

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

- 2016-present Distinguished Professor Emeritus, Arnold School of Public Health, Departments of Exercise Science and Epidemiology/Biostatistics, University of South Carolina
- 2006 -2016 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, European Society of Preventive Medicine

Fellow, National Academy of Kinesiology

Fellow, The Society of Behavioral Medicine

Fellow, The Obesity Society

Retired Fellow, Royal Society of Medicine, London, UK

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

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

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

Folksam Epidemiology Prize, Karolinska Institute, Stockholm, 2010

Southeastern American College of Sports Medicine, 2010 Henry J. Montoye Scholar Award, 2011

Bloomberg Manulife Prize, McGill University, Montreal, CANADA, 2012

Phillip Noel Baker Award, International Council of Sport Science and Physical Education, Glasgow, SCOTLAND, 2012

INSPIRE AWARD, International Council on Active Aging, 2012

James E. Clyburn Public Health and Health Disparities Award, Arnold School of Public Health, 2013

University of South Carolina, Educational Foundation Award for Research in Health Sciences, 2013

Mickey Stunkard Lifetime Achievement Award, The Obesity Society, 2013

Population Science and Public Health Award, The World Obesity Federation, 2014

Alumni Achievement Award, Kansas Wesleyan University, 2014

Lifetime Achievement Award, President's Council on Fitness, Sports, and Nutrition, 2014

Listed as one of the World's Most Influential Scientific Minds, Thompson Reuters, 2014 and 2015

Scholar Award, Texas A & M University, 2015

2017 and 2018 Highly Cited Researcher—Web of Science

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

Doctorem Medicinae Honoris Causa, Southern Denmark University, 2017

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)

Lifetime Fellow, Royal Society of Medicine, UK

Society for Epidemiologic Research

American Public Health Association

National Academy of Kinesiology (President 1994-1995)

Society for Clinical Trials

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

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. Wolffe Lecture. American College of Sports Medicine, Denver, CO, 2006.

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

International 19th 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.

Vice-Chancellor's Lecture, University of Auckland, New Zealand, 2012

Exercise and Nutrition Science Centennial Banquet Speaker, San Diego State University, 2015

Distinguished Lecture Series, Texas A & M University, 2015

Blythe Lecture, UNC-Chapel Hill, 2016

Charles C. Cowell Lecture, Purdue University, 2016

Richard Parr Lecture, Central Michigan University, 2017

Distinguished Lecture Series, Kansas State University, 2017

Distinguished Visiting Scholars Lecture, University of Montana, 2017

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

- 1989-1990 Editorial Board, *Clinical Journal of Sports Medicine*
- 1987-1998 Editorial Board, *Exercise and Sport Sciences Reviews*
- 1988-1992 Editorial Board, *Medicine and Science in Sports and Exercise*
- 1989-1990 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*
- 1997-2002 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*
- 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*
- 2005-2007 Editorial Board, *Active Living*
- 2007-2011 Physical Activity Section Editor, *Current Cardiovascular Risk Reports*

2008-present 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 25+ years has been in the range of \$25-30 million.

Recent 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

Energy Balance—Unrestricted research grant from The Coca-Cola Company, \$2.5 million

Global Energy Balance Network—Unrestricted grant from The Coca-Cola Company, \$507,463

PUBLICATIONS

S Blair is one of the most highly cited exercise scientists. His work has been cited a total of more than 65,000 times, and is currently being cited >5,000 times/year. His h-Index is 122. His most highly cited research article (*JAMA* 1989) has been cited over 2,000 times. He has 22 articles that have been cited >500 times and 14 articles that have been cited >1,000 times.

Peer-reviewed publications

1. **Blair SN.** Purposive physical education pays. *J Health Phys Educ Rec.* 1966; 23:47-49.

