

## **STEVEN N. BLAIR**

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### **EDUCATION**

- 1978-80 Post-doctoral scholar in preventive cardiology, Stanford University School of Medicine.
- 1963-68 M.S. (1965) and P.E.D. (1968), Physical education, Indiana University - Bloomington.
- 1957-62 B.A., Physical education, minor in biology, Kansas Wesleyan University, Salina, Kansas.

### **PROFESSIONAL EXPERIENCE**

- 2006 - Professor, Arnold School of Public Health, Departments of Exercise Science and Epidemiology and Biostatistics, University of South Carolina
- 2006 -2008 Executive Lecturer, Department of Kinesiology, Health Promotion, and Recreation, University of North Texas
- 2002 -2006 President and CEO, The Cooper Institute  
The Fred and Barbara Meyer Chair in Preventive Medicine
- 1980-2002 Director of Epidemiology and Clinical Applications, and Director of Research, The Cooper Institute  
(part-time 1980 - May 1984, full-time after May 1984).  
Responsible for the Aerobics Center Longitudinal Study.
- 2007 Visiting Professor of the School of Public Health, University of North Texas, Fort Worth.
- 2001 Benjamin Meaker Fellow and Visiting Professor, University of Bristol, Bristol, U.K.
- 1998-2007 Adjunct Professor of the College of Education, University of Houston, Houston.

- 1966-1984 Instructor to Professor, University of South Carolina, Columbia. Last position was Professor, School of Public Health. Taught courses in planning and evaluation, epidemiologic foundations of health education, changing health behavior, and graduate research seminars; directed graduate student research. Earlier duties: founded, developed, and directed the Human Performance Laboratory, 1966-78.
- 1962-1963 Instructor of physical education and athletic coach, Kansas Wesleyan University.

**Certifications and Honors:**

Fellow, American Epidemiological Society

Fellow, American Heart Association

Fellow, American College of Sports Medicine

Fellow, American Academy of Kinesiology and Physical Education

Fellow, The Society of Behavioral Medicine

Fellow, North American Association for the Study of Obesity

Member, American College of Epidemiology

Member, The Advancement of Sound Science Coalition

Member, The Academy of Behavioral Medicine Research

First recipient of the South Carolina AAHPERD Scholar Award, 1981

Health Educator of the Year Award, South Carolina Association for Health Education, 1982

Runner's World All Star Team, 1985

Honor Award, Association for Research, Administration, Professional Councils, and Societies, AAHPERD, 1988

Kansas Wesleyan University Distinguished Alumni Award, 1989

Scholar Award, Southern District AAHPERD, 1989-1990

Person of the Year, International Racket Sports Association, 1990

Honor Award, AAHPERD, 1991

### **Certifications and Honors (continued):**

W.W. Patty Distinguished Alumni Award, Indiana University, School of Health, Physical Education, and Recreation, 1992

Scholar Award, AAHPERD, 1993-1994

Wellner Distinguished Scholar, Frostburg State University, 1994

Who's Who in America

Who's Who in Science and Engineering

Citation Award, ACSM, 1994

R. Tait McKenzie Recognition Award, AAHPERD, 1995

Distinguished Scholar, The University of Memphis, 1995

Healthy American Fitness Leader, 1995

IHRSA Person of the Year, 1996

IDEA Lifetime Achievement Award, 1996

ICSSPE Gold Medal, 1996

Surgeon General's Medallion, 1996

Honor Award, Texas Regional Chapter of the American College of Sports Medicine, 1997

Presidential Citation, AAHPERD 1997 Convention, St. Louis, MO, 1997

Award of Meritorious Achievement of the American Heart Association, Dallas, 1998

Landsdowne Scholar, University of Victoria, British Columbia, Canada, 1997

The William G. Anderson Commemorative Award, Garden City, NY, 1998

Charter Member, North American Society for Health, Physical Education, Recreation and Dance, 2000

Honorary Member of the Order of the Horse Collar Knights of Kuopio University, 2001

## **Certifications and Honors (continued):**

2001 Texas Health, Racquet & Sportsclub Association Outstanding Service Award

Benjamin Meaker Fellow, University of Bristol, UK, 2001

National Institutes of Health Method to Extend Research in Time (MERIT) Award, 2002

Honorary Advisor to the Sports Medicine and Sports Science Panel: October 2002 to September 2004.

