

Hannah A. Lavoie, PhD, CHES[®], ACSM-PAPHS

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CONTACT INFORMATION

Lebanon, NH

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ORCID: [0000-0002-7309-3418](https://orcid.org/0000-0002-7309-3418)LinkedIn: [in/hannah-a-lavoie-phd/](https://www.linkedin.com/in/hannah-a-lavoie-phd/)**EDUCATION**

Graduate**Doctor of Philosophy in Health Education and Behavior**

August 2025

University of Florida, *Gainesville, FL*

College of Health and Human Performance, Department of Health Education and Behavior

Chair: Danielle Jake-Schoffman, PhD

GPA 3.93/4.0

Master of Science in Health Education and Behavior

August 2023

University of Florida, *Gainesville, FL*

College of Health and Human Performance, Department of Health Education and Behavior

Undergraduate**Bachelor of Arts, Magna cum laude**

May 2018

Wheaton College, *Norton, Massachusetts*

Major(s): Psychology, Studio Art

Certifications/Specialized Training Courses**Certified Health Education Specialist (CHES[®])**

August 2023

National Commission for Health Education Credentialing

Physical Activity and Public Health Specialist Certificate (ACSM- PAPHS)

December 2023

American College of Sports Medicine

Gator Lead Program

November 2024

University of Florida, *Gainesville, FL*

- Completion Certificate: Leadership development program for graduate students and postdocs aspiring to leadership roles in any career sector
- Scholars develop self and career sector awareness while building their networks through a series of interactive workshops

AWARDS/HONORS

Cancer Special Interest Group (SIG), Society of Behavioral Medicine (SBM)

- Awarded Diversity, Equity and Inclusion (DEI) Committee Travel Award

2026

Nominated for PhD Student of the Year Award

2025

Department of Health Education and Behavior, University of Florida, *Gainesville, FL***Center for Behavioral Economic Health Research (CBEHR) Research Award**

2025

University of Florida, *Gainesville, FL*

- Awarded CBEHR Research Award to support dissertation research, given to research aimed at understanding the promotion of human health behavior change (Award amount: \$2,000)

CBEHR Travel Award	2025
University of Florida, <i>Gainesville, FL</i>	
Clinical and Translational Science Institute Voucher	2025
University of Florida, <i>Gainesville, FL</i>	
• Received voucher to aid with recruitment for dissertation research (Award amount: \$1,000)	
Graduate Student Council Travel Grant	2025
University of Florida, <i>Gainesville, FL</i>	
Department of Health Education and Behavior Travel Grant	2025
University of Florida, <i>Gainesville, FL</i>	
Center for Integrative Cardiovascular and Metabolic Disease Travel Award	2025
University of Florida, <i>Gainesville, FL</i>	
Department of Health Education and Behavior Travel Grant	2024
University of Florida, <i>Gainesville, FL</i>	
Graduate Student Council - Travel Grant	2024
University of Florida, <i>Gainesville, FL</i>	
Center for Integrative Cardiovascular and Metabolic Disease Travel Award	2024
University of Florida, <i>Gainesville, FL</i>	
Nominated for Teacher's Assistant of the Year Award	2022
Department of Health Education and Behavior, University of Florida, <i>Gainesville, FL</i>	
Graduate School Funding Award, University of Florida	2020 – 2024
University of Florida, <i>Gainesville, FL</i>	
• Awarded a 4-year, competitive, merit-based fellowship	

