PROFESSIONAL VITA

**Laura L. Payne**

**Address** University of Illinois at Urbana-Champaign (UIUC)

Department of Recreation, Sport and Tourism

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Champaign, IL 61820

E-mail: lpayne@illinois.edu (P) 217-244-7038 (F) 217-244-1935

**Education**

1998 Ph.D. **The Pennsylvania State University**

**University Park, Pennsylvania**

Leisure Studies with a minor in Gerontology

1992 M. S. **Illinois State University, Normal, Illinois**

Department of Health, Physical Education, Recreation and Dance

Concentration in Recreation Administration

1989 B. S. **Illinois State University, Normal, Illinois**

Communication, Public Relations Major

Recreation and Park Administration Minor

Thesis Title: Influence of parental monitoring on perceived freedom and enjoyment in adolescent leisure experiences

Dissertation Title: The role of leisure in the relationship between arthritis severity

and perceived health among adults 50-85: Does leisure contribute?

**Professional Experience**

2020 - Present Professor and Extension Specialist

Director of the Office of Recreation and Park Resources (ORPR)

Department of Recreation, Sport & Tourism

University of Illinois at Urbana-Champaign, Champaign, IL

2016 – 2020 Professor and Extension Specialist

Director of Graduate Studies

Department of Recreation, Sport & Tourism

University of Illinois at Urbana-Champaign, Champaign, IL

2012 – Present UIC-Rockford Rural and Family Medicine & National Center for

Rural Health Professions, Rural Health Preceptorship Coordinator

2015 – Present National Bureau of Economic Research (NBER), Member and

Investigator

2007 – 2016 Associate Professor and Extension Specialist,

Director of Graduate Studies (starting in 2015)

Department of Recreation, Sport & Tourism

University of Illinois at Urbana-Champaign, Champaign, IL

Extension Specialist, Rural Community Development, Rural Health and Aging, and Community Parks and Recreation, 75% Extension Appointment

2001 – 2007 Assistant Professor and Extension Specialist,

Department of Recreation, Sport and Tourism

University of Illinois at Urbana-Champaign, Champaign, IL

August, 1998 - **Assistant Professor, School of Exercise, Leisure & Sport**

June, 2001 Kent State University, Kent, Ohio

1995-1998 **Research/Teaching Assistant, & Instructor Leisure Studies**

**Program, School of Hotel, Restaurant & Recreation**

**Management**

The Pennsylvania State University, University Park, Pennsylvania

1992-1995 **Administrative Coordinator, Smith, Bucklin & Associates, Inc.**

Chicago, Illinois

1990-1992 **Graduate Assistant, Department of Health, Physical**

**Education, Recreation and Dance (HPERD)**

Illinois State University, Normal, Illinois

1988-1992 **Facility Manager, Mt. Prospect Park District**

(seasonal position) **Big Surf Wave Pool**

Mt. Prospect, Illinois

1990 **Activities Coordinator, Sundial Beach and Tennis Resort**

Sanibel Island, Florida

**Research and/or Scholarly Publications**

Books/Book Chapters

Payne, L. L., Schaumleffel, N., Cavanuagh, D., & Lee, M. (in press). *Leisure, health, and physical activity*. In M. Stodolska, D. Scott, & T. Liechty (Eds), Leisure Matters: Exploring Leisure in a Changing World. Sagamore-Venture, Champaign, IL.

Son, J., Weybright, E., Janke, M., & Payne, L. (2020). *Evolving societal contributions of leisure education*. In S. Kono, K. Spracklen, A. Beniwal, & P. Sharma (Eds.), Positive Sociology of Leisure. New York: Palgrave.

Payne, L. L. & An, J. (2020). *The role of leisure, recreation and play in health and well-being*. IsHak, W. W. (ed.). The Handbook of Wellness Medicine. Cambridge University Press: Cambridge, UK.

*Leisure, Health and Wellness: Making the connections* (2010). Payne, L.L., Godbey, G., & Ainsworth, B. (eds.). Venture Publishing: State College, PA.

Payne, L. & Orsega-Smith (2010). *Relations between leisure, health and wellness*. In Leisure, health and wellness: Making the connections. Venture Publishing: State College, PA.

Payne, L. & Barnett, L.A. (2005). *Leisure and recreation across the lifespan*. In Introduction to Leisure and Recreation. Human Kinetics: Champaign, IL.

Katzenmeyer, C., Payne, L., & Orsega-Smith, E. (2003). *Active Options Resource Guide: Improving the health of older adults*. National Recreation and Park Association: Ashburn, VA.

Articles published in refereed journals

An, J., Payne, L., Lee, M., & Janke, M. C. (in press). Understanding boredom and leisure in later life: A systematic review. *Innovation in Aging.*

Wu, X., Schuetz, L., Lee, M., Payne, L. L. & Shinew, K. (2023) “We do revolve our lives around it” – The meaning and significance of being a collegiate women’s basketball fan among older women, *Journal of Leisure Research*, DOI: 10.1080/00222216.2023.2183368

An, J., Payne, L., & Liechty, T. (2022). Exploring the role and meaning of leisure in healthy aging among older adults with chronic conditions. *Annals of Leisure Research*. https://doi.org/10.1080/11745398.2022.2029511

Wu, X., Shinew, K. J., & Payne, L. (2021). Roles of culture on casino gambling among Laotian immigrants in the U.S. *Leisure Sciences*, <https://doi.org/10.1080/01490400.2021.1907634>

Broughton, K. & Payne, L. (2021). Older men’s coffee hour: A look at social interactions, social support and well-being. *Journal of Park and Recreation Administration, 39*(3), 91-104.

<https://doi.org/10.18666/JPRA-2020-10052>

Reif, J., Chan, D., Jones, D., Payne, L., & Molitor, D. (2020). Effects of a Workplace Wellness Program on Employee Health, Health Beliefs, and Medical Utilization: A Randomized Clinical Trial. *JAMA – Internal Medicine.* DOI:10.1001/jamainternmed.20201321

Janke, M. C., Payne, L., & Son, J. (2020). Leisure Education in Chronic Disease Self-Management: A Case Study and Lessons Learned. *Leisure/Loisir*, 44(3), 397-420. <https://doi.org/10.1080/14927713.2020.1780932>

Payne, L., & Janke, M.C. (2019). Introduction to the issue: Contemporary trends and issues. *Journal of Leisure Research, 50*(4), 285-289.

Schmalz, D., Janke, M. C., & Payne, L. (2019). Multi-, inter-, and transdisciplinary research: Leisure studies past, present and future. *Journal of Leisure Research, 50*(5), 389-393.

Bobitt, J., Aguayo, L., Payne, L., Jansen, T., & Schwingel, A. (2019). Geographic and Social Factors Associated With Chronic Disease Self-Management Program Participation: Going the “Extra-Mile” for Disease Prevention. *Preventing Chronic Disease*.16:E25, 1-11. DOI: https://doi.org/10.5888/pcd16.180385

Jansen, T., Aguayo, L., Whitacre, J., Bobitt, J., Payne, L., & Schwingel, A. (2019). Diabetes disparities in Illinois. *Preventing Chronic Disease*. 16:180154. DOI: http://dx.doi.org/10.5888/pcd16.180154.

Lee, C., Payne, L. L. & Berdychevsky, L. (2018). The Roles of Leisure Attitudes and Self-Efficacy on Attitudes toward Retirement among Retirees: A Sense of Coherence Theory Approach. *Leisure Sciences*. DOI: 10.1080/01490400.2018.1448025.

Payne, L. L., Schmalz, D., & Janke, M. C. (2018). The reemergence and revitalized focus of JLR. *Journal of Leisure Research*, (49)1, DOI: 10.1080/00222216.2018.1454175.

Broughton, K., Payne, L. L., & Liechty, T. (2017). An Exploration of Older Men’s Social Lives and Well-being in the Context of a Coffee Group. *Leisure Sciences (39)3,* 261-276.

Huhman, M., Quick, B. L., & Payne, L. (2016). Community College Students’ Health Insurance Enrollment, Maintenance, and Talking With Parents Intentions: An Application of the Reasoned Action Approach. *Journal of Health Communication*, Published online April 6, 2016. DOI: 10.1080/10810730.2015.1103327

Lee, C. S. & Payne, L. L. (2016). Experiencing Flow in Different Types of Serious Leisure in Later Life. *World Leisure Journal*. Published on March 6, 2016. DOI: 10.1080/1607 8055.2016.1143389

Janke, M. C., Son, J. S., Jones, J. J., Payne, L. L., & Anderson, S. K. (2015). Leisure patterns and their associations with arthritis-related self-management and health. *Therapeutic Recreation Journal*, 49(4), 281-292.

Stine-Morrow, E. A. L., Payne, B. R., Roberts, B. W., Kramer, A. F., Morrow, D. G., Payne, L., Hill, et al. (2015). Training versus Engagement as Paths to Cognitive Enrichment with Aging. *Psychology and Aging, 29*(4), 891-906.

Lee, C. S., & Payne, L. L. (2015). An exploration of the relationship between different types of serious leisure and successful aging. *Activities, Adaptation and Aging,39(1-18)*.

