

Curriculum Vitae

Mark E. Benden, PhD, CPE

EXPERIENCE

- Sep 2015 – Present **Texas A&M Health Science Center, School of Public Health
Environmental & Occupational Health Department**, College Station Texas 77843
*Department Head, Associate Professor & Director of the Ergonomics Center
Associate Professor- Industrial & Systems Engineering Department*
- Sep 2013 – Sep 2015 **Texas A&M Health Science Center, School of Public Health
Environmental & Occupational Health Department**, College Station Texas 77843
Associate Professor & Director of the Ergonomics Center
- July 2008 – Aug 2013 **Texas A&M Health Science Center, School of Rural Public Health
Environmental & Occupational Health Department**, College Station Texas 77843
Assistant Professor & Co-Director of the Ergonomics Center
- Oct. 1998 – Jun 2008 **Neutral Posture, Inc.**, 3904 N. Texas Ave., Bryan, TX 77803
Executive Vice President of Engineering, Development and Sales
- Feb. 1998 – Oct. 98 **Neutral Posture Ergonomics, Inc.**, 3904 N. Texas Ave., Bryan, TX 77803
Director of Engineering and Development
- March 1997 - Feb. 1998 **Johnson & Johnson Safety & Industrial Hygiene**, Miami Lakes, FL 33029
Staff Ergonomic Engineer and Franchise Safety Manager, Cordis, Inc.
- May 1994 - March 1997 **Johnson & Johnson Safety & Industrial Hygiene**, San Angelo, TX 76905
Senior Ergonomic Engineer
- May 1992 - May 1994 **ETHICON, Inc.**, San Angelo Plant, San Angelo, TX 76905
Ergonomic Engineer
- Sept. 1988 - Present **M. E. Benden Company**, 5713 Shellbourne's Hill, College Station, TX 77845
Ergonomic Design Consultant & Expert Witness
- July 1991 - June 1992 **Pathway Industries, Inc.**, 2301 Fountain Ave., Bryan, Texas 77801
Ergonomic Consultant
- Dec. 1985 - 1993 **United States Army Reserve and Texas Army National Guard**
First Lieutenant – last rank following move to Inactive Reserve

EDUCATION

- PhD in Interdisciplinary Engineering, Dec 2006
Specialization in Ergonomics
Texas A&M University, College Station Texas 77843
- M.S. Industrial Engineering, May 1992
Specialization: Human Factors/Ergonomics
Texas A&M University, College Station, TX 77843
- B.S. in Bioengineering, May 1990
Specialization: Human Factors
Texas A&M University, College Station, TX 77843

CERTIFICATION

- Certified Professional Ergonomist, October 1994, certificate #706 from the Board of Certification in Professional Ergonomics, Inc.

