

## CURRICULUM VITAE

**Heather Kitzman, PhD**  
**UT Southwestern Medical Center**  
**Peter O'Donnell Jr. School of Public Health**  
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### EDUCATION

#### **Southern Methodist University**

Dallas, Texas

Doctor of Philosophy, Psychology, December 2006

#### **The University of Houston**

Clear Lake, Texas

Master of Arts, Psychology (Family Therapy), December 2000

#### **The University of Texas**

Austin, Texas

Bachelor of Arts, Psychology, December 1996

### ACADEMIC APPOINTMENTS

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| 2023 – present | Associate Professor, Peter O'Donnell Jr. School of Public Health, UT Southwestern Medical Center, Dallas, Texas   |
| 2023 – present | Director, Office of Community Health and Research Engagement, Clinical and Translational Science Award, UT Southwestern Medical Center, Dallas, Texas                                       |
| 2018 – present | Clinical Associate Professor of Health Services Research, Robbins Institute for Health Policy & Leadership, Hankamer School of Business, Baylor University, Waco, Texas                     |
| 2016 – 2023    | Director of Research, Baylor Scott & White Health and Wellness Center, Baylor Scott and White Health, Dallas, Texas   |
| 2013 – 2016    | Research Core Director, NIH P20MD006882-2, Texas Center for Minority Health, Education, Research and Outreach, University of North Texas Health Science Center, Fort Worth, Texas           |
| 2010 – 2016    | Assistant Professor, Department of Behavioral and Community Health, Texas Prevention Institute, School of Public Health, University of North Texas Health Science Center, Fort Worth, Texas |

- 2010 – 2015 Adjunct Assistant Professor, Division of Community Health Sciences, Department of Clinical Sciences, UT Southwestern Medical Center, Dallas, Texas
- 2009 – 2015 Adjunct Assistant Professor, Department of Psychology, University of South Carolina, Columbia, South Carolina
- 2009 – 2010 Assistant Professor, Division of Community Health Sciences, Department of Clinical Sciences, UT Southwestern Medical Center, Dallas, Texas
- 2007 – 2009 Research Assistant Professor, Centenary Award Faculty Department of Psychology, University of South Carolina, Columbia, South Carolina

## RESEARCH EXPERIENCE/TRAINING

- 2006-2007 Research Associate, Department of Psychology, University of South Carolina, Columbia, South Carolina  
Research Director, Project ACT (Active by Choice Today)
- 1999-2006 Research Associate, Division of Research, The Cooper Institute, Dallas, Texas  
Co-Principal Investigator, Project Director, Parents and Adolescents Toward a Healthy Start (PATHS for Health)  
Project Director, Treatment with Exercise Augmentation for Depression (TREAD)  
Project Director, HealthTech (Internet) Weight Loss Study  
Group Facilitator, Clinical Weight Management Research Program  
Group Facilitator, Lifestyle Nutrition Program  
Intervention Director, Group Facilitator, Adolescent Weight-Loss Study of Meridia
- 1999-2002 LPC Intern, The Family Studies Center, Dallas, Texas
- 1997-1999 Research Assistant, The University of Texas M.D. Anderson Cancer Center, Department of Behavioral Science, Houston, Texas

## RESEARCH AND EXTERNAL SUPPORT

- 2002-2004 PATHS (Parents and Adolescents Toward a Healthy Start) for Health, Robert Hampson, PhD, Principal Investigator, **Heather Kitzman, PhD, Co-Principal Investigator (subcontract)**. The Hogg Foundation for Mental Health Research, Total Budget \$60,000.
- 2004-2009 Self-Determination for Increasing Physical Activity, Dawn K. Wilson, PhD, Principal Investigator, **Heather Kitzman-Ulrich, PhD, Co-Investigator**, Russell Pate, PhD, Co-Investigator, Ruth Saunders, PhD, Co-Investigator, Lee

Van Horn, PhD, Co-Investigator, Cheryl Addy, PhD, Co-Investigator. National Institutes of Health (NICHD), Total Budget \$3,439,145.

- 2007-2008 An Ecological Study of Barriers and Facilitators for Weight Loss in African American Families, Dawn K. Wilson, Ph.D., Principal Investigator, **Heather Kitzman-Ulrich, Ph.D., Co-Investigator**, Russell Pate, Ph.D., Co-Investigator, Marilyn Laiken, Ph.D., Co-Investigator, Ron Prinz, PhD, Co-Investigator, & Rebecca Meriwether, MD, Co-Investigator. South Carolina Research Nutrition Consortium, \$18,500.
- 2007-2008 Preventing Obesity in Children: A Project to Test the Feasibility and Efficacy of a Family Intervention to Prevent Overweight in Young Children. Rebecca A. Meriwether, MD, MPH, Principal Investigator, **Heather Kitzman-Ulrich, PhD, Co-Investigator** (in-kind), Sara Wilcox, PhD, Co-Investigator, Steven Blair, PED, Co-Investigator.
- 2007- 2010 **Heather Kitzman-Ulrich, PhD** (Faculty Mentee), Dawn K. Wilson, PhD, (Faculty Mentor), Centenary Plan, Research Faculty Position, Office of Research and Health Sciences, University of South Carolina, Total Budget \$146,301.
- 2007-2011 Improving Safety and Access for Physical Activity, Dawn K. Wilson, Ph.D., Principal Investigator, **Heather Kitzman-Ulrich, Ph.D., Co-Investigator**, Abe Wandersman, Ph.D., Co-Investigator, Patricia Sharpe, Ph.D., Co-Investigator, Sarah Griffin, Ph.D., Co-Investigator, Brent Egan, MD, Co-Investigator, Lee Van Horn, Ph.D., Co-Investigator. National Institutes of Health (NIDDK), Total Budget \$2,685,904.
- 2010-2011 Developing a network of faith-based community gardens in South Dallas, Mark DeHaven, PhD, Principal Investigator, **Heather Kitzman-Ulrich, PhD, Co-Investigator**, Don Lambert, PhD, Co-Investigator. Trammel Crow Foundation, Total Budget, \$300,000.
- 2010 – 2012 Community-Based Obesity Prevention Strategies, **Heather Kitzman-Ulrich, PhD, Consultant**, Community Council of Greater Dallas (Primary Grantee), Texas Department of State Health Services, Direct Costs \$150,000.
- 2010 – 2012 North Texas Health Equity Project, Kathryn Cardarelli, PhD, Principal Investigator, **Heather Kitzman-Ulrich, PhD, Co-Investigator**, Richard Kurz, PhD, Co-Investigator, Mark DeHaven, PhD, Co-Investigator, Roberto Cardarelli, DO, Co-Investigator, Jose Pagan, PhD, Co-Investigator, Jamboor Vishwanatha, PhD, Co-Investigator, Texas Health and Human Services Commission, Office of the Elimination of Health Disparities, Direct Costs \$38,000.

