

September, 2016

Katherine Elizabeth Speirs, Ph.D.
Extension Specialist and Assistant Professor

The University of Arizona
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Family Studies and Human Development
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EDUCATION

- Ph.D.** Family Science; School of Public Health, University of Maryland, 2011
Dissertation: "It's like we're raising that child together": Parents, center-based child care providers, and the work of creating relationships
- M.A.** Human Development and Family Studies; University of Connecticut, 2006
Thesis: Advertising an ideology of motherhood: A content analysis of the promotional materials produced by child care centers
- B.A.** Sociology; magna cum laude, Hamilton College, 2001
Senior Thesis: Single mothers by choice: An alternative family form

PROFESSIONAL EXPERIENCE

- 2016-present Extension Specialist and Assistant Professor
Norton School of Family and Consumer Sciences
University of Arizona
- 2013-2016 Postdoctoral Research Associate
Family Resiliency Center, Department of Human Development and Family Studies
University of Illinois at Urbana-Champaign
- 2011-2012 Faculty Research Associate
Food Supplement Nutrition Education Program (SNAP-Ed)
University of Maryland Extension
- 2009-present Adjunct Faculty
Department of Family Science
University of Maryland

GRANTS AND RESEARCH AWARDS

- 2014-2016 *Improving Feeding Practices in Childcare Settings: An Integrated Project.*
Post-Doctoral Fellowship from the United States Department of Agriculture's
National Institute of Food and Agriculture, \$148,373, project director.
- 2010-2011 *Understanding and Strengthening Low-Income Parent-Child Care Provider Partnerships.*
Dissertation grant from the Child Care Research Scholars grant program of the Office
of Planning, Research and Evaluation in the Administration for Children and
Families, \$29,774.

- 2009-2010 Jewell L. Taylor National Graduate Fellowship, American Association of Family and Consumer Sciences, \$5,000
- 2008-2009 Jewell L. Taylor National Graduate Fellowship, American Association of Family and Consumer Sciences, \$5,000
- 2009 *Peer Support Program for Family Science Graduate Student Teaching Assistants.* Teaching Assistant Development Grant from the University of Maryland's Center for Teaching Excellence, \$1,900

HONORS AND AWARDS

- 2015 Priester Extension Award for Innovation, awarded to the *Text2BHealthy* team. The Priester award is a national award honoring Extension programs that positively impact the health of people across the US and provide leadership to expand Extension's capacity to increase the number of Americans that are healthy at every stage of life
- 2014 *Text2BHealthy* included in national review of best practices in nutrition education: Baker, S; Auld, G; MacKinnon, C; Ammerman, A; Hanula, G; Lohse, B; Scott, M; Serrano, E; Tucker, E; and Wardlaw, M. (2014). Best Practices in Nutrition Education for Low-Income Audiences. Food and Nutrition Service, USDA.
<http://snap.nal.usda.gov/snap/CSUBestPractices.pdf>
- 2012 Dean's Graduate Scholar, University of Maryland, School of Public Health
- 2011 National Council on Family Relations Honors Student
- 2009 Distinguished Teaching Award, University of Maryland
- 2001 Phi Beta Kappa Inductee
- 2001 Departmental Honors, Sociology Department, Hamilton College
- 2000 Omicron Delta Epsilon (International Honor Society in Economics) Inductee

