

CURRICULUM VITAE

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EDUCATION

DEGREE	INSTITUTION	DATE	MAJOR
Certificate	New York Botanical Garden	2023	Urban Naturalist
PhD	University of Minnesota School of Public Health, Minneapolis, MN	2000	Behavioral Epidemiology
MPH	Joseph L. Mailman School of Public Health, Columbia University, New York, NY	1996	Population and Family Health
MA	Columbia University, New York, NY	1992	English
BA	University of Bridgeport, Bridgeport, CT	1990	English

PROFESSIONAL EXPERIENCE

<i>Full Professor with tenure</i> , Department of Public Health (est. 7/1/2016), formerly Department of Health and Nutrition Sciences, Montclair State University	2015-present
<i>Deputy Chair</i> , Department of Public Health, Montclair State University	2020-present
<i>Founding Chair</i> , Department of Public Health (est. 7/1/2016), formerly Department of Health and Nutrition Sciences, Montclair State University	2012-2020
<i>Associate Professor with tenure</i> , Department of Health and Nutrition Sciences, Montclair State University.	2010-2015
<i>Assistant Professor</i> , Department of Health and Nutrition Sciences, Montclair State University.	2005-2010
<i>Assistant Professor</i> , Division of Prevention & Health Behavior, Department of Public Health, Weill Medical College of Cornell University.	2003-2005
<i>Assistant Professor of Public Health in Pediatrics</i> , (secondary appointment) Department of Pediatrics, Weill Medical College of Cornell University.	2005
<i>Research Associate</i> , (2000-2003) and <i>Research Assistant</i> (1997-2000), Division of Epidemiology, School of Public Health, University of Minnesota.	1997-2003
<i>Research Assistant</i> , Center for Population and Family Health, School of Public Health, Columbia University.	1994-1997
<i>Director of Volunteers</i> , The Big Sisters, Inc. New York, NY.	1993-1994
<i>Counselor and Health Educator</i> , Choices Women's Medical Center, Queens, NY.	1992

TEACHING***Courses***

HLTH 200 – Introduction to Public Health
HLTH 204 – Social and Behavioral Aspects of Health
HLTH 290 – Human Sexuality
HLTH 325 – Program Planning
HLTH 330 – Foundations of Health Education
HLTH 397 – Introduction to Internship and Professionalism
HLTH 430 – Health Counseling
HLTH 504 – Behavioral and Social Science in Health
HLTH 528 – Program Planning & Evaluation
HLTH 533 – Behavioral Aspects of Diet, Activity & Health
HLTH 565 – Foundations of Epidemiology
HLTH 577 – Selected Topics: Promoting Adolescent Physical Activity
HLTH 601 – Research Seminar in Health
HLTH 606 – Culminating Seminar

Programmatic Leadership

Deputy Chair, Department of Public Health, 2020-present.
Inaugural Chair, Department of Public Health, 2016-2020
Chair, Department of Health & Nutrition Sciences, 2012-2016.
Graduate Program Coordinator, MPH in Community Health Education, 2009 - 2012.

Master's (MS) Thesis Committee Member

Marissa Burgermaster, Disseminating evidence-based information about nutrition to practitioners, 2012.

Doctoral Dissertation Committee Member

Oyindamola Fadipe. Awareness of lead toxicity in developing countries: A case study of policy makers in Nigeria. Current student.

John F. Gunn, III. Suicide in younger and older adults: a comparison of two theoretical models for suicide. Graduated May 2019.

SCHOLARSHIP, PUBLICATIONS AND RELATED ACTIVITIES***Peer-Reviewed Articles***

Silvera SAN, Birnbaum AS, Goldfarb ES, Mainali R, Lieberman LD. Depressive symptoms, campus connectedness, and campus climate related to sexual violence and misconduct. *Youth*. 2026; 6(1):38. <https://doi.org/10.3390/youth6010038>

Silvera SAN, Goldfarb E, Birnbaum AS, Lieberman LD. Is it rape or consent? College men just don't know. *Int J Environ Res Public Health*, 2026;23(1):38. doi:10.3390/ijerph23010038

Silvera SAN, Goldfarb E, Birnbaum AS, Kaplan A, Bavaro J, Guzman M, Lieberman L. Racial and ethnic differences in perceptions of campus climate related to sexual violence, Journal of American College Health, 2022. DOI: 10.1080/07448481.2022.2054277

Hand RK, Birnbaum AS, Carter BJ, Medrow L, Stern E, Brown K. The RD Parent Empowerment Program creates measurable change in the behaviors of low income families and children: An intervention description and evaluation. Journal of the Academy of Nutrition and Dietetics, 2014;114(12):1923-31.

Fives H, Huebner W, Birnbaum AS, Nicolich M. Developing a measure of scientific literacy for middle school students. Science Education, 2014;98(4):549-580.

Birnbaum AS, Linver MR. Adolescent physical development and health. In Adolescent Development and School Achievement in Urban Communities: Resilience in the Neighborhood. Creasy G, Jarvis P, eds. NY: Routledge, 2012: 53-64.

Goeke J, Klein EJ, Garcia-Reid P, Birnbaum AS, Brown TL, DeGennaro D. Deepening roots: building a task-centered peer mentoring community. Feminist Formations (formerly National Women's Studies Association Journal), 2011;23(1):212-234.

Evenson KR, Murray D, Birnbaum AS, Cohen DA. Examination of perceived neighborhood characteristics and transportation on changes in physical activity and sedentary behavior: The trial of activity in adolescent girls. Health and Place, 2010;16(5):977-985.

Nichols TR, Birnbaum AS, Bryant K, Botvin GJ. Lunchtime practices and problem behaviors among multi-ethnic urban youth. Health Education and Behavior, 2009;36(3):570-582.

Evenson KR, Motl RW, Birnbaum AS, Ward DS. Measurement of perceived school climate for active travel in children. American Journal of Health Behavior, 2007;31(1):86-97.

Evenson KR, Birnbaum AS, Bedimo-Rung AL, Sallis JF, Voorhees CC, Ring K, Elder JP. Girls' perception of physical environmental factors and transportation: reliability and association with physical activity and active transport to school. International Journal of Behavioral Nutrition and Physical Activity, 2006;3:28:1-16.

