

Nathan Tucker West, PhD

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Education

- 2022 **Doctor of Philosophy in Social and Behavioral Sciences**
The University of Memphis, School of Public Health, Memphis, TN
Dissertation: *Pastors' Readiness to Accept a Physical Activity Program*
Advisor(s): Dr. Brook Harmon, PhD, RD, FAND & Dr. Kenneth Ward, PhD
- 2019 **Master of Science in Kinesiology conc. Exercise and Sport Psychology**
Southern Illinois University Edwardsville, Edwardsville, IL
Master's Thesis: *Associations between Obesity, Chronic Disease, and Physical Activity among Christian Seminarians*
Advisor: Dr. Benjamin Webb, PhD
- 2017 **Bachelor of Science in Exercise Science/Kinesiology, minor in Psychology**
Taylor University, Upland, IN
Advisor(s): Dr. Erik Hayes, PhD & Dr. Matt Renfrow, PhD

Honors/Awards/Recognitions

Institute of Translational Health Sciences Invited KL2 Seminar Fellow (2024)

University of Washington, Seattle, WA

Faculty Development Travel Award (2023)

University of Alaska Anchorage, Anchorage, AK

Faculty Development Award (2023)

University of Alaska Anchorage, Anchorage, AK

SPH Student Achievement Award (2021)

Social and Behavioral Sciences Division

University of Memphis School of Public Health, Memphis, TN

Outstanding Graduate of the Year (2019)

Exercise and Sport Psychology Graduate Program

Southern Illinois University Edwardsville, Edwardsville, IL

Chi Alpha Sigma (Student Athlete Honor Society) (Inducted in 2017)

Taylor University, Upland, IN

Dean's List (Spring 2014, Spring 2015, Fall 2016, and Spring 2017)

Taylor University, Upland, IN

Taylor University Men's Soccer Captain (2015-2016)

Taylor University, Upland, IN

NAIA Scholar-Athlete (2015,2016)

Taylor University, Upland, IN

Academic All-Crossroads League (2015,2016)

Research Interests

- Physical activity promotion
- Physical activity and dietary behavior change
- Obesity and chronic disease prevention and management
- Community-based participatory research
- Faith-Based Research
- Health Needs Assessments

Research Experience

Research Assistant Professor (Winter 2024-Present)

Institute of Social and Economic Research
Center for Behavioral Health Research and Services
University of Alaska Anchorage

Postdoctoral Fellow (Fall 2022-2023)

Institute of Social and Economic Research
Center for Behavioral Health Research and Services
University of Alaska Anchorage
Mentor: Diane K King, PhD

Graduate Research Assistant (Fall 2019 – Spring 2022)

Division of Social and Behavioral Sciences
The University of Memphis, School of Public Health
Advisor: Dr. Brook Harmon, PhD, RD, FAND

Duties:

- Conduct literature reviews
- Manuscript preparation
- Data cleaning/management
- Examining/Interpreting Quantitative Data
- Coding/Developing Themes from Qualitative Data
- Developing codebooks

Fit with Faith (Spring 2018)

The University of Memphis, Memphis, TN
Supervisor: Dr. Brook Harmon

Project Role:

- Examined the health behaviors (fitness, stress, dietary) among Christian faith leaders
- Conducted phone interviews/notetaking with participants

Project FIND (Spring 2017)

New Castle Correctional Facility, New Castle, IN
Supervisor: Dr. Matt Renfrow

Project Role:

- Designed exercise protocols for participants with research team
- Implemented exercise protocol to the participants at New Castle Correctional Facility

Teaching Experience

Guest Speaker for Dr. Nikhil Ahuja's Public Health Seminar Class (04.08.24)

College of Health Professions
Slippery Rock University

- Personal experience in public health; Public health impact of involving faith communities in health promotion

Guest Speaker for Dr. Latrice Pichon's Behavioral Intervention Development Class (09.13.23)

School of Public Health
University of Memphis

- Applying theory to behavioral interventions

Guest Speaker for Dr. Brook Harmon's Community Nutrition Class (02.20.23; 02.07.24)

Nutrition and Foods Program
Appalachian State University

- Community Health Needs Assessments

Guest Speaker for Dr. Robin Puett's Lab (08.16.21)

Maryland Institute for Applied Environmental Health
University of Maryland School of Public Health

- NVivo Software Basics
- Qualitative Data Analysis
- Codebook Development

Graduate Assistant/Teaching Assistant (Spring 2018 – Spring 2019)

