

# ALISHA HAYDEN REDELFS

## Curriculum Vitae

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## EDUCATION

- DrPH University of Texas Health Science Center at Houston, School of Public Health: Health Promotion and Behavioral Sciences, Leadership Minor (Dec 2013), El Paso, TX  
Advisor: Louis D. Brown  
Dissertation Title: "The influence of autonomous motivation and regulation on physical activity among Hispanic women"  
Honors & Awards:  
Fellow, Hispanic Health Disparities Research Center (2012-2013)  
Fellow, Public Health Training Grant (HRSA) (2010, 2012)
- MPH Brigham Young University: Health Promotion (April 2010), Provo, UT  
Project: "Behavioral intention to use IMCI in professional practice among medical students in Ecuador"  
Honors & Awards:  
Master of Public Health Student of the Year (2010)  
Department of Health Sciences Outstanding Student Achievement Award (2009)
- BS Rocky Mountain College: Biology, Chemistry (April 2003), Billings, MT  
*summa cum laude*
- AS Snow College: Biology (2001), Ephraim, UT  
*summa cum laude*

## PROFESSIONAL CERTIFICATIONS

- 2010 National Commission for Health Education Credentialing: Certified Health Education Specialist (CHES), ID# 17222
- 2008 Multicultural Health Network: Certified Culturally and Linguistically Appropriate Services (CLAS) Trainer for the State of Utah
- 2007 La Universidad de Cádiz (Cádiz, Spain): Certified in Advanced Spanish (Oral & Written)
- 2006 MD Translation Service, Inc. (Boise, ID): Certified Medical Interpreter Certification (English-Spanish)

## APPOINTMENTS & RELEVANT WORK EXPERIENCE

2018-present	<b>Assistant Professor</b> of Public Health, Brigham Young University
2014-2018	Deputy Director for Research and Evaluation, Paso del Norte Institute for Healthy Living at the University of Texas at El Paso
2013-2014	Research Program Coordinator, University of Texas Health Science Center at Houston - School of Public Health
2012-2013, 2013-2014	Fellow, Hispanic Health Disparities Research Center (2012-2013)
2010-2011, 2012-2013	Fellow, Public Health Training Grant (HRSA) (2010, 2012)
2010	Teaching Assistant, Multicultural Health, University of Texas Health Science Center at Houston - School of Public Health (Fall 2010)
2010	Adjunct Faculty, Salt Lake Community College, Department of Biology

## CONSULTING

2019-2020	Consultant, Illumina Consulting Evaluation of Commit to be Fit SY2019-20, funded by the PATH Foundation Evaluation of FRESH SY2019-20, funded by the PATH Foundation
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## Scholarship

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## PUBLICATIONS

\*multiple first authors, †BYU students, †Graduate student, †Undergraduate Student, †Senior author

### Peer-Reviewed Journal Articles

- Macfarlane, G. S.†, Stucki, E.†<sup>G</sup>, **Redelfs, A. H.**, & Spruance, L. A. (2022). Beyond Proximity: Utility-Based Access from Location-Based Services Data. *International Journal of Environmental Research and Public Health*, 19(19), 12352. <https://doi.org/10.3390/ijerph191912352>
- Bennion, N.†<sup>G</sup>, **Redelfs, A. H.**, Spruance, L. A., Benaly, S., & Sloan Aagard, C. D.† (2022). Driving distance and food accessibility: a geospatial analysis of the food environment in the Navajo Nation and Border Towns. *Frontiers in Nutrition*, 9(90411), 1–11. <https://doi.org/10.3389/fnut.2022.90411>

14. Trujillo Tanner, C.<sup>‡</sup>, Yorgason, J. B., Richardson, S.<sup>†G</sup>, **Redelfs, A. H.**, Hill, M. M. Y. S.<sup>†G</sup>, White, A.<sup>†G</sup>, Stagg, B.<sup>†U</sup>, Ehrlich, J. R., & Markides, K. S. (2022). Sensory Impairments and Social Isolation Among Hispanic Older Adults: Towards Culturally Sensitive Measurement of Social Isolation. *The Journals of Gerontology: Series B, Psychological Sciences and Social Sciences*. gbac001, <https://doi.org/10.1093/geronb/gbac001>
13. **Redelfs, A. H.**<sup>‡</sup>, Leos, J. D., Mata, H., Ruiz, S. L.<sup>G</sup>, & Whigham, L. D. (2021). Eat Well El Paso!: Lessons Learned From a Community-Level Restaurant Initiative to Increase Availability of Healthy Options While Celebrating Local Cuisine. *American Journal of Health Promotion*, 35(6), 841–844. <https://doi.org/10.1177/0890117121999184>
12. **Redelfs, A. H.**<sup>‡</sup>, Donoso Naranjo, P. G.<sup>†G</sup>, & Guillén Núñez, M. del P. L. (2021). Manuel Núñez Butrón (1900–1952): Rijncharismo and Rural Social Medicine in Peru. *American Journal of Public Health*, 111(10), 1825–1829. <https://doi.org/10.2105/AJPH.2021.111.10.1825>
11. **Redelfs, A. H.**<sup>‡</sup>, Aguilera, J.<sup>G</sup>, & Ruiz, S. L.<sup>G</sup> (2019). Practical Strategies to Improve Your Writing: Lessons Learned From Public Health Practitioners Participating in a Writing Group. *Health Promotion Practice*, 20(3), 333–337. <https://doi.org/10.1177/1524839919838398>
10. Martin, K. S.<sup>‡</sup>, **Redelfs, A.**, Wu, R., Bogner, O., & Whigham, L. (2018). Offering More Than Food: Outcomes and Lessons Learned from a Fresh Start food pantry in Texas. *Journal of Hunger & Environmental Nutrition*, 14(1–2), 70–81. <https://doi.org/10.1080/19320248.2018.1512925>
9. Ermakov, I. V., Ermakova, M., Sharifzadeh, M., Gorusupudi, A., Farnsworth, K., Bernstein, P. S., Stookey, J., Evans, J., Arana, T., Tao-Lew, L., Isman, C., Clayton, A., Obana, A., Whigham, L., **Redelfs, A. H.**, Jahns, L., & Gellermann, W.<sup>‡</sup> (2018). Optical assessment of skin carotenoid status as a biomarker of vegetable and fruit intake. *Archives of Biochemistry and Biophysics*, 646(February), 46–54. <https://doi.org/10.1016/j.abb.2018.03.033>
8. Whigham LD<sup>‡</sup> & **Redelfs AH** (2016). Inter-finger Variability and Other Influencing Factors for Using Reflectance Spectroscopy for Skin Carotenoid Detection. *The FASEB Journal*, 30(1 Supplement), 409-2.
7. Ermakov IV, Whigham LD, **Redelfs AH**, Jahns L, Stookey J, Bernstein PS, Gellermann W<sup>‡</sup> (2016, Apr). Skin carotenoids as biomarker for vegetable and fruit intake: Validation of the reflection-spectroscopy based “Veggie Meter”. *The FASEB Journal*, 30(1 Supplement), 409-3.
6. Balcázar, H. G.<sup>‡</sup>, de Heer, H. D., Wise Thomas, S.<sup>G</sup>, **Redelfs, A.**, Rosenthal, E. L., Burgos, X., & Duarte, M. O. (2016). Promotoras Can Facilitate Use of Recreational Community Resources. *Health Promotion Practice*, 17(3), 343–352. <https://doi.org/10.1177/1524839915609060>
5. Whigham, L. D.<sup>‡</sup>, & **Redelfs, A. H.** (2015). Optical detection of carotenoids in living tissue as a measure of fruit and vegetable intake. *Proceedings of the Annual International Conference of the IEEE Engineering in Medicine and Biology Society, EMBS, 2015-Novem*, 8197–8200. <https://doi.org/10.1109/EMBC.2015.7320297>

4. Brown, L. D.<sup>‡</sup>, **Redelfs, A. H.**, Taylor, T. J., & Messer, R. L.<sup>U</sup> (2015). Comparing the Functioning of Youth and Adult Partnerships for Health Promotion. *American Journal of Community Psychology*, 56(1–2), 25–35. <https://doi.org/10.1007/s10464-015-9730-2>
3. de Heer, H. D., Balcazar, H. G., Wise, S.<sup>G</sup>, **Redelfs, A. H.**, Rosenthal, E. L., & Duarte, M. O.<sup>‡</sup> (2015). Improved Cardiovascular Risk among Hispanic Border Participants of the Mi Corazón Mi Comunidad Promotores De Salud Model: The HEART II Cohort Intervention Study 2009–2013. *Frontiers in Public Health*, 3(June), 1–7. <https://doi.org/10.3389/fpubh.2015.00149>
2. Balcazar, H. G.<sup>\*</sup>, Wise, S.<sup>\*G</sup>, **Redelfs, A.**<sup>\*</sup>, Lee Rosenthal, E., de Heer, H. D., Burgos, X.<sup>G</sup>, & Duarte-Gardea, M.<sup>‡</sup> (2014). Perceptions of community health workers (CHWs/PS) in the U.S.-Mexico Border HEART CVD study. *International Journal of Environmental Research and Public Health*, 11(2), 1873–1884. <https://doi.org/10.3390/ijerph110201873>  
\* These authors contributed equally to this work
1. Lister, C.<sup>†U‡</sup>, West, J. H., Richards, R., Crookston, B., Hall, P. C., & **Redelfs, A. H.** (2013). Technology for health: A qualitative study on barriers to using the iPad for diet change. *Health*, 05(04), 761–768. <https://doi.org/10.4236/health.2013.54101>

