

# Julie Ober Allen

## CONTACT INFORMATION

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Department of Health and Exercise Science  
University of Oklahoma

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Stress and Health Disparities Lab: <http://link.ou.edu/SHDLab>

## RESEARCH INTERESTS

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To better understand and intervene upon mechanisms generating disparities in chronic disease among older U.S. adults. This work focuses on how exposure to chronic stressors rooted in social inequities over the life course (e.g., discrimination, race and gender ideologies, ageism, stressful life events) influence contextual, psychosocial, biological, and behavioral determinants of health. Emphasis on Black-White health disparities, innovative community-based health interventions, and health outcomes such as diabetes, cardiovascular disease, cancers, and multimorbidity.

Health disparities/equity • stress processes, biomarkers, & coping behaviors • cardiometabolic health • community-based interventions • social & structural determinants of health • men's health • evaluation

## ACADEMIC APPOINTMENTS

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<b>Assistant Professor</b> (tenure-track), Department of Health and Exercise Science, University of Oklahoma	08/2020-present
<b>Director</b> , Stress and Health Disparities Lab, University of Oklahoma	08/2020-present
<b>Adjunct Faculty Associate</b> , Research Center for Group Dynamics (RCGD), Institute for Social Research, University of Michigan	09/2020-present
<b>Member</b> , Harold Hamm Diabetes Center, University of Oklahoma Health Sciences Center	11/2021-present
<b>Affiliated Faculty</b> , Michigan Center for Urban African American Aging Research (MCUAAAR), a collaboration of Wayne State University, Michigan State University, and the University of Michigan	09/2019-present
<b>Faculty Associate</b> , Program for Research on Black Americans (PRBA), University of Michigan	09/2019-present
<b>Faculty</b> , Group for Research on the Epidemiology of Mobility, Aging, and Psychiatry (GREMAP), University of Michigan School of Public Health	02/2018-present
<b>Sponsored Affiliate</b> , Department of Epidemiology, University of Michigan	08/2020-present
<b>Faculty Associate</b> , Gender and Health Research Lab, University of Michigan School of Social Work	01/2018-12/2018

## EDUCATION

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<b>NIA Postdoctoral Research Fellow</b> (Demography and Economics of Aging, NIH/NIA T32-AG000221), Population Studies Center, Institute for Social Research, University of Michigan, Ann Arbor, MI. Mentorship team: Arline Geronimus, Briana Mezuk, and James S. Jackson	2018-2020
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<b>PhD, Health Behavior and Health Education</b> University of Michigan School of Public Health, Ann Arbor, MI Dissertation: <i>Coping and Psychological and Physiological Distress among Black and White Men in the U.S.</i> (Co-Chairs: Cleopatra Caldwell and Daphne C. Watkins) Cognate: Social Determinants of Health and Social Equity	04/2018
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<b>MPH, Health Behavior and Health Education</b> University of Michigan School of Public Health, Ann Arbor, MI	04/2004
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<b>BA, Cultural Anthropology</b> Amherst College, Amherst, MA	05/1998
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## **AWARDS & HONORS**

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<b>Library Open Access Fund Award</b> , University of Oklahoma	2022
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<b>Atena Award Winner</b> for paper “The effects of multiple forms of discrimination on inflammatory markers: Are there differences by sex?”, American Public Health Association (APHA), Aging and Public Health Section	2021
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<b>James G. Zimmer New Investigator Research Award Finalist</b> , for paper “Developing and testing a scale assessing everyday ageism,” American Public Health Association (APHA), Aging and Public Health Section	2021
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<b>Early Career Investigator Workshop Travel Award</b> , National Institute on Aging Research Centers Collaborative Network (RCCN)	2020
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<b>PSC Research Support Awards (2)</b> , Population Studies Center, Institute for Social Research (ISR), University of Michigan	2019 & 2020
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<b>Laurence G. Branch Doctoral Student Research Award Finalist</b> , paper “Disparities and differences in physiological distress among aging Black and White men,” American Public Health Association (APHA), Aging and Public Health Section	2017
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<b>Travel Awards (5)</b> , University of Michigan Rackham Graduate School	2014-2017
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<b>Travel Awards (4)</b> , University of Michigan School of Public Health	2014-2017
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<b>Summer Training Awards (2)</b> , University of Michigan Rackham Graduate School & School of Public Health	2014 & 2017
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<b>Summer Mentored Writing Award</b> , University of Michigan School of Public Health	2016
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<b>Staff Excellence Award Finalist</b> , University of Michigan School of Public Health Nominated by students mentored in the PRC/MI research training program	2009
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<b>Dean's Scholarship Award</b> , University of Michigan School of Public Health	2002-2004
<b>Community Service and Social Justice Honors</b> , University of Michigan Ginsberg Center	2004
<b>Magna Cum Laude &amp; Departmental Honors in Anthropology/Sociology</b> , Amherst College	1998

