

COURTNEY HELFRECHT

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EDUCATION

2016 Ph.D., Anthropology, Washington State University
2009 M.A., Anthropology, Washington State University
1998 B.A. with distinction, Anthropology and Archaeology, University of Virginia

ACADEMIC POSITIONS

2019-present Assistant Professor of Anthropology, University of Alabama (UA)
2019 Part-time Professor of Anthropology, Savannah College of Art and Design-Atlanta
2017-2019 Adjunct Assistant Professor, Washington State University (WSU)

OTHER APPOINTMENTS

2021-2022 Fellow, Community-Engaged Learning Faculty Fellows, UA
2016-2019 Consulting Anthropologist for A360, Population Services International
2010-2017 Instructor, WSU
2008-2013 Research Assistant, WSU

PUBLICATIONS (*denotes graduate student co-author; **denotes undergraduate student co-author)

Helfrecht, C., & Dira, S.J. (2023). The Sidama model of human development. *Human Nature*, 34(2), 202-228.

Helfrecht, C., *Wang, H., Dira, S. J., DeAvila, D., & Meehan, C. L. (2023). DHEAS and nutritional status among Sidama, Ngandu, and Aka children: Effects of cortisol and implications for adrenarche. *American Journal of Human Biology*, 35(7), e23881.

*Gall, B., *Wang, H., Dira, S., & **Helfrecht, C.** (2022). Effects of family demographics and household economics on Sidama children's nutritional status. *Human Nature*, 33(3), 304-328.

DeCaro, J. A., & **Helfrecht, C.** (2022). Applying minimally invasive biomarkers of chronic stress across complex ecological contexts. *American Journal of Human Biology*, e23814.

Helfrecht, C., Roulette, J. W., *Lane, A., Sintayehu, B., & Meehan, C. L. (2020). Life history and socioecology of infancy. *American Journal of Physical Anthropology*, 173(4), 619-629.

Meehan, C. L., *Lackey, K. A., Hagen, E. H., Williams, J. E., *Roulette, J., **Helfrecht, C.,** McGuire, M. A., & McGuire, M. K. (2018). Social networks, cooperative breeding, and the human milk microbiome. *American Journal of Human Biology*, 30(4).

Helfrecht, C., Hagen, E. H., DeAvila, D., Bernstein, R. M., Dira, S. J., & Meehan, C. L. (2018). DHEAS patterning across childhood in three sub-Saharan populations: Associations with age, sex, ethnicity, and cortisol. *American Journal of Human Biology*, 30(2), e23090.

Helfrecht, C., & Meehan, C. L. (2016). Sibling effects on nutritional status: Intersections of cooperation and competition across development. *American Journal of Human Biology*, 28(2).

Meehan, C. L., **Helfrecht, C.,** & Quinlan, R. J. (2014). Cooperative breeding and Aka children's nutritional status: Is flexibility key? *American Journal of Physical Anthropology*, 153(4), 513-525.

Hess, N., **Helfrecht, C.,** Hagen, E., Sell, A., & Hewlett, B. (2010). Interpersonal Aggression among Aka Hunter-Gatherers of the Central African Republic. *Human Nature*, 21(3).

Book Chapters

Meehan, C. L., **Helfrecht, C.,** & Malcom, C. D. (2016). Implications of lengthy development and maternal life history: allomaternal investment, peer relationships, and social networks. In C. L. Meehan & A. N. Crittenden (Eds.), *Childhood: Origins, Evolution, and Implications* (pp. 199-220). School for Advanced Research.

Book Reviews

*Smith, S. E., *Gall, B., *Smetana, M., *McCane, M., & **Helfrecht, C.** (2022). Poverty and neglected tropical diseases in the American Rural South. *Anthropology & Medicine*, 1–3.

Dissertation & Thesis

Helfrecht, C. (2016). Effects of Stress on Onset of Middle Childhood among Sidama Agropastoralists. Doctoral dissertation, Department of Anthropology, Washington State University.