## CONFERENCE ACTIVITY/PARTICIPATION

\*multiple first authors, †BYU students, <sup>G</sup>Graduate student, <sup>U</sup>Undergraduate Student, <sup>‡</sup>Senior author

## Published Abstracts

- Johnson, A.<sup>†U</sup>, **Redelfs, A. H.**, & Spruance, L. A.<sup>‡</sup> (2022), Poster Abstracts. *Obesity* (Silver Spring), 30: 55-293. <https://doi.org/10.1002/oby.23626>
- Ruiz, S.<sup>G</sup>, Aguilera, J.<sup>G</sup>, Perez, D. A., Redelfs, A. H., Dhurandhar, N., & Whigham, L.<sup>‡</sup> (2019). Accuracy of Calorie Perceptions in Individuals Who Are Attempting to Lose Weight (P16-062-19). *Current Developments in Nutrition*, 3(Supplement\_1), 1465. <https://doi.org/10.1093/cdn/nzz050.P16-062-19>
- Ermakov, I. V, Whigham, L. D., **Redelfs, A. H.**, Jahns, L., Stookey, J., Bernstein, P. S., & Gellermann, W.<sup>‡</sup> (2016). Skin carotenoids as biomarker for vegetable and fruit intake: Validation of the reflection-spectroscopy based "Veggie Meter." *The FASEB Journal*, 30(1\_supplement), 403–409. [https://doi.org/10.1096/fasebj.30.1\\_supplement.409.3](https://doi.org/10.1096/fasebj.30.1_supplement.409.3)
- Whigham, L. D.<sup>‡</sup>, & **Redelfs, A. H.** (2016). Inter-finger variability and other influencing factors for using reflectance spectroscopy for skin carotenoid detection. *The FASEB Journal*, 30(1\_supplement), 402–409. [https://doi.org/10.1096/fasebj.30.1\\_supplement.409.2](https://doi.org/10.1096/fasebj.30.1_supplement.409.2)
- Wise, S. T., Balcazar, H. G., **Hayden, A.**, & Duarte-Gardea, M.<sup>‡</sup> (2012). Modifiable delivery factors of a heart disease risk reduction intervention led by community health workers. *Community Partnerships. Proceedings of the 2012 Summit on the Science of Eliminating Health Disparities*. National Harbor, MD.

## Oral Presentations

- 2021 Novilla, M. L. B.<sup>‡</sup>, **Redelfs, A. H.**, & Sunada, G. (2021). How Has COVID-19 Worsened Health Inequities? “Walking the Walk” in Recognizing and Addressing Utah’s Inequities in Health. Presented at: Growing Together Toward Tomorrow (Virtual). Utah Society of Public Health Education.
- Macfarlane, G. S.<sup>‡</sup>, Stucki, E.<sup>†G</sup>, **Redelfs, A. H.**, & Spruance, L. A. (2021). Measuring utility-based access to nutrition in Utah County, UT using passive mobile devices and NEMS-S data. Presented at: Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science (Virtual). National Institutes of Health / Centers for Disease Control and Prevention.
- Novilla, M. L. B.<sup>‡</sup>, Moxley, V. B. A., Glenn, J., Hanson, C. L., Donoso Naranjo, P. G.<sup>†G</sup>, Smith, J. M.<sup>†G</sup>, **Redelfs, A.R.**, Novilla, L. K. B.<sup>†U</sup>, Lafitaga, R.<sup>†U</sup>, Stone, S.<sup>†U</sup> (2021). Burnout and Resilience among Healthcare Heroes in the COVID-19 Frontlines. Presented at: Creating the Healthiest Nation: Strengthening Social Connections (Virtual). American Public Health Association.
- Redelfs AH**, Johnson AW<sup>†U</sup>, Beckstead E<sup>†G</sup>, Glenn J, Spruance LA<sup>‡</sup> (2021, May 6). Policy Support for Feeding America’s Kids: An Analysis of State Legislation Related to School Nutrition from 2010-2020. Presented at: Gateway to the Future: Health Education & Promotion for All (Atlanta, GA). Annual Conference of the Society for Public Health Education.
- 2020 Nyachoti D<sup>G</sup>, Mata H, **Redelfs AH**, Whigham LD<sup>‡</sup> (2020, Mar). Reducing Food Insecurity in the US-Mexico Border region: Insights and Lessons Learned from a Community Needs Assessment. Presented at: Linking Science and Social Justice: Health Education as a Catalyst for Change (Atlanta, GA). Annual Conference of the Society for Public Health Education.
- Ruiz SL<sup>G</sup>, Leos JD, **Redelfs AH**, Mata H, Whigham LD<sup>‡</sup> (2020, Mar). Leveraging Partnerships to Improve our Community Food Environment: Lessons Learned from a Healthy Restaurant Initiative in the US - Mexico Border Region. Presented at: Linking Science and Social Justice: Health Education as a Catalyst for Change (Atlanta, GA). Annual Conference of the Society for Public Health Education.
- 2019 Aguilera J<sup>G</sup>, Perez D, **Redelfs AH**, Jeon S, Raysoni A, Li WW<sup>‡</sup>, & Whigham LD<sup>‡</sup> (2019, May). Relationship Between Physical Activity, Fruits and Vegetables, and Air Quality in Children with Asthma. Presented at: Transportation, Air Quality, and Health Symposium by the Center for Advancing Research in Transportation Emissions, Energy, and Health (Austin, TX).
- 2016 Niculescu M<sup>‡</sup>, Payne CR, Whigham L, **Redelfs A**, Vasquez M<sup>U</sup>, Just D (2016, June 14). Using Social Learning Theory to Promote Fruit and Vegetable Consumption in School Cafeterias. Presented at: International Food Marketing Research Symposium, University of Bologna (Bologna, Italy).

Whigham LD<sup>‡</sup>, **Redelfs AH** (2016, Apr 5). Inter-finger Variability and Other Influencing Factors for Using Reflectance Spectroscopy for Skin Carotenoid Detection. Presented at: Transforming the Future Through Science (San Diego, CA). 2016 Annual Conference of Experimental Biology.

Ermakov IV, Whigham LD, **Redelfs AH**, Jahns L, Stookey J, Bernstein PS, Gellermann W<sup>‡</sup> (2016, Apr 5). Skin Carotenoids as Biomarker for Vegetable and Fruit Intake: Validation of the Reflection-Spectroscopy Based “Veggie Meter.” Presented at: Transforming the Future Through Science (San Diego, CA). 2016 Annual Conference of Experimental Biology.

- 2015 Whigham LD<sup>‡</sup>, **Redelfs AH** (2015, Aug 28). Optical detection of carotenoids in living tissue as a measure of fruit and vegetable intake. Presented at: Engineering in Medicine and Biology Society (Milano, Italy). 2015 37th Annual International Conference of the Institute of Electrical and Electronics Engineers.
- 2014 **Redelfs, A. H.**<sup>‡</sup>, Brown, L. D., Diamond, P. M., Rowan, P. J., & Balcázar, H. G. (2014, Nov 19). Influence of Autonomous Motivation and Regulation on Physical Activity Among Hispanic Women. Presented at: Healthography (New Orleans, LA). 142<sup>nd</sup> Annual Meeting of the American Public Health Association.
- 2013 Balcazar H<sup>‡</sup>, Wise S<sup>G</sup>, **Redelfs A** (2013, Nov 2-6). What it takes to promote community programs for Hispanics to reduce cardiovascular disease risk: the Texas experience. Presented at: Think Global Act Local: Best Practices Around the World (Boston, MA). 141st Annual Meeting of the American Public Health Association.
- Brown LD<sup>‡</sup>, **Hayden A**, Taylor TJ, Messer RL<sup>U</sup> (2013, May 28-31). Comparing the Functioning of Youth and Adult Led Prevention Coalitions. Presented at: The Science of Prevention: Building a Comprehensive National Strategy for Well-Being (San Francisco, CA). 21st annual meeting of the Society for Prevention Research.
- 2012 **Hayden A**, Brown LD<sup>‡</sup> (2012, Apr 18-21). Measurement of coalition functioning of youth coalitions with a Smoke Free Paso del Norte. Presented at: Community-Campus Partnerships as a Strategy for Social Justice: Where We've Been & Where We Need to Go (Houston, TX). 15th conference of the Community Campus Partnerships for Health.

