

Derek P. Hales

404 West Hill Avenue South
Hillsborough, NC
derekh@email.unc.edu

University of North Carolina at Chapel Hill
Department of Nutrition
Chapel Hill, NC

EDUCATION

- Ph.D. University of Georgia**, Athens, Georgia 2005
Department of Exercise Science
- M.A. East Carolina University**, Greenville, North Carolina 2000
Physical Education Pedagogy
- B.A. University of North Carolina**, Chapel Hill, North Carolina 1996
Physical Education and Sport Science

EXPERIENCE

UNIVERSITY OF NORTH CAROLINA, Chapel Hill, NC

Research Faculty

2010 – present

Research

- Examining physical activity levels of children during childcare and determinants of their activity level.
- Development of Surveys and reliability and validity evidence for their use.
- Exploratory and confirmatory factor analysis in the development of study outcomes.
- Exploring longitudinal structural equation models of the theory of planned behavior and physical activity in postpartum women.
- Intervention to increase fitness and physical activity levels of African-American men.

Teaching

- Assisted with Measurement of Physical Activity
- Provided guest lectures on survey design, measurement of physical activity, and physical activity and obesity in classes through Department of Nutrition

UNIVERSITY OF NORTH CAROLINA, Chapel Hill, NC

Post-Doctoral Research Fellow

2006 – 2010

Research

- Involved in the development and writing of several funded grants
- Manuscript writing and development
- Examining physical activity levels of children during childcare and determinants of their activity level.
- Development of Surveys and reliability and validity evidence for their use.

- Exploring longitudinal structural equation models of the theory of planned behavior and physical activity in postpartum women.
- Fitness and physical activity levels of African-American men.

Teaching

- Assisted with Measurement of Physical Activity
- Provided guest lectures in several classes through Department of Nutrition

UNIVERSITY OF GEORGIA, Athens, GA

Part-Time Assistant Professor

2005 - 2006

Instructor

- 4600/6600 Measurement and Surveillance of Physical Activity. Fall 2005
- 4300/6300 Exercise Epidemiology. Fall 2005; Spring 2006
- 4630 Exercise Physiology I. Spring 2006

Research

- Construct validity of several measures of physical activity enjoyment
- Stability of physical activity measurement
- Confirmatory factor analysis
- Effects of physical activity intervention (LEAP)

UNIVERSITY OF GEORGIA, Athens, GA

Graduate Teaching Assistant

2000 - 2003

- Taught various physical education classes. Prepared and presented health, fitness, and skill related material.
- 3700 Applied Exercise Physiology. Spring 2002; Summer 2002
- 4630 Exercise Physiology I. Fall 2001
- 4300/6300 Exercise Epidemiology. Spring 2005

Graduate Research Assistant

2003 - 2005

- Used CFA to examine measurement properties of questionnaires designed to estimate determinant of physical activity in youth.
- Used LVSEM to test theoretical models of intervention effects related to PA
- Data analysis
- Composed manuscripts

US FOREST SERVICE, Athens, GA

2001 - 2004

Statistical Assistant

- Managed, cleaned, and analyzed data for National Forest Survey
- Wrote reports summarizing information gathered from national recreation survey.
- Worked with SCANTOOLS program to form templates and data files for scanning survey forms

EAST CAROLINA UNIVERSITY, Greenville, NC

1999 – 2000

Graduate Research/Teaching Assistant

- Involved in the organization, analysis, and interpretation of research data.
- Served as director of After-School Activity Program for overweight children.
- Developed staff training sessions, to prepare physical activity leaders. Supervised six high school students and three undergraduates on a daily basis.
- Taught physical conditioning to undergraduates

AWARDS AND HONORS

Outstanding Graduate Teaching Award (UGA)

PUBLICATIONS

Papers

Evenson KR, Wen F, **Hales D**, Herring AH. National youth sedentary behavior and physical activity daily patterns using latent class analysis applied to accelerometry. *Int J Behav Nutr Phys Act*. 2016 May 3;13(1):55. doi: 10.1186/s12966-016-0382-x. PMID: 27142304

Benjamin Neelon SE, Østbye T, **Hales D**, Vaughn A, Ward DS. Preventing childhood obesity in early care and education settings: lessons from two intervention studies. *Child Care Health Dev*. 2016 May;42(3):351-8. doi: 10.1111/cch.12329. Epub 2016 Mar 14. PMID: 26987658

