

About Brook Harmon

Dr. Harmon is an Assistant Professor in the Division of Social and Behavioral Sciences at the University of Memphis School of Public Health. She holds a BS in human nutrition, MS in exercise science, PhD in health promotion, education, and behavior, and completed a post-doctoral fellowship in cancer epidemiology at the University of Hawai'i Cancer Center. She is also a Registered Dietitian and holds a certificate in Gerontology. Before earning her doctorate, she served as the Director of Dietary Interventions for nearly 6 years at the Cancer Prevention and Control Program at the University of South Carolina. Dr. Harmon uses the application of Community-Based Participatory Research practices to work with faith-based communities in the development and implementation of health promotion and disease prevention programs. Much of her work includes partnering with African-American churches to promote health through culinary and physical activity skills training as well as research on leadership and environmental factors that influence healthy behaviors.

Education

- Post-Doctoral Fellowship, Cancer Epidemiology Program, University of Hawai'i Cancer Center
- PhD, Health Promotion, Education, and Behavior, Arnold School of Public Health, University of South Carolina
- Certificate of Study, Gerontology, University of South Carolina
- MS, Exercise Science, Arnold School of Public Health, University of South Carolina
- BS, Human Nutrition, Winthrop University

Research Interests

- Community-based participatory research (particularly with faith-based partners)
- Nutrition and physical activity behavior change
- Obesity and chronic disease prevention
- Influence of health messaging and social networks on behavior change

Honors

- 2016 – Fellow of the Academy of Nutrition and Dietetics
- *Journal of Nutrition* Volume 147, Issue 3 Editor's Pick - The Dietary Inflammatory Index is associated with colorectal cancer risk in the Multiethnic Cohort. *Journal of Nutrition*
- "One of the most impactful publications in 2015" - Lifestyle and Cardiometabolic Health Council of the American Heart Association - Associations of key diet quality indexes with mortality in the Multiethnic Cohort: The Dietary Patterns Methods Project
- Society of Behavioral Medicine 2015 Annual Meeting, Citation Abstract
 - **Harmon, B.E.**, Nigg, C.R., Martin Ginis, K., Motl, R., Dishman, R. (April, 2015). Temporal sequencing of behavior change constructs in the transtheoretical model. San Antonio, TX (poster presentation)

Publications

1. **Harmon, B.E.** (2017). Rethinking physical activity for children: Implications for the working poor. *Translational Behavioral Medicine*, 7(1), 69-71. doi: 10.1007/s13142-017-0467-3
2. **Harmon, B.E.**, Wirth, M.D., Boushey, C.J., Wilkens, L.R., Draluck, E.*, Shivappa, N., Steck, S.E., Hofseth, L., Haiman, C.A., Le Marchand, L., Hebert, J.R. (2017). The Dietary Inflammatory Index is associated with colorectal cancer risk in the Multiethnic Cohort. *Journal of Nutrition*, 147(3), 430-438. doi: 10.3945/jn.116.242529
3. Shvetsov, Y., **Harmon, B.E.**, Ettienne, R., Wilkens, L.R., Le Marchand, L., Kolonel, L.N., Boushey, C.J. (2016). The influence of energy standardization on the Alternate Mediterranean diet score and its association with mortality in the Multiethnic Cohort. *British Journal of Nutrition*, 116(9), 1592-1601. doi: 10.1017/S0007114516003482.
4. **Harmon, B.E.**, Forthofer, M., Bantum, E.O., Nigg, C.R. (2016). Perceived influence and college students' diet and physical activity behaviors: an examination of ego-centric social networks. *BMC Public Health*, 16(1). doi: 10.1186/s12889-016-3166-y. Martinez, Y.*, **Harmon, B.E.**, Nigg, C.R., Bantum, E., Strayhorn, S.* (2016). Diet and physical activity intervention strategies for college students. *Health Behavior and Policy Review*, 3(4), 336-341. doi: 10.14485/HBPR.3.4.5.
5. **Harmon, B.E.**, Chock, M.*, Brantley, E.*, Wirth, M.D., Hebert, J.R. (2016). Disease messaging in churches: Implications for health communication in African-American communities. *Journal of Religion and Health*, 55(4), 1411-1425. doi: 10.1007/s10943-015-0109-3.
6. Maskarinec G., **Harmon B.E.**, Little, M.A., Ollberding, N.J., Kolonel, L.N., Henderson, B.E., Le Marchand, L., Wilkens, L. (2015). Excess body weight and colorectal cancer survival: The Multiethnic Cohort. *Cancer Causes and Control*, 26(12), 1709-1718. doi: 10.1007/s10552-015-0664-7.
7. **Harmon, B.E.**, Smith, N.*, Pirkey, P.*, Beets, M.W., Blake, C.E. The impact of culinary skills training on the dietary attitudes and behaviors of children and parents. (2015). *American Journal of Health Education*, 46(5), 283-292. doi: 10.1080/19325037.2015.1056862.
8. **Harmon, B.E.**, Boushey, C.J., Shvetsov, Y.B., Ettienne, R., Wilkens, L.R., Le Marchand, L., Henderson, B.E., Kolonel, L.N. (2015). Associations of key diet quality indexes with mortality in the Multiethnic Cohort: The Dietary Patterns Methods Project. *American Journal of Clinical Nutrition*, 101(3), 587-597, doi: 10.3945/ajcn.114.090688
9. Jacobs, S., **Harmon, B.E.**, Boushey, C.J., Morimoto, Y., Wilkens, L.R., Le Marchand, L., Kröger, J., Schulze, M.B., Kolonel, L.N., Maskarinec, G. (2015). A priori-defined Diet Quality Indexes and Risk of Type 2 diabetes: The Multiethnic Cohort. *Diabetologia*, 58:98-112.
10. **Harmon, B.E.**, Little, M.A., Woekel, E.D., Ettienne, R., Long, C., Wilkens, L.R., Le Marchand, L., Henderson, B.E., Kolonel, L.N., Maskarinec, G. (2014). Ethnic Differences and Predictors of Colonoscopy, Prostate-Specific Antigen, and Mammography Screening Participation in the Multiethnic Cohort. *Cancer Epidemiology*, 38(2):162-7, doi: 10.1016/j.canep.2014.02.007