## Workshops

- 2021 **Redelfs, A. R.**<sup>‡</sup>, & Whigham, L. D. (2021, May 11). Discovering forces that matter: A participatory process to facilitate partner and stakeholder involvement during program & systems evaluation. Presented at: Gateway to the Future: Health Education & Promotion for All (Atlanta, GA - virtual). Annual Conference of the Society for Public Health Education.

## Posters Presented

- 2022 Johnson, A.<sup>†U</sup>, **Redelfs, A. H.**, & Spruance, L. A.<sup>‡</sup> (2022). Enacting School Breakfast Legislation and Participation Rates. Presented at: Obesity Week 2022 (San Diego, CA). Annual meeting of The Obesity Society.
- Smith, M.<sup>†U</sup>, Waite, B.<sup>†U</sup>, Merrill, J. A.<sup>†G</sup>, Lind, E.<sup>†U</sup>, **Redelfs, A. H.**<sup>‡</sup> (2019, Nov 11). LGBTQ Student Experiences with University Mentorship. Presented at: 2022 Life Sciences Mentored Student Research Conference (Provo, UT). Annual Conference for College Undergraduate Research Award for the BYU College of Life Sciences.  
\* Awarded first place for the Department of Public Health
- 2019 *Aguilera J<sup>G</sup>*, Perez D, **Redelfs AH**, Hassan A, Martin K, Whigham L<sup>‡</sup> (2019, Nov 3-7). Evaluation of change in fruit and vegetable intake and body composition in a food pantry initiative. Presented at: Obesity Week 2019 (Las Vegas, NV). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.
- Nyachoti D<sup>G</sup>*, *Aguilera J<sup>G</sup>*, Perez DA, Hassan A, **Redelfs AH**, Whigham LD<sup>‡</sup> (2019, Nov 3-7). Impact of a Multi-School Gardening Intervention on Fruit and Vegetable Intake. Presented at: Obesity Week 2019 (Las Vegas, NV). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.
- Perez DA, **Redelfs AH**, Grimsley S, Butler A, Jenkins H, Tederick J, Dueck K, Hassan AM, Whigham LD<sup>‡</sup> (2019, Nov 3-7). School's out for summer! Summer vacation affects fruit and vegetable intake in high school students. Presented at: Obesity Week 2019 (Las Vegas, NV). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.
- Ruiz SL<sup>G</sup>*, *Aguilera J<sup>G</sup>*, Perez DA, **Redelfs AH**, Dhurandhar N, & Whigham LD<sup>‡</sup> (2019, Jun 8-11). Accuracy of calorie perceptions in individuals who are attempting to lose weight. Presented at: Nutrition 2019 (Baltimore, MD). Annual meeting of the American Society for Nutrition.
- 2018 Perez D, **Redelfs AH**, Niculescu M<sup>‡</sup>, Vasquez M<sup>U</sup>, Whigham LD<sup>‡</sup> (2018, Nov 11-15). A Cafeteria Intervention Using Variable Interval Reinforcement to Increase Fruit & Vegetable Intake. Presented at: Obesity Week 2018 (Nashville, TN). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.
- Ruiz SL<sup>G</sup>*, **Redelfs AH**, Perez D, Dhurandhar N, & Whigham LD<sup>‡</sup> (2018, Nov 11-15). Perceptions of calorie content of food components but not mixed meals, are more accurate in dietetics professionals vs others. Presented at: Obesity Week 2018 (Nashville, TN). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.
- Aguilera J<sup>G</sup>*, Perez DA, **Redelfs AH**, Whigham LD<sup>‡</sup> (2018, Nov 11-15). Impact of a Multi-school Garden Program on Student Fruit and Vegetable Intake. Presented at: Obesity Week 2018 (Nashville, TN). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.

2017 *Urrutia CN<sup>G</sup>, Redelfs AH, Walch T, Whigham LD<sup>‡</sup>* (2017, Oct 31). Nutrition education program targeting home-based childcare centers in Doña Ana County, New Mexico. Presented at: Obesity Week 2017 (Washington D.C.). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.

*Hopkins PV<sup>G</sup>, Redelfs AH, Whigham LD<sup>‡</sup>* (2017, Nov 1). Evaluating the impact of a high school garden in El Paso, Texas for fruit and vegetable intake using a valid biomarker. Presented at: Obesity Week 2017 (Washington D.C.). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.

2016 Kyle TK, Thomas DM, Watts K, **Redelfs AH**, Nadglowski J, Dhurandhar E, Cody Stanford F, Puhl RM, Whigham LD<sup>‡</sup> (2016, Nov 3). Indications of cultural differences in weight bias in the Paso del Norte (PdN) region of the US-Mexico border. Presented at: Obesity Week 2016 (New Orleans, LA). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.

Whigham LD<sup>‡</sup>, **Redelfs AH** (2016, Nov 2). Use of the Collective Impact Model to Increase Healthy Eating and Active Living in the Paso del Norte Region. Presented at: Obesity Week 2016 (New Orleans, LA). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.

**Redelfs AH**, Niculescu M, Aguilera J<sup>G</sup>, *Fonseca K<sup>U</sup>, Perez DA<sup>U</sup>, Payne CR, Vasquez M, Whigham LD* (2016, Nov 2). Using variable interval reinforcement to increase fruit and vegetable intake in middle school students. Presented at: Obesity Week 2016 (New Orleans, LA). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.

2015 *Elizondo K<sup>U</sup>, Schafer C<sup>U</sup>, Sias J<sup>‡</sup>, Redelfs AH, Whigham LD* (2015, Dec 6-10). Perceptions of weight and health choices in a US-Mexico border community. Presented at: 50<sup>th</sup> Midyear Clinical Meeting of the American Society of Health-System Pharmacists. New Orleans, LA.

Whigham LD<sup>‡</sup>, **Redelfs AH**, Kehn A, Roemmich J, Tande T. (2015, Nov 2-6). Parent, but not teacher, weight bias correlates with nutritional risk in preschool children. Presented at: Obesity Week 2015 (Los Angeles, CA). Annual meeting of The Obesity Society and the American Society for Metabolic & Bariatric Surgery.

2014 **Redelfs AH<sup>‡</sup>**, Brown LD (2014, Nov 14-19). Influence of autonomous motivation and regulation on physical activity among Hispanic women. Presented at: Healthography 2014 (New Orleans, LA). 142nd Annual Meeting of the American Public Health Association.

**Redelfs AH<sup>‡</sup>**, Brown LD (2014, Nov 14-19). Influence of autonomous motivation on sustainable physical activity among Hispanic women. Presented at: Healthography 2014 (New Orleans, LA). 142nd Annual Meeting of the American Public Health Association.

- 2013 **Redelfs AH<sup>‡</sup>**, Brown LD (2013, Jun 7). The influence of self-determination on physical activity among Hispanic women along the Texas-Mexico Border. Presented at: "Multilevel Structural Equation Modeling" with Kristopher J. Preacher, PhD. 4th Annual Summer Research Institute of the Hispanic Health Disparities Research Center. El Paso, TX.
- Redelfs AH**, Brown LD<sup>‡</sup> (2013, Jun 7). Measurement of coalition functioning of youth coalitions with a smoke free Paso del Norte. Presented at: Multilevel Structural Equation Modeling with Kristopher J. Preacher, PhD. 4th Annual Summer Research Institute of the Hispanic Health Disparities Research Center. El Paso, TX.
- 2012 Wise S, Balcazar H, **Hayden A**, Duarte-Gardea M<sup>‡</sup> (2012, Dec 17-19). Modifiable delivery factors of a heart disease risk reduction intervention led by community health workers. Presented at: Community Partnerships. 2012 Summit on the Science of Eliminating Health Disparities sponsored by the U.S. Department of Health and Human Services and the National Institute on Minority Health & Health Disparities. National Harbor, MD.
- Redelfs AH<sup>‡</sup>**, West, J (2012, Oct 25-27). Behavioral intention to use IMCI in professional practice among medical school students in Ecuador. Presented at: Mining Golden Opportunities: Health Education Policy, Research, and Practice (San Francisco, CA). 63rd Annual Meeting of the Society for Public Health Educators.
- Hayden A**, Brown LD<sup>‡</sup> (2012, Jun 1). Coalition functioning for youth coalitions participating in the Smoke Free Paso del Norte. Presented at: Mediation & Moderation Analysis with Andrew Hayes, PhD. 3rd Annual Summer Research Institute of the Hispanic Health Disparities Research Center. El Paso, TX.
- 2011 Wise SW, Balcazar H, **Hayden A**, Rosenthal EL, Duarte-Gardea M<sup>‡</sup> (2011, Oct 29-Nov 2). HEART Project: Promoting Hispanic heart health through lifestyle and environmental change in El Paso, Texas. Presented at: Healthy Communities Promote Healthy Minds and Bodies (Washington, D.C.). 139th Meeting and Expo of the American Public Health Association.
- 2010 **Hayden A**, Didenhover BE, Madsen Roundy C, Foulger LA, Spires M, Ou J, Barnes MD<sup>‡</sup> (2010, Nov 6-10). Limited English Proficiency (LEP) in Utah: A process of policy change to certify medical interpreters. Presented at: Social Justice: A Public Health Imperative (Denver, CO). 138th annual Meeting and Expo of the American Public Health Association.
- Hayden A<sup>‡</sup>**, West J, Hansen C, Novilla L, Drasbek C, Suriel O (2010, Apr 13). Behavioral intention to apply Integrated Management of Childhood Illness: An exploratory study among medical students in Ecuador. Presented at: Global Issues - Domestic Applications (Provo, UT). Inaugural Global Family Health Conference, Brigham Young University.