PROFESSIONAL EXPERIENCE: RESEARCH

Postdoctoral Research Fellow	2026-Present
Mass General Brigham/Dartmouth College	
Clinical Research Coordinator II	2026-Present
Dartmouth Hitchcock Medical Center, Dartmouth Cancer Center, <i>Lebanon, NH</i>	
• Compiling and maintaining essential records and documents required by various sponsor organizations in compliance with applicable standards operating procedures for the execution of clinical trial operations for Hematology-based cancers, specifically Lymphoma	
Research Consultant	2025-2026
University of Florida, Department of Health Education and Behavior, <i>Gainesville, FL</i>	
• “A hybrid effectiveness/ implementation trial using online tools to increase weight loss among primary care patients” PIs: Danielle Jake-Schoffman & Megan McVay, PhD, NIH-funded (R01DK137092)	
○ Assisted with recording voiceovers for evidence-based educational videos	
Principal Investigator	2023-2025
University of Florida, Department of Health Education and Behavior, <i>Gainesville, FL</i>	
• “Promoting Exercise Among Female College Students with a Social Media Intervention: A Pilot Feasibility Study”: <u>Dissertation Research</u>	2025
○ Dissertation Title: A Social Media-Based Physical Activity Intervention on Instagram for the Promotion of Aerobic and Muscle-Strengthening Activities Among Female College Students	
○ Developed and conducted an internally-funded pilot study (CBEHR Research Award) to develop and evaluate the feasibility of an 8-week social media-based intervention using fitness influencer content to promote physical activity among college females	
○ Chair: Danielle Jake-Schoffman, PhD	

- “Preferences of Fitness Content on Social Media Among College Women” 2023-2024
 - Conducted an independent, mixed-methods pilot study (Qualitative Interviews/Focus Groups and Questionnaires) to understand how college-aged women view and interpret fitness influencer content in the context of using social media
 - Performed data analysis and prepared manuscript submitted for publication
 - Mentor PI: Danielle Jake-Schoffman, PhD (Provided funding)

Graduate Assistant: *EXHale Lab*

2021-2025

University of Florida, Department of Health Education and Behavior, *Gainesville, FL*

Principal Investigator: Danielle Jake-Schoffman, PhD

- “High Intensity Interval Training: Optimizing Exercise Therapy to Mitigate Cardiovascular Disease Risk Following Breast Cancer Chemotherapy” PI: Demetra Christou, PhD, FAHA, NIH-funded (R21HD100743) 2025
 - Facilitated follow-up interviews with participants to explore patient study experiences, perceptions, and their feedback on ways to improve the intervention
- “Indoor Rowing as a Novel Exercise Therapy for Cardiovascular Rehabilitation in Middle-Aged and Older Breast Cancer Survivors” PI: Demetra Christou, PhD, FAHA 2025
 - Facilitated follow-up interviews with participants to explore patient study experiences, perceptions, barriers, facilitators, and their feedback on ways to improve the intervention
- “All-Extremity Exercise as a Novel Strategy for Optimizing Cardiovascular Function during Chemotherapy for Breast Cancer” PI: Demetra Christou, PhD, FAHA, NIH-funded (R21HL152264) 2025
 - Facilitated follow-up interviews with participants to explore patient study experiences, perceptions, barriers, facilitators, and their feedback on ways to improve the intervention
- “A hybrid effectiveness/ implementation trial using online tools to increase weight loss among primary care patients” PIs: Danielle Jake-Schoffman & Megan McVay, PhD, NIH-funded (R01DK137092) 2025
 - Trained new employees on using the video creation platform (to create a series of short videos and tailored content to motivate and guide initial engagement with tools before a primary care physician appointment)
 - Assisted with recording voiceovers for videos
- “Family Fit Iterative App Development” PI: Danielle Jake-Schoffman, PhD, NIH-funded (R21HD100743) 2021-2025
 - Aim 1
 - Drafted scripts for Family Systems Theory (FST)-based videos and contributed to development of Facebook content based on FST and family-based goals and rewards
 - Led advisory board meetings with parent-child dyads to gather feedback on app interface, skills training videos, and Facebook content
 - Aided in app interface development, design improvements, and enhancing communication features
 - Aim 2
 - Managed recruitment and led participant orientations, and coordinated Fitbit/app distribution during intervention kick-off
 - Conducted baseline and follow-up appointments, including accelerometry data, height and weight measurements, and online assessments

