

John A. Bernhart

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Health Promotion, Education, & Behavior
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Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!
Psalm 27:14

Education

PhD Exercise Science Health Aspects of Physical Activity 08/2019	University of South Carolina Department of Exercise Science Arnold School of Public Health <i>Dissertation: Leveraging For-Cause Physical Activity Events for Physical Activity Promotion: An Investigation Using Self-Determination Theory</i>
MPH Community Health Education 05/2016	Baylor University Department of Health, Human Performance, and Recreation Robbins College of Health and Human Sciences <i>Internship:</i> Baylor Wellness Department <i>Thesis: Investigating How the Family Influences Physical Activity in a Low-income, Central Texas Community</i>
BSEd Exercise Physiology 05/2014 Magna Cum Laude	Baylor University Department of Health, Human Performance, and Recreation School of Education <i>Internship: Cross-cultural community health education in churches and schools in Brazil</i> Graduate of the Baylor Interdisciplinary Core (BIC)

Professional Experience

2022-current	Research Assistant Professor Health Promotion, Education, and Behavior Co-Investigator: NEW Soul D&I (NHLBI)	University of South Carolina Columbia, SC
2018-current	Assistant Coach – High School Cross Country Assistant Coach – High School Track & Field	Lexington High School Lexington, SC

2020-2024	Assistant Coach – High School Basketball	Ben Lippen School Columbia, SC
2021-2022	Adjunct Instructor Health Promotion, Education, and Behavior	University of South Carolina Columbia, SC
2019-2022	Postdoctoral Fellow Funded by: NHLBI	University of South Carolina Columbia, SC
2016-2019	Graduate Research Assistant	Prevention Research Center University of South Carolina
2014-2016	Facilities Graduate Assistant	Campus Recreation Baylor University

Certification & Training

United States Track & Field Coach, Level 2 – Youth Specialization. 2022
United States Track & Field Association.

Certified Health Education Specialist. 2016-current (renewal: 2026)
National Commission for Health Education Credentialing, Inc.

Preparing Future Faculty. 2019
Center for Teaching Excellence & The Graduate School at the University of South Carolina.

United States Track & Field Coach, Level 1. 2018
United States Track & Field Association.

RRCA Certified Running Coach. 2018
Road Runners Club of America (RRCA).

Peer-reviewed articles

Student*, Community member*** lead or co-author at primary time of writing and work
34 total publications, 18 as first author

Link to publications: <https://www.ncbi.nlm.nih.gov/myncbi/john.bernhart.1/bibliography/public/>

34. Day, K.R., Wilcox, S., Decker, L.*, **Bernhart, J.A.**, Baruth, M., Kaczynski, A., Pelligrini, C. (in press) Church Leaders' Health Behaviors and Program Implementation in the Faith, Activity, and Nutrition Program. *Journal of Preventive Medicine and Public Health*. Submitted July 19, 2024. Revisions requested September 6, 2024. Accepted October 18, 2024.
33. **Bernhart, J.A.**, Turner-McGrievy, G.M., Davey, M., Okpara, N., Harrell, E.G.* Bailey, S., Wilcox, S. (in press). The NEW Soul study: implementation and evaluation impact from the secular trend of the COVID-19 pandemic. *Journal of Public Health Management and Practice*. Accepted August 20, 2024.

32. Sentman, C.,* **Bernhart, J.A.**, Carswell, J., Turner-McGrievy, G.M., Aldamuy, C.,*** Williams, K.,*** Carswell, I.*** (in press). New Soul for Families: A Hands-on Plant-Based Nutrition Program for Children and Families. *Progress in Community Health Partnerships: Research, Education, and Action*. Accepted March 2, 2024.
<https://preprint.press.jhu.edu/pchp/preprints/new-soul-families-lessons-learned-implementing-plant-based-nutrition-program-community>
31. Day, K.R., **Bernhart, J.A.**, Wilcox, S. (in press). Barriers and Facilitators to 24-Month Maintenance and Intent to Maintain the Faith, Activity, and Nutrition Program. *Journal of Religion and Health*. Advance article available online March 25, 2024:
<https://link.springer.com/article/10.1007/s10943-024-02012-9>.
30. **Bernhart, J.A.**, Turner-McGrievy, G.M., Dubois, K.E., Sentman, C.,* Rudisill, C., Okpara, N., Wilcox, S., Clemons, B.D. (in press). Community Health Worker Implementation and Cost-Analysis of a Plant-based Nutrition Program. *Journal of Nutrition Education and Behavior*. Advance article available online February 2, 2024. <https://doi.org/10.1016/j.jneb.2023.12.009>
29. Fowler, L.A., Quinones-Cordero, M.M., Sidani, J.E., **Bernhart, J.A.**, Mendoza-Vasconez, A.S., Bannon, S.M., Unni, E.J. (2023). The Urgency of Restructuring the Landscape of Behavioral Medicine: Commentary from Early-Career Diversity Institute Scholars. *Translational Behavioral Medicine*. Published online October 2023. <https://doi.org/10.1093/tbm/ibad068>
28. **Bernhart, J.A.**, Quattlebaum, M.,* Eustis, S.,* Okpara, N., Wilson, M.J., Sentman, C.,* Turner-McGrievy, G.M. (2023) “It’s gonna be okay” – A qualitative exploration of the COVID-19 pandemic’s effects on African American participants in a dietary intervention study. *Journal of the Academy of Nutrition and Dietetics*. December 2023. 123. Issue 12. Pages 1763-1771. Epub ahead of print: <https://doi.org/10.1016/j.jand.2023.07.003>
27. **Bernhart, J.A.**, Fellers, A.,* Wilson, M.J., Hutto, B., Bailey, S., Turner-McGrievy, G.M. (2023) COVID-19 pandemic associations on mental and physical health in African Americans participating in a behavioral intervention. Published online December 2022. 10(3070-3076). *Journal of Racial and Ethnic Health Disparities*.
<https://link.springer.com/article/10.1007/s40615-022-01481-6>
26. Turner-McGrievy, G.M, Wilcox, S., Frongillo, E.A., Murphy, E.A., Hutto, B., Wilson, M., Davey, M., **Bernhart, J.A.**, Okpara, N., Bailey, S., Hu, E. (2023) Effect of a plant-based versus omnivorous soul food diet on weight and lipid levels among African American adults: A randomized clinical trial. *JAMA Network Open*. 2023;6(1):e2250626
[doi:10.1001/jamanetworkopen.2022.50626](https://doi.org/10.1001/jamanetworkopen.2022.50626)
25. Wilcox, S., Saunders, R.P., Stucker, J., Kaczynski, A.T., Day, K., Kinnard, D., Decker, L., **Bernhart, J.A.** (2023) A process for converting an in-person training to increase church capacity to implement physical activity and healthy eating practices and policies to an online format. *Translational Behavioral Medicine*. Published online January 2023. 13(226-235).
<https://doi.org/10.1093/tbm/ibac102>
24. **Bernhart, J.A.**, Turner-McGrievy, G.M., Wilson, M.J., Sentman, C.,* Wilcox, S., Rudisill, C. (2023). NEW Soul in the Neighborhood – Reach and Effectiveness of a Dissemination and Implementation Feasibility Study. *Translational Behavioral Medicine*. Epub ahead of print January 23, 2023. 13(123-131). doi.org/10.1093/tbm/ibac080