## Reports, Manuals and Technical Guidelines

\* BYU students were involved and included in acknowledgements

23. **Redelfs AH<sup>‡</sup>**, Pérez DA, Whigham LD (2020). *FRESH by Fauquier County Public Schools: Evaluation Report for School Year 2019-2020*. Provo, UT: Brigham Young University.\*
22. **Redelfs AH<sup>‡</sup>**, Pérez DA, Whigham LD (2020). *Commit to Be Fit by Rappahannock County Public Schools: Evaluation Report for School Year 2019-2020*. Provo, UT: Brigham Young University.\*
21. **Redelfs AH<sup>‡</sup>**, Pérez DA, Whigham LD (2019). *FRESH by Fauquier County Public Schools: An Evaluability Assessment for 2018-2019*. Provo, UT: Brigham Young University.\*
20. **Redelfs AH<sup>‡</sup>**, Pérez DA, Whigham LD (2019). *Commit to Be Fit: An Evaluability Assessment for 2018-2019*. Provo, UT: Brigham Young University.\*
19. **Redelfs AH<sup>‡</sup>**, Mata H, Whigham LD (2019). *Technical Assistance to HEAL Grantees for 2018-2019: Final Report*. El Paso, TX: Paso del Norte Institute for Healthy Living.
18. **Redelfs AH**, López V<sup>G</sup>, Chávez M, Whigham LD<sup>‡</sup> (2019). *Shop Heart Smart by Texas A&M University: HEAL Evaluation Final Report*. El Paso, TX: Paso del Norte Institute for Healthy Living.
17. **Redelfs AH**, López V<sup>G</sup>, Aguilera J<sup>G</sup>, Pérez DA, Juárez Camacho K<sup>G</sup>, Whigham LD<sup>‡</sup> (2019). *Fresh Start by Kelly Memorial Food Pantry: HEAL Evaluation Final Report*. El Paso, TX: Paso del Norte Institute for Healthy Living.
16. **Redelfs AH**, Aguilera J<sup>G</sup>, Pérez DA, Whigham LD<sup>‡</sup> (2019). *Edible Education by La Semilla Food Center: HEAL Evaluation Final Report*. El Paso, TX: Paso del Norte Institute for Healthy Living.\*
15. **Redelfs AH**, Mata H, Ruiz SL<sup>G</sup>, Pérez DA, Whigham LD<sup>‡</sup> (2019). *Eat Well El Paso by the City of El Paso Department of Public Health: HEAL Evaluation Final Report*. El Paso, TX: Paso del Norte Institute for Healthy Living.
14. **Redelfs AH**, Chávez M, López V<sup>G</sup>, Pérez DA, Whigham LD<sup>‡</sup> (2019). *Ciudadanos Comprometidos con la Paz: HEAL Evaluation Final Report*. El Paso, TX: Paso del Norte Institute for Healthy Living.
13. **Redelfs AH**, Chávez M, López V<sup>G</sup>, Pérez DA, Whigham LD<sup>‡</sup> (2019). *Border Partners: HEAL Evaluation Final Report*. El Paso, TX: Paso del Norte Institute for Healthy Living.\*
12. **Redelfs AH**, López V<sup>G</sup>, Pérez DA, Whigham LD<sup>‡</sup> (2019). *Aggie Play by New Mexico State University: HEAL Evaluation Final Report*. El Paso, TX: Paso del Norte Institute for Healthy Living.
11. **Redelfs AH<sup>‡</sup>**, Pérez DA, Villegas V, Chávez M, Juárez Camacho K<sup>G</sup>, Post P, Palacios R, Concha A<sup>G</sup>, Whigham LD<sup>‡</sup> (2018). *Juegos Activos: Manual de Juegos Activos Para Aumentar la Actividad Física*. El Paso, TX: Paso del Norte Institute for Healthy Living.
10. **Redelfs AH & Whigham LD<sup>‡</sup>** (2018). *Commit to Be Fit: Systems and Processes at Rappahannock County Public Schools*. El Paso, TX: Paso del Norte Institute for Healthy Living.

9. **Redelfs AH**, West J, Crookston B, Hall PC, Whigham LD<sup>‡</sup> (2018). *Incorporating Theory in Health Promotion Programs: A Curriculum Review Tool*. El Paso, TX: Paso del Norte Institute for Healthy Living.\*
8. **Redelfs AH** & Whigham LD<sup>‡</sup> (2018). *HEAL Report: Evaluation of "Using Reinforcement Schedules to Improve Carotenoid Levels, Reduce Fruit and Vegetable Waste and Increase School Lunch Participation in El Paso" by New Mexico State University*. El Paso, TX: Paso del Norte Institute for Healthy Living.
7. **Redelfs AH** & Whigham LD<sup>‡</sup> (2018). *HEAL Interim Report: Evaluation of Year 2 of "Healthy and Fit" by Las Cruces Public Schools*. El Paso, TX: Paso del Norte Institute for Healthy Living.
6. Manon M, Ramos A, Young C, Lang B, Whigham LD<sup>‡</sup>, **Redelfs A** and Gallinar J (2017). *Food for Every Child: Access and Demand for Healthy Food in the Paso del Norte Region*. Philadelphia, PA: The Food Trust.
5. **Redelfs AH** & Whigham LD<sup>‡</sup> (2017). *HEAL Interim Report: Evaluation of Phase I of "Fresh Start" by Kelly Memorial Food Pantry*. El Paso, TX: Paso del Norte Institute for Healthy Living.
4. **Redelfs AH** & Whigham LD<sup>‡</sup> (2017). *HEAL Report: Evaluation of Year I of "Healthy and Fit" by Las Cruces Public Schools*. El Paso, TX: Paso del Norte Institute for Healthy Living.
3. **Redelfs AH** & Whigham LD<sup>‡</sup> (2017). *HEAL Interim Report: Evaluation of Year 1 of "HEAL Project" by Arbol de Vida*. El Paso, TX: Paso del Norte Institute for Healthy Living.
2. **Redelfs AH** & Whigham LD<sup>‡</sup> (2017). *HEAL Evaluation 2015-2016: La Semilla Food Center – Edible Education Phase II*. El Paso, TX: Paso del Norte Institute for Healthy Living.
1. **Redelfs AH** & Whigham LD<sup>‡</sup> (2016). *HEAL Evaluation 2014-2016: Bowie Jardín*. El Paso, TX: Paso del Norte Institute for Healthy Living.

## GRANTS AND FELLOWSHIPS

### Research Funding

2022	Principal Investigator. College of Life Sciences Faculty Start-Up Award (Year 2). Brigham Young University. \$20,000
2021-present	Co-Investigator. "Equitable Access to Nutrition in Utah." Utah Department of Transportation, Research and Innovation Division's UTRAC award. \$70,000 (direct costs); Sep 1, 2021 to Mar 30, 2023

- 2020-present Principal Investigator. Interdisciplinary Research Origination Award (Track 2), "Immigrant, refugee, and community health and integration in Utah." Brigham Young University, Research Development.  
\$40,000 (direct costs); Apr 1, 2020 to Mar 30, 2023 (COVID extension)
- 2019 Principal Investigator. Competitive subaward: "2014 Heal: Creating a Culture of Healthy Eating and Active Living in the Paso del Norte Region." Paso del Norte Institute for Healthy Living at the University of Texas at El Paso.  
\$45,000; Jan 1, 2019 – Dec 31, 2019
- 2018-2019 Principal Investigator. College of Life Sciences Faculty Start-Up Award (Year 1). Brigham Young University.  
\$20,000
- 2013-2014 Fellow & Principal Investigator. "The influence of theoretically based determinants of behavior on physical activity among Hispanic women." National Center on Minority Health and Health Disparities (NCMHD)/National Institutes of Health (NIH) through the Hispanic Health Disparities Research Center (HHDC), Research Training and Education Core (NCMHD/NIH grant to HHDC: P20 MD002287)  
\$10,000; Jul 1, 2013 to Jun 30, 2014
- 2012-2013 Principal Investigator. "The influence of self-determination on physical activity among Hispanic women in a low SES community along the Texas-Mexico Border." National Center on Minority Health and Health Disparities (NCMHD)/National Institutes of Health (NIH) through the Hispanic Health Disparities Research Center (HHDC), Research Training and Education Core (NCMHD/NIH grant to HHDC: P20 MD002287)  
\$5,000; Dec 1, 2012 to Jun 30, 2013
- 2011-2013 Principal Investigator. Evaluation of Paso del Norte Smoke Free Youth Coalitions. National Center on Minority Health and Health Disparities (NCMHD)/National Institutes of Health (NIH) through the Hispanic Health Disparities Research Center (HHDC), Research Training and Education Core (NCMHD/NIH grant to HHDC: P20 MD002287)  
\$5,000; Jan 1, 2011 to Jun 30, 2013
- 2011-2013 Co-Investigator. Louis D Brown, PI. Texas Tech University's Paul L. Foster School of Medicine Hispanic Centers of Excellence (Evaluation subcontract). HRSA/HHS Grant Number: D34HP16043  
\$857,910 (overall contract direct costs); May 1, 2011 to Jun 30, 2013
- 2011-2012 Co-Investigator. Louis D Brown, PI. Evaluation of Paso del Norte Smoke Free Youth Coalitions. Paso del Norte Health Foundation  
\$15,000 (direct costs); Jul 1, 2011 to Jun 30, 2012