- “Patient Perspectives on Brief Videos About Health Misinformation” Mentor PI: Danielle Jake-Schoffman, PhD & Student in UF Emerging Scholars Program: Chrishann Walcott 2023-2025
 - Mentored undergraduate-directed project as graduate assistant lab member
 - Aided with creation of early iterations of materials that were used to create videos
 - Supported video creation and review
 - Trained undergraduate in qualitative interviewing and data analysis, with initial write-up of results
- “Interviews with women who are undergoing chemotherapy or have recently completed cancer treatment to inform development of a physical activity program” PI: Danielle Jake-Schoffman, PhD 2022-2024
 - Conducted formative semi-structured interviews and recruited participants remotely via phone calls and emails
 - Performed qualitative data analysis and lead first-author manuscript
- “Engaging Primary Care Patients with Existing Online Tools for Weight Loss and Physical Activity Promotion” PIs: Megan A. McVay & Danielle Jake-Schoffman, PhD 2021-2025
 - Aided in formatting the evidence-based strategy to educate adults about weight-related health misinformation and how it can appear on social media for use in a PowerPoint presentation, provided to participants as part of the study materials
- “Collaborative Running/Walking and Real-Time Information Sharing: A Usability Study” PIs: Danielle Jake-Schoffman & Maedeh Agharazidermani, PhD 2024
 - Tested and provided app feedback on usability and issues with technology
 - Assisted in research activities and participated in team meetings to support project development
- “Cycling Matchmaking” PIs: Danielle Jake-Schoffman & Lincoln Lu, PhD 2024
 - Attended and aided with undergraduate design student meetings as well as give feedback from a behavioral science perspective
- “Children’s Heart Rate Wearable Device Study” PIs: Danielle Jake-Schoffman & Lincoln Lu, PhD 2024
 - Tested App (Connexx app) and provided app and watch interface design feedback
 - Trained to support and facilitate study visits
 - Assisted in research activities and participated in team meetings to support project development
- “Increasing physical activity among college-age women through outdoor cycling with technology” PIs: Lincoln Lu; Kristy Elizabeth Boyer; & Danielle Jake-Schoffman, PhD 2025
 - Participated in development of participant materials and procedures
 - Assisted in research activities and participated in team meetings to support project development
- “HELM Study: The Potential of Exercise to Reduce Pain and Enhance Mobility in Mid-life Adults Undergoing Opioid Use Treatment” MPis: Meredith Berry & Danielle Jake-Schoffman, PhD 2025
 - Trained to support and facilitate study visits as part of a rotating team member role
 - Conducted in-person study visits with participants as needed to support the team
- “The Feasibility and Usability of The Ruffier Test to Assess Cardiorespiratory Fitness During Physical Activity Programs with Older Adults” PIs: Danielle Jake-Schoffman & François Modave, PhD 2021
 - Aided with protocol and script creation

Graduate Assistant: Edge Lab

2020-2021

University of Florida, Department of Health Education and Behavior, *Gainesville, FL*Principal Investigator: Robert F. Leeman, PhD

- “A Quasi-experimental Examination of Alcohol Use on Game and Non-game Days over Time”
 - Managed turnover of all materials necessary from in-person to remote recruitment due to COVID-19, and subsequent creation and updating of in-person recruitment materials (once in-person recruitment resumed)
 - Developed protocol, method, and scripts
 - Helped recruit approximately N=575 college students

Research Assistant

2018-2020

Dartmouth College, Center of Technology and Behavioral Health, *Lebanon, NH*Principal Investigator: Lisa A. Marsch, PhD

- “Science of Behavior Change (SOBC): Applying Novel Technologies and Methods to Inform the Ontology of Self-Regulation” PIs: Lisa A. Marsch, PhD and Russell A. Poldrack, PhD, NIH-funded study (1UH2DA041713)
 - Tracked participant progress and engagement with mobile intervention throughout the intervention period as well as engagement with Laddr, science-based mobile application
 - Resolved and managed technology-based issues with mobile intervention: Fitbit and Co2 monitor

Undergraduate Research Assistant

2017-2018

Warren Alpert Medical School of Brown University, *Providence, RI*Principal Investigator: Lindsay M. Orchowski, PhD

- “Preventing Sexual Aggression Among High School Boys” NIH-funded study (1U01CE002531)
 - Conducted in-person visits to middle and high schools to distribute flyers, study materials, and questionnaires (as well as questionnaire data entry into SPSS and data cleaning)
 - Supported focus groups with students and in-person programming for high school students