Lytle LA, Kubik MY, Perry CL, Story M, Birnbaum AS, Murray DM, Snyder P. Influencing healthful food choices in school and home environments: Results from the TEENS study. Preventive Medicine, 2006;42(1):8-13.

Motl RW, McAuley E, Birnbaum AS, Lytle LA. Naturally occurring changes in time spent watching television are inversely related to frequency of physical activity during early adolescence. Journal of Adolescence, 2006;29(1):19-32.

Phillips GA, Shadish WR, Murray DM, Kubik M, Lytle LA, Birnbaum AS. The Center for Epidemiologic Studies Depression Scale with a young adolescent population: a confirmatory factor analysis. Multivariate Behavioral Research, 2006;41(2):147-163.

Nichols TR, Birnbaum AS, Birnel S, Botvin GJ. Perceived smoking environment and smoking initiation among multi-ethnic urban girls. Journal of Adolescent Health, 2006;38:369-375.

Staten LK, Birnbaum AS, Jobe JB, Elder JP. A typology of middle school girls: audience segmentation related to physical activity. Health Education and Behavior, 2006;33(1):66-80.

Griffin KW, Nichols TR, Birnbaum AS, Botvin GJ. Social competence among urban minority youth entering middle school: Relationships with alcohol use and antisocial behaviors. International Journal of Adolescent Medicine and Health, 2006;18(1):97-106.

Dishman RK, Motl RW, Sallis JF, Dunn AL, Birnbaum AS, Welk GJ, Bedimo-Rung AL, Voorhees CC, Jobe JB. Self-management strategies mediate self-efficacy and physical activity. American Journal of Preventive Medicine, 2005;29(1):10-18.

Birnbaum AS, Evenson KR, Motl RW, Dishman RK, Voorhees CC, Sallis JF, Elder JP, Dowda M. Scale development for perceived school climate for girls' physical activity. American Journal of Health Behavior, 2005;29(3):250-257.

Voorhees CC, Murray DM, Welk G, Birnbaum AS, Pfeiffer KA, Johnson CC, Saksvig B, Jobe JB. The role of peer social network factors and physical activity in adolescent girls. American Journal of Health Behavior, 2005;29(2):183-190.

Carter BJ, Birnbaum AS, Hark L, Vickery B, Potter C, Osborne MP. Using media messaging to promote healthy eating and physical activity among urban youth. Journal of Nutrition Education and Behavior, 2005;37(2): 98-99.

Blitstein JL, Murray DM, Lytle LA, Birnbaum AS, Perry CL. Predictors of violent behavior in an early adolescent cohort: similarities and differences across genders. Health Education and Behavior, 2005;32(2):175-194.

Motl RW, Dishman RK, Birnbaum AS, Lytle LA. Longitudinal invariance of the Center for Epidemiologic Studies Depression Scale among girls and boys in middle school. Educational and Psychological Measurement, 2005;65(1):90-108.

Krizek KJ, Birnbaum AS, Levinson DM. A schematic for focusing on youth in investigations of community design and physical activity. American Journal of Health Promotion 2004;19(1):33-38.

Motl RW, Birnbaum AS, Kubik MY, Dishman RK. Naturally occurring changes in physical activity are inversely related to depressive symptoms during early adolescence. Psychosomatic Medicine 2004, 66:336-342.

Lytle LA, Murray DM, Perry CL, Story M, Birnbaum AS, Kubik MY, Varnell S. School-based approaches to affect adolescents' diets: Results from the TEENS study. Health Education and Behavior 2004; 31(2):270-287.

Janega JB, Murray DM, Varnell SP, Blitstein JL, Birnbaum AS, Lytle LA. Assessing intervention effects in a school-based nutrition intervention trial: which model is best? Health Education and Behavior, 2004;31(6):756-774.

Janega JB, Murray DM, Varnell SP, Blitstein JL, Birnbaum AS, Lytle LA. Assessing the most powerful analysis method for school-based intervention studies with alcohol, tobacco and other drug outcomes. Addictive Behaviors 2004;29(3):595-606.

Birnbaum AS, Lytle LA, Hannan PJ, Murray DM, Perry CL, Forster JL. School functioning and violent behavior among young adolescents: a contextual analysis. Health Education Research, 2003;18(3):389-403.

Birnbaum AS, Lytle LA, Perry CL, Murray D, Story M. Developing a school functioning index for middle schools. Journal of School Health, 2003;73(6):232-238.

Boutelle KN, Birnbaum AS, Lytle LA, Murray DM, Story M. Associations between perceived family meal environment and parent intake of fruit, vegetables and fat. Journal of Nutrition Education and Behavior 2003 Jan-Feb;35(1):24-9.

Kubik MY, Lytle LA, Birnbaum AS, Murray DM, Perry CL. Prevalence and correlates of elevated depressive symptoms in young adolescents. American Journal of Health Behavior, 2003;27(5):546-553.

Lytle LA, Varnell S, Murray DM, Story M, Perry CL, Birnbaum AS, Kubik MY. Predicting adolescents' intake of fruits and vegetables. Journal of Nutrition Education and Behavior 2003; 35(4):170-175.

Sidebottom AC, Birnbaum AS, Nafstad SS. Decreasing barriers for teens – evaluation of a new teen pregnancy prevention strategy in school-based clinics. American Journal of Public Health 2003;93(11):1890-1892.

Birnbaum AS, Lytle LA, Murray DM, Story M, Perry, CL, Boutelle KN. Survey development to assess correlates of young adolescents' eating. American Journal of Health Behavior, 2002;26(4):284-295.

Birnbaum AS, Lytle LA, Story M, Perry CL, Murray DM. Are differences in exposure to a multicomponent school-based intervention associated with varying dietary outcomes in adolescents? Health Education and Behavior, 2002;29(4):427-443.

- Abstracted in: Frenn, M. Peer leaders and adolescents participating in a multicomponent school based nutrition intervention had dietary improvements. Evidence Based Nursing 2003;6(2):427-443.

Schmitz KH, Lytle LA, Phillips GA, Murray DM, Birnbaum AS, Kubik MY. Psychosocial correlates of physical activity and sedentary leisure habits in young adolescents: the TEENS study. Preventive Medicine 2002;34:266-278.