- 2009 Principal Investigator. Behavioral intention to use IMCI in professional practice among medical students in Ecuador. Mary Lou Fulton Foundation, Brigham Young University  
\$3,500 (direct costs); May 1, 2009 to Aug 25, 2009

### Grant Applications Not Funded

- 2020 Co-Investigator. Interdisciplinary Research Origination Award (Track 2), "Using Mobile Device Data to Measure Isolation and Mental Health." Brigham Young University, Research Development.  
*Note:* Though not funded, this IDR application led to a research collaboration that has resulted in a \$70,000 award from the Utah Department of Transportation and multiple publications.

### Other BYU Internal Funding: Experiential Learning, etc.

- 2020-2021 Recipient. Experiential Learning Funds. "Legislative epidemiology of state-level policies around school nutrition from 2010-2020." Brigham Young University: Department of Public Health.  
\$3,960; Oct 1, 2020 to May 31, 2021
- 2019 Recipient. Experiential Learning Funds. Funded travel for 4 BYU students to engage in mentored research as part of a community-level evaluation; Warrenton, VA. Brigham Young University: Department of Public Health.  
\$4,264; Aug 18, 2019 to Aug 24, 2019
- 2019 Recipient. Experiential Learning Funds. Funded travel and registration for 1 BYU student to attend the American Evaluation Association Summer Institute; Atlanta, GA. Brigham Young University: Department of Public Health.  
\$1,473; Jun 10, 2019 to Jun 14, 2019

### INVITED SEMINARS, TALKS & WORKSHOPS

#### Academia, Researchers & Health Professionals

- 2022 "Food Insecurity: What is it and what safety nets exist to address it?" Public Health Nutrition course, Department of Public Health, Utah Valley University. 2022, Apr 19; Orem, UT.
- "Food Insecurity: What is it and what safety nets exist to address it?" Public Health Nutrition course, Department of Public Health, Utah Valley University. 2022, Apr 19; Orem, UT.

- 2021 "Food Insecurity: Systems and Programs to Address Disparities." Public Health Nutrition course, Department of Public Health, Utah Valley University. 2021, Nov 21; Orem, UT.
- "Objective measurement of fruit & vegetable intake in community settings." Obesity & Nutrition Doctoral Seminar (Dr. Nikhil Dhurandhar), Department of Nutrition, Texas Tech University. 2021, Mar 1; Lubbock, TX (virtual).
- 2020 "What is the role of Christian faith in reducing the marginalization of minority populations in health systems?" Faith and Public Health course, Public Health, Brigham Young University. 2020, Jan 22; Provo, UT.
- 2015 "Built environment and physical well-being." Community Design & Health course, Social Work, University of Texas at El Paso. 2015, Jun 30; El Paso, TX.
- 2010 "Basic public health advocacy methods." 13th Annual Health Education Advocacy Summit sponsored by the Society of Public Health Educators (SOPHE). 2010, Mar 6; Washington, D.C.

### **Community Partners (Foundations, Agencies & NGOs)**

- 2019 "Strategic Planning via Systems Thinking: A Mapping Approach to Decision-Making." PATH Foundation in partnership with Rappahannock County Public Schools and Fauquier County Public Schools. Grantee capacity building. 2019, Aug 19-20; Washington, VA and Warrenton, VA.
- "Action Planning for Community Organizations, Part II." Healthy Eating Active Living Initiative of the Paso del Norte Health Foundation. *Building Capacity for Evaluation Series*. 2019, Jul 26; El Paso, TX.
- "SOFIT: How and why you should use it in your PE class." Paso del Norte Institute for Healthy Living at UTEP in partnership with the Ysleta Independent School District. *Building Capacity for Evaluation Series*. 2019, May 26; El Paso, TX.
- "Action Planning for Community Organizations, Part I." Healthy Eating Active Living Initiative of the Paso del Norte Health Foundation. *Building Capacity for Evaluation Series*. 2019, Mar 13; El Paso, TX.\*
- "Strategic Planning via Force Field Analysis." Paso del Norte Institute for Healthy Living at UTEP, Inter-Campus Capacity Building for Strategic Planning. For staff from the UTEP Office of Research Evaluation and Assessment Services at UTEP. *IHL Assessment & Data Training Series*. 2019, Mar 12; El Paso, TX.
- "Communication Planning 101." PATH Foundation in partnership with Fauquier County Public Schools. Grantee capacity building. 2019, Mar 6; Warrenton, VA (virtual).\*

- “Action Planning for Community Organizations.” PATH Foundation in partnership with Rappahannock County Public Schools. Grantee capacity building. 2019, Feb 21; Washington, VA (virtual).
- “Action Planning for Community Organizations.” PATH Foundation in partnership with Fauquier County Public Schools. Grantee capacity building. 2019, Jan 18; Warrenton, VA (virtual).
- 2018 “Strategic Planning via Force Field Analysis.” PATH Foundation in partnership with Rappahannock County Public Schools and Fauquier County Public Schools. Grantee capacity building. 2018, Aug 17-18; Washington, VA; Warrenton, VA.
- “Action Planning for Community Organizations.” Healthy Eating Active Living Initiative of the Paso del Norte Health Foundation. *Building Capacity for Evaluation Series*. 2018, Jul 20; El Paso, TX.
- “An Introduction to Storytelling.” Healthy Eating Active Living Initiative of the Paso del Norte Health Foundation. Joint workshop with the United Way of El Paso. *Building Capacity for Evaluation Series*. 2018, Jul 27; El Paso, TX.
- “¡Que Se Mueve! Juegos Activos y la Pausa Activa Para Jovenes [Get Moving! Active Games & Brain Breaks for Kids].” Healthy Eating Active Living Initiative of the Paso del Norte Health Foundation in partnership with La Rodadora Museo de Niños [Children’s Museum] and New Mexico State University. *Building Capacity for Evaluation Series*. 2018, May 3-4; Ciudad Juárez, Mexico.
- 2017 “Let’s Get Moving! Communications, Active Games & Brain Breaks.” Healthy Eating Active Living Initiative of the Paso del Norte Health Foundation in partnership with Las Cruces Public Schools and New Mexico State University. *Building Capacity for Evaluation Series*. 2017, Oct 23; Las Cruces, NM.
- “Program planning and proposal design.” Healthy Eating Active Living Initiative of the Paso del Norte Health Foundation. *Building Capacity for Evaluation Series*. 2017, Feb 25; El Paso, TX.
- 2016 “Program planning and logic models.” Healthy Eating Active Living Initiative of the Paso del Norte Health Foundation. 2016, Jun 14; El Paso, TX.
- “Obesity: Myths, Presumptions & Facts.” HEAL Coalition. 2016, Feb 1; El Paso, TX.
- 2015 “Logic Models in Healthy Eating and Active Living.” Healthy Eating Active Living Initiative of the Paso del Norte Health Foundation. 2015, Jun 19 & 21; El Paso, TX.
- “A mobile Paso del Norte: Upcoming tools we can use to promote healthy lifestyles.” Refreshing the Mind and Spirit, a conference for community health workers sponsored by the Texas A&M Colonias Program. 2015, Jun 26; El Paso, TX.