REFEREED PUBLICATIONS

- Dev, D.A., McBride, B.A., **Speirs, K.E.**, & Blich, K.A., Williams, N. (in press). 'Great job cleaning your plate today!' Determinants of Child Care Providers' Use of Controlling Feeding Practices: An Exploratory Examination. *Journal of the Academy of Nutrition and Dietetics*.
- Speirs, K.E.**, Grutzmacher, S. K., Messina, L.A., & Munger, A.L. (2016). Recruitment and retention in an SMS-based health education program: Lessons learned from Text2BHealthy. *Health Informatics Journal*, 22, 651-658. doi: 0.1177/1460458215577995
- Speirs, K.E.**, Fiese, B.H., & the STRONG Kids Research Team. (2016). The relationship between food insecurity and BMI for preschool children. *Maternal and Child Health Journal*, 20, 925-933. doi: 10.1007/s10995-015-1881-0.
- Speirs, K.E.**, Hayes, J.T., Musaad, S., VanBrackle, A., & Sigman-Grant, M. (2016). Family sense of coherence as a protective factor against the obesogenic environment. *Appetite*, 99, 268-276. doi: 10.1016/j.appet.2016.01.025.
- Swartz, R.A., **Speirs, K.E.**, Encinger, A.J., & McElwain, N.L. (2016). A Mixed Methods Investigation of Maternal Perspectives on Transition Experiences in Early Care and Education. *Early Education and Development*, 27, 170-189. doi: 10.1080/10409289.2016.1087777
- Speirs, K.E.**, Vesely, C.K., & Roy, K. (2015). Is stability always a good thing? Low-income mothers' experiences with child care transitions. *Children and Youth Services Review*, 53, 147-156. doi: 10.1016/j.chilyouth.2015.03.026
- Munger, A.E., Lloyd, T.S., **Speirs, K.E.**, Riera, K., & Grutzmacher, S.K. (2015). More than just not enough: Experiences of food insecurity for Latino immigrants. *Journal of Immigrant and Minority Health*, 17, 1548-1556. doi: 10.1007/s10903-014-0124-6

- Speirs, K.E.**, Liechty, J.M., & Wu, C.F. (2014). Sleep, but not other daily routines, mediates the association between maternal employment and BMI for preschool children. *Sleep Medicine*, *15*, 1590-1593. doi: 10.1016/j.sleep.2014.08.006
- Dev, D.A., **Speirs, K.E.**, & McBride, B.A. (2014). Head Start and child care providers' motivators, barriers, and facilitators to practicing family-style meal service. *Early Childhood Research Quarterly*, *29*, 649-659. doi: 10.1016/j.ecresq.2014.07.004
- Dev, D.A., McBride, B.A., **Speirs, K.E.**, Donovan, S.M., & Cho, H.K. (2014). Predictors of Head Start and child-care providers' healthful and controlling feeding practices with 2-to 5-year old children. *Journal of the Academy of Nutrition and Dietetics*, *114*, 1396-1403. doi: 10.1016/j.jand.2014.01.006
- McLaughlin, M. J., **Speirs, K. E.**, & Shenassa, E. (2014). Reading disability and adult attained education and income: Evidence from a 30-year longitudinal study of a population-based sample. *Journal of Learning Disabilities*, *47*, 374-386. doi: 10.1177/0022219412458323.
- Speirs, K. E.**, Messina, L. A., Munger, A. L., & Grutzmacher, S. K. (2012). Health literacy and nutrition knowledge and behaviors among low-income adults. *Journal of Health Care for the Poor and Underserved*, *23*, 1083-1092.
- Speirs, K. E.**, Braun, B., Zoumenou, V., Anderson, E. A., & Finkbeiner, N. (2009). Grandmothers' involvement in preschool-aged children's consumption of fruits and vegetables: An exploratory study. *ICAN: Infant, Child, & Adolescent Nutrition*, *1*, 332-337. doi: 10.1177/1941406409349958

MANUSCRIPTS UNDER REVIEW

- Grutzmacher, S.K., Braunscheidel-Duru, E., **Speirs, K.E.**, Worthington, L., Munger, A.L., & Lachenmayr, L.A. (revise and resubmit). Using text messages to engage parents in school-based nutrition education.
- Musaad, S., **Speirs, K.E.**, Hayes, J.T., Mobley, A., Fitzgerald, N., Jones, B.L., VanBrackle, A., & Sigman-Grant, M. (under review). The impact of environment, parent and child factors on health-related behaviors among low-income children.
- Grutzmacher, S.K., Munger, A.L., **Speirs, K.E.**, Zemeir, L.A., Richard, K.C., & Worthington, L. (under review). Feasibility of bidirectional text messages in evaluating a text-based nutrition education program for low-income parents: Results from the Text2BHealthy program.

MANUSCRIPTS IN PREPARATION

- Speirs, K.E.**, Powers, E.T., Gordon, R.A., Koester, B., & Fiese, B.H. (in preparation). Food subsidies in family child care: Providers' experiences with the Child and Adult Care Food Program.
- Speirs, K.E.**, Feld, A., Sloane, S., Gordon, R.A., Koester, B., & Fiese, B.H. (in preparation). How family day care providers learn about and enroll in the Child and Adult Care Food Program.
- Dev, D.A., **Speirs, K.E.**, & McBride, B.A. (in preparation). Child care providers' use of responsive feeding practices.