Story M, Lytle LA, Birnbaum AS, Perry CL. Peer-led school-based nutrition education for young adolescents: feasibility and process evaluation results from the TEENS study. Journal of School Health 2002;72(3):121-127.

Boutelle KN, Lytle LA, Murray DM, Story M, Birnbaum AS. Perceptions of the family mealtime environment and adolescent mealtime behavior: do adults and adolescents agree? Journal of Nutrition Education 2001;33(3):128-133.

Murray DM, Phillips GA, Birnbaum AS, Lytle LA. Intraclass correlation for measures from a school-based nutrition intervention study: estimates, correlates and applications. Health Education and Behavior 2001;28(6):666-679.

Lytle LA, Birnbaum AS, Boutelle KN, Murray DM. Wellness and risk communication from parent to teenager: the "Parental Energy Index." Health Education 1999;5:207-214.

Manuscripts Under Peer Review

Birnbaum AS. The Sequential Epidemiology Project: A scaffolded, sustainable approach to building epidemiology competencies in diverse MPH cohorts. Under review for Pedagogy in Health Promotion, Manuscript ID: PHP-26-0010.

Ofrane R, Canada T, Birnbaum AS. The Health Communications Assessment Checklist: A teaching tool for uncovering bias in the age of AI. Under review for Pedagogy in Health Promotion, Manuscript ID: PHP-25-0141.

Navarro Silvera, SA, Birnbaum AS, Goldfarb ES, Mainali R, Lieberman LD. Depressive symptoms, campus connectedness, and campus climate related to sexual violence and misconduct. Under review for Youth, Manuscript ID: youth-4065710.

Non-Refereed Journal Articles

Rivera MD, Birnbaum AS. Health promotion practice and the road ahead: Addressing enduring gaps and encouraging greater practice-to-research translation. Health Promotion Practice, 2010;11(6):779-83.

Smith K, Birnbaum AS. Small grants can have a big impact. NJAHPERD Reporter 2009;80(1):65-66.

Nichols TR, Birnbaum AS. Why Girls? The importance of developing gender-specific health promotion programs for adolescent girls. Harvard Health Policy Review 2005;6(1):48-56.

Book Reviews

Birnbaum AS. Educational Material Review: "The Rules of 'Normal' Eating" by Karen R. Koenig. Journal of Nutrition Education and Behavior 2006;38(1):66-67.

Birnbaum AS. Educational Material Review: "Breakfast: Most Important Meal of the Day" by Meridian Education Corporation. Journal of Nutrition Education and Behavior 2003;35(6):344-345.

Scholarly Presentations

*denotes student author/presenter

Silvera SAN, Birnbaum AS, Lieberman L, Goldfarb E. Cisgender heterosexual college men still don't understand consent: The need to address potential perpetrators through comprehensive, K-12 gender-transformative education. Oral presentation at American Public Health Association annual meeting, November 2025.

Hernandez Y*, Shultz C, Patel B, Birnbaum AS. What do families with young children value about an organization that helps them connect their kids with nature? Poster presentation at American Public Health Association annual meeting, November 2025.

Silvera SAN, Birnbaum AS, Lieberman L, Goldfarb E. Cisgender heterosexual college men still don't understand consent: The need to address potential perpetrators through comprehensive, K-12 gender-transformative education. Oral presentation at American Public Health Association annual meeting, November 2025.

Birnbaum AS, Broderick A, Benoit C, Patel B*. Menopause and autism: Towards a public health framework. Poster presentation at American Public Health Association annual meeting, October 2024.

Liu S., Birnbaum AS. Describing the mental health status of neurodivergent older Americans. Poster presentation at American Public Health Association annual meeting, October 2024.

Silvera S, Lieberman L, Birnbaum AS, Goldfarb E. Changes in college students' perceptions of an institution's role, responsibility, and response concerning unwanted sexual experiences on campus. Poster presentation at American Public Health Association annual meeting, October 2024.

Silvera S, Birnbaum A, Hernandez Y. Exploring food choices of childcare workers in northern New Jersey: Perceptions of shopping at a "high-end" grocery store. Oral presentation at American Public Health Association annual meeting, November 2023.

Birnbaum AS. Could identifying and responding to "species loneliness" help advance a justice- and nature-based public health movement? Poster presentation at SHIFT Summit annual meeting, Bend, OR, September 2023.

Lieberman L, Silvera S, Goldfarb E, Birnbaum A. Have recent cultural shifts affected knowledge of rape, consent, and views of campus sexual assault? results from a five-year study at a large public university. Round table at American Public Health Association annual meeting, November 2023.

Goldfarb E, Lieberman L, Kestler M, Garcia K, Birnbaum AS, Silvera S. Do current efforts at rape prevention reach straight men? Findings from a college survey on rape and consent. Oral presentation at American Public Health Association annual meeting, November 2022.

Silvera S, Birnbaum AS, Lieberman L, Goldfarb E. The changing tide of politics, policy, and social norms and their impact on assessing sexual assault on campus. Poster presentation at American Public Health Association annual meeting, November 2022.

Birnbaum AS, Silvera S. Designing for challenge and success: A course-based approach to the integrative learning experience. Oral presentation at American Public Health Association hybrid annual meeting, Denver, CO and online, October 2021.

Birnbaum AS. The sequential epidemiology project: A semester-long assignment designed to develop epidemiology competencies among students with diverse academic backgrounds and skills. Oral presentation at American Public Health Association virtual annual meeting, October 2020.

Birnbaum AS, Silvera S, Lieberman L, Bavaro J*, Kaplan A*, Goldfarb E. Depression as a correlate of college students' perceptions and experiences of campus climate regarding sexual harassment and assault. Poster presentation at American Public Health Association annual meeting, Philadelphia, PA, November 2019.

Lieberman L, Birnbaum AS, Kaplan A*, Bavaro J*, Biegel J, Pintle A*. Innovative academic-community partnerships to address local policy: Improving healthy food access in the city of Passaic. Oral presentation at American Public Health Association annual meeting, Philadelphia, PA, November 2019.

Kaplan A*, Silvera S, Birnbaum AS, Goldfarb E, Lieberman L. Do sexual minorities experience sexual assault and perceive the campus sexual climate differently than their peers? Oral presentation at American Public Health Association annual meeting, Philadelphia, PA, November 2019.

