

Amanda E. Paluch

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EDUCATION

- 2014 Ph.D. Department of Exercise Science, Arnold School of Public Health
University of South Carolina, Columbia, SC
Degree: Exercise Science, Health Aspects of Physical Activity Division
- 2009 B.S. Department of Exercise Science
The Ohio State University, Columbus, OH
Degree: Exercise Science with Honors Distinction
Minor: Nutrition

POSTDOCTORAL TRAINING

- 2017- 2019 American Heart Association Disparities SFRN Postdoctoral Research Fellow
Northwestern University Feinberg School of Medicine, Chicago, IL
Department of Preventive Medicine
Center for Translational Metabolism and Health
Specialization: Physical Activity and Cardiovascular and Renal Epidemiology

PROFESSIONAL EXPERIENCE

- 2016-2017 Research Project Manager, Northwestern University Feinberg School of Medicine
Behavioral Medicine Division
Manager of development and implementation of two large randomized controlled trials using mobile health technologies to promote healthy lifestyles
- 2010 – 2015 Graduate Research Assistant, University of South Carolina
Physical Activity Epidemiology research group
P.I.: Steve Blair, P.E.D.
Lead physical activity data collection for Energy Balance and Energy Flux Studies: comprehensive longitudinal studies designed to determine the associations of caloric intake and energy expenditure on health outcomes.
- 2009 Graduate Research Assistant, University of South Carolina
Integrative Muscle Biology Laboratory

PUBLICATIONS

- 2019**
1. **Paluch AE**, Pool LR, Isakova T, Lewis CE, Mehta R, Schreiner PJ, Sidney S, Wolf M, Carnethon MR. Association of Fitness with Racial Disparities in Chronic Kidney Disease. *Am J Prev Med*. 2019. in press
 2. **Paluch AE**, Heard-Garris N, Carnethon MR. Leveling the Playing Field: A Strategy to Address Disparities in Health Outcome. *JAMA Pediatrics* 2019. in press.
- 2018**
3. Ellingson LD, Meyer JD, Shook RP, Dixon PM, Hand GA, Wirth MD, **Paluch AE**, Burgess S, Hebert JR, Blair SN. Changes in sedentary time are associated with changes in mental wellbeing over 1 year in young adults. *Preventive Medicine Reports*. 2018 Sept; 11: 274-281.
 4. Gerber C, Cai X, Lee J, Craven T, Scialla JJ, Souma N, Srivastava A, Mehta R, **Paluch A**, Hodakowski A, Frazier R, Carnethon M, Wolf M, and Isakova T. Incidence and Progression of Chronic Kidney Disease in Black and White Individuals with Type 2 Diabetes. *CJASN* 2018 June; 13 (6): 884-892.
 5. **Paluch AE**, Shook RP, Hand GA, O'Connor DP, Wilcox S, Drenowatz C, Baruth M, Burgess S, Blair SN. The Influence of Life Events and Psychological Stress on Objectively Measured Physical Activity: A 12-Month Longitudinal Study. *J Phys Act Health*. 2018 May 1;15(5):374-382.
- 2016**
6. Shook RP, Hand GA, **Paluch AE**, Wang X, Moran R, Hébert JR, Jakicic JM, Blair SN. High respiratory quotient is associated with increases in body weight and fat mass in young adults. *European Journal of Clinical Nutrition*. 2016 Oct; 70(10): 1197-1202.
 7. Shook RP, Gribben NC, Hand GA, **Paluch AE**, Welk GJ, Jakicic JM, Hutto B, Burgess S, Blair SN. Subjective Estimation of Physical Activity Using the IPAQ Varies by Fitness Level. *Journal of Physical Activity and Health*. 2016 Jan; 13(1):79-86.
- 2015**
8. Shook RP, Hand GA, Drenowatz C, Hébert JR, **Paluch AE**, Blundell JE, Hill JO, Katzmarzyk PT, Church TS, Blair SN. Low levels of physical activity are associated with dysregulation of energy intake and fat mass gain over 1-year. *American Journal of Clinical Nutrition*. Dec 2015; 102(6): 1332-8.
 9. Wirth MD, Hébert JR , Hand GA, Youngstedt SD, Hurley TG, Shook RP, **Paluch AE**, James SL, Blair SN. Association between actigraphic sleep metrics and body composition. *Annals of Epidemiology*. Oct 2015; 25(10): 773-778.

