

## Education

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2023	Ph.D.	Kinesiology University of Houston, Houston TX <i>Dissertation: A Randomized Controlled Trial of The Impact of a School-based Sport Research Program on Children's Physical Activity, Executive Function, and Academic Achievement</i> Advisors: Tracey Ledoux, Ph.D. & Craig Johnston, Ph.D.
2018	B.S.	Nutrition and Dietetic Hacettepe University, Ankara TR

## Professional Experience

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Research Assistant Professor  
Department of Health and Human Performance  
University of Houston, Houston TX  
2024-Present

Postdoctoral Fellow  
Department of Exercise Science  
Arnold School of Public Health  
University of South Carolina, Columbia SC  
2023-2024

## Research Support

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Investigator	Title:	Summer Employment as a Structured Program to Prevent Obesity in Adolescents
	Role:	Principal Investigator
	Dates:	Pending IRG Review
	Funder:	NIH/NICHD (R21HD124247)
	Award:	\$275,000 in direct costs

Aliye B. Cepni, Ph.D.

Research Assistant Professor

Department of Health and Human Performance, University of Houston

Title: Leveraging Summer Youth Employment Programs to Prevent Obesity in Adolescents: A Proof-of-concept Study  
Role: Pilot Project PI (Center PI – Bettina Beech)  
Dates: 2025-2026  
Funder: NIH/NIMHD (U54MD015946)  
Award: \$44,609 in direct costs

Title: Determining the Role of Advisors in Student Athlete Success  
Role: Principal Investigator  
Dates: 2022-2023  
Funder: The AthLife Foundation, Inc.  
Award: \$10,000 in direct costs

Title: Active Children Enhance Learning and Attention (ACCELERATION)  
Role: Co-Investigator (PI – Craig Johnston)  
Dates: 2021-2023  
Funder: External Donation  
Award: \$150,000 in direct costs

Title: Mentoring High School Student Athletes for Healthy Lifestyles  
Role: Principal Investigator  
Dates: 2021-2023  
Funder: The AthLife Foundation, Inc.  
Award: \$20,000 in direct costs

Project Management Title: Reducing obesity through play: A randomized controlled trial  
Role: Project Manager (PI – Tracey Ledoux)  
Dates: 2024-2025  
Funder: NIH/NICHHD (R01HD114793)  
Award: \$2,704,576 in direct costs

Title: Increasing Low-income Children's Access to Healthy Structured Programming to Reduce Obesity  
Role: Project Manager (PI – R. Glenn Weaver)  
Dates: 2023-2024  
Funder: NIH/NIDDK (R01DK133169)

Aliye B. Cepni, Ph.D.  
Research Assistant Professor  
Department of Health and Human Performance, University of Houston

Award: \$2,225,071 in direct costs

Title: Identifying the ideal dose of structured summer programming for mitigating accelerated summer BMI gain

Role: Project Manager (PI – R. Glenn Weaver)

Dates: 2023-2024

Funder: NIH/NIDDK (R01DK133248)

Award: \$2,724,040 in direct costs

## Honors and Awards

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| 2025      | Matilda White Riley Behavioral and Social Science Honoree, NIH Office of Behavioral and Social Sciences Research, Bethesda, MD |
| 2023      | Cullen Fellowship Travel Grant, University of Houston, TX  |
| 2023      | Society of Behavioral Medicine (SBM)'s Citation and Meritorious Abstract Awards, Phoenix, AZ                                   |
| 2022      | Department of Health and Human Performance Post-Candidacy Doctoral Student Award, University of Houston, Houston, TX           |
| 2022      | International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Annual Meeting Travel Scholarship, Phoenix, AZ    |
| 2019-2023 | Graduate Tuition Fellowship, University of Houston, TX   |
| 2014-2018 | Undergraduate Tuition Funding, Hacettepe University, Ankara, TR  |

## Manuscripts

\*Indicates students directly mentored

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| In Review | 38 | <b>Cepni, A. B.</b> , *Arney, L., Ledoux, T. A., Weaver, R. G., Lea, C. H., III, & Johnston, C. A. (2026). Evaluating the initial signal of effectiveness of summer youth employment program on adolescent obesity related health outcomes: A proof-of-concept study. <i>Population Health Management Journal</i> . |
|           | 37 | <b>Cepni, A. B.</b> , Zeraattalab-Motlagh, S., Johnston, C. A., Taylor, P., Moran, N. E., Thompson, D., Olvera, N., & Ledoux, T. A. (2026). Tiny Steps to Health Study Design: A Randomized Controlled Trial Evaluating a Family- Based Obesity Prevention Program for Toddlers. <i>BMC Public Health</i> .         |

Health value as an indirect pathway in the association between positive childhood experiences and eating behaviors among college students. *Appetite*.