MANUSCRIPTS**Published**

Lavoie, H. A., McVay, M. A., Pearl, R. L., Fisher, C. L., Wilkins, F., & Jake-Schoffman, D. E. (2026). Feasibility and Acceptability of a Social Media-Based Physical Activity Intervention for College Women. *Psychology of Sport and Exercise*, 86, Article 103154. <https://doi.org/10.1016/j.psychsport.2026.103154>

Jake-Schoffman, D. E., Walcott, C., **Lavoie, H. A.,** Wilkins, F., McVay, M. A., & Carrera Seoane, M. (2025). Navigating weight loss misinformation on social media with the STOP method: An exploratory interview study. *Obesity Science & Practice*. <https://doi.org/10.1002/osp4.70080>

Foxx, R., Jake-Schoffman, D. E., **Lavoie, H. A.,** Mathews, A., Cheong, J. & Yurasek, A. M. (2025). Feasibility and acceptability of a novel behavioral economic coaching sessions to address physical activity and tv watching: An open pilot trial. *International Journal of Behavioral Medicine*. <https://doi.org/10.1007/s12529-025-10368-9>

Lavoie, H. A., Mejia, D., & Jake-Schoffman, D. E. (2025). Exploring fitness influencer content preferences among female college students in the southeastern united states. *Journal of American College Health*. <https://doi.org/10.1080/07448481.2025.2501007>

Lavoie, H. A., McVay, M. A., Pearl, R. L., Fisher, C. L., & Jake-Schoffman, D. E. (2025). The impact of fitness influencers on physical activity outcomes: A scoping review. *Journal of Technology in Behavioral Science*. <https://doi.org/10.1007/s41347-025-00513-2>

- Lu, L., Jake-Schoffman, D. E., **Lavoie, H. A.**, Agharazidermani, M., & Boyer, K. E. (2025). Preadolescent children using real-time heart rate during moderate to vigorous physical activity: A feasibility study. *JMIR Human Factors*, 12(1), e58715. <https://doi.org/10.2196/58715>
- Plaitano, E. G., McNeish, D., Bartels, S., Bell, K., Dallery, J., Grabinski, M., Kiernan, M., **Lavoie, H. A.**, Lemley, S. M., Lowe, M. R., MacKinnon, D. P., Metcalf, S. A., Onken, L., Prochaska, J. J., Sand, C. L., Scherer, E. A., Stoeckel, L. E., Xie, H., & Marsch, L. A. Adherence to a digital therapeutic mediates the relationship between momentary self-regulation and health risk behaviors. *Frontiers in Digital Health*, 7, 1467772. <https://doi.org/10.3389/fdgth.2025.1467772>
- Scotti, K. B., **Lavoie, H. A.**, Bryson, H., & McVay, M. A. (2024). Understanding the social undermining of dietary and physical activity behaviors: A systematic scoping review. *Health Psychology*. <https://doi.org/10.1037/hea0001456>
- Lavoie, H. A.**, Scotti, K. B., Christou, D. D., & Jake-Schoffman, D. E. (2024). A look into the cancer continuum for the development of a physical activity intervention: qualitative investigation of the physical activity experiences and preferences of female cancer survivors. *Supportive Care in Cancer*, 32(11), 1-12. <https://doi.org/10.1007/s00520-024-08955-9>
- Wilson, S. E., **Lavoie, H. A.**, Berey, B. L., Frohe, T., Rowland, B. H., Hone, L. S., & Leeman, R. F. (2024). Exploratory analysis of blood alcohol concentration-related technology use and drinking outcomes among young adults. *Alcohol: Clinical and Experimental Research*. 48(11), 2188-2199. <https://doi.org/10.1111/acer.15455>
- Jake-Schoffman, D. E., White, T. I., **Lavoie, H. A.**, Monroe, C. M., & Christou, D. D. (2024). Cadence as a behavioral target in physical activity interventions: A narrative review. *American Journal of Lifestyle Medicine*. 15598276241236417. <https://doi.org/10.1177/15598276241236417>
- McVay, M. A., **Lavoie, H. A.**, Rajoria, M., Leong, M.C., Lou, X. McMahon, L. N., Patnode, C. D., Pagoto, S. L. & Jake-Schoffman, D. E. (2023). Pre-enrollment steps and run-ins in weight loss trials: A meta-regression. *American Journal of Preventive Medicine*. 64(6), 910-917. <https://doi.org/10.1016/j.amepre.2023.01.034>
- Scherer, E., Metcalf, S. A., Whicker, C. L., Bartels, S. M., Grabinski, M., Kim, S. J., Sweeney, M. A., Lemley, S. M., **Lavoie, H.**, Xie, H., Bissett, P. G., Dallery, J., Kiernan, M., Loew, M. R., Onken, L., Prochaska, J. J., Stoeckel, L., Poldrack, R. A., McKinnon, D. P., & Marsch, L. A. (2022). Momentary influences on self-regulation in two populations with health risk behaviors: Adults who smoke and adults who are overweight and have binge-eating disorder. *Frontiers in Digital Health*, 4, 798895. <https://doi.org/10.3389/fdgth.2022.798895>