23. Turner-McGrievy, G.M., Wirth, M.W., **Bernhart, J.A.**, Aydin, H. (2022). The Fasting and Shifted Timing (FAST) of Eating Study: A pilot feasibility randomized crossover intervention assessing the acceptability of three different fasting diet approaches. *Appetite*. Epub Jun 16, 2022. Vol.176. 106135. doi: 10.1016/j.appet.2022.106135
22. **Bernhart, J.A.**, Dunn, C.G., Wilcox, S., Stucker, J., Kinnard, D. (2022). The FAN Program Plan: Creating a Healthy Church Environment for Physical Activity and Healthy Eating. *Dialogues in Health*. Epub available: <https://doi.org/10.1016/j.dialog.2022.100019>
21. **Bernhart, J.A.**, Fellers, A.W.,* Turner-McGrievy, G.M., Wilson, M.J., Hutto, B. (2022). Socially Distanced Data Collection: Lessons Learned Using Electronic Bluetooth Scales to Assess Weight. *Health Education & Behavior*. 49(5): 765-769. Epub ahead of print August 15, 2022. <https://doi.org/10.1177/10901981221104723>
20. Wilcox, S., Day, K.R., Saunders, R.P., Jake-Schoffman, D.E., Kaczynski, A.T., Stucker, J., Dunn, C.G., **Bernhart, J.A.** (2022). The Faith, Activity, and Nutrition (FAN) dissemination and implementation study: Predictors of 24-month organizational maintenance in a statewide initiative. *International Journal of Behavioral Nutrition and Physical Activity*. 19(1): 23. <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-022-01253-9>
19. **Bernhart, J.A.** Wende, M.E., Kaczynski, A.T., Dunn, C.G., Wilcox, S., Hutto, B. (2022) Assessing the Walkability Environments of Churches in a Rural Southeastern County of the United States. *Journal of Public Health Management & Practice*. 28(1), E170-E177. Epub ahead of print October 31, 2019. <http://doi.org/10.1097/PHH.0000000000001076>
18. **Bernhart, J.A.**, Wilcox, S., McKeever, B.W., Ehlers, D.K., O'Neill, J.R. (2022). A Self-Determination Theory Application to Physical Activity in Charity Sports Events. *American Journal of Lifestyle Medicine*. Epub ahead of print February 28, 2022. <https://journals.sagepub.com/doi/full/10.1177/15598276221077204>
17. **Bernhart, J.A.**, Wilcox, S., Decker, L. Ehlers, D.K., McKeever, B.W., O'Neill, J.R. (2022) “It’s having something that you’ve done it for” – Applying Self-Determination Theory to participants’ experiences in a for-cause physical activity event. *Journal of Health Psychology*. January 2022; 27(1), 119-134. Epub ahead of print August 6, 2020. <https://doi.org/10.1177/1359105320947811>.
16. **Bernhart, J.A.**, Turner-McGrievy, G.M., Eustis, S.,* Wilson, M.J., Hutto, B., Wilcox, S. (2021) Physical Activity Assessment in African Americans Participating in a Dietary Weight Loss Trial Focused on Soul Food. *Journal of Public Health: From Theory to Practice*. 2023. Vol 31. 1373-1380 Epub ahead of print November 13, 2021: <https://link.springer.com/article/10.1007/s10389-021-01666-z>
15. **Bernhart, J.A.**, Turner-McGrievy, G.M., Wirth, M.D., Shivappa, N., Hébert, J.R. (2021) The IMAGINE Intervention: Impacting Physical Activity, Body Fat, Body Mass Index, and Dietary Inflammatory Index. *Translational Journal of the American College of Sports Medicine*. 2022; 7(1) e000181. doi: 10.1249/TJX.0000000000000181