Liechty, T., Mowen, A. J., Payne, L. L., Henderson, K. A., Bocarro, J. N., Bruton, C. & Godbey, G. C. (2014). Public park and recreation managers’ experiences with health partnerships. *Journal of Park and Recreation Administration, 32*(2), 11-27.

Payne, L. L. & Zabriskie, R. (2014). Understanding the role of leisure in life transitions. *Journal of Park and Recreation Administration, 32*(1), 1-6.

Headley, C., & Payne, L. L. (2014). Examination of a fall prevention program on leisure and leisure-based fear of falling of older adults. *International Journal of Disability and Human Development, 13(1), 149-154*.

Pori, M., Payne, L.L., Schmalz, D.L., Pori, P., Skof, B. & Leskosek, B. (2013). Correlation between sport participation and satisfaction with life among Slovenian participants of the Ljubljana marathon, *Kinesiologia Slovenica, (19)*2, 36–43.

Headley, C., Payne, L. L., & Keller, M. J. (2013). N’Balance: A community-based fall prevention intervention with older adults: Lessons learned. *Activities, Adaptation and Aging, 37*, 47-62.

Payne, L. L., Zimmerman, J. A., & Mowen, A. J. (2013). Health partnerships in community parks and recreation: Does community size matter? *Preventing Chronic Disease, 10,* E:124.DOI: http://dx.doi.org/10.5888/pcd10.120238.

Janke, M. C., Jones, J. J., Payne, L. L. & Son, J. S. (2012). Living with Arthritis: Using Self-Management of Valued Activities to Promote Health. *Qualitative Health Research*, 22(3), 360-372.

Janke, M. C., Carpenter, G., Payne, L. L., & Stockard, J. (2011). The role of life events on perceptions of leisure during adulthood: A longitudinal analysis. *Leisure Sciences*, *33*(1), 52-69.

Payne, L. L. & Heavenrich, C. (2010). Stop aging and start living: The theory and practice of positive aging. *International Journal of Disability and Human Development*, 10 (2), 97-102.

Janke, M. C., Son, J. S., & Payne, L. L. (2009). Self-regulation and adaptation of leisure among adults with arthritis. *Activities, Adaptation & Aging, 33*(2), 65-80.

Mowen, A., Payne, L. L., Orsega-Smith, E., & Godbey, G. (2009). Assessing the health partnership practices of park and recreation agencies: Findings and implications from a national study. *Journal of Park and Recreation Administration, 27*(3), 116-131.

Son, J. S., Kerstetter, D. L., Mowen, A. J., & Payne, L. L. (2009). Global self-regulation and outcome expectations: Interactive influences on constraint self-regulation and leisure-time physical activity. *Journal of Aging and Physical Activity, 17(3),* 307-326.

Janke, M.C., Payne, L.L., & Van Puymbroeck, M. (2008). The role of informal and formal leisure activities in the disablement process. *International Journal of Aging and Human Development, 67*(3), 231-257.

Payne, L., & Schaumleffel, N. (2008). The relationship between attitudes toward public park and recreation services and community satisfaction among rural residents. *Journal of Park and Recreation Administration 26*(3) 116-135.

Van Puymbroeck, A. M., Payne, L., & Hsieh, P.C. (2007). A Phase I Feasibility Study of Yoga on the Physical Health and Coping of Informal Caregivers. *Evidence-based Complementary and Alternative Medicine, 4*(4) 519-529.

Mowen, A., Orsega-Smith, E., Payne, L., Ainsworth, B. & Godbey, G. (2007). The role of park proximity and social support in shaping park use, physical activity and health among older adults. *Journal of Physical Activity and Health*, 4, 167-179.

Orsega-Smith, E., Payne, L., Mowen, A., Ho, C., & Godbey, G. (2007). The role of social support and self-efficacy in shaping leisure time physical activity of older adults. *Journal of Leisure Research*. *39*(4), 705-727.

Sasidharan, V., Payne, L., Orsega-Smith, E., & Godbey, G. C. (2006). Older adults’ physical activity participation and perceptions of well-being: Examining the role of social support for leisure. *Managing Leisure, 11*(3), 164-185.

Payne, L., Mowen, A., & Montoro-Rodriguez, J. (2006). The role of leisure in the relationship between arthritis severity and perceived health. *Journal of Leisure Research, 38(1),* 20-45*.*

Payne, L., Orsega-Smith, E., Godbey, G. & Roy, M. (2005). The relationship between personal health and park use among adults 50 and over: Results of an exploratory study. *Journal of Park and Recreation Administration, 23*(2), 1-20.

Godbey, G., Caldwell, L., Floyd, M., & Payne, L. (2005). Implications from Leisure Studies and Recreation and Park Management Research for Active Living. *American Journal of Preventive Medicine*, 28, 2S2, 150-158.

Mowen, A., Payne, L., & Scott, D. (2005). Change and Stability in Leisure Constraints Revisited: A 10-Year Comparison of Perceived Park Use Constraints and Desired Constraint Reduction Strategies. *Leisure Sciences, 27*(2), 191-204.

Orsega-Smith, E., Mowen, A., Payne, L., & Godbey, G (2004). The Interaction of Stress and Park Use on Psycho-physiological Health in Older Adults. *Journal of Leisure Research, 36*(2), 232-256.

Orsega-Smith, E., Payne, L., & Godbey, G. (2003). Outcomes associated with participation in a community parks and recreation based wellness program for older adults*. Journal of Aging and Physical Activity, 11*(4) *516-531*.

#### Payne, L. (2002). Progress and challenges in repositioning leisure as a core component of health. *Journal of Park and Recreation Administration*, *20(4)* 1-11.

#### Payne, L., Mowen, A., & Orsega-Smith, E. (2001). The relationship between race, residence, and age on attitudes toward park use and park behaviors*. Leisure Sciences, 24(1) 181-198.*

#### Caldwell, L., Darling, N., Payne, L., & Dowdy, B. (1999). Comparison of psychological and social control causes of boredom among adolescents. *Journal of Leisure Research, 31*(2), pp. 103-121.

#### **Selected articles published in juried journals**

Christoph, M. J. & Payne, L. L. (2014, November). Evidence-based programs and practice: Resources, equity, and why parks & recreation should move in this direction. *Parks and Recreation*, 48(11). 21-24.

Broughton, K. , Scheunemann, J., Lee, C., & Payne, L. (2013, June). Combating staff burnout. *Parks and Recreation, 48*(6), 12-15.

Payne, L. L. (2012, January/February). Collaborating toward a common goal: Partnership practices and effectiveness in Illinois. *Illinois Parks and Recreation, 42*(7), 19-22.

Broughton, K. & Payne, L. L. (2011, September/October). Who are the baby boomers and what are their recreation values and preferences? *Illinois Parks and Recreation, 42*(5), 46-48.

Schaumleffel, N. & Payne, L. L. (2010, May). Rural recreation and park development: Trends, issues and strategies for success, *Parks and Recreation, 45*(5), 33-37.

Payne, L. L., Mowen, A., Orsega-Smith, E., & Godbey, G. (2008, September). Working toward a common goal: NRPA’s national study finds that park and recreation partnerships are vital to community health and well-being. *Parks and Recreation, 43*(9), 102-109.

Stafford Son, J., Mowen, A., & Payne, L. (2007, March/April). Viewpoints on recreation: Opportunities and challenges for community recreation. *The Journal on Active Aging, 6*(2), p.77.

Payne, L. (2005, October). The role of recreation and parks in promoting active lifestyles in later life: Many questions, some direction. *George Butler Lecture of the Leisure Research Symposium. Taking steps toward Transdisciplinary research: How public health priorities could influence leisure research on community-level approaches to promoting healthy, active lifestyles.* State College, PA: Venture Publishing, Inc.

Ho, C., Payne, L., Orsega-Smith, E., & Godbey, G. (2003, April). The role of public parks and recreation in promoting health. *Parks and Recreation,* 41-45.

Smith, E., Payne, L., Spangler, K., & Godbey, G. (2000, October). Community recreation and parks: Promoting health in older adults. *Parks and Recreation,* 53-57.

Payne, L., Smith, E., Godbey, G., & Spangler, K. (1999, October). The Role of Local Recreation and Park Services in Health Promotion and Health Maintenance in Later Life. *Parks and Recreation*, 72-77.

Payne, L., Smith, E., Godbey, G., & Roy, M. (1998, October). Local parks and the health of older adults: The results of an exploratory study. *Parks and Recreation*, 64-69.

Payne, L., Shaw, T., Anderson, M., Bratt, B., & Caldwell, L. (1998). An exploration of the critical variables related to mood states. *Proceedings of the Northeastern Recreation Research Symposium*, Bolton Landing, New York.

**Articles published in monographs**

Payne, L. L. (2011). *Resource guide for community survey projects*. Office of Recreation and Park Resources, University of Illinois Urbana-Champaign.

Payne, L. (1999). The importance of leisure among the Oldest Old. In S. Berg & S. Zarit (Ed.), *The Oldest Old.* Jonkoping, Sweden: Institute of Gerontology.