Helfrecht, C. (2009). Age and Sex Differences in Aggression among the Aka Foragers of the Central African Republic. Master's thesis, Department of Anthropology, Washington State University.

Manuscripts under review

Pearl, D., Susnara, D., Evans, T., & **Helfrecht, C.** (R&R). Equipping the next generation of boundary spanners through diverse professional development offerings. Submitted to *Journal of Higher Education Outreach and Engagement*.

Bader, L., **Helfrecht, C.**, Defersha, E. (under review). What makes mothers happy and unhappy during pregnancy and postpartum?: A qualitative investigation of beliefs from Gamo mothers in southern Ethiopia. *Evolution, Medicine, and Public Health*.

GRANTS & AWARDS

Grants

Helfrecht, C. (PI), Weinman, S. (Co-PI). *Adiposity in Alabama's adolescent athletes: Is it something in the water?* University of Alabama Office of Research and Economic Development Small Grants Program (\$12,000). 2024-2026.

Helfrecht, C. (PI), McClure, S. (Co-I), Davis-Hazell, A. (Co-I), Reed, A. (Co-I). *Instruments of Culture and Agents of Change: Performing Arts Training as a Vehicle for Empowerment and Wellbeing among Alabama Youth*. Collaborative Arts Research Initiative Joint Pilot for Arts Research (\$9,500). 2020-2022.

Helfrecht, C. (PI) *Effects of Stress on Child Development among Sidama Agropastoralists*. Society for Research in Child Development Small Grants Program for Early Career Scholars (\$7,500). 2020-2024.

Meehan, C. M. (PI), **Helfrecht, C. (Co-PI)**. *Doctoral Dissertation Improvement Grant: Effects of Stress on Onset of Middle Childhood among Aka Foragers, Ngandu Horticulturalists, and Sidama Agro-Pastoralists*. The National Science Foundation (BCS #1260428). Funded by Biological Anthropology and Cultural Anthropology Programs (\$21,374). 2012-2015.

Meehan, C. M. (PI), **Helfrecht, C. (Co-PI)**. REG: *Middle Childhood among the Aka Foragers of the Central African Republic*. Supplement award to CAREER: *Cooperative Childcare and Exchange and Health among Central African Foragers and Farmers*. The National Science Foundation (BCS #0955213). Funded by Cultural Anthropology and Developmental Learning Sciences Programs, \$5,000. 2011.

Awards

UA Community Engagement Graduate Fellowship Award—Faculty Recipient (\$56,036), 2024-2025.

Tuscaloosa City Schools – Funding for nutrition programming (\$10,000), 2023-2024.

Williams Fund Travel Award (\$400), 2023.

UA Public Engagement Learning Community (\$1500), 2023-2024.

UA Emerging Community Engagement Scholars (\$3000), 2022-2023.

UA Community Engaged Learning Faculty Fellows (\$1500), 2021-2022.

Krantz Memorial Scholarship in Physical Anthropology (\$500), 2013.

Burgess Brothers Memorial Scholarship (\$2,500), 2012.
 Elaine Burgess Graduate Fellowship in Anthropology (\$500), 2011.
 WSU Graduate & Professional Student Association Travel Grant (\$700), 2010.
 WSU College of Liberal Arts Scholarship (\$1,000), 2010-2011.
 Elaine Burgess Graduate Fellowship in Anthropology (\$500), 2010.
 WSU Association for Faculty Women Founders' Award (\$500), 2009.
 Phyllis & Richard Daugherty Scholarship for Graduate Student Excellence (\$500), 2009.
 WSU Graduate & Professional Student Association Travel Grant (\$700), 2008.
 WSU Graduate School Fellowship Award (\$3,000), 2008-2009.
 WSU Graduate School Fellowship Award (\$3,000), 2007-2008.