Erinosh T, **Hales D**, Vaughn A, Mazzucca S, Ward DS. Impact of Policies on Physical Activity and Screen Time Practices in 50 Child-Care Centers in North Carolina. *J Phys Act Health*. 2016 Jan;13(1):59-66. doi: 10.1123/jpah.2014-0467. Epub 2015 Mar 31. PMID: 25831553

Ward DS, Mazzucca S, McWilliams C, **Hales D**. Use of the Environment and Policy Evaluation and Observation as a Self-Report Instrument (EPAO-SR) to measure nutrition and physical activity environments in child care settings: validity and reliability evidence. *Int J Behav Nutr Phys Act*. 2015 Sep 26;12:124. doi: 10.1186/s12966-015-0287-0. PMID: 26410387

Chang MW, **Hales D**, Brown R, Ward D, Resnicow K, Nitzke S. Validation of PIN 3 physical activity survey in low-income overweight and obese young mothers. *BMC Public Health*. 2015 Feb 10;15:121. doi: 10.1186/s12889-015-1493-z. PMID: 25885482

Østbye T, Mann CM, Vaughn AE, Namenek Brouwer RJ, Benjamin Neelon SE, **Hales D**, Bangdiwala SI, Ward DS. The keys to healthy family child care homes intervention: study design and rationale. *Contemp Clin Trials*. 2015 Jan;40:81-9. doi: 10.1016/j.cct.2014.11.003. Epub 2014 Nov 8. PMID: 25460337

Chillón P, **Hales D**, Vaughn A, Gizlice Z, Ni A, Ward DS. A cross-sectional study of demographic, environmental and parental barriers to active school travel among children in the United States. *Int J Behav Nutr Phys Act*. 2014 May 9;11:61.

Hales D, Vaughn AE, Mazzucca S, Bryant MJ, Tabak RG, McWilliams C, Stevens J, Ward DS. Development of HomeSTEAD's physical activity and screen time physical environment inventory. *Int J Behav Nutr Phys Act*. 2013 Dec 5;10:132.

Hales D, Stevens J, Murray DM, Taber DR, Roberts A. Identifying state-level policy and provision domains for physical education and physical activity in high school. *Int J Behav Nutr Phys Act*. 2013 Jul 1;10:86.

- Vaughn AE, **Hales D**, Ward DS. Measuring the physical activity practices used by parents of preschool children. *Med Sci Sports Exerc.* 2013 Dec;45(12):2369-77.
- Erinosho TO, **Hales DP**, McWilliams CP, Emunah J, Ward DS. Nutrition policies at child-care centers and impact on role modeling of healthy eating behaviors of caregivers. *J Acad Nutr Diet.* 2012 Jan;112(1):119-24.
- Linnan LA, Reiter PL, Duffy C, **Hales D**, Ward DS, Viera AJ. Assessing and promoting physical activity in African American barbershops: results of the FITStop pilot study. *Am J Mens Health.* 2011 Jan;5(1):38-46.
- Hales D**, Evenson K, Wen F, Wilcox S. Postpartum Physical Activity: Measuring the Theory of Planned Behavior. *Am J Health Behavior* (2010)
- McWilliams C, Ball SC, Benjamin SE, **Hales D**, Vaughn A, Ward DS. Best Practice Guidelines for Physical Activity at Child Care. *Pediatrics.* (2010)
- Ward DS, Vaughn A, McWilliams C, **Hales D**. Interventions for Increasing Physical Activity at Child Care. *Medicine and Science in Sports and Exercise.* (2010)
- Ward DS, Vaughn A, McWilliams C, **Hales D**. Physical Activity at Child Care Settings: Review and Research Recommendations. *American Journal of Lifestyle Medicine* (2010).
- Ward DS, **Hales D**, Haverly K, Marks J, Benjamin SE, Ball SC, Trost S. An Instrument to Assess the Obesogenic Environment of Child Care Centers. *Am J Health Behavior* (2008).
- Bower JK, **Hales DP**, Tate DF, Rubin DA, Benjamin SE, Ward DS. Relationships between the child care environment and physical activity behavior in children. *Am J Prev Med* (2008).
- Bryant MJ, Ward DS, **Hales D**, Vaughn A, Tabak RG, Stevens J. Reliability and validity of the Healthy Home Survey: A tool to measure factors within homes hypothesized to relate to overweight in children *International Journal of Behavioral Nutrition and Physical Activity*, 5:23 (2008)
- Hales, D**, Dishman, R.K., Motl, R.W., Addy, C.L., Pfeiffer, K.A., & Pate, R.R. (2006). Factorial validity and invariance of the center for epidemiologic studies depression (CES-D) scale in a sample of black and white adolescent girls. *Ethnicity & Disease*, 16(1):1-8.
- Dishman, R.K., **Hales D.**, Pfeiffer, K.A., Felton G., Saunders, R., Ward, D.S., Dowda, M., & Pate, R.R. (2006). Physical self-concept and self-esteem mediate cross sectional relations of physical activity and sport participation with depression symptoms among adolescent girls. *Health Psychology* 25(3): 396-407.
- Dishman, R.K., **Hales, D.**, Almeida, M.J., Pfeiffer, K.A., Dowda, M., and Pate, R.R. (2006). Factorial Validity and Invariance of the Physical Self-Description Questionnaire among Black and White Adolescent Girls. *Ethnicity & Disease* 16(2):152-160.
- Baumgartner, T.A., **Hales, D.P.**, Chung, H., Oh, S. & Wood, H.M. (2003) Revised push-up test norms for college students. *Measurement in Physical Education and Exercise Science*, 8(2): 83–88.