CURRICULA

- Speirs, K.E.** (2013). *1-2-3 feed me! Feeding for healthy eating in child care*. College Park, MD: University of Maryland Extension. <https://snaped.fns.usda.gov/materials/123-feed-me-feeding-healthy-eating-childcare>
- Speirs, K.E.**, Grutzmacher, S.K., Lachenmayr, L. (2012). *Feeding for healthy eating*. College Park, MD: University of Maryland Extension. <https://snaped.fns.usda.gov/materials/feeding-healthy-eating>

INVITED PRESENTATIONS

- Speirs, K.E.** (2015). *Improving feeding practices in childcare settings: An integrated project*. Webinar presented for the USDA-NIFA 2015 Institute of Food Safety and Nutrition Seminar Series. October 15.
- Speirs, K.E.** (2015). *Improving feeding practices in childcare settings*. Paper presented at the USDA National Institute of Food and Agriculture Fellows Program Project Directors' Meeting. Washington, DC, August 4-5.
- Grutzmacher, S.K., **Speirs, K.E.**, Braunscheidel, E., & Lachenmayr, L. (2012). *Text2BHealthy*. Presentation given to the Office of Health Information Technology and Quality at the Health Resources and Services Administration. Rockville, MD.
- Speirs, K. E.** (2011). *Parent-provider relationships*. Paper presented at the Annual Meeting of the Child Care Policy Research Consortium, Bethesda, MD, November 16-17.
- Speirs, K.E.** (2011). *Feeding for Healthy Eating: The development of a parental feeding curriculum*. Presentation at the Maryland Food Supplement Nutrition Education Annual Conference, Columbia, MD, November 8-9.
- Speirs, K. E.** (2011). *How child care providers help parents navigate the subsidy system*. Presentation at the Maryland Research Advisory Group on Early Childhood Meeting, Baltimore, MD, March 28.
- Messina, L. & **Speirs, K. E.** (2010). *My kids will never eat that! Parental feeding practices*. Presentation at the Maryland Food Supplement Nutrition Education Annual Conference, Columbia, MD, November 17-18.
- Speirs, K. E.**, Anderson, E.A., & Roy, K.M. (2010). *Understanding and strengthening low-income parent-child care provider partnerships*. Poster presented at the Annual Meeting of the Child Care Policy Research Consortium, Washington, DC, October 20-22.
- Braun, B., Grutzmacher, S., Pokras, O., & **Speirs, K. E.** (2009). *Health literacy, cultural competence, and nutrition education*. Presentation at the Maryland Food Supplement Nutrition Education Annual Conference, Columbia, MD, November 18-19.

REFEREED CONFERENCE PRESENTATIONS

- Grutzmacher, S.K., Munger, A.L., Finkbeiner, N., **Speirs, K.E.**, Zemier, L.A., Worthington, L., Braunscheidel, E., Lachenmayr, L. (2016). *Text2BHealthy: An outcome evaluation for a targeted, text message-based nutrition education program for low-income parents*. Paper to be presented at the American Public Health Association Annual Meeting, Denver, CO, October 29- November 2.
- Speirs, K.E.**, Dahlberg, E., Gonrong, P., Liu, R., & Tepede, A., (2016). *Feeding for the future: Child care providers' feeding practices and access to training*. Poster to be presented at the Society for Nutrition Education and Behavior Annual Conference, San Diego, CA, July 30 - August 2.
- Speirs, K.E.**, Feld, A., Sloane, S., Koester, B., & Fiese, B.F. (2016). *A qualitative exploration of how family day care providers learn about and enroll in the Child and Adult Care Food Program*. Poster presented at the Administration for Children and Families' National Research Conference on Early Childhood, Washington, DC, July 11-13.
- Feld, A. & **Speirs, K.E.** (2016). *Strategies for increasing home-based providers' enrollment in the CACFP*. Workshop presented at the National CACFP Conference, Orlando, FL, April 21-23.
- Speirs, K.E.** (2015). *Effective strategies for talking with parents about childhood obesity*. Learning express workshop presented at the National Head Start Association's 2015 Parent and Family Engagement Conference, San Diego, CA, December 1- 4.
- Speirs, K.E.**, Fiese, B.F., & The STRONG Kids Research Team. (2015). *Do lifestyle behaviors moderate the impact of cumulative risk on overweight for preschool-aged children?* Poster presented at Society for Research in Child Development, Philadelphia, PA, March 18-21