Under Review

- Lavoie, H. A.**, Lu, L., Jake-Schoffman, D. E. & Boyer, K. E. "It's been really meaningful to me": Exploring how us women adopt and continue bicycling as a recreational activity. Manuscript submitted for publication.

POSTER PRESENTATIONS

- Lavoie, H. A.,** McVay, M. A., Pearl, R. L., Fisher, C. L., & Jake-Schoffman, D. E. (2025, March). *Instagram-Based Physical Activity Intervention for Female College Students Leveraging Fitness Influencer Content: A Pilot Study* [Conference presentation abstract]. 47th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Chicago, IL.
- Wilson, S. E., Yuan, S., Engle, H. M., Pavila, E., **Lavoie, H. A.,** Kalina, E. A., Benvenuti, M. C., Chauca, P., Martinez, J., Farone, A., Yurasek, A., Ray, A., Scaglione, N. M., & Leeman, R. F. (2025, June). High-risk drinking at collegiate sporting events: Alcohol use, negative consequences, and protective behavioral strategies. 48th Annual Meeting of the Research Society on Alcohol, New Orleans, LA.
- Lavoie, H. A.,** McVay, M. A., Pearl, R. L., Fisher, C. L., & Jake-Schoffman, D. E. (2025, March). *The impact of fitness influencers on physical activity outcomes: A scoping review* [Conference presentation abstract]. 46th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
- Lavoie, H. A.,** McVay, M. A., Pearl, R. L., Fisher, C. L., & Jake-Schoffman, D. E. (2025, March). *Fitness influencers' impact on physical activity-related outcomes: A scoping review* [Poster session]. D.K. Stanley Lecture Research Symposium 2024, Gainesville, FL.
- Yuan, S., Martinez, J., Engle, H. M., Pavila, E., **Lavoie, H. A.,** Soyfer, S., Schaefer, S. E., Kalina, E. A., Wilson, B., Benvenuti, M. C., Chauca, P., Sagas, M., Yurasek, A., Scaglione, N. M., & Leeman, R. F. (2024, June). *Preliminary results of a quasi-experimental examination of alcohol use and negative consequences on home and away college football game days compared to non-game days* [Conference presentation abstract]. In Proceedings of the 47th Annual Research Society on Alcoholism Scientific Meeting, Minneapolis, Minnesota.
- Lavoie, H. A.,** Walcott, C., & Jake-Schoffman, D. E. (2024, May). *Exploring social media fitness influencers as a tool to promote physical activity among college women* [Conference presentation abstract]. In Proceedings of the 2024 Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Omaha, NE. <https://annualmeeting.isbnpa.org/wp-content/uploads/2024/06/ISBNPA-2024-Abstract-Book-9.pdf>
- Lavoie, H. A.,** Walcott, C., & Jake-Schoffman, D. E. (2024, March). *Exploring the role of fitness influencers in promoting physical activity among college women for a brief intervention* [Poster session]. Center for Integrative Cardiovascular and Metabolic Disease Early Career Showcase, Gainesville, FL.
- Walcott, C., **Lavoie, H. A.,** McVay, M. A., Wilkins, F., Carrera Seoane, M., & Jake-Schoffman, D. E. (2024, May). *Navigating weight loss misinformation through social media: An introduction to the STOP method.* [Poster session]. Center for Integrative Cardiovascular and Metabolic Disease Early Career Showcase, Gainesville, FL.
- Walcott, C., **Lavoie, H. A.,** McVay, M. A., Wilkins, F., & Jake-Schoffman, D. E. (2024, March). Patient perspectives on brief videos about health misinformation [Poster session]. D.K. Stanley Lecture Research Symposium 2024, Gainesville, FL.
- Lavoie, H. A.,** Walcott, C., & Jake-Schoffman, D. E. (2024, March). *Exploring social media fitness influencers as a tool to promote physical activity among college women* [Poster session]. D.K. Stanley Lecture Research Symposium 2024, Gainesville, FL.