14. Hutto, B., Saunders, R.P., Wilcox, S., Jake-Schoffman, D., **Bernhart, J.A.**, Dunn, C.G., Kaczynski, A.T., James, K. (2021) Pathways of Influences Leading to Adoption and Non-Adoption of the Faith, Activity and Nutrition (FAN) Program in a Statewide Initiative. *Evaluation and Program Planning*. <https://doi.org/10.1016/j.evalprogplan.2021.101941>
13. Turner-McGrievy G.M., Hutto B., **Bernhart J.A.**, Wilson M.J. (2021) Comparison of the Diet ID platform to the Automated Self-Administered 24-Hour (ASA24) Dietary Assessment Tool for assessment of dietary intake. *Journal of the American College of Nutrition*. doi: 10.1080/07315724.2021.1887775
12. **Bernhart, J.A.**, Wilcox, S., Saunders, R.P., Hutto, B., Stucker, J. (2021) Program Implementation and Church Members' Health Behaviors in a Countywide Study of the Faith, Activity, and Nutrition Program. *Preventing Chronic Disease*. 2021;18:200224. <http://dx.doi.org/10.5888/pcd18.200224>
11. Turner-McGrievy, G.M., Wilson, M., Bailey, S., **Bernhart, J.A.**, Wilcox, S., Frongillo. E, Murphy, E.A, Hutto, B. (2021) Effective recruitment strategies for African American men and women: The Nutritious Eating with Soul study. *Health Education Research*. April 2021; 36(2), 206-211. <https://doi.org/10.1093/her/cyab003>
10. **Bernhart, J.A.**, Turner-McGrievy, G.M., Eustis, S.,* Wilson, M.J., Hutto, B., Wilcox, S., Frongillo, E.A., Murphy, E.A. (2020) Sensor-measured physical activity is associated with decreased cardiovascular disease risk in African Americans. *Lifestyle Medicine*. 1:e16. Epub available December 17, 2020. <http://dx.doi.org/10.1002/lim2.16>
9. **Bernhart, J.A.**, Ylitalo, K.R., Doyle, E.I., Umstatted Meyer, M.R., Wilkinson, L.R., Stone, K.W. (2020). Leveraging Household Structure for Increasing Adult Physical Activity in a Low-Income, African American Community. *Health Promotion Practice*. July 2020; 21(4), 582-590. Epub ahead of print November 28, 2018. <https://doi.org/10.1177/1524839918814731>
8. Wende, M., Kaczynski, A.T., **Bernhart, J.A.**, Dunn, C.G., Wilcox, S., Hutto, B. (2020) Examining the Relationship Between the Church Environment and Perceptions, Self-efficacy, and Physical Activity and Healthy Eating Behaviors of Church Attendees. *International Journal of Environmental Research and Public Health*. 17(10), 3598; Epub available at <https://doi.org/10.3390/ijerph17103598>.
7. Dunn, C.G., Wilcox, S., **Bernhart, J.A.**, Blake, C.E., Kaczynski, A.T., Turner-McGrievy, G.M. (2020). Church Leaders Views of Obesity Prevention Efforts for Children and Youth. *Journal of Nutrition Education & Behavior*. 52(3):259-268 Epub ahead of print October 31, 2019. doi.org/10.1016/j.jneb.2019.09.019
6. **Bernhart, J.A.**, La Valley, E.A.,* Kaczynski, A.T., Wilcox, S., Jake-Schoffman, D.E., Peters, N., Dunn, C.G., Hutto, B. (2020). Investigating Socioeconomic Disparities in the Healthy Living Environments of Churches. *Journal of Religion and Health*. 59(2), 1065-1079. Epub ahead of print August 21, 2018. <http://link.springer.com/article/10.1007/s10943-018-0687-y>

5. Sharpe, P.A., Wilcox, S., Stucker, J., Kinnard, D., **Bernhart, J.A.** James, K.L. (2019) Community health advisors' characteristics and behaviors, role performance, and volunteer satisfaction in a church-based healthy eating and physical activity intervention. *Journal of Community Health*. February 2020. 45 (1), 88-97. Epub ahead of print August 10, 2019. <https://link.springer.com/article/10.1007%2Fs10900-019-00722-w>
***Featured in the Association of Schools & Programs of Public Health Friday Letter. November 22, 2019. <https://www.aspph.org/south-carolina-study-examines-community-health-advisors-role-in-healthy-eating-and-physical-activity-intervention/>
4. **Bernhart, J.A.** & O'Neill, J.R. (2019). Walking and Running to Benefit Breast Cancer: Descriptive Characteristics of Participants in the 2017 Walk for Life Events. *Perspectives in Public Health*. November 2019; 139(6): 303-307. Epub ahead of print May 9, 2019 <https://doi.org/10.1177/1757913919833717>
3. **Bernhart, J.A.** Dunn, C.G., Wilcox, S., Saunders, R.P., Sharpe, P.A., Stucker, J. (2019). Church Leaders' Barriers and Facilitators Before and After Implementing a Physical Activity and Nutrition Intervention. *Health Education Research*. April 2019; 34(2): 188-199. Epub ahead of print January 2, 2019. <https://doi.org/10.1093/her/cyy051>
***Featured in the Association of Schools & Programs of Public Health Friday Letter. April 5, 2019. <https://www.aspph.org/south-carolina-researchers-examine-church-leaders-barriers-and-facilitators-before-and-after-implementing-a-physical-activity-and-nutrition-intervention/>
2. Umstattd Meyer, M.R., Meyer, A.M., Wu, C., **Bernhart, J.A.** (2018) When Helping Helps: Exploring Health Benefits of Cancer Survivors Participating in for-Cause Physical Activity Events. *BMC Public Health* 18. May 29, 2018: 663. <https://doi.org/10.1186/s12889-018-5559-6>
1. Patterson, M. S., Patterson C. A., Walsh, S. M., **Bernhart, J. A.** (2017). A Five-year Evaluation of the Bearfit Worksite Physical Activity Program. *Occupational Medicine & Health Affairs*, 5(3):308. November 17, 2017. <https://doi.org/10.4172/2329-6879.1000308>

Peer-reviewed articles under review (student or trainee at time of submission)

1. Bell, A.*, **Bernhart, J.A.**, Yesil, K., Keseko, E.*, & Turner-McGrievy, G. (under review). The Association Between Power of Food Scale Scores and Weight Among Black/African American Individuals Consuming a Vegan or Low-Fat Omnivorous Diet. *Food Science & Nutrition* Submitted October 18, 2024.
2. Keseko, E.A.*, Turner-McGrievy, G. M., **Bernhart, J.A.**, Bell, A.*, Bailey, S.**, Kim, Y. S., Okpara, N.**, Wilcox, S., & Frongillo, E. A. (under review). Connections between Diet and Mental health: Comparing Participants Randomized to Vegan and Omnivorous Diets in the NEW Soul study. *Nutrition Bulletin*. Submitted July 22, 2024. Revisions requested September 13, 2024.
3. Okpara, N.*, Turner-McGrievy, G.M., **Bernhart, J.A.**, Bailey, S.* (under review). Social media distrust among Black/African American adults participating in a behavioral nutrition intervention. *Journal of Nutrition Education and Behavior*. Submitted January 5, 2024.

