adult couples. Podium presentation. Canadian Society of Psychomotor Learning and Sport Psychology (SCAPPS) Conference. St. John's Newfoundland, Canada.

Marshall², M., Franks, M., **Richards, E.**, McDonough, M., & Christ, S. (July 2017). Walking for Our Health: Married partners' collaboration and physical activity. Poster presentation. 21st IAGG World Congress of Gerontology and Geriatrics. San Francisco, CA.

Richards, E. & Woodcox, S. (July 2017). Evaluation of an email-mediated county extension delivered walking intervention. Podium presentation. Sigma Theta Tau International's 28th International Nursing Research Congress. Dublin, Ireland.

Richards, E., Franks, M., McDonough, M., & Christ, S. (July 2017). Walking for Our Health: evaluation of randomized spousal physical activity pilot intervention. Poster presentation. Sigma Theta Tau International's 28th International Nursing Research Congress. Dublin, Ireland.

Richards, E. & Cai², Y. (July 2015). An integrative review of nurse-delivered physical activity interventions in primary care. Poster presentation. Sigma Theta Tau International's 26th International Nursing Research Congress. San Juan, PR.

Richards, E. & Ogata, N. (June 2015). Overview of dog walking interventions & the Dogs PAW pilot study. Podium presentation. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Edinburgh, Scotland.

Richards, E. & Cai², Y. (June 2015). The role of nurses in physical activity promotion: A systematic review of nurse-delivered physical activity interventions in primary care. Poster presentation. International Society of Behavioral Nutrition and Physical Activity Annual Meeting. Edinburgh, Scotland.

Richards, E., McDonough, M., Edwards, N., Lyle, R., & Troped, P. (July 2013). Individual, interpersonal, and environmental correlates of dog walking. Poster presentation. International Society of Anthrozoology Annual Conference. Chicago, IL.

National:

Jayawardene, W., McDonnell, J., Huber, L., Dickinson, S., Chen, X., Curran, L., & **Richards, E.** (March 2022). 'Tracking Together'— Simultaneous Use of Human and Dog Activity Trackers: Analysis of Activity Tracker Data from a Randomized Controlled Trial. Poster presentation. American Academy of Health Behavior Annual Meeting. Key Largo, FL.

Jayawardene, W. & **Richards, E.** (March 2022). Mental health status of undergraduate college students during the COVID-19 pandemic. Poster presentation. American Academy of Health Behavior Annual Meeting. Key Largo, FL.

Farley², Z., McDonough², K., Smock, C., & **Richards, E.** (March 2022). Characterizing the #PhysicalActivity Community on Twitter Before and During COVID-19. Poster presentation. American Academy of Health Behavior Annual Meeting. Key Largo, FL.

Richards, E. & Woodcox, S. (October 2021). Evaluation of a statewide walking program: Feedback from participants and program deliverers. Podium presentation. American Public Health Association Annual Meeting. Denver, CO.

Lin², L., Guo², J., Aqeel, M., Bhadra, A., Gelfand, S., Delp, E., **Richards, E.**, Hennessy, E., & Eicher-Miller, H. (June 2021). Temporal patterning integrating diet and physical activity shows stronger links to health indicators compared to patterning diet or physical activity alone. Virtual presentation. American Nutrition Society National Conference.

Smock, C., **Richards, E.**, Farley², Z., & McDonough², K. (April 2021). Creating a codebook to measure social media impact on safe physical activity before and during the pandemic. Virtual presentation. Active Living Research Conference.

Richards, E. & Woodcox, S. (March 2021). Translating research to practice: Statewide dissemination of an email walking program delivered through cooperative extension. Virtual presentation. American Academy of Health Behavior Annual Meeting.

Lin², L., Guo², J., Bhadra, A., Gelfand, S., Delp, E., **Richards, E.**, Hennessy, E., & Eicher-Miller, H. (January 2021). Temporal diet and physical activity patterns have a stronger link to health than independent temporal dietary patterns or independent temporal physical activity patterns. Virtual presentation. National Institute of Diabetes, Digestive, and Kidney Diseases: Precision Nutrition Conference.

Richards, E., Franks, M., Christ, S., Rietdyk, S., & Teas, E. (November 2020). Concordance of objectively measured physical activity and sedentary behavior between couples. Virtual presentation. American Public Health Association.

