

GracieLee Weaver, PHD, MPH, CHES

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EDUCATION

PhD	Community Health Education Department of Public Health Education University of North Carolina at Greensboro, Greensboro, NC	December 2018
MPH	Public Health Education Department of Public Health Education University of North Carolina at Greensboro, Greensboro, NC	May 2014
BS	Human Development and Family Studies Minor in Women's and Gender Studies Department of Human Development and Family Studies University of North Carolina at Greensboro, Greensboro, NC	May 2011

CERTIFICATIONS

Certified Health Education Specialist (CHES), NCHEC, Active

National Board Certified Health & Wellness Coach (NBC-HWC), NBHWC, Active

Certified Health Coach, UNCG Health Coaching Programs, Active

PUBLICATIONS AND PRESENTATIONS

Unsal N, **Weaver G**, Bray JW, Bibeau D, Saake G. Return on Investment of Workplace Wellness: Evidence From a Long-Term Care Company. *Workplace Health & Safety*. September 2020. doi:[10.1177/2165079920953052](https://doi.org/10.1177/2165079920953052)

Weaver, G, Kroshus, E, Milroy, J, Wyrick, D. Student Awareness of Campus Good Samaritan/Medical Amnesty Policies. *J Am Coll Health*, 2020; Published Online June 2020. <https://doi.org/10.1080/07448481.2020.1767112>.

Weaver, GM, Bibeau, DL, Rulison, K, Bray, J, Dudley, WN, & Unsal, N. Tracking changes in U.S. organizations' workplace health promotion initiatives: A longitudinal analysis of performance against quality benchmarks. *Am J Health Promot*. 2020; 34(2):142-149. <https://doi.org/10.1177/0890117119883581>.

Weaver, GM, Bibeau, DL, Dudley, WN, Bray, J, & Rulison, K. Association Between the Characteristics of Organizations and their Profile of Performance Against Quality Benchmarks

for Workplace Health Promotion. *J Occup Environ Med.* 2019;61(5):424-430.
<https://doi.org/10.1097/JOM.0000000000001584>.

Weaver, GM, Mendenhall, BN, Hunnicutt, D, Picarella, R, Leffelman, B, Perko, M, & Bibeau, DL. Performance Against WELCOA's Worksite Health Promotion Benchmarks Across Years Among Selected US Organizations. *Am J Health Promot.* 2018;32(4):1010–1020.
<https://doi.org/10.1177/0890117116679305>.

MANUSCRIPTS UNDER REVIEW:

Unsal N, **Weaver G**, Bibeau, D & Bray J. A Systematic Review of Economic Evaluations of Workplace Wellness Programs. Submitted to *Public Health Reports*.

MANUSCRIPTS IN PREPARATION:

Unsal N, Bray J, **Weaver G**, & Bibeau D. Why Do Firms Implement Workplace Wellness Programs? Understanding the Reasons Beyond Return on Investment. In preparation for submission to the *J Occup Environ Med*.

Weaver, G, Bibeau, D, Lineberry, S, McCoy, R, Mendenhall, B. A Call for to Move Toward Best Practice: Details Needed Regarding Health Coaching Practices. In preparation for submission to *Health Promotion Practice*.

PRESENTATIONS:

Weaver, G, Beamon, E, Milroy, J, Kroshus, E, Hebard, S, Wyrick, D. Impacts of Medical Amnesty Policies Among Collegiate Student-Athletes. Accepted for Presentation at the APHA 2020 Virtual Annual Meeting and Expo.

Weaver, G, Wyrick, D, Milroy, J, Kroshus, E. Are Students Aware Of Campus Amnesty Policies And The Protections They Offer? Poster Presentation for the Research Society on Alcoholism. June 15, 2020.

Weaver, G, Bibeau, D., Bray, J. Roundtable Discussion on the Challenges and Opportunities in Worksite Wellness. Oral Presentation at the Making the Grade in Worksite Wellness Annual Conference Event in Winston Salem, NC. March 14, 2019.

Weaver, G, Bibeau, D., Bray, J. Roundtable Discussion on the Challenges and Opportunities in Worksite Wellness. Oral Presentation, pre-conference, at the Wellness Council of America Annual Summit in San Diego, CA. August 15, 2018.

Weaver, G., Mendenhall, B., Perko, M., Dudley, W., Bibeau, D. Good, better, best: Worksite wellness trends in organizational benchmark scores from 2008-2015. Oral Presentation for the American Public Health Association Annual Meeting in Denver, CO. 2016.

Weaver, G., Mendenhall, B., Perko, M., Dudley, W., Bibeau, D. The relationship between organizational demographics and performance on Worksite Health Promotion quality benchmarks. Oral Presentation for the North Carolina Public Health Association Fall Educational Conference in New Bern, NC. 2016.