RESEARCH

2024-present *Adiposity in Alabama's Adolescent Athletes: Is it Something in the Water?* Principal Investigator (Co-I: Steven Weinman)
 2023-present *Effects of Sport Participation on Health, Wellbeing, and Academics.* Co-Principal Investigator (Co-PI: Dr. Jessica Wallace)
 2022-present *Using a Multifaceted Approach to Understand Concussion Health in Athletes.* Co-Investigator (PI: Dr. Jessica Wallace)
 2020-present *Effects of Stress on Child Development among Sidama Agropastoralists.* Principal Investigator.
 2020-2022 *Instruments of Culture and Agents of Change: Performing Arts Training as a Vehicle for Empowerment and Wellbeing among Alabama Youth.* Principal Investigator.
 2016-2019 *Adolescents 360 (A360).* Consulting Anthropologist. (PI: Population Services International)
 2014 *Middle Childhood among the Sidama Agropastoralists of Loke, SNNPR, Ethiopia* (June-September). Principal Investigator.
 2008-2012 *Middle Childhood among the Aka Foragers and Ngandu Horticulturalists of the Central African Republic* (July 2008; June-July 2009; January-February 2010; February-April & July-August 2011; May-June 2012). Principal Investigator.
 2009-2012 *Cooperative Breeding and Maternal Subsistence Activities among Aka Foragers and Ngandu Horticulturalists* (May-June 2012, February-April & July-August 2011, January-February 2010, June-July 2009). Project Director. (PI: Dr. C. L. Meehan)
 2008- 2010 *Multiple Caregiving in Daycare and Home Settings (WA).* Research Assistant. (PI: Dr. C. L. Meehan)
 2008 *Aggression and Anger among Aka Hunter-Gatherers* (July). Research Assistant. (PIs: Drs. E.H. Hagen and N. Hess)

PRESENTATIONS

Wallace, J.S., **Helfrecht, C.**

2024 *Building Sustainable Scholarship Centered Around Adolescent Brain Health Using a Multidisciplinary Team and Community-Engaged Framework.* Engagement Scholarship Consortium Conference, Portland, OR.

Sullivan, M., **Helfrecht, C.**

2024 *Models of health and disease among the Sidama Agropastoralists.* National Conference of Undergraduate Research. Long Beach, CA (poster).

Sullivan, M., **Helfrecht, C.**

2024 *Models of health and disease among the Sidama Agropastoralists.* Undergraduate Research & Creative Activity Conference, University of Alabama. Tuscaloosa, AL (poster).

Helfrecht, C., Wallace, J.S.

2024 Multidisciplinary Community-Engaged Research on Holistic Brain Health among Alabama's Adolescent Athletes. Council on Community-Based Partnerships (invited presentation), University of Alabama, Tuscaloosa, AL.

Blackwell, B.E., Sullivan, M., Dira, S.J., **Helfrecht, C.**

2023 *Models of Health and Disease among Sidama Agropastoralists*. American Anthropological Association, Toronto, Canada.

Helfrecht, C., McGrath, C.

2023 *Socioecological Predictors of Sport Participation among U.S. Children*. American Anthropological Association, Toronto, Canada.

Helfrecht, C., Wallace, J.S.

2023 *Brain Day at UA: Targeting Brain Health Disparities through Community Engaged Practice*. Engagement Scholarship Consortium Conference, East Lansing, MI.

Helfrecht, C., Wallace, J.S.

2023 *Brain Day at UA*. Engaged Scholarship Showcase (invited presentation), University of Alabama. Tuscaloosa, AL.

Sullivan, M., **Helfrecht, C.**

2023 *Sidama Agropastoralists' Beliefs Surrounding Disease Transmission*. Undergraduate Research & Creative Activity Conference, University of Alabama. Tuscaloosa, AL (poster).

Blackwell, B.E., **Helfrecht, C.**

2022 *Coping at a Cost: Impacts and Responses to Climate Change among Sidama Agropastoralists*. American Anthropological Association. Seattle, WA (poster).

Bader, L., Jackson, K., **Helfrecht, C.**

2022 *Maternal Postpartum Mood among Mother-Infant Dyads in Southern Ethiopia*. International Society for the Study of Behavioral Development, Island of Rhodes, Greece (poster).

Helfrecht, C., Davis-Hazell, A., McClure, S., Reed, A.

