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Amy R. Mobley PhD, RD, FAND to receive the 2021 SNEB Nutrition Education Research Award

INDIANAPOLIS, IN (August 1, 2021) – The Society for Nutrition Education and Behavior will honor Amy R. Mobley PhD, RD, FAND with the Nutrition Education Research Award at the 2021 SNEB Annual Conference, held virtually August 8-10.

Dr. Amy Mobley is an Associate Professor and Graduate Program Coordinator in the Department of Health Education and Behavior at the University of Florida's (UF) College of Health and Human Performance. Her research interests include ecological and behavioral approaches to preventing and treating obesity throughout the lifespan, parental influences on early childhood feeding and obesity risk, nutrition education and behavior, mHealth and eHealth methods to improve dietary and physical activity barriers, food security and underserved populations.

Her research goal is to understand the multiple influences on dietary behavior and to develop corresponding interventions to improve health especially in underserved populations. As the principal investigator (PI) of the Nutrition Education and Behavioral Science Research Lab at UF, she aims to integrate research, teaching, and outreach to improve nutrition related programs and policies. Using qualitative and/or quantitative methods, she has conducted research to evaluate behavioral-based weight management interventions, web-based nutrition education for SNAP-Ed participants, current methods of household food security assessment, dietary guidance and feeding messages for low-income adults and families with young children, a campaign to increase local food consumption in elementary schools and, community-based programs for childhood obesity prevention particularly targeted to parents including a special emphasis on fathers of preschool age children. Her special emphasis on fathers has included the development of a community-based father focused nutrition and parenting intervention "Healthy Fathers, Healthy Kids" for low-income families with preschool aged children.

Dr. Mobley has helped garner over \$11 million in external grant funding as both PI and co-investigator from sponsors including the National Institutes of Health, United States Department of Agriculture, and Child Health and Development Institute of Connecticut for her research projects and other projects in which she was involved. To disseminate her research findings, she has presented over 30 times at local, state, regional, national, or international meetings or conferences. She has also conducted over 40 additional trainings or presentations on continuing education, nutrition, or career related topics.

Dr. Mobley has authored over 45 peer-reviewed publications. Notably, over half of her publications have a graduate or undergraduate student mentee as the first author. Seven of her manuscripts are published in the *Journal of Nutrition Education and Behavior* (JNEB), along with an additional two book reviews in JNEB, and 14 Society for Nutrition Education and Behavior (SNEB) abstracts.

Recently, she coauthored two book chapters in *Communicating Nutrition: The Authoritative Guide*, a new resource from the Academy of Nutrition and Dietetics.

As a research mentor, Dr. Mobley's students have served as first author on their manuscripts and received travel awards and other outstanding research award recognitions from SNEB and other university or professional organizations. Notably, one of her prior doctoral students SNEB member Rachel Vollmer, PhD, RD, a tenured faculty member at Bradley University who was a doctoral student under Dr. Mobley, says, "The research skills that Amy taught me are immeasurable. The methods in which she trained me seemed different than any other advisor. She did not simply hand me a task, instead, throughout my time with her, she used scaffolding as a way to improve my skills and confidence. As time went on, she gave me more and more independence. Without this leadership, I would not have developed the skills or confidence to succeed."

Dr. Mobley shares this advice to students, "Reach out to faculty early on during their time in college even to faculty outside of their own university to network and gain research experience. This could encompass opportunities in multiple research groups and different types of research over time. If reaching out to a potential mentor feels intimidating, I would recommend connecting with the faculty member's graduate students first to learn about the research group's projects and opportunities. My own graduate students have been the best recruiters in engaging new students into a nutrition education research experience in our group and possibly a future career path."

An active member of SNEB, Dr. Mobley served on the Society Board of Directors from 2017 to 2020 and is currently a member of the Journal Committee. She writes, "SNEB is my nutrition education family. I have met and connected with so many colleagues over time who are the leading experts in the field. These connections have enabled unique collaborations leading to multi-state research projects and relationships that would not have been possible without a professional society and unique organization like SNEB."

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