PUBLICATIONS

- Benden, M., "An Evaluation of the Use of a Dual Frequency Vibrometer in the Screening of Individuals for Carpal Tunnel Syndrome," Texas A&M University Office of Graduate Studies, (Thesis) May 1992
- Benden, M., "Creating the Painless Inspection Station," *Ergonomics in Design: The Quarterly of Human Factors Applications*, July 1994; vol. 2, 3: pp. 22-29
- Applied Ergonomics*, Edited by Alexander & Rabourn, Taylor & Francis 2001 Chapter 35 – "Use of Three-Dimensional Fabric Yields Ergonomic Benefits in Upholstery Work"
- Benden, M., "The Obese Office Worker Seating Problem" Texas A&M University Office of Graduate Studies (Dissertation) Dec 2006.
- Benden, M., "Selecting Seating for 911 Communication Centers", *Emergency Number Professional Magazine* March 2007, Volume 25 Number 2.
- Benden, M., "Could You Stand to Lose? Weight Loss Secrets for Office Workers" 1st Edition, Trinity River Publishing, July 2007. ISBN 978-60402-234-6.
- Benden, M., Pickens, A., "Measuring Office Ergonomics Training Can Show Impact" *Industrial Engineer*, Sep 2009, Vol 41:No 9
- Benden, M., "Could You Stand to Lose? Weight Loss Secrets for Office Workers" 2nd Edition Trinity River Publishing, July 2008, ISBN 978-60402-234-6.
- Benden, M., Blake, J., "Wendel, M, Huber C., "The impact of stand-biased desks in classrooms on calorie expenditure in children" 2011 March 18 *AJPH* August 2011, Vol 101, No.8 pages 1433-1436 PMID: 21421945.
- Benden, M., Congleton, J.J., Fink, R., "An In-Situ Study of the Habits of Users that Impact Office Chair Design and Testing" *Journal of the Human Factors and Ergonomics Society* Feb 2011, No.1 Vol. 53, PMID 21469532.
- Blake, J., Benden, M., Wendel, M., "Using Stand/Sit Workstations in Classrooms: Lessons Learned from a Pilot Study in Texas" *Journal of Public Health Management and Practice*;2012 Sep-Oct;18(5):412-5. PMID: 22836531
- Benden M, Mancuso L, Zhao H, Pickens A. "The Ability of the SenseWear® Armband to Assess a Change in Energy Expenditure in Children While Sitting and Standing". *JEPonline* 2011;14(3):1-14.
- Smith ML, Benden ME, Lee C. Promoting active communities in a culture of distracted driving. *Prev Chronic Dis* 2012;9:110212. PMID:22172198.
- Dickerson JB, Smith ML, Benden ME, Ory MG. (2011). The Association of Sedentary Behaviors and Body Mass Index Classification in a Cross-Sectional Analysis: Are the Effects Homogenous? *BMC Public Health* 2011 Dec 14;11(1):926; PMID:22168952.
- Benden, M., Miller, K., Wilke, E., Ibarra, E., "A new method to compare alternative design concepts using expert opinion – A case study of seat development for a medical transport vehicle" *Ergonomics in Design: The Quarterly of Human Factors Applications*, Jan 2012 January 2012; vol. 20, 1: pp. 11-17.
- Benden, M., Fink, R., Stafford, J., Teen Driver Cell Phone Blocker, Final Report; UTCM Project #10-15-47 Texas Transportation Institute, Feb 2012
- Benden ME, Wendel ML, Jeffrey CE, Zhao H, Morales ML. Within-Subjects Analysis of the Effects of a Stand-Biased Classroom Intervention on Energy Expenditure. *JEPonline* 2012;15(2):9-19.
- Miller K, Benden M, Pickens A, Shipp E, Zheng Q. *Ergonomics Principles Associated with Laparoscopic Surgeon Injury/Illness. The Journal of the Human Factors and Ergonomics Society*. Dec 2012 vol. 54, No. 6, pp.1087-92.
- Benden, M., Smith, M. L., Henry, M., & Congleton, J. J. (2012). Reviewing four decades of cell phone use while driving literature (1970-2010): An emphasis on texting behaviors, parental perceptions, and methods of control. *Journal of Health Behavior and Public Health, Vol 2, No. 2, pp. 20-26.*
- Benden, M., Pickens, A., Shipp, E., Perry, J., Schneider, D., Evaluating a school based childhood obesity intervention for posture and comfort. *Health*, Vol. 5 No83A, August 2013 pp 54-60.
- Benden, M.E.; Zhao, H.; Jeffrey, C.E.; Wendel, M.L.; Blake, J.J. The Evaluation of the Impact of a Stand-Biased Desk on Energy Expenditure and Physical Activity for Elementary School Students. *Int. J. Environ. Res. Public Health* 2014, 11, 9361-9375.
- Paterson, C; Miller, K; Benden, M; Shipp, E; Pickens, A; Wendel, M; Pronovost, P., The Safe Day Call: Reducing Silos in Health Care Through Frontline Risk Assessment. *Joint Commission Journal on*