2022 *Instruments of Culture and Agents of Change: Performing Arts Training as a Vehicle for Empowerment and Wellbeing among Alabama Youth*. Faculty Research Day, Tuscaloosa, AL.

Helfrecht, C., Meehan, C.L., Wang, H., Dira, S.J.

2022 *DHEAS and Nutritional Status among Sidama, Ngandu, and Aka children*. American Association of Biological Anthropologists, Denver, Co.

Helfrecht, C., Gall, B., Brazelton, E., Wang, H., Dira, S.J.

2021 *Effects of Family Demographics and Household Economics on Sidama Children's Nutritional Status*. American Anthropological Association, Baltimore, MD (poster).

Helfrecht, C., Dira, S.J.

2020 *Age Categories among Sidama Agropastoralists*. Society for Cross-Cultural Research, Seattle, WA.

Love, C., Flores, K., Caffé, B., Lane, A., **Helfrecht, C.,** Meehan, C.L.

2020 *Breastfeeding Patterns in Four Cultures: A Cross-Cultural Analysis*. Society for Cross-Cultural Research, Seattle, WA (poster presenter).

Love, C., Flores, K., Caffé, B., Lane, A., **Helfrecht, C.,** Meehan, C.L.

2019 *Breastfeeding Patterns in Four Cultures: A Cross-Cultural Analysis*. Northwest Evolution, Ecology, and Human Behavior Symposium, Boise, ID.

Helfrecht, C., Hagen, E.H., de Avila, D., Bernstein, R.M., Dira, S.J., Meehan, C.L.

2018 *DHEAS Patterning across Childhood in Three Sub-Saharan Populations: Associations with Age, Sex, Ethnicity, and Cortisol*. American Anthropological Association, San Jose, CA

Meehan, C.L., **Helfrecht, C.,** Lane, A.

2018 *Early Experiences: A Cross-Cultural Investigation on the Role of Social Ecology in Infancy*. American Anthropology Association, San Jose, CA.

Meehan, C.L., **Helfrecht, C.**

2018 *Early Experiences: A Cross-Cultural Investigation of Social and Caregiving Environments in Infancy among Hunter-Gatherers, Horticulturalists, and Agro-Pastoralists*. Society for Cross-Cultural Research, Las Vegas, NV.

Helfrecht, C.

2016 *Sidama Perspectives on the Effects of Stress in Children's Development*. Society for Cross-Cultural Research, Vancouver, WA.

Helfrecht, C., Meehan, C.L.

2015 *Sibling Effects on Nutritional Status: Intersections of Cooperation and Competition across Development*. American Anthropological Association, Denver, CO.

Helfrecht, C., Meehan, C.L.

2015 *Family Demographics and Children's Nutritional Status: A Case Study among the Ngandu Horticulturalists*. Society for Cross-Cultural Research, Albuquerque, NM.

Helfrecht, C.

2013 *Racism and Reciprocity: Proximal Relationships between the Aka and the Ngandu*. Invited talk at Multicultural Week, Lewis-Clark State College, Lewiston, ID.

Meehan, C.L., **Helfrecht, C.**

2012 *Flexibility in Allomaternal Support: Key to Human Cooperative Breeding? Multiple Perspectives on the Evolution of Childhood*, Santa Fe, NM.

Helfrecht, C.

2012 *Sociocultural and Cognitive Development among Aka Children*. International Union of Anthropological and Ethnological Science, Bhubaneswar, Odisha, India.

Helfrecht, C.

2012 *Middle Childhood among the Aka Forest Foragers*. Joint Meetings of the Society for Cross-Cultural Research, Society for Anthropological Sciences, and the American Anthropological Association's Children and Childhood Interest Group, Las Vegas, NV.

Helfrecht, C., Meehan, C.L., Kannady, J.

2010 *Time Allocation among Aka Mothers in Central Africa*. International Conference on Congo Basin Hunter Gatherers, Montpellier, France.