Richards, E. & Woodcox, S. (November 2020). Statewide dissemination of an evidenced-based email walking program delivered through cooperative extension. Virtual presentation. American Public Health Association.

Eicher-Miller, H., Guo², J., Aqeel², M., Gelfand, S., Delp, E., Bhadra, A., **Richards, E.**, Hennessy, E., & Lin², L., (May 2020). Temporal dietary patterns are associated with body mass index, waist circumference and obesity American Nutrition Society National Conference. Seattle, WA.

Lin², L., Aqeel², M., Guo², J., Gelfand, S., Delp, E., Bhadra, A., **Richards, E.**, Hennessy, E., & Eicher-Miller, H. (May 2020). Temporal physical activity patterns and associations with health status indicators and chronic disease. American Nutrition Society National Conference. Seattle, WA.

Richards, E. & Woodcox, S. (November 2019). Working with Cooperative Extension: Lessons Learned from a community-based walking program. Oral Presentation. American Public Health Association Annual Meeting. Philadelphia, PA.

Jones², C., Abrahamson, K., **Richards, E.**, & Coddington, J. (April 2019). Workflow analysis of a nurse led clinic. Poster presentation. Midwest Nursing Research Society Annual Meeting. Kansas City, MO.

Eicher-Miller, H., Delp, H., Gelfand, S., Bhadra, A., **Richards, E.**, Aqeel, M., & Guo, J. (March 2019). Temporal dietary patterns using the National Health and Nutrition Examination Survey. Society of Behavioral Medicine. Washington, D.C. (Invited presentation)

Woodcox, S. & **Richards, E.** (May 2018). Health delivered to your inbox. Podium presentation. National Health Outreach Conference. Bloomington, MN.

Richards, E., & Woodcox, S. (November 2017). Lessons learned: Program evaluation of an email-mediated, extension-delivered walking intervention. Poster presentation. American Public Health Association. Atlanta, GA.

Richards, E., Franks, M., McDonough, M., & Christ, S. (April 2017). Walking for Our Health: A randomized spousal physical activity intervention. Poster presentation. Midwest Nursing Research Society Annual Conference. Minneapolis, MN.

Richards, E. & Woodcox, S. (April 2017). Program evaluation of an extension delivered walking intervention. Poster discussion. Midwest Nursing Research Society Annual Conference. Minneapolis, MN.

Richards, E., Franks, M., McDonough, M. & Marshall², M. (November 2016). Role of spouses in physical activity promotion: A systematic review. Poster presentation. American Public Health Association. Denver, CO.

Richards, E., McDonough, M., & Rong², F. (September 2016). Social and environmental associations with physical activity motivation. Council for Advancement of Nursing Science. Podium presentation. Washington, DC.

Richards, E. & Ogata, N. (March 2016). One-year results of a walking intervention: Examining the differences between dog owners and non-dog owners. Poster discussion. Midwest Nursing Research Society Annual Conference. Milwaukee, WI.

Richards, E. & Cai², Y. (March 2016). Systematic review of physical activity outcomes of rural lifestyle interventions. Poster discussion. Midwest Nursing Research Society Annual Conference. Milwaukee, WI.

Richards, E. & Ogata, N. (November 2015). Twelve-month follow-up of the Dogs, Physical Activity, and Walking (Dogs PAW) intervention. Poster presentation. American Public Health Association. Chicago, IL.

Richards, E. & Cai², Y. (November 2015). Role of nurses in community-based Physical activity promotion: A systematic review. Poster presentation. American Public Health Association. Chicago, IL.

Richards, E. & Ogata, N. (April 2015). Evaluation of Dogs, Physical Activity, and Walking (Dogs PAW): A pilot randomized controlled trial. Podium presentation. Midwest Nursing Research Society Annual Conference. Indianapolis, IN.

Floyd¹, A., Wilson, J., **Richards, E.**, & Troped, P. (April 2015). Interpreting spatial context in timed geography studies: Observations from a pilot project on physical activity and the environment. Poster presentation. American Association of Geographers Annual Conference. Chicago, IL.