- 2010- 2011 Stomp for Life, Susan Franks, PhD, Principal Investigator, **Heather Kitzman-Ulrich, PhD, Co-Principal Investigator**, The Coca-Cola Foundation, Total Costs, \$24,968.
- 2011 – 2013 Don't Weight: Working with Health Care Practitioners, Patients, and the Public to Make the Practice of Prevention a Priority, Susan Campbell, PhD, Principal Investigator, **Heather Kitzman-Ulrich, PhD, Collaborator**, Cancer Prevention Research Institute of Texas, Direct Costs \$580,000.
- 2011 – 2012 A Motivational and Family-Based Weight Management Program for African American Adolescents, **Heather Kitzman-Ulrich, PhD, Principal Investigator**, Paul Bowman, MD, Co-Investigator, Nursrath Habiba, MD, Co-Investigator, Katheryn Dolan, PhD, Co-Investigator, UNTHSC Junior Faculty Award, Direct Costs \$19,982.
- 2011 – 2012 Safe Active Vickery, Community Council of Greater Dallas, **Heather Kitzman-Ulrich, PhD, Consultant**, Texas Department of State Health Services, Total Costs \$40,000.
- 2012 – 2014 Evaluating a Community Engaged Program to Reduce Obesity in Hispanic Families, **Heather Kitzman-Ulrich, PhD, Principal Investigator**, Mark DeHaven, PhD, Co-Investigator, Susan Franks, PhD, Co-Investigator, Sumihiro Suzuki, PhD, Co-Investigator, Jo Ann Carson, PhD, Co-Investigator, Beth Barlow Wright, MS, Co-Investigator, National Institutes of Health, Direct Costs \$117,370.
- 2012 – 2017 Reducing Obesity in African American Women through Lifestyle Enhancement, **Heather Kitzman-Ulrich, PhD, Principal Investigator**, Mark DeHaven, PhD, Co-Investigator, National Institute of Minority Health and Health Disparities, Direct Costs \$931,615.
- 2012 – 2018 Texas Center for Minority Health, Education, Research and Outreach, Jamboor Vishwanatha, MD, Principal Investigator, **Heather Kitzman-Ulrich, PhD, Research Core Director/Co-Investigator**, National Institute of Minority Health and Health Disparities, Direct Costs \$4,750,000.
- 2012 – 2018 Families Improving Together (FIT) For Weight Loss, Dawn K. Wilson, PhD, Principal Investigator, **Heather Kitzman-Ulrich, PhD, Co-Investigator (PI Subcontract)**, Ronald Prinz, PhD, Co-Investigator, M. Lee Van Horn, PhD, Co-Investigator, Kenneth Resnicow, PhD, Co-Investigator, National Institutes of Health, Direct Costs \$2,779,023.
- 2013 – 2016 Health Navigation Incentives for Dual Diagnosis Patients, Scott Walters, PhD, Principal Investigator, **Heather Kitzman-Ulrich, PhD, Co-Investigator**, Dennis Thombs, PhD, Co-I, Emily Spence-Almaguer, PhD, Co-I, Centers for Medicare & Medicaid Services, Delivery System Reform Incentive Payment Program (DSRIP 1115), Direct costs \$2,488,150.

- 2013 – 2014 Healthier Communities Initiative – Clinic to Community Partnerships, Doug Fox, Project Lead, **Heather Kitzman-Ulrich, Data and Community Consultant**, YMCA USA, Direct costs \$75,000.
- 2013 – 2014 Increasing Awareness of Cardiovascular and Diabetes Risk Among High School Donors, Kimberly Fulda, PhD, Principal Investigator, **Heather Kitzman-Ulrich, PhD, Co-Investigator**, Susan Franks, PhD, Co-Investigator, Scott Walters, PhD, Co-Investigator, Carter BloodCare Foundation, Direct Costs \$103,628.
- 2014 – 2015 Community Opportunity Funds Grant, **Heather Kitzman-Ulrich, PhD, Principal Investigator**, Junior League of Fort Worth, Direct Costs \$1,000.
- 2015 – 2016 Basic, Clinical and Community Approaches to Solving Obesity Health Disparities (R13MD009663), **Heather Kitzman-Ulrich, PhD, Principal Investigator**, Jamboor Vishwanatha, MD, Co-Investigator, National Institutes of Health (NIMHD), Direct Costs \$49,965.
- 2015 – 2017 Going National: Addressing Spiritual Factors in Public Health Education, Doug Oman, PhD, Principal Investigator, Syme, S., **Heather Kitzman-Ulrich, PhD, Co-Investigator**, Sharon Homan, PhD, Co-Investigator, Bowie, J. Sherman, B., Epstein, N., Holt, C. John Templeton Foundation, Direct Costs \$189,598.
- 2018 – 2020 Identifying a Cardiorenal Protective Diet in a Lower Income Population with Chronic Kidney Disease at Risk for Cardiovascular Disease, **Heather Kitzman, PhD, Principal Investigator**, Donald Wesson, MD, MBA, Co-Investigator, Kristen Tecson, PhD, Co-Investigator, Peter McCullough, MD, Co-Investigator, Teodoro Bottiglieri, PhD, Co-Investigator. Baylor Healthcare System Foundation, Total Costs \$50,000.
- 2018 – 2020 Reducing Chronic Kidney Disease Burden in an Underserved Population. Donald Wesson, MD, MBA, Principal Investigator, **Heather Kitzman, PhD, Co-Investigator**, Kristen Tecson, PhD, Co-Investigator. National Institute of Diabetes and Digestive and Kidney Diseases, Total Costs \$441,183.
- 2018 – 2022 All of Us Research Program. Alan Stephens, PhD, Principal Investigator, Cara East, MD, Co-Principal Investigator, Michael DiMaio, MD, Co-Principal Investigator, Crawford Allison, MD, Co-Principal Investigator, Michael Mack, MD, Co-Principal Investigator, **Heather Kitzman, PhD, Co-Investigator, Site PI, Community Engagement Lead**. National Institutes of Health. Total Costs, \$14,500,000.
- 2018 – 2019 Impacting Access and Health: Farm Stands and Veggie-Scripts in South Dallas. **Heather Kitzman, PhD**, Principal Investigator, Bank of America Trust, \$25,000.