Selected research reports to sponsors

Payne, L., McGrath, R., Jeong, W., Hancock, R., & Pulido, A. (2021). *2021-2025 Illinois SCORP Regional Analysis*. Illinois Department of Natural Resources (IDNR).

Payne, L., McGrath, R., Jeong, W., Hancock, R, Pulido, A. (2021). *COVID-19 Resilience and Recovery Study Findings*. University of Illinois at Urbana-Champaign (UIUC) and Illinois Park and Recreation Association (IPRA).

Schwingel, A., Lee, C., Bobitt, J. & Payne, L. (2018). *Pathways to Health Final Report*. AgeOptions.

Payne, L., Headley, C., Lee, C., & An, J (2017). *Research findings from the ‘N Balance Community Intervention Study*. Consortium for Older Adult Wellness (COAW).

Payne, L. L., Janke, M.C., Harvey, S., & Coyle, H. (2009). *Take Charge of Your Health: Live Well Be Well annual report*. University of Illinois Extension.

Payne, L. L., & Janke, M. C. (2008). *Take Charge of Your Health: Live Well Be Well annual report*. University of Illinois Extension.

Payne, L. L. (2007). *Annual progress report for the healthy rural communities project*. Illinois Attorney General’s Office.

Payne, L. L. (2006). *Annual progress report for the healthy rural communities project*. Illinois Attorney General’s Office.

Payne, L. L. (2005). *Annual progress report for the healthy rural communities project*. Illinois Attorney General’s Office.

Payne, L. L. (2004). *Annual progress report for the healthy rural communities project*. Illinois Attorney General’s Office.

Godbey, G., Payne, L., & Orsega-Smith, E. (2004). *Final report to the Robert Wood Johnson Foundation for the project titled: Use of local government parks and recreation and its relation to health.* Robert Wood Johnson Foundation, Princeton, NJ.

Payne, L. L. (2003). *Annual progress report for the healthy rural communities project*. Illinois Attorney General’s Office.

Carlson, R., & Payne, L. (2003). *Community recreation needs and preferences of Morris, Illinois residents*.

Payne, L. (2003). *Summary Results from the Youth Summer Daze Recreation Program Evaluation*, University of Illinois Extension.

Godbey, G., Payne, L., & Orsega-Smith, E. (2002). *Increasing physical activity among older adults: Testimony to a U.S. Congressional briefing.* Sponsored by the National Coalition for the Promotion of Physical Activity (NCPPA), Washington, DC.

Payne, L. & Powers, A. (2002). *Outlook for community recreation and parks for the city of Clinton, Illinois*. University of Illinois Extension.

Orsega-Smith, E., Payne, L., & Godbey, G. (2000). *Effects of Active Options (AO) Participation on health: A summary of findings*. Kent State University.

Payne, L., Orsega-Smith, E., & Godbey, G. (1999). *Program evaluation report for Foothill’s Park and Recreation District’s Active Options (AO) Program: A summary of findings*. Kent State University.

Godbey, G., Roy, M., Payne, L., & Smith, E. (1998). *Health and Park Use: Final report of findings*. National Recreation and Park Association Board of Trustees. Ashburn, VA.

Payne, L., Smith, E., Godbey, G., & Roy, M. (1998). *Golden Age Centers of Greater Cleveland client health and park use profile*, Cleveland, OH.

Godbey, G., Payne, L., Roy, M., & Smith, E. (1997). Status report on Health and Park Use Study for NRPA Board of Trustees.

Payne, L., & Anderson, M. (1996). *Evaluation of the 1996 Pennsylvania YMCA State Championships (swimming)*, State College, PA

**Grant and Contract Proposals Awarded**

Bobitt, J., Payne, L. & Gothe, N. (2021). *Wits Workout Evluation*. Midwest Roybal Center for Health Promotion and Translation. ($42,638 requested and funded). June 2021 – May 2022.

Payne, L. Kriz, K. & Bland, T. (2020). *City of Springfield Aquatic Recreation Demand Study*. City of Springfield, Illinois. ($75,000 requested and funded). April 2020 to October 2020.

Payne, L. (PI) & McCann, K. D. State Conservation Outdoor Recreation Studies and Plan. Illinois Department of Natural Resources. ($111,000 requested and funded). January 2020 – December 2020.

Payne, L. L., Schwingel, A., & Bobitt, A. *Pathways to health: Dissemination and evaluation of the chronic disease self-management program*. Administration on Community Living (formerly Administration on Aging) via AgeOptions ($77,708 requested and funded). September 2015 to January 2018).

Payne, L. L. & Browning, L. (2017). *Lake Sara Park Pearson Peninsula Park Community Survey (as part of the park master planning project)*. $5,000 subcontracted from Farnsworth Group. August to December, 2017.

Reif, J., Jones, D., Molitor, D, & Payne, L. (2016). *Worksite wellness: A field experiment on participation incentives & selection into wellness programs*. Evidence for Action: Building a Culture of Health, Robert Wood Johnson Foundation, August 2016 – August 2018. $200,000.

Reif, J., Jones, D., Molitor, D, & Payne, L. (2014). *Worksite wellness: A field experiment on participation incentives & selection into wellness programs*. National Institutes of Health, R01 Grant through the National Bureau of Economic Research. August 2014 – August 2016. $1,138,497.

Payne, L., (PI) & Headley, C. (2014). *Replication study of the effects of N’Balance, a community-based fall prevention program for older adults- longitudinal effects*. Consortium for Older Adult Wellness. August 2014 to December 2020, $30,000.

Liechty, T., Baker, B. L., & Payne, L. L. (Investigator). Investigation of the Elements of a Physically Active Leisure Program that Encourage Participation by Older Adults: A Case Study. Submitted to the Campus Research Board Program. ($10,000 funded). October 2015 to October 2016.

Payne, L.(PI), Huhman (Co-PI), M., Quick, B, McCaffrey, J., Reif, J., & Farner, S. (2013). *Illinois Health Care Reform Initiative*. University of Illinois Campus Extension Program. August 2013 to December 2017, $213,143.

Payne, L., Harvey, S., & Janke, M. (2010). *Statewide dissemination and evaluation of the Chronic Disease Self-Management Program* (total budget was $1.0 million over two years; $50,000 sub-contracted to UIUC). Administration on Aging (Illinois Department of Public Health and Illinois Department on Aging co-PI’s).

Sweedler, K., Griswald, A., Camp, S., & Payne, L. (2010). *Transitioning to retirement.* University of Illinois Extension Holistic Family Wellness Seed Grant. February 2010 – February 2011, $12,000.

Payne, L. L. (2008*). Impact and Dissemination Evaluation of the Illinois Chronic Disease Self- Management Progra*m (total budget is $197,117 over two years; $40,000 sub-contracted to UIUC). Retirement Research Foundation (PI-Tom Prohaska, UIC).

Payne, L., Janke, M. (Co-PIs), & Son, J., Harvey, I. S. (Investigators). *Take Charge of Your Health: Live Well, Be Well: A Holistic Chronic Disease Self- Management Program*. University of Illinois at Urbana-Champaign Extension (Flagship program – July 2007 to September 2010), $324,020.

Janke, M. C. (PI), Payne, L. L. & Son, J. S. (Co-PIs). *Self-regulation and adaptation of leisure among older individuals with arthritis*. University of Illinois at Urbana-Champaign Research Board (August 2007 to May 2009), $6,910.

Stine-Morrow, E. (PI), & Parks, D., Kramer, A., Morrow, D. (Investigators), & Janke, M., & Payne, L. (Collaborators). *The Senior Odyssey: A test of the engagement hypothesis of cognitive aging*. National Institutes of Health (R01 – July 2007 to June 2012), $3,504,410.

Son, J., Harvey, S., Shinew, K., & Payne, L. (2007). *Leisure-based self- care practices and health of African American and Whites in Centralia*, Illinois. Submitted to the Campus Research Board. $14,630 requested and funded.

Mowen, A., Godbey, G., Payne, L., & Orsega-Smith, E. (2005). *Partnerships between Park and Recreation Agencies and Health Organizations*. Submitted to the National Recreation Foundation. $75,000 requested and funded.

Van Puymbroeck, A. M., Warkins, J. & Payne, L. (2004). *The influence of meditation and walking on the quality of life for stroke caregivers*. Submitted to Pampered Chef Family Resiliency Program. $16,000 requested and funded.

Van Puymbroeck, A. M., & Payne, L. (2004). *The influence of yoga on the quality of life for stroke caregivers*. Mary Jane Neer Grant Competition. $13,000.

Godbey, G., Payne, L. (Co-PI) & Orsega-Smith, E. (2003). *Use of Local Government Park and Recreation Services and its Relation to Health.* Robert Wood Johnson Foundation. April 15, 2002 to April 15, 2004; $321,000; $140,000 subcontracted to the University of Illinois.

Payne, L. (PI) & Alexandris, K. (2002). *Healthy Rural Communities Project*. State of Illinois Attorney General’s Office Vitamin Anti-Trust Settlement. Principal Investigator. August 2002 to December 2005; $333,958.