- 35 Kercher, K. A., Goss, J. M., Fernandez Sola, P. A., Ebersole, A., Watkins, J. M., Otile, J., Long, J., King, J. F., **Cepni, A. B.**, Whitley, M. A., & Kercher, V. M. (2025). The relationship between youth sport participation, physical activity levels, and cardiovascular disease risk factors in 5- to 14-year-old children: A systematic review. *Systematic Reviews*
- Published 34 \*Kirschmann, J. M., **Cepni, A. B.**, Walsh, D., & Johnston, C. A. (2026). SOAR (Special Olympics Athletes Race) Into Health: Feasibility of Accelerometry in Adults with Intellectual Disabilities. *Journal of Applied Research in Intellectual Disabilities*.
- 33 \*Kirschmann, J. M., **Cepni, A. B.**, Broaddus, O., Walsh, D. W., & Johnston, C. A. (2026). Incorporating behavioral preference to promote physical activity in lifestyle medicine. *American Journal of Lifestyle Medicine*.
- 32 \*Zeraattalab-Motlagh, S., Yoon, C., Johnston, C., **Cepni, A. B.**, & Ledoux, T. (2025). Body appreciation as an indirect pathway in the association between health values and eating behaviors among college students. *Eating Behaviors*, 59, 102043. <https://doi.org/10.1016/j.eatbeh.2025.102043>
- 31 **Cepni, A. B.**, Ledoux, T. A., Walsh, D. W., & Johnston, C. A. (2025). Evaluating implementation fidelity of a school-based physical education intervention: Effects on child physical activity. *Health Education Research*, 40(6). <https://doi.org/10.1093/her/cyaf047>
- 30 **Cepni, A. B.**, \*Kirschmann, J. M., \*Rodriguez, A., & Johnston, C. A. (2025). When routines break: The health implications of disrupted daily life. *American Journal of Lifestyle Medicine*. <https://doi.org/10.1177/15598276251381626>
- 29 **Cepni, A. B.**, \*Sloan, J., \*Nadeem, S., White, J. W., III, Finnegan, O., Beets, M. W., Armstrong, B., Tabak, R. G., Lea, C. H., III, & Weaver, R. G. (2025). Summer youth work programs for health promotion: A scoping review. *Children and Youth Services Review*, 179.
- 28 Lopez, T. D., **Cepni, A. B.**, Wiesner, M., Johnston, C. A., Haubrick, K., & Ledoux, T. A. (2025). Weight dissatisfaction mediates the link between body mass index and disordered eating behaviors in Hispanic adolescents: A mediation and moderated mediation analysis. *Food and Nutrition Sciences*, 16, 844-858. <https://doi.org/10.4236/fns.2025.168048>
- 27 Lopez, T. D., **Cepni, A. B.**, Hendel, K. R., Goodman, L. P., Wiesner, M., Johnston, C. A., Haubrick, K., & Ledoux, T. A. (2025). Negative weight attitudes and disordered eating behaviors in Hispanic adolescents: A descriptive study of gender and weight status associations. *Journal of Clinical Medicine*, 14(15). <https://doi.org/10.3390/jcm14155211>
- 26 Finnegan, O. L., Yang, H., Armstrong, B., Nelakuditi, S., Ghosal, R., White, J. W., III, **Cepni, A. B.**, et al. (2025). Applying behavioral biometrics to mobile device use measurement in children: Evaluating the impact of training data size, proximity, and type on model performance. *Journal of Technology in Behavioral Science*.