Fletcher², K., Ahmed, A., **Richards, E.**, & Coddington, J. (April 2015). Factors associated with parental compliance with supine infant sleep: An integrative review. Poster presentation. Midwest Nursing Research Society Annual Conference. Indianapolis, IN.

Richards, E., Lim², E., & Troped, P. (May 2014). Accelerometer assessment of physical activity during dog walking: A pilot study. Poster presentation. American College of Sports Medicine Annual Conference. Orlando, FL.

Richards, E., McDonough, M., Edwards, N., Lyle, R., & Troped, P. (October 2012). Psychosocial and environmental correlates of dog walking. Podium presentation. American Public Health Association Annual Conference. San Francisco, CA.

Richards, E., Troped, P., McDonough, M., & Lim², E. (May 2011). Testing the reliability and validity of a dog walking survey. Poster presentation. American College of Sports Medicine Annual Conference. Denver, CO.

Richards, E. (November 2007). A social ecological approach of community efforts to promote physical activity. Poster presentation. American Public Health Association Annual Conference. Washington, DC.

Regional:

Lin², L., Aqeel², M., Guo², J., Gelfand S, Delp E, Bhadra A, **Richards, E.**, Hennessy E, Eicher-Miller H. (March 2021). Joint temporal diet and physical activity patterns: associations with health status indicators and chronic diseases. Poster. Health and Disease: Science, Technology, Culture and Policy Research Conference, Purdue University.

Lin², L., Aqeel², M., Gelfand, S., Delp, E., Bhadra, A., **Richards, E.**, Hennessy, E., Eicher-Miller, H. (November 2020). Joint temporal dietary and physical activity patterns: Associations with health status indicators and chronic disease. College of Health & Human Sciences Research Day. Purdue University.

Cho², H., Foster², A., Hatala², S., Ochoa³, M., Franks, M., **Richards, E.**, Rietdyk, S. (September 2018). Walking speed choices among married couples: Females adjust to match males. Poster presentation. Center for Aging and the Life Course Annual Symposium. Purdue University.

Richards, E., Franks, M., McDonough, M., & Christ, S. (September 2017). Walking for Our Health: A randomized spousal physical activity intervention. Poster presentation. Center for Aging and the Life Course Annual Symposium. Purdue University.

Richards, E. & Woodcox, S. (March 2017). Lessons learned: Program evaluation of an email-mediated, extension delivered walking intervention. Health and Disease: Science, Technology, Culture and Policy Research Poster Session. Purdue University.

Richards, E. (May 2007). Crooked Creek Community: An analysis of weight and physical activity. Poster presentation. Indiana Public Health Association Spring Conference. Bloomington, IN.

REFEREED TEACHING and ENGAGEMENT PUBLICATIONS

Scholarship of Teaching and Learning Publications:

[*indicates primary author; superscript numbers indicate co-author mentored by the candidate: ¹undergraduate student, ²graduate student, ³postdoctoral scientist].

Darbishire*, P., Stefanoska², M., **Richards, E.**, & Simpson, V. (in press). Student outcomes from an interprofessional health promotions project. *Journal of Interprofessional Education & Practice*.

Jordan*, K., Lofton, S., & **Richards, E.** (2021). Strategies for embedding population health concepts into nursing education. *Nursing Forum*. 56(1), 208-231.

Atherton*, I., Lasater, K., **Richards, E.**, Mathews, L., & Simpson, V., & Kyle, R. (2017). Population health and nurse education – time to step-up. *Nurse Education Today*. 51, 117-119.

Zundo², K., **Richards, E.**, Ahmed, A., & Coddington, J. (2017). Factors associated with parental compliance with supine infant sleep: An integrative review. *Pediatric Nursing*. 43 (2).

Forster², A., Foli, K., Abrahamson, K. & **Richards, E.** (2016). Adults who are adopted: Implications for nurse practitioners. *The Journal for Nurse Practitioners*, 12(8), e351-e353.

Weatherwax², M., Coddington, J., Ahmed, A., & **Richards, E.** (2016). Child passenger safety policy and guidelines: Why change is imperative. *Journal of Pediatric Healthcare*, 30(2), 160-164.

Ross², K., Coddington, J., Ahmed, A., & **Richards, E.** (2016). Promoting dietary wellness in toddlers: How to help caregivers overcome barriers. *American Nurse Today*, 11(6).