- 2014**
10. Shook RP, Hand G, **Paluch AE**, Wang X, Moran R, Hébert JR, Lavie CJ, Blair SN. Moderate cardiorespiratory fitness is positively associated with resting metabolic rate among young adults. *Mayo Clinic Proceedings*. 2014 Jun 5;89(6):763-71.
 11. Shook RP, Hand G, Wang X, **Paluch AE**, Moran R, Hébert JR, Swift DL, Lavie CJ, Blair SN. Low cardiorespiratory fitness partially explains differences in resting metabolic rate between African American and white young adult women. *The American Journal of Medicine*. May 2014. 127(5): 436-42.
- 2013**
12. Hand G, Shook R, **Paluch A**, Baruth M, Crowley E, Jaggars J, Prasad V, Hurley T, Hebert J, O'Connor D, Archer E, Burgess S, Blair S. The Energy Balance Study: The Design and Baseline Results for a Longitudinal Study of Energy Balance. *Research Quarterly for Exercise and Sport*, 84(3), 275-286.
 13. Archer E, **Paluch AE**, Shook RP, Blair SN. Physical Activity and the Science of Successful Aging. *Kinesiology Review*. Feb 2013; 2(1).
- 2011**
14. **Paluch AE**, Church TS, Blair SN. The Effect of an Intensive Exercise Intervention Strategy on Modifiable Cardiovascular Risk Factors in Subjects with Type 2 Diabetes Mellitus. *Current Cardiovascular Risk Reports*. Dec. 2011; 5(6): 481-483.
 15. Powell KE, **Paluch AE**, Blair SN. Physical activity for health: What kind? How much? How intense? On top of what? *Ann Rev Public Health*. Apr 2011; 32: 349-65.
- 2010**
16. Beets MW, **Paluch AE**, Archer EC, Blair SN. Physical Activity: The Future of Learning? *Childhood Obesity*. Dec 2010: 6(6): 345-346.

Edited Book Chapters

- 2012**
1. **Paluch AE**, Berryman JW, Powell KE, Vuori I, Tipton CM, Blair SN. History of Physical Activity Contributions to Public Health. In: *Physical Activity and Public Health Practice*. Taylor & Francis Group. CRC Press 2012. Chapter 1, p. 1-20.

SCIENTIFIC CONFERENCE ABSTRACTS AND PRESENTATIONS

- 2019**
1. **Paluch AE**, Carnethon MR, Pettee Gabriel K, Ning H, Wilkins JT, Allen NB, Lloyd-Jones DM. Cardiorespiratory Fitness and Years Lived Free of Cardiovascular Disease: Cardiovascular Lifetime Risk Pooling Project. American College of Sports Medicine Annual Meeting 2019, Orlando, FL
*oral presentation
 2. **Paluch AE**, Carnethon MR, Kelley Pettee Gabriel K, Ning H, Wilkins JT, Allen NB, Lloyd-Jones DM. Physical Activity and Lifetime Risk of Cardiovascular Morbidity and Mortality: and Individual-Level Analysis in the Cardiovascular Lifetime Risk Pooling Project. American Heart Association Epi/Lifestyle 2019, Houston, TX
*oral presentation
 3. **Paluch AE**, Pettee Gabriel K, Montag S, Siddique J, Schreiner P, Lewis C, Dutton G, Sternfeld B, Sidney S, Reis J, Carnethon M. Diurnal Patterns of Physical Activity and Cardiovascular Risk Factors over 10 years: Results from the CARDIA Study. American Heart Association Epi/Lifestyle 2019, Houston, TX
- 2018**
4. **Paluch AE**, Wilkins JT, Pettee Gabriel K, Zhong VW, Lloyd-Jones DM, Carnethon MR. Harmonizing Physical Activity Data across Cohorts in the Lifetime Risk Pooling Project. American College of Sports Medicine 2018 Annual Meeting, Minneapolis, MN
 5. **Paluch AE**, Pettee Gabriel K, Montag S, Knusten K, Carnethon MR. Developing algorithms for diurnal patterns of physical activity using accelerometer data. AHA Strategically Focused Research Network Annual Meeting 2018, New Orleans, LA
 6. **Paluch AE**, Pool LR, Isakova T, Wolf MS, Mehta RC, Peralta C, Lewis CE, Schreiner PJ, Sidney S, Carnethon MR. Association of Cardiorespiratory Fitness with the Observed Racial Disparity in Incident Chronic Kidney Disease over 30 years: Results from the CARDIA study. American Heart Association Epi/Lifestyle 2018, New Orleans, LA
*Oral Presentation
- 2016**
7. **Paluch AE**, Shook RP, O'Connor DO, Hand GA, Blair SN. Longitudinal Evaluation of Objectively Measured Physical Activity: Capturing the Full Spectrum of Duration and Intensity. Northwestern Postdoctoral Forum Symposium 2016, Chicago, IL
- 2014**
8. **Paluch AE**, O'Connor DO, Hand GA, Blair SN. Do the anthropometric benefits of physical activity go beyond the recommended dose of intensity and duration? Cleveland Clinic Obesity Summit 2014, Cleveland, Ohio