- 25 Kiely, K. P., Beets, M. W., Adams, E. L., Pate, R. R., Brian, C., Bridget, A., Sarah, B., **Cepni, A. B.**, et al. (2025). Protocol for a randomized controlled dose response trial to combat accelerated summer BMI gain in children: The Determining the Optimal amount of Structured Environments (DOSE) study. *Contemporary Clinical Trials*, *151*, 107840. <https://doi.org/10.1016/j.cct.2025.107840>
- 24 **Cepni, A. B.**, \*Nadeem, F. K., Ledoux, T. A., & Johnston, C. A. (2025). Breaking the silence on obesity. *American Journal of Lifestyle Medicine*. <https://doi.org/10.1177/15598276241309248>
- 23 **Cepni, A. B.**, \*Shehata, N., Ullah, F., & Johnston, C. A. (2025). Habit formation in older adults. *American Journal of Lifestyle Medicine*, *19*(3), 368-371. <https://doi.org/10.1177/15598276241301743>
- 22 Moran, N. E., Onyekwere, E., **Cepni, A. B.**, Ledoux, T. A., Kim, H., & Arlinghaus, K. R. (2025). Skin carotenoids measured by reflection spectroscopy correlates with vegetable intake frequency in adolescents of racial and ethnic minorities in Houston, Texas. *Journal of the Academy of Nutrition and Dietetics*, *125*(7), 1037-1043. <https://doi.org/10.1016/j.jand.2024.11.010>
- 21 **Cepni, A. B.**, Burkart, S., Zhu, X., White, J., Finnegan, O., Nelakuditi, S., Beets, M., Brown, D., III, Pate, R., Welk, G., de Zambotti, M., Ghosal, R., Wang, Y., Armstrong, B., Adams, E., van Hees, V., & Weaver, R. G. (2025). Evaluating the performance of open-source and proprietary processing of actigraphy sleep estimation in children with suspected sleep disorders: A comparison with polysomnography. *Sleep*, *48*(4). <https://doi.org/10.1093/sleep/zsae267>
- 20 Weaver, R. G., Beets, M. W., Adams, E. L., Kaczynski, A. T., Chen, B., Armstrong, B., Burkart, S., Kiely, K., **Cepni, A. B.**, White, J. W., III, Finnegan, O., Savidge, M., Parker, H., & Randolph, G. A. T. (2024). Rationale and design of Healthy Kids Beyond the Bell: A 2x2 full factorial study evaluating the impact of summer and after-school programming on children's body mass index and health behaviors. *Trials*, *25*(1), 714. <https://doi.org/10.1186/s13063-024-08555-2>
- 19 **Cepni, A. B.**, Ma, H. Y., Irshad, A. M., Yoe, G. K., & Johnston, C. A. (2025). Addressing shame through self compassion. *American Journal of Lifestyle Medicine*, *19*(2), 194-197. <https://doi.org/10.1177/15598276241292993>
- 18 Lopez, T. D., **Cepni, A. B.**, Goodman, L. P., Arlinghaus, K. R., Wiesner, M., Johnston, C. A., Haubrick, K., & Ledoux, T. A. (2024). Development of the two-factor modified Kids Eating Disorder Survey (M-KEDS): A validation study with Hispanic adolescents. *Nutrition Journal*, *23*(1), 134. <https://doi.org/10.1186/s12937-024-01031-2>
- 17 \*Kirschmann, J. M., **Cepni, A. B.**, & Johnston, C. A. (2025). Considering the 24-hour activity cycle in older adults. *American Journal of Lifestyle Medicine*, *19*(1), 26-29. <https://doi.org/10.1177/15598276241288102>
- 16 **Cepni, A. B.**, Walsh, D. W., Kim, H., Yoon, C. Y., Hughes, S. O., Ledoux, T. A., & Johnston, C. A. (2025). Assessing the efficacy of sport-based physical education on children's activity behaviors: A randomized controlled trial. *Journal of Physical Activity and Health*, *22*(2), 205-215. <https://doi.org/10.1123/jpah.2024-0243>