Simpson^{*}, V. & **Richards, E.** (2015). Flipping the classroom to teach population health: Increasing the relevance. *Nursing Education in Practice*, 15, 162-167.

Barrows², M., Coddington, J., **Richards, E.**, & Aaltonen, P. (2015). Parental vaccine hesitancy: Clinical implications for pediatric primary care providers. *Journal of Pediatric Healthcare*, 29(4), 385-394.

Jones^{*}, C. & **Richards, E.** (2013). The impact of nursing students' use of an electronic health record in the home setting. *Home Health Care Nurse*, 31(9), 474-481.

Richards^{*}, E. & Rearick, C. (2012). A mother first: Child's late-night health scare rattles RN, *Nursing Spectrum*.

Richards, E. (2011). Stop the silence of elder abuse. *American Nurse Today*. 6(8).

Richards^{*}, E., O'Neil, E., Jones, C., Davis, L. & Krebs, L. (2011). The role of nursing students at rural nurse managed clinics. *Journal of Community Health Nursing*, 28(1), 23-28.

Richards^{*}, E., Simpson, V., Aaltonen, P., Krebs, L., & Davis, L. (2010). Public health nursing student home visit preparation: The role of simulation in increasing confidence. *Home Healthcare Nurse*, 28(10), 631-638.

Richards^{*}, E. & Novak, J. (2010). From Biloxi to Cape Town: Curricular integration of service learning. *Journal of Community Health Nursing*, 27(1), 46-50.

Richards^{*}, E., Novak, J., & Davis, L. (2009). Disaster response after Hurricane Katrina: A model for an academic-community partnership in Mississippi. *Journal of Community Health Nursing*, 26(3), 114-120.

Aaltonen^{*}, P., **Richards, E.**, Webster, K. & Davis, L. (2009). Use of the public health nursing bag in the academic setting. *Public Health Nursing*. *Public Health Nursing*, 26(1), 72-78.

Richards^{*}, E. & Stone, C. (2008). Student evaluation of a standardized comprehensive testing program. *Nursing Education Perspective*, 29(6), 363-365.

Scholarship of Teaching and Learning Presentations:

[superscript numbers indicate co-author mentored by the candidate: ¹undergraduate student, ²graduate student, ³postdoctoral scientist]

International:

Moore², S., **Richards, E.**, Yehle, K., Nagle, A., & Ross, K. (November 2017). Evaluation of high fidelity simulation use in graduate nurse programming. Poster presentation. 44th Biennial Convention, Sigma Theta Tau International. Indianapolis, IN.

** Selected as a Rising Stars of Research and Scholarship Invited Student Posters*

Simpson, V. & **Richards, E.** (July 2015) Enhancing cultural competence and global awareness for baccalaureate nursing students: An interdisciplinary service learning approach to safe water in a developing country. Podium presentation. Sigma Theta Tau International's 26th International Nursing Research Congress. Puerto Rico.

Simpson, V. & **Richards, E.** (November 2013). A multidisciplinary approach to provide sustainable access to safe water in a developing country. Poster presentation. 42nd Biennial Convention of Sigma Theta Tau International. Indianapolis, IN.

Novak, J. & **Richards, E.** (June 2009). From Biloxi to Cape Town: Curricular integration of service learning, Podium presentation. Royal College of Nursing International Conference, Glasgow, Scotland.

National:

Richards, E. & Simpson, V. (November 2013). A multidisciplinary approach to provide sustainable access to safe water in a developing country. Roundtable discussion. 141st Annual Meeting American Public Health Association. Boston, MA.

Richards, E., O'Neil, E., Jones, C., Davis, L., & Krebs, L. (October 2010). The role of nursing students at rural nurse managed clinics. Poster presentation. Robert Wood Johnson Foundation Conference on Enhancing Undergraduate Nursing Education Conference. Washington, D.C.

Simpson, V., **Richards, E.**, Davis, L., Krebs, L., & Aaltonen, P. (November 2009). Home visit simulation as a public health nursing learning tool. Podium presentation. American Public Health Association Annual Conference. Philadelphia, PA.