## **PROFESSIONAL DEVELOPMENT ACTIVITIES**

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<b>Michigan Integrative Well-Being and Inequality (MIWI) Institute Scholar</b> (competitive application) University of Michigan	2021-2022
<b>Summer Scholar in Quantitative Methods</b> Interuniversity Consortium for Political and Social Research (ICPSR), Institute for Social Research (ISR), University of Michigan	2013, 2014, 2021
<b>Life Course Perspectives on Aging Workshop</b> (competitive application) NIA Research Centers Collaborative Network (RCCN)	2020
<b>Stress and Resilience: Concepts and Measures for Minority Aging Research Workshop</b> NIA, AARP, NIA Resource Centers for Minority Aging Research (RCMAR)	2018
<b>Center for Research on Ethnicity, Culture, and Health Doctoral Research Trainee</b> NIH/NIGMS 5R25GM058641-16 University of Michigan School of Public Health Mentors: Cleopatra Caldwell and Daphne C. Watkins	2014-2017
<b>Gender and Health Research Lab Doctoral Trainee</b> University of Michigan School of Social Work	2013-2017
<b>Preparing Future Faculty Certificate</b> (competitive application) University of Michigan Rackham School of Graduate Studies & Center for Research on Learning and Teaching (CRLT)	2017
<b>Summer Training on African American Aging Research</b> (competitive application) Michigan Center for Urban African American Aging Research (MCUAAAR), University of Michigan & Wayne State University	2016
<b>Undoing Racism Community Organizing Workshop</b> People's Institute for Survival and Beyond	2011
<b>Communities Working in Partnership, Building Capacity for Policy Change: Train the Trainer Workshop</b> , Detroit Community-Academic Urban Research Center, University of Michigan	2010

## **PROFESSIONAL EMPLOYMENT & CONSULTING**

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<b>Faculty Collaborator</b> , Everyday Ageism Module for the National Poll on Healthy Aging, <a href="http://www.healthyagingpoll.org/report/everyday-ageism-and-health">www.healthyagingpoll.org/report/everyday-ageism-and-health</a> , Institute for Healthcare Policy and Innovation, University of Michigan	08/2019-present
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<b>Expert Consultant on Ageism and Scale Development</b> , Global Campaign to Combat Updated 10.10.2022	11/2021 Julie Ober Allen
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<b>Evaluation Consultant</b> , YOUR Blessed Health: HIV/AIDS Prevention & Outreach through Flint Pastors' Wives, YOUR Center, Flint, MI	01/2008-05/2014
<b>Research Project Manager</b> , Department of Colorectal Surgery, University of Michigan Medical School	07/2012-09/2013
<b>Managing Director</b> , Center on Men's Health Disparities (CMHD), University of Michigan School of Public Health	11/2009-07/2012
<b>Training Team Leader</b> (2009-2010), <b>Project Manager</b> (2008-2010), <b>Research Associate</b> (2004-2008), <b>Research Assistant</b> (2002-2004), Prevention Research Center (PRC/MI), University of Michigan School of Public Health	10/2002-07/2010
<b>Project Manager</b> , Department of Food Science & Human Nutrition, Michigan State University	05/2004-09/2006
<b>Research Associate</b> (2004-2005), <b>Research Assistant</b> (2002-2004), Flint's Youth Violence Prevention Center (YVPC), University of Michigan School of Public Health	10/2002-09/2005

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**PUBLICATIONS** [orcid.org/0000-0002-3969-8130](https://orcid.org/0000-0002-3969-8130)