Payne, L. (2002). *Illinois Rural Recreation Development Project*. State of Illinois Department of Human Services, Division of Community Health and Prevention. July, 2002 to June, 2003; $168,000.

Payne, L. (2002). *Illinois Rural Recreation Development Project*. Children, Youth, Families and Risk Project (CYFAR is administered through University of Illinois Extension); May 1 to June 30, 2002; $15,600.

Payne, L., Rodway, Glickman, E., & Grega, D. (2001). *The thermal, metabolic, cardiovascular, perceptual and psychological responses that occur during acclimation on a ranger squad while performing operations at altitude in Denali National Park*. Kent State University Research Board. Principal Investigator, May to August 2001; $3,000 awarded.

Payne, L., & Orsega-Smith, E. (2000). *Instructional Guide for Developing and Implementing Community-Based Wellness Programs for Older Adults*. National Recreation and Park Association. $5,000 awarded.

Payne, L., Mathieu, M., Jarrett, T., Mitrovic, M., & Pernetti, L. (1999*). Developing learning communities through the integration of challenge programs into the freshman orientation course*. Provosts Special Initiative Grants, Kent State University. $8,250 requested and funded.

Payne, L., Smith, E., & Godbey, G. (1999). *Phase II of NRPA/Foothills: Developing a model community based wellness program*. National Recreation Foundation. Co-Principal Investigator. $20,000 requested and funded.

Payne, L., Smith, E., & Godbey, G. (1998). *Phase I of NRPA/Foothills: Evaluation of the Active Options Senior Wellness Program*. National Recreation Foundation. Co-principal Investigator. $40,000 funded through Penn State; $10,000 subcontract directly to Kent State University.

Contracts: Contracts for community needs and attitudes, feasibility studies and master planning

1. Jackson County, Illinois (Natural Resource and Economic Development Committee)
2. Bloomingdale Park District
3. Crete, Illinois community survey and planning process (Village of Crete, Crete Park District, Crete Library District, Crete Township, Crete-Monee School District)
4. Des Plaines Park District (2022)
5. Norridge Park District (2021, 2022)
6. Prospect Heights Park District (2021-2022)
7. Norridge Park District (2020-2021)
8. City of Auburn, Illinois (2020)
9. Lake Sara (Effingham, Illinois; 2018)
10. IPRA Member Survey (2012-2013)
11. Oak Lawn Park District (2006 & 2014)
12. Bartlett Park District (2008)
13. Mt. Prospect Park District (2005)
14. Oregon Park District (2005)
15. Pleasant Dale Park District (2004)
16. City of Arcola (2003)
17. City of Clinton (2002)

**Selected Papers Presented at Scholarly Meetings and Conferences**

Refereed presentations

Ginger, N., & Payne, L. (2023). How do we compete? Finding and retaining talent when the competition is fierce. One hour seminar presented at the annual *Illinois Park and Recreation Association State Conference*, January 27, Chicago, IL.

Russell, Z., Fransen, M., Cavanaugh, D., Payne, L., Pitas, N., Garcia, A., & Dudek, N. Not Quite Suburban or Rural: Challenges in an Inter-Governmental Collaboration for Community Parks and Recreation Planning. Presented at the *National Environmental Recreation Research Conference*, April 16, Annapolis, MD.

An, J., Payne, L. & Liechty, T. (2022). Development and Validation of the Leisure Eustress-Distress Scale (LEDS). Presented as a poster at the *Annual Scientific Meeting of the Gerontological Society of America*, Indianapolis, IN. Nov 3-6

An, J., Payne, L. & Liechty, T. (2022).Understanding the Experience of Eustress Among Older Adults with Chronic Conditions.. Presented as a poster at the *Annual Scientific Meeting of the Gerontological Society of America*, Indianapolis, IN. Nov 3-6

Bobitt, J., Gothe, N., Payne, L., Hofer, M., & Byers, C. (2022). Evaluating the feasibility and acceptability of the Wits Wellness Cognitive Health Program. Presented as a paper at the *Annual Scientific Meeting of the Gerontological Society of America,* Indianapolis, IN. Nov 3-6

Gothe, N., Bobitt, J., Byers, C., Hofer, M., & Payne, L. (2022). Changes in General Self-Efficacy Following the Wits Wellness Program: Preliminary Findings from the 12-week RCT. Presented as a paper at the *Annual Scientific Meeting of the Gerontological Society of America,* Indianapolis, IN. Nov 3-6

Hofer, M., Bobitt, J., Gothe, N., & Payne, L. (2022). Lessons Learned from the planning and implementation of the Wits Workout randomized Controlled Trial (RCT): A community based holistic brain health intervention. Presentation at the American Society on Aging Conference. New Orleans, LA, April 11-15.

Headley, C., Lee, C., An, J., Cavanaugh, D., Payne, L., & Katzenmeyer, C. (2020). Changes in leisure self-efficacy and fall risk: One-year results of N’Balance, a fall prevention program. Presentation at the *Annual Scientific Meeting of the Gerontological Society of America*. Online Conference, November 4-7.

Wu, X., Payne, L., & Shinew, K. (2020). Roles of acculturation and enculturation processes on casino gambling among Southeast Asian Immigrants in the United States. *The Academy of Leisure Sciences (TALS) Annual Conference on Research and Teaching*. February 11-14, Champaign, IL.

Lee, M. & Payne, L. (2020). The meaning of cycling among middle-aged women in South Korea. *The Academy of Leisure Sciences (TALS) Annual Conference on Research and Teaching*. February 11-14, Champaign, IL.

Baker, B., Hodge, D., Payne, L. & Schmalz, D. (2019). Diversity, Leisure, and Health:

Examining Convergence and Divergence across Demographics and Settings in the Link between Leisure and Health. *Australia-New Zealand Association for Leisure Studies (ANZALS) Conference*. 90-minute panel presentation and discussion. December 10-13, Queenstown, NZ.

Janke, M., Schmalz, D., Payne, L., Rose, J., & Johnson, C. (2019). Reviewing journal articles: Tips and tricks from editors and associate editors. *The Academy of Leisure Sciences (TALS) Annual Conference on Research and Teaching*. February 26-28, 2019, Greenville, SC.

An, J. Payne, L. Broughton, K., Janke, M., & Lee, M. (2019). Understanding Boredom in Later Life: A Systematic Review and Discussion. *The Academy of Leisure Sciences (TALS) Annual Conference on Research and Teaching*. February 26-28, 2019, Greenville, SC.

Kono, S., Lee, C., Payne, L. L., Lim, J., Ito, E., Gui, J. & Lee, K. (2018). Serious Leisure and Well Being. *The Academy of Leisure Sciences (TALS) Annual Conference on Research and Teaching*. February 21, 2018. Indianapolis, IN.

Broughton, K. & Payne, L. L. (2018). Exploring Older Men’s Social Networks: The Impact of a Weekly Lunch Group. *The Academy of Leisure Sciences (TALS) Annual Conference on Research and Teaching*. February 21, 2018. Indianapolis, IN.

Janke, M. C., Payne, L. L. & Naar, J. J. (2018). Reflections, Progressions, and Projections: The State of Leisure & Aging Research. *The Academy of Leisure Sciences (TALS) Annual Conference on Research and Teaching*. February 22, 2018, Indianapolis, IN.

Lee, C., Payne, L. & Berdychevsky, L. (2017). The roles of leisure attitudes and self-efficacy on retirement attitudes. *The Academy of Leisure Sciences Research Institute*, Indianapolis, IN, February 9, 2017.

An, J., Lee, C., & Payne, L. L. (2017). Leisure Perceptions and Attitudes toward Retirement. National Recreation and Park Association Research Sessions. September 28, 2017. New Orleans, LA.

Payne, L. (2016). Beyond knowledge. Measuring and reporting behavior change. *University of Illinois Extension Annual Conference*, Champaign, IL, November 16, 2016.

Payne, L. L., McCaffrey, J., Huhman, M. & Quick, B. (2016). Community college students and the ACA: Results from a multi-phased project. *Extension National Health Outreach Conference*, Roanoke, Virginia, April 6, 2016.

Lee, Chungsup & Payne, L. (2016). Understanding the role of leisure in attitudes toward toward retirement. *Center for Health, Aging & Disability Chittendum Symposium*, Champaign, IL, April 26, 2016.

Huhman, M., Quick, B., & Payne, L. (2015). “Get Covered. Stay Covered.” A social marketing initiative to encourage community college students to sign up for insurance under ACA. *American Public Health Association Conference*, Chicago, Illinois, November 1, 2015.

Payne, L. (2015). Understanding Community College Students’ Views on Health Insurance and the ACA. *University of Illinois Extension Annual Conference*, Champaign, Illinois, November 17, 2015.

Payne, L. L., McCaffrey, J., Huhman, M., Quick, B. L., Reif, J., Farner, S., & Byers, C. (2015). Community college students’ awareness and attitudes toward health insurance and the ACA insurance program. *National Health Outreach Conference*, Atlanta, GA, May 8, 2015.