- 2019 – 2019 Walk with Ease Demonstration Project. **Heather Kitzman, PhD**, Principal Investigator, National Association of Chronic Disease Directors (Centers for Disease Control), \$16,000.
- 2018 – 2020 Evaluating the Integrated Care Initiative, **Heather Kitzman, PhD**, Project Lead, Agnes Cluthe Oliver Foundation, \$28,000.
- 2019 – 2020 Building Provider Capacity to Screen, Test, and Refer Disparate Populations with Prediabetes, Michael Bowen, PhD, Principal Investigator, **Heather Kitzman, PhD**, Co-Principal Investigator, American College of Preventive Medicine, \$33,500.
- 2019 – 2021 A Pilot Study Comparing Dietary Approaches to Decrease Hypertension in a Lower Income, African American Population at Risk for Cardiovascular Disease, Aisha Montgomery, MD, MPH, Principal Investigator, **Heather Kitzman, PhD**, Co-Investigator, Laura Saslow, PhD, Co-Investigator, Abdullah Mamun, Co-Investigator, Baylor Healthcare System Foundation, \$50,000.
- 2019 – 2020 Tweeners Summer and After-School Programs to Improve Well-Being at Juanita J. Craft Recreation Center, The Dallas Foundation, \$60,690.
- 2019 – 2021 Building and Deploying a Genomic-Medicine Risk Assessment Model for Diverse Primary Care Populations, Lori Ann Orlando, MD, Principal Investigator, **Heather Kitzman, Co-Investigator/Site PI**, National Institutes of Health, Total Costs, \$2,967,476.
- 2020 – 2021 EPIC Referrals for Walk with Ease. **Heather Kitzman, PI**, National Association for Chronic Disease Directors, \$25,000.
- 2020 – 2023 The Family Diabetes (FAM-D) Project to Improve Diabetes Control in African American Adults. **Heather Kitzman, PI**, Alan Stevens, Co-I, Priscilla Hollander, Co-I, Mamun Abdullah, Co-I, American Diabetes Association, Total costs \$586,928. *On hold due to COVID-19.*
- 2020 – 2022 Integrated Population Health (I-POP) Study to Improve Health Outcomes in Uninsured Adults. **Heather Kitzman, PI**, Michael Bowen, Co-I, Communities Foundation of Texas Caruth 360 Degrees of Health, Total costs \$600,000.
- 2020 – 2022 Comparing Patient-Reported Impact of COVID-19 Shelter-in-Place Policies and Access to Containment and Mitigation Strategies, Overall and in Vulnerable Populations. Mark Pletcher, PI, Thomas Carton, PI, **Heather Kitzman, Site PI/Co-I**, Patient-Centered Outcomes Research Institute (PCORI), Total costs \$4,979,798.
- 2021 – 2022 Increasing COVID-19 Vaccination Uptake in the Southern Sector of Dallas. **Heather Kitzman, Project Lead**, The Hamon Foundation, Total costs \$500,000.

- 2021 – 2025 BESTMED: oBServational Evaluation of Second line Therapy MEDications in Diabetes. Alexander Turchin, PI, Alan Kaul, Co-PI, **Heather Kitzman, Site PI/Co-I**, Patient-Centered Outcomes Research Institute (PCORI). Total costs, \$5,552,976.
- 2021 – 2024 Long-term comparative effectiveness of once-daily oral semaglutide versus any other oral glucose-lowering medication in a real-world adult population with type 2 diabetes on metformin monotherapy in US based health care systems – a pragmatic randomized trial. **Heather Kitzman, PI**, Novo Nordisk NN9924-4558/REALYSE. Total costs \$1,200,000.
- 2021 – 2026 PRagmatic; Evaluation of evENTs And Benefits of Lipid-lowering in oldEr Adults (PREVENTABLE). **Heather Kitzman, Site PI/Co-I**, Karen Alexander, PI, National Institutes of Health. Total costs \$350,000 (site budget).
- 2022 – 2023 Improving Minority Participation in Clinical Trials (IMPACT): A mixed methods qualitative study leveraging a community-based participatory research infrastructure. **Heather Kitzman, PI**, Leilani Dodgen, Co-I. Merck. Total costs \$145,575.
- 2022 – 2024 Evaluating Cologuard as compared to FOBT in a primarily uninsured ethnic minority population: Patient experience and return rate. **Heather Kitzman, PI**, Ronan Kelly, MD, Co-PI, Exact Sciences. Total costs \$180,000.
- 2023 – 2027 Evaluating a population health model expansion: A place-based quasi-experimental study linking medical and social services. Leilani Dodgen, PhD, Co-PI, **Heather Kitzman, Co-PI**, Andrea Harris, Co-I, Southern Star Medical Research Institute. Total costs \$1,872,242.
- 2023 – 2026 UT Southwestern Center for Translational Medicine. Robert Toto, MD, PI, Heather Kitzman, Co-I, NIH/NCATS, \$39,769,129.

#### **REFEREED JOURNAL ARTICLES**

Prokhorov, A. V., Padgett, D. I., Wetter, D. W., Le, T. T., & **Kitzman, H.** (1998). Spit tobacco intervention in dental practice: Recommendations for clinicians. *Texas Dental Journal*, 115 (6), 59-63.

Prokhorov, A.V., Wetter, D.W., Padgett, D., de Moor, C.A., Le, T., & **Kitzman, H.** (2002). Spit tobacco prevention and cessation counseling: statewide survey of health-care professionals and educators. *Substance Use & Misuse*, 37(2), 171-197.

Hamilton, N. A., Karoly, P., & **Kitzman, H.** (2004). Self-regulation and chronic pain: The role of emotion. *Cognitive Therapy and Research*, 28 (5), 559-576.

Hamilton, N. A., **Kitzman, H.**, & Guyotte, S. (2006). Enhancing health and emotion: Mindfulness as a missing link between cognitive therapy and positive psychology. *Journal of Cognitive Psychotherapy: An International Quarterly*, 20 (2), 123 – 134.

Hamilton, N.A., Nelson, C., Stevens, N., & **Kitzman, H.** (2007). Sleep and psychological well-being. *Social Indicators Research*, 82, 147-163.

Wilson, D. K., **Kitzman-Ulrich, H.**, Williams, J. E., Saunders, R., Griffin, S., Pate, R., Van Horn, L., Evans, A., Sisson, S. B., Hutto, B., & Addy, C. (2008). An overview of the Active by Choice Today (ACT) for increasing physical activity. *Contemporary Clinical Trials*, 29(1), 21-31.

**Kitzman-Ulrich, H.**, Hampson, R., Wilson, D. K., Presnell, K., Brown, A., & O’Boyle, M. (2009). An adolescent weight loss program integrating family variables reduces energy intake. *Journal of The American Dietetic Association*, 109 (3), 491-496.