- Lavoie, H. A.**, Scotti, K. B., Christou, D. D., & Jake-Schoffman, D. E. (2024, March). Preferences for a physical activity intervention among older adult female cancer survivors across the treatment continuum [Conference presentation abstract]. 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA. *Annals of Behavioral Medicine*, 58(S), S673.
- Lavoie, H. A.**, Walcott, C., & Jake-Schoffman, D. E. (2024, March). Exploring the role of fitness influencers in promoting physical activity among college women for a brief intervention [Poster session]. University of Florida and Florida State University Translational Research Symposium, Gainesville, FL.
- Agharazidermani, M., Ménard, W. **Lavoie, H. A.** Lu, L., Boyer, K. E., & Jake-Schoffman, D. E. Cycling is a Collaborative Sport and Cycling HCI Needs More Collaboration Research. *Honolulu '24: CHI Workshop Learning from Cycling: Discovering Lessons Learned from CyclingHCI*, Honolulu, HI, 2024.
- Lavoie, H. A.**, Cooper, K. B., Christou, D. D., & Jake-Schoffman, D. E. (2023, May). Developing a physical activity intervention for women cancer survivors: Participant preferences and feedback [Poster session]. In CICMD Early Career Showcase, Gainesville, FL.
- Lavoie, H. A.**, Cooper, K. B., Christou, D. D., & Jake-Schoffman, D. E. (2023, April). Developing a physical activity intervention for women cancer survivors: Participant preferences and feedback [Poster session]. Graduate Student Research Day, Gainesville, FL.
- Lavoie, H. A.**, Cooper, K. B., Christou, D. D., & Jake-Schoffman, D. E. (2023, February). Developing a physical activity intervention for women cancer survivors: Participant preferences and feedback [Poster session]. D.K. Stanley Lecture Research Symposium 2023, Gainesville, FL.
- Lavoie, H. A.**, Cooper, K. B., Christou, D. D., & Jake-Schoffman, D. E. (2023, January). Developing a physical activity intervention for female cancer survivors: Participant preferences and feedback [Poster session]. University of Florida Health Cancer Center Research Day 2023, Gainesville, FL.
- Wilson, S.**, **Lavoie, H.**, Berey, B., Frohe, T., Rowland, B., & Leeman, R. (2023). Quantitative and qualitative findings on relationships between use of multiple blood alcohol content-related technologies and drinking outcomes among young adults (Version 1). Deakin University.
<https://hdl.handle.net/10779/DRO/DU:25662444.v1>
- Lavoie, H. A.**, Schaefer, S., Desai, D., Sagas, M., Yurasek, A. M., & Leeman, R. F. (2021, October 21). Young adults' substance use and sexual behavior did not differ between home and away football games: A consequence of COVID-19? [Conference presentation abstract]. American Public Health Association (APHA) 2021 Annual Meeting and Expo, Virtual and in-person conference – COVID-19.
- Chauca, P. G.**, Gebru, N. M., Wilson, B. R., **Lavoie, H. A.**, Lewis, M. A., & Leeman, R. F. (2021, June). Factors related to engagement in alcosex among young adult Men Who Have Sex with Men (MSM) [Conference presentation abstract]. In Proceedings of the 44th Annual Research Society on Alcoholism (RSA) Scientific Meeting/ ISBRA Congress, Virtual and in-person conference – COVID-19.
- Bleiweiss, K. K., Bogen, K. W., Cooney, L., **Lavoie, H.**, Wozniak, A., & Orchowski, L. M. (2018, March). Gender differences in the manifestation of cyberbullying perpetration among high school students: Survey findings across Rhode Island high schools [Poster session]. Annual Mind-Brain Research Day at Brown University, Providence, RI.