- Benden, M.; Standing Up for Activity Permissive Learning Environments, Texas School Business, Nov/Dec 2014 pp. 23-24. <http://issuu.com/tasanet/docs/tsb-november14?e=11039933/9953276>
- Dornhecker, M., Blake, JJ., Benden, M., Zhao, H.,Wendel, M The effect of stand-biased desks on academic engagement: an exploratory study; International Journal of Health Promotion and Education Published online 21 Apr 2015.
- Bellingar, T., Benden M.; “New ANSI/BIFMA Standard for Testing of Educational Seating” Ergonomics in Design: The Quarterly of Human Factors Applications, April 2015, Vol. 23, Number 2, pp 23-27.
- Pickens AW, et al., Stand-capable desk use in a call center: a six-month follow-up pilot study, Public Health (2015), <http://dx.doi.org/10.1016/j.puhe.2015.10.024>
- Hinckson, E., Salmon, J., Benden, M., Clemes, S. A., Sudholz, B., Barber, S. E., & Ridgers, N. D. (epub 1 Dec 2015). Standing Classrooms: Research and Lessons Learned from Around the World. Sports Medicine, pp. 1-11.
- [Mehta RK](#), [Shortz AE](#), [Benden ME](#) *Int J Environ Res Public Health*. 2015 Dec 22;13(1). pii: E59. doi: 10.3390/ijerph13010059. Standing Up for Learning: A Pilot Investigation on the Neurocognitive Benefits of Stand-Biased School Desks
- Garrett, G., Benden, M., Mehta, R., Pickens, A., Peres, C., Zhao, H., Call Center Productivity Over 6 Months Following a Standing Desk Intervention; IIE Transactions on Occupational Ergonomics and Human Factors, May 2016DOI: 10.1080/21577323.2016.1183534
- Pickens, A., Benden, M., Schneider, D., Zhao, H.; Use of Stand-Biased Desks to Reduce Sedentary Time in High School Students: A Pilot Study, Intl J. of Child Health and Nutrition; June 2016 DOI: 10.6000/1929-4247.2016.05.02.4
- Marsalia, A., Ferris, T., Benden, M., Zheng, Q., Evaluation of Vibrotactile Warning Systems for Supporting Hazard Awareness and Safety of Distracted Pedestrians; IIE Transactions On Occupational Ergonomics And Human Factors Vol. 4 , Issue. 4. 2016
- Miller KE, Benden ME, Shipp EM, Pickens AW, Wendel ML, Pronovost PJ, Watts BV [Predicting violent behavior in clinical settings: a case-control study of a mental health inpatient unit](#). J Healthc Prot Manage. 2016;32(1):106-19. PMID:26978965
- Wendel, M. Benden, M, Zhao, H, Jeffrey, C; Stand-Biased Versus Seated Classrooms and Childhood Obesity: A Randomized Experiment in Texas, American Journal of Public Health: October 2016, Vol. 106, No. 10, pp. 1849-1854
- [Osofundiya O](#), [Benden ME](#), [Dowdy D](#), [Mehta RK](#). Obesity-specific neural cost of maintaining gait performance under complex conditions in community-dwelling older adults. Clin Biomech (Bristol, Avon) 2016 Jun;35:42-8. doi: 10.1016/j.clinbiomech.2016.03.011. Epub 2016 Apr 8.
- Towne SD Jr, Ory MG, Smith ML, Peres SC, Pickens A, Mehta R, Benden M. (2017). Accessing physical activity among young adults attending a university: The role of sex, race/ethnicity, technology use, and sleep. BMC Public Health. Accepted Sept 11, 2017. In Press. [2016 Impact Factor 2.265; SCIE]

Proceedings/Invited Lectures

- Benden, Mark and Parker, M. K. “Benefits of Three Dimensional Knitted Fabric on Chair Manufacturing”. Applied Ergonomics Conference, Orlando, FL. March 2000
- Benden, M., “The Patent Process for Ergonomic Products” Conf. Proceedings of the Sixth Annual Applied Ergonomics Conference, Dallas, Texas Mar. 2003
- Congleton, J., Craig, B., Benden, M., and Parker, M. (October 2003) *Current and Future Office Ergonomic Trends*. 47th Annual Human Factors and Ergonomics Conference, Human Factors and Ergonomics Society, Poster Session.
- Benden, M., “Use of Three Dimensional, Knitted Fabric Yields Ergonomic Benefits in Upholstery Work – “A Two Year Follow Up Study”, Conf. Proceedings of the First Annual Association of Canadian Ergonomist’s Conference, Toronto, Canada, Oct. 2003.