2003 ACSM Honor Award

National Fitness Hall of Fame, 2006

Population Science Research Prize, American Heart Association, 2008

## **Honorary Degrees**

Doctor Honoris Causa, Free University of Brussels, 1994

Doctor of Health Science, Lander University, 1996

Doctor of Health Science *Honoris Causa*, University of Bristol, 2002

## **PROFESSIONAL AFFILIATIONS**

### **Memberships:**

American College of Sports Medicine (Board of Trustees, 1981-84; Vice President, 1990-92; President-Elect 1995-96; President 1996-97)

Council on Epidemiology and Prevention, American Heart Association

Council on Nutrition, Physical Activity and Metabolism, American Heart Association (Chair, Physical Activity Subcommittee 2000-2003)

Society for Epidemiologic Research

American Public Health Association

American Academy of Kinesiology and Physical Education (President 1994-1995)

Society for Clinical Trials

**Memberships (continued):**

American Alliance for Health, Physical Education, Recreation and Dance  
(AAHPERD)

Society for Behavioral Medicine

American College of Epidemiology

American Epidemiological Society

The Obesity Society

**Named Lectures:**

D. Oberteuffer Lecture, Ohio State University, 1989

V. Hawthorne Lecture, University of Michigan, 1989

A. Ishmail Lecture, Purdue University, 1990

Fain Oration, The Miriam Hospital, Providence, RI, 1992

C.H. McCloy Research Lecture, AAHPERD, 1993

Darlith Flynyddol Iagach, Shape Annual Lecture, University of North Wales -  
Bangor, 1993

J. Warren Perry Lecture, State University of New York at Buffalo, Buffalo, NY,  
1995

Alkek Lecture, The Institute for Sports Medicine and Human Performance,  
Southwest Texas State University, San Marcos, TX, 1996

D. B. Dill Lecture, Southwest Chapter of the American College of Sports  
Medicine, Las Vegas NV, 1996

Ardie Lubin Memorial Lecture, Naval Health Research Center, San Diego, CA,  
1996

D.K. Stanley Lecture, University of Florida, Gainesville, FL, 1997

**Named Lectures (continued):**

The Sixteenth Annual Lydia J. Roberts Memorial Lecture, The Chicago Nutrition Association and The University of Chicago, Chicago, 1997

John R. Sutton Memorial Lecture, The Canadian Society for Exercise Physiology, Toronto, Ontario, Canada, 1997

Mabel C. Robinson Memorial Lecture, Alabama State Association for Health, Physical Education, Recreation & Dance, Birmingham, AL, 1998

Dudley Allen Sargent Lecture Series – Inaugural Lecture, Sargent College, Boston University, Boston, MA, 1999

J. George Jones, Jr. and Velma Rife Jones Distinguished Visiting Lectureship, College of Health, The University of Utah, Salt Lake City, UT, 2000

R. Tait McKenzie Memorial Lecture, AAPHERD, Cincinnati, OH, 2001

First International Lecture on Preventive Cardiology, German Cardiac Society, Mannheim, Germany, 2002

Distinguished Visiting Professor Lecture, Department of Public Health Sciences, Wake Forest University School of Medicine, Winston-Salem, NC, 2003

Marian Godeke Miller Lecture, IU HPER, Indiana University, Indianapolis, IN, 2005

Mary and Butch Slaughter Lecture & Curry Centennial Speaker Series, University of Virginia, Charlottesville, VA, 2005.

The Wenner-Wingate Lecture, McDaniel College, Westminster, MD, 2006.

Robert S. Gordon, Jr. Lecture. National Institutes of Health, Bethesda, MD, 2006.

Joseph B. Wolfe Lecture. American College of Sports Medicine, Denver, CO, 2006.

Robert Levy Lecture. American Heart Association, Chicago, IL, 2006.

International 19<sup>th</sup> Puijo Symposium Honorary Lecture. Kuopio, FINLAND, 2007.