Meehan, C.L., **Helfrecht, C.**

2010 *Cooperation and Child Growth among the Aka Foragers*. International Conference on Congo Basin Hunter Gatherers, Montpellier, France.

Hess, N., **Helfrecht, C., Hagen, E.H., Sell, A., Hewlett, B.S.**

2010 *Interpersonal Aggression among Aka Hunter-Gatherers of the Central African Republic: Assessing the Effects of Sex, Strength, and Anger*. Human Behavior and Evolution Society, Eugene, OR (poster).

Helfrecht, C., Hess, N., Hagen, E.H., Sell, A., Hewlett, B.S.

2010 *Interpersonal Aggression among Aka Hunter-Gatherers of the Central African Republic: Assessing the Effects of Sex, Strength, and Anger*. Society for Cross-Cultural Research, Albuquerque, NM.

Helfrecht, C., Meehan, C.L.

2009 *Attachment, Sensitivity, and Responsiveness: An Examination of Cooperative Caregiving in the United States*. American Anthropological Association, Philadelphia (poster).

Meehan, C.L., **Helfrecht, C.**

2009 *Allomaternal Caregiving and Provisioning among Central African Foragers*. American Anthropological Association, Philadelphia (poster).

Autrey, W., Meehan, C.L., Amador, I., Barnes, S., **Helfrecht, C.**

2009 *Caregiver Responsiveness and Sensitivity in Eastern Washington Daycare Centers*. Northwest Anthropological Conference, Newport, OR.

Helfrecht, C., Hess, N., Hagen, E.H., Sell, A., Hewlett, B.S.

2009 *Aggression and Anger among Aka Hunter-Gatherers*. The Annual Barbara L. and Norman C. Tanner Center for Nonviolent Human Rights Advocacy Forum: The Evolution of Human Aggression: Lessons for Today's Conflicts, Salt Lake City, February 26 (poster).

Meehan, C.L., **Helfrecht, C.**

2008 *Cooperative Breeding, Daycare, and Alloparents in the United States*. American Anthropological Association, San Francisco.

Sessions Chaired

2018 *Biocultural Perspectives on Children and Childcare*. American Anthropological Association, San Jose, CA.

2016 *Social and Physical Influences on Child Development* (organized and chaired). 45th Annual Meeting of the Society for Cross-Cultural Research, Vancouver, WA.

2012 *Ages and Stages: Cultural Models of Child Development* (organized and chaired). Joint Meetings of the Society for Cross-Cultural Research, Society for Anthropological Sciences, and the American Anthropological Association's Children and Childhood Interest Group, Las Vegas, NV.

2008 *Growth, Development, and Life History: Research from the Field and Lab*. American Anthropological Association, San Francisco, CA.

MENTORING (¹Primary Advisor, ²Committee Member, ³Co-Chair/Advisor)

Doctoral Dissertations

In prog²Randy Arnold, University of Alabama

In prog¹Eden Blackwell, University of Alabama

In prog²Arianna Injeian, University of Alabama

In prog²Rabeya Khatun, University of Alabama

In prog¹Morenike Samuel, University of Alabama

In prog¹Nigar Sultana, University of Alabama

2024 ²Mary Margaret Williamson, University of Alabama (Public Health). *Clinimetric Analyses of Pain-Related Cognitive and Affective Measures in Black/African American Adolescent Male Athletes: A Mixed Methods Approach*.

Master's Theses

In prog¹Yuliya Gluhova, University of Alabama

In prog²Hope Sharp, University of Alabama.

In prog²Austin Lee, University of Alabama

2024 ²Patricia Mathu, University of Alabama, *Foodways Fabulations: Macrobotanicals from Moundville's Northeastern Riverbank*.

2024 ²Clara Alexander, University of Alabama. *Putting Together the Puzzle: An Analysis of the Hieroglyphic Stairway of El Resbalon*.

2024 ²Lilly Honea, University of Alabama. *Collaborative work in Cultural Heritage Stewardship at The University of Alabama*.