ORAL PRESENTATIONS

Lavoie, H. A., Zeldman, J., Wilkins, F. L., McVay, M. A., Mobley, A. R., & Jake-Schoffman, D. E. (2025, June). AI, bots, and the future of remotely-delivered studies: Tackling emerging recruitment challenges. [Conference short oral presentation]. 2025 Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Auckland, New Zealand.

Jake-Schoffman, D. E., Lu, L., Boyer, K., Menard, W., **Lavoie, H. A.**, & Agharazidermani, M. (2024, May). Use of heart rate zones to target moderate- to vigorous-intensity physical activity in children: An exploratory study. [Conference short oral presentation]. In Proceedings of the 2024 Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Omaha, NE. <https://annualmeeting.isbnpa.org/wp-content/uploads/2024/06/ISBNPA-2024-Abstract-Book-9.pdf>

Jake-Schoffman, D. E., **Lavoie, H. A.**, Mejia, D., Wilkins, F., Fedele, D., Anthony, L., Anton, S., Cheong, J., & Moon, J. (2024, May). Iterative development of a mobile app for parent-child dyad physical activity promotion: The family fit app [Conference oral presentation]. In Proceedings of the 2024 Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Omaha, NE. <https://annualmeeting.isbnpa.org/wp-content/uploads/2024/06/ISBNPA-2024-Abstract-Book-9.pdf>

Lavoie, H. A., Rosner, B., Berey, B., Frohe, T., Rowland, B. H. P., O'Malley, S., & Leeman, R. F. (December 10, 2021). Relationships between blood alcohol content-related technology use and drinking outcomes among young adult heavy drinkers during a two-week field use period. [Business meeting presentation]. 2021 Association for Behavioral and Cognitive Therapies SIG Annual Business Meeting, Virtual – COVID-19.

GUEST TALKS AND LOCAL LECTURES

Lavoie, H. A. (2025, February). *Promoting exercise among female college students with a social media intervention: A pilot feasibility study*. [5-minute Brown Bag Presentation]. University of Florida, Department of Health Education and Behavior, Gainesville, FL.

Goldstein, S., **Lavoie, H. A.**, & Jake-Schoffman, D. E. (2024, September). *Your digital footprint and “branding” as an academic*. [Brown Bag Panel Discussion]. University of Florida, Department of Health Education and Behavior, Gainesville, FL.

Lavoie, H. A. (2024, November). Promoting exercise among female college students with a social media intervention: A pilot feasibility study. *Unleashing the potential of wearables and AI technology for health research*. [Symposium Presentation]. University of Florida's Department of Epidemiology 1st Annual Digital Epidemiology Symposium, Gainesville, FL.

Lavoie, H. A. (2023, November). *Insights into Leveraging Social Media Fitness Influencers' Content to Promote Physical Activity among College Women*. [Brown Bag Presentation]. University of Florida, Department of Health Education and Behavior, Gainesville, FL.

Graduate Student Panel Member

April 2024

Graduate Student Panel – UF Center for Undergraduate Research, University of Florida, Gainesville, FL

- Invited to answer questions about undergraduate research and how it helped with professional/academic career

Graduate Student Panel Member

October 2023

Graduate Student Panel - Research and Creativity, University of Florida, *Gainesville, FL*

- Participated as a panel member for HUM2930 Research and Creativity course in the UF Center for Undergraduate Research
- Shared research journey and graduate school experience with 300 freshmen researchers and answered Q&A questions

PROFESSIONAL EXPERIENCE: TEACHING AND TRAINING

Guest Lecturer

2025

University of Florida, Department of Clinical and Health Psychology, *Gainesville, FL*

PHC 6700: Social & Behavioral Research Methods

- Delivered a lecture on effective communication with lay audience: “An Overview of Science Communication (SciComm)” in a Master of Public Health research methods class

Graduate Teaching Assistant

2022-2025

University of Florida, Department of Health Education and Behavior, *Gainesville, FL*