Ramsey Lecture, The University of Georgia, Athens, GA, 2008.

Burris F. Husman Lecture, University of Maryland, College Park, MD, 2008.

## **OTHER ACTIVITIES**

- 1986-1993 Exercise Epidemiology Section Editor, Research Quarterly for Exercise and Sport
- 1986-1999 Associate Editor, American Journal of Health Promotion
- 1987-1991 Epidemiology and Disease Control Study Section, National Institutes of Health
- 1989-Present Editorial Board, Clinical Journal of Sports Medicine
- 1987-1998 Editorial Board, Exercise and Sport Sciences Reviews
- 1988-Present Editorial Board, Medicine and Science in Sports and Exercise
- 1989-Present Editorial Board, Current Issues in Exercise Science
- 1991-1997 Advisory Board, Medicine, Exercise, Nutrition and Health
- 1991-1997 Associate Editor, American Journal of Epidemiology
- 1992-1995 Member-At-Large, Council on Epidemiology and Prevention, American Heart Association
- 1993-1995 Editorial Board, MacMillan Health Encyclopedia
- 1994-1996 Senior Scientific Editor, Physical Activity and Health: A Report of the Surgeon General
- 1995-1998 Editorial Board, Biological and Pedagogical Problems of Physical Education and Sport
- 1996-1997 Honorary Chairman, National Coalition for Promoting Physical Activity
- 1996-1997 Editorial Board, British Journal of Sports Medicine
- 1996-1997 Executive Volunteer Reviewer, Sports Medicine Bulletin
- 1996-1998 Editorial Board, Frontiers in Bioscience
- 1997-Present Medical/Scientific Advisory Council, IHRSA Institute on Exercise & Health
- 1998-1999 First President, The National Coalition for Promoting Physical Activity
- 1999-2000 Honorary Advisor, Sports Medicine and Research Centre of the Singapore Sports Council
- 2001-Present Editorial Board, The American Journal of Medicine & Sports
- OTHER ACTIVITIES (continued):**
- 2002-Present Editorial Board, Current Sports Medicine reports

2002-2006 Co-Editor in Chief , Journal of Physical Activity & Health

2004-Present Editorial Advisory Board, Health

2005-Present Editorial Board, Active Living

2007-Present Physical Activity Section Editor, Current Cardiovascular Risk Reports

2008- Senior Associate Editor, British Journal of Sports Medicine

### **External funding**

S Blair has had numerous grants and contracts from the National Institutes of Health (NIH) and other organizations to support research and professional activities. Highlights include:

Aerobics Center Longitudinal Study was funded for over 20 years by the National Institute on Aging (NIA)(AG06945)

NIH funding for 5 randomized clinical trials from the National Heart, Lung, and Blood Institute and NIA.

Total research funding from the NIH for the above and other projects over the past 20+ years has been in the range of \$25-30 million.

Two projects were funded in 2006—both for 5 years and the total funding was over \$6 million.

### **2008 External Funding**

Project HEALTH—U.S. Department of Defense, via a subcontract from the Research Triangle Institute, Principal Investigator, \$174,732

Lifestyle Independence for Elders—National Institute on Aging, via a subcontract from the University of Florida, Principal Investigator, \$100,149

Swimming and Health—National Swimming Pool Foundation, Principal Investigator, \$165,417

Project LEAN—BodyMedia, Principal Investigator, \$251,896

Physical Activity and Childhood Obesity—National Heart, Lung, and Blood Institute, via a subcontract from the University of Bristol (UK), Principal Investigator, \$42,706.00

HYPGENE—National Heart, Lung, and Blood Institute, via subcontract from the Pennington Biomedical Research Center, Principal Investigator, \$15,967

## PUBLICATIONS

**S Blair is one of the most highly cited exercise scientists. His work has been cited a total of more than 21,000 times, and is currently being cited ~2500 times/year. His most highly cited research article (JAMA 1989) has been cited over 1300 times. Numerous articles have received >100 citations.**