Funding – External

Under review

1. **National Institute of Diabetes, Digestive, and Kidney Diseases (PI: Bernhart)**
NEW Soul for Families – Teaching African American children to be role models for healthy eating
Small R01
To be submitted: February 3, 2025
Role: Primary Investigator
Amount: \$599,768

In progress

1. **National Heart, Lung, and Blood Institute (PI: Turner-McGrievy)**
Expanding the reach of the Nutritious Eating with Soul (NEW Soul) program: A Type 2 hybrid effectiveness-implementation trial
R01 – PAR-19-274 Dissemination and Implementation Research in Health
GRANT: 13394677
R01HL163714
Submitted: June 15, 2021
Role: Co-Investigator
4/2022-3/2026

Completed

1. **National Heart, Lung, and Blood Institute Supplement (PI: Bernhart)**
Research supplement to study Dissemination and Implementation of the Nutritious Eating with Soul (NEW Soul) study.
R01HL135220-04S1
5/2020 – 4/2022
Role: Principal Investigator
Amount: \$226,740
2. **Nutritious Eating with Soul (NEW Soul) Study (PI: Turner-McGrievy)**
National Heart, Lung, and Blood Institute
R01HL135220-03
Role: Postdoctoral Fellow
09/2019 – 04/2020
3. **Faith, Activity, and Nutrition Dissemination and Implementation Study (PI: Wilcox)**
Centers for Disease Control and Prevention
Prevention Research Center Network
U48DP005000
Role: Graduate Research Assistant
08/2016 – 09/2019

Unfunded

1. **Seed Grant (PI: Bernhart)**
NEW Soul for Families: Improving health inequities in South Carolina through plant-based nutrition education
Submitted: August 30, 2024
Role: Primary Investigator

Amount: \$20,000

2. **NEW Soul For Families: Teaching children to model healthy eating behaviors for the family**
Medical University of South Carolina (PI: Bernhart)
Community Engaged Scholars Program
Amount: \$10,000
Submitted: January 24, 2024
3. **National Institute of Diabetes, Digestive, and Kidney Diseases (PI: Bernhart)**
K99/R00 – Maximizing Opportunities for Scientific and Academic Independent Careers (MOSAIC)
Postdoctoral Career Transition Award
ASSIST: 1014058
GRANT: 13388498
Understanding how African American children can be a role model for healthy eating behaviors for their parents
Submitted: June 9, 2021
Meeting dates: October 20-21, 2021, January 26-27, 2022
Update: October 22, 2021
Impact score: 53
Percentile: N/A
4. **Episcopal Health Foundation, September 2015**
Mission Waco/Mission World: Increasing Health Literacy Program (PI: eAbel)
Amount: \$215,404.03
Role: Co-Investigator
Status: Not funded

Funding – Internal

Under review

N/A

In progress

1. **Magellan Scholar Award – Menstrual Symptom Severity in Black/African American Women Participating in a Nutrition Intervention**
15400-25-70031
Office of Undergraduate Research
University of South Carolina
Amount: \$2500
Role: Mentor
Student PI: Mallory Gedeon
1/2025-12/2025

Completed

1. South Carolina Honors College Research Grants
Spring 2024, Fall 2024
Role: Mentor

Student PI: Mallory Gedeon

2. **NEW Soul for Families: Developing a Healthy Eating Soul Food Program for the Family in Partnership with EdVenture Children’s Museum**
#115400-21-56836
Advanced Support Program for Innovative Research Excellence-I (ASPIRE)
Office of Vice President for Research
University of South Carolina
Amount: \$5000
PI: Bernhart, J.A.
07/2021-09/2022
3. **COVID-19 Pandemic: Effects on participants’ physical activity, diet, and stress in the Nutritious Eating with Soul study**
#115700-20-54014
Office of the Vice President for Research
University of South Carolina
Amount: \$11,625
Co-PIs: Turner-McGrievy, G.M., **Bernhart, J.A.**
05/2020-4/2021
4. **Magellan Guarantee – Tasty Tuesdays: Helping Children Be Role Models for Healthy Eating**
Office of Undergraduate Research
University of South Carolina
Amount: \$1500
Role: Mentor
Student PI: Jordyn J. Livingston
11/2020-5/2021
5. **Magellan Scholar Award – Examining the Effects of an After-School Physical Activity Program on Elementary School Students’ Well-Being**
#15400-21-55962
Office of Undergraduate Research
University of South Carolina
Amount: \$2750
Role: Mentor
Secondary Mentor: Sarah Burkart, PhD
Student PI: Evan Robinette. Awardee for the Discover UofSC 2021 Outstanding Undergraduate Presentations.
1/2021-5/2021
6. **Magellan Mini Grant Award – Tasty Tuesdays: Helping Children Be Role Models for Healthy Eating**
Office of Undergraduate Research
University of South Carolina
Amount: \$1000
Role: Mentor
Student PI: Jordyn Livingston
1/2021-5/2021
7. **Graduate Assistantship**