Baumgartner, T.A., Oh, S., Chung, H., & **Hales, D.** (2002). Objectivity, reliability, and validity for a revised push-up test protocol. *Measurement in Physical Education and Exercise Science*, 6(4): 225-242.

Abstracts Selected for Presentation

Hales DP, Chillon, P, Ward DS. *Child Care Policies and Children's Physical Activity*. ISBNPA; June 2010

Tillotson, A, **Hales DP**, McWilliams C, Ward DS. *Children's Physical Activity during Various Child Care Activities*. ISBNPA; June 2010

Hales DP, Ward DS, McWilliams C, Vaughn A, Tabak R. *Variability in Children's Physical Activity During Childcare*. ICDAM; June 2009

Tabak RT, **Hales DP**, Bryant MJ, Vaughn A, Stevens J, Ward DS. *Home vegetable availability predicts child vegetable intake*, ICDAM; June 2009

Hales DP & Baumgartner T. *Factor validity and invariance of the physical activity enjoyment scales*. ACSM; May 2008.

Hales DP, Ward DS. *The impact of environmental changes in childcare on children's physical activity*. International Congress on Physical Activity and Public Health; March 2008

Ward DS, **Hales DP**, Bryant M, Vaughn A, Tabak R, Stevens J. *Sedentary Home Environment and Physical Activity in Young Children*. NAASSO; 2007.

Ward DS, **Hales DP**, Bryant M, Stevens J, Vaughn A and Tabak R. *Reliability and validity evidence for the physical activity domains of the healthy home survey*. ISBNPA 2007.

Ward DS, **Hales DP**, Vaughn A. *Evaluation of Get60: A Pilot Program Using Student-Athlete Mentors To Increase Physical Activity Among 3rd Graders*. American College of Sports Medicine Conference, New Orleans, LA; May 2007.

Ward DS, Bower J, Ball SC, Benjamin SE, **Hales DP**. *Effect of Child Care Environments on Physical Activity in Young Children*. NAASSO The Obesity Society Annual Scientific Meeting (Poster); Nov 2006.

Hales DP. *Factorial validity and invariance of the CES-D in a sample of black and white adolescent girls*. UGA Graduate Research Symposium 2004.

Mahar MT, **Hales DP**, & DiNallo JM. *Relationship between after-school physical activity and weekend physical activity levels in children*. ACSM 2000.

Mahar MT, **Hales DP**, Williams G, & DiNallo JM. *Physical activity assessment by the tri-trac-R3D accelerometer, Digiwalker pedometer, and self-report measures in children*. *Measurement of Physical Activity: Reliability, Validity, and Methodological Issues conference* 1999.

Thesis

The effects of an After-School Activity Program on Spontaneous Physical Activity, Body Composition, Aerobic Capacity, and Perceived Physical Competence in Obese Prepubescent Children. (2000)

Dissertation

Factor validity, invariance, and comparison of several measures of physical activity enjoyment. (2005)