- 15 **Cepni, A. B.**, \*Vilson, R., Helbing, R. R., Walsh, D. W., Johnston, C. A., Yoon, C. Y., Hughes, S. O., & Ledoux, T. A. (2024). The most optimal school recruitment strategies for school-based obesity prevention and health promotion research in the United States: A systematic review with Delphi study. *Obesity Reviews*, 20, e13808.
- 14 **Cepni, A. B.**, Power, T. G., Ledoux, T. A., Vollrath, K., & Hughes, S. O. (2025). The longitudinal relationship between diet quality and executive functioning development of Hispanic preschoolers in Houston, Texas. *Journal of the Academy of Nutrition and Dietetics*, 125(3), 386-395. <https://doi.org/10.1016/j.jand.2024.05.014>
- 13 Finnegan, O. L., Weaver, R. G., Yang, H., White, J. W., Nelakuditi, S., Zhong, Z., Ghosal, R., Tong, Y., **Cepni, A. B.**, Adams, E. L., Burkart, S., Beets, M. W., & Armstrong, B. (2024). Advancing objective mobile device use measurement in children ages 6-11 through built-in device sensors: A proof-of-concept study. *Human Behavior and Emerging Technologies*, 2024(1). <https://doi.org/10.1155/2024/5860114>
- 12 Weaver, R. G., Chandrashekar, M. V. S., Armstrong, B., White, J. W., III, Finnegan, O., **Cepni, A. B.**, Burkart, S., Beets, M., Adams, E. L., de Zambotti, M., Welk, G. J., Nelakuditi, S., Brown, D., III, Pate, R., Wang, Y., Ghosal, R., Zhong, Z., & Yang, H. (2024). Jerks are useful: Extracting pulse rate from wrist-placed accelerometry jerk during sleep in children. *Sleep*. <https://doi.org/10.1093/sleep/zsae099>
- 11 Varghese, V., **Cepni, A. B.**, Chang, J., Kim, H., Moran, N. E., & Ledoux, T. A. (2023). Skin carotenoids measured by reflection spectroscopy correlate with dietary carotenoid intake in racially and ethnically diverse US toddlers from Houston, Texas. *Journal of the Academy of Nutrition and Dietetics*. <https://doi.org/10.1016/j.jand.2023.10.015>
- 10 \*Crumbley, C., **Cepni, A. B.**, Taylor, A., Thompson, D., Moran, N. E., Olvera, N., O'Connor, D. P., Johnston, C. A., & Ledoux, T. A. (2023). Exploring factors associated with accelerometer validity among ethnically diverse toddlers. *Pediatric Exercise Science*, 1-9. <https://doi.org/10.1123/pes.2022-0114>
- 9 Vaughan, E. M., **Cepni, A. B.**, Le, U. P. N., & Johnston, C. A. (2023). The rationale and logistics for incorporating community health workers into the multidisciplinary team. *American Journal of Lifestyle Medicine*, 17(3), 355-358. <https://doi.org/10.1177/15598276231151866>
- 8 Arlinghaus, K. R., **Cepni, A. B.**, Helbing, R. R., Goodman, L. P., Ledoux, T. A., & Johnston, C. A. (2022). Response to school-based interventions for overweight and obesity: A systematic scoping review. *Clinical Obesity*, e12557. <https://doi.org/10.1111/cob.12557>
- 7 **Cepni, A. B.**, \*Crumbley, C., \*Nadeem, S., Ledoux, T. A., & Johnston, C. A. (2022). Incorporating nutrition counseling into lifestyle medicine. *American Journal of Lifestyle Medicine*, 16(3), 291-294. <https://doi.org/10.1177/15598276221077224>
- 6 **Cepni, A. B.**, Taylor, A., Crumbley, C., Thompson, D., Moran, N. E., Olvera, N., O'Connor, D. P., Arlinghaus, K. R., Johnston, C. A., & Ledoux, T. A. (2021). Feasibility and efficacy of the "FUNPALs Playgroup" intervention to improve toddler dietary and activity behaviors: A pilot randomized controlled trial. *International Journal of Environmental Research and Public Health*, 18(15). <https://doi.org/10.3390/ijerph18157828>

- 5 **Cepni, A. B.**, Taylor, A., Thompson, D., Moran, N. E., Olvera, N., O'Connor, D. P., Johnston, C. A., & Ledoux, T. A. (2021). Exploring qualities of ethnically diverse parents related to the healthy home environment of toddlers. *Appetite*, 167, 105608. <https://doi.org/10.1016/j.appet.2021.105608>
- 4 **Cepni, A. B.**, Hatem, C., Ledoux, T. A., & Johnston, C. A. (2021). The importance of health values among health care providers. *American Journal of Lifestyle Medicine*, 15(3), 224-226. <https://doi.org/10.1177/1559827621992271>
- 3 Reesor-Oyer, L., **Cepni, A. B.**, Lee, C. Y., Zhao, X., & Hernandez, D. C. (2021). Disentangling food insecurity and maternal depression: Which comes first? *Public Health Nutrition*, 24(16), 5506-5513. <https://doi.org/10.1017/S1368980021000434>
- 2 Lee, C. Y., Zhao, X., Reesor-Oyer, L., **Cepni, A. B.**, & Hernandez, D. C. (2021). Bidirectional relationship between food insecurity and housing instability. *Journal of the Academy of Nutrition and Dietetics*, 121(1), 84-91. <https://doi.org/10.1016/j.jand.2020.08.081>
- 1 **Cepni, A. B.**, Ledoux, T. A., & Johnston, C. A. (2020). Screen media: A powerful reinforcement. *American Journal of Lifestyle Medicine*, 14(2), 126-129. <https://doi.org/10.1177/1559827619892543>