\* indicates student author

**ARTICLES**

1. **Allen, J.O.**, \*Elias, L.K., & \*Greenwood, J.C. (accepted, forthcoming). Differences and disparities in ageism affecting older adults: A review. *Current Epidemiology Reports*. Special issue on Aging and Ageism.
2. **Allen, J.O.**, Solway, E., Kirch, M., Singer, D., Kullgren, J., \*Moise, V., & Malani, P.N. (2022). Experiences of everyday ageism and the health of older US adults. *JAMA Network Open*, 5(6), e2217240. <http://doi.org/10.1001/jamanetworkopen.2022.17240>. Featured in articles in *Newsweek*, *HealthDay*, and *Healthline*. Received press attention in *HealthDay*, *ScienceDaily*, *AAPR online*, the World Health Organization's social media, among others.
3. **Allen, J.O.**, Mezuk, B., Byrd, D., Rafferty, J., Abelson, J., Abelson, J., \*White, C.J., & Jackson, J.S. (2022). Mechanisms of cardiometabolic health outcomes and disparities: What characteristics of chronic stressors are linked to HPA-axis dysregulation? *Journal of Aging and Health*, 34(3), 448-459. Special issue of Contemporary Research on Older Black Americans in honor of James S. Jackson. <https://doi.org/10.1177/08982643221085903>
4. **Allen, J.O.**, Solway, E., Kirch, M., Singer, D., Kullgren, J., & Malani, P.N. (2022). The Everyday Ageism Scale: Development and evaluation. *Journal of Aging and Health*, 34(2), 147-157. <https://doi.org/10.1177/08982643211036131>
5. \*Fleming, J., \*Nguyen, K., \*Winston, J., **Allen, J.O.**, Smith, J., Thornton, W., Mejia Ruiz, M.J., & Mezuk, B. (2022). Promoting sustained diabetes management: Identifying challenges and opportunities in developing an alumni peer support component of the YMCA Diabetes Control Program. *Patient Education and Counseling*, 105(5), 1322-1328.

6. Mezuk, B., & **Allen, J.O.** (2021). Invited Commentary: Rethinking the goals of diabetes prevention programs. *Diabetes Care*, 44(11), 2457-9. <https://doi.org/10.2337/dci21-0038>
7. **Allen, J.O.**, Concha, J.B., Mejía Ruiz, M.J., \*Rapp, A., \*Montgomery, J., Smith, J., Wolfson, J.A., Thornton, W., & Mezuk, B. (2020). Engaging underserved community members in diabetes self-management: Evidence from the YMCA of Greater Richmond Diabetes Control Program. *The Diabetes Educator*, 46(2), 169-80. <https://doi.org/10.1177/0145721720907059>
8. **Allen, J.O.**, Watkins, D.C., Chatters, L., & Johnson-Lawrence, V. (2020). Mechanisms of racial health disparities: Evidence on coping and cortisol from MIDUS II. *Journal of Racial and Ethnic Health Disparities*, 7(2), 207-16. <https://doi.org/10.1007/s40615-019-00648-y>
9. **Allen, J.O.**, Watkins, D.C., Mezuk, B., Chatters, L., & Johnson-Lawrence, V. (2020). Mechanisms of racial health disparities: Relationships between coping and psychological and physiological stress responses. *Ethnicity and Disease*, 30(4), 563-74. Special issue on New Investigators. <https://doi.org/10.18865/ed.30.4.563>
10. Watkins, D.C., \*Goodwill, J., \*Johnson, N.C., \*Casanova, A., Wei, T., **Allen, J.O.**, \*Williams, E.G., \*Anyiwo, N., Jackson, Z., Talley, L.M., & Abelson, J.M. (2020). An online behavioral health intervention promoting mental health, manhood, and social support for Black men: The YBMen project. *American Journal of Men's Health*, 14(4), 1-17. Special issue on Promoting Men's Health Equity. <https://doi.org/10.1177/1557988320937215>
11. **Allen, J.O.**, Watkins, D.C., Chatters, L., Geronimus, A.T., & Johnson-Lawrence, V. (2019). Cortisol and racial health disparities affecting Black men in later life: Evidence from MIDUS II. *American Journal of Men's Health*, 13(4), 1-13. [doi:10.1177/1557988319870969](https://doi.org/10.1177/1557988319870969)
12. \*Goodwill, J.R., Watkins, D.C., \*Johnson, N.C., & **Allen, J.O.** (2018). An exploratory study of stress and coping among Black college men. *American Journal of Orthopsychiatry*, 88(5), 538-49. [doi:10.1037/ort0000313](https://doi.org/10.1037/ort0000313)
13. Hawkins, J., Watkins, D.C., **Allen, J.O.**, & Mitchell, J. (2018). Identifying subgroups of Black, Hispanic, and Asian men at increased risk for comorbid depression and overweight or obesity. *Preventive Medicine Reports*, 12, 268-70. [doi:10.1016/j.pmedr.2018.10.022](https://doi.org/10.1016/j.pmedr.2018.10.022)
14. Watkins, D.C., **Allen, J.O.**, \*Goodwill, J.R., & \*Noel, B. (2017). Strengths and weaknesses of the *Young Black Men, Masculinities, and Mental Health (YBMen)* Project. *American Journal of Orthopsychiatry*, 87(4), 392-401. [doi:10.1037/ort0000229](https://doi.org/10.1037/ort0000229)
15. **Allen, J.O.** (2016). Ageism as a risk factor for chronic disease. *The Gerontologist*, 56(4), 610-4. [doi:10.1093/geront/gnu158](https://doi.org/10.1093/geront/gnu158)
16. \*Ellis, K., Griffith, D.G., **Allen, J.O.**, Thorpe, R.J., & Bruce, M.A. (2015). "If you do nothing about stress, the next thing you know, you're shattered": Perspectives on stress, coping and health among African American men. *Social Science & Medicine*, 139, 107-14. [doi:10.1016/j.socscimed.2015.06.036](https://doi.org/10.1016/j.socscimed.2015.06.036)
17. **Allen, J.O.**, Zebrack, B., Wittmann, D., Hammelef, K., & Morris, A.M. (2014). Expanding the NCCN guidelines for distress management: A model of barriers to the use of coping resources.