- Vesely, C.K., **Speirs, K.E.**, & Roy, K.M. (2015). *Keeping it in the family: The dynamics of using a subsidy to pay kin for child care*. Poster presented at Society for Research in Child Development, Philadelphia, PA, March 18-21.
- Speirs, K.E.**, Liechty, J.M., Wu, C.F. (2014). *Maternal work hours and increased child weight: What are the mechanisms?* Poster presented at the 76th National Council on Family Relations Annual Conference, Baltimore, MD, November 19-22.
- Speirs, K.E.**, Vesely, C.K., Roy, K.M. (2014). *Choosing care? Failed and forced transitions in the child care arrangements of low income mothers*. Paper presented at Head Start's 12th National Research Conference on Early Childhood. Washington, DC, July 7-9.
- Dev, D., McBride, B.A., **Speirs, K.E.** (2014). *"Take a no thank-you bite" Head Start and child care providers' perceptions to avoiding controlling feeding practices*. Paper presented at the Society for Nutrition Education and Behavior Annual Conference, Milwaukee, WI, June 28 – July 1.
- Speirs, K.E.**, Hayes, J.T., VanBrackle, A., MUSAAD, S., Sigman-Grant, M. (2014). *Does family sense of coherence explain the link between mealtime routines and healthy behaviors?* Poster presented at the Society for Nutrition Education and Behavior Annual Conference, Milwaukee, WI, June 28 – July 1.
- Hayes, J.T., **Speirs, K.E.**, MUSAAD, S., Wozniak, A., Sigman-Grant, M. (2014). *The relationship between family sense of coherence, healthy behaviors, and child BMI*. Poster presented at Experimental Biology, San Diego, CA, April 26-30.
- Dev, D., **Speirs, K.E.**, McBride, B.A. (2014). *From policy to practice: Motivators, facilitators and barriers for the use of responsive feeding in Head Start and childcare programs*. Poster presented at the International Society of Behavioral Nutrition and Physical Activity, San Diego, CA, May 21-24.
- Speirs, K.E.**, Fiese, B.H., Koester, B., Gordon, R. (2014). *Family day care providers' experiences with the CACFP program, resources, and nutrition practices*. Paper presented at the Society for Research in Child Development Special Topic Meeting: Strengthening Connections Among Child and Family Research, Policy and Practice, Washington, DC, April 3-5.
- Speirs, K.E.**, Fiese, B. H., & The STRONG Kids Team. (2013). *Food security and parental feeding practices that impact self-regulation*. Paper presented at the 75th National Council on Family Relations Annual Conference, San Antonio, TX, November 6-9.
- Speirs, K.E.** & Grutzmacher, S.K. (2013). *Lessons learned for enrolling parents in a text message-based nutrition education program*. Poster presented at the Society for Nutrition Education and Behavior Annual Conference, Portland, OR, August 9-12.
- Speirs, K.E.** (2012). *Creating relationships: Parents and center-based child care providers*. Paper presented at the 74th National Council on Family Relations Annual Conference, Phoenix, AZ, October 31-November 3.
- Messina, L.M., **Speirs, K.E.**, Grutzmacher, S.K. & (2012). *Text2BHealthy: Text-based obesity intervention program*. Paper presented at the 74th National Council on Family Relations Annual Conference, Phoenix, AZ, October 31-November 3.
- Liechty, J.M., Grutzmacher, S.K., **Speirs, K.E.**, & Braun, B. (2012). *Health literacy & families: Implications for parent and child health outcomes*. Symposium presented at the 74th National Council on Family Relations Annual Conference, Phoenix, AZ, October 31-November 3.
- Speirs, K.E.**, & Morgan, L. (2012). *Feeding for Healthy Eating: A caregiver feeding practices curriculum*. Poster presented at Society for Nutrition Education and Behavior Annual Conference, Washington, DC, July 14-17.
- Speirs, K. E.** (2012). *"It's like we're raising that child together:" Parents, center-based child care providers, and the work of creating relationships*. Paper presented at Head Start's 11th National Research Conference, Washington, DC, June 18-20.

- Grutzmacher, S. K., **Speirs, K. E.**, & DiBari, J. (2012). *Text2BHealthy: Development of a text message-based health promotion program*. Paper presented at the Priester National Health Extension Conference, Washington, DC, April 10-12.
- Ranade, N., Maharaj, A., **Speirs, K.E.**, & Vesely, C.K. (2011). *What the guidebooks don't tell you about doing a qualitative dissertation*. Roundtable presented at the 73rd National Council on Family Relations Annual Conference, Orlando, FL, November 16-19.
- Evans, L., **Speirs, K. E.**, Grutzmacher, S. K., Stevenson, T., & James-Gaskins, I. (2010). *The influence of household food security on parental feeding practices*. Paper presented at the 72nd National Council on Family Relations Annual Conference, Minneapolis, MN, November 3-6.
- Speirs, K. E.** (2010). *More than nannies: Child care providers' perceptions of their role*. Poster presented at the 72nd National Council on Family Relations Annual Conference, Minneapolis, MN, November 3-6.
- Speirs, K. E.**, & Shenassa, E. D. (2009). *Does location matter? Place of work and time spent in housework*. Poster presented at the 71st National Council on Family Relations Annual Conference, San Francisco, CA, November 11-14.
- Braun, B., **Speirs, K. E.**, Finkbeiner, N., Anderson, E., & Zoumenou, V. (2009). *Grandmothers: Key to increasing children's consumption of fruits and vegetables?* Paper presented at the 71st National Council on Family Relations Annual Conference, San Francisco, CA, November 11-14.
- Vesely, C. K., **Speirs, K. E.**, & Roy, K. (2009). *Choosing care? Failed and frustrated transitions in child care arrangements among low-income mothers*. Poster presented at the Biennial Meeting of the Society for Research in Child Development, Denver, CO, April 2-4.
- Speirs, K. E.** (2008). *A systematic review of evidence-based programs to address obesity in preschoolers*. Poster presented at the 70th National Council on Family Relations Annual Conference, Little Rock, AR, November 5-8.
- Speirs, K. E.** (2008). *Access to flexible work schedules: Differences by gender, education level, and occupation*. Paper presented at American Sociological Association's 103rd Annual Meeting, Boston, MA, August 1-4.
- Speirs, K. E.** & Weaver, S. E. (2007). *A content analysis of the ideology of motherhood found in child care advertisements*. Poster presented at the 69th National Council on Family Relations Annual Conference, Pittsburgh, PA, November 7-10.
- Roy, K., **Speirs, K. E.**, & Vesely, C. K. (2007). *Dynamic family networks and child care arrangements over time: An ethnographic perspective*. Paper presented at the 135th Annual Meeting & Exposition of the American Public Health Association, Washington, DC, November 3-7.
- Roy, K., **Speirs, K. E.**, Vesely, C. K., Lein, L., & Burton, L. (2007). *Children "in good hands"? An ethnographic perspective of cross-city variation in child care and work transitions for low-income families*. Paper presented at the University of Kentucky Center for Poverty Research Conference, Lexington, KY, April 12-13.
- Speirs, K. E.**, Luck, R. G., Super, C. M., Harkness, S., & Blom, M. (2007). *Infant arousal and stimulation in the Netherlands and the United States*. Paper presented at the Society for Research in Child Development Biennial Meeting, Boston, MA, March 29-April 1.
- Speirs, K. E.**, Luck, R. G., Super, C. M., Harkness, S., & Blom, M. (2006). *Infant arousal and stimulation in the Netherlands and the United States*. Paper presented at the 19th Biennial Meeting of the International Society for the Study of Behavioral Development, Melbourne, Australia, July 2-6.
- Farber, M. L. Z., Salon, R., Sammis, C., Clark, M., **Speirs, K. E.**, & Ortuno, N. (2004). *A Snapshot of a parent coaching intervention for high-risk families with infants receiving well-baby care at an urban primary care health center*. Poster presented at Head Start's 7th National Research Conference, Washington, DC.