## Conference Presentations

\*Indicates students directly mentored

- Accepted
- 32 **Cepni, A. B.**, Ledoux, T. A., Weaver, R. G., & Johnston, C. A. (2026, April). *Summer youth employment program for preventing unhealthy shifts in activity behaviors among adolescents during summer vacation: A proof-of-concept study*. Poster presentation at the Society of Behavioral Medicine 2026 Annual Conference, Chicago, IL.
  - 31 \*Kirschmann, J. M., **Cepni, A. B.**, Chea, J., Santillan, C., Achanta, S., Shehata, N., & Johnston, C. A. (2025, June). *SOAR (Special Olympics Athletes Race) Into Health: Accelerometry Feasibility*. American Association on Intellectual and Developmental Disabilities (AAIDD) 2025 Annual Conference, Washington, DC.
  - 30 White, J. W., III, Weaver, R. G., Finnegan, O. L., **Cepni, A. B.**, Kiely, K., Parker, H., Niako, N., Zhu, X., Savidge, M., Armstrong, B., Beets, M. W., Adams, E. L., Burkart, S., Nelakuditi, S., Brown, D., de Zambotti, M., Welk, G., Wang, Y., & Ghosal, R. (2025, June). *Predicting children's activity type and physical activity energy expenditure from consumer wearable raw accelerometry and heart rate data*. Oral presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Auckland, New Zealand.
  - 29 Finnegan, O. L., Yang, H., Armstrong, B., Nelakuditi, S., Ghosal, R., White, J. W., III, **Cepni, A. B.**, Zhong, Z., Tong, Y., Beets, M. W., Adams, E. L., Burkart, S., Willis, E. A., & Weaver, R. G. (2025, June). *Refining behavioral biometrics for mobile device use measurement in children: Evaluating characteristics of training data for optimal model*

*performance*. Abstract presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Auckland, New Zealand.

- 28 **Cepni, A. B.**, Power, T. G., Ledoux, T. A., Vollrath, K., & Hughes, S. O. (2025, March). *The longitudinal relationship between diet quality and executive functioning development among Hispanic preschoolers*. Poster presentation at the Society of Behavioral Medicine 2025 Annual Conference, San Francisco, CA.
- 27 **Cepni, A. B.**, Zhu, X., Finnegan, O. L., White, J. W., Armstrong, B., Burkart, S., Beets, M. W., Adams, E. L., Parker, H., Bastyr, M., Niako, N., & Weaver, R. G. (2024, May). *Evaluating the performance of open-source processing of actigraphy sleep estimation in children with sleep disruptions: A comparison with polysomnography*. Oral presentation at the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) 2024 Annual Meeting, Omaha, NE.
- 26 Weaver, R. G., Ghosal, R., **Cepni, A. B.**, Finnegan, O. L., White, J. W., III, Parker, H., Burkart, S., Beets, M. W., Brown, D., III, Pate, R. R., de Zambotti, M., Welk, G., Nelakuditi, S., Wang, Y., Armstrong, B., Adams, E. L., Zhu, X., Savidge, M., & Niako, N. (2024, May). *Predicting physical activity energy expenditure from consumer wearable accelerometry and heart rate data in children*. Abstract presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
- 25 Weaver, R. G., White, J. W., III, Finnegan, O. L., **Cepni, A. B.**, Burkart, S., Beets, M. W., Nelakuditi, S., Ghosal, R., Armstrong, B., Adams, E. L., & Chandrashekar, M. V. S. (2024, May). *Jerks are useful: Extracting pulse rate from wrist-placed accelerometry jerk during sleep in children*. Abstract presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
- 24 Burkart, S., Adams, E. L., Beets, M. W., Plenzler, O., Mikes, M., White, C., Bastyr, M., von Klinggraeff, L., Parker, H., Finnegan, O., White, J., **Cepni, A. B.**, Armstrong, B., & Weaver, R. G. (2024, May). *Teacher insight into the development of a combined school- and home-based sleep promotion program during the kindergarten transition*. Abstract presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
- 23 Finnegan, O. L., Weaver, R. G., Yang, H., White, J. W., Nelakuditi, S., Zhong, Z., Ghosal, R., Tong, Y., **Cepni, A. B.**, Adams, E. L., Burkart, S., Beets, M. W., & Armstrong, B. (2024, May). *Advancing objective mobile device use measurement in children ages 6-11 through built-in iPad sensors: A proof-of-concept study*. Abstract presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.
- 22 Finnegan, O. L., White, J. W., Armstrong, B., Adams, E. L., Burkart, S., Beets, M. W., Nelakuditi, S., Willis, E. A., von Klinggraeff, L., Parker, H., Bastyr, M., Zhu, X., Zhong, Z., Ghosal, R., **Cepni, A. B.**, & Weaver, R. G. (2024, May). *From cybersecurity to screentime: A scoping review on motion sensor authentication and the potential in screentime measurement*. Abstract presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Omaha, NE.