Wilson, D. K., Griffin, S., Saunders, R., **Kitzman-Ulrich, H.**, Myers, D., Mansard, L. (2009). Using process evaluation for program improvement in dose, fidelity and reach: The ACT trial experience. *International Journal of Behavioral Nutrition and Physical Activity*, 6, 79.

**Kitzman-Ulrich, H.**, Wilson, D. K., St. George, S. M., Lawman, H., Segal, M., & Fairchild, A. (2010). The integration of a family systems approach for understanding youth obesity, physical activity, and dietary programs. *Clinical Child and Family Psychology Review*, 13, 231-253.

**Kitzman-Ulrich, H.**, Wilson, D. K., Van Horn, M. L., & Lawman, H. (2010). The relationship of body mass index and psychosocial factors on physical activity in underserved adolescent males and females. *Health Psychology*, 29, 506-513.

Wilson, D. K., Trumpeter, N. N., St. George, S. M., Coulon, S., Griffin, S., Van Horn, M. L., Lawman, H., Wandersman, A., Egan, B., Forthofer, M., Goodlett, B., **Kitzman-Ulrich, H.**, & Gadson, B. (2010). An overview of the “Positive Action for Today’s Health” (PATH) trial for increasing walking in low income, ethnic minority communities. *Contemporary Clinical Trials*, 31, 624-633.

Lawman, H.G., Wilson, D.K., Van Horn, M.L. Resnicow, K., & **Kitzman-Ulrich, H.** (2011). The relation between psychosocial correlates and physical activity in underserved adolescent boys and girls in the ACT Trial. *Journal of Physical Activity and Health*, 8, 253-261.

Wilson, D.K., Van Horn, M. L., **Kitzman-Ulrich, H.**, Saunders, R., Pate, R., Lawman, H., Hutto, B., Griffin, S., Zarrett, N., Addy, C., Mansard, L., Mixon, G., & Brown, P. (2011). Results of the “Active By Choice Today” (ACT) Randomized Trial for Increasing Physical Activity in Low Income and Minority Adolescents. *Health Psychology*, 30, 463-471.

**Kitzman-Ulrich, H.**, Wilson, D.K., St. George, S.M., Segal, M., Schneider, E., Kugler, K. (2011). A preliminary test of a motivational and parenting weight loss program targeting low income and minority adolescents. *Childhood Obesity*, 7, 379-384.

Chambliss, H., Huber, R. C., Finley, C. E., McDoniel, S., **Kitzman-Ulrich, H.**, & Wilkinson, J. (2011). Computerized self-monitoring and technology-assisted feedback for weight loss with and without an enhanced behavioral component. *Patient Education and Counseling*, 85(3),375-382.

DeHaven, M., **Kitzman-Ulrich, H.**, Gimpel, N., Culica, D., O'Neil, L., Marcee, A., Foster, B., Biggs, M., & Walton, J. (2012). The effects of a community-based partnership, Project Access Dallas (PAD), on emergency department utilization and costs among the uninsured. *Journal of Public Health* doi: 10.1093/pubmed/fds027.

Alia, K.A., Wilson, D.K., St. George, S.M., Schneider, E., **Kitzman-Ulrich, H.** (2013). Interaction between parent BMI and parental limit setting of sedentary behaviors of weight-related outcomes in a sample of predominately African American adolescents. *Journal of Pediatric Psychology*. 38 (3), 321-329.

Schneider, E.M., Wilson, D.K., **Kitzman-Ulrich, H.**, St. George, S.M., & Alia, K.A. (2013). The associations of parenting factors with adolescent body mass index in an underserved population. *Journal of Obesity*. doi:10.1155/2013/715618

**Kitzman-Ulrich, H.**, Momoh, J., Martin, A, DeHaven, M. Community gardens. (2013) In Oxford Bibliographies for Public Health. Ed. David McQueen. New York: Oxford University Press, May 2013, <http://www.oxfordbibliographies.com/>.

Wilson, D., Alia, K., **Kitzman-Ulrich, H.**, Resnicow, K. (2013). Effects of a tailored web-based intervention on promoting fruit and vegetable intake in African American families, *Childhood Obesity*, 10 (1), 77-84.

Alia, K.A., Wilson, D.K., McDaniel, T., St. George, S.M., **Kitzman-Ulrich, H.**, Smith, K., Heatley, V., Wise, C. (2015). Development of an Innovative Process Evaluation Approach for the Families Improving Together (FIT) for Weight Loss Trial in African American Adolescents. *Evaluation and Program Planning*, 49, 106-16.

Wilson, D., **Kitzman-Ulrich, H.**, Resnicow, K., L.Van Horn, St. George, S., Siceloff, E., Alia, K., McDaniel, T., Heatley, V., Huffman, Coulon, S., M., Prinz, R. (2015). An overview of the Families Improving Together (FIT) for Weight Loss randomized controlled trial in African American Adolescents, *Contemporary Clinical Trials*, 42, 145-57.

Yan, S., Hong, X., Yang, Z., Yu, H., Liu, S., Quan, W. , Xu, J., Xiao, H., Wan, X., Zhu, L., Cheng, W., Zhang, X., Li, L., **Kitzman-Ulrich, H.**, Ngugi, G., DeHaven, M. (2016). The prevalence of diabetes and health related quality of life among rural to urban “Nong Zhuan Fei (NZF)” migrants in an urban area of Northern China, *Public Health Reports*, 131; 167-176.

**Kitzman-Ulrich, H.**, Lyerly, J., Wilson, D. K. (2016) Qualitative Perspectives from African American Youth and Caregivers for Developing the Families Improving Together (FIT) for Weight Loss Intervention, *Clinical Practice in Pediatric Psychology*, 4(3); 263-274.

Huffman, L., Wilson, D., **Kitzman-Ulrich, H.**, Lyerly, J., Gause, H., Resnicow, K. (2016).

Associations between culturally-relevant recruitment strategies and participant interest, enrollment, and generalizability in a weight-loss intervention for African American families, *Ethnicity & Disease*, 26(3); 295–304.

William, Y., Board, A., **Kitzman-Ulrich, H.** (2016). Stressors and coping strategies among female South Asian community health workers in Dallas, Texas, *Texas Public Health Journal*, 68(4); 11-14.

Wilson, D.K., Sweeney, A.M., **Kitzman-Ulrich, H.**, Gause, H., & St. George, S. (2017) Promoting Social Nurturance and Positive Social Environments to Reduce Obesity in High-Risk Youth. *Clinical Child and Family Psychology Review*, 20(1); 64-77. doi: 10.1007/s10567-017-0230-9.