Lieberman L, Goldfarb ES, Silvera S, Kaplan A*, Birnbaum AS. Beliefs about consent, rape and campus sexual assault climate and experiences: Do gender and sexual orientation play a role? Poster presentation at American Public Health Association annual meeting, Philadelphia, PA, November 2019.

Bavaro J*, Birnbaum AS, Silvera S. "Why do you think that the government doesn't help us to be healthy?" A qualitative analysis of low-wage, childcare workers' food shopping experiences. Oral presentation at American Public Health Association annual meeting, San Diego, CA, November 2018.

Birnbaum AS. Infusing feminist public health principles into academic department leadership. Oral presentation at American Public Health Association annual meeting, San Diego, CA, November 2018.

Silvera S, Goldfarb E, Birnbaum AS, Kaplan A*, Bavaro J*, Lieberman L. How safe do students feel on campus? Differences in perceptions of campus sexual assault climate by race. Oral presentation at American Public Health Association annual meeting, San Diego, CA, November 2018.

Bavaro J*, Birnbaum AS, Silvera S. "It's just... just a certain look that you get sometimes": A qualitative analysis of childcare workers' food shopping experiences. Student Forum Poster, National Conference on Health Disparities, Philadelphia, PA, May 2018.

Birnbaum AS. Developing and applying a leadership presence. Poster presentation at Society of Behavioral Medicine annual meeting, New Orleans, LA, April 2018.

Birnbaum AS, Lieberman LL, Silvera S. Don't flinch: addressing the charged political landscape in the public health classroom. Oral presentation at American Public Health Association annual meeting, Atlanta, GA, November 2017.

Silvera S, Lieberman L, Birnbaum AS, Vonroth T*, Meyer-Pflug R*, Morris S*, Kaplan A*. Combining data with stakeholder collaboration to continually evaluate and improve an MPH program. Oral presentation at American Public Health Association annual meeting, Atlanta, GA, November 2017.

Silvera S, Goldfarb E, Birnbaum AS, O'Halloran K, Kaplan A*, Bavaro J*, Lieberman L. Campus climate survey on sexual assault and harassment: A pilot study. Oral presentation at American Public Health Association annual meeting, Atlanta, GA, November 2017.

Lieberman L, Goldfarb E, Birnbaum AS, O'Halloran K, Kaplan A*, Bavaro J*, Silvera S. Meeting ethical challenges in the development and implementation of a sexual assault campus climate survey. Roundtable presentation at American Public Health Association annual meeting, Atlanta, GA, November 2017.

Bunger EM, Acosta L, Birnbaum AS, Torchio L, Smith K. A step by step guide to collaboratively developing a shared measurement system. Oral presentation at American Evaluation Association annual conference, Chicago, IL, November 2016.

Birnbaum AS, Silvera S, Trusdell MK*, Andrus VJ*. Towards greater understanding of healthy food access among childcare workers. Oral presentation at American Public Health Association annual meeting, Chicago, IL, November 2015.

Birnbaum AS, Silvera S, Andrus VJ*, Trusdell MK*. How salient are race and socioeconomic status in the food shopping experiences of childcare workers of different backgrounds? Poster presentation at American Public Health Association annual meeting, Chicago, IL, November 2015.

Silvera S, Birnbaum AS, Goldfarb E, Lieberman L, Kearney M*, O'Halloran K. Conducting a campus climate survey on sexual assault in the context of human subjects protections: a successful campus effort. Poster presentation at American Public Health Association annual meeting, Chicago, IL, November 2015.

Lieberman L, Goldfarb E, Birnbaum AS, Silvera S, O'Halloran K, Kearney M*. A sexual assault campus climate survey: challenges in development and implementation. Oral presentation at American Public Health Association annual meeting, Chicago, IL, November 2015.

Birnbaum AS, Silvera S. The salience of race in the food shopping experiences of childcare workers of different races. Poster presentation at International Conference on Culinary Arts and Sciences, Montclair, NJ, June 2015.

Berrigan D, Trusdell M*, Birnbaum AS. Active transportation in the health context; Recent research, meetings and challenges. Invited presentation, ACSM/TRB Conference Moving Active Transportation to Higher Ground: Opportunities for Accelerating the Assessment of Health Impacts. April 13 – 14, 2015 Washington DC.

Birnbaum AS, Hand RK, Carter BJ, Medrow L, Brown K. Evaluating the RD Parent Empowerment Program: A pragmatic approach within real-world constraints. Oral presentation at American Public Health Association annual meeting, New Orleans, LA, November 2014.

Bai Y, Birnbaum A, Fly A. High school mentors' perceptions about Veggiecation within HealthCorps: a case study. Poster presentation at Experimental Biology annual meeting, San Diego, CA, April 2014.

Burgermaster M*, Birnbaum AS, Urban JB, Liou D. Concept mapping the dissemination of evidence-based information about nutrition to primary care practitioners. Poster presentation at Society of Behavioral Medicine annual meeting, San Francisco, CA, March 2013.

Fives H, Huebner W, Birnbaum A, Nicolich M. Middle school students' scientific literacy: constructing a measure. Poster presentation at American Educational Research Association annual meeting, Vancouver, British Columbia, April 2012.

Birnbaum AS, Kwiatkowski S*. A strong curriculum and a sense of humor: challenges and opportunities in coordinating a new MPH program. Poster presentation at American Public Health Association annual meeting, Washington, DC, November 2011.

Birnbaum AS, Kessel W, Carter BJ. The Healthy GrandFamilies Initiative: Engaging grandparent caregivers in child obesity prevention. Oral presentation at American Public Health Association annual meeting, Philadelphia, PA, November 2009.

Nichols TR, Birnbaum AS, Birnel S. "If it's just one person and you have a bunch of boys then you're obviously gonna have to walk off the court": Challenges to gender equity in after-school physical activity promotion. Oral presentation at American Public Health Association annual meeting, Philadelphia, PA, November 2009.

Smith KW, Birnbaum AS, Scott P, Stern M, Hara I, Isaacson D, Cherence RA. Team Health TAP: TAPping into local resources to improve program outcomes. Oral presentation at American Public Health Association annual meeting, Philadelphia, PA, November 2009.

Birnbaum AS, Carter BJ, Kessel W. Pediatricians' perspectives on a health promotion program for grandparents. Poster presentation at Society of Behavioral Medicine annual meeting, Quebec, Canada, April 2009.