Payne, L. L. (2014). Evidence based health and wellness programming: iLearn program. *Illinois Parks and Recreation State Conference*, January 23-25, Chicago, IL.

Payne, L. L., Ryan, P., & Belza, B. (2014). Planning strategies to increase physical activity among people with arthritis. *Aging in America Conference of the* *American Society on Aging*, March 11-15, San Diego, CA.

Broughton, K. & Payne, L. (2013). Exploring older men’s social lives and well-being within a coffee group. *National Recreation and Park Association Leisure Research Symposium,* October 8-11, Houston, TX*.*

Broughton, K. & Payne, L. (2013). Exploring older men’s health and well-being in the context of a coffee group. *Annual Symposium for the Center for Health, Aging and Disability*. March 28, Champaign, IL.

Waterman, M. & Payne, L. L. (2013). Environment and policy strategies to increase physical activity among people with arthritis. *Active Living Research Conference*, February 22-24, San Diego, CA.

Payne, L. L., Orsega-Smith, E., & Godbey, G. C. (2012). Exploring the relationship between leisure style and health among adults 50 and over. *World Leisure Congress*, September 29-October 3, Rimini, Italy.

Payne, L. L., & Schaumleffel, N. (2012). Rural recreation development: An examination of attitudes toward public park and recreation development. *University of Ljubljana Conference on Physical Activity and Health*. October 5, Ljubljana, Slovenia.

Lee, C. S. & Payne, L. L., (2012). Serious leisure types and successful aging. *National Recreation and Park Association Leisure Research Symposium*, October 20-22, Anaheim, CA.

Waterman, M. & Payne, L. L. (2012). Strategies to increase physical activity among people with arthritis. *National Recreation and Park Association Education* Session, October 20-22, Anaheim, CA.

Lee, C. S., & Payne, L. L. (2012). An exploration of serious leisure types and flow experiences among older adults. *Annual Scientific Meeting of the Gerontological Society of America*, November 15-17, San Diego, CA.

Payne, L. L., Quinn, C., & Wilson, A. (2011). Rural cultures: Challenges to disseminating the Chronic Disease Self-Management Program in rural communities. *Gerontological Society of America*, November 18-22, Boston, MA.

Headley, C. M., Payne, L. L., & Katzenmeyer, C. (2011). N-Balance, a community fall prevention intervention that may impact leisure self-efficacy. *Annual Scientific Meeting of the Gerontological Society of America*, November 18-22, Boston, MA.

Payne, L. L., Zimmerman, J., Mowen, A. J., & Orsega-Smith, E., & Godbey, G. C. (2011). When it comes to health partnerships, community size matters. *National Recreation and Park Association Leisure Research Symposium,* November 1-5, Atlanta, GA.

Headley, C. M., Payne, L. L., Katzenmeyer, C. (2010). A Community-Based Fall Prevention Intervention That May Impact Fear Of Falling And Leisure For Older Adults, *Annual Scientific Meeting of the Gerontological Society of America,* November 18-22, New Orleans, LA*.*

Harvey, I. S., Payne, L. L., Janke, M., Etkin, C., Wallace, J. M., Coyle, H., & Broughton, K. A. (2010). The Chronic Disease Self-management Program in Rural Communities: Participants’ Perceived Benefits, *Annual Scientific Meeting of the Gerontological Society of America,* November 18-22, New Orleans, LA*.*

Janke, M. C., Jones, J. J., Son, J. S., & Payne, L. L. (2010).The Process of Selective Optimization with Compensation in Leisure Activities among Adults with Arthritis. *Annual Scientific Meeting of the Gerontological Society of America,* November 18-22, New Orleans, LA*.*

Payne, L. L., Janke, M., Harvey, S., Prohaska, T., Etkin, C., Bright, D. & Oquendo Scharneck, M. (2010). Importance of community parks and recreation in the management of chronic conditions: The statewide Illinois initiative. *International Healthy Parks, Healthy People Congress,* April 10-16, Melbourne, Australia.

Payne, L. L., Harvey, I.S., Janke, M., Byers, C., & Coyle, H. (2010). The role of community parks and recreation in the management of chronic disease: The Illinois multi-disciplinary statewide chronic disease initiative. *World Leisure Congress*, August 28-September 2, Chun Chun, South Korea.

Paden, L. K., & Payne, L. L. (2010). Ask me why? Assessing needs in your community: 2-hour workshop at the *Illinois Parks and Recreation Conference*, January 28-30, Chicago, IL.

Janke, M. C., Son, J. S., & Payne, L. L. (2009). Leisure-based predictors of arthritis self-efficacy among middle aged and older adults. *Annual Scientific Meeting of the Gerontological Society of America,* November 18-22, Atlanta, Georgia.

Son, J. S., Janke, M. C., & Payne, L. L. (2009). Leisure-based self-regulation and adaptation and the health of middle-aged and older adults with arthritis. *Nineteenth IAGG World Congress of Gerontology and Geriatrics*, July 5-9, Paris, France.

Janke, M. C., Payne, L. L., Carpenter, G., & Stockard, J. (2008). Life events and the perception of leisure during adulthood. *National Recreation and Park Association Leisure Research Symposium,* October 15-20, Baltimore, MD.

Janke, M. C., Payne, L. L., & Son, J. S. (2008). The role of formal leisure activities in the disablement process. *National Recreation and Park Association Leisure Research Symposium,* October 15-20, Baltimore, MD.

Mowen, A., Payne, L. L., Orsega-Smith, E., & Godbey, G. (2008). Health partnerships: Findings and implications from a national study. *National Recreation and Park Association Leisure Research Symposium,* October 15-20, Baltimore, MD.

Orsega-Smith, E., Payne, L. L., & Godbey, G. (2008). Leisure style and health among older adults: Does style matter? *Annual Scientific Meeting of the Gerontological Society of America,* November 21-25, Baltimore, MD.

Janke, M. C., Payne, L. L., & Son, J. S. (2007). Leisure repertoire, energy expenditure, and health of adults with arthritis*.* In M. Janke and L. Payne (Chairs), Leisure and aging-related transitions. Symposium conducted at the *Annual Scientific Meeting of the Gerontological Society of America*, November 18-22, San Francisco, CA.

Janke, M. C., Payne, L. L., & Son, J. S. (2007). Adaptation and self-regulation of leisure among adults with arthritis. *National Recreation and Park Association Leisure Research Symposium*, September 25-29, Indianapolis, IN.

Son, J. S., Kerstetter, D. L., Mowen, A. J., & Payne, L. L. (2007). The relationships between exercise identity, leisure-based social cognitive factors, and leisure time physical activity. *Annual Scientific Meeting of the Gerontological Society of America*, November 16-20, San Francisco, CA.

Orsega-Smith, E., Payne, L., Mowen, A., & Godbey, G. (2006). Impact of social support and self-efficacy on leisure time physical activity among older adults. *Annual Scientific Meeting of the Gerontological Society of America*, November 17-21, Dallas, TX.

VanPuymbroeck, A. M., Payne, L., & Hsieh, P. (2006). Psychological outcomes of an 8-week yoga program for informal caregivers. *Annual Scientific Meeting of the Gerontological Society of America*, November 17-21, Dallas, TX.

Son, J., Kerstetter, D., Mowen, A., Payne, L. & Dattilo, J. (2006). A leisure education model to promote physical activity in later life. *Annual Scientific Meeting of the Gerontological Society of America*, November 17-21, Dallas, TX.

VanPuymbroeck, A. M., Payne, L., & Hsieh, P. (2006). Physiological outcomes of an 8-week yoga program for informal caregivers. *American Therapeutic Recreation Association Conference*, Orlando, FL, September 2006.

Schaumleffel, N., & Payne, L. (2006). An examination of program leaders' intentions to process recreation experiences to achieve targeted outcomes. *National Recreation and Park Association Leisure Research Symposium*, October 10-14, Seattle, WA.

Son, J., Mowen, A., Kerstetter, D., & Payne, L. (2005) Selection, optimization and compensation for physical activity. *Annual Scientific Meeting of the Gerontological Society of America*, November 18-22, Orlando, FL.

Payne, L., Orsega-Smith, E., Godbey, G. & Van Puymbroeck (2005). Psychosocial, environmental and demographic correlates of park use among thee age cohorts of older adults. *Annual Scientific Meeting of the Gerontological Society of America*, November 18-22, Orlando, FL.

Barkley, J., Payne, L., Alexandris, K., & Baklund, E. (2005). Leisure time

physical activity constraint and negotiation scale development. *National Recreation and Park Association Leisure Research Symposium*, October 18-22, San Antonio, TX.

Payne, L., Orsega-Smith, E., & Godbey, G. (2005). Psychosocial, environmental and demographic correlates of park use among older adults. *National Recreation and Park Association Leisure Research Symposium*, October 18-22, San Antonio, TX.

Van Puymbroeck, A. M., & Payne, L. (2005). Challenges in conducting yoga intervention research with caregivers. *American Therapeutic Recreation Association Conference*, October 7-10, Salt Lake City, UT.