**Kitzman, H.**, Dodgen, L., Mamun, A., Slater, J.L., King, G., Slater, D., King, A., Mandapati, S., DeHaven, M. (2017). Community-based participatory research to design a faith-enhanced diabetes prevention program: The Better Me Within randomized trial. *Contemporary Clinical Trials*, 62; 77-90.

Tan, M., Mamun, A., **Kitzman, H.**, Mandapati, S.R., Dodgen, L. (2017). Association of neighborhood disadvantage and allostatic load in African American women at risk for obesity-related diseases. *Preventing Chronic Disease*, 14: 170143.

Wesson, D., **Kitzman, H.**, Halloran, K., Tecson, K. (2018). Innovative population health model associated with reduced emergency department use and inpatient hospitalizations. *Health Affairs*, 37(4): 543-550.

Wesson, D., **Kitzman, H.** (2018). How academic health systems can achieve population health in vulnerable populations through value-based care: the critical importance of establishing trusted agency. *Academic Medicine*, 93(6): 839-842.

Wilson, D.K., Sweeney, A.M., Law, L. H., **Kitzman, H.**, Resnicow, K. (2019). Web-based program exposure and retention in the Families Improving Together (FIT) for Weight Loss Trial, *Annals of Behavioral Medicine*, 53: 399–404.

Tan, M., Mamun, A., **Kitzman, H.**, Dodgen, L. (2019). Longitudinal changes in allostatic load during a randomized church-based, lifestyle intervention in African American women, *Ethnicity and Disease*, 29(2): 297-308. doi: 10.18865.

Law, L., Wilson, D.K., Mijares, S., **Kitzman, H.**, Kipp, C. (2020). Families Improving Together (FIT) for weight loss: a resource for translation of a positive climate-based intervention into community settings. *Translational Behavioral Medicine*, 10(4):1064-1069.

Wesson, D., **Kitzman, H.**, Montgomery, A., Parnell, W., Vilayvanh, B., Allison, P., & Tecson, K. (2020). A population health dietary intervention for African American adults with chronic kidney disease: The Fruit and Veggies for Kidney Health randomized study, *Contemporary Clinical Trials Communications*, Feb 4; 17:100540. doi: 10.1016/j.conctc.2020.100540.

Mamun, A., **Kitzman, H.**, Dodgen, L. (2020). Reducing metabolic syndrome through a community-based lifestyle intervention in African American women. *Nutrition, Metabolism and Cardiovascular Diseases*, Jun 12; (20) 30232-5. doi: 10.1016/j.numecd.2020.06.005.

DeHaven, M., Gimpel, N., **Kitzman, H.**, Gutierrez, D., Revens, K. (2020). Designing Health Care: A community health science solution for reducing health disparities by integrating social determinants and the effects of place. *Journal of Evaluation in Clinical Practice*, 26:1564–1572. DOI: 10.1111/jep.13366.

Osuji, T., Frantsve-Hawley, J., Perez Jolles, M., **Kitzman, H.**, Parry, C., Gould, M. (2020). Methods to identify and prioritize research projects and perform embedded research in learning healthcare systems, *Health Care*, 8 (4); 100476. doi.org/10.1016/j.hjdsi.2020.100476.

**Kitzman, H.**, DaGraca, B., Mamun, A., Collinsworth, A., Halloran, K., Masica, A. (2021). Embedded health systems science as a driver of care improvement within an integrated delivery organization. *Health Care*, 8 (supplement 1). doi.org/10.1016/j.hjdsi.2020.100497.

**Kitzman, H.**, Mamun, A., Dodgen, L., King, G., King, A., Slater, J.L., Slater, D., DeHaven, M. (2021). Better Me Within Randomized Trial: Faith-Based Diabetes Prevention Program for Weight Loss in African American Women, *American Journal of Health Promotion*, Vol. 35(2) 202-213. doi.org/10.1177/0890117120958545.

DeHaven, M.J., Gimpel, N.A., **Kitzman, H.** (2021). Working with communities: Meeting the health needs of those living in vulnerable communities when Primary Health Care and Universal Health Care are not available. *J Eval Clin Pract.* 27(5):1056-1065. doi: 10.1111/jep.13495.

Wilson, D., Sweeney, A., Van Horn, M.L., **Kitzman, H.**, Law, L., Loncar, H., Kipp, C., Brown, A., Quattlebaum, M., McDaniel, T., St. George, S., Prinz, R., & Resnicow, K. (2022). The Results of the Families Improving Together (FIT) for Weight Loss Randomized Trial in Overweight African American Adolescents, *Annals of Behavioral Medicine*, 2022; kaab110, <https://doi.org/10.1093/abm/kaab110>.

**Kitzman, H.**, Tecson, K.M., Mamun, A., Yeramaneni, S., Halloran, K., Wesson, D. (2022). Population health strategies integrated into primary care: Associations with health outcomes and hospital use in the uninsured. *Ethnicity and Disease*, 32 (2), 91-100.

Montgomery, A., Best, L., **Kitzman, H.**, Khan, M., Mamun, A., Aguilon, A., & Granberry, K. (2022). Effect of comprehensive multi-provider primary care visits in type 2 diabetes management in a primarily uninsured, ethnic minority population: the Comprehensive Care Initiative (CCI) program. *Journal of Primary Care and Community Health*, 13: 1–4. doi.org/10.1177/21501319221088819.

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Mamun, A., Halloran, K., **Kitzman, H.** Utilizing Faith Based Volunteers to Delivery Care Coordination to Reduce Hospital Utilization, 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine San Francisco, CA, 2020.

Montgomery, A., Mamun, A., Wesson, D., **Kitzman, H.** A Community-Based Dietary Intervention to Reduce Cardiovascular Disease Risk Factors in a Primarily Uninsured, Ethnic Minority Population, 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine San Francisco, CA, 2020.

Montgomery, A., Mamun, A., **Kitzman, H.**, Dodgen, L. Effects of stress and salivary estradiol level on weight loss in African American women enrolled in a faith-based diabetes prevention program, Academy Health Annual Research Meeting, Virtual, 2020.

**Kitzman, H.**, Mamun, A., Halloran, K., Harris, A. Comparing Evidence-Based Diabetes Management and Prevention Programs in an Uninsured, Low-Income Population, Academy Health Annual Research Meeting, Virtual, 2020.

Granberry, K., Harris, A., Zurita, A., Abdullah, M., Khan, M., **Kitzman, H.** Effectiveness of Medical Nutrition Therapy (MNT) for improved HbA1c and weight loss in a Low-Income Population, Food & Nutrition Conference & Expo, 2020.