18. Griffith, D.M., **Allen, J.O.**, Johnson-Lawrence, V., & Langford, A. (2014). *Men on the Move*: A pilot program to increase physical activity among African American men. *Health Education and Behavior*, 41, 164-172. [doi:10.1177/1090198113496788](https://doi.org/10.1177/1090198113496788). Selected as a CHES continuing education article.
19. **Allen, J.O.**, Griffith, D.M., & Gaines, H.C. (2013). "She looks out for the meals, period": African American men's perceptions of how their wives influence their eating behavior and dietary health. *Health Psychology*, 32(4), 447-455. [doi:10.1037/a0028361](https://doi.org/10.1037/a0028361)
20. Griffith, D.M., \*Ellis, K.R., & **Allen, J.O.** (2013). An intersectional approach to social determinants of stress and African American men's health: Men's and women's perspectives. *American Journal of Men's Health*, 7(Suppl. 4), S19-30. [doi:10.1177/1557988313480227](https://doi.org/10.1177/1557988313480227)
21. Griffith, D.M., \*King, A., & **Allen, J.O.** (2013). Male peer influence on African American men's motivation for physical activity: Men's and women's perspectives. *American Journal of Men's Health*, 7(2), 169-178. [doi:10.1177/1557988312465887](https://doi.org/10.1177/1557988312465887).
22. Griffith, D.M., \*Wooley, A.M., & **Allen, J.O.** (2013). "I'm ready to eat and grab whatever I can get." Determinants and patterns of African American men's eating practices. *Health Promotion Practice*, 14(2), 181-188. [doi:10.1177/1524839912437789](https://doi.org/10.1177/1524839912437789). Selected as a CHES/MCHES continuing education article.
23. Griffith, D.M., \*Ellis, K.R., & **Allen, J.O.** (2012). How does health information influence African American men's health behavior? *American Journal of Men's Health*, 6(2), 156-163. [doi:10.1177/1557988311426910](https://doi.org/10.1177/1557988311426910)
24. Pichon, L.C., Griffith, D.M., Campbell, B., **Allen, J.O.**, Williams, T.T., & \*Addo, A. (2012). Faith leaders' comfort level implementing an HIV prevention curriculum in a faith setting. *Journal of Health Care for the Poor and Underserved*, 23(3), 1254-1266. [doi:10.1353/hpu.2012.0108](https://doi.org/10.1353/hpu.2012.0108)
25. Griffith, D.M., **Allen, J.O.**, & \*Gunter, K. (2011). Social and cultural factors influence African American men's medical help-seeking. *Research on Social Work Practice*, 21(3), 337-347. Special issues on African American males. [doi:10.1177/1049731510388669](https://doi.org/10.1177/1049731510388669)
26. Griffith, D.M., \*Gunter, K., & **Allen, J.O.** (2011). Male gender role strain as a barrier to African American men's physical activity. *Health Education and Behavior*, 38(5), 482-491. Top #5 cited HEB articles in 2012 from Publication Years 2010-2011. [doi:10.1177/1090198110383660](https://doi.org/10.1177/1090198110383660)
27. Williams, T.T., Griffith, D.M., Pichon, L.C., Campbell, B., **Allen, J.O.**, & \*Sanchez, J.C. (2011). Involving faith-based organizations in adolescent HIV prevention. *Progress in Community Health Partnerships*, 5, 425-431. [muse.jhu.edu/article/462771](https://muse.jhu.edu/article/462771)
28. Alaimo, K., Reischl, T.M., & **Allen, J.O.** (2010). Community gardening, neighborhood meetings and social capital. *Journal of Community Psychology*, 38, 497-514. [doi:10.1002/jcop.20378](https://doi.org/10.1002/jcop.20378)
29. Griffith, D.M., **Allen, J.O.**, DeLoney, E.H., Robinson, K., Lewis, E.Y., Campbell, B., Morrel-Samuels, S., Sparks, A., & Zimmerman, M.A. (2010). Community-based organizational capacity building as a strategy to reduce racial health disparities. *Journal of Primary Prevention*, 31, 31-39. [doi:10.1007/s10935-010-0202-z](https://doi.org/10.1007/s10935-010-0202-z)