## Teaching & Mentorship

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### TEACHING EXPERIENCE

#### **Assistant Professor**, Brigham Young University, 2018-present

##### *Courses Taught*

HLTH 624	Program Evaluation Winter 2023	Developed, taught
HLTH 431	Health Communication & Advocacy Fall 2018, Fall 2019 (Sections 001 & 002), Spring 2020, Fall 2020 (Sections 001 & 002), Fall 2021 (Sections 001 & 002), Winter 2022, Fall 2022, Winter 2022, Winter 2023	Developed, taught
HLTH 618	Survey & Research Methods Winter 2019, Winter 2020, Winter 2021, Winter 2022	Developed, taught
HLTH 491R	Mentored Research Winter 2020, Winter 2021, Fall 2021, Summer 2022, Fall 2022	
HLTH 492R	Writing for Publication Fall 2021	Developed, taught

#### **Instructor & Developer**, Paso del Norte Institute for Healthy Living at UTEP, 2018-2019

Training courses for student researchers and community organizations (see below)

<i>Building Capacity for Evaluation</i>	Developed, taught
<i>IHL Assessment &amp; Data Training</i>	Developed, taught

#### **Adjunct Faculty**, Salt Lake Community College, 2010

BIO 100	Introduction to Biology Spring 2010 (2 sections), Summer 2010 (2 sections)
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### TRAINING AND CURRICULUM DEVELOPMENT

2018-2019 *IHL Assessment & Data Training*

- Purpose: A series of training modules to create a sustainable team of student research assistants, consultants and volunteers who are standardized and proficient in health assessment and data collection methods, are comfortable and proficient in communicating with diverse populations, and with data management.

- Role: Updating procedure manuals, creating online content to increase efficiency and provide out-of-office access to content, developing case studies and practice templates, coordinating all additional on-boarding processes (e.g. CITI ethics training), and presenting.

Institute for Healthy Living at UTEP. El Paso, TX.

2017-2019 *Building Capacity for Evaluation\**

- Purpose: An 8-lesson non-academic curriculum for non-profit organizations and community members to build evaluation capacity and a culture of evaluation using adult learning models.
- Role: Creation of lesson plans, protocols, online videos, and template documents as well as pilot testing.

Institute for Healthy Living at UTEP and the Healthy Eating Active Living Initiative of the Paso del Norte Health Foundation. El Paso, TX.

## MENTORSHIP

### Students Mentored at Brigham Young University

#### MPH STUDENTS

Ricardo Noriega (2022-present)

My role: MPH Committee Reader

Rachel Higginson (2021-present)

My Role: MPH Committee Chair

Jacinda Anderson Merrill (2021-2022)

My Role: MPH Committee Reader

Gwen Kleinhenz (2020-2022)

My Role: MPH Committee Chair

Heather Merrill (2020-present)

My Role: MPH Committee Reader

McKayla McConkie (2019-2020)

My Role: MPH Committee Chair

Rachel O'Brien (2019-2020)

My Role: MPH Committee Reader

Shelley Cooper (2018-2020)

My Role: MPH Committee Chair

#### THESIS COMMITTEES

Emma Stucki (2021-2022). "Utility-Based Accessibility to Community Resources: An Application of Location-Based Services Data." College of Engineering: Committee Member.

#### CURA RECIPIENTS

McKay Smith (2022)  
Zachary Hendrickson (2021)

#### MENTORED RESEARCH

Kourtney Holzer (2023-present)  
Haley Sidwell (2023-present)  
Caleb Jolley (2023-present)  
Claire Chen (2023-present)  
Rachel Tingey (2023-present)  
Noah Leavitt (2022-2023)  
Emma Lind (2022-present)  
Brielle Waite (2022-present)  
Joli Hunt (2022)  
Abi Abernathy (2022)  
Mattie Earnest (2022)  
McKay Smith (2021-present)  
Hayden Anderson (2021)  
Christian Holt (2020-present)  
Maggie Plessinger (2020-2021)  
Jenna Smith (2020-2021)  
Heather Merrill (2020-2021)  
Emily Aleson (2020-2021)  
Ana Johnson (2020-2021; L Spruance primary mentor)  
Emma Beckstead (2020; L Spruance primary mentor)  
Jacinda Anderson Merrill (2020, 2021-2022)  
Jeffrey Fraatz (2020)  
Madeleine Smith (2019-present)  
Paola Donoso (2019-2020)  
McKenzie Johnson (2019-2020)  
Nathan Stoneking (2019)  
Whitney Thomas Rand (2019-2020)  
Melanie Romney (2019)

#### TEACHING ASSISTANTS

Kourtney Holzer (2023-present)  
Haley Stillwell (2023-present)  
Emily Golightly (2022-2022)  
Arisa Watkins (2022-2022)  
Margo Memmott (2021-present)  
Eleanor Duncan (2021)  
Anna Gaines (2021)

Zachary Hendrickson (2020-2021)  
Amanda Fish (2020)  
Jacinda Anderson (2019-2020, 2021-2022)  
Calyn Farrell (2019)  
Ashley Crowder (2018)

#### STUDENT WRITING GROUPS

Madeleine Smith (Summer 2021, Fall 2021)  
Zachary Hendrickson (Summer 2021)  
Gwen Kleinhenz (Summer 2021)  
Heather Merrill (Summer 2021)  
Jenna Smith (Summer 2021)  
Tien Vo (Summer 2021)  
Anna Weir (Summer 2021)  
Andrea Barney (Winter 2021, Summer 2021, Fall 2021)  
Cyrille Kouambo (Winter 2021, Summer 2021)  
Janice Hall (Winter 2021)  
Lilly Kim (Winter 2021)  
Emily Pilling (Winter 2021, Summer 2021)

#### **Students Mentored at Other Universities**

##### MASTERS THESES

Dennis Nyachoti, UTEP MPH (2018-2020)  
Karen Juarez Camacho, UTEP MPH (2016-2019)  
Vianay Lopez, UTEP MPH (2016-2018)  
Patrick Hopkins, UTEP MPH (2015-2017)  
Cassandra Urrutia, UTEP MPH (2015-2017)

##### DOCTORAL DISSERTATIONS

Patrick Hopkins, UTEP PhD (2017-2022)  
Sarah L. Ruiz, UTEP PhD (2017-2021)  
Juan Aguilera, UTEP PhD (2016-2020)

##### INTERNSHIP SUPERVISOR

Yvonne Gaddy, UT School of Public Health MPH (2018)  
Diana Rangel, UT School of Public Health MPH (2017-2018)  
Yvette Foose, UTEP MPH (2017-2018)  
Karen Del Rio, UTEP Public Health major (2017)  
Vianay Lopez, UTEP MPH (2018)  
Patrick Hopkins, UTEP MPH (2017)

Cassandra Urrutia, UTEP MPH (2017)  
Mosi Dan'el, UT School of Public Health MPH (2015)  
David Perez, UTEP Kinesiology major (2015)

#### MENTORED RESEARCH

Dennis Nyachoti, UTEP MPH, UT Health DrPH (2021-2022)  
Vianay Lopez, UTEP MPH (2016-2019)  
Juan Aguilera, UTEP MPH & PhD (2015-2019)

#### OTHER

Jennifer Villalobos, U Colorado (2015-2016)  
Student Mentorship Program for Hispanic Research (sMPH2r) through Hispanic-Serving Health Professions Schools (HSHPs)  
Ana Niño, Emory (2014-2015)  
Student Mentorship Program for Hispanic Research (sMPH2r) through Hispanic-Serving Health Professions Schools (HSHPs)

#### TEACHING GRANTS

##### Completed

2019 Teaching Grant - Faculty Development. Center for Teaching and Learning, Brigham Young University.  
\$300



## Service Activities

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#### UNIVERSITY SERVICE

##### Department Committees

2022-2023 **Professional Development** (member).

**MPH Committee** (member).

**Research and Mentorship Committee** (member).

2021-2022 **Professional Development** (member). Continued discussions with other Utah universities who need to fulfil this requirement as part of CEPH Accreditation. Participated in a coordinated effort to address professional development needs in Utah via a themed session at the 2021 annual conference of the Utah Society of Public Health Education (planning, submitting an abstract, oral presentation). Dissemination of survey developed in 2021.

**MPH Committee** (member). Curriculum development for the proposed program change, including alignment with CEPH requirements. Served on 4+1 model ad-hoc committee to create messaging and an infographic for students. Admissions committee.

**Research and Mentorship Committee** (member).

2020-2021 **Professional Development** (member). Continued coordination for virtual seminar by Dr. Nikhil Dhurandhar (TTUHSC) in Nov 2020, including facilitating a virtual networking session for BYU faculty with Dr. Dhurandhar. Renewed discussions with other Utah universities who need to fulfil this requirement as part of CEPH Accreditation. Creating a survey of public health professionals within the state to gauge interest in receiving training on various topics.

**MPH Admissions** (member). Review applications and recommend students for admission to the BYU Master of Public Health 2021 cohort.

2019-2020 **Professional Development** (member). Organized, invited, and assisted with coordination for Dr. Nikhil Dhurandhar (TTUHSC) to speak at the BYU College of Life Sciences seminar in Feb 2019 (delayed due to illness). Met with U of U development team about interviewing directors of departments of health in UT as part of a needs assessment for accreditation & to inform offerings. Delayed due to COVID-19.

**Diversity & Inclusion** (interim). Developed and received approval for a statement against racism by the BYU Department of Public Health.

