

BIOGRAPHICAL SKETCH

NAME Kathy Shadle James	POSITION TITLE Associate Professor		
eRA COMMONS USER NAME KSJAMES			
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
Mercy School of Nursing, Toledo, OH	Diploma RN	1978	Nursing
California State University- Fullerton	BSN	1983	Nursing
University of San Diego, San Diego CA	MSN	1985	Family Health
University of San Diego, San Diego, CA,	DNSc	1991	Research
Planned Parenthood and UCSF, Fresno CA	Certificate	1995	Ob-Gyn
	Post-MSN		
University of San Diego, San Diego CA	NP	1997	FNP
	Certificate		

A. Positions and Honors.**Positions and Professional Experience**

- 1984 - Private Practice – Family Weight and Health Management-San Diego, CA
- 1992 - 1993 Lecturer, Asst Clinical Instructor San Diego State University, School of Nursing, San Diego, CA
- 1993 - 1993 Lecturer and Clinical Instructor Cypress College, Associate program, Cypress, CA
- 1994 - 1996 Lecturer, Master's FNP program CSU Dominguez Hills Statewide Nursing Program, Dominguez Hills, CA
- 1995 - 1996 Lecturer, Master's FNP program, University of San Diego, Hahn School of Nursing, San Diego, CA
- 1995 - 1997 Nurse Practitioner Coastal Medical Center, San Diego, CA
- 1996 - Associate Professor of Nursing, University of San Diego, Hahn School of Nursing, San Diego, CA
- 1999 – Family Nurse Practitioner – Cable Street Family Practice- Ocean Beach, CA (volunteer ½ day/ week)
- 2000 – 2002 Investigator - Cluster Study of Health Behaviors and Attitudes of USD undergraduate and Graduate students - a 2 year study, University of San Diego.
- 2000 -2001 Principal Investigator – pilot “Just for Kids: School Based Obesity Prevention and Intervention” University of San Diego Hahn School of Nursing.
- 2001 - 2002 Principal Investigator JUST FOR KIDS School Health Promotion Program Taper Foundation for A 12 week program to improve fitness levels and nutrition knowledge in 6th grade adolescents
- 2003 Principal Investigator “Health Promoting Behaviors among Overweight, and Non-overweight Adolescents in the United States” University of San Diego Faculty Research Funds.
- 2004 - Member, San Diego Healthy Communities & Lifestyles–Childhood Obesity Subcommittee
- 2004- Board Member – San Diego Coalition on Children and Weight
- 2006 - Member of Task Force with California Medical Association-Pediatric Obesity Toolkit Development

Honors

- 2000 Distinguished Graduate – Mercy School of Nursing, Toledo Ohio
- 2000 California Coalition of Nurse Practitioners- San Diego Region NP of the Year

- 2001 Research Utilization Award – Sigma Theta Tau, Zeta Mu Chapter
2003 Public Health Champion Award – North Central San Diego Region of the County of San Diego, Health and Human Services Agency
2004 University of San Diego Professorship Award – Project Based Award
2007 Certificate of Appreciation in recognition of outstanding contribution and commitment to the North Regions Healthy Communities and Lifestyles Initiative – from County of San Diego Health and Human Services Agency- North Regions

B. Selected peer-reviewed publications (in chronological order).

1. James, K. (1991) Factors that influence self-care agency and self-care practices of obese adolescents. (Doctoral Dissertation, University of San Diego, 1991). Dissertation Abstracts International, (No. DAI, 52-04B, pg 1955).
2. James, K. (1995). Nutrition and the family. In P. Bomar (Ed.), *Nursing and family health promotion* (2nd ed.). Baltimore: Williams & Wilkins.
3. James, K. (1997). Evaluating and managing obesity: A guide for health professionals. *Contemporary Nurse Practitioner*, (2) 3, 4-7, 10-13.
4. James, K. (1999). Commentary on “Exercise and diet improved cholesterol concentrations in high risk adults.” *Evidence-based Nursing*, (2) 2, 45.
5. James, K. (2000). Commentary on “A school based intervention to reduce television use decreased adiposity in children in grades 3 and 4.” *Evidence-based Nursing*, (3) 2: 43.
6. James, K. (2001). All in the family: Treating obesity in children and adolescents. *ADVANCE for Nurse Practitioners* (9) 1, 26-33.
7. James, K. & Kolhby, P.(2004). Evaluating and treating adult obesity. *ADVANCE for Nurses*. 3(1).
8. James, K. (2004). Nutrition and the family. In P. Bomar (Ed.), *Nursing and family health promotion* (2nd ed.). Baltimore: Williams & Wilkins.
9. Chen, M. , James, K., & Liao, J. (2004). Health issues of aboriginal female adolescents in Taiwan. *Journal of Advanced Nursing* 47(4), 401-407.
10. James, K. (2005) *Dr. Kathy's health and weight loss guide*. Bloomington, IN. Authorhouse Pub.
11. Chen, M., & James, K. (2005). Health related behavior and adolescent mothers. *Public Health Nursing*, 22 (4), 280-288.
12. James, K. & Cook, L. (2005). Anorexia Nervosa: Guidelines for recognition and treatment. *Advances for Nurses*, 3(2), 16-19.
13. James, K. (2005). *Dr. Kathy's health and weight loss guide*. Indiana, AUTHORHOUSE.
14. Chen, M., James, K. & Wang, E. (2007). Comparison of health promoting behavior between Taiwanese and American adolescents: A cross sectional questionnaire survey. *International Journal of Nursing Studies*, 44 (1), 59-69.
15. James, K. (2007). Feed with love: Helping parents win the battle against overweight. *Pediatric Basics*, January. 116, 14-15.
16. James, K., Connelly, C., Rutkowski, E., Mc Pherson, D., Gracia, L., Mareno, N., & Zirkle, D. (in press). Families on the Move: Development of a Weight Management Intervention for Latino Mothers and Children. *Journal for Specialists in Pediatric Nursing*.