- 21 White, J. W., III, Weaver, R. G., Finnegan, O., **Cepni, A. B.**, Zhu, X., von Klinggraeff, L., Parker, H., Savidge, M., Niako, N., de Zambotti, M., Welk, G. J., Nelakuditi, S., Wang, Y., Pate, R. R., Brown, D., III, Burkart, S., Adams, E. L., Armstrong, B., Beets, M. W., & Ghosal, R. (2024, May). *Machine learning models for predicting laboratory-based physical activity type from consumer wearables in children*. Oral presentation at the American College of Sports Medicine Annual Meeting, Boston, MA.
- 20 White, J. W., III, Weaver, R. G., Finnegan, O., **Cepni, A. B.**, Zhu, X., von Klinggraeff, L., Parker, H., Bastyr, M., Niako, N., de Zambotti, M., Welk, G. J., Nelakuditi, S., Wang, Y., Burkart, S., & Ghosal, R. (2024, February). *Machine learning models for predicting laboratory-based physical activity type from consumer wearables in children*. Poster presentation at the Southeastern American College of Sports Medicine Annual Meeting, Greenville, SC.
- 19 Weaver, R. G., White, J. W., Finnegan, O. L., **Cepni, A. B.**, Burkart, S., Chandrashekhara, M., Armstrong, B., Beets, M. W., Adams, E. L., de Zambotti, M., Welk, G., Nelakuditi, S., Brown, D., III, Pate, R., Wang, Y., Ghosal, R., Zhong, Z., & Yang, H. (2024, February). *Determining pulse-rate from wrist placed accelerometry in children in order to improve estimates of sleep*. Poster presentation at the Southeastern American College of Sports Medicine Annual Meeting, Greenville, SC.
- 18 Maxwell, A. K., Weaver, R. G., White, J. W., Finnegan, O. L., **Cepni, A. B.**, Zhu, X., von Klinggraeff, L., Parker, H., Bastyr, M., Niako, N., Burkart, S., Chandrashekhara, M., Armstrong, B., Beets, M. W., Adams, E. L., de Zambotti, M., Wang, Y., Ghosal, R., Zhong, Z., & Yang, H. (2024, February). *Opening the black box: Feasibility of collecting raw accelerometry data from consumer wearable devices for research with children*. Poster presentation at the Southeastern American College of Sports Medicine Annual Meeting, Greenville, SC.
- 17 Moran, N. E., Onyekwere, E., **Cepni, A. B.**, Kim, H., Ledoux, T. A., & Arlinghaus, K. A. (2024, June). *Skin carotenoids measured by reflection spectroscopy correlate with vegetable intake in diverse adolescents*. Nutrition 2024, Chicago, IL.
- 16 **Cepni, A. B.**, Ledoux, T. A., Johnston, C. A., & Walsh, D. W. (2023, April). *A randomized controlled trial (RCT) of the impact of school-based sport program on children's activity behaviors and cognition*. Oral presentation at the Society of Behavioral Medicine 2023 Annual Conference, Phoenix, AZ.
- 15 Moran, N. E., Varghese, V., Chang, J., **Cepni, A. B.**, Kim, H., & Ledoux, T. A. (2023, July). *Relative validity of reflection spectroscopy-measured skin carotenoids as a biomarker of dietary carotenoid intake in diverse US toddlers*. Nutrition 2023, Boston, MA.
- 14 **Cepni, A. B.**, Arlinghaus, K. R., O'Connor, D. P., Johnston, C. A., & Ledoux, T. A. (2022, May). *Disentangling the complex interplay of barriers and facilitators to activity behaviors of low-income Hispanic adolescents*. Oral presentation at the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) 2022 Annual Meeting, Phoenix, AZ.