Department of Applied Health, School of Education, Health and Human Behavior
Southern Illinois University Edwardsville

Guest Lecture

Personal Health – PBHE 111 (Fall 2018 – Spring 2019)

- Delivered a few lectures on the benefits of physical activity

Teaching Assistant

Teaching assistant: PBHE 111 (Spring 2018 – Spring 2019)

- Organized class structure/attendance for the instructor
- Graded assignments (e.g., papers, quizzes)

Instructor

Jogging to Fitness – KIN 204 (Spring 2019)

- Developed class schedule/syllabus
- Designed class content
- Implemented running/physical activity protocols to undergraduate students

Weight Training – KIN 207 (Spring 2018)

- Developed class schedule/syllabus
- Designed class content
- Trained proper weightlifting techniques
- Implemented exercise regimen protocols to undergraduate students

Leisure Activities – KIN 243 (Spring 2018 – Spring 2019)

- Developed class schedule/syllabus
- Designed class structure to keep students physically active

Personal Wellness – KIN 270 (Fall 2018 – Spring 2019)

- Developed class schedule/syllabus
- Designed class content/lectures
- Delivered lectures covering mental and physical health topics

Head Coach Junior Varsity/Assistant Varsity Coach, Boys and Girls Soccer (Fall 2017 – Spring 2019)

Father McGivney Catholic High School
Maryville, IL

- Developed practice drills
- Designed resistance training/cardiovascular programs

Assistant and Director Gym/Soccer Coach (June 2017 – May 2019)

Elite Fitness Training Center & Gym
Glen Carbon, IL

- Administered drills/exercises to soccer players on soccer field
- Implemented exercise drills to athletes in fitness center

Recreation Associate (May 2017 – January 2018)

Meridian Village Senior Living
Glen Carbon, IL

- Developed/administered fitness plans
- Trained residents in fitness center
- Trained residents in aquatic area

Personal Trainer (Spring 2016, Spring 2017)

Fit into Health Program (Undergraduate)
Taylor University, Upland, IN

- Designed fitness protocols/exercises for members of the Upland community
- One on one sessions with members of the Upland community

Grants

Funded:

Project Role: Technical Support (Evaluator). Principal Investigator: Alaska Black Caucus (Celeste Hodge Growden). “Expanding Access to Health for Black Alaskans: Outreach, Education, and Treatment.” *State of Alaska Healthy and Equitable Communities, Municipality of Anchorage*. (2024). \$155,614.

Project Role: Principal Investigator. “Engaging Clergy and Congregants as Citizen Scientists to Promote Health and Well-Being Within Faith-Based Communities.” *Mountain West Clinical and Translation Infrastructure Network (MW CTR-IN) Community-Engaged Research Pilot Grant*. (2024 - 2025). \$60,000.

Project Role: Principal Investigator. “In-depth perspectives of faith community nurses delivering wholistic care in Alaska.” *Faculty Development Award, University of Alaska Anchorage*. (2023). \$3,000.

Project Role: Principal Investigator. "Evaluation of a Citizen Science Approach to Promote Health and Well-Being with Faith Based Communities." *Department of Health, State of Alaska Physical Activity and Nutrition Unit*. (2023-2025). \$50,000.

Project Role: Principal Investigator. Faculty Development Travel Award. *University of Alaska Anchorage, United Academics (UNAC)*. 2023. \$2,500.

Under Review:

Publications

Published:

San Diego, E.R.N., **West, N.T.**, Pichon, L.C., Jiang, Y., Powell, T.W., Rugless, F., Lewis, J., Campbell, B., McCann, L., McNeal, S., & Harmon, B.E. (2024). Associations between sociodemographic variables, social determinants of health, and diabetes: Findings from a Congregational Health Needs Assessment. *American Journal of Health Promotion*. <https://doi.org/10.1177/08901171241237016>

Harmon, BE, Nelson, J, **West, NT**, Webb, B, Webster, K, Webster, T, Case, T, Leach, C. Establishing the Reliability and Validity of the Caring Factor Survey-Caring for Self among Protestant Clergy. *Pastoral Psychology*. 2024. <https://doi.org/10.1007/s11089-023-01121-8>

West NT, Harmon BE, Case T, Huey M, Webb BL, Nelson J, Webster KH, Webster TA, Leach CH. A Scoping Review of Self-Care Within the Context of Obesity-Related Outcomes Among Faith Leaders. *American Journal of Health Promotion*. 2023. <https://doi.org/10.1177/08901171231204669>