1. **Blair SN.** Purposive physical education pays. *Journal Health, Phys Educ, Rec* 23:47-49, 1966.
2. **Blair SN, Gatch W.** Reliability of the '12 minute test.' *SC J Health, Phys Educ, Rec* 1:11, March 1969.
3. **Blair SN, McDonough J, Buskirk ER, Shephard R, Taylor HL, Neff P.** Report on exercise evaluation. *J SC Med Assn* 65:71-74 (Suppl #1), December, 1969.
4. **Parmley LF, Blair SN, Gazes PC, Giese WK, Summerall III, CP, Saunders DE (eds).** Proceedings of the National Workshop on Exercise in the Prevention, Evaluation, and Treatment of Heart Disease. *J SC Med Assn* 65 (Suppl #1), December, 1969.
5. **Blair SN.** The effect of stimulus and movement complexity upon reaction time and movement time. In Kenyon GL, Grogg TM (eds.). *Contemporary Psychology of Sport*. Chicago, Athletic Institute, 1970.
6. **Blair SN.** Some comments on "Why Exercise". *SC J Health, Phys Educ, Rec* 3:19-21, March, 1971.
7. **Blair SN, Ellisor DB:** Practical application of research findings. *SC J Health, Phys Educ, Rec* 4:12, Nov., 1971.
8. **Blair SN, Vincent ML.** Variability of heart rate and blood pressure on consecutive days. *Res Q Exercise Sport* 42:7-13, 1971.
9. **Blair SN, Hohn RC, Williams T.** Practical application of research findings. *SC J Health, Phys Educ, Rec* 4:15-17, March, 1972.
10. **Blair SN.** What does scientific research indicate in regard to overweight? *SC J Health, Phys Educ, Rec* 5:9-11, December, 1972.
11. **Blair SN.** Primary prevention of cardiovascular disease. *SC J Health, Phys Educ, Rec* 5:10-11, 1973.
12. **Kiger RG, Blair SN.** A physical fitness and cardiovascular risk factor screening program for state legislators. *J SC Med Assn* 70:39-45, 1974.
13. **Keith JA, Spurgeon JH, Blair SN, Carter LW.** Motivational differentials among physically active and inactive mature males as measured by the motivational analysis test. *Res Q Exercise Sport* 45:217-223, 1974.

14. **Chandler JV, Langley TD, Blair SN.** Movement times for jab and cross-over steps by high school football players. *Res Q Exercise Sport* 46:147-152, 1975.
15. **Blair SN.** Fluid replacement during football practice. In Burke EJ (ed.). *Toward an Understanding of Human Performance.* Ithaca, Movement Publications, 1977.
16. **Blair SN, Foley JW, Rosenberg M, Giese WK, Martin JF.** Coronary heart disease risk factors in the Columbia, S.C. area. *J SC Med Assn* 74:445-449, 1978.
17. **Pate RR, Blair SN.** Exercise and the prevention of atherosclerosis: Pediatric implications. In Strong WB (ed.). *Atherosclerosis: Its Pediatric Aspects.* New York. Grune and Stratton, 1978.
18. **Spurgeon JH, Blair, SN, Keith JA.** Characteristics of successful and probationary football officials. *Physician Sports Med* 6:106-112, 1978.
19. **Blair SN.** A total health fitness lifestyle. In Cundiff D (ed.). *Implementation of Aerobic Programs.* Washington, AAHPER, 1979
20. **Blair SN, Howe HG, Blair A, Pate RR, Rosenberg M, Parker GM.** Life stress and health. *J SC Med Assn* 75:331-334, 1979.
21. **Blair SN, Blair A, Spurgeon J, Keith J.** Physiological and psychological changes associated with camping and hiking activity. *SC J Health, Phys Educ, Rec* 12:20-23, 1979.
22. **Horowitz MJ, Hulley S, Alvarez W, Reynolds A, Benfari R, Blair S, Borhani N, Simon N.** Life events, risk factors and coronary disease. *Psychosomatics* 20:586-592, 1979.
23. **Blair SN, Pate RR, Blair A, Howe HG, Rosenberg M, Parker GM.** Leisure time physical activity as an intervening variable in research. *Health Educ* 11:8-11, 1980.
24. **Haskell WL, Blair SN.** The physical activity component of health promotion programs in occupational settings. *Pub Health Reports* 95:109-118, 1980.
25. **Blair SN, Blair A, Howe HG, Pate R, Rosenberg M, Parker GM.** Leisure time physical activity and job performance. *Res Q Exercise Sport* 51:718-723, 1980.
26. **Chandler JV, Blair SN.** The effect of amphetamines on selected physiological components related to athletic success. *Med Sci Sports* 12:65-69, 1980.
27. **Blair SN, Sargent R, Davidson D, Krejci R.** Blood lipids and ECG responses to carbohydrate loading in male and female marathon runners. *Physician Sportsmed* 8:68-75, 1980.