Birnbaum AS, Nichols TR, Birnel S. Reflecting whose reality? Images of adolescent physical activity in commercial image banks. Poster presentation at Society of Behavioral Medicine annual meeting, Quebec, Canada, April 2009.

Nichols TR, Birnbaum AS, Birnel S. "I Already See the Alienation Coming and It's Like...Oh My God She's Getting Ready to Hate Me" Poster presentation at Society for Research on Adolescents annual meeting, Chicago, IL, March 2008.

Goeke J, Klein EJ, Garcia-Reid P, Birnbaum AS, Brown TL, DeGennaro D. Building a task-centered community to support female scholars' transitions to faculty roles: Support and

accountability for work-life balance. Oral presentation at American Educational Research Association annual meeting, New York, NY, March 2008.

Birnbaum AS, Nichols TR, Birnel S, Mahadeo M. What makes physical activity fun for urban adolescents? Listening to youth and opening Pandora's Box. Oral presentation at American Public Health Association annual meeting, Washington, DC, November 2007.

Birnbaum AS, Nichols TR, Birnel S, Shefchik M. Refining a physical activity promotion model through formative evaluation: The Good Fit Project for multiethnic urban adolescents. Oral presentation at American Public Health Association annual meeting, Washington, DC, November 2007.

Birnel S, Birnbaum AS, Nichols TR, Mahadeo M. Applying Durkheim's theory of solidarity to health promotion for multiethnic youth. Poster presentation at American Public Health Association annual meeting, Washington, DC, November 2007.

Nichols TR, Birnbaum AS, Birnel S, Durham DD. Lived mothering: Examining how daily caregiving affects health among working-class women. Poster presentation at American Public Health Association annual meeting, Washington, DC, November 2007.

Nichols TR, Birnbaum AS, Birnel S, Mahadeo M. Motivating adolescents to be physically active: After-school program providers' perceptions of gender and class constraints. Oral presentation at American Public Health Association annual meeting, Washington, DC, November 2007.

Shefchik M*, Birnbaum AS, Birnel S, Nichols TR. Representations of adolescent eating in commercial image banks. Poster presentation at American Public Health Association annual meeting, Washington, DC, November 2007.

Birnbaum AS, Nichols TR, Birnel S. "The thing that made it fun was because we're all really bad...": Gender perspectives on physical activity experiences among young adolescents. Oral presentation at American Public Health Association annual meeting, Boston, MA, November 2006.

Carter BJ, Birnbaum AS, Hark L, Potter C, Osborne M. Healthy Children Healthy Futures: Using media messaging and parent advocacy to promote healthy eating and activities in families. Oral presentation at American Public Health Association annual meeting, Boston, MA, November 2006.

Nichols TR, Birnel S, Miller N, Hyden C, Birnbaum AS. Girls Only: An examination of gender-specific programming for adolescent health promotion. Poster presentation at American Public Health Association annual meeting, Boston, MA, November 2006.

Birnbaum AS, Nichols TR, Birnel S, Shefchik ML*, Hyden C. Perceptions of afterschool program leaders and adolescents on promoting afterschool physical activity. Poster presentation at International Society of Behavioral Nutrition and Physical Activity annual meeting, Boston, MA, July 2006.

Birnbaum AS, Nichols TR, Allen BB*, Griffin KW, Botvin GJ. Adolescents' lunchtime practices throughout the middle school years. Poster presentation at American Public Health Association annual meeting, Philadelphia, PA, December 2005.

Hyden C, Birnbaum AS, Birnel SV, Nichols TR. A new methodology for exploring health images in commercial stock photography. Poster presentation at American Public Health Association annual meeting, Philadelphia, PA, December 2005.

Birnel SV, Nichols TR, Birnbaum AS, Hyden C, Romero ME. High school students' perceptions of adolescent social skill ability. Poster presentation at American Public Health Association annual meeting, Philadelphia, PA, December 2005.

Nichols TR, Birnel SV, Crosson KR, Miller NL, Raymond M, Rodriguez A, Tinyuoe E, Williams J, Hyden C, Birnbaum AS. Smoking Stories: Examining Young Women's Recollections of Their First Smoking Experiences. Poster presentation at American Public Health Association annual meeting, Philadelphia, PA, December 2005.

Nichols TR, Birnbaum AS, Botvin GJ. Lunch practices and drug use among multi-ethnic urban youth. Presentation at American Public Health Association annual meeting, Philadelphia, PA, December 2005.

Birnbaum AS. Opportunities for Trans-Disciplinary Research and Action. Invited panelist at Cornell University College of Human Ecology conference, Ecology of Obesity: Linking Science with Action, Ithaca, NY, June 2005.

Birnbaum AS, Hyden C, Nichols TR, Birnel S. Which adolescents do commercial image banks portray as being physically active? Poster presentation at Society of Behavioral Medicine Annual Meeting, Boston, MA, April 2005.

- Award for Best Visual Presentation.

Nichols TR, Birnbaum AS. Lessons Learned from Training the Next Generation of Prevention Professionals. Poster presentation at Society of Behavioral Medicine Annual Meeting, Boston, MA, April 2005.

Birnbaum AS, Nichols TR, Hyden C, Birnel S. People like me are active and smoke free: audience segmentation for adolescent health messages. Poster presentation at American Public Health Association Meeting, Washington, DC, November 2004.

Birnbaum AS, Nichols TR. Preparing the next generation of prevention researchers: a summer internship case study. Research/Academic Conference Series, Department of Public Health, Weill Medical College of Cornell University, October 2004.

Birnbaum AS, Evenson KR, Motl RW, Dishman RK, Voorhees CC, Sallis JF, Elder JP, Dowda M. Scale development for perceived school climate for girls' physical activity. Poster presentation at International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Washington, DC, June 2004.

Evenson KR, Birnbaum AS, Bedimo-Rung AL, Voorhees CC, Ring K, Sallis JF, Elder JP. Test-retest reliability of girls' perception of environmental factors and transportation for physical activity. Presentation at American College of Sports Medicine Annual Meeting, Indianapolis, IN, June 2004.