2. **Blair SN, Gatch W.** Reliability of the '12 minute test'. *SC J Health Phys Educ Rec.* 1969; Mar1:11.
3. **Blair SN, McDonough J, Buskirk ER, Shephard R, Taylor HL, Neff P.** Report on exercise evaluation. *J SC Med Assn.* 1969; Dec 65:71-74(Suppl #1).
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.* 1969; Dec 65(Suppl #1).
5. **Blair SN.** Some comments on "Why Exercise". *SC J Health Phys Educ Rec,* 1971; Mar 3:19-21.
6. **Blair SN, Ellisor DB:** Practical application of research findings. *SC J Health Phys Educ Rec.* 1971; Nov 4:12.
7. **Blair SN, Vincent ML.** Variability of heart rate and blood pressure on consecutive days. *Res Q Exercise Sport.* 1971; 42:7-13.
8. **Blair SN, Hohn RC, Williams T.** Practical application of research findings. *SC J Health Phys Educ Rec.* 1972; Mar 4:15-17.
9. **Blair SN.** What does scientific research indicate in regard to overweight? *SC J Health Phys Educ Rec.* 1972; Dec 5:9-11.
10. **Blair SN.** Primary prevention of cardiovascular disease. *SC J Health Phys Educ Rec.* 1973; 5:10-11.
11. **Kiger RG, Blair SN.** A physical fitness and cardiovascular risk factor screening program for state legislators. *J SC Med Assn.* 1974; 70:39-45.
12. **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.* 1974; 45:217-223.
13. **Chandler JV, Langley TD, Blair SN.** Movement times for jab and cross-over steps by high school football players. *Res Q Exercise Sport.* 1975;46:147-152.
14. **Blair SN, Foley JW, Rosenberg M, Giese WK, Martin JF.** Coronary heart disease risk factors in the columbia, sc area. *J SC Med Assn.* 1978;74:445-449.
15. **Spurgeon JH, Blair, SN, Keith JA.** Characteristics of successful and probationary football officials. *Sports Med.* 1978;6:106-112.
16. **Blair SN, Howe HG, Blair A, Pate RR, Rosenberg M, Parker GM.** Life stress and health. *J SC Med Assn.* 1979;75:331-334.
17. **Blair SN, Blair A, Spurgeon J, Keith J.** Physiological and psychological changes associated with camping and hiking activity. *SC J Health Phys Educ Rec.* 1979;12:20-23.
18. **Horowitz MJ, Hulley S, Alvarez W, Reynolds A, Benfari R, Blair S, Borhani N, Simon N.** Life events, risk factors and coronary disease. *Psychosomatics.* 1979;20:586-592.
19. **Blair SN, Pate RR, Blair A, Howe HG, Rosenberg M, Parker GM.** Leisure time physical activity as an intervening variable in research. *Health Edu.* 1980;11:8-11.
20. **Haskell WL, Blair SN.** The physical activity component of health promotion programs in occupational settings. *Pub Health Reports.* 1980;95:109-118.
21. **Blair SN, Blair A, Howe HG, Pate R, Rosenberg M, Parker GM.** Leisure time physical activity and job performance. *Res Q Exercise Sport.* 1980;51:718-723.

22. **Chandler JV, Blair SN.** The effect of amphetamines on selected physiological components related to athletic success. *Med Sci Sports.* 1980; 12:65-69.
23. **Blair SN, Sargent R, Davidson D, Krejci R.** Blood lipids and ECG responses to carbohydrate loading in male and female marathon runners. *Sports Med.* 1980;8:68-75.
24. **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.* 1980;9:747-759.
25. **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.* 1980;42:37-46.
26. **Blair SN, Chandler JV, Ellisor DB, Langley T.** Improving physical fitness by exercise training programs. *South Med J.* 1980;73:1594-1596.
27. **Pollock ML, Blair SN.** Exercise prescription. *J Phys Educ Rec.* 1981;53:30-35.
28. **Sargent RG, Blair SN, Magun JC, Krejci RC, Sacoco C, Langley TD, Taylor RL.** Physical fitness and intraocular pressure. *Am J Optom Physiol Optics.* 1981;58:460-466.
29. **Blair SN, Blair A, Pate RR, et al.** Interactions among dietary patterns, physical activity, and skinfold thickness. *Res Q Exercise Sport.* 1981;52:505-511.
30. **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.* 1981;13:310-315.
31. **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.* 1981;14:9-11.
32. **Clearie AF, Blair SN, Ward WB.** The role of the physician in health promotion: findings from a community telephone survey. *J SC Med Assn.* 1982;78:503-505.
33. **Blair SN.** Effects of lifestyle on mortality. *SC J Health Phys Educ Rec Danc.* 1982;15(1):2-6.
34. **Blair SN.** Exercise and coronary heart disease. *Beh Med Update.* 1982;4:12-15.
35. **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.* 1983;32:31-39.
36. **Blair SN, Falls HB, Pate RR.** A new physical fitness test. *Sports Med.* 1983; 11:87-95.
37. **Gibbons LW, Blair SN, Cooper KH, Smith M.** Association between coronary heart disease risk factors and physical fitness in healthy adult women. *Circulation.* 1983;67:977-983.
38. **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.* 1983;118:352-359.
39. **Dorociak JJ, Pate RR, Blair SN.** Professional attitudes and health habits of the SCAHPERD membership. *SC J Health Phys Educ Rec Dance.* 1983;15(2):2-4.