28. **Blair A, Blair SN, Howe HG, Pate RR, Rosenberg M, Parker GM, Pickle LW.** Physical, psychological, and sociodemographic differences between smokers, ex-smokers, and non-smokers in a working population. *Prev Med* 9:747-759, 1980.
29. **Horowitz M, Hulley S, Alvarez W, Billings J, Benfari R, Blair SN, Borhani N, Simon N.** News of risk for early heart disease as a stressful event. *Psychomat Med* 42:37-46, 1980.
30. **Blair SN, Chandler JV, Ellisor DB, Langley T.** Improving physical fitness by exercise training programs. *South Med J* 73:1594-1596, 1980.
31. **Pollock ML, Blair SN.** Exercise Prescription. *J Phys Educ Rec* 53:30-35, 81, 1981.
32. **Sargent RG, Blair SN, Magun JC, Krejci RC, Sacoco C, Langley TD, Taylor RL.** Physical fitness and intraocular pressure. *Am J Optom Physiol Optics* 58:460-6, 1981.
33. **Blair SN, Blair A, Pate RR, et al.** Interactions among dietary patterns, physical activity, and skinfold thickness. *Res Q Exercise Sport* 52:505-11, 1981.
34. **Blair SN, Ellsworth NM, Haskell WH et al.** Comparison of nutrient intake in middle-aged men and women runners and controls. *Med Sci Sports Exercise* 13:310-315, 1981.
35. **Blair SN, Carter LW, Keith JA, Spurgeon JH.** An attempt to forecast successful and unsuccessful male physical education majors. *SC J Health, Phys Educ, Rec, Dance* 14:9-11, 1981.
36. **Blair SN, Pate RR, McClenaghan BA.** Current approaches to physical fitness education. In Kratochwill TR (ed.). *Advances in School Psychology, Vol. II.* Hillsdale, N.J. Lawrence Erlbaum, 1982.
37. **Clearie AF, Blair SN, Ward WB.** The role of the physician in health promotion: findings from a community telephone survey. *J SC Med Assn* 78:503-505, 1982.
38. **Blair SN.** Effects of lifestyle on mortality. *SC J Health, Phys Educ, Rec, Dance* 15(1):2-6, 1982.
39. **Blair SN.** Exercise and coronary heart disease. *Beh Med Update* 4:12-15, 1982.
40. **Wood PD, Haskell WL, Blair SN, Williams PT, Krauss RM, Lindgren FT, Albers JJ, Ho PH, Farquhar JW.** Increased exercise level and plasma lipoprotein concentration. *Metabolism* 32:31-39, 1983.
41. **Blair SN, Falls HB, Pate RR.** A new physical fitness test. *Physician Sportsmed* 11:87-95, 1983.
42. **Gibbons LW, Blair SN, Cooper KH, Smith M.** Association between coronary heart disease risk factors and physical fitness in healthy adult women. *Circulation* 67:977-983, 1983.