Chow, H., Godbey, G., Payne, L., & Orsega-Smith, E. (2004). The relation between physically active leisure activity and health of older adults. *Annual Scientific Meeting of the Gerontological Society of America*, November 18-22, Washington DC.

Godbey, G., Payne, L., Orsega-Smith, E., & Ho, C. (2004). Use of Local Government Parks and Recreation and its Relation to Health: Preliminary Findings. *National Recreation and Park Association Leisure Research Symposium*, October 12-16, Reno, NV.

Mowen, A. J., Payne, L., Orsega-Smith, E. & Godbey, G. (2004). Physical activity in park settings: The role of perceived and objective park access measures. *Active Living Research Conference*, January 29-February 1, Del Mar, CA.

# Godbey, G., Caldwell, L., Floyd, M., & Payne, L. (2004). Implications from Leisure Studies and Recreation and Park Management Research for Active Living. *Active Living Research Conference*, January 29-February 1, Del Mar, CA.

Payne, L. (2003). Stress, park use and health in older adults. *Annual Conference of Parks and Leisure Australia*. October, Perth, Australia.

Senior, J. & Payne, L. (2003). Health Benefits of open space: Implications for

open space. *Annual Conference of Parks and Leisure Australia*. October, Perth, Australia.

Schaumleffel, N. & Payne, L. (2003). Guiding citizen action committees to build community through recreation service delivery. *Community Development Society Conference*, Ithaca, New York, July 2003.

Payne, L., & Turpin, T. (2003). Ecologically based collaborative multi-disciplinary programs in support of youth and community. *National Children Youth & Families at Risk Conference*, Minneapolis, Minnesota, May, 2003.

Mowen, A. & Payne, L. (2001). The role of age, race and residential location in the recreation preferences of older adults. *National Recreation and Park Association Leisure Research Symposium*, Denver, Colorado, October, 2001.

Payne, L., Orsega-Smith, E., & Godbey, G. (2001). Local parks and recreation as a context for health promotion: An impact study. *Annual Scientific Meeting of the Gerontological Society of America*, Chicago, IL., November, 2001.

Payne, L., Orsega-Smith, E., & Godbey, G. (2000). Effects of participation in a

community wellness program on health and health care utilization among adults 62 and

older. *Annual Scientific Meeting of the Gerontological Society of America*, Washington, D.C., November, 2000.

Payne, L., Kerstetter, D., Caldwell, L., & Godbey, G. (1999). Influence of leisure lifestyle on the health of older adults with arthritis. *National Recreation and Park Association Leisure Research Symposium*, Nashville, Tennessee, October, 1999.

Payne, L.,Orsega-Smith, E., Godbey, G., & Roy, M. (1999). Influence of park use on the relationship between arthritis severity and perceived health. *International Congress on Aging, Physical Activity and Sport*, Orlando, Florida, August, 1999.

Little, S., Glancy, M., Carpenter, G., & Payne, L. (1999). Half-day workshop - Recreation Programming Across the Lifespan. *American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Annual Convention and Exhibition*, Boston, Massachusetts, April, 1999.

Payne, L., Orsega-Smith, E., Roy, M. & Godbey, G. (1998). Influence of park use and other leisure on state of health among adults 65-84. *Annual Scientific Meeting of the Annual Scientific Meeting of the Gerontological Society of America*, Philadelphia, Pennsylvania, November, 1998.

Payne, L., Orsega Smith, E., Roy, M., & Godbey, G. (1998). An exploration between park use and health among individuals 50 and over. *National Recreation and Park Association Leisure Research Symposium*, Miami, Florida, October, 1998.

Roy, M., Orsega Smith, E., Payne, L., Vaidya, P., Pavucek, A., SooHoo, C., & Godbey, G. Different patterns of recreation and health measures in older adults. *Annual Conference of the American College of Sports Medicine*, Orlando, Florida, May, 1998.

Roy, M., Orsega Smith, E., Payne, L., Vaidya, P., Pavucek, A., SooHoo, C., & Godbey, G. (1998). The association between recreational activity frequency and measures of health status in adults 50-99 years of age. *Annual Scientific Sessions - Society of Behavioral Medicine*, New Orleans, Louisiana, March, 1998.

Caldwell, L., Payne, L., Darling, N., & Dowdy, B. (1997). Why are you bored? A comparison of psychological and social control causes of boredom among adolescents. *National Recreation and Park Association Leisure Research Symposium*, Salt Lake City, Utah, November, 1997.

Selected juried presentations

Payne, L. L. (2014). Evidence based health and wellness programming: iLearn program. *Illinois Parks and Recreation State Conference*, January 23-25, Chicago, IL.

Paden, L. K., & Payne, L. L. (2009). Managing the health of our community. 2-hour workshop. *Illinois Parks and Recreation Conference*, Chicago, IL, January 2009.

Evidence based health and wellness programs for community organizations (2008). *Illinois Parks and Recreation Conference*, Chicago, Illinois, January 2008.

Payne, L. & Paden, L.K. (2006). Health benefits of public parks and recreation. *Illinois Parks and Recreation Conference*, Chicago, Illinois, January 2006.

Orsega-Smith, E., Payne, L., Vaidya, P., Pavucek, A., SooHoo, C., Roy, M., & Godbey, G. (1997). Patterns of recreational activity and measures of health in older adults. *Mid-Atlantic Chapter of the American College of Sports Medicine*, State College, Pennsylvania, November, 1997.

Payne, L. (co-presenter), Shaw, T., Anderson, M., Bratt, B., & Caldwell, L. (1997). A critical analysis of the pleasure arousal dominance theory of mood in a leisure setting. *Northeastern Recreation Research Symposium*, Bolton Landing, New York, April, 1997.

Invited presentations, lectures and workshops

Payne, L. L. (2020). Nowhere to walk or bicycle: Challenges to rural community development. *Invited talk for the Department of City and Metropolitan Planning. University of Utah*, Salt Lake City, UT, January 17, 2020.

Payne, L. L. (2020). Journal editors’ panel discussion. *CILRA Conference*. February 10-11, 2020, Champaign, IL.

Payne, L. L. (2018). Inequality and advocacy for the role of green space in improving human health. Keynote Address at *llini Days at the Morton Arboretum*, November 14, 2018.

Payne, L. L. (2017). The role of leisure and health in aging in place. Presented in *Architecture 572 (Design, Environment & Behavior) at the University of Illinois at Urbana-Champaign*, February 13, 2017.

Payne, L. L. (2017). The experience of chronic disease: Reclaiming leisure for quality of life. *University of Utah, Department of Kinesiology, Health and Recreation Research Seminar*, Salt Lake City, UT, January 26, 2017.

Payne, L. (2017). Trends and issues in health, parks and recreation. Invited guest talk in *PRT 5960/6960 Healthy Parks, Healthy People, University of Utah Department of Health, Kinesiology and Recreation*, January 26, 2017, Salt Lake City, Utah.

Payne, L. L. (2015). Rural recreation and wellness: Research and outreach issues and strategies. *The Pennsylvania State University Department of Recreation, Parks & Tourism Management Colloquium*. University Park, PA, April 24, 2015.

Payne, L. L. (2015). Living with arthritis: Selective Optimization with Compensation to enhance quality of life. *Osteoarthritis Action Alliance* (*Arthritis Foundation) Lunch and Learn Webinar Series*. January 21, 2015.

Payne, L. L. (2014). The experience of arthritis: Reclaiming leisure to enhance quality of life. *National Taiwan University Global Issues Forum*. National Taiwan University, Taipei, Taiwan, November 3, 2014.

Payne, L. L. (2014). Research and outreach strategies in rural communities: Considerations for wellness and recreation. *National Taiwan University Global Issues Forum*. National Taiwan University, Taipei, Taiwan, November 5, 2014.

Payne, L. L. (2014). Rural recreation and wellness: Research and outreach issues & strategies. *University of Missouri* *Department of Parks, Recreation and Tourism* *Graduate Research Seminar*. University of Missouri, Columbia, MO, October 3, 2014.

Payne, L. L., & Schaumleffel, N. (2012). Rural recreation development: An examination of attitudes toward public park and recreation development. *University of Ljubljana Conference on Physical Activity and Health*. October 5, Ljubljana, Slovenia.

Payne, L. L. (2011). Captain Jack couldn’t have said it better: Effective communication with the media and other publics. *Illinois Park and Recreation Association’s Professional Development School,* November 15, Decatur, IL.

Byers, C. & Payne, L. L. (2011). Live well be well: Enhancing health and wellness among adults with chronic conditions. *Third Annual Symposium on the Strategies for Healthy Aging*. *Center for Health, Aging and Disability (CHAD)*, Champaign, IL, October 13.

Payne, L. L. (2011). Effective facilitation techniques from meetings to focus groups. Half-day workshop for the *Illinois Park and Recreation Association*, October 21, Addison, IL.

Payne, L. L. & Hall, R. (2011). How to assess changing community needs through surveys and focus groups*. Illinois Park and Recreation Association (IPRA) Therapeutic Recreation Leadership Summit*, September 1, Wheaton, IL.