- 13 **Cepni, A. B.**, Weaver, E. M., Ledoux, T. A., Johnston, C. A., & Walsh, D. W. (2022, April). *Effect of school-based physical activity intervention on academic performance in high-risk minority students*. Poster presentation at the Society of Behavioral Medicine 2022 Annual Conference, Baltimore, MD.
- 12 Meyer, S., Wagner, G., **Cepni, A. B.**, Ledoux, T. A., Walsh, D. W., Johnston, C. A., & Arlinghaus, K. R. (2021, October). *Lunch skipping behaviors among Black and Hispanic adolescents who receive free school meals*. Abstract presented at the Academy of Nutrition and Dietetics 2021 Food and Nutrition Conference and Expo (FNCE), virtual.
- 11 Ledoux, T. A., Daundasekara, S. S., Arlinghaus, K., **Cepni, A. B.**, & Johnston, C. A. (2021, October). *Experiential internship to encourage validation of the intuitive eating scale-2 for Hispanic adolescents*. Abstract presented at the Academy of Nutrition and Dietetics 2021 Food and Nutrition Conference and Expo (FNCE), virtual.
- 10 **Cepni, A. B.**, Taylor, A., Thompson, D., Moran, N., Olvera, N., O'Connor, D. P., Johnston, C. A., & Ledoux, T. (2021, June). *Exploring qualities of ethnically diverse parents associated with healthy home food and activity environment of toddlers*. Recording on demand presented at ISBNPA XChange Initiative 2021.
- 9 Ledoux, T., **Cepni, A. B.**, Taylor, A., Crumbley, C., Thompson, D., Moran, N., Olvera, N., & O'Connor, D. P. (2021, June). *Changes in toddler diet and activity in a family wellness program: A pilot randomized control trial*. Oral presentation at ISBNPA XChange Initiative 2021.
- 8 \*Crumbley, C., **Cepni, A. B.**, Taylor, A., Thompson, D., Moran, N., Olvera, N., O'Connor, D. P., Johnston, C. A., & Ledoux, T. (2021, June). *Describing and exploring accelerometer use among toddlers*. Oral presentation at ISBNPA XChange Initiative 2021.
- 7 Ledoux, T., **Cepni, A. B.**, Taylor, A., Crumbley, C., Thompson, D., Moran, N., Olvera, N., & O'Connor, D. P. (2020, October). *Exploring parent feeding practices, the home environment and the toddler diet*. Poster presented at the Food & Nutrition Conference & Expo (FNCE) 2020 Virtual Event.
- 6 **Cepni, A. B.**, Reesor-Oyer, L., Lee, C. Y., Zhao, X., & Hernandez, D. C. (2020, January). *Disentangling food insecurity and maternal depression: Which one comes first?* Poster presented at the 2020 University of Houston's HEALTH Research Institute, Houston, TX.
- 5 Lee, C. Y., Zhao, X., Reesor-Oyer, L., **Cepni, A. B.**, & Hernandez, D. C. (2020, January). *Early childhood food and housing insecurity as predictors of adolescent mental health*. Poster presented at the 2020 University of Houston's HEALTH Research Institute, Houston, TX.
- 4 Zhao, X., Lee, C. Y., Reesor-Oyer, L., **Cepni, A. B.**, & Hernandez, D. C. (2020, January). *Bidirectional relationship between food insecurity and housing instability*. Poster presented at the 2020 University of Houston's HEALTH Research Institute, Houston, TX.
- 3 Taylor, A., **Cepni, A. B.**, Crumbley, C., Thompson, D., Moran, N., Olvera, N., O'Connor, D. P., & Ledoux, T. (2020, January). *Assessing change in dietary habits among toddlers with a family wellness program: A randomized control trial*. Poster presented at the 2020 University of Houston's HEALTH Research Institute, Houston, TX.

- 2 Ledoux, T., **Cepni, A. B.**, Taylor, A., Crumbley, C., Thompson, D., Moran, N., Olvera, N., & O'Connor, D. P. (2020, April). *Changes in toddler diet quality in a family wellness program: A pilot randomized control trial*. Accepted for poster presentation at the Society of Behavioral Medicine 2020 Annual Conference, San Francisco, CA.
- 1 **Cepni, A. B.** (2018, August). *Personal diets effects on noncommunicable diseases*. Oral presentation at the 2nd International Conference on Food Science, Nutrition & Probiotics, Berlin, Germany.

## Invited Presentations

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- 6 **Cepni, A. B.** (2026, March). Summer Youth Employment for Health Promotion. HEALTH-RCMI Mobile Research Symposium, Houston, TX.
- 5 **Cepni, A. B.** (2026, March). Leveraging Summer Youth Employment Programs to Prevent Obesity in Adolescents. HEALTH-RCMI Innovative Research Talk, Houston, TX.
- 4 **Cepni, A. B.** (2024, March). Access to structured summer programs to reduce pediatric obesity. Nutrition Consortium Research Symposium, Columbia, SC.
- 3 Pluta, K., **Cepni, A. B.**, & SBM Student SIG. (2024, March). *Student SIG response to "Designing Behavioral Medicine Programs for Dissemination and Sustainable Practice: The Let's Eat Healthy Program"*. Society of Behavioral Medicine's Outlook Article Presentation.
- 2 **Cepni, A. B.** (2021, August). Beyond the Page Literacy Conference, PE & Athletics: Healthy Habits, Activity, and Academics Session at KIPP Texas Public Schools Professional Learning 2021-2022.
- 1 **Cepni, A. B.** (2019, October). Importance of home environment in early childhood. University of Houston HHP Research Symposium, Houston, TX.