Wilson, D, Sweeney, A., Van Horn, ML, **Kitzman, H.**, Resnicow, K. The Effects of the Families Improving Together (FIT) for Weight Loss Trial on Physical Activity Outcomes in African American Families, 16th International Congress of Behavioural Medicine, virtual, 2021.

Mahbuba, K., Avina, M., Harris, A., & **Kitzman, H.** Comparing Effectiveness of in-Person and Virtual Delivery of Lifestyle Change Programs in a Low-Income Population: Lessons Learned during COVID-19, Academy Health Annual Research Meeting, Virtual, 2021.

Montgomery, A., Best, L., **Kitzman, H.**, Khan, M., Mamun, A., Aguillon, A., & Granberry, K. An Integrated Care Model to Improve Diabetes Outcomes in a Primarily Uninsured, Ethnic Minority Population. Academy Health Annual Research Meeting, Virtual, 2021.

Granberry, K., Harris, A., Aguillon, A., Kahn, M., & **Kitzman, H.** Comparison of the Effectiveness of Medical Nutrition Therapy by Telehealth and In-Person Delivery. Food and Nutrition Conference and Expo, Virtual, 2021.

Montgomery, A., Kahn, M., Wesson, D., **Kitzman, H.** A Dietary Intervention in a Food Desert Community to Reduce Cardiovascular Disease in a Primarily Uninsured, Ethnic Minority Population. NHLBI Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science, Virtual, 2021.

Ajoku, B., Mamun, A., Montgomery, A., Dodgen, L., **Kitzman, H.** Assessing Changes in Postpartum Type 2 Diabetes Screening Rates Following a Paradigm Shift in Postpartum Care. CityMatCH Leadership and MCH Epidemiology Conference (Virtual), 2021.

Montgomery, A., Kahn, M., Wesson, D., **Kitzman, H.** The Fruit and Veggies for Kidney Health Randomized Study Improves Kidney Protection in African Americans, Society of Behavioral Medicine Annual Meeting, Baltimore, 2022.

Patel, M., Montgomery, A., Khan, M., Allison, P., **Kitzman, H.** A Dietary Intervention to Reduce Cardiovascular Disease Risk in African Americans with Chronic Kidney Disease and Hypertension. Society of Behavior Medicine: 43<sup>rd</sup> Annual Meeting & Scientific Sessions – The Urgency of Adaptation, Poster Presentation, Baltimore, 2022.

Strauss, A. M., Ajoku, B., Dodgen, L., Montgomery, A., **Kitzman, H.** Successes and Persistent Barriers in FV for Kidney Health Study: Perspectives from African Americans with Kidney Disease. Society of Behavioral Medicine Annual Meeting, Baltimore, 2022.

Khan, M., Sanchez, K., da Graca, B., Mcstay, F., **Kitzman, H.** Transition to Telehealth for Primary Care and Behavioral Health by Low-Income and Ethnic Minority Adults During COVID-19. Society of Behavioral Medicine Annual Meeting, Baltimore, 2022.

Khan, M., **Kitzman, H.**, Montgomery, A., Dodgen, L. Neighborhood socioeconomic status predicts 10-year cardiovascular disease risk in overweight African American women. Society of Behavioral Medicine Annual Meeting, Baltimore, 2022.

Ajoku, B., Strauss, A. M., Dodgen, L., Allison, P., Montgomery, A., **Kitzman, H.** Communicated Impact of CHW-led Cooking Class in the Fruit and Vegetable for Kidney Health Study, Texas Public Health Association Annual Meeting, Virtual, 2022.

Montgomery, A., **Kitzman, H.**, Khan, M., Wesson, D. Reducing Kidney Injury with Dietary Fruits and Vegetables: The Importance of Adjunctive Cooking Instructions, National Kidney Foundation SCM22, Boston, 2022.

Da Graca, B., **Kitzman, H.**, Khan, M., McStay, F. Evaluating Behavioral Telehealth Use in Community Care Clinics from EHR Data: Lessons Learnt, AcademyHealth Health Datapalooza and National Health Policy Conference, Arlington, VA, 2022.

Da Graca, B., **Kitzman, H.**, Khan, M., McStay, F. Use of Telehealth during COVID-19 in Community Care Clinics Serving Uninsured Patients, AcademyHealth Health Datapalooza and National Health Policy Conference, Arlington, VA, 2022.

Vargas, C., Allison, P., Dodgen, L., **Kitzman, H.** Weekly Monitoring to Improve Program Implementation in the Integrated Population (I-POP) Health Study Community Health Worker-Led Navigation Program in South Dallas, [Oral presentation]. American Public Health Association Annual Meeting & Expo, Boston, MA, 2022.

Dodgen, L., **Kitzman, H.**, Spence, E., Abdullah, M., Walters, S.T., & Cervantes, D. What's theory got to do with it: measuring effects of theory on lifestyle behaviors and weight in the Better Me Within Trial. [Oral presentation]. American Public Health Association Annual Meeting & Expo, Boston, MA, 2022.

Scruggs, E., Harris, A., Dodgen, L., & **Kitzman, H.** Community health and wellness membership model to reduce chronic health disparities among at-risk population in Dallas, Texas. [Oral presentation]. American Public Health Association Annual Meeting & Expo, Boston, MA, 2022.

Bowen, M., Chen, P., McGuire, M., Dodgen, L., **Kitzman, H.**, Tiro, J., Halm, E., Hogan, T. Developing Targeted, Tailored Outreach Strategies to Reach and Engage Minority Communities in Type-2 Diabetes Screening through Experience-Based Co-Design. American College of Preventive Medicine Annual Conference, 2023.

## **HONORS AND AWARDS**

*Society of Behavioral Medicine, 2003 Meritorious Student Poster Award:*

**Kitzman, H. E.**, Barlow, E. C., Kampert, J. B., Sinclair, E. L., Dunn, A. L., & Hamilton, N. A. (2003). *Social support and family functioning as predictors of maintenance of physical activity*. Presentation at the annual convention of the Society of Behavioral Medicine, Salt Lake City Utah.

*Association for Prevention Teaching and Research Symposium, 2017 First Place Student Research Award:*

Tan, M., Mandapati, S., **Kitzman, H.** Metabolic Biomarkers of Allostatic Load in African American Women, Association for Prevention Teaching and Research Symposium, 2017, Savannah, GA.

*Dorothy Nyswander Paper of the Year for 2021:*

**Kitzman, H.**, Mamun, A., Dodgen, L., King, G., King, A., Slater, J.L., Slater, D., DeHaven, M. (2021). Better Me Within Randomized Trial: Faith-Based Diabetes Prevention Program for

Weight Loss in African American Women, *American Journal of Health Promotion*, Vol. 35(2) 202-213. doi.org/10.1177/0890117120958545.