Motl R, McAuley E, Birnbaum AS, Lytle LA Relationships Among Longitudinal Changes in Television Watching, Video Game Playing, and Physical Activity During Adolescence. Poster presentation at American College of Sports Medicine Annual Meeting, Indianapolis, IN, June 2004.

Krizek KJ, Birnbaum AS, Levinson DM. A schematic for focusing on youth in investigations of community design and physical activity. Poster presentation at Transportation Research Board Annual Meeting, Washington, DC, January 2004.

Dunn AL, Dishman RK, Motl RW, Sallis J, Birnbaum A, Voorhees C, Jobe J. Do Change Processes Mediate the Influence of Self-Efficacy on Adolescent Girls' Physical Activity? Presentation at North American Association for the Study of Obesity Annual Meeting, Fort Lauderdale, FL, October 2003.

Blitstein JL, Murray DM, Lytle LA, Birnbaum AS, Perry CL. Differences and Similarities in the Predictors of Violent Behavior among Early Adolescent Boys and Girls. Poster presentation at Society for Prevention Research Annual Meeting, Washington, DC, June 2003.

Sidebottom AC, Birnbaum AS, Nafstad SS, Johnson D. Decreasing Barriers for Teens: Evaluation of a New Teen Pregnancy Prevention Strategy in School-Based Clinics. Poster Presentation at American Public Health Association Annual Meeting, Philadelphia, PA, November 2002.

Janega JB, Murray DM, Varnell SP, Lytle LA, Birnbaum AS. A Comparison of Four Analytic Models Applicable to Data from a Nested Cohort Design. Poster Presentation at Society for Prevention Research Annual Meeting, Seattle, WA, May 2002.

Birnbaum AS, Lytle LA, Perry CL, Story M, Murray DM. Rationale and Development of a School Functioning Index for Middle Schools. Poster Presentation at American Public Health Association Annual Meeting, Atlanta, GA, October 2001.

Story M, Lytle LA, Perry CL, Murray DM, Birnbaum AS, Kubik MY, Snyder MP. What is TEENS? The Rationale, Design, and Conceptual Framework for a Middle School-based Nutrition Intervention Study. Presentation at American Public Health Association Annual Meeting, Atlanta, GA, October 2001.

Lytle LA, Perry CL, Story M, Snyder MP, Birnbaum AS, Kubik MY. Making it Happen: The TEENS Multi-level, Multi-Component Nutrition Intervention. Presentation at American Public Health Association Annual Meeting, Atlanta, GA, October 2001.

Birnbaum AS, Lytle LA, Story M, Murray DM, Perry CL, Kubik MY, Snyder MP. What are They Eating Now? Student and Family Outcomes from TEENS. Presentation at American Public Health Association Annual Meeting, Atlanta, GA, October 2001.

Kubik MY, Lytle LA, Story M, Birnbaum AS, Perry CL, Snyder MP. The School Food Environment: Results from the TEENS Study. Presentation at American Public Health Association Annual Meeting, Atlanta, GA, October 2001.

Birnbaum AS, Lytle LA, Murray DM, Kubik MY, Perry CL. Correlates of fighting and violent behavior in young adolescents. Poster presentation at American Public Health Association Annual Meeting, Boston, MA, November 2000.

Lytle LA, Birnbaum AS. Selected results and findings from the Teens Eating for Energy and Nutrition at School Project. Poster presentation at Second Meeting of the Health Promotion Research Branch (National Cancer Institute) Grantees, Washington, DC, September 2000.

Birnbaum AS, Lytle LA, Kubik MY, Story M, Murray DM. Interim results from a school-based study to increase fruit and vegetable intake. Presentation at Society for Nutrition Education Annual Meeting, Charleston, SC, July 2000.

Kubik MY, Lytle LA, Birnbaum AS, Murray DM. Correlates of depressive symptomatology in young adolescents. Presentation at Society for Behavioral Medicine Annual Meeting, Nashville, TN, April 2000.

Phillips GA, Murray DM, Birnbaum AS, Lytle LA. Intraclass correlation for measures from a school-based nutrition intervention study: estimates, correlates and applications. Presentation at Society for Behavioral Medicine Annual Meeting, Nashville, TN, April 2000.

Birnbaum AS, Lytle LA, Boutelle KN, Murray DM. Development of a survey instrument to assess predictors of eating patterns of teens. Presentation at American Public Health Association Annual Meeting, Chicago, IL, November 1999.

Lytle LA, Birnbaum AS, Boutelle KN, Murray DM. Parental energy index: salience of health messages for families of adolescents. Poster Presentation at American Public Health Association Annual Meeting, Chicago, IL, November 1999.

Boutelle KN, Lytle LA, Murray DM, Birnbaum AS, Story M. The influence of mealtime environment on dietary intake in adults and adolescents. Poster Presentation at American Public Health Association Annual Meeting, Chicago, IL, November 1999.

Rowe M, Pauls D, Birnbaum AS, Blaine T, Forster JL. Youth social access to and provision of tobacco: a new course for community interventions. Presentation at Society of Public Health Education Mid-year Conference, Minneapolis, MN, June 1999.

Boutelle KN, Lytle LA, Story M, Perry CL, Birnbaum AS, Gerlach S, Dudovitz B, Smyth M. A school-based nutrition intervention study with adolescents. Poster Presentation at American Public Health Association Annual Meeting, Washington, D.C., November 1998.

Lytle LA, Perry CL, Story M, Snyder MP, Birnbaum AS, Boutelle KN, Gerlach S. Formative evaluation for a junior high nutrition intervention. Presentation at American Public Health Association Annual Meeting, Washington, D.C., November 1998.

Pauls D, Rowe M, Alesci N, Birnbaum AS, Forster JL. Teens talking tobacco. Poster Presentation at American Public Health Association Annual Meeting, Washington, D.C., November 1998.

Birnbaum AS. Methodologic issues in studying the social environment in adolescent health behavior: examples from the TEENS study. Presentation at Student Workshop on Epidemiologic Methods, Society for Epidemiologic Research Annual Meeting, Chicago, IL, June 1998.

Birnbaum AS, Maine D. Why focus on women's health? Poster Presentation at American Public Health Association Annual Meeting, New York, NY, November 1996.

Birnbaum AS, Rosenfield A. Unintended pregnancy, abortion and adolescent pregnancy: an American dilemma. Invited address delivered by Dr. Rosenfield, American Gynecological and Obstetrical Society Annual Meeting, September 1996.