Baylor University
Full tuition and stipend support
Role: Facilities Graduate Assistant
05/2014 – 05/2016

Peer-reviewed presentations (student)

1. **Bernhart, J.A.**, Bell, A., Sentman, C., Wilcox, S., Rudisill, A.C., Turner-McGrievy, G.M., (under review). Black/African American adults attended more nutrition classes when offered online versus in-person in the 12-week NEW Soul study. Abstract submitted to present at the International Society of Behavioral Nutrition and Physical Activity. Auckland, New Zealand. June 11-14, 2025.
2. **Bernhart, J.A.**, Turner-McGrievy, G.M., Bell, A., Keseko, E., Sentman, C., Wilcox, S., Rudisill, C. (2024) Partnering with vegan restaurants to deliver nutrition programs: Adapting through recruitment setbacks. Poster presentation at the American Society for Nutrition. Chicago, IL. June 29-July 2, 2024.
3. Keseko, E., **Bernhart, J.A.**, Shiba, B., Wilson, M.J., Okpara, N., Wilcox, S., Turner-McGrievy, G.M. (2024). Connections between diet and mental health: Comparing participants randomized to vegan and omnivorous diets in the NEW Soul Study. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Philadelphia, PA. March 13-16, 2024.
4. Bell, A., **Bernhart, J.A.**, Wilcox, S., Okpara, N., Turner-McGrievy, G. (2024). The Association Between Power of Food Scale Scores and Weight Among Individuals Consuming a Vegan or Low-Fat Omnivorous Diet. Poster presentation at the Society of Behavioral Medicine Annual Meeting. Philadelphia, PA. March 13-16, 2024.
5. Wilson, M., **Bernhart, J.**, Carswell, J., Turner-McGrievy, G.M. (2022) Virtual versus in-person attendance in a teaching kitchen dietary guidelines intervention for African American adults. Accepted as a poster presentation at the Teaching Kitchens Research Conference, poster presentation, to be presented October 18-19, 2022. Los Angeles, CA.
6. Wilson, M., **Bernhart, J.**, Okpara, N., Aydin, H., Carswell, J., Turner-McGrievy, G.M. (2022) Incorporating cultural relevance into a teaching kitchen's dietary guidelines intervention for African American adults. Accepted as a poster presentation at the Teaching Kitchens Research Conference. October 18-19, 2022. Los Angeles, CA.
7. **Bernhart, J.A.**, Carswell, J., Aldamuy, C., Williams, K. October 18-19, 2022. "NEW Soul for Families: A Feasibility Study to Develop a Community Partnership to Teach Children Nutrition and Cooking Skills." Accepted as a Participant Impact Video presentation at the *Teaching Kitchens Research Conference*. Los Angeles, CA.
8. **Bernhart, J.A.**, Turner-McGrievy, G.M., Sentman, C., Wilson, M., Clemons, B. (2022) Implementing a Plant-based Nutrition Program through a Restaurant Partnership and Community Health Worker. Accepted as an oral presentation to the Scientific Retreat on Dissemination and Implementation (D&I) Science. Medical University of South Carolina. September 9, 2022.

9. **Bernhart, J.A., Sentman, C.,** Turner-McGrievy, G.M. (2022). “NEW Soul for Families: A Pilot Study of a Child-focused Nutrition Intervention Focused on Plant-based Soul Food.” Accepted as a poster presentation at the *Discover UofSC* research event. April 22, 2022.
10. **Sentman, C., Bernhart, J.A.** (2022). “NEW Soul for Families: An Analysis of Class Satisfaction and Attendance Data in a Child-Focused Nutrition Intervention.” Accepted as a poster presentation at the *Discover UofSC* research event. April 22, 2022.
11. **Bernhart, J.A., Fellers, A.,** Quattlebaum, M., **Eustis, S.,** Okpara, N., Wilson, M.J., Hutto, B., Bailey, S., Turner-McGrievy, G.M. (2022). “It’s gonna be okay” – COVID-19 effects on mental and physical health in African Americans: a mixed methods study. Accepted as a poster presentation at the *Society of Behavioral Medicine Annual Meeting*. Baltimore, MD. April 6, 2022.
12. **Bernhart, J.A.,** Clemons, B., Alexander, K., Wilson, M.J., Turner-McGrievy, G.M. (2021) Nutritious Eating with Soul @ Rare Variety Café – Reach and Effectiveness of a Dissemination and Implementation Pilot Study. Accepted as a poster presentation for the *14th Annual Conference on the Science of Dissemination and Implementation in Health*. December 14-16, 2021.
13. **Sentman, C., Bernhart, J.,** Turner-McGrievy, G., Wilson, M. (2021) NEW Soul in the Neighborhood: Recruiting African Americans to a Diet Program. Presented as a poster presentation for the NIH Virtual Workshop - *Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science*. September 21-23, 2021.
14. Chauvenet, C., **Bernhart, J.,** Turner-McGrievy, G., Wilson, M. (2021) Food Insecurity and Diet Quality in a Culturally Tailored Nutrition Intervention. Presented as a poster presentation for the NIH Virtual Workshop - *Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science*. September 21-23, 2021.
15. **Bernhart, J.A.,** Wilson, M., Clemons, B. (2021) The NEW Soul Study - Addressing the Disparity of Heart Disease in African Americans. Accepted as a panel presentation for the *19th Annual Chronic Disease Prevention Symposium*. June 3, 2021.
16. **Bernhart, J.A.,** Wilson, M., Clemons, B., Alexander, K. (2021) The NEW Soul Study - Addressing the Disparity of Heart Disease in African Americans. Presented as a panel presentation for the *Eat Smart, Move More South Carolina Leadership Summit for Healthy Communities + Youth Edition*. May 12, 2021.
17. Wilcox, S., Day, K.R., Saunders, R.P., Kaczynski, A.T., Stucker, J., Dunn, C.G., **Bernhart, J.A.** (2021) Twenty-four Month Maintenance of the Faith, Activity, and Nutrition (FAN) Program in South Carolina United Methodist Churches. Accepted for research talk presentation at the *Society of Behavioral Medicine Annual Meeting*. April 14-17, 2021.
18. Wilson, M.J., Turner-McGrievy, G.M., Bailey, S., **Bernhart, J.A.** (2021). Conducting Clinical Assessments for the NEW Soul Study during COVID-19. Accepted for research spotlight presentation at the *Society of Behavioral Medicine Annual Meeting*. April 14-17, 2021.
19. Turner-McGrievy, G.M., Wilson, M., Bailey, S., **Bernhart, J.A.,** Wilcox, S., Frongillo, E, Murphy, E.A, Hutto, B. (2021) Effective recruitment strategies for African American men and women: The Nutritious Eating with Soul study. Accepted for research spotlight presentation at the *Society of Behavioral Medicine Annual Meeting*. Virtual. April 14-17, 2021.