43. **Blair SN, Cooper KH, Gibbons LW, Gettman LR, Lewis S, Goodyear N.** Changes in coronary heart disease risk factors associated with increased treadmill time in 753 men. *Am J Epidemiol* 118:352-359, 1983.
44. **Dorociak JJ, Pate RR, Blair SN.** Professional attitudes and health habits of the SCAHPERD membership. *SC J Health, Phys Educ, Rec, Dance* 15(2):2-4, 1983.
45. **Goodyear NN, Blair SN.** An economical approach to verifying keypunch data. Proceedings of the Eighth Annual SAS Users Group. Cary, N.C. *SAS Institute*, 1983, pp. 396-401.
46. **Ludwig DA, Blair SN.** Obtaining part and bipartial canonical correlation estimates from PROC CANCORR: a biomedical application. In proceedings of the Eighth Annual SAS Users Group. Cary, N.C. *SAS Institute*, 1983, pp. 708-710.
47. **Jackson KL, Salisbury ZT, Kronenfeld JJ, Davis KE, Blair SN.** Management and evaluation of a large scale health promotion project in the public sector. Priorities in Health Statistics, National Center for Health Statistics, DHHS publication no. (PHS) 81-1214, 1983.
48. **Blair SN.** Revision of the American College of Sports Medicine Guidelines for Graded Exercise Testing and Exercise Prescription. *J Cardiac Rehab* 3:517, 1983.
49. **Blair SN.** How to assess exercise habits and physical fitness. In Matarazzo JD, Miller NE, Weiss SM, Herd JA, Weiss SM (eds.). *Behavioral Health: A Handbook of Health Enhancement and Disease Prevention*. John Wiley & Sons. 1984, pp 424-47.
50. **Pate RR, Blair SN.** Physical fitness programming at the worksite. *Prev Med* 12:632-643, 1983.
51. **Collingwood TR, Hubbard D, Bernstein I, Blair SN.** Canonical correlations between clinical and psychological variables. *J Cardiac Rehab* 3:706-711, 1983.
52. **Williams PT, Wood PD, Krauss RM, Haskell WL, Vranizan KM, Blair SN, Terry R, Farquhar JW.** Does weight loss cause the exercise-induced increase in plasma high density lipoproteins? *Atherosclerosis* 47:173-185, 1983.
53. **Germain NW, Blair SN.** Variability of shoulder flexion with age, activity, and sex. *Am Corr Ther J* 37:156-160, 1983.
54. **Blair SN.** Seven day physical activity recall. In Gunn WJ et al (eds.). *A Handbook to Evaluate Physical Fitness Programs*. Centers for Disease Control, Center for Health Promotion and Education, Atlanta, 1983.
55. **Blair SN, Collingwood TR, Reynolds R, Smith M, Hagan RD, Sterling CL.** Health promotion for educators: impact on health behaviors, satisfaction, and general well-being. *Am J Pub Health* 74:147-149, 1984.

56. **Blair SN, Lavey RS, Goodyear N, Gibbons LW, Cooper KH.** Physiologic responses to maximal graded exercise testing in apparently healthy white women aged 18-75 years. *J Cardiac Rehab* 4:459-68, 1984.
57. **Davis KE, Jackson KL, Kronenfeld JJ, Blair SN.** Intent to participate in worksite health promotion activities: a model of risk factors and psychological variables. *Health Educ Q* 11:361-377, 1984.
58. **Blair SN, Collingwood TR, Smith M, Upton J, Sterling CL.** Review of a health promotion program for school employees. *Spec Serv Schools* 1:89-97, 1985.
59. **Blair SN, Goodyear NN, Gibbons LW, Cooper KH.** Physical fitness and the incidence of hypertension in healthy, normotensive men and women. *JAMA* 252:487-490, 1984. (Also selected for publication and translated for the French and German editions of JAMA.)
60. **Blair SN, Goodyear NN, Wynne KL, Saunders RP.** Comparisons of dietary and smoking habit changes in physical fitness improvers and nonimprovers. *Prev Med* 13:411-420, 1984.
61. **Blair SN, Jacobs DR, Jr., Powell KE.** Relationships between exercise or physical activity and other health behaviors. *Pub Health Rep* 100:172-180, 1985.
62. **Sallis JF, Haskell WL, Wood PD, Fortman SP, Rogers T, Blair SN, Paffenbarger RS.** Physical activity assessment methodology in the Five City Project. *Am J Epidemiol* 121:91-106, 1985.
63. **Kannel WB, Wilson P, Blair SN.** Epidemiologic assessment of the role of physical activity and fitness in the development of cardiovascular disease. *Am Heart J* 109:876-885, 1985.
64. **Blair SN, Haskell WL, Ho P, Paffenbarger RS, Vranizan KM, Farquhar JW, Wood PD.** Assessment of habitual physical activity by a seven-day recall in a community survey and controlled experiments. *Am J Epidemiol* 122:794-804, 1985.
65. **Blair SN.** Physical activity leads to fitness and pays off. *Physician Sportsmed* 13(3):153-157, 1985.
66. **Williams PT, Haskell WL, Vranizan KM, Blair SN, Krauss RM, Superko HR, Albers JJ, Frey-Hewitt B, Wood PD.** Associations of resting heart rate with concentrations of lipoprotein subfractions in sedentary men. *Circulation* 71:441-449, 1985.
67. **Duncan JJ, Farr JE, Upton SJ, Hagan RD, Oglesby ME, Blair SN.** The effects of aerobic exercise on plasma catecholamines and blood pressure in patients with mild essential hypertension. *JAMA* 254:2609-2613, 1985.