*The “Best of 2021 List” of Health Promotion Researchers, American Journal of Health Promotion*. Volume: 36 issue: 2, page(s): 232-235

- 2002 Southern Methodist University Dedman Scholar
- 2003 Southern Methodist University Dedman Scholar
- 2003 Southern Methodist University Summer Research Fellowship
- 2004 Southern Methodist University Summer Research Fellowship
- 2007 University of South Carolina, Centenary Award Research Faculty Position

### PROFESSIONAL AFFILIATIONS

Academy Health  
Society for Behavioral Medicine  
American Public Health Association  
American Heart Association

### INVITED PRESENTATIONS

**Kitzman, H.** (2000). *A Mental Health Model for Head Start Systems*. Texas Head Start Association 15<sup>th</sup> Annual Training Conference, Dallas, Texas.

**Kitzman, H.** (2001) *Counseling Skills: Individuals and Groups*. Presentation at the Cooper Institute Developing Lifestyle Physical Activity Programs Workshop, Dallas, Texas.

**Kitzman, H.** (2001) *Working with Difficult Participants or Clients*. Presentation at the Cooper Institute Developing Lifestyle Physical Activity Programs Workshop, Dallas, Texas.

**Kitzman-Ulrich, H.** (2010). *Developing community approaches for obesity treatment and prevention in underserved populations*. Pediatric Grand Rounds, University of North Texas Health Science Center, Ft. Worth, Texas.

**Kitzman-Ulrich, H.** (2012). *Community-Based Programs for Obesity Prevention, Treatment, and Healthy Lifestyle Behaviors*. Texas Public Health Association Annual Meeting, Arlington, Texas.

**Kitzman-Ulrich, H.** (2014). *Lending a Helping Hand: Community Based Medicine and Research*. Capra Research Symposium, The University of Texas Southwestern Medical Center. Dallas, TX.

**Kitzman-Ulrich, H.** (2013). *Community-Based Assessments*, AIM-HI, TCOM Family Medicine Resident Program, Fort Worth, Texas.

**Kitzman-Ulrich, H.** (2014). *Community-Based Strategies to Prevent Obesity and Diabetes*, University of Mexico, Toluca, Mexico.

**Kitzman-Ulrich, H.** (2015). *Community Based Approaches to Reduce Obesity*, United to Serve Elective Speaker, UT Southwestern Medical Center, Dallas, TX.

**Kitzman-Ulrich, H.** (2016). *Community Health and Type 2 Diabetes*, DISD Invited Speaker, T. J. Rusk Middle School, Dallas, TX.

**Kitzman-Ulrich, H.** (2016). *Community-Based Programs to Improve Obesity and Chronic Disease in Health Disparity Populations*, Texas Women's University, Denton, TX.

**Kitzman-Ulrich, H.** (2016). March of Dimes Grand Rounds 2016: *Health Disparities in the African American Community Related to Obesity, Type 2 Diabetes and Cardiovascular Disease*, Dallas, TX.

**Kitzman, H.** (2018). *Insights into Non-Academic Careers*, The University of North Texas Health Science Center, Fort Worth, TX.

**Kitzman, H.** (2018). *Healthcare Services Research: Value-Based Care, Population Health, and Community Engagement*, Waco Family Health Center, Waco, TX.

**Kitzman, H.** (2018). *Healthcare Services Research: Value-Based Care, Population Health, and Community Engagement*, Kaiser Permanente, Pasadena, CA.

**Kitzman, H.** (2019). *Integration of Walk with Ease within a Community Care Clinic*. CDC Arthritis Program Meeting, Washington DC.

**Kitzman, H.** (2019). *Building Provider Capacity to Address Diabetes Prevention*. Prevention 2019 Meeting, Pittsburgh, PA.

**Kitzman, H.** (2020). *The Use of Logic Models to Improve Community-Based Initiatives*. The Dallas Foundation, Dallas, TX.

**Kitzman, H.** (2020). *Using Patient Portals and Medical Health Records as a Tool for Arthritis and Lupus Self-Management Practices*. National Association of Chronic Disease Directors, NACDD Community Clinical Linkages Webinar.

**Kitzman, H.** (2020). *The Health Equity Implications of the Hospital Readmissions Reduction Program and Value Based Care*, Chair, Academy Health Annual Research Meeting, Virtual.

**Kitzman, H. & Bowen, M.** (2020). *Building Provider Capacity to Address Diabetes Prevention*, Preventive Medicine 2020, Virtual.

**Kitzman, H., Fernández-Peña, J. R., Rico, E. G., Johansson, B., & Rios, E.** (2020). *All of Us Research Program: Fireside Chat Series*. American Hispanic Medical Association, Virtual.

**Kitzman, H.** (2021) *Value-Based Care for the Uninsured and Underinsured: Population Health Approaches to Improve Health and Reduce Costs*. Value-Based Health Care Congress, Virtual.

**Kitzman, H., Jones, J., Dharma, C. (2021).** *A Community Conversation about Health and Research.* Community Council, Chris Howell Communications, Dallas, TX.

**Kitzman, H. (2022).** *A Call to Action.* Community Council, Chris Howell Communications, Dallas, TX.

**Kitzman, H. (2022).** *Improving Diversity in Chronic Disease Research: Strategies and Lessons Learned.* The A. Webb Roberts Center for Continuing Medical Education of Baylor Scott and White, BSW Research Institute, Focus on Research, Dallas, TX.

**Kitzman, H. & Dodgen, L. (2022).** *Using Community-Based Participatory Research in Churches to Tailor the Diabetes Prevention Program for African American Women: Lessons Learned and Outcomes,* HERO (Health Enhancement Research Organization), Virtual.