- 2013** 9. **Paluch AE**, Shook RP, O'Connor DO, Hand GA, Blair SN. Contributions of Physical Activity Intensity to Differences in Average Daily MET Levels. American College of Sport Medicine 2013 Annual Meeting, Indianapolis, IN
- 2011** 10. **Paluch AE**, Sui X, Hurley TG, Crowley EP, Baruth MJ, Hand GA, Blair SN. Cardiorespiratory Fitness, Physical Activity and Perceived Stress among Young Adults. American College of Sport Medicine 2012 Annual Meeting, San Francisco, CA
*Oral Presentation
11. **Paluch AE**, Sui X, Hurley TG, Crowley EP, Shook RP, Hand GA, Blair SN. Correlates of Objectively Measured Sedentary to Light Intensity Activity among Young Adults. Be Active 2012: 4th International Congress on Physical Activity and Public Health, Sydney, Australia
*Oral Presentation
12. **Paluch AE**, Hand GA, Shook RP, Hebert J, Blair SN. The use of physical activity intensity as a predictor of body fatness and the effect of gender: The energy balance study. Be Active 2012: 4th International Congress on Physical Activity and Public Health, Sydney, Australia

TEACHING EXPERIENCE

- 2019 Co-Instructor, KIN 440 Physical Activity and Public Health
- 2017 - Health Professional Mentor, Northwestern University
Wireless and mHealth Class EECS 395/495
- 2016 - Center for the Integration of Research, Teaching, and Learning (CIRTL)
Community
- 2009-2013 Graduate Teaching Assistant, University of South Carolina
EXSC 223/224 Physiology/Anatomy
EXSC 700 Physical Activity Epidemiology Research and Practice
EPID 744 Investigative Epidemiology: Cardiovascular Disease
EXSC 783 Seminar in Exercise Science

HONORS AND AWARDS

- 2014 Delta Omega Honorary Society in Public Health, University of South Carolina
- 2013 Graduate Student Travel Award, University of South Carolina

PROFESSIONAL MEMBERSHIPS

- 2009 - American College of Sport Medicine

- 2017 - International Society for the Measurement of Physical Behavior
- 2017 - American Heart Association Council on Epidemiology and Council on Lifestyle and Cardiometabolic Health

PROFESSIONAL SERVICE

- 2019-current Scientific & Clinical Education Lifelong Learning Committee, American Heart Association Council on Lifestyle and Cardiometabolic Health
- 2019-current Physical Activity Committee Member, American Heart Association Council on Lifestyle and Cardiometabolic Health
- 2019-current American Fitness Index Advisory Board, American College of Sport Medicine
- 2016 Fellow, CEOs for Cities, Cleveland OH, Healthiest Cities and Counties Challenge
- 2011-2012 Discovery Day Judge, University of South Carolina, Office of Undergraduate Research
- 2011-2012 Behavioral Consultant/Intervention Facilitator, University of South Carolina Project SHINE: Supporting Health Interactively through Nutrition and Exercise among black adolescents.
- 2011-2012 Intervention Facilitator, University of South Carolina HIPP Study (Promoting Health in Pregnancy and Postpartum among Overweight/Obese low-income women)

MEDIA COVERAGE

- 2017 6 Science-Backed Ways Exercise Benefits the Body and Brain, Forbes Magazine by Alice G. Walton, online article, May 23, 2017
- 2016 Leveling the Playing Field, CEOs for Cities Blog, April 5, 2016