40. **Blair SN.** Revision of the american college of sports medicine guidelines for graded exercise testing and exercise prescription. *J Cardiac Reha.* 1983;3:517.
41. **Pate RR, Blair SN.** Physical fitness programming at the worksite. *Prev Med.* 1983;12:632-643.
42. **Collingwood TR, Hubbard D, Bernstein I, Blair SN.** Canonical correlations between clinical and psychological variables. *J Cardiac Rehab.* 1983;3:706-711.
43. **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.* 1983;47:173-185.
44. **Germain NW, Blair SN.** Variability of shoulder flexion with age, activity, and sex. *Am Corr Ther J.* 1983;37:156-160.
45. **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.* 1984;74:147-149.
46. **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.* 1984;4:459-468.
47. **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.* 1984;11:361-377.
48. **Blair SN, Collingwood TR, Smith M, Upton J, Sterling CL.** Review of a health promotion program for school employees. *Spec Serv Schools.* 1985; 1:89-97.
49. **Blair SN, Goodyear NN, Gibbons LW, Cooper KH.** Physical fitness and the incidence of hypertension in healthy, normotensive men and women. *JAMA.* 1984;252:487-490. (Also selected for publication and translated for the French and German editions of JAMA.)
50. **Blair SN, Goodyear NN, Wynne KL, Saunders RP.** Comparisons of dietary and smoking habit changes in physical fitness improvers and nonimprovers. *Prev Med.* 1984;13:411-420.
51. **Blair SN, Jacobs DR, Jr., Powell KE.** Relationships between exercise or physical activity and other health behaviors. *Pub Health Rep.* 1985;100:172-180.
52. **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.* 1985;121:91-106.
53. **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.* 1985;109:876-885.
54. **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.* 1985;122:794-804.
55. **Blair SN.** Physical activity leads to fitness and pays off. *Sports Med.* 1985;13(3):153-157.
56. **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*. 1985;71:441-449.
57. **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*. 1985;254:2609-2613.
 58. **Blair SN, Smith M, Collingwood TR, Reynolds R, Prentice MC, Sterling CL.** Health promotion for educators: impact on absenteeism. *Prev Med*. 1986;15:166-175.
 59. **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*. 1986; 255:921-926.
 60. **Powell KE, Kohl HW, Caspersen CJ, Blair SN.** An epidemiological perspective on the causes of running injuries. *Sports Med*. 1986;14:100-114.
 61. **Rogers T, Blair SN.** Exercise programs at the worksite. *Focal Points*, 1986; 2:12-13.
 62. **Blair SN, Oberman A.** Epidemiologic analysis of coronary heart disease and exercise. *Cardiol Clin*, 1987;5:271-283.
 63. **Davis KE, Jackson KL, Kronenfeld JJ, Blair SN.** Determinants of participation in worksite health promotion activities. *Health Educ Q*, 1987; 14:195-205.
 64. **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*, 1987;14:123-129.
 65. **Blair SN, Mulder RT, Kohl HW.** Reaction to "Secular trends in adult physical activity: exercise boom or bust?" *Res Q Exercise Sport*, 1987; 58:106-110.
 66. **Collingwood TR, Bernstein IH, Blair SN.** The interrelation of coronary heart disease risk factors: a factor analysis of 23 variables. *J Cardiopulmonary Rehabil*, 1987;7:234-238.
 67. **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*, 1987;2:167-172.
 68. **Blair SN, Kohl HW, Goodyear NN.** Rates and risks for running and exercise injuries: studies in three populations. *Res Q Exercise Sport*, 1987;58:221-228.
 69. **Blair SN, Tretsch L, Kutsch S.** Worksite health promotion for school faculty and staff. *J School Health*, 1987; 57:469-473.
 70. **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*, 1988;60:111-122.
 71. **Kronenfeld JJ, Jackson KL, Davis KE, Blair SN.** Changing health practices: the experience from a worksite health promotion project. *Soc Sci Med*, 1988;26:515-523.
 72. **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*, 1988;127:1228-1239.
 73. **Clark DG, Blair SN, Culan MR.** Are HPE teachers good role models? *J Phys Educ Recreation*, 1988;59(7):76-80.
 74. **Gordon NF, Blair SN.** Cardiovascular and muscular benefits of exercise training. *Practitioner's Consult*, 1988;2(2):1-10.