HSC4233: Patient Health Education

HSC4713: Planning, Implementing, & Evaluating Health Promotion Programs

HSC3537: Health & Medical Terminology

HSC3102: Personal & Family Health

- Responsible for grading and contact with students

Lab Teaching, Graduate Assistant: EXHale Lab

2021-2025

University of Florida, Department of Health Education and Behavior, *Gainesville, FL*Principal Investigator: Danielle Jake-Schoffman, PhD

- **Qualitative Methodology and Transcription Training Leader** 2021-2025
 - Leader of qualitative methodology, transcription, and quality assurance training for undergraduate lab members
- **Leader of Curriculum Vitae/Résumé Workshop** 2023-2025
 - Leader of workshop on creating, structuring, and enhancing CV/Résumés for undergraduate lab members
- **REDCap and Qualtrics Training Leader** 2024-2025
 - Leader of training on survey platforms covering introduction, best practices for confidentiality when handling with participants, and basic instructions on how to create surveys for undergraduate lab members

PROFESSIONAL AND STUDENT ORGANIZATION: MEMBERSHIP

International Society of Behavioral Nutrition and Physical Activity

2024-Present

Society of Behavioral Medicine

2023-Present

- Student Volunteer: 45th and 46th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine: Conducted SBM social media postings on Twitter/X

Student Ambassador

2022-2023

Health and Human Performance Graduate Student Organization (HHPGO), College of Health and Human Performance, University of Florida, *Gainesville, FL*

- Collaborated college-wide with graduate students to plan graduate student-focused events

American College of Sports Medicine
Member

2023-Present

American Psychological Association and Division 38: Health Psychology
Graduate Student Member

2023

University of Florida Center for Integrative Cardiovascular and Metabolic Disease
Member

2021-2025

Psi Chi International Honor Society in Psychology
Lifetime Member

2017-Present

PROFESSIONAL AND STUDENT ORGANIZATIONS: LEADERSHIP POSITIONS

Member of Physical Activity SIG Advisory Board

2026-Present

Physical Activity Special Interest Group, Society of Behavioral Medicine

- Participate in advisory board meetings, social media and newsletter development, Annual Meeting activities, and SIG-sponsored webinars.

Student Liaison

2024-2025

Student Special Interest Group, Society of Behavioral Medicine

- Foster connections and collaborations with other Special Interest Groups

Student Representative

2024-2025

University of Florida, Center for Integrative Cardiovascular and Metabolic Disease, *Gainesville, FL*

- Create newsletter highlighting announcements and publications from faculty members and trainees
- Organize trainee events for networking

President

2023-2024

University of Florida, Health and Human Performance Graduate Student Organization (HHPGO), College of Health and Human Performance, University of Florida, *Gainesville, FL*

- Coordinated meetings, managed event logistics, and oversaw student-led event creation for graduate student
- Assisted with financial management and networked to secure guest speakers
- Served as a resource and mentor for incoming officers, providing guidance and support to those following in my role
- Graduate Member of Teacher of the Year and Advisor of the Year Award Committee
 - Reviewed packets for nominated Undergraduate Teacher, Professional Advisor, and Faculty Advisor/Mentor of the Year Award
 - Represented the student voice on the committee, providing perspectives and feedback on nominated individuals

VOLUNTEER SERVICE

Team Member

2024-2026

Dartmouth Cancer Center, 43rd, 44th, & 45th Prouty: New England's Largest Family-Friendly Fundraising Event, *Gainesville, FL (Remote)*

- As part of a team, in 2026, fundraised over \$4,000 for life-saving research and critical patient and family support services at Dartmouth Cancer Center
- As part of a team, in 2025, fundraised over \$4,000
- As part of a team, in 2024, fundraised over \$2,000

Team Leader and Organizer of a “Team for Cures”

2023-2024

Multiple Myeloma Research Foundation, 2024 Virtual 5K Walk/Run, *Gainesville, FL (Remote)*

- Participated in the 2024 Virtual 5K Walk/Run
- Fundraised \$500 for Multiple Myeloma and participated in the 2023 Virtual 5K Walk/Run