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## EXPERIENCE

- Associate Director, Mil Familias Programs, Sansum Diabetes Research Institute, Santa Barbara, CA, 2017-present
- Author and Reviewer, peer-reviewed journals inc. *Lancet*, *Social Science & Medicine*, *Health Equity*, 2006-present
- Creator and Manager, Health Planning & Evaluation Unit, Boulder County Public Health, Boulder, CO, 2008-2017
- Associate Professor Adjunct, Department of Anthropology, U of Colorado, Boulder, CO, 2012-2015
- Senior Research Specialist, Family & Community Medicine, U of Arizona College of Medicine, Tucson, AZ, 2007
- Principal Investigator, Centro de Investigaciones en Salud de Comitán, Chiapas, Mexico, 1994-2007

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## EDUCATION & TRAINING

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| University of Arizona | PhD, Medical Anthropology and Gender Concentrations                        |
| Graduate Fellowships  | National Science Foundation, Wenner-Gren Foundation, American Assn U Women |
| Stanford University   | BA, Cultural Anthropology with Honors in Anthropology and Education        |

Research & Development training, e.g., good clinical practice, HIPAA, human subjects protection, NIH applications  
Public Health training, e.g., supervisory certificate, incident command system, accreditation, budgeting  
Regional Institute of Health and Environmental Leadership Graduate and Discover Leadership Master Graduate

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## PUBLICATIONS

40 peer-reviewed publications. H-index 9. See below and [www.healthandculture.org](http://www.healthandculture.org)

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## EXPERTISE IN HEALTH AND EQUITY RESEARCH, EVALUATION, AND MANAGEMENT

### I. Propelling diabetes and disparity research

**Associate Director, Mil Familias Programs, Sansum Diabetes Research Institute**, Santa Barbara, CA, 2017-present.

- Coordinate bio-behavioral research studies: Train staff; develop and submit to IRB study protocol, consent, tools and metrics; recruit and retain subjects; collect, clean, analyze, synthesize quantitative/qualitative data.
- Develop and conduct 6-8 research protocols annually, ensuring ethical (IRB) and regulatory compliance.
- Disseminate results: publish peer-reviewed articles (17 in 2020-22); present in local and professional forums.
- Lead 12-person team; collaborate with education, care, IT, development, legal, accounting, marketing teams.
- Develop proposals and manage \$3M current and pending federal (e.g., NIH, NSF, USDA); industry (e.g., Novo Nordisk, Lilly, Abbott, Fitbit); and private grants (e.g., Elsevier Foundation) as well as the associated large collaborative research initiatives with universities, industry, business, healthcare, and community allies.

Oversee multiple diabetes and disparities initiatives by, among, and for underserved populations including:

**Mil Familias:** 10-year longitudinal cohort study ([NCT 03830840](https://clinicaltrials.gov/ct2/show/study/NCT03830840)) of 1000 Latino families with type 2 diabetes providing genetic, biological, psychosocial, behavioral, and environmental data via exams, interviews, surveys, labs, apps, and wearable digital health devices (e.g., continuous glucose monitors [CGM], Fitbits, ActiGraphs).

**Farming for Life:** 4-year USDA-funded study ([NCT 03940300](https://clinicaltrials.gov/ct2/show/study/NCT03940300)) of 400 adults with or at risk of diabetes, receiving prescriptions for free fresh produce and metrics indicating cardio-metabolic and behavioral health.

**Digital Health studies:** CGM & Meals (NSF, [NCT 04991142](https://clinicaltrials.gov/ct2/show/study/NCT04991142)); Digital Diabetes (Elsevier Found., [NCT 04820348](https://clinicaltrials.gov/ct2/show/study/NCT04820348)).

**Food as Medicine randomized clinical trials:** Vegetables & Semaglutide RCT (Novo Nordisk, [NCT 04938388](https://clinicaltrials.gov/ct2/show/study/NCT04938388)).

### Democratization of Research:

- Train, employ, and supervise Hispanic/Latino community members as paid Community Scientists.
- Mentor UC Santa Barbara, Santa Barbara City College, Westmont College, Cal State students and teams.
- Curate daily online lay Spanish/English research posts at [LatinoDiabetes.net](http://LatinoDiabetes.net) and [COVID-19-Latino-Diabetes](http://COVID-19-Latino-Diabetes).

## **II. Leading public health improvement and evaluation**

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**Creator and Manager, Health Planning & Evaluation Unit, Boulder County Public Health, CO, 2008-2017.**

**Shaped big-picture public health assessment, planning, and evaluation while overseeing day-to-day work.**

Recruited, supervised, and coached a team of coordinators, epidemiologists, and administrative support staff. Secured internal/external resources. Developed and monitored budgets. Oversaw related contracts and grants.

**Led healthcare, school, peer agency, and community ally teams to build and evaluate public health initiatives.**

Defined project outcomes and metrics. Co-created annual operational-evaluation plans for 24 health programs. Developed online county Health Data Dashboard. Co-managed inaugural Public Health Improvement Process. Ran CDC Youth Risk Behavior Survey. Liaised with state health department on public and state data requests.

**Disseminated results via reports, web pages, and presentations to deliver clear and consistent messages.**

Healthy Intended Pregnancy Report, Public Health Improvement Process, Youth Risk Behavior Survey reports, and Public Health Standards. Made recommendations to Board of Health, County Commissioners, policymakers.

**Engaged in state/national initiatives and forums on assessment, planning, and evaluation, e.g., APHA, NACCHO.**

**Trained for and served on Incident Command Team, activated for a 1000-year flood, forest fires, and outbreaks.**

## **III. Practicing applied medical anthropology in US and Mexico**

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**Elder health and care research in Chiapas, Mexico, Centro de Investigaciones en Salud de Comitán, 2003-2007.**

Engaged health care providers and the public in formative, community-based participatory research on elder health and care, including gendered, ethnic, and patient-provider contrasts and methodological questions.

