
EXPERIENCE

Manager, Health Linkages, Santa Barbara County Education Office (SBCEO), Santa Barbara, CA	2022-
Author and Reviewer, peer-reviewed journals inc. <i>Health Equity, Lancet, Social Science & Medicine</i>	2006-
Associate Director, Mil Familias Programs, Sansum Diabetes Research Institute, Santa Barbara, CA	2017-2022
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

EDUCATION & TRAINING

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 Education and Anthropology

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

PUBLICATIONS

40 peer-reviewed publications. H-index 11. See below and www.healthandculture.org

EXPERTISE IN HEALTH AND EQUITY RESEARCH, EVALUATION, AND MANAGEMENT

I. Supporting community health workers/promotores (CHW/Ps) as links to health, social services, education

Manager, Health Linkages, Santa Barbara County Education Office, Santa Barbara, CA, 2022-present.

- Oversee ~20 projects to address health and social needs with CHW/Ps, SBCEO staff, partner organizations.
- Recruit, train, equip, pay as independent contractors 65 CHW/Ps to provide health linkages countywide.
- Supervise regional coordinators and partner with the Santa Barbara County Promotores Network.
- Create budgets and implement billing procedures for community partners working with CHW/Ps.
- Manage 12+ funding streams including federal grants (e.g., CDC, ARPA) and local grants (e.g., Santa Barbara Foundation, Cottage Health). Engage in grant writing, management, and reporting.

II. Propelling diabetes and disparity research | Democratizing research and learning

Associate Director, Mil Familias Programs, Sansum Diabetes Research Institute, Santa Barbara, CA, 2017-2022.

- Managed research: created study protocol, consent, tools, metrics then collected, analyzed, synthesized data.
- Developed and conducted 6-8 research protocols annually, ensuring ethical (IRB) and regulatory compliance.
- Published peer-reviewed articles (18 in 2020-22); presented in local and professional forums.
- Led 9-person team; collaborated with education, care, IT, development, legal, accounting, marketing teams.
- Curated daily online lay Spanish/English research posts re diabetes and COVID relevant to Latinos.
- Proposed and managed \$2M federal (e.g., NSF, USDA); industry (e.g., Abbott); and private (e.g., Elsevier) grants.

Managed health and equity research initiatives by, among, and for underserved populations:

- Mil Familias: social determinants and biometrics in Latino families with type 2 diabetes (Lilly, [NCT 03830840](#)).
- Farming for Life: vegetable Rx and health outcomes in adults with/at risk of diabetes (USDA, [NCT 03940300](#)).
- Digital health studies: CGM & Meals (NSF, [NCT 04991142](#)); Digital Diabetes (Elsevier Found., [NCT 04820348](#)).
- Food as medicine randomized clinical trials: Vegetables & Semaglutide RCT (Novo Nordisk, [NCT 04938388](#)).
- COVID vaccination & risk reduction: gained CDC approval, implemented vaccination clinic, tracked outcome.

Democratization of Research & Learning:

- Trained, employed, supervised Latino/Hispanic CHW/Ps as Community Scientists.
- Mentored under/graduate students and teams, e.g., from UC Santa Barbara, Santa Barbara City College.

III. Leading public health improvement and evaluation

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, coached a team of coordinators, epidemiologists, and administrative support staff. Secured internal/external resources. Developed and monitored budgets. Oversaw contracts and grants.
- Led healthcare, school, peer agency, and community ally teams to build and evaluate public health initiatives: Co-created annual operation-evaluation plans for 24 programs. Developed online Health Data Dashboard. Co-managed inaugural Public Health Improvement Process. Ran CDC Youth Risk Behavior Survey.
- Disseminated data and results via reports, web pages, and presentations to deliver clear, consistent messages: Healthy Intended Pregnancy Report, Public Health Improvement Process, Youth Risk Behavior Survey reports, 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.

IV. Practicing applied medical anthropology in US and Mexico

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

Engaged public and providers 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, 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.

PhD in APPLIED MEDICAL ANTHROPOLOGY

- 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.
 - Glocal 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 and presentation skills. Clarify complex issues for all audiences.
-

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
-

SKILLS & KNOWLEDGE

- Monitoring & evaluation systems
- MS Office, IRB site proficiency
- 10+ years work/residence outside US
- Quant/qualitative data analytics
- Lithe independent/team player
- Fluent Spanish; French, Mayan exposure

SELECT CO/AUTHORED PUBLICATIONS Complete list, citations, pdfs at www.healthandculture.org

- Democratizing access to and understanding of health information in the era of telehealth. In *Diabetes Digital Health and Telehealth*. Elsevier. 2022.
- 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.
- The northeast glucose drift: Stratification of post-breakfast dysglycemia among predominantly Hispanic/Latino adults at-risk or with type 2 diabetes. *Lancet EClinicalMedicine*. Dec. 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.
- Farming for Life: Pilot assessment of the impact of medical prescriptions of vegetables for food insecure Latino adults with type 2 diabetes. *Nutrition and Health* 2020; 26: 9-12.
- 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.
- Status of Children in Boulder County, Boulder, 2008, 2010, 2012, 2014, 2016.
- 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.