Technical, Administrative and Policy Reports

Sidebottom A, Birnbaum AS, Nafstad SS. Teen Pregnancy Prevention in Minneapolis. Minneapolis Department of Health and Family Support, January 2002.

Maine D, Wardlaw TM, Ward VM, McCarthy J, Birnbaum A, Akalin MZ, Brown JE. Guidelines for Monitoring the Availability and Use of Obstetric Services. 2nd edition. New York: UNICEF, WHO and UNFPA, 1997.

Monterroso E, Ward VM, Birnbaum A, Becker J. Assessment of HIV/STD Activities Technical Capacity and Training Needs of NGOs in Central America. Report of AIDS Action Project of Central America to the US Agency for International Development, October 1996.

GRANTS AND SPONSORED PROJECTS

“Paterson Grow Healthy.” Principal Investigator of Montclair State University Subaward, EPA grant, Rutgers University, Prime, Sara Elnakib, Principal Investigator. September 2019 – June 2020. Subaward \$5000.

“Primary Prevention of Sexual Violence Program Evaluation.” Memorandum of Understanding with New Jersey Department of Children and Families, Division of Women. With Stephanie Silvera. June 2017-January 2019. Awarded \$141,000.

“Eat Play Live...Better Project Coordination.” Principal Investigator. Partners for Health Foundation, 10/12 – 4/16. Awarded \$380,199.

“Exploring Socioeconomic Barriers to Accessing Healthy Foods: A Mixed Methods Study.” Grantee (with Stephanie A. N. Silvera, PhD). Montclair State University Separately Budgeted Research Internal Award, 7/1/12 – 6/30/13. Awarded \$4000.

“Team Health Technical Assistance.” Grantee/Project Director, Mountainside Health Foundation grant GA0033-08, 1/09-6/09. Awarded \$15,874.

“Sight Unseen: Absence and Presence of Racial, Gender, and Body Size Diversity in Commercial Images for Health Promotion and Education.” Awardee, College of Education and Human Services Summer Research Grant, 7/1/07 – 6/30/08. Awarded \$3000.

“Building Community to Support Female Scholars' Transitions to Faculty Roles.” Co-Awardee. MSU Network for Educational Renewal Teacher Study Group Grant, 11/06-06/07. Awarded \$500.

“Involving Adolescents in Physical Activity Promotion.” Principal Investigator. National Cancer Institute Grant 1R21CA109846-01-02, 09/01/04-08/31/07. Awarded \$336,000.

“Building Bridges and Planting Seeds.” Co-Principal Investigator. Cornell University Institute for Social Sciences Grant, 2/15-05-2/14/06. Awarded \$5000.

“Community Characteristics and PA in Adolescent Girls.” Co-Principal Investigator of University of Minnesota Subcontract (RAND Corporation, Prime). National Heart, Lung and Blood Institute Grant 5R01HL071244-03, 8/10/02-7/31/06. (My involvement ended in 2004). Awarded \$153,399.

SELECTED WORKSHOPS AND PRESENTATIONS

Birnbaum AS, Shefchik M. Catching the public eye: Effective use of images in health promotion and media messaging. Inaugural session of Public Health Workforce Development Series, Montclair State University, February 2016.

Birnbaum AS. Promoting physical activity in adolescents. Invited workshop at the MSU Agenda for Education in a Democracy Annual Advance, January 10, 2007.

Birnbaum AS. Obesity and poverty in the United States. Invited seminar presentation, Student Honor Society, United States Merchant Marine Academy, Kings Point, NY, November 16, 2004.

Birnbaum AS. Public health: targeting different populations. Invited workshop presentation at the Student National Medical Association Region IX Annual Conference, Weill Medical College of Cornell University, New York, NY, October 30, 2004.

Birnbaum AS, Nichols TR. Prevention methods for health education. Invited workshop for secondary school health teachers, in collaboration with Weill Graduate School of Medical Sciences Outreach Office. New York, NY October 14, 2004.

Birnbaum AS. Epidemiology in the Middle School Classroom. Invited workshop presentation at Cornell Institute for Biology Teachers, Weill Medical College of Cornell University, New York, NY, April 17, 2004.

AWARDS AND RECOGNITION

Lakay Acces Sante Recognition for Service, 2023.

Society of Behavioral Medicine Leadership Institute Fellow, 2017-2018.

Outstanding Faculty Advisor, NACADA – National Academic Advising Association. Awarded at NACADA annual meeting, Las Vegas, NV, October 2015.

Montclair State University Office of Equity and Diversity Mandela Award for Excellence in Diversity – awarded to the MPH program, October 2014. (Served as founding Graduate Program Coordinator and subsequent Department Chair for MPH program).

Montclair State University Outstanding Academic Advisor – Faculty Advisor category, 2014. (also nominated 2011).

Engaged Teaching Fellows Program, Montclair State University, 2011-2013.

Phi Kappa Phi Honor Society, Montclair State University, 2011.

Physical Activity and Public Health Research Course, Fellow, Park City, UT, 2004.

Behavioral Aspects of Cardiovascular Disease Predoctoral Fellow, Division of Epidemiology, University of Minnesota School of Public Health, 1998-2000.

Society for Epidemiologic Research Annual Meeting, Student Workshop Presenter, Chicago, IL, 1998.

Population and Family Health Award for Academic Excellence, Columbia University, 1996.

SERVICE: MONTCLAIR STATE UNIVERSITY***University Committees***

Graduate Council, 2021-2025

Reviewer, Green Team Internship, PSEG Institute for Sustainability Studies, 2025.

Montclair State University Census Complete Count Committee, 2019-2020.

Committee on University Effectiveness, 2017-2020.

Search committee, Founding Dean for School of Nursing, 2015.

Advisory Group and Faculty Curriculum Committee for School of Nursing, 2015-2017.

Advisory Committee, PhD in Environmental Management, College of Science and Mathematics, 2014-2017.

Interdisciplinary Working Group of the General Education Committee, 2013-14.

Search Committee chair, Associate Dean of the Graduate School, 2011.

Graduate Council, 2008-2012.