Payne, L. L. (2011). Community approaches to effective chronic disease management: Translating research into practice. Keynote Address for the *University of Illinois Center for Rural Medical Professions Robin A. Orr Memorial Lecture on Community Health and Advocacy*, April 6, Rockford, IL.

Payne, L. L. (2010). Challenges to marketing the Chronic Disease Self-Management Program in rural areas. *Illinois Policy Academy on the Civic Engagement of Older Adults.* Illinois Press Association, Springfield, Illinois, March, 2010.

Janke, M. C., Payne, L. L., & Byers, C. (2009). Stanford Chronic Disease Self-Management Program: How can therapeutic recreation get involved? *Annual Illinois Recreational Therapy Association Conference*, Alsip, IL, October, 2009.

Payne, L. L. (2009). Community, environmental and economic benefits of community parks and recreation. *Bi-Annual Illinois Rivers Conference (Governor’s Conference)*, Peoria, IL, October, 2009.

Janke, M. C., Son, J. S., & Payne, L. L. (2009). Adapting leisure behaviors when living with arthritis: The relationship between leisure and health. *Second Annual Symposium on the Science of Behavior Change*. Center for Health, Aging and Disability (CHAD), Champaign, IL, April, 2009.

Payne, L. (2008) Rural communities and wellness: Research and outreach issues and strategies. *Presented at the First Annual Symposium: Building the critical research agenda*. Center for Health, Aging and Disability (CHAD)*.* Champaign, IL, April, 2008.

Payne, L., Orsega-Smith, E., & Mowen, A. (2007). Health benefits of parks and recreation. *National Recreation and Park Association National Health and Livability Summit*, Atlanta, GA, April 2007.

Van Puymbroeck, A. M., E. Tucker, Hsieh, P & Payne, L. The Influence of yoga on the quality of life for informal caregivers:  A pilot study. (2006). *Initiative on Aging Guest Lectureship Series*. Urbana, IL, February, 2006.

Payne, L. (2005). Resources for local park and recreation development. Illinois Association of County Board Members and Commissioners. *Partners in Planning Conference*, Peoria, Illinois.

Payne, L. (2005, October). The role of recreation and parks in promoting active lifestyles in later life: Many questions, some direction. Keynote Address for the *George Butler Lecture of the Leisure Research Symposium. Taking steps toward Transdisciplinary research: How public health priorities could influence leisure research on community-level approaches to promoting healthy, active lifestyles.* NRPA Leisure Research Symposium, San Antonio, TX, October 2005.

Payne, L. & Schuetz, A. (2005). Illinois Senior Wellness Initiative: A grass roots health promotion program for older adults. *Cross Campus Initiative on Aging,* University of Illinois Urbana-Champaign.

Payne, L., Orsega-Smith, E., Mowen, A., & Godbey, G. (2003). Stress and park use among older adults. *Cross Campus Initiative on Aging,* University of Illinois Urbana-Champaign.

Spangler, K., O’Sullivan, E., Payne, L., Orsega-Smith, E., Katzenmeyer, C., & Godbey, G. (2000). Programs that work: Developing and implementing community-based wellness programs for older adults. *National Recreation and Park Association Annual Congress*, Phoenix, Arizona, October, 2000.

**Courses Taught**

**Semester, Year Course No. and Title Role No. Students**

Spring 2023 RST 503 – Advanced Leisure

Research Methods Instructor 16

Fall 2022 RST 502 – Critical Issues

In Recreation Instructor 9

Fall 2021 RST 502 – Critical issues Instructor 8

in Recreation

Spring 2021 RST 503 Advanced Leisure Instructor 7

Research Methods

Fall 2020 RST 502 Critical Issues in Instructor 7

Recreation

Fall 2020 RST 502 Critical Issues in Instructor 9

Recreation

Spring 2020 RST 590 Doctoral Seminar Instructor 7

Fall 2019 RST 590 Doctoral Seminar Instructor 9

**Semester, Year Course No. and Title Role No. Students**

Spring 2019 RST 360 Communications Instructor 79

In RST

RST 590 Doctoral Seminar Instructor 13

Fall 2018 RST 518 Event Management Instructor 6

Spring 2018 RST 360 Communications Instructor 33

In RST

Spring 2018 RST 590 Instructor 12

Doctoral Colloquium/Seminar

Fall 2017 RST 590 Instructor 12

Doctoral Colloquium/Seminar

Spring 2017 RST 590A Instructor 12

Doctoral Colloquium/Seminar

Fall 2016 RST 199 Communications Instructor 36

In RST

Fall 2016 RST 590A Instructor 12

Doctoral Colloquium/Seminar

Spring 2016 RST 590A Instructor 11

Doctoral Colloquium/Seminar

Fall 2015 RST 590A Instructor 13

Doctoral Colloquium/Seminar

Fall 2015 RST 199 Communications Instructor 43

In RST

Spring 2015 RST 594LH

Health & Leisure in RST Instructor 7

RST 590B

Graduate Seminar Instructor 13

Fall 2014 RST 503 Advanced

Graduate Research Methods Instructor 12

RST 590B Graduate

Seminar Instructor 9

Spring 2014 RST 590B Graduate Instructor 8

Seminar

**Semester, Year Course No. and Title Role No. Students**

Fall 2013 RST 501 Leisure Theory

& Concepts Instructor 12

RST 590B Graduate

Seminar Instructor 14

RST 593 Co-Instructor 12

Spring 2013 RST 590B Graduate

Seminar Instructor 13

Fall 2012 RST 502: Critical Issues in

Recreation Management Instructor 5

RST 590B Graduate

Seminar Instructor 7

Summer, 2012 RST 199 Adventure 24

Recreation & Tourism

Study Abroad – New Zealand

Spring 2012 RST 594LH: Leisure

& Health Instructor 5

RST 590B: Graduate

Professional Seminar Instructor 7

Fall 2011 RST 590B Graduate

Seminar Instructor 9

Spring 2011 RST 199: Leisure, Health Instructor 15

& Wellness Across the Lifespan

Fall 2010 RST 502 Critical Issues in Instructor 13

Recreation Management

Fall 2009 RST 502 Critical Issues in Instructor 10

Recreation Management

(Graduate Course)

Fall 2008 RST 410 Administration of

Leisure Services Instructor 67

RST 594 (Graduate Course) Co-Instructor 9

Leisure and Health

Spring 2008 RST 410 Administration of

Leisure Services Instructor 60

**Semester, Year Course No. and Title Role No. Students**

Fall 2007 RST 410 Administration of

Leisure Services Instructor 52

Spring 2007 RST 410 Administration of

Leisure Services Instructor 54

Fall 2006 RST 410 Administration of Instructor 40

Leisure Services

Spring 2006 RST 410 Administration of Instructor 62

Leisure Services

Fall 2005 RST 410 Administration of Instructor 38

Leisure Services

Spring, 2005 RST 410 Administration of Instructor 79

Leisure Services

Fall, 2004 RST 410 Administration of Instructor 72

Leisure Services

Spring 2004 RST 410 Administration of Instructor 68

Leisure Services

Fall 2003 RST 410 Administration of Instructor 71

Leisure Services

Spring 2003 RST 300 Recreation Instructor 65

Program Planning & Leadership

Fall 2002 RST 316 Leisure and Human

Development Instructor 65

Spring 2002 RST 110 Introduction to Leisure

Service Delivery Systems Instructor 80

Fall 2001 RST 316 Leisure and Human Instructor 44

Development

Spring 2001 LEST 46060/ELS 56060 Instructor 21

Administration of Leisure Services

LEST 26030 Instructor 27

Recreation, Leisure and Aging

**Semester, Year Course No. and Title Role No. Students**

Fall 2000 ELS 10001 Instructor 26

Freshman Orientation Course

LEST 46060 Instructor 30

Administration of Leisure Services

ELS 65042 Co-Instructor 24

Leadership in Recreation and Sport

Spring 2000 LEST 46060/ELS 56060 Instructor 30

Administration of Leisure Services

LEST 26030 Instructor 14

Recreation Group Leadership

LEST 46060 Instructor 30

Administration of Leisure Services

Fall 1999 ELS 10001 Instructor 22

Freshman Orientation Course

LEST 36060 Instructor 29

Process of Program Planning

LEST 46060/ELS 56060 Instructor 23

Administration of Leisure Services

ELS 65042 ELS 65042 Co-Instructor 16

Leadership in Recreation and Sport

Spring 1999 LEST 46060/ELS 56060 Instructor 20

Administration of Leisure Services

LEST 26030 Instructor 20

Recreation Group Leadership

Fall 1998 ELS 65042 Co-Instructor 16

Leadership in Recreation and Sport

LEST 46060/ELS 56060 Instructor 30

Administration of Leisure Services

Spring 1998 RPM 356 Instructor 100

Recreation Programming (two sections)

Fall 1997 RPM 356 Instructor 102

Recreation Programming (two sections)

**Semester, Year Course No. and Title Role No. Students**

Spring 1997 RPM 356 Instructor 115

Recreation Programming (two sections)

Fall 1996 RPM 356 Instructor 90

Recreation Programming (two sections)