Mendenhall, B., **Weaver, G.**, Bolton, L., McCoy, R., Lucas, C., Bibeau, D. Findings from a study of trained health coaches: Implications for a new direction in public health. Oral Presentation for the North Carolina Public Health Association Annual Fall Educational Conference in New Bern, NC. 2016.

Weaver, G., Mendenhall, B., Bolton, L. Health Coaching: Honoring public health's past and improving its future. Poster Presentation for the North Carolina Society for Public Health Education Annual Meeting in Hillsborough, NC. 2015.

FUNDED PROJECTS

ThinkX Assessment & Coaching Evaluation 07/01/2020 - 02/01/2021

The goal of this project is to conduct an evaluation of the ThinkX intervention to determine changes in participants' thought-drivers assessed in pre- and post-surveys. This project was funded by Triad Healthcare Network, LLC.

Role: Co-Investigator

National Institute on Drug Abuse 10/01/2019 – 09/30/2020

Development of an Opioid Misuse Prevention Program for Young Adult Workers in the Construction Industry (\$224,998). The goal of this project is to develop an opioid misuse prevention program for employees working in industries with high risk of injury and high risk of opioid dispensing. This project was funded by the National Institute on Drug Abuse.

Role: Co-Investigator (20%)

McCrae Williams Foundation Survey 03/01/19 – 07/31/2020

The goal of this project is to clean and analyze secondary data related to the act of “Jansporting,” help-seeking behaviors, and the effects of Good Samaritan policies among students. This project is supported by the McCrae Williams Foundation and is intended to inform practice, research, and policy.

Role: Project Manager (30%)

Giant Steps Research Development Grant 01/01/2018 – 01/01/2019

The goal for this project was to assess current challenges and gaps among worksite wellness practitioners and develop a research agenda for worksite wellness with research partners. This project was supported by an internal university grant.

Role: Project Manager

Benchmarking Research Project with WELCOA & UNCG 08/01/2015 – 08/01/2016

The goal of this project was to clean and analyze 8 years of Well Workplace Checklist assessment data collected from over 4,000 U.S. companies to examine performance against quality benchmarks for workplace health promotion. This project was funded by the Wellness Council of America (WELCOA).

Role: Project Manager

WORK EXPERIENCE

UNCG Department of Public Health Education, Greensboro, NC

Assistant Professor, August 2020 – Present

- Teaching core graduate level courses
- Advising and mentoring public health students
- Serving on dissertation committees
- Conducting research

UNCG Office of Research & Engagement, Greensboro, NC

Research Associate, May 2018 – Present

- Prepare publications for submission to academic peer-reviewed journals
- Write grant proposals for submission to NIH agencies to seek support for workplace wellness and related research and evaluation projects
- Develop partnerships and collaborations with external agencies to support research and evaluation projects for workplace wellness initiatives
- Mentor graduate students with projects and internships focused on workplace wellness and health coaching

HealthyUNCG, Greensboro, NC

Health Coach, July 2013 - Present

- Coach UNCG employees on various health-related topics
- Assist with health education and group coaching for weight loss program participants

UNCG Department of Public Health Education, Greensboro, NC

Research Assistant, August 2015 – April 2018

- Cleaned Well Workplace Checklist data that was collected by the Wellness Council of America (WELCOA) using convenience sampling of organizations nationwide
- Analyzed descriptive organizational-level data regarding wellness program initiatives
- Reviewed literature regarding worksite wellness and benchmarks for standards of practice
 - Prepared publications and presentations based upon data analysis

Wake Forest University Office of Wellbeing, Winston Salem, NC

Wellbeing Coach, October 2017 – January 2018

- Coached WFU faculty, staff, and students on various topics across dimensions of wellbeing

UNCG Health Coaching Programs, Greensboro, NC

Graduate Assistant, April 2013 – August 2015

- Reviewed literature on evidence-based practices for health coaching
- Developed training materials for health coach trainings conducted in the community
- Marketed health coach trainings with flyers, email blasts, social networking posts

- Created and maintained a website for UNCG Health Coaching Programs

UNCG Health and Human Sciences Office of Research, Greensboro, NC

Graduate Assistant, August 2012 – April 2013

- Cleaned community health assessment birth certificate data for all Guilford County births between 2007 and 2011
- Updated syntax of previous research data in Statistical Package for Social Sciences to be used as a teaching aid in a multilevel modeling course
- Assisted with analysis of community health assessment data using multilevel modeling

Center for Credentialing & Education (CCE), Greensboro, NC

Program Coordinator for the Board Certified Coach credential, September 2011 – July 31, 2012