Richards, E., Novak, J., Nielsen, J., & Davis, L. (October 2008). Purdue University School of Nursing and Biloxi, Mississippi: A collaborative community partnership. Podium presentation. American Public Health Association Annual Conference. San Diego, CA.

Regional:

Richards, E., Novak, J., and Davis, L. (May 2007). Purdue University School of Nursing and Biloxi, Mississippi: A collaborative community partnership. Poster presentation. Indiana Public Health Association Spring Conference. Bloomington, IN.

**SCHOOL and UNIVERSITY ACTIVITIES and SERVICE
UNIVERSITY COMMITTEE MEMBERSHIP**

2021	Teaching Academy, COVID-19 Teaching Awards Committee
2021-2022	Student Course Evaluation Advisory Committee
2019-2023	University Senate, College of Health and Human Sciences representative - Academic Organization Committee member - Educational Policy Committee member - Steering Committee, Chair 2020-2022
2015-2018	University Parking and Traffic Committee
2014-2017	University Faculty Grievance Hearing Committee
2007-2008	Committee for Student Excellence, University Senate Subcommittee

COLLEGE COMMITTEE MEMBERSHIP: COLLEGE of PHARMACY, NURSING and HEALTH SCIENCES

2007-2009	Grievance Committee
2007-2009	Wellness Ambassador, Nutrition Subcommittee

COLLEGE COMMITTEE MEMBERSHIP: COLLEGE of HEALTH & HUMAN SCIENCES

2021-Present	Co-leader, Healthy Lifestyles and Vital Longevity, signature research area
2020-2021	School of Nursing representative, HHS Strategic Roadmap Committee
2019-2020	Strategic Planning, Engagement Committee

2014-2020	Teaching Awards Committee
2014-2016	Masters in Public Health Accreditation Committee

SCHOOL of NURSING COMMITTEE MEMBERSHIP

2021-Present	Chair, Search Committee Public Health Cluster
2021-Present	Member, Search Advisory Committee for the Head of School of Nursing
2020-Present	Director, PhD in Nursing program
2018-2020	Tenure Track Search Committee
2017-2020	PhD Program Steering Committee
2016-2019	Graduate Admissions Committee
2012-2019	Awards Committee, Chair 2015-2019
2011-2016	Faculty Affairs Committee, Chair 2014-2015
2013-2015	PhD Program Working Group
2009-2012	Curriculum Committee; <i>Task force for revision of program objectives</i>
2006-2009	Student Affairs Committee, Chair 2007-2009 Scholarship Coordinator, School of Nursing, 2007-2008

UNIVERSITY-LEVEL SERVICE

2011-Present	Dr. Richards is the faculty advisor for Purdue's Glenwood Cooperative House, a house of 35 female undergraduate students. In this role, she attends bi-monthly house meetings and provides guidance on house policies and decisions. She also informally mentors these young women. Notably, Glenwood was named Cooperative House of the Year Award annually 2011-2015. Her mentorship has facilitated three Glenwood members to seek leadership positions in national organizations and another member was a recent recipient of a national student award.
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SCHOOL- LEVEL SERVICE

2006-2021	Dr. Richards served as the co-faculty advisor for the School of Nursing Student Council. As an advisor, Dr. Richards challenged this group of 20 undergraduate students to be the very best possible as they help grow the voice of nurses in the field. Dr. Richards frequently traveled with a small group of these students to state and national student nurse conferences. Over the past several years, with Dr. Richards' mentorship, eight of these students have or are serving in leadership roles for the Indiana Student Nurse Association.
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TEACHING

Courses as primary professor

- NUR 108- Introduction to Nursing, 2015-2016
- NUR 222- Population Health, *Course coordinator*, 2015-Present
- NUR 415- Public Health Nursing Clinical, 2011-2019
- NUR 69002- PhD Leadership Seminar, 2020- Present
- NUR 69003- PhD Communications Seminar, 2020-Present
- NUR 60400- PhD Seminar, 2022-Present

TRANSLATING RESEARCH INFORMATION INTO PRACTICE

- 2015-Present: Purdue Extension has funded Dr. Richards' *Get WalkIN'* program- a 12-week email-mediated walking intervention. This program has been piloted in 15 Indiana counties and has now been adopted by Purdue Extension for *statewide implementation*. This is the first email-mediated program Purdue Extension has implemented.
- 2017-2021: *Program evaluation of Be Heart Smart*
Starting August 2017, Dr. Richards is performing the data analysis for the program evaluation of *Be Heart Smart*, one of Purdue Extension's signature programs.

HEALTH AND RESEARCH -RELATED ARTICLES AND PRESENTATIONS

- Richards, E.,** Robert, J., Basbaum, K., & Phillips, L. (January 12, 2022). [The COVID-19 pandemic has inspired new health habits for these 4 scholars- here's what they put into practice and why.](#) *The Conversation*.
- Richards, E.** (November 3, 2021). Self-care in academia: The role of physical activity. Women's Global Health Institute and the Butler Center.
- Richards, E.** (May 21, 2021). [Why do we get shots in arms?](#) *The Conversation*. *Over 30,000 reads and 70 media shares +Featured in the *Houston Chronicle* and *Seattle Post*
- Richards, E.** (February 2021). Physical activity and healthy longevity. Purdue University President's Council. Naples, FL.
- Richards, E.** (December 15, 2020). [Will going out in the cold give you a cold?](#) *The Conversation*. *Over 1,000,000 reads and 800 social media shares +Featured in the *Washington Post* and *CNN*
- Richards, E.** (October 2, 2020). [Commentary: Getting the flu shot this year is more important than ever because of COVID-19.](#) *Chicago Tribune*.
- Richards, E.** (September 26, 2020). [You can't get the flu from a flu shot. Here's why.](#) *The Washington Post*.
- Richards, E.** (September 2020). The science behind flu shots. Superheroes of Science. *National resource for middle school and high school teachers*.
- Richards, E.** (August 19, 2020). [Getting a flu shot this year is more important than ever.](#) *The Conversation*. *Over 45,000 reads and 1,400 Facebook shares
- Richards, E.** (March 2020). COVID-19 and the public health response. International Food Information Council. Webinar.
- Richards, E.** (December 23, 2019). Hate exercise? Small increases in physical activity can make a big difference. *The Conversation*. *Over 230,000 reads and 1200 Facebook shares
- Richards, E.** (September 27, 2019). Why the flu shot cannot give you the flu (and why you should get one now). *The Conversation*. *Over 340,000 reads and 120,000 Facebook shares

- Richards, E.** (April 2019). Physical activity behavior among couples. Breaking Barriers: Improving Access to Health Services for Women and Children in Indiana. Purdue University Public Health Symposium. West Lafayette, IN.
- Richards, E.** & Bailey, R. (February 2019). A lifestyle for the ages. Purdue University 150th Anniversary Lunch and Learn. West Lafayette, IN.
- Richards, E.** & Dougan, J. (April 2018). *Get WalkIN'* Implementation. Purdue Extension HHS Update. West Lafayette, IN. *Presented implementation strategies for the Get WalkIN' program with Extension Educators across the state.*
- Richards, E.** & Bailey, R. (February 2018). Successful aging: How to maximize your cognition with diet and activity. Purdue University President's Council. Naples, FL.
- Richards, E.** (April 2016). Public health advocacy 101. Webinar presented for the Indiana Public Health Association. *This webinar was designed to help IPHA members understand what advocacy is and learn strategies to facilitate contact with elected officials.*
- Richards, E.** (2016). Walk the talk: The nurse's role in increasing physical activity. Guest Editorial, *Western Journal of Nursing Research*, 38, 391-393.
- Richards, E.** (July 2016). Does dog walking predict physical activity participation? Webinar presented for the *American Journal of Health Promotion*. 400 registered participants.
- Richards, E.** (2014). Start walking for exercise. *Purdue Extension Publication*.
https://mdc.itap.purdue.edu/item.asp?Item_Number=HHS-786-W *Over 500 downloads