Spring 1996 RPM 356 Instructor 125

Recreation Programming (one section)

**Graduate Student Advising/Committees**

**Chair/Research Director: Master’s Theses**

2007 - 2009 Dina Izenstark

2007 - 2009 Meredith Schwartz

2008 – 2011 Chungsup Lee

2014 – 2016 Jaesung An

2016 - 2017 Kirsten Woosnam

2019 - Do Yun Kim

**Chair/Research Director: Dissertations**

2001-2005 Nathan Schaumleffel

2005-2009 Cathy Headley

2002-2013 Heidi Reible

2007-2008 Mike Lukkarinen

2008 - 2012 J. Michael Wallace

2007 - 2012 Katherine Broughton

2011 - 2016 Chungsup Lee

2013 - 2017 Robin Lizzo

2016 - 2021 Jaesung An

2017 - Milae Lee

2018 - 2023 Xingxing Wu (co-chair)

2019 - 2022 Wonock Chung

2019 - Damien Cavanaugh

2021 - 2022 Danielle Sumler (co-chair)

2023 - Leslie Camarillo

2023 - Angelia Taylor

**Committee Member (theses and dissertations)**

1999 - 2000 Dena Deglau, (Sport Studies)

2001 Molly McKenna (Educational Psychology)

2003- 2006 Joe Hinton (Geography)

2006-2007 Janine Parisi (Educational Psychology)

2006-2010 James Barkley (Recreation, Sport & Tourism)

2007-2010 Leticia Malavasi (Kinesiology)

2009-2010 Jeremy Robinett (Recreation, Sport & Tourism)

2008-2010 Grace Yan (Recreation, Sport & Tourism

2010 - 2012 Andrew Kerins (Recreation, Sport & Tourism)

2010 – 2011 Cale Magnuson (Recreation, Sport & Tourism)

2010 – 2013 Changsup Shim (Recreation, Sport & Tourism)

2012 - Azwin Aksan (Recreation, Sport & Tourism)

2013 - 2015 Julie Bobitt (Community Health)

2014 - 2016 Augustus Hallmon (Recreation, Sport & Tourism)

2015 - 2016 Megan Owens (Recreation, Sport & Tourism)

2015 - 2021 Maggie Phan (Recreation, Sport & Tourism)

2017 - 2019 JungHun Song (Kinesiology & Community Health)

2019 - 2022 John Strauser (Natural Resources & Environmental Sciences)

2022 - Mitchell Fransen

# Professional, University and Public Service

## Professional Societies

#### Illinois Park and Recreation Association (IPRA)

Gerontological Society of America (GSA)

National Recreation and Park Association (NRPA)

American Society on Aging (ASA)

World Leisure Organization (WLO)

Journal Editor and Associate Editor

2020 - Past Editor-in-Chief, *Journal of Leisure Research*

2017- 2020 Editor-in-Chief, *Journal of Leisure Research*

2013 – 2016 Associate Editor, *Leisure Sciences*

1999 – 2017 Associate Editor, *Journal of Park and Recreation Administration*

2013 – 2016 Coordinator, Research Update, *Parks & Recreation Magazine*

# Ad-hoc Reviewer

Aging and Mental Health

Children, Youth and the Environment

Chronic Illness

Gerontology & Geriatric Medicine

Health Promotion Practice

Journal of Aging and Physical Activity

Journal of Applied Gerontology

Journal of Leisure Research

Journal of Positive Psychology

Journal of Park and Recreation Administration

Journal of Public Health Management and Practice

Journal of Travel Marketing

Landscape and Urban Planning

Leisure Sciences

Leisure Studies

Preventing Chronic Disease

Therapeutic Recreation Journal

Topics in Geriatric Rehabilitation

World Leisure Journal

External Grant Reviews

Nova Scotia Health Research Foundation

National Research Foundation of Korea (NRF)

Osteoarthritis Action Alliance (OAAA)

Social Sciences and Humanities Research Council of Canada (SSHRC)

Review Coordinator/Associate Editor

2020 – Associate Editor, *Journal of Leisure Research*

2012 Guest Co-Editor: Leisure and transitions over the lifespan: *Journal of Park and*

*Recreation Administration*

2012 Review coordinator: leisure and lifespan section: NRPA Leisure Research Symposium

2011 Review coordinator: leisure and aging section: NRPA Leisure Research Symposium

2010 Review coordinator: physical activity and physicality section: NRPA Leisure Research Symposium

2007 Symposia Co-Chair Annual Meeting of the Gerontological Society of America.

2007 Reviewer for the leisure and lifespan section of the NRPA Leisure Research

1. Symposia Co-Chair Annual Meeting of the Gerontological Society of America.

1999 Served as an associated editor for four manuscripts submitted to the Journal of Park and Recreation Administration; reviewed two manuscripts for the Journal of Leisure Research

1. Reviewer for the Leisure and Lifespan section of the NRPA Leisure Research Symposium.

**University Service**

2022 – Present Provost’s Working Group on Disability Resources and Educational

Services

2019- 2021 Provost’s Task Force on Recognizing

Encouraging Public Engagement in the Tenure and Promotion Process

2019- 2020 Provosts Library Strategic Planning Group

Library Consultation Work Group

2019 – 2021 Extension Public Engagement Connection Center (EPECC) Steering

Committee Member

2015 – Present Subcommittee on Sexual Misconduct

Office of Student Conflict Resolution

2010 – 2015 Subcommittee for Student Discipline

Office of Student Conflict Resolution

2010- 2014 Academic Senate – Senator

2010 – 2014 Annual Faculty/Staff Seminar

Planning Committee

2010 - 2015 Graduate Committee Member Department of Recreation,

Sport & Tourism

2005 – 2011 Extension Information Technology & University of Illinois

Communication Services Advisory Council Extension

2004 – 2008 National Leisure and Health Summit National Recreation

Organizer & Steering Committee Member & Park Association

2002 – Present UI Extension – Community and Economic

Development Team

**Professional Service**

2021 – Present Illinois Aging Together Advisory Team Health and Medicine

Research Policy Group

2021 – Present Consultant/Advisory Committee Core Unlimited, LLC

2020 – Present Curriculum Advisory Committee Adult Children of Aging

Parents (ACAP)

2011 – 2015 Board Member WTS International

2017- 2020 Steering Committee Chair- OA Action University of North Carolina

Alliance, Thurston Arthritis Research Center Chapel Hill

2015 – Present Co-Chair Osteoarthritis Action Alliance University of North Carolina-

Chapel Hill

2010 - Present Physical Activity Work Group Co-Chair Arthritis Foundation

Osteoarthritis Action Alliance

2010 Expert Panelist Arthritis Foundation &

Policies & Environmental Strategies Centers for Disease Control to improve physical activity for people & Prevention with arthritis

2013 - 2017 Past Chair, Education Network National Recreation & Park

Association

2011 – 2013 Chair, Education Network National Recreation & Park

Association

2010 – 2014 Board Member Consortium for Older Adult

Wellness

2010 – 2014 IPRA College & University Relations Illinois Park & Recreation

Committee: Co-chair Association

2002 – 2006 Research Advisory Council Illinois Association of Park

Districts

2002-2007 Select Commission of Recreation Illinois Attorney General’s

for Individuals with Disabilities Office

2001-2004 Cardiovascular Health Task Force Illinois Department of

Public Health

2000-2002 Guest Editor for a special issue of Academy of Parks and

the *Journal of Park and Recreation* Recreation Administrators

*Administration*

## **Public Service**

2013- 2018 Director, Illinois Health Care Reform Initiative

2010- Mobile Mutts Rescue Transport

2010- 2017 I-Promise Mentor, University of Illinois I-Promise Program

2007- 2017 Director, Take Charge of Your Health: Live Well Be Well

2002-2006 Director, Illinois Senior Wellness Initiative

2001-2006 Director, Illinois Rural Recreation Development Project

2002-Present Assisting with ongoing public park and recreation development

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## **Awards and Recognition**

2023 Excellence in Graduate Student Mentoring (College of Applied Health Sciences)

2020 The Academy of Leisure Sciences (TALS) Presidents Award

2019 Inducted as a Fellow in The Academy of Leisure Sciences (TALS)

2014 Best Paper Award for the *Journal of Park and Recreation Administration*

2012 Illinois State University College of Applied Science & Technology (CAST)

Academy of Achievement Award

1. Emerging Graduate Professional Award: The Pennsylvania State University

2005 Innovative/Outstanding Program Award: Team. (Illinois Senior Wellness

Initiative). University of Illinois Extension.

2003 Innovative/Outstanding Program Award: Team. (Camp Clover). University of Illinois Extension.

#### 2003 Selected to represent leisure/parks and recreation scholars at the Active Living

Research Seminar sponsored by the Robert Wood Johnson Foundation

2000 Outstanding Faculty Instructor Award: Kent State University Freshman

Orientation Program

2000 Faculty Excellence Awards: merit awarded for research and teaching/university

service.

1999 Outstanding Team Teaching Award: Kent State University Freshman Orientation

Program.

1999 Faculty Excellence Awards: merit assigned in scholarship of research and

teaching/university service.