20. **Bernhart, J.A.**, Turner-McGrievy, G.M., Eustis, S., Wilson, M., Hutto, B., Wilcox, S., Frongillo, E., Murphy, E.A. (2021) Sensor-measured physical activity is associated with decreased cardiovascular disease risk in African Americans. Accepted for research spotlight presentation at the *Society of Behavioral Medicine* Annual Meeting. April 14-17, 2021.
21. **Bernhart, J.A.**, Turner-McGrievy, G.M., Eustis, S., Wilson, M., Hutto, B., Wilcox, S. (2021) Comparing the IPAQ-SF and Accelerometer in African Americans Participating in a Weight Loss Trial. Accepted for research spotlight presentation at the *Society of Behavioral Medicine* Annual Meeting. April 14-17, 2021.
22. **Bernhart, J.A.**, Wilcox, S., Saunders, R.P., Sharpe, P.A., Stucker, J., Hutto, B. April 1-4, 2020. *Associations between program implementation and member health behaviors in the Faith, Activity, and Nutrition program.* Accepted for a poster presentation to the *Society of Behavioral Medicine* Annual Meeting. San Francisco, CA.
 - a. Annual Meeting cancelled due to COVID-19.
23. **Bernhart, J.A.**, Wilcox, S., Decker, L., Ehlers, D.K., McKeever, B.W., O’Neill, J.R. *Applying Self-Determination Theory to participants’ experiences in for-cause physical activity events: A qualitative study.* Accepted for a poster presentation to the *Society of Behavioral Medicine* Annual Meeting. San Francisco, CA. April 1-4, 2020.
 - b. Annual Meeting cancelled due to COVID-19.
24. Decker, L., Wilcox, S., **Bernhart, J.** *An Examination of Health Behaviors in a Sample of Church Leaders.* Accepted for a poster presentation at the *Active Living Research* Annual Conference. Orlando, FL. February 2-5, 2020.
25. **Bernhart, J.A.**, Wilcox, S., Ehlers, D.K., McKeever, B.W., O’Neill, J.R., Hutto, B. *Physical activity in participants of a for-cause physical activity event: An application of Self-Determination Theory.* Poster presented at the *Active Living Research* Annual Conference. Orlando, FL. February 2-5, 2020.
26. **Bernhart, J.A.** Dunn, C.G., Stucker, J., Wilcox, S., Saunders, R.P., Sharpe, P.A. Barriers and facilitators to implementing a healthy living program in churches. 3-Minute Thesis (3MT) presentation competition oral presentation at *Discover USC*. Columbia, SC. April 26, 2019.
27. Dunn CG, Wilcox S, **Bernhart J.A.**, Blake CE, Kaczynski AT, Turner-McGrievy GM. Church leaders’ views of health promotion efforts for children and youth. Poster presented at the *Society of Behavioral Medicine* Annual Meeting. Washington DC. March 6-9, 2019.
28. **Bernhart, J.A.** Dunn, C.G., Stucker, J., Wilcox, S., Saunders, R.P., Sharpe, P.A. “Barriers and facilitators to implementing a faith-based physical activity and healthy eating intervention.” Poster presented at the *Active Living Research* Annual Conference. Charleston, SC. February 17-20, 2019.
29. Wende, M., Kaczynski, A. Dunn, C., **Bernhart, J.**, Wilcox, S. Examining the relationship between the church environment and church attendees’ perceptions, self-efficacy, and physical activity and healthy eating behaviors. Poster presented at the *Active Living Research* Annual Conference. Charleston, SC. February 17-20, 2019.
30. **Bernhart, J.A.**, Dunn, C.G., Kaczynski, A.T., Wilcox, S. Windshield surveys of church neighborhoods to assess potential for physical activity promotion. Oral presentation at the *Active Living Research* Annual Conference. Charleston, SC. February 17-20, 2019.