30. Griffith, D.M., Campbell, B., **Allen, J.O.**, Robinson, K., & \*Stewart, S.K. (2010). YOUR Blessed Health: An HIV prevention program bridging faith and public health communities. *Public Health Reports*, 125(Suppl. 1), 4-11. [doi:10.1177/00333549101250S102](https://doi.org/10.1177/00333549101250S102)
31. Griffith, D.M., Pichon, L.C., Campbell, B., & **Allen, J.O.** (2010). YOUR Blessed Health: A faith-based, CBPR approach to addressing HIV/AIDS among African Americans. *AIDS Education and Prevention*, 22, 203-217. [doi:10.1521/aeap.2010.22.3.203](https://doi.org/10.1521/aeap.2010.22.3.203)
32. **Allen, J.O.**, Alaimo, K., Elam, D., & Perry, E. (2008). Growing vegetables and values: Benefits of neighborhood-based community gardens for youth development and nutrition. *Journal of Hunger and Environmental Nutrition*, 3(4), 418-439. [doi:10.1080/19320240802529169](https://doi.org/10.1080/19320240802529169)
33. Griffith, D.M., **Allen, J.O.**, Zimmerman, M.A., Morrel-Samuels, S., Reischl, T.M., \*Cohen, S., & \*Campbell, K. (2008). Organizational empowerment in community mobilization to address youth violence. *American Journal of Preventive Medicine*, 34(S3), S89-S99. [doi:10.1016/j.amepre.2007.12.015](https://doi.org/10.1016/j.amepre.2007.12.015)

## BOOK CHAPTERS

1. Mitchell, J., **Allen, J.O.**, & \*Perry, R. (2019). Men's health in later life: Diverse and intersecting contexts. In Griffith, D.G., Bruce, M.A., & Thorpe, R.J. (eds.), *Men's Health Equity: A Handbook*. NY: Routledge.
2. Caldwell, C.H., **Allen, J.O.**, & Assari, S. (2016). Family influences on African American men's health: Family-based interventions. Burton, L., Burton, D., McHale, S.M., King, V., & Van Hook, J. (eds.), *Boys and Men in African American Families* (pp. 195-214). Switzerland: Springer International Publishing.
3. Griffith, D.M., \*Gunter, K., & **Allen, J.O.** (2012). A systematic approach to developing contextual, culturally, and gender sensitive interventions for African American Men: The Example of *Men 4 Health*. Elk, R., & Landrine, H. (eds.), *Cancer Disparities: Causes and Evidence-Based Solutions* (pp. 193-210). NY: Springer Publishing.

## SELECT EVALUATION, TECHNICAL, & PUBLIC DISSEMINATION REPORTS

1. **Allen, J.O.**, Solway, E. Kirch, M., Singer, D., Kullgren, J., & Malani, P. (2020, July). *Everyday Ageism and Health*. University of Michigan National Poll on Healthy Aging: Ann Arbor, MI. Available at: <https://www.healthyagingpoll.org/report/everyday-ageism-and-health>. Press attention in *U.S. News and World Reports*, the *Washington Post*, *Forbes*, HealthDay, Michigan Radio, among others.
2. Watkins, D.C., **Allen, J.O.**, \*Goodwill, J.R., \*Noel, B., \*Goins, T., & \*Wilkes, C. (2015). *The YBMen Project at Jackson College*. University of Michigan: Ann Arbor, MI. