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PROFESSIONAL PREPARATION

Ph. D. (1996). Joint degree awarded by the **College of Education**, University of Alabama at Tuscaloosa, and the **School's of Public Health, and Education**, University of Alabama at Birmingham.

Emphasis: Health Education and Health Promotion

Dissertation: Development of an Instrument to Assess Intentions, Attitudes, and Beliefs of Adolescent Athletes Regarding Dietary Supplements.

Advisor: Dr. Jim Eddy

* Outstanding Graduate Student – Health Studies Department

* Awarded AAHE Doctoral Scholar Award

M. S. (1989) East Stroudsburg University, East Stroudsburg, Pennsylvania

Emphasis: Community Health Education

B. S. (1986) East Stroudsburg University, East Stroudsburg, Pennsylvania

Emphasis: Health and Physical Education, K-12 Teacher Cert.

A. A. (1982) Keystone Junior College, La Plume, Pennsylvania

Emphasis: Liberal Arts

ACADEMIA

The University of North Carolina at Greensboro

2008-Current

Position: Associate Professor/Director of Graduate Studies, Dept. of Public Health Education

Duties: Academic and administrative oversight of MPH and DrPH graduate programs in Public Health Education.

The University of Alabama

2004-Present

Position: Associate Professor (Tenure, 2004) and Chair, Dept. of Health Science

Duties: Academic and administrative oversight of undergraduate programs in Health Education and Athletic Training, Masters Degree Program in Health Studies, and Ph.D. in Health Education and Health Promotion.

Graduate Faculty Appointment – College of Human Environmental Sciences	2004-present
Graduate Faculty Appointment – UAB School of Public Health	2004-present
Senior Research Investigator – Institute for Rural Health Research	2005-present

University Committees-

Member – Electronic Thesis and Dissertation Committee	2008
Member – NCAA Sports Medicine Evaluation Committee	2007
Chair – Research Advisory Committee (Soc. & Beh. Sciences)	2007, 2008
Member - Governors Obesity Conference Planning Committee	2006, 2007
Member – Presidents Wellness Committee	2004-present
Chair – Director of Health Promotion & Wellness Nat'l Search Committee	2005-2006
Member – Health and Wellness/Healthy Campus Committee	2004-present
Member – Faculty Advisory Committee	2005
Member – Research Advisory Committee (Soc. & Beh. Sciences)	2006

College Committees-

Member – Policy Institute Development Team	2005
Member – Graduate Faculty Review Committee	2004-present
Search team member – Endowed Chair	2005-06
Marshall – May Commencement Ceremony	2004-08
CHES Ambassador Applicant Judge	2007
Public Relations Committee	2006-07
Faculty Senate (Alternate)	2005-2008

Department Committees-

Member – PHD Executive Committee UA/UAB	2004-2006
Chair – Search Committee's for 3 tenure-track faculty	2004-2006

Graduate Committees:

Dissertations-

1. *Chair* - Torhonda Lee (PhD). *Lives on the Borderline: Implications for the Detection and Management of Pre-diabetes.* (To be defended fall 2008).
2. *Chair* - Ron Williams (PhD). *A Social Ecological Assessment of Alcohol Use among College Athletes.* (Successfully defended, 2005).
3. *Chair* - Michael Koger (PhD). *A Theoretically-based Survey to Predict Tobacco-use among Rural Alabamians.* (To be defended summer 2008).
4. *Chair* - Lea Yerby (PhD). *Application of the Health Belief Model to Assess West Nile Virus among Rural Pregnant Women.* (Successfully defended, 2007).

5. *Chair* - Tracy Carter (PhD). Alabama Rural Partnerships: Addressing the Health Needs of Uninsured School Children in Alabama. (Successfully defended, 2006).
6. *Chair* – Brian Gordon (PhD). Development of a Theory-based Instrument to Predict the Influence of Sexually Explicit Music Lyrics on the Sexual Attitudes and Behavior of African American Adolescents. (To be defended fall 2008).
7. *Member* – Ryan Martin (PhD). An Examination of Gambling Behavior among College Students Using the Theory of Planned Behavior. (Successfully defended in 2008)
8. *Member* – Jason Fulmore (PhD). Sun Safety and Athletes: A Test of the Theory of Reasoned Action. (To be defended fall 2008).
9. *Member* – Melanie Tucker (PhD). Use of Diffusion of Innovations to Assess Rural Physicians Use of Electronic Medical Records. (To be defended in 2009).
10. *Member* - Rachael Abbott (PhD). The Application and Analysis of a Tailored Stress Management Intervention in a College Population. (Successfully defended, 2004).
11. *Member* - Amy Eades (PhD). Development of an Instrument to Assess How One Copes with Stress Using Food in Relation to Obesity: ACES (Appraisal, Coping, Eating, & Stress) Questionnaire. (Successfully defended, 2005).
12. *Member* - Laura Bank (Touro Univ. /PhD). The Relationship between Dietary Calcium and Anthropometric Measurements in Pre-menopausal Caucasian Women. (Successfully defended, 2004).
13. *Member* - Moayad Wahsheh (UAB/PhD). Assessment of Health Knowledge among College Freshmen Students at the Hashemite University in Jordan. (Successfully defended, 2006). Winner, 2006 Society for Public Health Education Graduate Student Research Paper Award.
14. *Member* - Karen Werner (UAB/PhD) Assessing Clinicians' Perspectives of the Need for Childhood Obesity Prevention in the East South Central Division of the U.S. (Successfully defended, 2007).
15. *Member* – Cindy Moore (PhD). Development and Validation of an Instrument to Assess the Knowledge of Adults Regarding Conventional and Unconventional Dietary Methods of Weight Control. (Successfully defended, 2006).
16. *Member* – Mary Annette Wright (PhD). A Survey to Determine the Level of Knowledge of Nurses Regarding Diabetes Management and to Compare the Outcomes of a Lecture-based Didactic Intervention and a Computer-based Didactic Intervention. (Successfully defended, 2008).

Masters Thesis:

1. *Chair* - Anthony Papp – Anger, Anger Expression, and Aggressiveness as Driving Traits: Determining Risks within an Adolescent US Military Population (Successfully defended, 2007). Dept. Outstanding Masters Student, Nominated, College Outstanding Thesis.
2. *Chair* - Ron Ivie – Survey of Health Promotion Knowledge of Alabama Chiropractors: An Application of the Social Ecology Model (To be defended in 2008)
3. *Member* - Thad Dixon - Examining Recreational Opportunities in Tuscaloosa, Alabama. (Successfully defended, 2007)

Independent Study:

Multiple Independent Studies completed with UG and G students. 2004-present

The University of North Carolina at Wilmington 1997-2004

Position: Associate Professor (Reappointed, 2001, Tenure and Promotion, 2002)

Duties: Teaching, research, and service in the Department of Health and Applied Human Science, in accordance with the mission of UNCW.

Position: Coordinator of Health Education

1998

Duties: Supervision and coordination of departmental health activities including development of program plan, scheduling of courses, and hiring and observation of all full and part-time health lecturers

Graduate Faculty Status

1999-04

Gerontology Faculty Status

1998

University Service:

CAS Chancellor's Teaching Award Selection Committee

2004

CAS Summer Teaching Initiative Selection Committee

2003

Faculty Senate

2002-2004

Panel Member - Virtual University Distance Learning Initiative with Japan

2000

Fulbright Scholar Campus Interview Committee (Chair)

1999

Grade Appeal Committee

1999

Chancellor's Council on Health and Wellness

1998-99, 03

Chancellor's Advisory Board for Alcohol, Tobacco & Other Drugs

1997-99

2 Masters and 2 Honors Thesis

1997-03

University Wide Health Needs Assessment (Chair)

1998-99

HAHS Committees:

Athletic Training Lecturer Search (successful)

2003-04

Exercise Science Search (successful)

2002-03

Scholarship Peer-Review (Chair)

2001-02

Peer Observation Review

2001-02

Curriculum

2000-01

Teaching Peer-Review (Chair)

2000-01

Athletic Training Ad Hoc Planning

2000-01

Health Faculty Search (Chair, successful)	1999-00
Athletic Training Faculty Search (successful)	1999-00
Athletic Training Lecturer Search (successful)	1999-00
Peer Review (Scholarship)	1999-00
Department Chair Search (successful)	1998-99
Health Faculty Search (Chair, successful)	1998-99
Computer (Chair, 1998-99)	1997-99
Honors (Chair, 1998-99)	1997-99
Display (Chair, 1998-99)	1997-99
Office Secretary Search	1998-99
Health Faculty Search	1997-98

Classes Taught: (D=developed, R=revised)

HEA 105 Individual Well-being
HON120 Health and Wellness (D)
HON120 Health and Success (D)
HEA 234 Principles of Health Education (R)
HEA 325 Health and Aging (R)
HEA 240 Current Topics in Health Education (D)
HEA 245 Consumer Health (D)
HEA 351 Health Communications (D)
HEA 440 Advanced Topics in Health Education (D)
HEA 492 Career and Life Readiness (D)

Teaching Evaluations

Office of Institutional Research generated report over previous 3 years, SPOT #16 – 4.88 out of 5.0 (top 5th in University)

HAHS Advising - Typical load of 30 advisees in Health Education Concentration and Physical Education, Generalist Track.

Student Athlete Advising Team (SAAT), designed to advise student-athletes from freshman year to declaration of major. Typical load, 25-30. **1997-99**

The University of Alabama, Tuscaloosa, AL **1999-04**

Position: Graduate Faculty - Department of Health Studies

Duties: Instructor for distance education masters degree program

The University of Alabama, Tuscaloosa, AL **1996-97**

Position: Adjunct Assistant Professor - Department of Health Studies

Duties: Research and programmatic development relating to health communications

The University of Alabama, Tuscaloosa, AL **1991-95**

Position: Graduate Assistant - Department of Health Studies

Duties: Sections taught of Personal Health and Drug Awareness

The New Jersey Institute of Technology, Newark, New Jersey **1988-91**

Position: Health Education Coordinator

Duties: Responsibilities included planning campus-wide health education

efforts, and teaching various section of Freshman Seminar.

TEACHING RECOGNITION

- Nominated – UNCW Board of Governors Excellence in Teaching Award 2003-04
- Awarded - UNCW Chancellors Excellence in Teaching Award 2002-03
- North Carolina Health Educator of the Year 2002-03
- Twice recognized as “Favorite Professor” by students in classes 1997-98
- Recognized by Office of Student Affairs as having made “significant impact” on graduating senior(s) each semester for 7 years 1997-04
- Selected by Dean to be presented to Chancellor as “Outstanding Faculty” in College of Arts and Sciences 1997-98

GENERATED FUNDING

1. (2008) Contract with UNCG Prevention Strategies and Center for Drug Free Sport (NCAA drug testing organization) to revise and update web content relating to drugs in sports. Summer, 2008. (\$15,000 - funded).
2. (2008) Use of Diabetes and CVD Health Information Websites in a Black Belt Worksite. U.S. National Institutes of Health. Carter, M. L., Principal Investigator, Perko, M.A. Co-Principal Investigator (\$100,000, To be submitted, NIH)
3. (2007) Translation of a Diabetes Prevention Program into the Rural Alabama Black Belt, U.S. National Institutes of Health. Umstatt, R., Principal Investigator, Perko, M.A. Co-Principal Investigator (\$100,000, accepted for funding, NIH review)
4. (2006) OPEN-UP: Parent-Child Communications to Reduce High-risk Drinking Among First-Year College Students. U.S. Department of Education. Usdan, S. L., Principal Investigator, Perko, M. Co-investigator. (\$298,000, not funded).
5. (2006) The Nature, Extent and Prevalence of Internet Gambling Among College Students. The Institute for Research on Pathological Gambling and Related Disorders. Usdan, S.L., Principal Investigator, Perko, M.A. Co- Principal Investigator (\$149,843, not funded)
6. (2005) Steroids, Performance Enhancers and the Fall of the Olympic Ideal. Gloria and John. L. Blackburn Academic Symposium. \$13,000. (Not Funded).
7. (2005) Project EXPORT – Reducing Health Disparities in Alabama’s Black Belt. US Dept. of Health and Human Services. Perko, M. A., Director, Community Outreach and Information Dissemination – Core 6. (\$82,178).
8. (2005) The Pickens County Family Life Program. US Dept. of Health and Human Services. Perko, M.A., Project Director. (\$304, 828).
9. (2004) NCAA Speakers Grant, High Point University. (\$500).

10. (2004) NCAA Speakers Grant, Hiram College. (\$500).
11. (2003) NCAA Speakers Grant, St. Louis University. (\$500).
12. (2003) Worksite Wellness Program for PPD. (\$25,000).
13. (2003) Co-project Director, American Cancer Society. Nutritional Intervention with Middle School Students in NC Rural Counties. (\$1.1million).
14. (2003) Efforts to Develop a Competency Matrix for a Health Education Undergraduate Degree Program at UNCW. UNCW Summer Initiative Award, (\$3000).
15. (2002) Project ASSIST Grant to fund "Girls on the Run" program. (\$2800).
16. (2000) Faculty Sponsor, university-wide UNCW Undergraduate Student Research and Travel Award for HPER student Geoffrey Zuckerman, (\$250).
17. (2000) Co-project Director, MediaSeek. Development of Knowledge Database in Ten Health Content Areas. (\$11,500).
18. (1999) Workshop for area coaches regarding influences of adolescent athletes on use/non-use of dietary supplements. UNCW Summer Research Award, (\$3000).
19. (1999) Efforts to Further Develop the Authorization for Request to Plan a Community Health Education Undergraduate Degree Program at UNCW.UNCW Summer Initiative Award, (\$3000).
20. (1998) American Public Health Association Mini-Grant titled "Building a Virtual Village Begins with the First Brick." (\$1500).
21. (1998) American Public Health Association Mini-Grant titled "Building a Virtual Village Begins with the First Brick." New Hanover Regional Medical Center, (\$250).
22. (1998) Investigative trip to England to lay groundwork for summer 2000 course titled "Health Promotion Initiatives in the UK." UNCW Office of International Programs (\$400).
23. (1998) Investigative trip to England to lay groundwork for summer 2000 course titled "Health Promotion Initiatives in the UK." UNCW Department of Health, Physical Education and Recreation (\$500).
24. (1998) Investigative trip to England to lay groundwork for summer 2000 course titled "Health Promotion Initiatives in the UK." UNCW Office of the Dean of Arts and Sciences (\$900).
25. (1997, 1998, 1999) UNCW Office of the Dean of Arts and Sciences Grant to support the Healthy People Lecture Series (\$1500 each year).
26. (1997-1998) American Cancer Society Grant to support the Healthy People Lecture Series (\$2000).

27. (1997-1998) New Hanover Regional Medical Center Grant to support the Healthy People Lecture Series, UNCW (\$2000).
28. (1996-1997) Producer of "Masters Degree Program in Health Education and Health Promotion on Video" developed by the Faculty of the University of Alabama's Health Studies Department, the Department of Communication, and the Universities Integrated Interactive Television System (IITS) (\$50,000).
29. (1994) Centers for Disease Control and Prevention & U.S. Department of Health and Human Services SBIR contract (200-93-0665) to revise the Office on Smoking and Health's 1985 document entitled "A Decision Makers Guide to Reducing Smoking at the Workplace." (\$23,730).
30. (1994 to 1997) Producer of the "Good Health Makes \$ense" show, a quarterly live broadcast to 120 downlink sites covering a two-state area (\$80, 000 per annum)
31. (1993 to 1997) Associate Director for a multi-site worksite health promotion grant for a state public utility (Gulf Power, Florida) entitled "Good Health Makes \$ense" (\$264,000 over 3 years)
32. (1992 to 1997) Associate Director for a multi-site worksite health promotion grant for a state public utility (Alabama Power) entitled "Good Health Makes \$ense" (2.75 million over 5 years)

BOOKS

1. Can You Win Without Supplements – Center for Drug Free Sport. 2003
2. "Taking One for the Team." The New Thinking on Dietary Supplements and Young Athletes. Kendall-Hunt, Sept., 2002. ISBN #0-7872-9830-1

BOOK CHAPTER

1. Professionalism in Community Health Education. Young, K. J. & Perko, M. A. Community Health Education Methods: A Practitioners Guide, 3rd Ed. Pg's 51-72. (Ed's: Bensley R. J., & Brookins-Fisher, J.). Jones and Bartlett, 2007. ISBN #0-7637-1601-4.

PUBLICATIONS (REFEREED)

1. Managing Diabetes: Use of the Transtheoretical Model. Hill, L., Turner, L. W., Hunt, S. B., & Perko, M. A. Journal of the Arkansas Medical Society. (2008). 43 (1), 6-7.
2. Public Health Advocacy and Chiropractic: A Guide to Helping your Community Reach its Health Objectives. Evans, M. W., Perko, M. A., & Williams, R. M. (2008). Journal of Chiropractic Medicine. In press

3. Lessons Lived: Development and Discovery in Health Education Distance Education Programs. Perko, M. A., Chaney, J. D., Chaney, E. H., Gordon, B. C., & Eddy, J. M. (2008). Eta Sigma Gamma Monograph, 25(1), Pg's. 11-18.
4. Sports Nutrition for Adolescents. Spear, B., & Perko, M. A. (2008). Building Block, a publication of the American Dietetic Association. Vol. 31, (1), 108. Pg's 1-9.
5. Overweight and Obesity are Associated with Emotion or Stress Relating Eating and Appraisal of Ability and Resources to Cope. Eades, A. D., Kendrick, O, Leeper, J. D., Knol, L., Perko, M. A., & Burnham, J. Accepted, 7/07 Journal of the American Dietetic Association.
6. The Role of Media on the Influence of Sexual Activity among African-American Males. Gordon, B. C., Perko, M. A., & Taylor, M. (2007). American Journal of Health Studies. In press.
7. Williams, Jr., R., Perko, M. A., Belcher, D, Leaver-Dunn, D., Usdan, S. L., & Leeper, J. D. (2006). Use of Social Ecological Model to Address Alcohol Use among College Athletes. American Journal of Health Studies, 21(3-4), 228-237.
8. Eades, A. D., Kendrick, O, Leeper, J. D., Knol, L., Perko, M. A., & Burnham (2006). Development and Validation of an Instrument to Assess How One Copes with Stress and Emotions using Food: The EADES (Eating and Appraisal Due to Emotions and Stress) Questionnaire. Journal of the American Dietetic Association, 107(4), 619-628.
9. Boyce, R., Perko, M. A., Jones, G., Hiatt, A., & Boone, E. (2006). Fitness, Absenteeism and Worker's Compensation in Smoking and Non-Smoking Police Officers. Occupational Medicine. 56: 353 - 356.
10. Bartee, R. T., Grandjean, B, Dunn, M. S., Perko, M. A., Eddy, J. M., & Wang, M. Q. (2004). Predictors of Dietary Supplement Use among Adolescent Athletes. Pediatric Exercise Science 16(3), 250-263.
11. Dodge, J., Ford, M. A., & Perko, M. A. (2004). From Ephedra to Creatine: Using Theory to Respond to Sport Dietary Supplement Use in Young Athletes. American Journal of Health Studies, 17(3)98-104.
12. Perko, M. A., Stockton, C. A., Dennison, D. & Kyzer, M. (2003). Sowing the Seeds: Involving Local Health Educators in the Planning of a University Health Education Degree. The North Carolina Journal 39(1), 8-13.
13. Dunn, M. S., Bartee, R. T., & Perko, M. A. (2003). Self-reported alcohol use and sexual behaviors of adolescents. Psychological Reports, 92, 339-348.
14. Dunn, M.S., Eddy, J. M., Wang, M. Q., Perko, M. A. & Bartee, R. T. (2001). Influence of Parents, Coaches, and Trainers on Attitudes, Subjective Norms and Intentions Among Male and Female Adolescents. Journal of Adolescent and Family Health, 16(3), 41-46.

15. Dunn, M.S., Eddy, J. M., Wang, M. Q., Nagy, S. J., & Perko, M. A. (2001). The Influence of Significant Others on Attitudes, Subjective Norms and Intentions regarding Dietary Supplement Use Among Adolescent Athletes. Adolescence, 36(143), 583-591.
16. Zuckerman, G. A., & Perko, M. A. (2001). Towards a Standardized Definition of Sports Nutritional Products: A Delphi Study. The North Carolina Journal, 37(1), 20.
17. Perko, M. A., Eddy, J. M., Bartee, R.T., & Dunn, M.S. (2000). Giving New Meaning to the Term "Taking One for the Team": Influences on Use/Non-Use of Dietary Supplements Among Adolescent Athletes. Journal of American Health Studies, 16(2), 99-106.
18. Perko, M. A. (2000). Hey Coach, Does this Stuff Work? Strategies, 14(2), 5-7.
19. Perko, M. A. & Leeds, B. M. (2000). You Got to Have the Right Tool for the Right Job: Using Incentive verses Non-Incentive Strategies during a Weight-loss Program. The North Carolina Journal, 36(1), 18-20.
20. Bennett, J., Perko, M. A. & Herstine, J. (2000). K-12 Health Education and Physical Education Certification Practices in the United States: 1988-1992-1998. Journal of Health Education 31(3), 143-148.
21. Perko, M. A. & Dennison, D. (2000). "Does this Stuff Work?" When Health Educators discuss Dietary Supplements. International Electronic Journal of Health Education, 3 (1): 64-68.
22. Perko, M. A. (1999). Development of a Theory-based Instrument Regarding Adolescent Athletes and Dietary Supplements. American Journal of Health Studies 15(2), 71-80.
23. Ragon, B. M., Perko, M. A. & Peel, J. (1997). A Retrospective Study of Secondary School HIV/AIDS Education by North Carolina College Students. The North Carolina Journal, 34(1), 27-30.
24. Perko, M. A., Woodhouse, L., Jones, C. S., & Green, B. L. (1996). Examining International Students Perceptions about Substance Use and Related Services available to them at an American University. Journal of Health Education, 27(2), 130-131.
25. Wang, M. Q., Fitzhugh, E. C., Trucks, J., Cowdery, J. E., & Perko, M. A. (1995). Physiological Sensations of Initial Smoking towards the Development of Regular Smoking Behavior. Perceptual and Motor Skills, 80, 1131-1134.
26. Perko, M. A., Jones, C. S., Cowdery, J. E., & Wang, M. Q. (1995). Relationship of Academic Performance and the Perceptions of Anabolic Steroids effect among Division 1 College Athletes. Perceptual and Motor Skills, 80, 284-286.
27. Perko, M. A. & Cowdery, J. E. (1995). Integration of an 800 Number Health Information Line into a Comprehensive Health Promotion Program Driven by the Stages of Change Theory. Wellness Perspectives: Theory, Research, and Practice, 11(1), 62-67.

28. Green, B. L., Wang, M. Q., Perko, M. A., King, M. J., & Britt, M. F. (1995). Effects of Skipping Meals on the Dietary Adequacy of the Elderly: 1987-1988 Nationwide Food Consumption Survey. Wellness Perspectives: Theory, Research, and Practice, 11(4), 62-67.
29. Jones, C. S., Perko, M. A., Wang, M. Q., & Nagy, S. J. (1994). AIDS Knowledge in Adolescent Anabolic Steroid Users. Journal of Health Education, 25(1), 19-23.
30. Green, B. L., Fitzhugh, E. C., Wang, M. Q., Perko, M. A., & Eddy, J. M. (1993). Influence of Living Arrangements on Dietary Adequacy for U.S. Elderly: 1987-1988 Nationwide Food Consumption Survey. Wellness Perspectives: Theory, Research, and Practice, 10(1), 32-40.
31. Wang, M. Q., Nicholson, M. E., Mahoney, B. S., Li, Y. H., & Perko, M. A. (1993). Proprioceptive Responses under Rising and Falling BAC's: A Test of the Mallanby Effect. Perceptual and Motor Skills, 77, 83-88.
32. Wang, M. Q., Downey, G. S., Perko, M. A., & Yesalis, C. E. (1993). Changes in Body Size of Elite High School Football Players: 1963 - 1989. Perceptual and Motor Skills, 76, 379-383.

SUBMITTED

1. Influences on Alcohol Use among NCAA Division 1 Athletes: Application of the Social Ecology Model. Williams, Jr., R., Perko, M. A., Belcher, D, Leaver-Dunn, D., Usdan, S. L., & Leeper, J. D. (2008). Submitted Journal of Drug Education.

IN-PROGRESS

1. Bartee, R. T., & Perko, M. A. Female Athletes – The Next Market for Sport Supplements. Journal of Youth Sports.
2. Perko, M. A., Williams, R., Tucker, T., & Gordon, B. Changes in Body Size of Elite High School Football Players: A Fifteen-Year Follow-Up. Perceptual and Motor Skills (In progress).
3. Perko, M. A. & Leaver-Dunn, D. Influences of Adolescent Athletes on Dietary Supplement Use: Implications for Athletic Trainers and Coaches. Journal of Athletic Training (In progress).
4. Perko, M. A., & Trone, G. A. Changes in Body Size of Elite High School Football Players Before and After Anabolic Steroid Legislation. Journal of Conditioning Research (In progress).

INVITED MANUSCRIPTS

1. Perko, M. A. (2002). Taking One for the Team - Coaches, Athletes, and Dietary Supplements. <http://www.sports-media.org/Sportapolisnewsletter10.htm>
2. Perko, M. A., & Kyzer, M. (2001). Swamp land in Florida: What you really need to know about dietary supplements. www.Tricoaching.com
3. Perko, M. A. (2001). Power to the People: The Alabama Power Health Promotion Program. Business and Health; Publisher - Washington Group on Business and Health, Wash, D.C.
4. Perko, M. A. (2001). Reaching Remote Employees. Well Informed Series, Wellness Councils of America.
5. Perko, M. A. (2001). Identifying Health Communication Avenues at the Worksite. Wellness Councils of America Publications.

NON-REFEREED

Eddy, J. M., Perko, M. A., & McClure, L. L. (1992). Developing an Incentive Based Worksite Health Promotion Program. (Information booklet)

Perko, M. A. (1990). "Quick Fix Kids" The Life of a Teenage Anabolic Steroid User. The Garnet and White, 74-76. (National Magazine of Fraternities and Sororities)

SELECTED CITATIONS

1. Robbins, Danny. Fort Worth Star Telegraph "UT, Mav's didn't check supplier's felony record." Nov. 27, 2005.
2. Gomez, J. ATHENA (Athletes Targeting Healthy Exercise and Nutrition Alternatives). Archives of Pediatric and Adolescent Medicine (2004) Vol. 158, p. 1084-1085.
3. RJ Maughan, DS King, T Lea. Dietary Supplements. Journal of Sports Sciences Volume 22, (1); January 2004, p. 95 – 113.
4. Uryasz, Frank. 'Sports drink' for children opens debate on kids and performance-enhancing supplements. National Center for Drug Free Sport Insight Newsletter. March 2003.
5. T Boone, Open Inquiry and Shared Thoughts about Ethics, Exercise Physiology, and Sports Supplements, Electronic Journal of Exercise Physiology (2003). Vol 6 No 10, Nov, 2003.
6. Seyed Mohamad Hosein, Mosavi Jazayeri and Reza Amani. Nutritional Knowledge, Attitudes and Practices of Bodybuilding Trainers in Ahwaz, Iran. Pakistan Journal of Nutrition 3(4): 228-231, 2004

7. R A Thompson & R T Sherman. The Damage Is Done: Consequences of the Thinness Pursuit. Athletes, Athletic Performance, and Eating Disorders: Healthier Alternatives. Journal of Social Issues, Volume 55 Issue 2 Page 317, Summer 1999
8. Modesto Bee (2003). Creatine use in area widespread, but views of its impact mixed <http://www.modbee.com/sports/story/7648382p-8554152c.html>
9. Kansas City Star (2003). High School Coaches Need to Supplement Knowledge. <http://www.kansascity.com/mlid/kansascity/sports/5070374.htm>
10. Sports Illustrated, April 7, 2003. Jolt of Reality.
11. Wilmington Star (2002). Teens and Supplements. <http://www.wilmingtonstar.com/apps/pbcs.dll/frontpage>
12. Dallas Morning Star (2002). Supplements: Playing with Fire. <http://www.dallasnews.com/dmn/sports/stories/0217supplements.2d5f5.html>
13. Newswise News Service. (2001). Athletes and Supplements: Focus on Why Instead of What. <http://www.newswise.com/articles/2001/8/PERKO.NCW.html>
14. Phipps, J. L. (2001). College Jocks Speeding Up. Yahoo! Health News. http://health.yahoo.com/health/healthscout/20010824/college_jocks_speeding_up.html
15. University of California at Davis. (2000). Olympic Centennial Athletic Sport and Recreation Bibliography Project. Department of Nutrition, University of California at Davis. <http://nutrition.ucdavis.edu/olympics/Sports/foot.htm>
16. Perko, M. A., Eddy, J. M., Bartee, R.T., & Dunn, M.S. (2000). Giving New Meaning to the Term "Taking One for the Team": Influences on Use/Non-Use of Dietary Supplements Among Adolescent Athletes: Journal of American Health Studies, 16(2), 99-106.
17. Fetro, J.V. (2000). Commentary on K-12 Health Education and Physical Education Certification Practices in the United States: 1988-1992-1998. Journal of Health Education 31(3), 150-155.
18. University of North Brunswick Saint John Ward Chipman Library Children and Youth in Sport Database. (2001). Drugs, Dietary Supplements, and Performance Enhancement. University of North Brunswick, Canada. <http://www.unbsj.ca/library/subject/youth.htm#coach>
19. Dunn, M.S., Eddy, J. M., Wang, M. Q., Perko, M. A. & Bartee, R. T. (2001). Influence of Parents, Coaches, and Trainers on Attitudes, Subjective Norms and Intentions among Male and Female Adolescents. Journal of Adolescent and Family Health.
20. Trockel, M. T., Barnes, M. D., & Egget, D. L. (2000). Health-Related Variables and Academic Performance Among First-Year College Students: Implications for Sleep and Other Behaviors. Journal of American College Health, 49(3), 125.

21. Yates, S. C. (1999). Supplements at Center of High-School Controversy. Healthwell Exchange. Online magazine. http://www.newhope.com/nfm-online/nfm_backs/Feb_99/highschool.cfm Feb.
22. Blue, J. G., & Lombardo, J. A. (1999). Steroids and Steroid like Compounds. Clinics in Sports Medicine. 18(3); 6.
23. Perko, M. A. (1999). Development of a Theory-based Instrument Regarding Adolescent Athletes and Dietary Supplements. American Journal of Health Studies 15(2), 71-80.
24. Bartee, R. T. (2000). Predictors of Dietary Supplement Use by Male and Female High School Athletes: A logistic Regression. Unpublished doctoral dissertation, Tuscaloosa, AL.
25. Dunn, M. S. (1999). The Influence of Significant Others on Attitudes, Subjective Norms and Intentions among Adolescents regarding Dietary Supplement Use. Unpublished doctoral dissertation, Tuscaloosa, AL.
26. Boston University Community Outreach Health Information System. (1998). HIV Transmission and Steroid Use. <http://www.bu.edu/COHIS/aids/new/sports.htm#steroids>
27. Centers for Disease Control and Prevention. (1996). HIV/AIDS and Sports. Developing and Evaluating Prevention Programs. CDC National AIDS Clearinghouse. <http://www.caps.ucsf.edu/toolbox/HIV&sports.html>

REVIEWS/CONSULTATIONS

Center for Drug Free Sport/NCAA Performance Enhancer Expert, 2008 - present

NCAA Expert Speaker – Athletes and Dietary Supplements. 2003-2006

ESPN, May 20, 2003. Guest on national show “Outside the Lines” discussing Ephedra.

ESPN Radio – multiple commentaries on sports supplements.

Sports Illustrated expert contact. 2002, 2003.

Expert Reviewer – The Rapides Foundation, 2004.

Senior Consultant – National Rural Electric Cooperatives, 1999-present

External Expert Reviewer – Regents Accreditation of Teacher Education in Health, New York State Education Dept. 2003 - present

Senior Editor – Absolute Advantage, Monthly publication from the Wellness Councils of America. 4500 corporate subscribers representing 2.8 million employees, 2002 – present.

Invited Columnist – The Well Workplace, Monthly newsletter from the Wellness Councils of America. Received by over 3 million readers, 2002 – present.

External reviewer – SABPAC Doctoral Program in Health Education, Summer, 2002

External reviewer – NYS Board of Education Health Education Program Proposal. Spring, 2001
Reviewer - numerous textbook chapters for Allyn and Bacon Publishers, 1999-present, including:

- Alternative Medicine
- Healthy Aging
- Exercising for Fitness
- Stress
- Weight Management

Reviewer – Revised edition of “Educating for Health: The Selected Papers of Mayhew Derryberry.” Jossey-Bass Publishers – 2003.

NATIONAL PRESENTATIONS

1. Guidelines for Writing Letters of Recommendation for Distance Health Education Students. Gordon, B. C., Perko, M. A., & Eddy, J. M. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Baltimore, 2007.
2. Managing Diabetes: Use of the Transtheoretical Model. Hill, L. A, Turner, L. W., & Perko, M. A. Hawaii International Conference on Education, Honolulu, HI, Jan. 6-9, 2007.
3. Evolution of The University of Alabama’s Distance Education Program in Health Education. Gordon, B. C., & Perko, M. A. Presentation at the Research Consortium, American Alliance for Health, Physical Education, Recreation and Dance National Convention, Baltimore, 2007.
4. Changes in Body Size of Elite High School Football Players Before and After Anabolic Steroid Legislation. Perko, M. A., Williams’ R. D., Tucker T. S., & Gordon’ B. C. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Baltimore, 2007.
5. “What’s Happening...” An Overview of Sexual Content in Black-themed Television Programming. Gordon, B. C., & Perko, M. A. Presentation at the American Public Health Association National Conference, Boston, 2006.
6. Worksite Health Promotion in Two Industrialized Countries: A Comparison of Efforts in Australia and the US. Perko, M. A., & Klein, D. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Salt Lake City, 2006.

7. Body Image Satisfaction and Sports Supplement Use among Collegiate Female Athletes. Stelfefson, M, Chaney, J. D., & Perko, M. A. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Salt Lake City, 2006.
8. Professionalism in Health Education and Promotion: Strategies for the Marketable Health Professional. Kittleson, M., Luquis, R. R., Perko, M. A., Spear, C. E., Young, K. J., and Klein, D. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Salt Lake City, 2006.
9. A Vision for the 21st Century – The Future of Worksite Health Promotion. Perko, M. A. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Chicago, March, 2005.
10. Navigating the 7 C's to a Healthier Workplace. Perko, M. A. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Chicago, March, 2005.
11. You're Hired! How to convince a CEO of any company they need worksite health promotion Perko, M. A. & Eddy, J. M. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Chicago, 2005.
12. Student Opinions of A Distance Education Masters Program in Health Education Eddy, J, Chaney, J. D., Fitzhugh, G., & Perko, M. A. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Chicago, 2005.
13. Girls Gone Wild: Female Athletes as the Next Target Market for Sports Dietary Supplements. Perko, M. A. Bartee, R. T., & Dunn, M. S. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Chicago, 2005.
14. Nominal Group Process: A Health Planner's Best Friend Donahue, R., Strasser, S. M., Perko, M. A., Boling, W., & Corliss T. L. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, New Orleans, 2004.
15. Overselling the Health Care Cost Containment Argument in Worksite Health Promotion. Eddy, J. M., Fitzhugh, E. C., & Perko, M. A. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, San Diego, 2002.
16. Using the Internet to Facilitate Social Connections and Friendships Ashton-Shaffer, C., Johnson, D.E, & Perko, M. A. Presentation at the American Therapeutic Recreation Association Annual Conference. Tampa FL., 2001 July.

17. The Influence of Significant Others on Attitudes, Subjective Norms and Intentions Regarding Dietary Supplement Use Among Adolescents. Dunn, M.S., Eddy, J. M., Wang, M. Q., Nagy, S. J., Green, B. L., Kendrick, O. & Perko, M. A. Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Orlando, FL., 2000
18. The Future is Now: Innovative Approaches to Professional Development. Perko, M. A., Videto, D., & Barnes, M. Oral Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Boston, Mass., 1999.
19. What Teachers Need Most: Findings from a Summer Institute. Ragon, B. M. & Perko, M. A. Poster Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Reno, Nevada., 1998.
20. A Vision for the Future: Innovative Approaches to Professional Development. Perko, M. A., Videto, D., & Barnes, M. Oral Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Reno, Nevada, 1998.
21. Using Theory In Health Education. Eddy, J. M., & Perko, M. A. Oral Presentation at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, St. Louis, MO., 1997.
22. The Impact of Belief in Fate or Destiny on Health Behaviors of African-Americans. Green, B. L., Britt, M. F., Ebling, N., Maisiak, R., Perko, M. A., & Wang, M. Q. Poster Presentation at the American Public Health Association National Conference, New York City, NY, 1996.
23. An Overview of a Health Promotion Program: Success From the Ground Up. Morton, P. H., Bartee, R. T., Perko, M. A., Green, B. L. Oral Presentation at the American Public Health Association National Conference, New York City, NY, 1996.
24. Integration of Satellite Broadcasts into a Comprehensive Health Promotion Program Driven by the Stages of Change Theory. Perko, M. A., Green, B. L., Britt, M. F., & Grant, H. L. Presentation at the Tenth National Conference on Chronic Disease Prevention and Control, Atlanta Ga., 1995.
25. Social Environmental influences on the Smoking Prevalence of Hispanic Adolescents in a National Sample. Cowdery, J. E., Fitzhugh, E. C., Wang, M. Q., & Perko, M. A. Presented, American Public Health Association Conference, San Diego, CA, 1995.
26. Use Of Anabolic Steroids to Increase Aggressive Behavior Among African-American Males: A Primary Reason for Use? Perko, M. A., Green, B. L., Ebeling, N., Nagy, S., & Adcock, A. Poster Presentation at the American Public Health Association National Conference, San Diego, CA., 1995.

27. Up All Night: Health Promotion for Shift Workers and Their Families. Perko, M. A., Cowdery, J. E., Green, B. L., & Eddy, J. M. Oral Presentation at the American Public Health Association National Conference, San Diego, CA., 1995.
28. Development of an Instrument Based on the Theory of Reasoned Action to Assess Behavioral Intentions, Attitudes, and Beliefs Regarding Dietary Supplement Use Among Adolescent Athletes. Perko, M. A. Poster presented at the American Public Health Association National Conference, San Diego, CA., 1995.
29. Violence Prevention at the Workplace: Implications For Health Promotion. Jones, C. S., & Perko, M. A. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Portland, Oregon, 1995.
30. Worksite Health Promotion Programs Based on The Stages of Change Theory. Perko, M. A., & Cowdery, J. E. Roundtable presented at the Society of Public Health Educators National Conference, Washington, DC., 1994.
31. First Year Results Of An 800 Number Health Information Line Provided To Employees Of A Multi-Site Company. Jones, C. S., Perko, M. A., & Eddy, J. M. Oral presentation at the American Public Health Association National Conference, Washington, DC., 1994.
32. Smoking Policies and Programs: Guidelines for Corporate Decision-Makers. Eddy, J. M., Perko, M. A. & Kahler, H. Oral presentation at the Wellness in the Workplace National Convention, Baltimore, Maryland, 1994.
33. Examining Substance Use Among International Students at an American University. Perko, M. A., Green, B. L., McClure, L. L., & Jones, C. S. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Denver, CO., 1994.
34. Smoking Related Emotional Problems of Teenagers in the United States. Westerfield, R. C., Wang, M. Q., Eddy, J. M., Perko, M. A., Green, B. L., & Fitzhugh, E. C. Poster presented at the American Public Health Association National Conference, San Francisco, CA, 1993.
35. Smoking Related Attitudes and Beliefs of Teenagers in the United States. Wang, M. Q., Eddy, J. M., Westerfield, R. C., Fitzhugh, E. C., Perko, M. A., & Green, B.L. Poster presented at the American Public Health Association National Conference, San Francisco, CA., 1993.
36. Prevalence of Suicide and Violent Behaviors Among Adolescent Anabolic Steroid Users. Jones, C. S., Perko, M. A., Wang, M. Q., & Nagy, S. J. Poster presented at the American Public Health Association National Conference, San Francisco, CA., 1993
37. The Effect of Skipping Meals on the Dietary Adequacy of the Elderly: 1987-88 National Food Consumption Survey. Green, B. L., Fitzhugh, E. C., Wang, M. Q., Eddy, J. M., Westerfield, R. C., & Perko, M. A. Poster presented at the American Public Health Association National Conference, San Francisco, CA., 1993.

38. Perceived Body Image, Gender Differences, and Use of Dietary Supplements Among NCAA Division 1 Athletes. Perko, M. A., Jones, C. S., McClure L. L., & Wang, M. Q. Oral presentation at the American Public Health Association National Conference, San Francisco, CA., 1993.
39. The Use of an 800 Number Phone Service to Provide Health Information to a Multi Site Company. Perko, M. A., McClure, L. L., & Allison, S. A. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Washington, DC. 1993.
40. Attitudes and Behaviors Between African-American Adolescent Anabolic Steroid Users and Non-Users. Perko, M. A., McClure, L. L., Green, B. L., & Wang, M. Q. Poster presented at the CDC National Conference of Health Education and Health Promotion Among Underserved Populations, Atlanta, GA. 1993.
41. Evaluation of a Safety Belt Incentive Program on Utilization Rates at Baptist Medical Centers. Hilyer, J., McClure, L. L., & Perko, M. A. Poster presented at the American Journal of Health Promotion Conference National Convention, Hilton Head, SC., 1993.
42. Evaluation of the Cost Benefit of the Medical Self Care Program at Baptist Medical Centers. Hilyer, J., McClure, L. L., & Perko, M. A. Poster presented at the American Journal of Health Promotion National Convention, Hilton Head, SC. 1993.
43. Evaluation of the Healthy Lifestyles Incentives Program at Baptist Medical Centers. Hilyer, J., McClure, L. L., & Perko, M. A. Poster presented at the American Journal of Health Promotion Conference National Convention, Hilton Head, SC., 1993.
44. Knowledge and Attitudes of Division 1 College Athletes Regarding Anabolic Steroids and the Relationship to Their Athletic Goals. Perko, M. A., Jones, C. S., Wang, M. Q., & Yesalis, C. A. Poster presented at the American Public Health National Meeting, Wash, DC., 1992.
45. Reduced Smoking Prevalence Rates Among Women of Reproductive Age: An Association with State Tobacco Prevention and Control Activities. Fitzhugh, E., Eddy, J. M., Wang, M. Q., Green, B. L., & Perko, M. A. Poster presented at the American Public Health Association National Meeting, Wash, DC., 1992.
46. Project Health Link: Statewide Teacher In-Service and Student Instruction Conducted via Satellite Distance Education. Fitzhugh, E. C., Eddy, J. M., & Perko, M. A. Oral presentation presented at the American School Health Association National Meeting, Orlando, FL., 1992.
47. Aids Knowledge of Adolescent Anabolic Steroid Users
Jones, C. S., Perko, M. A., & Nagy, S. J. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Indianapolis, IN., 1992.

48. VCR Ownership: Implications for Home-Based Health Education
Nagy, S. J., Jones, C. S., & Perko, M. A. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention, Indianapolis, IN., 1992.

REGIONAL/STATE PRESENTATIONS

1. Changes in Body Size of Elite High School Football Players before and after Anabolic Steroid Legislation. Perko, M. A., Williams, R. D., Tucker, T. S., & Gordon, B. C. Presentation at the Southern District Health, Physical Education, Recreation and Dance Convention, Chattanooga, TN, 2007.
2. African American Adolescents' Exposure to Sexual Advertisements in Black-Themed Magazines. Gordon, B. C., Perko, M. A., Lee, L., & Yerby, L. Presentation at the Alabama State Health, Physical Education, Recreation and Dance Convention, Birmingham, Al, Nov. 13th, 2006.
3. One Hundred Years of Worksite Health Promotion: An Overview of Four Generations of Practice. Perko, M. A., & Senter, M. S. Presentation at the Southern District Alliance for Health, Physical Education, Recreation and Dance National Convention, Chattanooga, TN, 2007.
4. A Rock and a Hard Place: Providing Compelling Evidence to Invest Upfront for Worksite Wellness. Senter, M. S. & Perko, M.A., Presentation at the Southern District Alliance for Health, Physical Education, Recreation and Dance National Convention, Chattanooga, TN, 2007.
5. West Nile Virus in the United States: History and Prevention. Yerby, L., Perko, M. A., Turner, L.W. Presentation at the Alabama State Health, Physical Education, Recreation and Dance Convention, Birmingham, Al, Nov. 13th, 2006.
6. Incorporating Entrepreneurial and Marketing Principles into Worksite Health Promotion. Eddy, J. M., Stellefson, M., & Perko, M. A. Presentation at the Southern District Alliance for Health, Physical Education, Recreation and Dance National Convention, Virginia Beach, VA, 2006.
7. Female Athletes as the Next Target Market for Sports Dietary Supplements. Perko, M. A., Bartee, Beville, J., & Tucker, T. S. Presentation at the Alabama Alliance for Health, Physical Education, Recreation and Dance National Convention, Birmingham, 2005.
8. Multiple Levels of Influences on Alcohol Use among College Athletes. Williams, R. M., Perko, M. A., Belcher, D., & Leaver-Dunn, D. Presentation at the Alabama State Alliance for Health, Physical Education, Recreation and Dance Convention, Gulf Shores, April 22, 2005.

9. Culture Change in Health Promotion. Eddy, J. M., Chaney, J. D., Donahue, R, Perko, M. A. & Fitzhugh, E. C., Presentation at the Southern District American Alliance for Health, Physical Education, Recreation and Dance National Convention, Savannah, Ga., 2003.
10. Approaching the Benefits of Worksite Health Promotion from a Qualitative Perspective. Donahue, R. A., Fitzhugh, E. F., & Perko, M. A. Presentation at the Southern District Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Savannah, Ga., Feb. 6, 2003.
11. From Plowshares to Power Ties: The Changing Nature of Work and Health Presentation at the Southern College Health Association Annual Conference Charlotte, NC, March 13, 2003.
12. Town and Gown: Giving Local Health Educators Ownership in Planning a University Health Education Degree Program. Perko, M. A., Stockton, C. A., Dennison, D., & Kyzer, M. Presentation at the North Carolina Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Greensboro, NC, Dec. 6, 2001.
13. Towards a Standardized Definition of Sport Nutritional Products: A Delphi Study. Zuckerman, G. A., & Perko, M.A. Presentation at the North Carolina Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Greensboro, NC, 2000.
14. Giving New Meaning to the Term, "Taking One For The Team": Influences on the Use/Non-Use of Dietary Supplements. Perko, M. A. Presentation at the North Carolina Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Greensboro, NC., Nov. 28, 1999.
15. Teaching with Technology. Ragon, B. M., & Perko, M. A. Oral presentation at the Southern District American Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Greensboro, NC, 1999.
16. Influences of Adolescent Athletes Regarding Dietary Supplement Use: Implications for Coaches and Athletic Trainers. Perko, M. A., & Ragon, B. M. Oral presentation at the Southern District American Alliance for Health, Physical Education, Recreation and Dance Regional Convention, Greensboro, NC., 1999.
17. A Comprehensive Non-Facility Based Health Promotion and Disease Prevention Program for a Multi-Site Company. Eddy, J. M., & Perko, M. A. Oral presentation at the Southern District American Alliance for Health, Physical Education, Recreation and Dance Regional Convention, New Orleans, 1996.
18. Development of an Instrument Based on the Theory of Reasoned Action to Assess Attitudes and Beliefs Regarding Dietary Supplement Use Among Adolescent Athletes: Preliminary Findings. Perko, M. A. Oral presentation at the Alabama State American Alliance for Health, Physical Education, Recreation and Dance Convention, Gulf Shores, AL., 1995.

19. Alabama Power Company's "Good Health Makes Sense Program" Eddy, J. M., Green, B. L., Perko, M. A., & Fitzhugh, E. C. Oral presentation at the SDAHPERD Regional Convention, Nashville, TN., 1994.
20. Alabama Power's "Good Health Makes Sense" Health Promotion Program. Perko, M. A., Eddy, J. M., & Green, B. L. Oral presentation at the Alabama State Nurses' Association Annual Convention, Tuscaloosa, AL., 1993.
21. Utilization of Health Education Students to run an 800# Health Information Service for Two Multi-Site Companies. Perko, M. A., & Green, B. L. Poster presented at the New Jersey Collegiate Summer Institute for Health in Education New Brunswick, NJ, 1993.
22. Quick Fix Kids: Anabolic Steroid Use Among Adolescents. Perko, M. A. Oral presentation at the American School Health Association Regional Meeting, Philadelphia, PA., 1990.

INVITED PRESENTATIONS

1. Should Young Athletes and Children Take Dietary Supplements? Mid-South Society for Adolescent Medicine. Birmingham, AL, April 18, 2008.
2. Evaluation of Worksite Health promotion Programs. Alabama Dept. of Public Health, Montgomery, AL, June 6th, 2007.
3. An Ecological Approach to Obesity Prevention, Geiger, B. F., Perko, M. A., & Evans, R. R. Governor's Conference on Obesity, UA, May 4th, 2007.
4. Taking One for the Team: A Discussion on Performance Enhancing Substances, National Eating Disorders Week, UA Recreation Center, Feb. 28th, 2007.
5. Young Athletes and Sports Supplements – Alabama Dietetic Association, March 16th, 2006.
6. Young Athletes and Sports Supplements – Safe at any age? Alabama Governors Childhood Obesity Conference, University of Alabama, Feb. 20, 2006.
7. Female Athletes as the Next Target Market for Sports Dietary Supplements. Alabama Dietetics Association, Tuscaloosa, Al., Oct 6, 2005.
8. Workplace Wellness Makes Sense – Reducing Employee Claims. Illinois Retail Merchants Association, Westbrook, IL, Sept 6, 2005.
9. Should Young Athletes and Children Take Dietary Supplements – Point/Counterpoint. National Strength and Conditioning Association, Las Vegas, NV. July 8, 2005.
10. Creating Supportive Work Environments. Missouri Electric Coop Human Resources Meeting, Jefferson City, MO. April 7, 2005

11. The Nature of Work and Health. Closing Keynote Speaker, Associated Employers Annual meeting, Bettendorf, IW, Feb, 23, 2004.
12. How to Make the Rest of Your Life the Best of Your Life! Closing Keynote Speaker, Catholic Health Initiatives Risk Solutions Seminar, San Antonio TX, November 11th, 2004.
13. The Nature of Work and Health. Closing Keynote Speaker, North Carolina Occupational Health Nurses Association meeting, Charlotte, NC, October 7th, 2004.
14. The Confusing World of Dietary Supplements in Sports. Invited panelist, The Joint Commission on Sports Medicine and Exercise Science Annual Conference, Austin, TX, Feb 24-26.
15. The Changing Nature of Work and Health. Keynote speaker, National Rural Electric Cooperative National Human Resource Convention, San Diego, CA. June 15, 2004.
16. Creating Supportive Work Environments. Cameron School of Business 25th Anniversary Celebration. Wilmington, NC. March 27, 2004.
17. Taking One for the Team: The New Thinking on Young Athletes and Dietary Supplements. Presentation at High Point University, March, 2004. (NCAA speaker)
18. Who's on First? The Realities of Dietary Supplements for Athletes and Consumers. Presentation at Hiram College, OH, Jan. 13, 2004. (NCAA speaker)
19. Players, Pills and Politics: Athletes and Dietary Supplements. Presentation to St. Louis University athletes, Oct. 6, 2003. (NCAA speaker)
20. Towards a Results-Oriented Worksite Health Promotion Program
Presentation to the National Rural Electric Cooperative Association
Sponsored by the Wellness Councils of America, Las Vegas, NV, July 18, 2003
21. Towards a Results-Oriented Worksite Health Promotion Program
Presentation to the National Commission of Rural Electric Cooperatives Association
Beginner workshop sponsored by the Wellness Councils of America
Arlington, Va., Aug. 10, 2003
22. Towards a Results-Oriented Worksite Health Promotion Program
Presentation to the National Commission of Rural Electric Cooperatives Association
Intermediate workshop sponsored by the Wellness Councils of America
San Antonio, TX, Aug. 18, 2003
23. Taking One for the Team: The New Thinking on Young Athletes and Dietary Supplements. Presentation at Mercy Children's Hospital Div. of Adol. Medicine, Kansas City, MS. Jan. 29, 2003.

24. Taking One for the Team: The New Thinking on Young Athletes and Dietary Supplements. Presentation at the Center for Drug Free Sport Conference on Dietary Supplements, Kansas City, MS. Jan. 30, 2003.
25. From Plowshares to Power Ties: A Century of Culture Change and Health Presentation to Wilmington Community sponsored by UNCW College Day Wilmington, NC, Nov. 23, 2002.
26. From Plowshares to Power Ties: A Century of Culture Change and Health Presentation to American Society of Civil Engineers Association Annual Conference Wilmington, NC, Oct 3, 2002.
27. From Plowshares to Power Ties: A Century of Culture Change and Health Presentation to American Dental Association Annual Conference Wilmington, NC, June 25, 2002.
28. Towards a Results-Oriented Worksite Health Promotion Program Presentation to the National Commission of Rural Electric Cooperatives Association Intermediate workshop sponsored by the Wellness Councils of America St. Louis, MO, June 24, 2002
29. From Plowshares to Power Ties: A Century of Culture Change and Health Presentation to Local Order of Kiwanis Organization Wilmington, NC, February 13, 2002.
30. Hey Coach - Does This Stuff Work? Invited Scholar presentation to faculty and Ph.D. students, College of Environmental Sciences, University of Alabama. Oct. 31, 2001
31. Towards a Results-Oriented Worksite Health Promotion Program Presentation to the Nat'l Commission of Rural Elec. Coops Assoc, MN, 2001.
32. Navigating the Seven C's to a Results-Oriented Worksite Health Promotion Program National Rural Electric Cooperatives Association, San Antonio, TX., July 17, 2001.
33. Professional Development for Worksite Health Professionals Presentation at the National Wellness Councils of America, Omaha, NE., April 17, 2000.
34. Giving Health Education Presentations: Legal and Ethical Considerations, presented to UNCW Peer Educators, October 21, 2000.
35. Aging Healthfully professional development presented to staff of Cornelia Nixon Davis Health Care Center, Ogden, NC, July 7, 2000.
36. History of a Model Worksite Health Promotion Program: Good Health Makes Sense, 1991-2000. Presentation at the National Wellness Councils of America, Omaha, NE., April 17, 2000.

37. Navigating the Seven C's to a Results-Oriented Worksite Health Promotion Program
Presentation to the National Commission of Rural Electric Cooperatives Association
Jackson, MS., Sept 14, 1998.
38. Maintaining Peak Performance: Strategies for Success
Presentation to Institute for Organizational Management, U.S. National Chamber of
Commerce Executive Training Seminar, Colorado Springs, Co., July 22, 1998.
39. Applying Theoretical Models to Real World Situations in Worksite Health Promotion
Presentation to Johns Hopkins School of Public Health Graduate Students,
Baltimore, Md., March 11, 1998.
40. Integration of Satellite, Digital, and Internet Communications to Deliver Health Education
Initiatives James M. Eddy & Michael A. Perko
New Mexico State University, January 7, 1997.
41. Signs and Symptoms of Anabolic Steroid Use Among Adolescents
Featured speaker at Rutgers University Medical School, Newark, New Jersey, 1991.

