

**Kaitlyn (Katie) Rose Amato, MPH**  
**Curriculum Vitae**

PO Box 141  
Pāpa‘aloo, HI 96780  
(808) 426-6767

**EDUCATION**

MPH (May, 2013)

*University of Hawai‘i at Mānoa*  
*John A. Burns School of Medicine*  
*Office of Public Health Studies*  
Program: Social and Behavioral Health Sciences  
Focus: Health Behavior Change, Obesity Prevention  
GPA: 4.0

BS (January, 2008)

*Northeastern University, Boston MA*  
*Department of Psychology*  
Focus: Cognitive Development and Women’s Studies  
Honors Thesis: *Synergistic Effects and Interactions*  
*Among Features of Gender Stereotypes: How College*  
*Peers Reason About Each Other’s Occupations,*  
*Hobbies, and Social Habits.*  
GPA: 3.9

**PROFESSIONAL EXPERIENCE**

2015-2017

Co-owner and manager of Aina Exotics LLC

2014-2017

Author of Katie’s Tropical Kitchen

2014-2015

Events and Research Coordinator  
Project Vision Hawai‘i  
Labman Hawai‘i Inc.

2012-2014

Research Manager  
Health Behavior Change Research Workgroup  
*John A. Burns School of Medicine, Office of Public Health Studies*  
*University of Hawai‘i at Mānoa*

2011-2014

Project Coordinator/Graduate Research Assistant  
Intervention for Physical Activity and Youth (IPLAY)  
*John A. Burns School of Medicine, Office of Public Health Studies*  
*University of Hawai‘i at Mānoa*

- 2012 Practicum Intern, health education materials developer  
Hawai'i 5210 Let's Go! (Breakfast Go! Kits)  
Hawai'i Initiative for Childhood Obesity Research and Education  
*John A. Burns School of Medicine, Department of Pediatrics,  
University of Hawai'i at Mānoa*
- 2008-2010 Bilingual Primary and Secondary School Teacher  
North American Language and Culture Assistant  
*Spanish Ministry of Culture and Education, Andalucía, Spain*
- 2007 Mental Health Specialist  
Acute Schizophrenia and Bipolar Disorder Unit  
*McClean Psychiatric Hospital, Belmont, MA*
- 2004-2008 Research Manager, Project Coordinator  
Categorization and Reasoning Laboratory  
*Northeastern University Psychology Department, Boston, MA*
- 2005 Research Assistant  
Study of Adult Development  
*Harvard University and Brigham and Women's Hospital  
Boston, MA*
- 2003-2007 Research Assistant  
Perception Lab  
*Northeastern University Psychology Department, Boston, MA*

***Volunteer Experience:***

- 2010-2011 Research Assistant  
Fun 5 Follow-up study  
Hawai'i Initiative for Childhood Obesity Research and Education  
*John A. Burns School of Medicine, Department of Pediatrics,  
University of Hawai'i at Mānoa*
- 2007-2008 Cooking and Nutrition Instructor  
Mission Main After-School Program  
*Mission Hill, Boston, MA*

***Honors and Awards:***

- April, 2012 Public Health Academic Merit Scholarship, University of Hawai'i  
February, 2012 Travel Award, Graduate Student Organization, University of  
Hawai'i  
October, 2010 North American Language and Culture Assistant scholarship by  
Spanish Ministry of Education

January, 2009

John Armington Memorial Award (research scholarship) for a  
B.S. in Psychology; Summa Cum Laude

**Professional Memberships:**

1. AAAS-Sponsored member of the American Academy for the Advancement of Science (2011-present)
2. NASPSPA-Student member of the North American Society for the Psychology of Sport and Physical Activity (2012-present)
3. HPHA- Student member of the Hawai'i Public Health Association (2011-present)

**PUBLICATIONS**

1. Katie Amato, Eunhee Park, Claudio R. Nigg. Prioritizing multiple health behavior change research topics:expert opinions in behavior change science. *Translational Behavioral Medicine (TBM)* 2016;6:220–227. doi: 10.1007/s13142-015-0381-5
2. Nigg, C and Amato, K. The Influence of Health Behaviors During Childhood on Adolescent Health Behaviors, Health Indicators, and Academic Outcomes Among Participants from Hawaii. *International Journal of Behavioral Medicine: Volume 22, Issue 4 (2015), Page 452-460*
3. Harmon, B. E., Nigg, C. R. Long, C., Amato, K., Anwar, M., Kutchman, E., Anthamatten, P., Browning, R. C., Brink, L., & Hill, J. O. What Matters When Children Play: Influence of Social Cognitive Theory and Perceived Environment on Levels of Physical Activity Among Elementary-Aged Youth. *Psychology of Sport & Exercise*. 2014 May 1;15(3):272-279.
4. Rotter, M, Amato, K, & Nigg, C. R. (in press). Physical Activity Stages of Change Surveillance Data shows that the Majority of Hawai'i's Keiki (Children) meet the Guidelines. *Journal of Sports Sciences*.

**Book Chapters:**

1. Nigg, C. R., Rhodes, R., & **Amato, K. R.** (in press). Determinants of Physical Activity: Research to Application. *Lifestyle Medicine*, Second Edition. (Ed.) James M Rippe, MD, Taylor & Francis Group (2010).
2. Vaeth, J., **Amato, K.** & Nigg, C. R. (2012). Physical Activity, Inactivity, and Nutrition Behavior among Children: Investigating Compensation and Transfer Effects, (pp.153-164). In Maddock J. E., (Ed.). *Public Health - Social and Behavioral Health*. Intech, Rijeka, Croatia.