68. **Weber DG, Kohl HW, Blair SN.** An automated system for assessing physical fitness in school children. *In Health Statistics Make a Difference.* National Center for Health Statistics, Hyattsville, MD. DHHS pub. no. (PHS) 86-1214, 1985. pp. 145-148.
69. **Blair SN, Smith M, Collingwood TR, Reynolds R, Prentice MC, Sterling CL.** Health promotion for educators: impact on absenteeism. *Prev Med* 15: 166-175, 1986.
70. **Blair SN, Piserchia PV, Wilbur CS, Crowder JH.** A public health intervention model for worksite health promotion: impact on exercise and physical fitness in the Live for Life Program after 24 months. *JAMA* 255:921-926, 1986.
71. **Powell KE, Kohl HW, Caspersen CJ, Blair SN.** An epidemiological perspective on the causes of running injuries. *Physician Sportsmed* 14:100-114, 1986.
72. **Rogers T, Blair SN.** Exercise programs at the worksite. *Focal Points* 2:12-13, 1986.
73. **Blair SN, Kohl HW, Powell KE.** Physical activity, physical fitness, exercise, and the public's health. In Safrit MJ, Eckert HM (eds.). *The Cutting Edge in Physical Education and Exercise Science Research.* Human Kinetics Publishers, Champaign, IL, 1987, pp. 53-69.
74. **Blair SN, Oberman A.** Epidemiologic analysis of coronary heart disease and exercise. *Cardiol Clin* 5:271-283, 1987.
75. **Davis KE, Jackson KL, Kronenfeld JJ, Blair SN.** Determinants of participation in worksite health promotion activities. *Health Educ Q* 14:195-205, 1987.
76. **Kronenfeld JJ, Jackson K, Blair SN, Davis K, Gimarc JD, Salisbury Z, Maysey D, McGee JG.** Evaluating health promotion: a longitudinal quasi-experimental design. *Health Educ Q* 14:123-129, 1987.
77. **Blair SN, Mulder RT, Kohl HW.** Reaction to "Secular trends in adult physical activity: exercise boom or bust?" *Res Q Exercise Sport* 58:106-110, 1987.
78. **Collingwood TR, Bernstein IH, Blair SN.** The interrelation of coronary heart disease risk factors: a factor analysis of 23 variables. *J Cardiopulmonary Rehabil* 7:234-238, 1987.
79. **Kronenfeld JJ, Maysey D, McGee JG, Gimarc JD, Jackson KL, Blair SN, Salisbury Z.** A public sector health promotion program. *Int Q Comm Health Educ* 2:167-172, 1987.
80. **Cooper KH, Blair SN.** Exercise and physical conditioning. *Encyclopedia Britannica (Macropaedia)*, 1987, pp. 28-32.
81. **Blair SN, Kohl HW, Goodyear NN.** Rates and risks for running and exercise injuries: studies in three populations. *Res Q Exercise Sport* 58:221-228, 1987.