HEALTH AND RESEARCH -RELATED INTERVIEWS

- | | |
|---------------|---|
| Mar. 3, 2022 | How Stuff Works: Why are some shots given in the arm and some in the bum? |
| Jan. 10, 2022 | Times of India: Coronavirus third wave: What we need to know |
| Jan. 7, 2022 | Times of India: Flurona facts |
| Jun. 19, 2021 | Slate Magazine: The implications of scales in gyms |
| May 1, 2021 | MSN News: Walking habits to pay attention to |
| Apr. 27, 2021 | Daily Reporter: Walking with a partner is great but might slow you down |
| Apr. 27, 2021 | WLFI: Special Coverage: COVID. A return to normal |
| Apr. 23, 2021 | India Insider: Keep pace: The implications for couples walking together |
| Apr. 22, 2021 | The Today Show: Couples who consistently walk together may need to speed up |
| Apr. 19, 2021 | Purdue Extension: Keep walkers on track |
| Apr. 15, 2021 | WISH TV Indy: The do's and don'ts of walking with your partner |
| Apr. 12, 2021 | MSN: Consider your walking partner for fitness |
| Apr. 11, 2021 | Psychology Today: Why holding hands and walking briskly don't go hand in hand |
| Apr. 8, 2021 | Yahoo!Health: Why walking alone may be better for fitness |
| Apr. 7, 2021 | MindBodyGreen: Why walking solo may be better for your health |
| Apr. 6, 2021 | Consumer Affairs: Walking with a partner may slow you down |
| Apr. 5, 2021 | Futurity: Walking as a couple can slow you down |
| Apr. 2, 2021 | American Academy for the Advancement of Science: Keep pace: Walking with a partner is great but may slow you down |
| Jan. 15, 2021 | WBAA: COVID-19 vaccine roll out |
| Jan. 14, 2021 | AFP News: Social media misleads on risk posed by vaccine ingredient |

Jan. 13, 2021 Indy Style: [Embrace winter months as an opportunity for adventure while also getting fit](#)

Jan. 13, 2021 WISH TV: [Why exercising in cold can be more beneficial than in ware weather](#)

Jan. 11, 2021 WISH TV: [Dehydration I more likely in cold weather and here's why](#)

Jan. 8, 2021 WLFI: The COVID vaccine is worth the wait

Jan. 8, 2021 AFP News: [Potassium chloride in Pfizer-BioNTech Covid-19 vaccine is not dangerous](#)

Jan. 7, 2021 The Doctors: Is it actually easier to catch a cold or flu during winter? <https://www.thedoctorstv.com/articles/is-it-actually-easier-to-catch-a-cold-or-flu-during-winter>

Jan. 4, 2021 The Atlanta Journal-Constitution: [Here's why you can catch a cold when it's freezing outside](#)

Jan. 4, 2021 Sirius XM. The Doctor: Healthy aging and staying well in the winter

Jan. 1, 2020 The Wall Street Journal: [The benefits of sticking to New Year's resolutions to work out more](#)

Oct. 17, 2020 Barrons: [As US battles COVID-19, flu shot misinfo spreads.](#)

Oct. 16, 2020 AGRINews: [If you have any signs of the flu, stay home](#)

Oct. 15, 2020 CBS4Indy: [Increase in customer demand for flu vaccine](#)

Oct. 15, 2020 Fox59: [Flu vaccines in high demand.](#)

Oct. 8, 2020 WBIW: [If you have any signs or symptoms of flu, stay home please.](#)

Aug. 31, 2020 Fox 59: [Why getting flu shots are pushed more than ever](#)

Aug. 20, 2020 Houston Chronicle: [Getting the flu vaccine is more important than ever.](#)

Aug. 19, 2020 Vox: [This might be your most important flu shot ever](#)

Aug. 18, 2020 Inverse: [A vaccine we need to help control the pandemic already exists](#)

Aug. 5, 2020 WISH TV: [COVID-19 and herd immunity](#)

Apr. 21, 2020 Fox59: [The importance of social distancing](#)

Apr. 9, 2020 The Butler Bulletin: [Purdue offers home-care tips for COVID-19 patients](#)

Apr. 1, 2020 AARP: [What new fitness research means for you](#)

Mar. 28, 2020 The Chicago Tribune: [Coronavirus questions? National medical experts have your answers.](#)

Mar. 25, 2020 The Times-Tribune: [Coronavirus Q&A](#)

Mar. 20, 2020 The Healthy: [How to stop coronavirus from spreading at home](#)

Mar. 19, 2020 ABC News: [Coronavirus concern now surpasses that of flu](#)