2018-2019 **CURA committee** (member). In September 2018, we adapted the CURA proposal scoring rubric proposed by the College of Life Sciences and established a department protocol. We reviewed 25 CURA proposals in November 2018 (14 were funded).

**Alumni committee** (member). We investigated multiple ways to increase engagement with our public health alumni. Contacted alumni in my network as part of an informal needs and interest assessment. Discussed options with Alumni Relations from the Marriott School. Need to meet alumni's perceived needs, which will then strengthen relationships and increase long-term connections.

## Service Learning

Winter 2023 HLTH 624: Partnered with United Way of Utah County, Centro Hispano, and Community Health Connect

- Created plans and conducted evaluations of existing programs according to the need of each organization
- Worked with a point of contact (program director, etc.) for access and support

- Presented results, implications, and recommendations to community partner organizations

HLTH 431: Partnered with the Utah Public Health Association

- Created health communication materials about Medicaid expansion to cover 12 months (from 3 months) of maternal postpartum care
- Intended audience: legislators, community members
- To use the materials in meetings with legislators, committee hearings, plus Facebook and Instagram social media accounts

Students advocated for improved legislation to members of the Utah State Legislature

Fall 2022

HLTH 431: Partnered with the Utah Public Health Association

- Created health communication materials about Medicaid expansion to cover 12 months (from 3 months) of maternal postpartum care
- Intended audience: legislators, community members
- To use the materials in meetings with legislators, committee hearings, plus Facebook and Instagram social media accounts

Students advocated for improved legislation to members of the Utah State Legislature

Winter 2022

HLTH 431: Partnered with BYU Athletics

- Created health communication materials about opioid use among student athletes
- Intended audience: BYU Athletics administration, BYU athletes, BYU trainers

Students advocated for improved policy/practices to members of BYU Athletics

Fall 2021  
(2 Sections)

HLTH 431: Partnered with BYU Athletics

- Created health communication materials about opioid use among student athletes
- Intended audience: BYU Athletics administration, BYU athletes, BYU trainers
- Students advocated for improved policy/practices to members of BYU Athletics

Winter 2021

HLTH 431: Partnered with the Utah County Department of Drug and Alcohol Prevention and Treatment (aDDPT)

- Created health communication materials about medical cannabis use among children and youth
- Intended audience: parents, school boards, middle school students
- aDDPT used the materials in their Facebook and Instagram social media accounts
- Students advocated for improved legislation to members of the Utah State Legislature

Fall 2020  
(2 Sections)

HLTH 431: Partnered with the Utah County Department of Drug and Alcohol Prevention and Treatment (aDDPT)

- Created health communication materials about medical cannabis use among children and youth
  - Intended audience: parents, school boards, middle school students
  - aDDPT used the materials in their Facebook and Instagram social media accounts
  - Students advocated for improved legislation to members of the Utah State Legislature
- Spring 2020 HLTH 431: Partnered with the Utah County Department of Drug and Alcohol Prevention and Treatment (aDDPT)
- Created health communication materials about medical cannabis use among children and youth
  - Intended audience: parents, young adults, physicians
  - aDDPT used the materials in their Facebook and Instagram social media accounts
  - Students advocated for improved legislation to members of the Utah State Legislature
- Fall 2019 (2 Sections) HLTH 431: Partnered with the Utah County Department of Drug and Alcohol Prevention and Treatment (aDDPT)
- Created health communication materials about opioids
  - Intended audience: youth and older adults
  - aDDPT used the materials in their Facebook and Instagram social media accounts
  - Students advocated for improved legislation to members of the Utah State Legislature
- Fall 2018 HLTH 431: Partnered with the Utah County Department of Drug and Alcohol Prevention and Treatment (aDDPT)
- Created health communication materials about opioids
  - Intended audience: pregnant women, older adults, and Latinos
  - aDDPT used the materials in their Facebook and Instagram social media accounts

## **EXTRACURRICULAR UNIVERSITY SERVICE**

- 2021-present Organized and lead a cross-campus working group on Inclusive Mentorship. Included partnership and collaboration with several BYU offices: Belonging, Experiential Learning, First Year Experience, and Faculty Center. Brigham Young University. Provo, UT.
- 2020 Writing Club, developer and facilitator. Weekly 1-hour writing group to increase accountability and provide professional development around writing skills to students and young faculty across 4 universities (BYU, Mississippi, UTHealth School of Public Health, UTEP). Provo, UT.

- 2020 External Tenure & Promotion Reviewer for Jessica Calderón-Mora, Application for promotion from Research Lecturer to Assistant Professor. Texas Tech University Health Sciences Center at El Paso, Paul L. Foster School of Medicine. El Paso, TX.
- 2018-2019 Writing Club, Developer and facilitator. Weekly 1-hour writing group to increase accountability and provide professional development around writing skills to UTEP and BYU students. El Paso, TX and Provo, UT.
- 2016-2019 Coordinator for continuing education; Coordinator for regional partners. Annual Healthy Eating Active Living (HEAL) Week sponsored by the Paso del Norte Institute for Healthy Living at UTEP. El Paso, TX.
- 2016-2018 Obesity Journal Club, co-developer and co-facilitator. Weekly 1.5-hour critical review of current research related to the topics of obesity, nutrition and physical activity. Sponsored by the Paso del Norte Institute for Healthy Living at The University of Texas at El Paso. El Paso, TX.
- 2011-2012 Race for Public Health Planning committee. University of Texas School of Public Health, El Paso Regional Campus. El Paso, TX.

## SERVICE TO PROFESSION

### Service to National & Regional Organizations

- Communications Committee, The Obesity Society (2020-present)
- Editorial Board Member, *Nutrition & Dietetics* (2019-present)
- Grant Reviewer, Paso del Norte Health Foundation (2015-2019)
- Roundtable Organizer & Facilitator, Obesity Week 2020 – Annual Conference of The Obesity Society (Nov 3 & 5, 2020)
  - “Writing groups as a productivity tool”
  - “Five things I wish I had known when I started my new Assistant Professor tenure track position”
  - “A discussion of rigorous methods for data collection in community settings with Drs. Leah Whigham, Andrew Brown, and Alisha Redelfs”
- Mentor, Student Mentorship Program for Hispanic Research (sMPH2r) through Hispanic-Serving Health Professions Schools (HSHPS) (2014-2016)

### Journal Manuscript Reviewer

- *Nutrition & Dietetics*
- *Health Promotion Practice*
- *Health Education Research*
- *Journal of Nutrition Education and Behavior*
- *PLOS One*

## **Conference Proposal Reviewer**

- American Evaluation Association Annual Meeting
- American Public Health Association Annual Meeting
- Society for Public Health Education Annual Meeting

## **Working Groups & Coalitions**

- Network member and evaluator. Alcohol Impact Network (Paso del Norte Region). Brief Motivational Interviewing interventions among Hispanic heavy drinkers. (2014)

## **PROFESSIONAL AFFILIATIONS**

- Evergreen Data Visualization Academy (2019-Present)
- The Obesity Society (2015-Present)
- Society of Public Health Educators (2010-Present)
- American Evaluation Association (2016-2020)
- American Public Health Association (2009-2015)
- Community-Campus Partnerships for Health (2012-2015)
- American Public Health Student Association (2009-2013)

## **COMMUNITY INVOLVEMENT/OUTREACH**

### **Volunteer Efforts**

- Volunteer Strategic Planning Consultant. Arbol de Vida. Ciudad Juárez, Mexico (2018-2019)
- Volunteer Consultant. Child Nutrition Coalition. El Paso, Texas (2017-2019)
- Volunteer. Health impact assessment and advocacy project. Using mobile technology to increase community engagement in Doña Ana County, NM. Doña Ana Place Matters. Las Cruces, New Mexico (2015)
- Community and public health evaluator. Public health planning and data collection for the Honduras medical mission. Texas Tech University's Paul L. Foster School of Medicine and El Paso Catholic Charities. Tegucigalpa, Honduras (2011-2012)
- Consultant. Non-profit management assessment of Comunidades Unidas, a 501(c)3 focused on minority health disparities in the Salt Lake Valley of Utah (2009)
- Health education planner. Health promotion lesson plan development for Bayanihan, a 501(c)3 working in the rural Philippines. Provo, UT (2008-2009)
- Policy analyst and Advocate. Preparation of a policy analysis and advocacy materials that lead to legislation for medical interpreter certification in the State of Utah. Presented to the Health

& Human Services Committees in both the House and Senate of the Utah State Legislature. In conjunction with the Multicultural Health Network. Salt Lake City, UT (2008-2009)

- Medical Interpreter (English-Spanish). Portneuf Medical Center, Pocatello, ID (2006, 2008)