PROFESSIONAL EXPERIENCE

- | | |
|---|---------|
| The Center for Innovative Health Solutions, LLC.
<i>Position:</i> Executive Director, Owner & Partner
CIHS is a small business initiative whose mission is to use media technology to produce tailored health education/communication materials. | 1994-97 |
| Good Health Makes \$ense Show with Dr. Mike Perko
<i>Position:</i> Producer/Host - Quarterly live health promotion and disease prevention broadcast and live monthly broadcast titled "GHM\$ Monthly: It's Your Health!" to 120 downlink sites in a two state area. Duties included managing full and part-time staff in all pre, production, and post production including conceptual design, hiring talent, writing scripts, arranging location shoots, and editing. 35 live broadcasts. | 1994-97 |
| Associate Director, Good Health Makes \$ense Program
The University of Alabama, Tuscaloosa, AL.
<i>Duties:</i> Design, implementation, and evaluation of worksite health promotion programs for Alabama and Gulf Power Companies, both multi-site public utilities. | 1992-97 |
| Received Governor's Award for Health Promotion Programs | 1994-95 |
| Received Wellness Council's of America Gold Award | 1994 |
| Received National Health and Human Secretary's Award | 1995 |
| Producer/Host
Masters Degree in Health Education and Health Promotion on video.
Distance education initiative developed with the faculty of the University of Alabama's Health Studies Department, Department of Communications and the University of Alabama's Integrated Interactive Television System. | 1996-97 |

Producer

1992-96

Introductory videos for both Alabama Power Company, (8200 employees, 160 sites) and Baptist Health System, a 7 hospital (3500 employees) system in Alabama. Both organizations used video as a way to disseminate health education and promotion opportunities available to employees and spouses.

Video Productions:

Various linear videos were produced based on demand from Alabama and Gulf Power employees. These videos were professionally developed for home use with families in mind. They included:

- . "An Oz. of Prevention: Prevention/Early Detection of Cancer"
- . "Eating Well for Kids"
- . "Heart Health"
- . "Coping with Shift work"
- . "To Be Tobacco Free"

PROFESSIONAL MEMBERSHIPS (CURRENT)

American Academy of Health Behavior (AAHB)
American Association for Health Education (AAHE)
American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
Society for Public Health Education (SOPHE)
Southern District Health, Physical Education, Recreation and Dance (SDAAHPERD)

Past:

NC Alliance for Health, Physical Education, Recreation and Dance (NCAHPERD)
American Public Health Association (APHA)
National Council Against Health Fraud (NCAHF)
American School Health Association (ASHA)
New Jersey Society of Public Health Educators (NJSOPHE)
Pennsylvania School Health Association (PSHA)
American College Health Association (ACHA)
New Jersey College Health Association (NJCHA)

PROFESSIONAL ACTIVITIES

Member – SDAAHPERD Health Division Board, 2007-2009
Member – NCHEC Division Board for Profession Preparation and Practice, 2007-2012
Reviewer – American Journal of College Health, 2006-2007
Reviewer - Benjamin Cummings Health Advisory Board, 2007
Delegate – Assembly, SD AAHPERD, Chattanooga, TN, Feb. 15th, 2007
Reviewer – AAHB Conference Research Abstracts, 2006
Reviewer – SOPHE Conference Research Abstracts, 2006
Member - AAHE Advocacy Committee, 2004-2007
AAHE Rep, Advocacy Summit, Wash. DC, March 8-10, 2003.
Member - AAHE Membership Committee, 2002-2005
AAHE Rep, Advocacy Summit, Wash. DC, March 2-4, 2002.

Medical Advisory Board, Wellness Councils of America Well 1999-Present.
Board of Directors, American Association for Health Education, 1999-2002.
Member - NCAHPERD Exhibit Committee, 2001-2203
Member - AAHE Membership Committee, 1999-2001
Chair - National AAHE/ASTDHPPE Conference CHES Continuing Education Committee, Washington, D.C., 1999.
International Editorial Board, WELCOA Well Workplace Newsletter, 1999-2002.
Ex-Officio Member - NCAHPERD Executive Board (Student Major Advisor), 1999-2000.
Member – Governors Council; Business and Industry Committee, 1999-2000.
President and Founding Member - American Cancer Society of Wilmington's Lighthouse Guild, 1998-2000.
Governing Council (Elected) - American Public Health Association Public Health Education & Health Promotion Section, 1998-00.
Reviewer - Health Objectives for Healthy People 2010 related to the worksite, invited by Society of Public Health Educators, 1998.
National Review Panel - The Well Workplace Awards Initiative, Wellness Councils of American, 1997-1999.
Chair - Worksite Health Promotion Committee, American Public Health Association, 1996-1998.
Chair - Abstract Review Committee, Worksite Health Promotion Committee, American Public Health Association, 1996-98.
Chair - American Association for Health Education Professional Development Committee, 1998-2000.
Reviewer - American Journal of Health Studies, 1991-present.
Reviewer - International Electronic Journal of Health Education, 1997-present.
Invited Guest Reviewer - Minority Health special issue, Journal of Wellness Perspectives, summer 1996.
Delegate – AAHE General Assembly, AAHPERD, Portland, Oregon, 1995.
Chair - Student Committee, Health Educators Association of Alabama (Executive Board, HEAA), 1994 –1996.

HONORS AND AWARDS

- | | |
|---|---------|
| 1. Member – Society of Industrial Leaders | 2008 |
| 2. National Health Educator of the Year: Administration – AAHE | 2008 |
| 3. Health Educator of the Year: Administration – SDAHPERD | 2008 |
| 4. Presidential Citation - American Association for Health Education | 2007 |
| 5. Member – University of Alabama Leadership Academy | 2006-08 |
| 6. Fellow – American Association for Health Education | 2006 |
| 7. Accepted, Full member - American Academy of Health Behavior | 2005 |
| 8. Nominated, UNC Board of Governors Teaching Award | 2004 |
| 9. Awarded, UNCW Chancellors Teaching Award. | 2003 |
| 10. NCAAHE University Health Educator of the Year | 2002 |
| 11. Finalist, UNCW Faculty Research Award. | 2002 |
| 12. Jack W. Davis Alumni Award, University of Alabama. | 2001 |
| 13. Invited Scholar, College of Human Environmental Science, UA | 2001 |
| 14. Keystone of the Year, Alumni Award, Keystone College, Pa. | 2000 |
| 15. Keynote Speaker, AAHE/AAHPERD Undergraduate Health Education Major of the Year Award Ceremony, Orlando, Fl. | 2000 |

16. Inclusion American Registry of Outstanding Professionals	2001-02
17. Inclusion 28th Edition Dictionary of International Biography	2000
18. 1st recipient, Horizon Award, AAHE	2000
19. Nominated 17th Edition Marquis Who's Who in the World	2000
20. Inclusion 54-58th Editions Marquis Who's Who in America	2000-03
21. Inclusion, 2nd Edition Marquis Who's Who in Medicine and Healthcare	1999-00
22. Inclusion, 26th Edition Marquis Who's Who in the South and Southwest	1999-00
23. Young Alumni Achievement Award, East Stroudsburg University	1998
24. Nathan Taylor Dodson Award (SDAAHPERD)	1998
25. APHA Certificate of Outstanding Service to the PHEHP Section	1997
26. APHA Early Career Award - American Public Health Association	1997
27. Nominated "Top 40 under 40" Business News Journal, Birmingham, AL.	1996
28. Certificate of Outstanding Service to ALAPHERD	1995
29. AAHE Doctoral Scholar Award	1994
30. Outstanding Graduate Student, Health Studies Department, UA	1993-94
31. Certified Health Education Specialist 1990 (CHES #2025, Recertified	1995, 2000)
32. Inducted, Kappa Delta Pi, International Education Honorary Society	1992
33. Who's Who in American Junior Colleges	1982
34. National Register of Outstanding Students	1982
Certificate of Outstanding Service to ALAPHERD	1995
35. AAHE Doctoral Scholar Award	1994
36. Outstanding Graduate Student, Health Studies Department, UA	1993-94
37. Certified Health Education Specialist 1990 (CHES #2025, Recertified	1995, 2000)
38. Inducted, Kappa Delta Pi, International Education Honorary Society	1992
39. Who's Who in American Junior Colleges	1982
40. National Register of Outstanding Students	1982