75. **Kronenfeld JJ, Goodyear N, Pate R, Blair N, Howe H, Parker G, Blair SN.** The interrelationship among preventive health habits. *Health Educ Res*, 1988;3:317-323.
76. **Kohl HW, LaPorte RE, Blair SN.** Physical activity and cancer: an epidemiological perspective. *Sports Med*, 1988;6:222-237.
77. **Blair SN, Kannel WB, Kohl HW, Goodyear NN, Wilson PWF.** Surrogate measures of physical activity and physical fitness: evidence for sedentary traits of resting tachycardia, obesity, and low vital capacity. *Am J Epidemiol*, 1989; 129:1145-1156.
78. **Cooper KH, Blair SN, Gordon NF.** Oxygen and Athletes. *JAMA*, 1989; 262:264.
79. **Stephens T, Jackson K, Garrison C, Blair S, Kronenfeld J.** Smoking behaviors and attitudes in the workplace. *Health Education Research*, 1989; 4:245-249.
80. **Brill PA, Burkhalter HE, Kohl HW, Blair SN, Goodyear NN.** The impact of previous athleticism on exercise habits, physical fitness, and coronary heart disease risk factors in middle-aged men. *Res Q Exercise Sport*, 1989;60:209-215.
81. **Macera CA, Jackson KL, Hagenmaier GW, Kronenfeld JJ, Kohl HW, Blair SN.** Age, physical activity, physical fitness, body composition, and incidence of orthopedic problems. *Res Q Exercise Sport*, 1989;60:225-233.
82. **Gibbons L, Blair SN, Kohl HW, Cooper K.** The safety of maximal exercise testing. *Circulation*, 1989;80:846-852.
83. **Blair SN, Kohl HW III, Paffenbarger RS Jr, Clark DG, Cooper KH, Gibbons LW.** Physical fitness and all-cause mortality: a prospective study of healthy men and women. *JAMA*, 1989;262:2395-2401.
84. **Kriska AM, Knowler WC, LaPorte RE, Drash AL, Wing RR, Blair SN, Bennett PH, Kuller LH.** Development of questionnaire to examine relationship of physical activity and diabetes in Pima Indians. *Diabetes Care*, 1990;13(4):401-411.
85. **Kohl HW, Gibbons LW, Gordon NF, Blair SN.** An empirical evaluation of the ACSM Guidelines for Exercise Testing. *Med Sci Sports Exercise*, 1990; 22(4):533-539.
86. **Barlow CE, Brill PA, Blair SN, Kohl HW.** Practical advice on fitness and mortality: A new approach to exercise prescription. *Am J Health Promotion*, 1990;4(5):391-393.
87. **Hartung GH, Kohl HW, Blair SN, Lawrence SJ, Harrist RB.** Exercise tolerance and alcohol intake: blood pressure relation. *Hypertension*, 1990; 16:501-507.
88. **Blair SN.** Exercise and health. *Sports Science Exchange*, 1990;3(29).
89. **Macera CA, Jackson KL, Davis DR, Kronenfeld JJ, Blair SN.** Patterns of non-response to a mail survey. *J Clin Epidemiol*, 1990;43(12):1427-1430.
90. **Jackson AS, Blair SN, Mahar MT, Wier LT, Ross RM, Stuteville JE.** Prediction of functional aerobic capacity without exercise testing. *Med Sci Sports Exercise*, 1990;22:863-870.
91. **Gordon NF, Scott CB, Wilkinson WJ, Duncan JJ, Blair SN.** Exercise and mild essential hypertension: Recommendations for adults. *Sports Med*, 1990; 10(6):390-404.
92. **Blair SN, Dowda M, Pate RR, Kronenfeld J, Howe Jr. HG, Parker G, Blair A, Fridinger F.** Reliability of long-term recall of participation in

- physical activity by middle-aged men and women. *Am J Epidemiol*, 1991; 133:266-75.
93. **Blair SN.** Weight-loss through physical activity. *The Weight Control Digest*, 1991; Jan/Feb 1(2).
 94. **Brill PA, Kohl HW, Rogers T, Collingwood TR, Sterling CL, Blair SN.** The relationship between sociodemographic characteristics and recruitment, retention, and health improvements in a worksite health promotion program. *Am J Health Promotion*, 1991;5(3):215-221.
 95. **Szymanski L, Pate RR, Dowda M, Blair SN, Howe Jr. HH, Parker G, Blair A.** A comparison of questionnaire and physiological data in predicting future chronic disease risk factor status in an employee population. *Am J Health Promotion*, 1991;5(4):298-304.
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