- Vice Chair, 2010-2012
- Chair, Graduate Council Curriculum Committee, 2010-2011

College for Community Health (est. 2023) Committees

Dean Search Committee, 2025

Graduate Curriculum Committee

College of Education and Human Services (reorg. 2023) Committees

Search Committee, Associate Dean for Academic Affairs, 2017-18.

Search Committee, Associate Dean for Enrollment Management and External Affairs, College of Education and Human Services, 2016-17.

Search Committee chair, Associate Dean of the College of Education and Human Services, 2015.

Center for Research and Evaluation in Education and Human Services (CREEHS)

- Advisory Board, 2012-present
- Search Committee for Director, 2010-2011.

CEHS Task Force on Advising, 2010-2011.

CEHS Research Committee 2009.

CEHS Advisory Group on Faculty Scholarship 2007 - 2010.

- Co-convenor of Brown Bag Series and Poster Sessions on Faculty Research

CEHS Doctoral Council, 2007-2008.

CEHS Convocation Committee, Spring 2006.

Department Committees

Awards Committee, 2021-present

Graduate Curriculum Committee, Chair, 2020-present.

Department Personnel Action Committee, 2011-2012, 2021-present.

Faculty Search Committee chair or co-chair, 2010-2011, 2011-2012, 2014, 2023, 2024

Faculty Search Committee member, 2005-2006, 2006-2007, 2008-2009.

Graduate Curriculum Committee member, 2009-2012.

SERVICE: EDITORIAL REVIEW***Founding Associate Editor***

Health Behavior and Policy Review (2013-2019)

Associate Editor, Circle of Research and Practice

Health Promotion Practice (2009-2011)

Editorial Board

American Journal of Health Behavior (2006-2018)

International Journal of Behavioral Nutrition and Physical Activity (2012-present)

Reviewer

American Journal of Preventive Medicine

Annals of Behavioral Medicine

Archives of Pediatrics and Adolescent Medicine

Health Education and Behavior

Health Education Research

International Journal of Behavioral Nutrition and Physical Activity

Journal of Nutrition Education and Behavior

Medicine and Science in Sports and Exercise

National Cancer Institute Research Tested Intervention Programs (R-TIPS)

Pediatric Exercise Science

Preventive Medicine

Social Science and Medicine

Reviewer (Textbooks)

Mertens D. Mixed Methods Design in Evaluation. Thousand Oaks: Sage, 2018.

Grembowski D. The Practice of Health Program Evaluation. Second Edition. Thousand Oaks: Sage, 2015.

Wilson DK, Baranowski T, Iannotti RJ, Delamater A. Promoting Healthy Diet and Physical Activity in Children and Adolescents. Thousand Oaks, CA: Sage Publications, 2009.

Pruitt BE, Allegrante JP, Prothrow-Stith D. Health. Boston, MA: Prentice-Hall, 2007.

Friedlander M Jr. Outbreak: The Disease Detectives at Work. Minneapolis, MN: Lerner Publications, 2000.

SERVICE: PROFESSIONAL AND PUBLIC

Board of Directors member, Lakay Acces Sante (nonprofit serving new migrants to NJ), Hillside, NJ, 2023-present.

NJ SNAP-Ed Case Study Advisory Board, convened by Center for Research and Evaluation in Education and Human Services, Montclair State University, 2021-2023.

Board of Managers, South Mountain YMCA, Maplewood, NJ, 2018-2021.

Association of Accredited Public Health Programs (AAPHP), Executive Board member, 2018-2019.

Panelist, “What Are You Doing to Ensure the Health of Your Population?” New Jersey Population Health Summit, NJDOH, Rider University, 2017.

National Academic Advising Association (NACADA) Outstanding Faculty Advisor Awards, Reviewer, 2016, 2017.

New Jersey Health Communities Network, Evaluation Consultant (evaluated via contract with Montclair State University’s Center for Research and Evaluation in Education and Human Services), 2016-2017.

Shared Measures System, Eat. Play. Live...*Better* collective impact initiative, Leadership team member, Montclair, NJ, 2014-2017.

10th International Conference on Culinary Arts and Sciences: Opportunities and Challenges for Food and Eating in Society, Scientific Advisory Board member, Montclair State University, 2015.

Orange Community School Initiative, Orange, NJ, Advisory Board member, 2014-2016.

Academy of Nutrition and Dietetics Guide for Effective Nutrition Interventions and Evaluation (GENIE), Expert Panel member, 2013.

Academy of Nutrition and Dietetics (formerly American Dietetic Association), RD Parent Empowerment Program, Evaluation Consultant, 2011-2014.

“Eat. Play. Live... Better, Montclair” initiative, Partners for Health Foundation, Montclair, NJ, Coordinating Council, 2011-2014.

Bergen County Community Health Improvement Partnership, Bergen County Department of Health Services, Steering Committee member, 2009 - 2012.

National Cancer Institute’s Research Tested Intervention Programs (RTIPs) Reviewer, 2008-present.

Healthy Directions, a 501(c)3 organization focused on obesity prevention in underserved, intergenerational populations, Advisory Board member, 2008-present.

Healthy Lifestyles, Nutrition and Obesity Task Force member, Mountainside Health Foundation, Montclair, NJ, 2008 - 2010.

New Jersey Coordinated School Health Project, Stakeholders Advisory Group, invited member, Trenton, NJ, 2008 - present.

Expert Advisory Panel member, Healthy GrandFamilies Initiative, Healthy Children Healthy Futures, 2008 - present.

Ruckus Nation online competition to develop ideas for new products to promote physical activity in youth, Judge. Sponsored by HopeLab, 2007.

America SCORES, national non-profit after-school soccer and literacy program, National Evaluation Advisory Board member, 2005 - 2006.

National Registry of Effective Programs and Practices reviewer, 2004 - 2008.

Centers for Disease Control and Prevention, School Health Policies and Programs Study (SHPPS) 2006, School Climate Expert Panel member, Washington, DC, September 27, 2004.

Youth Development Issue Advisory Group member, Minnesota Department of Health, 2001.

ASSOCIATION MEMBERSHIPS AND ACTIVITIES

American Public Health Association

- *Conference abstract reviewer*

International Society of Behavioral Nutrition and Physical Activity

- *Conference abstract reviewer*

Society for Public Health Education

Society of Behavioral Medicine

- *Conference abstract reviewer*