31. Wilcox, S., Saunders, R.P., Dunn, C.G., **Bernhart, J.A.** The Faith, Activity, and Nutrition Program: Results of 24-month maintenance interviews. Poster presented at the *11th Annual Conference on the Science of Dissemination and Implementation in Health*. Washington, DC. December 3-5, 2018.
32. **Bernhart, J.A.**, Dunn, C.G., Wilcox, S., Stucker, J. Social-ecological overview of churches' plans for implementing healthy environment changes. Poster presented at the 39th Annual Meeting of the *Society of Behavioral Medicine*. New Orleans, LA. April 11-14, 2018.
33. Dunn, C.G., **Bernhart, J.A.**, Hutto, B., Wilcox, S., Baruth, M. Relationship between the church environment and church leader health characteristics. Poster presented at the *Active Living Research Annual Conference*. Banff, Canada. February 11-14, 2018.
34. Wilcox, S., Saunders, R.P., Kaczynski, A.T., Jake-Schoffman, D., Forthofer, M., Kinnard, D., Stucker, J., Goodwin, C., Sharpe, P.A., Hutto, B., Condrasky, M., Kennedy, V., Dunn, C., & **Bernhart, J.** The Faith, Activity, and Nutrition (FAN) dissemination and implementation (D&I) study: Phase 1 adoption, reach, implementation, and effectiveness. Poster presented at the *CDC Prevention Research Center 2017 Network Meeting*. Atlanta, GA. November 2017.
35. Meyer, A., Umstattd Meyer, M.R., Wu, C., **Bernhart, J.** We believe in strength: benefits of participating at LIVESTRONG physical-activity events. Oral presentation at the 2017 *North American Society for the Sociology of Sport Conference*. Windsor, Ontario. November 1-4, 2017.
36. La Valley, E.A., **Bernhart, J.A.**, Kaczynski, A.T., Jake-Schoffman, D.E., Dunn, C., Peters, N., Hutto, B., Wilcox, S. Exploring Physical Activity and Healthy Eating Opportunities in Churches. Presented as a poster at *Discover USC*. Columbia, SC. April 21, 2017.
37. **Bernhart, J.A.**, La Valley, E.A., Kaczynski, A.T., Jake-Schoffman, D.E., Dunn, C., Peters, N., Hutto, B., Wilcox, S. Investigating socioeconomic disparities in the healthy living environments of churches. Poster presented at the 17th Annual Meeting of the *American Academy of Health Behavior*. Tucson, AZ. March 19-22, 2017.
38. Walsh, S.M., Umstattd Meyer, M.R., Wu, C., McClendon, M.E., Miller, A., Nelon, J., Morehead, T., **Bernhart, J.**, & Bridges, C. Still sitting at a desk all day? Applying theory to understand work-standing behaviors among sedentary employees. Poster presented at the 16th Annual Meeting of the *American Academy of Health Behavior*. Tucson, AZ. March 19-22, 2017.
39. McClendon M. E., Umstattd Meyer M. R., Wu C., Walsh S. M., Bridges C., Miller A., Nelon J., Morehead T. P., & **Bernhart J.A.** Perceived severity of sitting too much and value beliefs of standing at work: Understanding sedentary behavior of American working adults. Poster presented at the 16th Annual Meeting of the *American Academy of Health Behavior*. Tucson, AZ. March 19-22, 2017.
40. **Bernhart, J.**, Ylitalo K.R., Umstattd-Meyer, M.R., Doyle, E., Stone, K. Family structure and adult physical activity level in a low-income community. Poster presented at the *American Academy of Health Behavior Conference*. Ponte Vedra Beach, FL. February 21-24, 2016.
41. Doyle, E., Williams, S., Bridges, C., **Bernhart, J.**, Nelon, J., Viso, B. Using bilingual freeze-frame skits to promote lead poisoning Awareness in mixed-language parent groups. Oral presentation at the *Texas Society for Public Health Education Conference*. Austin, TX. October 23, 2015.

Teaching

Teacher of Record

Introduction to Health Promotion, Education, & Behavior (HPEB 300)
Community Health Problems (HPEB 553)
Honors Community Health Problems (HPEB 553H)

Guest Lectures

Undergraduate

Policy, Environment, and Obesity Prevention (HPEB 511)
Applied Aspects of Human Nutrition (HPEB 502)
Psychological Aspects of Physical Activity (EXSC 410)
Public Health 101 (Columbia College)

Graduate

Grant Writing for Epidemiologists (EPID 802)
Social and Physical Environments for Health Interventions (HPEB 824)
Health Communications (Mercy College)
Healthy Eating & Physical Activity Interventions: Key Populations & Settings (West Virginia University)

Invited presentations

1. Turner-McGrievy, G.M., **Bernhart, J.A.**, Wilson, M.J., Delgado-Diaz, C. What's going on in the BRIE lab? HPEB Colloquium Series. Fall 2022.
2. **Bernhart, J.A.** Leveraging Charity 5Ks and Walks for Physical Activity Promotion. *Exercise Science Seminar Series*. University of South Carolina. November 30, 2018.
3. Dorrel-Ritter, S., Aspy, S., **Bernhart, J.**, Dandridge, L., Koehn, A. September 22, 2015. *Panel on Physical Health*. Presented as a panel speaker for the Baylor Interdisciplinary Core, Baylor University, Waco, TX.
4. Patterson, M.S., Arterburn, D., Dorrell-Ritter, S., **Bernhart, J.** Summer 2015. *The Buzz on Relationships at Baylor*. Presented as a breakout session during Freshmen Orientation, Baylor University, Waco, TX.

Academic Service / Mentoring

2022-current Editorial Board Member
Translational Behavioral Medicine

Department Student Engagement Committee (2022-current)
Undergraduate Education Committee (2022-current)
Tenure-track professor Search Committee (Fall 2023)
Center for Healthcare Quality Search Committee (Fall 2024-Spring 2025)

Funding Agency Reviewer

- 2024 SPARC Grant Reviewer
University of South Carolina
Fall 2023 Application Cycle
- 2023 ASPIREinG Grant Reviewer
University of South Carolina School of Medicine Greenville
Spring 2023 Application Cycle
- 2021 Undergraduate Student Magellan Scholar Review Committee
University of South Carolina
Spring and Fall 2021 Application Cycles

Graduate Students

- 2020 Sarah Eustis
NEW Soul @ Rare Variety Café Dissemination and Implementation Trial
Role: MPH Applied Project Experience Supervisor
- 2020 Mary J. Quattlebaum
NEW Soul COVID-19 Research Initiative
University of South Carolina BBIP Lab Rotation
Role: Research supervisor
- 2020 Ashley Fellers
University of South Carolina School of Medicine M1 student
SOAR internship for *NEW Soul Study*
University of South Carolina
Role: Research Mentor