**Published Abstracts/Symposia:**

1. Nigg, C.R., Anwar, M.M., **Amato, K.**, Zhang, G., Kutchman, E., Browning, R.C., FACSM, Brink, L., Hill, J. (2013, June). Do physically active children display positive psychological motivations as would be hypothesized by the positive psychology movement? *Journal of Sport and Exercise Psychology*, 35, S104.

2. Nigg, C. R., Zhang, G., Anwar, M. M., **Amato, K.**, Kutchman, E., Schaefer, C. A., Browning, R.C., Brink, L.A., Hill, James. (2013). The Objective Association Between Sedentary Behavior and Physical Activity for Children Aged 6-12 Years. *Med Sci Sports Exerc*, 45(5S), A-38.
3. **Amato, K.**, Zhang, G., Anwar, M. M., Kutchman, E., Anthamatten, P., Schaefer, C. A., Browning, R. C., Brink, L. A., Hill, J. O., & Nigg, C. R. (2013). If you build it, they will play: examining gender differences in physical activity on structured and unstructured schoolyard areas. *Annals of Behavioral Medicine*, 45, S138.
4. **Amato, K.**, & Nigg, C.R. (2013). The influence of childhood health behaviors on adolescent health behaviors, health indicators, and academic outcomes. *Annals of Behavioral Medicine*, 45, S30.
5. Anwar, M. M., **Amato, K.**, Zhang, G., Kutchman, E., Anthamatten, P., Schaefer, C. A., Browning, R.C., Brink, L. A., Hill, J. O., & Nigg, C. R. (2013). Does more make more? Single purpose versus multi-purpose schoolyard areas and elementary school children's physical activity. *Annals of Behavioral Medicine*, 45, S184.
6. **Amato, K.**, Nigg, C. R., Anwar, M. M., Steffen, A. D., Schaefer, C. A., Browning, R. C., Kutchman, E., Brink, L. A., Hill, J.O. (2012). Child's play: gender and ethnic differences in the physical play activities of elementary school children. *Annals of Behavioral Medicine*, 43(S1), S121.
7. Anwar, M. M., Nigg, C. R., **Amato, K.**, Steffen, A. D., Kutchman, E., Schaefer, C. A., Browning, R. C., Brink, L. A., Hill, J.O. (2012). Social cognitive predictors across physical activity stages of change among multiethnic children. *Annals of Behavioral Medicine*, 43(S1), S202.
8. Long, C. R., Nigg, C. R., **Amato, K.**, Steffen, A. D., Browning, R. C., Hill, J.O., Brink, L. A. (2012). Investigating social cognitive factors of physical activity in elementary school-aged children. *Annals of Behavioral Medicine*, 43(S1), S42.
9. Nigg, C. R., **Amato, K.**, Steffen, A. D., Kutchman, E., Anwar, M. M., Schaefer, C. A., Browning, R. C., Brink, L. A., Hill, J.O. (2012). Children's physical activity and sedentary behavior – does ethnicity matter? *Annals of Behavioral Medicine*, 43(S1), S251.
10. Steffen, A. D., Nigg, C. R., Anwar, M. M., Kutchman, E., **Amato, K.**, Schaefer, C. A., Browning, R. C., Brink, L. A., Hill, J.O. (2012). Moderating factors of children's physical activity on playgrounds. *Annals of Behavioral Medicine*, 43(S1), S203.
11. Nigg, C. R., Steffen, A. D., **Amato, K.**, Anwar, M. M., Kutchman, E., Mainar, M., Browning, R. C., FACSM. (2012). Does perceived environment matter for children in the context of social cognitive variables? *Medicine and Science in Sports and Exercise*, 44(5S), S90.
12. Nigg, C.R., Anwar, M. M., **Amato, K.**, Steffen, A. D., Kutchman, E., Browning, R. C. (2012). Understanding physical activity behavior both across the lifespan and in clinical populations: Implications for theory and intervention – How we conceptualize

perceived physical activity environment for children matters. *Journal of Sport and Exercise Psychology*, 34(S), S44.

**Conference Presentations:**

1. **Amato, K.** (2012). Childhood health behaviors and adolescent health outcomes. Society of Behavioral Medicine Annual Meeting, multiple health behavior change data blitz presentation. San Francisco, California
2. **Amato, K.** & Nigg, C. R. (2012). Childhood health behaviors and adolescent academics in Hawai'i. Oral presentation at 2012 Annual Pacific Global Health Conference, Honolulu, HI.
3. Nigg, C.R., Manwar, M.M., **Amato, K.**, Steffen, A., Kutchman, E., Browning, R., FACSM, Brink, L., & Hill, J.O. (2012). Understanding physical activity behavior both across the lifespan and in clinical populations: Implications for theory and intervention – How We Conceptualize Perceived Physical Activity Environment for Children Matters. Symposia presented at 2012 NASPSPA Annual Conference, Honolulu, HI.

**Languages:**

English Native, Spanish (advanced speaking, intermediate reading and writing)

**References:**

Available immediately upon request