West NT, Harmon BE, Rawlett KE, et al. Perceptions of mindfulness practices as a support for individuals managing caregiving responsibilities and chronic disease: A qualitative study. *Chronic Illness*. 2023. doi:[10.1177/17423953231170401](https://doi.org/10.1177/17423953231170401)

West NT, Pichon LC, Ward KD, San Diego ERN, Ray M, Rugless F, Powell TW, Campbell B, Lewis JC, McCann L, McNeal S, Harmon BE. (2023). Perceived Health Needs of Church Leaders and Members: A Secondary Data Analysis of the Mid-South Congregational Health Survey. *Health Promotion Practice*. doi:[10.1177/15248399231160158](https://doi.org/10.1177/15248399231160158).

Harmon BE, **West NT**, Webb BL, Johnson BM, Smith S. (2023). Fit with Faith: An exploratory study examining a behavior change intervention for African-American clergy and their spouses. *Journal of Religion and Health*. doi.org/10.1007/s10943-023-01820-9. PMID: NA

Rawlett K, **West NT**, Harmon BE, Short SJ, Smith JM, Dragan A, Shelley M, Kimble K, Mathews, Puett R. (2023) Sustaining Community-Engaged Public Health Research during the COVID-19 Pandemic and Beyond. *International Journal of Nursing and Health Care Science*. 03(05): 2023-205

Harmon BE, Strayhorn SM, **West NT**, Schmidt M, Webb BL, Grant L, Smith S. Strategies for Designing Clergy and Spouse Obesity-Related Programs. *American Journal of Health Promotion*. 2020. doi:[10.1177/0890117120960574](https://doi.org/10.1177/0890117120960574)

Harmon BE, Leak CL, Zhan, H, **West NT**, & Nigg CR. (2022). Examination of Associations between Physical Activity and Eating Identities among College-aged Adults Living in Hawai'i. *Hawai'i Journal of Health & Social Welfare*, 81(6), 162–168.

Harmon BE, San Diego ERN, Pichon LC, Powell TW, Rugless F, **West NT**, Minor L, McNeal S, McCann L, Hales LS, Davis R, Lewis J. (2022). Congregational Health Needs by Key Demographic Variables: Findings from a

Congregational Health Needs Assessment Tools. *Evaluation and Program Planning*.
doi.org/10.1016/j.evalprogplan.2022.102138

Submitted for Review:

Harmon BE, San Diego ERN, **West NT**, Zhang H, Lim U, Boushey C, Monroe KR, Wilkens L, Le Marchand L. Associations of Cardiometabolic-Weight Categories with Lifestyle Behavior Clusters in the Multiethnic Cohort. Journal: *JAND*

In Preparation:

West NT, Kiker L, Bateman BR. In-depth perspectives of faith community nurses delivering wholistic care in Alaska. Journal: TBD

West NT, Ward KD, Pichon LC, Harmon BE, Lewis J, Lugemwa T, Faizah F. Clergy perceptions of physical activity across the stages of change: A qualitative study guided by the Transtheoretical Model. Journal: *TBD*

Leak C, **West NT**, Harmon B. Individual, Social, and Physical Environment Influences on Adolescent Fruit and Vegetable Intake. Journal: *TBD*

San Diego ERN; **West NT**; Ward KD; Pichon LC; Harmon BE. Fatalism, self-care behaviors, and clinical outcomes in individuals with Type 2 Diabetes: A systematic review. Target Journal: *TBD*

Presentations

Refereed:

West NT, Kiker L, Bateman BR. (2024). *In-depth perspectives of faith community nurses serving in a Western U.S state: Findings from a healthcare-academic collaboration*. 2024 Providence System Nurse Research Conference, Clinical Inquiry: The Catalyst to Nursing Excellence, Virtual Meeting, poster presentation.

West NT, Case T, Huey M, Webb BL, Nelson J, Webster KH, Webster TA, Leach C, Harmon BE. (2023). *A scoping review of self-care within the context of obesity-related outcomes among faith leaders*. American Public Health Association Annual Meeting, Atlanta, GA, poster presentation.

Harmon BE, Nelson J, Webb BL, Webster KH, Webster TA, **West NT**, Case T, Leach CH. (2023). *Psychometric Testing of a Caring for Self Survey for use with Clergy*, Society of Behavioral Medicine Annual Meeting, Phoenix, AZ, poster presentation.

West NT, Ward KD, Pichon LC, Harmon BE, Lewis J, Lugemwa T, Faizah F. (2023). *Clergy perceptions of physical activity across the stages of change: A qualitative study guided by the Transtheoretical Model*. Society of Behavioral Medicine Annual Meeting, Pheonix, AZ, poster presentation.