Mar. 18, 2020 MSN: [These are the highest risk groups from Coronavirus](#)

Mar. 18, 2020 Orlando Sentinel: [Coronavirus Q&A](#)

Mar. 17, 2020 WIBC Radio: [Tremendous change is needed to prevent coronavirus spread](#)

Mar. 6, 2020 Journal & Courier: [Coronavirus community fear](#)

Mar. 2, 2020 HealthDay: [Are your vaccinations up to date?](#)

Mar. 1, 2020 U.S. News and World Report: [Time to check your vaccine records](#)

Feb. 20, 2020 MedicalXpress: [Vaccines are like teams: They work better together](#)

Feb 14, 2020 CleanLink: [Focusing on the flu when others talk coronavirus](#)

Feb. 13, 2020 The Paper: [Balancing flu risks and deaths while everyone's talking about coronavirus](#)

Feb. 2, 2020 Health Day: Got flu? [Deal quickly with complications](#)

Jan. 31, 2020 MedicineNet: [Your game plan for keeping 'Super Bowl Flu' at bay](#)

Jan. 28, 2020 Journal & Courier: [Purdue monitors for coronavirus](#)

Jan. 24, 2020 U.S. News and World Reports: [Healthy living keeps flu at bay](#)

Jan. 23, 2020 WLFI: [Schools close due to flu](#)

Jan. 17, 2020	Scripps News/The Now: U.S. Adults not getting enough exercise
Jan. 14, 2020	Scripps News/The Now: The flu and the flu shot
Jan. 16, 2020	Region Newsmakers: Flu prevention
Jan. 15, 2020	Newsweek: What exactly happens to your body when you get the flu?
Jan. 15, 2020	Readers Digest: Is it too late to get a flu shot?
Jan. 14, 2020	WLFI: Flu related deaths higher this year than last year
Jan. 1, 2020	WXIN (Fox Indianapolis): Resolutions and Exercise
Nov. 15, 2019	Wall Street Journal: One problem with the flu shot? Not enough people get it.
Aug. 13, 2019	WXIN (Fox Indianapolis): Full Steam Ahead Podcast Episode 13 – Back to School Tips
Aug. 2, 2019	Lafayette Journal & Courier: With school right around the corner, here are 6 ways parents can prepare for a great year
Feb. 2019	Outbreak News Podcast: The importance of vaccines with Dr. Libby Richards
Feb. 1, 2019	WLFI: After 14-flu-related deaths in Indiana, health experts make the case that vaccination is effective
Jan. 8, 2019	WLFI: Could weather be a reason why you can't seem to get over that nasty cold? Health experts say absolutely
Dec. 13, 2018	WLFI: Local health officials encouraging revaccination
Nov. 2016	Human Animal Bond Research Initiative Foundation (HABRI): Email reminder + dog= Increased physical activity
Jul. 2016	Human Animal Bond Research Initiative Foundation (HABRI) Cardiovascular health
Jul. 2015	Outside Magazine: 5 Ways to Convince Your Spouse to get a Dog (http://www.outsideonline.com/1993376/5-ways-convince-your-spouse-its-time-get-dog)
Jan. 2015	Ladies Home Journal: Dr. Richards was interviewed for an article about how dog walking can improve health.
Jul. 2014	American Kennel Club Canine Health Foundation: Dog walking, physical activity, and health
Jun. 2014	Journal-Courier: Dogs motivate us to exercise *over 2,500 Facebook shares.
Jan. 2013	Human Animal Bond Research Initiative Foundation (HABRI) Dog walking and physical health

OTHER RELEVANT EXPERIENCE

12/05-8/06	Clinical Review and Disease Education Coordinator Individualized Care Mgmt. Lafayette, IN <ul style="list-style-type: none"> Supervised 2 departments and 11 employees Utilization management including preauthorization, concurrent review, and total medical care management Disease Education Programs designed to help those with a variety of chronic illnesses
5/04-12/05	MDS and Care Plan Coordinator Indiana Veteran's Home West Lafayette, IN <ul style="list-style-type: none"> Scheduled MDS assessments and care plans per guidelines Monitored assessments and care plans for timeliness and accuracy
05/03-05/04	Staff Nurse Porter Memorial Hospital Valparaiso, IN