TEACHING EXPERIENCE

Courses Taught

Transdisciplinary Obesity Prevention Sciences Research Program, Human Development and Family Studies, University of Illinois at Urbana-Champaign (HDFS 494)

Worked with a team of scholars and educators to develop a research methods and childhood obesity prevention course that introduces transdisciplinary research to undergraduate students from multiple disciplines. We employ a flipped or inverted classroom model in which students view lectures outside of class and participate in small group activities during class that challenge them to think critically about the lecture material. Students gain research experience through original research projects and research assistantships with projects sponsored by the Family Resiliency Center. Additionally, students are prepared for the 21st century workforce through professional development lessons.

Personal and Family Finance (online), Family Science, University of Maryland (FMSC 341)

Developed an online course in personal and family finance for undergraduate students. Students engage with course content by applying it to their own personal financial planning.

Research Methods, Family Science, University of Maryland (FMSC 302)

Taught a large (80-90 students) undergraduate research methods course. Employed an experiential method of instruction that required students to work in small groups to design, execute, and present an original survey research project.

Student Supervision and Mentorship

University of Illinois

Graduate Students: Anneliese Feld and Stephanie Sloane

Undergraduate Students: Veronica Burns, Stephanie Christin, Paige Cunningham, Emma Dahlberg, Passang Gonrong, Olivia Gordon, Stephanie Groeninger, Haley Highfill, Amanda Jacobs, Tasha Joy, Noel Konken, Samantha Labus, Ruyu Liu, Mary Miles, Bridget Modelski, Magaret Nowak, Emily Samuel, Michael Sheu, Aisha Tepede, Jenny Tumba, and Elizabeth Villegas

University of Maryland

Graduate Students: BreAnna Davis, Amanda Ginter, Lauren Messina, Ashley Munger

Undergraduate Students: Sam Allen, Samantha Ascanio, Christiana Dorsey, Natalie Gaudette, Kaitlyn Moberly, Kelci Schexnayder, Brian Schram, Aerial Smith, Joanna Townsend, Dara Winley, Lindsey Zemeir

Awards Won by Student Mentees

Amanda Jacobs. University of Illinois Office of Undergraduate Research Awards, Oral Presentation Honorable Mention, 2014

PROFESSIONAL DEVELOPMENT AND SERVICE

Ad-Hoc Reviews

Journals

Child Development

Childhood Obesity

Children and Youth Services Review

Health Education & Behavior

ICAN: Infant, Child, and Adolescent Health

Journal of Family and Economic Issues

Journal of Family Psychology
Journal of Health Care for the Poor and Underserved
Journal of Immigrant and Minority Health
Journal of Nutrition Education and Behavior

Conference Proposals

Administration for Children and Families' National Research Conference on Early Childhood, 2006
Head Start's 12th National Research Conference on Early Childhood, 2014
Society for Research in Child Development Special Topic Meeting, Strengthening Connections among Child and Family Research, Policy and Practice, 2013
National Council on Family Relations Annual Conference 2015, 2014, 2012-2009
Best Student Paper, Theory Construction and Research Methodology Workshop, National Council on Family Relations Annual Conference, 2009

Grant Proposals

Annie E. Casey Foundation and Rural Maryland Council, Strengthening the Well-Being of Rural Maryland Families Grant Program, 2007

Advanced Training

Multilevel Modeling Workshop, Curran-Bauer Analytics, Chapel Hill, NC, 2013
Hierarchical Linear Models Workshop, Center for Integrative Latent Variable Research, University of Maryland, College Park, MD, 2012
Getting Started: The First Step Toward Online Teaching, The Sloan Consortium, 2009
Writing Winning Grants Workshop, USDA Cooperative State Research, Education, and Extension Service, Washington, DC, 2007
Nutrition Environment Measures Survey Training, University of Maryland Extension, 2007
Department of Family Studies Preparing Future Faculty and Family Professionals, 2006-2011

Professional Memberships

National Council on Family Relations (NCFR)
Society for Nutrition Education and Behavior (SNEB)
Society for Research in Child Development (SRCD)