Huey M, **West NT**, Hege A, Calvin V, Griffin J, San Diego ERN, Lewis J, Rugless F, Pichon L, Harmon BE (2022). *Prioritized Health Needs for Action Plans Created by Congregations in Memphis, TN*. Society of Behavioral Medicine Annual Meeting, Baltimore, MD, poster presentation.

Puett R, Harmon BE, **West NT**, Short S, Rawlett K, Spanier A, Rosenberg Goldstein R, (2022) *Adapting Mindfulness-Based Interventions for Diverse Populations Managing Chronic Disease: Perspectives of Mindfulness Practitioners and Non-Practitioners*. In Symposium, *Targets for adaptation of mindfulness-based interventions: Culture, modality, and environment*. Society of Behavioral Medicine Annual Meeting, Baltimore, MD.

Harmon, B.E., Nelson, J., Webb, B., Webster, K., Webster, T., **West, N.T.**, Case, T. (2022). Validating the Caring Factor Survey – Caring for Self with clergy, International Association for Human Caring Annual Conference, online poster presentation.

West NT, San Diego ERN, Calvin V, Pichon LC, Ward KD, Ray MA, Rugless F, Lewis J, McNeal S, Campbell B, Hales L, Harmon BE. (October 2021). *Examining self-reported needs of church leaders and church members: A secondary data analysis of the mid-south congregational health survey [accepted]*. Oral presentation at the American Public Health Association annual meeting.

San Diego ERN, **West NT**, Calvin V, Pichon LC, Rugless F, Powell TW, McNeal S, Jiang Y, Lewis J, & Harmon BE. Key Demographic Variables, Social Determinants of Health, and Diabetes: Findings from a Congregational Health Needs Assessment. Abstract accepted at the 2021 American Public Health Association Annual Meeting.

San Diego, ERN, Ward, KD, Pichon, LC, **West, NT**, Harmon, BE. (Abstract accepted). *A systematic review of fatalism and self-care behaviors and clinical outcomes in individuals with Type 2 Diabetes*. Research spotlight presentation at the Society of Behavioral Medicine Annual Meeting (Virtual).

Harmon B, **West NT**, Webb BL, Johnson B, & Smith S. (April 2020). Fit with Faith [*accepted*]. Poster Presentation at Society of Behavioral Medicine: 41st Annual Meeting & Scientific Sessions, San Francisco, CA, United States.

West NT, Webb BL. Associations between Obesity, Chronic Disease, and Physical Activity among Christian Seminarians (March 2019). Poster Presentation at Society of Behavioral Medicine: 40th Annual Meeting & Scientific Sessions, Washington, DC, United States.

Non-Refereed:

West NT, Kiker L, Bateman BR. (2024). *In-depth perspectives of faith community nurses serving in a Western U.S state: Findings from a healthcare-academic collaboration*. 2024 Providence “Research and Information Poster Session” at Western Institute of Nursing: Health and Equity in Changing Environmental and Social Climates, Salt Lake City, Utah, poster presentation.

West NT, Kiker L, Bateman BR. In-depth perspectives of faith community nurses serving in Alaska: Preliminary findings from a healthcare-academic collaboration (October 2023). Alaska Caregiver Research and Clinical Inquiry Council (ACRCIC). Anchorage, AK.

West NT, Webb BL. Associations between Obesity, Chronic Disease, and Physical Activity among Christian Seminarians (April 2019). Poster Presentation at SIUE Exercise and Sport Psychology Poster Session. Edwardsville, IL. [**Awarded “Best Poster Presentation”**]

West NT, Webb BL. *Associations between Obesity, Chronic Disease, and Physical Activity among Christian Seminarians* (April 2019). Poster Presentation at SIUE Graduate School Research Symposium. Edwardsville, IL.

Community Service

Alaska’s State Health Improvement Plan (Healthy Alaskans 2030)

Advisory Team: Faith-Based Organizations

Alaska Black Caucus

Health Committee

Healthy Seminarians – Healthy Church

Board of Directors

Academic Service

Faculty Search Committee:

University of Memphis

Reviewed for Journals:

Review of Religious Research

Journal of Research on Christian Education

American Journal of Health Behavior

Health Psychology and Behavioral Medicine: An Open Access Journal

Skills

Statistical Software

- SPSS
- SAS
- NVivo

Professional Service

American Public Health Association Member

Society of Behavioral Medicine