Presentations

2001 2001 California Childhood Obesity Conference by Ca. Dept. of
Podium Presentation Health Services and the Center for Weight and Health, UC Berkeley. “Childhood Obesity: Current Treatment Approaches”. San Diego, CA, April.

2001 California Coalition of Nurse Practitioners Annual Statewide Conference,
Podium Presentation Monterey, Ca. “Adult Obesity Treatment”, April.

2001 Nursing Odyssey IV- Sigma Theta Tau “Health Behaviors During College:
Podium Presentation Implications for Primary Care”. San Diego, CA, October.

Principal Investigator/Program Director (Last, First, Middle): James, Kathy, Shadle

- 2001
Poster Presentation JUST FOR KIDS at First Annual "Celebrating Nursing Innovations Conference", San Diego, CA, November.
- 2003
Poster Presentation "Just for Kids: A school based program" California Childhood Obesity Conference", California Dept. of Health Services; University of Ca- Berkeley Center for Weight and Health in San Diego, January.
- 2003
Invited Speaker Treatment of Childhood Obesity. American Academy of Nurse Practitioners 18th National Conference, Anaheim, CA, June.
- 2003
Invited Speaker Adolescent Obesity. Contemporary Forums. San Francisco, CA, June.
- 2005
Poster Presentation "Adolescent body size and health promoting behaviors." Childhood Obesity Conference", California Dept. of Health Services; University of Ca- Berkeley Center for Weight and Health in San Diego, CA., January.
- 2005
Invited Speaker Childhood Obesity for California Association of Nurse Practitioners Annual Conference, Monterey, CA , March.
- 2007
Poster Presentation "Families on the move: a family based weight management intervention". California Childhood Obesity Conference, California Dept. of health Services University of Ca-Berkeley Center for Weight and Health in Anaheim, CA, January
- 2007
Podium Presentation Just for Kids- a School based Intervention to Improve Fitness and Nutrition knowledge. Western Institute of Nursing - Communicating Nursing Research. Portland, Oregon. April.
- 2008
Invited Speaker Family Based Weight Management Program for Latino Mothers and Children. California Association of Nurse Practitioners Educational Conference, San Diego, CA. March.
- 2008
Invited Speaker Medical Evaluation of the Overweight Child, OBESITY Treatment & Prevention conference. San Francisco, CA. April.

C. Research Support.

- | | | | |
|--|------|------------------|-------------|
| Grant Number | none | James, PI | 2000-2001 |
| University of San Diego School of Nursing Funds | | | \$1799.00 |
| "JUST FOR KIDS" | | | |
| This project was a pilot study of the feasibility of implementing a 12 week school based program to improve fitness. | | | |
| Grant Number | none | James, PI | 2001-2002 |
| Taper Foundation | | | \$27,000 |
| "JUST FOR KIDS" | | | |
| A school based intervention with a comparison group to examine effectiveness of 12 week intervention with 6th grade adolescents. | | | |
| Grant Number | none | James, PI | 2003 |
| University of San Diego School of Nursing Funds | | | \$4,000.00 |
| "A comparison of health promoting behaviors among Taiwanese and southern California adolescents" | | | |
| This study was done collaboratively with visiting doctoral student from Taiwan. | | | |
| Grant Number | none | James, PI | 2006- 2007 |
| University of San Diego Academic Strategic Funds | | | \$21,900.00 |

Principal Investigator/Program Director (Last, First, Middle): James, Kathy, Shadle

“Families on the Move “ is a one year project which trains NP’s to offer a program with underserved families with overweight children. The study tests the feasibility of a 12 week program with follow ups every three months for a year at an elementary in San Diego. Focus groups are used pre, post and at follow-ups to increase understanding of barriers that families face in making lifestyle changes.