11. **Harmon, B.E.**, Nigg, C., Long, C., Amato, K., Anwar, M., Kutchman, E., Anthamatten, P., Browning, R., Brink, L., Hill, J. (2014). What matters when children play: Influence of Social Cognitive Theory and perceived environment on levels of physical activity among elementary-aged youth. *Psychology of Sport and Exercise*, 15: 272-279, doi: 10.1016/j.psychsport.2014.02.001
12. **Harmon, B.E.**, Kim, S., Blake, C.E., Hebert, J.R. (2014). Health care information in African-American churches. *Journal of Health Care for the Poor and Underserved*, 25(1):242-56. doi: 10.1353/hpu.2014.0047.
13. **Harmon, B.E.**, Blake, C.E., Thrasher, J.F., Hebert, J.R. (2013). An evaluation of diet and physical activity messaging in African-American churches. *Health Education & Behavior*, 41(2), 216 – 224, doi: 10.1177/1090198113507449
14. **Harmon, B.**, Morimoto, Y., Beckford, F., Franke, A.A., Stanczyk, F.Z., Maskarinec, G. (2013). Oestrogen levels in serum and urine of premenopausal women eating low and high amounts of meat. *Public Health Nutrition*, 19:1-7.
15. **Harmon, B.E.**, Blake, C.E., Armstead, C.A., Hebert, J.R. (2013). Intersection of identities: Food, role and the African-American pastor. *Appetite*, 67(1): 44-52. doi: 10.1016/j.appet.2013.03.007.
16. **Harmon, B.E.**, Adams, S.A., Scott, D., Gladman, Y.S., Ezell, B., Hebert J.R. (2013). Dash of Faith: A faith-based participatory research pilot study. *Journal of Religion and Health*. doi: 10.1007/s10943-012-9664-z. PMCID: PMC 3773027

Info on Picture of Research:

These students worked with Dr. Harmon on a recent project: Living Healthy Summer Camp, funded by the Memphis Research Consortium. University of Memphis MPH and PhD students helped conduct a summer camp aimed at helping children in Memphis learn skills related to cooking, eating healthy, and being physically active.

*Cardella Leak, PhD Candidate in Social and Behavioral Sciences

*Shaila Strayhorn, PhD Candidate in Social and Behavioral Sciences

*Andrew Carter, PhD Candidate in Health Communications

*Danielle Ivy, Masters of Public Health Candidate

*Brandi Williams, Bachelor of Science Candidate in Dietetics

Andrea Jacobo, Masters of Public Health Candidate

Obrenka Thompson, Masters of Public Health Candidate

Kristin Malone, Masters of Public Health Candidate

Fatima Escobar, Bachelor of Science Candidate in Natural Science, Christian Brothers

University student

Jessica Dominguez, Christian Brothers University student

*in picture