## Teaching and Mentoring Experience

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2025-present	<b>Faculty</b> , PEP 8323: Proposal Writing in the Health Professions: Graduate course that aims to provide grant writing skills necessary to obtain external funding within the health promotion field.
2022-present	<b>Mentor</b> , Community Health Promotion Lab Research Internship: Competitive internship providing hands-on research training for 30 undergraduate students per semester in community engagement, intervention implementation, data collection, and scientific dissemination through participation in federally funded projects.
2021-2023	<b>Instructor</b> , Nutrition 4354: Community Nutrition: Undergraduate course that focuses on the role of nutrition in population health, nutrition program planning, and evaluation of policy and community-based interventions.

2019-2021     **Teaching Assistant**, Nutrition 4354: Community Nutrition; Kinesiology 1352: Foundations of Kinesiology, Health, and Fitness; Kinesiology 3301: Design and Evaluation of Physical Activity Programs: Assisted with course curriculum preparation and course administration.

## Professional Service

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Services	2025-present	<b>Council Member</b> , Membership Council, Society of Behavioral Medicine.
	2024-2025	<b>Committee Member</b> , Large Program Committee, Society of Behavioral Medicine
	2023-2024	<b>Chair</b> , Student SIG, Society of Behavioral Medicine <ul style="list-style-type: none"><li>• Organized Panel: Case studies to examine strengths and weaknesses in grant writing. Society of Behavioral Medicine 2024 Annual Meeting, Philadelphia, PA.</li><li>• Organized Breakfast Roundtable: Selecting a Career Path in Behavioral Medicine-Academia, Industry, or Clinical Practice?. Society of Behavioral Medicine 2024 Annual Meeting, Philadelphia, PA.</li></ul>
	2022-2023	<b>Annual Meeting Coordinator</b> , Student SIG, Society of Behavioral Medicine <ul style="list-style-type: none"><li>• Organized Breakfast Roundtable: Mentoring: Early career researchers' roles as mentor and mentee. Society of Behavioral Medicine 2023 Annual Meeting, Phoenix, AZ.</li></ul>
Ad-Hoc Review	2022-present	<b>Reviewer</b> , <i>NIH Center for Scientific Review: Nutrition, Diet, Obesity and Diabetes: Behavioral Interventions and Outcomes (PAR Panel)</i> ; <i>Appetite</i> ; <i>Health Education Research</i> ; <i>The Open Public Health Journal</i> , <i>Journal of Nutrition Education and Behavior</i> ; <i>Childhood Obesity</i> ; <i>International Journal of Behavioral Nutrition and Physical Activity</i> ; <i>Journal of Adolescent Health</i> ; <i>PLOS One Journal</i> ; <i>Frontiers in Public Health</i>
Membership	2021-present	<b>Member</b> , International Society of Behavioral Nutrition and Physical Activity

## Professional References

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**Craig A. Johnston, Ph.D.**  
Professor & Department Chair  
Department of Health and Human Performance  
University of Houston  
3875 Holman St., Rm 104 Garrison,  
Houston, TX 77204  
PH: 713-743-0613  
E: [cajohn25@Central.UH.EDU](mailto:cajohn25@Central.UH.EDU)

**Tracey A. Ledoux, Ph.D.**  
Associate Professor  
Department of Health and Human Performance  
University of Houston  
3875 Holman St., Rm 104 Garrison,  
Houston, TX 77204  
PH: 713-743-1870  
E: [taledoux@uh.edu](mailto:taledoux@uh.edu)

**Sheryl O. Hughes, Ph.D.**  
Professor  
Pediatrics-Nutrition  
Baylor College of Medicine  
1100 Bates Avenue,  
Houston, TX 77030  
PH: 713-798-7095  
E: [shughes@bcm.edu](mailto:shughes@bcm.edu)

**R. Glenn Weaver, Ph.D.**  
Professor  
Department of Exercise Science  
University of South Carolina  
921 Assembly Street.,  
Columbia, SC 29201  
PH: 803-777-5605  
E: [weaverrg@mailbox.sc.edu](mailto:weaverrg@mailbox.sc.edu)