Undergraduate Students

- 2024-current Mahrukh Iftikhar
Honors Thesis Primary Advisor
South Carolina Honors College Research Grant
NEW Soul Dissemination & Implementation Study
- 2023-current Mallory Gedeon
Honors Thesis Primary Advisor
Magellan Scholar Awardee Spring 2025
South Carolina Honors College Research Grant
NEW Soul Dissemination & Implementation Study
- 2020-2023 Claudia Sentman
University of South Carolina
Recipient, 2023 HPEB Undergraduate Student Researcher Award
Fasted and Shifted Timing of Eating (FAST) Study
Diet Guidelines: 3 Diets Study
NEW Soul Study

NEW Soul @ Rare Variety Café Study
NEW Soul for Families Study
NEW Soul Dissemination & Implementation Study

2020-2021 Evan Robinette
University of South Carolina
NEW Soul @ Rare Variety Café (Role: Honors Thesis Second Reader)
Magellan Scholar Award (Role: Primary Mentor)

2020-2021 Jordyn Livingston
University of South Carolina
Magellan Guarantee Award (Role: Primary Mentor)
Magellan Mini-Grant Award (Role: Primary Mentor)

2020 Sarah Eustis
Recipient of 2020 HPEB Undergraduate Student Researcher Award
Fasted and Shifted Timing of Eating (FAST) Study
NEW Soul Study
University of South Carolina
Role: Research supervisor

2020 Ashley Long
Fasted and Shifted Timing of Eating (FAST) Study.
University of South Carolina
Role: Research supervisor

2019-2020 Carly Fassler
Eating Plant-Based in Columbia, SC: A review & booklet.
University of South Carolina
Role: Honors Thesis Second Reader.

2019-2020 Kathleen Hill
University of South Carolina
Role: Honors Thesis Statistical Analysis.

2019-2020 Sarah Eustis
University of South Carolina
Role: Honors Thesis Statistical Analysis

2018-2020 Mackenzie Walker
University of South Carolina
Magellan Scholar Award
Role: Research supervisor

High School Students

2022 Grace Harrell
Lexington High School
Internship with the BRIE Lab
Role: Research Supervisor

Conference presentation reviewer

- 2023 Poster presentation reviewer for Nutrition Consortium. **USC.**
- 2020, 2021
2023, 2024 Abstract Reviewer. **Society of Behavioral Medicine..**
- 2019 Abstract Reviewer. **Active Living Research.**
- 2019-2024 Poster presentation reviewer. **Discover USC.**
- 2016-2018 Abstract Reviewer. **American Academy of Health Behavior.**

Journal Reviewer

Journal of Public Health
Journal of Public Health: From Policy to Practice
Journal of Healthy Eating and Active Living
International Journal of Behavioral Medicine
Journal of Healthcare for the Poor and Underserved
Health Promotion Practice
Progress in Community Health Partnerships: Research, Education, and Action
Public Health Management & Practice
Preventive Medicine Reports
Journal of Health Psychology
Perspectives in Public Health
Translational Behavioral Medicine
Health Education Research
American Journal of Lifestyle Medicine
Health and Social Care in the Community
World Leisure Journal
Journal of Physical Activity and Health
PLOS One

Public Health Organizations

- 2015-2016 Physical Activity Policy Co-chair, Student Division. **APHA.**

Community

- 2019-present Associate Deacon, Member, Volunteer. **First Baptist Church.** Columbia, SC

Professional Memberships

- 2024 American Society of Nutrition
- 2020-current United States Track & Field
- 2019-2024 Society of Behavioral Medicine

2020-2021 Academy Health

Recognitions

2024	<i>2023 South Carolina Assistant Cross Country Coach of the Year</i>	South Carolina Track and Field and Cross Country Coaches' Association
2021	<i>Brooks Inspiring Coach of the Year</i>	Brooks
2021	<i>Ann Johnson Institute Magellan Faculty Fellow</i>	University of South Carolina
2019	<i>Member inductee</i>	Delta Omega Honor Society University of South Carolina
2016	<i>James Huckins Award for Outstanding Graduate Assistant</i>	Division of Student Life Baylor University
2014	<i>Outstanding Senior Man in Health, Human Performance, and Recreation</i>	Department of Health, Human Performance, and Recreation Baylor University
2014	<i>Outstanding Student Service</i>	School of Education Baylor University
2012	<i>Excellence in Student Involvement</i>	Baylor University
2012	<i>Norman and Halve Frederick Scholarship</i>	School of Education Baylor University
2012	<i>AA & Marjorie Hyden Scholarship</i>	School of Education Baylor University
2012	<i>Alpha Lambda Delta Sophomore Scholarship</i>	Baylor University
2010-2014	<i>Dean's List</i>	Baylor University
2010-2014	<i>Baylor University President's Gold Scholarship</i>	Baylor University
2010	<i>Cleft-Palate Foundation Scholarship</i>	Cleft-palate foundation Chapel Hill, NC
2010	<i>Valedictorian</i>	Trinity Christian School Morgantown, WV

Select Professional Development

2023	<i>Foundations of Online Teaching</i>	University of South Carolina
2020	<i>Designing for Implementation 6-week course</i>	The Center for Implementation Virtual
2018	<i>Healthy Campus Summit - Fueling Bodies & Minds</i>	University of South Carolina Columbia, SC
2017	<i>Healthy Campus Summit - Generation Z & College Health</i>	University of South Carolina Columbia, SC
	<i>Venture Expeditions: Mentoring Project Tour</i> https://bernhartmentoringproject.blogspot.com/	Asheville, NC, to Nashville, TN
2016	<i>Healthy Campus Summit – Building a Better Future</i>	University of South Carolina Columbia, SC
	<i>Venture Expeditions: Bicycle Across America Tour</i> https://bernhartbikeacrossamerica.blogspot.com/	Los Angeles, CA, to Jacksonville, FL