## **TEACHING EXPERIENCE**

- 2002            Guest Lecturer  
Health Psychology Course (Instructor: Dr. Hamilton)  
Psychology  
Southern Methodist University
- 2006            Guest Lecturer  
Health Psychology Course (Instructor: Dr. Wilson)  
Clinical and Community Psychology  
University of South Carolina
- 2007            Guest Lecturer  
Health Psychology Course (Instructor: Dr. Wilson)  
Clinical and Community Psychology  
University of South Carolina
- 2007            Guest Lecturer  
Psychological Interventions with Children and Families (Instructor: Dr. Prinz)  
Clinical and Community Psychology  
University of South Carolina
- 2008            Guest Lecturer  
Health Psychology Course (Instructor: Dr. Wilson)  
Clinical and Community Psychology  
University of South Carolina
- 2009            Guest Lecturer  
Health Psychology/Behavioral Medicine, Psychology 783  
(Instructor: Dr. Wilson)  
Clinical and Community Psychology  
University of South Carolina

2011           Instructor  
Theoretical Foundations of Individual and Community Health  
Public Health - Social and Behavioral Sciences (SABS 5300)  
University of North Texas Health Science Center

2012 - 2015   Instructor  
Qualitative Research Methods (BACH 6310)  
University of North Texas Health Science Center

2013 - 2015   Instructor  
Research Methods (BACH 5314)  
University of North Texas Health Science Center

2013, 2014    Guest Lecturer  
Introduction to Health Disparities (BMSC 5231/HMAP5262)  
Instructor Harlan Jones  
University of North Texas Health Science Center

## **EDITORIAL EXPERIENCE**

Manuscript Review: JAMA Open, Health Affairs, Academic Medicine, Health Psychology, Journal of Consulting and Clinical Psychology, Health Education & Behavior, Journal of Marital and Family Therapy, Journal of Family Issues, Public Health Nutrition, European Journal of Clinical Nutrition, Journal of Physical Activity and Health, Translational Behavioral Medicine: Practice, Policy, and Research Childhood Obesity, International Journal of Behavioral Nutrition and Physical Activity, Pediatric Obesity, Journal of Public Health, Journal of Clinical Lipidology, American Journal of Preventive Medicine, Trials, Psychology of Religion and Spirituality, Texas Public Health Journal, Progress in Community Health Partnerships: Research, Education, and Action, Sage Open, Psychoneuroendocrinology

Grant Reviewer, National Institutes of Health, Technologies/Innovations for Improving Minority Health and Eliminating Health Disparities, ZMD1 JT (A1) R, 2022.

Grant Reviewer, National Institute of Minority Health and Health Disparities, Mentored Career Development Awards (Ks), ZMD1 XLN M1 S, 2021.

Grant Reviewer, National Institute of Minority Health and Health Disparities, Research Centers in Minority Institutions (RCMI) U54, 2019, 2020.

Reviewer, Academy Health Annual Research Meeting, 2019, Theme Reviewer, 2020  
Grant Reviewer, National Institute of Minority Health and Health Disparities, Research Centers in Minority Institutions (RCMI) U54, 2019, 2020.

Grant Reviewer, National Institute of Minority Health and Health Disparities, ZMD1 XLN O2 R, NIMHD Specialized Center of Excellence (U54), 2017.

Grant Reviewer, National Institutes of Health, Eunice Kennedy Shriver National Institute of Child Health & Human Development, Academic-Community Partnership Conference Series (R13), Washington DC, 2013, 2014, 2015, 2016; (R21) 2016.

Grant Reviewer, National Institutes of Health, Time-Sensitive Obesity Policy, ZDK1 GRB-1, 2014, 2015.

Grant Reviewer, National Institutes of Health, Eunice Kennedy Shriver National Institute of Child Health & Human Development, Addressing Health Disparities in Maternal and Child Health through Community-Based Participatory Research (CBPR), NICHD ZHD1 DRG-D (55), 2015.

Reviewer, Society of Behavioral Medicine:

Abstract Review, Annual Meeting, 2008, 2009, 2010, 2011

Child and Family Health SIG, Student Research Award, 2008, 2009, 2010, 2011

Ad-Hoc Reviewer: American Psychological Association, YMCA/APA Public Education Campaign on Childhood Obesity “Healthy Kids Home”, 2009.

## **SERVICE**

- Vice-Chair, Early Career Faculty Network, University of South Carolina, 2008-2009
- Invited Participant, Nutrition Research Forum, 2007
- Member, Research Consortium on Children and Families, 2007-2009
- Expert Committee, Scale development, Minority Supplement Grant, Spring 2007
- Thesis Committee Member, Honor’s Undergraduate Thesis (Ben Goodlet), “Sex differences in physical activity in adolescents and strategies for enlisting peers”, Spring 2008
- Thesis Committee Member (Elizabeth Schneider), “Type II diabetes in adolescents: the emerging epidemic”, Spring 2009.
- Thesis Committee Member (Sara Mijares), “A qualitative study of family, peer and intrapersonal factors related to physical activity and dietary patterns in underserved African American adolescents”, Spring 2009.
- Dissertation Committee Member (Michelle Segal), “Understanding social support and self-efficacy in the context of physical activity among underserved adolescents”, Spring 2009.
- Member, Irving Childhood Obesity Task Force, 2009 - 2015
- Member, Dallas Childhood Obesity Task Force, 2009 – 2015
- Advisory Board Member, Child & Family Special Interest Group, Society of Behavioral Medicine, 2010 – 2011.
- Member, Governing Board, Vice Chair, Marathon Kids, 2011 – 2016
- Mentor, McNair Fellow, Summer 2011, Summer 2012, Summer 2014
- Junior Faculty Seed Grant Review Committee, Fall 2012
- Thesis Committee Member, University of Texas Arlington, Department of Social Work (Ashley Martin)

- Internship Supervisor (Cindy Romero), UNT Denton Social Anthropology Internship, 2011 – 2012.
- Dissertation Committee Member (Nevelyn Trumpeter)
- Mentor, Star Fellowship, 2013-2014; 2014-2015
- Doctor of Public Health, Committee Member, Faculty Internship Mentor, Jane Momoh
- Doctor of Public Health, Faculty Mentor, Devynn Taylor
- Member, Board of Directors, Tarrant Area Food Bank, 2013 – 2016
- Member, Board of Directors, Irving Family YMCA, 2014 – 2016
- Best Scholar Mentor, Qianzi Zhang, 2013-2014, 2014-2015
- TCOM summer scholar, Daniel Barrera, 2015
- Chair, Works In Progress (WIPS), 2015 – 2016
- Member, Research Committee, UNTHSC, 2014 – 2016
- Executive Member, Cardiovascular Research Institute, UNTHSC, 2015 – 2016
- Mentor, NIH Promoting Diversity in Research Training for Health Professional Students (Marissa Tan, medical student), 2016 – 2016, 2017 – 2018
- Mentor, Leilani Dodgen, PhD candidate (public health), University of North Texas Health Science Center, School of Public Health, 2013 – 2022.
- Mentor, Abdullah Mamun, PhD candidate (biostatistics), University of North Texas Health Science Center, School of Public Health, 2014 – 2019.
- Member, Communications Chair, Academy Health Disparities Interest Group, 2019 – 2021.
- Member, COVID-19 Citizen Science Study Consortium, PCORI, 2020 – 2022.
- Member, PCORI COVID-19 Citizen Scientist Publication Committee, 2021-2023.