**Reproductive health research in Chiapas, Mexico, Centro de Investigaciones en Salud de Comitán, 1994-2001.**

Led MacArthur and Ford Foundation-funded studies of pregnancy and childbirth, maternal morbidity and mortality. Explored gendered and age power imbalances in sex, pregnancy, and contraception to inform care.

**Power relations, gender, sexual orientation, and domestic and school-based violence research, 1990-present.**

Research power relations and violence undermining health and care from public and provider perspectives, including international domestic service, LGBTQ health in US high schools, and partner violence in Mexico.

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## **APPLIED MEDICAL ANTHROPOLOGY PhD**

- Promote health by addressing evolving behavioral, biomedical, sociocultural components over the life course.
- Address individual and community health needs via collaborative, formative, participatory, applied approach.
- Grasp popular health culture and bioscientific epidemiology; social constructions and scientific method.
- Synthesize methods to study clinical/household production of physical and mental health, illness, and healing.
- Global research and international professional contacts in non-profits, academia, government, and healthcare.
- Deep knowledge of healthcare ecosystems, including business, home, community, clinic, and lab.
- Anticipate and navigate change efficiently, effectively, and ethically to deliver health-economic value.
- Excellent verbal and written communication skills. Ability to clarify complex issues for all audiences.
- Conduct literature reviews. Review articles for publication. Present in inter/national professional symposia.

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## **PASTIMES & PRESENTIMES**

- Valedictorian, Monument Valley High School, Navajo Nation
- World Tae Kwon Do Federation Black Belt, former co-owner and instructor, Moo Duk Kwan Comitán, Mexico
- Inter/national traveler, volunteer, cyclist, runner

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## **SKILLS & KNOWLEDGE**

- Monitoring and evaluation systems
- Extended residence outside US
- Fluent Spanish; French, Mayan exposure
- Quantitative/qualitative data skills
- Lithe solo/team/matrix player
- MS Office Suite, IRB site proficiency

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**SELECT CO/AUTHORED PUBLICATIONS** Complete list and full text at [www.healthandculture.org](http://www.healthandculture.org)

- Access to and understanding of health information in the era of telehealth. In *Diabetes Digital Health and Telehealth*. Bioscience & Translational Medicine. Elsevier. 2022. In press.
- A persisting parallel universe in diabetes care within America's capital. *Lancet EClinicalMedicine*. 2021. Dec 24; 43: 101244.
- Ethnicity, age and education influence perceptions of vegetables healthiness and macronutrient content. *Nutrition and Health*. Nov. 2021.
- Dysglycemia in adults at risk for or living with non-insulin treated type 2 diabetes: Insights from continuous glucose monitoring. *Lancet eClinicalMedicine*. 2021 May;35:100853.
- Diabetes, like COVID-19, is a wicked problem. *Lancet Diabetes & Endocrinology*. 2020; S2213-8587(20)30312-0.
- Understanding the impact of five major determinants of health (genetics, biology, behavior, psychology, society/environment) on type 2 diabetes in US Hispanic/Latino families. *BMC Endocrine Disorders*. 2020; 20:4.
- Insurance status and biological and psychological determinants of cardio-metabolic risk among Mexican-origin U.S. Hispanic/Latino adults with type 2 diabetes. *Health Equity*. Oct. 2020:142-149.
- Self-reported and objectively measured physical activity levels among Hispanic/Latino adults with type 2 diabetes. *BMJ Open Diabetes Research & Care* 2020; 8:e000893.
- Farming for Life: Impact of medical prescriptions for fresh vegetables on cardiometabolic health for adults with or at risk of type 2 diabetes in a predominantly Mexican-American population. *BMJ Nutr Prev Health* 2020;0.
- A medical anthropologist in Big Pharmaland. Society for Applied Anthropology, Portland, 2019.
- Racial and ethnic disparities in the burden and cost of diabetes for U.S. Medicare beneficiaries. *Health Equity* 2019; 3.1: 211-18.
- Diabetes and doom: Lay perceptions of diabetes stratified by biometrics in Latinos with type 2 diabetes. *Diabetes* 2019; 68(Suppl 1):832-P.
- Talking the talk, walking the walk: A medical anthropologist's account of NGO navigation through health and development in Chiapas. American Anthropological Association, San Jose, 2006.
- Status of Children in Boulder County, 2008, 2010, 2012, 2014, 2016, 2018.
- Youth Risk Behavior Survey: School District Results, Boulder & Longmont, 2009, 2011, 2013, 2015.
- Using formative research to explore and address elder health and care in Chiapas, Mexico. *Anthropology and Public Health*. Hahn RA & Inhorn M. 2009: 266-298.
- Latina recruitment for cancer prevention education via Community Based Participatory Research strategies. *Contemporary Clinical Trials* 2009; 30: 47-54.
- Risk screening, emergency care, and lay concepts of complications during pregnancy in Chiapas, Mexico. *Social Science & Medicine* 2008; 66: 1057-1069.
- Formative research and participatory GIS mapping: Elder well-being in Chiapas, Mexico. *Practicing Anthropology* 2007; 29(4): 6-14.
- Moving maids: Dynamics of domestic service and development. *Política y Cultura* 2005; 23: 82-102.
- Childbirth care-seeking behavior in Chiapas. *Health Care for Women International* 2002; 23(1): 115-135.
- Si no tomara él... El consumo de alcohol y su papel en las relaciones de pareja. *Salud Mental* 2004; 27(6): 50-56.
- Studying domestic violence in Chiapas, Mexico. *Qualitative Health Research* 1998; 8(3): 377-392.