- Benden, M., Congleton, J.J., "Chair Specifications and Testing for Big & Tall Seating" March 13, 2007 Proceedings of the Tenth Annual Applied Ergonomics Conference.
- Benden, M. "Lean Patient Handling" National Ergonomics Conference, Las Vegas, NV, November 18, 2009.
 - Benden, M., "Ergonomic Expert Roundtable Lecture – Occupational Obesity," Applied Ergonomic Conference, March 2009, Reno NV
 - Benden, M., "Stand-Biased Workstations for Control of Office Worker Obesity," Applied Ergonomics Conference, March 2009, Reno, NV.
 - Benden, M., *Industrial Ergonomics*, Salud Y Seguridad Laboral Panama, April 2009
 - Benden, M., *Stand to Lose*, Salud Y Seguridad Laboral Panama, April 2009
 - Benden, M., "A Case Study In The Design And Development of An Ergonomic Vehicle For The Transport of Rural Patients" Applied Ergonomics Conference, March 23rd 2010.
 - Benden, M., "A new vehicle design for rural and urban patient transport" UTCM Mobility Colloquium, April 2009.
 - Benden, M., Applied Ergo lecture March 2010 San Antonio "Ambicycle Development and Testing"
 - Benden, M. E., Wendel, M. L., & Smith, M. L. (2011). Modifying classroom environments to reduce health risk among elementary students. Poster presented at the Annual International Conference on the Health Risks of Youth, January 5-8, 2011, Cancun, Mexico.
 - Morales, M., Benden, M., Jones, P. Dynamic Classroom Environments to reduce childhood obesity, April 29, 2011 Houston Tx, Regional HFES Conference.
 - Benden, M, Morales, M., Wendel, M., 244647, entitled "Dynamic Classroom Environments Utilizing Stand-biased Desks to Reduce Childhood Obesity" 139th APHA Annual Meeting (October 29 - November 2, 2011) in Washington, DC
 - Smith, M. L., Benden, M. E., Lindner, J. R., Cotton, C. P., Henry, M., Dickerson, J. B., & Congleton, J. J. (2012). *Perceptions of texting while driving behavior among parents of teen drivers: Does terminology make a difference?* American Academy of Health Behavior Annual Conference, March 18-21, 2012, Austin, TX.
 - Smith, M. L., Benden, M. E., Cotton, C. P., Henry, M., & Congleton, J. J. (2012). *Texting while driving behaviors and related influences: Parent-teen concordance from the parental perspective.* Poster to be presented at the Annual International Conference on the Health Risks of Youth, January 4-7, 2012, San Juan, Puerto Rico.
 - Benden, M., Bosen, D., "Obesity in the Workplace: Challenges and Solutions" Mastertrack for Applied Ergonomics Conference March 28th 2012.
 - Miller, K., Benden, M., "Industry/University Collaborative," Applied Ergonomics Conference March 28th 2012
 - Benden, M., Ekelund, E., Hinkley, T., Hinkson, E., International Society of Behavioral Nutrition and Physical Activity in Austin, TX, May 25th, 2012, "A behavioural Epidemiologic Perspective on Sedentary Behavior in Children: Health, Measurement, Correlates, Interventions." & *Advanced Measurement Methods for Sedentary Behavior in Children*
 - Kress, M., Benden, M., *6-Month Follow-Up: Comparison of Sit-to-Stand and Stand-Biased Desks in a Call Center;* Applied Ergonomics Conference. Orlando Florida March 2013

- Pickens, AW, Benden, ME. “Curriculum Development for HF/E Graduate Students: Lessons Learned in an Ongoing Effort to Educate and Meet Industry Demands”, 57th HFES Conference, October 2013
- Garrett, G., Benden, M., Applied Ergonomics Conference March 2015 “Thinking on your feet can be productive”
- Benden M, Zhao H, Schneider D. A 2-year evaluation of a high school standing desk intervention to reduce sedentary behavior in us children. In the symposium: Restructuring the classroom environment to reduce sedentary behaviour: Evidence from primary and secondary school interventions across the globe. International Society of Behavioral Nutrition and Physical Activity; 2015; Edinburgh, Scotland p. 115.
- Benden, M. Keynote Address ORCHSE “EOH Updates” Washington DC Feb 2016
- Benden M. AIHA Conference Invited Lecture, Baltimore May 2016
- Benden M. Invited Lecture Bay Area Ergonomic Round Table Aug 2016
- Benden, M. Invited Lecture, Sacramento Ergonomic Round Table Aug 2016
- Benden, M., Invited Lecture, Austin Ergonomic Round Table Aug 2016
- Benden, M. OERC Marconi Conference, Invited Lecture on Research Methods for Computer Tracking of Office Worker Behavior, Jan 2017
- Garrett, G. Mehta, R., Benden, M., Applied Ergonomics Conference March 2017, Cognitive Benefits of Sit-Stand Desk Workstation
- Bridges, L., Benden, M., Applied Ergonomics Conference March 2017 Remedy Interactive Study to Determine Musculoskeletal Issues from Desktop Software
- Sharma, P., Owens, W., Benden, M., Applied Ergonomics Conference March 2017 Sit-stand Desks: Can We Increase their Use with Computer Software?
- Benden, M. Keynote Address on the State of the Science in Sedentary Behavior Research Arizona State University Wellness Summit, March 2017
- Benden, M. Charter Schools Conference Washington DC, Invited Lecture and Facebook Live broadcast talk on School PA Research Jun 2017
- Benden, M., Ergo X of HFES, Invited Lecture on Computer Prompts for Reducing Sedentary Behavior Jun 2017

PATENTS

1. US Patent # 6,142,571 – Ergonomic Footrest Apparatus for a Chair
2. US Patent # 6,220,663 – Lumbar Pump Assembly for a Chair
3. US Patent # 6,296,312 – Ergonomic Armrest Assembly
4. US Patent # 6,290,295 – Air Pump Assembly for a Chair
5. US Patent # D458,777S – Onboard Instruction Guide

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