### Community-Focused Projects

2023-present	Program evaluation for community organizations. An interdisciplinary effort between BYU Public Health, the Utah County Health Department, United Way of Utah County, Centro Hispano, and Community Health Connect. (Role: Coordinator)
2022-2023	Communication and advocacy approaches to address the need for Medicaid expansion in Utah for postpartum women. An interdisciplinary effort between BYU public health and the Utah Public Health Association. (Role: Coordinator)
2021-2022	Communication and advocacy approaches to address medication misuse among NCAA student-athletes. An interdisciplinary effort between public health, communications, Brigham Young University Athletics, and the Utah County Health Department. (Role: Coordinator)
2020-2023	Immigrant, refugee, and community health and integration in Utah. An interdisciplinary effort between public health, sociology, and social work faculty at Brigham Young University to improve health and integration processes within our communities. (Role: Principal investigator)
2019-2020	Evaluation of Fauquier County Public School's FRESH program funded by the PATH Foundation, including curriculum review, measurement of fruit & vegetable intake and an evaluability assessment. (Role: Evaluation planner & coordinator)
2018-2020	Evaluation of Rappahannock County Public School's Commit to Be Fit (C2BF) program funded by the PATH Foundation, including curriculum review, measurement of fruit & vegetable intake and implementation evaluation. (Role: Evaluation planner & coordinator)
2017-2019	Evaluation of use of the Playa Drain Trail, a collaboration between the Paso del Norte Health Foundation, the City of El Paso Department of Parks and Recreation and the El Paso Water Utilities Board to build a linear park along an existing drainage ditch in the Lower Valley of El Paso. (Role: Evaluation coordinator & data analyst)
2015-2018	Utilization-focused evaluations and technical assistance for grantees of the Paso del Norte Health Foundation's (PDNHF) Healthy Eating and Active Living (HEAL) initiative. Translate scientific advances and best practice in healthy eating and active living for community use. Conducted: 15 evaluations in 2015, 12 evaluations in 2016, 12 evaluations in 2017, 6 evaluations in 2018. (Role: Deputy Director)
2014	Community needs/assets assessment to establish a center to increase physical activity and improve nutrition among children and adolescents in the Paso del

Norte region (western Texas, southern New Mexico, and Ciudad Juarez, Mexico).  
(Role: Coordinator & data analyst)

- 2014 Technical assistance to Teens Against Tobacco Use (TATU) youth coalition at El Paso Independent School District. (Role: Technical assistance provider & evaluator)
- 2011-2013 Evaluation of the Hispanic Center of Excellence at the Paul L. Foster School of Medicine (The University of Texas School of Public Health). An initiative to increase the enrollment and success rate of Hispanic students in medical schools to reduce systematic disparities in healthcare. (Role: Evaluation coordinator & data analyst)

## Honors & Awards

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- 2018 Obesity Week 2018: Outstanding Poster Award, The Obesity Society
- 2014 Snow Distinguished Alumni: 40 Under Forty, Snow College
- 2013 Dissertation Fellow, Hispanic Health Disparities Research Center, University of Texas at El Paso and University of Texas School of Public Health
- 2013 Outstanding Program Award for HEART Project, Texas Cardiovascular Health Promotion Awards, Texas Council on Cardiovascular Disease and Stroke and the CVD & Stroke Program, Texas Department of State Health Services
- 2010; 2012 Department of Health and Human Services Health Resources and Services Administration (HRSA) Public Health Traineeship recipient, University of Texas School of Public Health
- 2010 Master of Public Health Student of the Year, Brigham Young University
- 2009 Department of Health Sciences Outstanding Student Achievement Award, Brigham Young University



## Other Professional Experience

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### TRAINING

#### Internships

- 2011-2012 HEARTS program at Children In Need of Services (CHINS) with The University of Texas School of Public Health, El Paso regional campus. Youth coalition functioning; Alamogordo, New Mexico (6 months)

2009 Pan American Health Organization (PAHO). Improving maternal child health using behavioral theory; Quito, Ecuador (4 months)

### Additional Trainings

- 2021-2022 BYU STEM Faculty Institute (STEMFI)
- Accepted to participate in STEMFI, an NSF-funded grant that provides an intensive training experience on student-centered teaching strategies for faculty members from the colleges of life sciences, physical and mathematical science, and engineering and technology. Assigned a peer mentor.
  - Intensive summer workshop (4 days)
  - Implementation phase to revise one course (one semester)
- 2019-present Member of the Evergreen Data Visualization Academy, Stephanie Evergreen, PhD. Monthly trainings on best practices in data visualization.
- 2019 Summer Institute of the American Evaluation Association (Jun 10-14)
- Systems Thinking: Basic concepts for evaluation practice (Jan Noga)
  - Introduction to Social Network Analysis Workshop (Rebecca Woodland)
  - Collaborative Mapping: Integrating Stakeholder Knowledge for Better Program Models (Bernadette Wright & Steven Wallis)
  - Building Interactive Dashboards in Excel (Jenny Lyons)
- 2018 Strategic Storytelling, Marc Dessauer (Vice President of Learning, Spitfire Strategies). Paso del Norte Health Foundation, REALIZE Leadership Training Series (Mar 1)
- Summer Institute of the American Evaluation Association (Jun 17-20)
- Got QI? Use of the Anchor, Add, Activate, Apply and Ask Model to Teach Quality Improvement Skills to Evaluators (Beverly Tremain)
  - Causal Knowledge Mapping for Practical Problem-Solving (Bernadette Wright & Steven Wallis)
  - Tools and Techniques for Assessing and Strengthening Nonprofit's Evaluation Capacity (Jenn Ballentine & Ann Price)
  - Innovative Reporting (Kylie Hutchinson)
  - Evaluability Assessment: Basics and Benefits (Tamra M. Walser, Michael S. Trevisan)
  - It's not the plan, it's the planning: Strategies for evaluation plans & planning (Sheila Robinson)
- Introduction to Evaluation Consulting, Gail Barrington, PhD FCMC CE (Barrington Research Group, Inc.), American Evaluators Association, online series (Jan 12, 19)
- 2017 Project Management and Oversight for Evaluators, Tessie Catsambas, PhD (EnCompass, LLC). The Evaluators Institute, online series (Dec 5, 7, 12, 14)

- Summer Institute of the American Evaluation Association (Jun 15-7)
- Data Visualization (Susan Kistler)
  - 12 Steps of Quantitative Data Cleaning: Strategies for Dealing with Dirty Evaluation Data (Jennifer Ann Morrow)
  - Introduction to Infographics (Stephanie Wilkerson)
  - Introduction to Appreciative Inquiry (Tessie Catsambas)
- 2015 ArcGIS Training, Tom Scharmen & Larry Heard (New Mexico State Department of Health). New Mexico Community Data Collective Workshop, Albuquerque, NM (March 30)
- 2014 Collective Impact Training, Jeff Cohen & Admas Kanyagia (Foundation Strategy Group (FSG)). Paso del Norte Health Foundation, El Paso, TX (September 25)
- Peer Leadership Training, Mary Jo Wallace (Health Resources in Action). Teens Against Tobacco Use Training, El Paso, TX (July 17-19)
- Accessing Census Data for Border Health Care Planning and Community Assessment, Pauline Nuñez (U.S. Census Bureau- Denver Region). U.S. Census and American Community Survey Data Workshop, El Paso, TX (May 15)
- 2013 National Health Interview Survey, Michael Martinez & Brian W. Ward (CDC National Center for Health Statistics); Medical Expenditure Panel Survey, Anita Soni (HHS Agency for Health Research and Quality). Professional Development and Data Systems Workshop, Hispanic-Serving Health Professions Schools, Bethesda, MD (July 25-26)
- Multilevel Structural Equation Modeling, Kristopher J. Preacher. Hispanic Health Disparities Research Center (HHDC) Summer Research Institute, El Paso, TX (June 7)
- Advanced tools and methods of systematic review and meta-analysis, Patricia D. Mullen & Helena VonVille. The University of Texas Health Science Center at Houston (January 18-February 15)
- 2012 Mediation and moderation analyses using the PROCESS macro, Andrew F. Hayes. Hispanic Health Disparities Research Center (HHDC) Summer Research Institute, El Paso, TX (June 1)
- How to publish a lot and still have a life, Paul Silva. Hispanic Health Disparities Research Center (HHDC) Summer Research Institute, El Paso, TX (April 27)
- Tools and methods of systematic review and meta-analysis, Patricia D. Mullen & Helena VonVille. The University of Texas Health Science Center at Houston (January 10-14)

## LANGUAGES

- English: Native proficiency in conversation, reading, writing

- Spanish: Fluent in conversation and reading, moderate in writing

## **RELATED PROFESSIONAL SKILLS**

- Distance Learning technologies: Interactive Television (ITV) and Adobe Connect: high proficiency
- Statistics
  - SPSS: high proficiency
  - SAS: moderate proficiency
  - MPlus: moderate proficiency
  - R: basic proficiency
- Adobe (Illustrator, InDesign, Bridge, Lightroom & Photoshop): moderate proficiency
- NVivo: moderate proficiency
- ArGIS: basic proficiency
- Project management: high proficiency
- Systems mapping: moderate proficiency
- Small group facilitation: high proficiency