82. **Blair SN.** Exercise within a healthy lifestyle. In Dishman RK (ed.). *Exercise Adherence: Its Impact on Public Health*. Human Kinetics Books, Champaign, IL, 1988, pp. 75-89.
83. **Blair SN, Mitchell BS.** Cost effectiveness of worksite health promotion programs. In, Oldridge NB, Foster C, and Schmidt DH (eds.). *Clinical Exercise Programs: Theory and Practice*. Mouvement Publications, Ithaca NY, 1988, pp. 283-297.
84. **McBride P, Blair SN.** Pharmacologic and nonpharmacologic interventions for dyslipidemias. In Hall LK and Meyer GC (eds.). *Cardiac Rehabilitation: Exercise Testing and Prescription*. Life Enchancement Publications, Champaign, IL, 1988, pp.345-371.
85. **Blair SN, Tretsch L, Kutsch S.** Worksite health promotion for school faculty and staff. *J School Health* 57:469-473, 1987.
86. **Blair SN, Ludwig DA, Goodyear NN.** A canonical analysis of central and peripheral subcutaneous fat distribution and coronary heart disease risk factors in men and women aged 18-65 years. *Human Biol* 60:111-122, 1988.
87. **Simons-Morton BG, Parcel GS, O'Hara NM, Blair SN, Pate RR.** Health-related physical fitness in childhood: status and recommendations. *Ann Rev Public Health* 9:403-425, 1988.
88. **Blair SN, Painter P, Pate RR, Smith LK, Taylor SB (eds.).** Resource Manual for Guidelines for Exercise Testing and Prescription. Lea & Febiger, Philadelphia, 1988.
89. **Mitchell BS, Blair SN.** Evaluation of preventive and rehabilitative exercise programs. In Blair SN et al (eds.). *Resource Manual for Guidelines for Exercise Testing and Prescription*. Lea & Febiger, Philadelphia, 1988, pp. 414-420.
90. **Kronenfeld JJ, Jackson KL, Davis KE, Blair SN.** Changing health practices: the experience from a worksite health promotion project. *Soc Sci Med* 26:515-523, 1988.
91. **Kohl HW, Blair SN, Paffenbarger RS Jr., Macera CA, Kronenfeld JJ.** A mail survey of physical activity habits as related to measured physical fitness. *Am J Epidemiol* 127:1228-1239, 1988.
92. **Blair SN.** Exercise, health, and longevity. In Lamb DR and Murray R (eds.). *Perspectives in Exercise Science and Sports Medicine Volume I: Prolonged Exercise*. Benchmark Press, Indianapolis, 1988, pp. 443-484.
93. **Clark DG, Blair SN, Culan MR.** Are HPE teachers good role models? *J Phys Educ Recreation* 59 (7):76-80, 1988.
94. **Clark DG, Blair SN.** Physical activity and prevention of obesity in childhood. In Krasnegor NA, Grave GD, and Kretchmer N (eds.). *Childhood Obesity: A Biobehavioral Perspective*. Telford Press, Caldwell, NJ, 1988, pp. 121-142.

95. **Gordon NF, Blair SN.** Cardiovascular and muscular benefits of exercise training. *Practitioner's Consult* 2 (2):1-10, 1988.
96. **Kronenfeld JJ, Goodyear N, Pate R, Blair N, Howe H, Parker G, Blair SN.** The interrelationship among preventive health habits. *Health Educ Res* 3:317-323, 1988.
97. **Kohl HW, LaPorte RE, Blair SN.** Physical activity and cancer: an epidemiological perspective. *Sports Med* 6:222-237, 1988.
98. **King AC, Haskell WL, Houston-Miller N, Blair SN (eds.).** Promotion of Physical Activity in the Community: *A Manual for Community Health Professionals*. The Henry J. Kaiser Family Foundation, Menlo Park, 1988.
99. **Blair SN, Brill, PA, Kohl HW.** Physical activity patterns in older individuals. In Spirduso WW and Eckert HM (eds.). *Physical Activity and Aging*. Human Kinetics, Champaign, 1989, pp. 120-139.
100. **Gibbons LW, Blair SN.** Healthy adults. In Franklin BA, Gordon SG, and Timmis GC (eds.). *Exercise in Modern Medicine*. Williams and Wilkins, Baltimore, 1989, pp. 22-32.
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