2024 ²Joseph Dober, University of Alabama. *Magnetic Gradiometry, Persistent Places, and Maya Plazas: The Viability of Shallow Geophysics in Built Jungle Environments at La Sufricaya, Petén, Guatemala*.

2024 ²Maegan McCane, University of Alabama. *Everybody Likes Them: Exploring Popularity in an American Middle School*.

2022 ²Stephen Filoromo, University of Alabama. *Snow's Bend & the Landscapes of Moundville's Chiefdom: A Multi-Method Geophysical Survey*.

- 2021 ²Emi Smith, University of Alabama. *From the Accused to the Empowered? Exploring a Cultural Model of the Modern American Witch.*

Undergraduate Research

In prog ¹Molly Sullivan, University of Alabama (Randall Research Scholars Program). *Sidama Models of Health and Disease.*

- 2024 ³Meagan Copeland, University of Alabama. *Support systems for providers in sexual assault crisis centers.* (Co-Advising with Dr. Holly Horan of UAB).

- 2024 ³Joey Dallow, University of Alabama. *Substance Use Education Assessment for UA Students and Administrators.* (Co-Advising with Dr. Holly Horan of UAB).

- 2023 ¹Caroline McGrath, University of Alabama. *Socioecological Predictors of Sport Participation among U.S. Children.*

- 2021 ¹Charity McCalpin, University of Alabama. *Stress and Dating Apps: The Effects of COVID-19 on Mating/Dating Effort of a WEIRD Population* (won the UA Anthropology Department's Undergraduate Hughes Award)

TEACHING

University of Alabama

ANT 208: Anthropology of Sex

ANT 218: Anthropology of Sports

ANT 270: Biological Anthropology

ANT 326: Community-Engaged Ethnography

ANT 414/514: Anthropology of Africa

ANT 600: Research Design

ANT 610: Theory & Method in Medical Anthropology

ANT 612: Seminar in Biocultural Anthropology: Childhood and Health

Savannah College of Art & Design-Atlanta

ANTH 106: Language, Culture, and Society

Washington State University

ANTH 468: Sex, Evolution, and Human Nature

SERVICE

Professional

- 2024 Cultural Anthropology DDRIG Panel reviewer, National Science Foundation (NSF)

- 2023-present Brain Day at UA, Co-Organizer

- 2023 Small Grants Reviewer, Society for Research in Child Development

- 2022-present Secretary/Board member, Anthropology of Childhood and Youth Interest Group, American Anthropological Association

- 2022 GRFP reviewer, NSF

- 2021 External dissertation reviewer, Western Australia University

- 2020 Ad hoc Senior grant reviewer, NSF

- 2019-present Manuscript reviewer, *Evolutionary Human Sciences*, *Philosophical Transactions of the Royal Society B*, *American Journal of Human Biology*, *Human Nature: An Interdisciplinary Biosocial Perspective*, *Hunter Gatherer Research*

University

2024-2026	Alternate, UA Faculty Senate
2024	Judge, Undergraduate Research and Creative Activities (URCA) Conference, UA
2023-present	Anthropology Representative, College of Arts & Sciences Faculty Assembly Council
2020-2024	Senator (College of Arts & Sciences), UA Faculty Senate
2020-2024	Member, Diversity, Equity, & Inclusion Standing Committee, UA Faculty Senate
2019-present	Member, Evolution Working Group/ALLELE Seminar Series, UA
2019-2022	Faculty Mentor, Alabama REACH, UA

Departmental (Anthropology at UA)

2023-present	Public Relations and Marketing Coordinator
2023-present	Member (ex officio), Undergraduate Committee
2022-2023	Member, Biocultural Qualifying Exams Committee
2020-present	Member, De-Colonization Committee
2021-2022	Member, Graduate Committee
2021-2022	Chair, Murphy Scholarship Committee
2021-2022	Member, Public Relations Committee
2020-2021	Member, Tenure, Promotion, and Retention Revisions and Evaluation Standards Committee
2019-2022	Anthropology Club Faculty Advisor
2019-2021	Member, Maxwell Scholarship Committee
2019-2021	Textbook Committee (Chair)