- Developed applicant forms, recertification guidelines and notices, and marketing materials
- Organized the review of credential applications, training provider applications, and billing
- Trained and supervised application reviewers for the BCC and GCDF credentials
- Maintained program database to track contact information, application status, billing statements, certification dates, and certificates to print

Application Reviewer, June 2011 – September 2011

- Reviewed applications to determine eligibility for the Global Career Development Facilitator (GCDF) credential and the Board Certified Coach (BCC) credential
- Communicated with applicants regarding application status, incomplete files, and requirements for recertification

TEACHING EXPERIENCE

INSTRUCTOR:

Fall 2020	HEA 604 Quantitative Methods
<i>Online</i>	<i>UNCG Department of Public Health Education</i>
Fall 2019	HEA 604 Quantitative Methods
	<i>UNCG Department of Public Health Education</i>
Summer 2017	HEA 201 Personal Health
<i>Online</i>	<i>UNCG Department of Public Health Education</i>
Summer 2016	HEA 201 Personal Health
<i>Online</i>	<i>UNCG Department of Public Health Education</i>

TEACHING ASSISTANT:

Fall 2016	HEA 601 Principles of Community Health Education
	<i>UNCG Department of Public Health Education</i>

Fall 2016 HEA 751 Foundations of Research in Public Health Education
UNCG Department of Public Health Education

Fall 2015 HEA 601 Principles of Community Health Education
UNCG Department of Public Health Education

TRAINER & CURRICULUM DEVELOPER:

Co-Trainer with UNCG Health Coaching Programs

DATES

Ongoing

July 11-13, 2018

Jan 25-27, 2017

Jan 30-Feb 1, 2014

April 24, 2014

June 11, 2014

June 20, 2014

Dec 15, 2015

Dec 8, 2015

July 15, 2015

July 8, 2015

June 17, 2015

June 10, 2015

IN-PERSON TRAININGS

Health Coach Certificate Training

Specialized for UGA and other academic institutions

Specialized for UNC Physicians Network

Specialized for Novant Health

Health Coaching 101

Building Motivation with Clients

Intro for MicroMass Communications

WEBINAR TRAININGS

Listening for Change Talk

Communication Continuum

Time limited Health Coaching

Teamlet Approach

Smoking Cessation

Weight Management

SERVICE EXPERIENCE

Department of Kinesiology, UNCG, Greensboro, NC

Dissertation Committee Member for Kristi Wallace, June 2020 – Present

Wellness Council of America (WELCOA), Omaha, NE

Member of the 7 Benchmarks Advisory Council, April 2015 – August 2018

- Reviewed proposed updates with the advisory council to suggest benchmark revisions
- Provided information and advice regarding items included in the Well Workplace Checklist assessment based on WELCOA's 7 Benchmarks
- Tested the new version of the Well Workplace Checklist based on benchmark revisions

Healthy UNCG, Greensboro, NC

Advisory Board Member for HealthyU Curriculum Revision, August 2015 – August 2017

- Determined needs for an organizational weight-management worksite wellness program
- Provided expertise in the area of health coaching

- Discussed program goals and changes to program format and materials

American Journal of Health Promotion & Journal of Occupational & Environmental Medicine
Manuscript Reviewer for manuscript submissions, 2016 – Present

Journal of Occupational and Organizational Psychology
Manuscript Reviewer for manuscript submissions, 2020 – Present

American Public Health Association
Abstract Reviewer for APHA Annual Meeting and Expo, 2017- 2020

NC Sibs – support group for siblings of adults with intellectual/developmental disabilities
Sibling Leader for the North Carolina Chapter of the Sibling Leadership Network

Society for Public Health Education
Abstract Reviewer for SOPHE’s 68th Annual Conference 2016

North Carolina Society for Public Health Educators (NC SOPHE)

Member of the Continuing Education Committee, September 2014-September 2016

- Reviewed abstracts and presenter information for each conference hosted by NC SOPHE
- Provided feedback regarding continuing education requirements for submitted abstracts

Mentor, September 2014 - 2015

- Advised public health students related to certification, jobs and educational programs

Planned Parenthood, Greensboro, NC

Health Educator Intern, January 2011 – July 2011

- Organized, promoted, and facilitated events and presentations for teen peer educators
- Prepared curriculum materials to train teen peer educators
- Worked at community health fairs with teen peer educators

PROFESSIONAL AFFILIATIONS

APHA Member (American Public Health Association), 2016 – Present

NCPHA Member (North Carolina Public Health Association), 2012 – Present

NC SOPHE Member (North Carolina Society of Public Health Education), 2012 – Present

PRODUCTS DEVELOPED

Public Health Statistics Portfolio:

- <https://sites.google.com/a/uncg.edu/gracie-stats/>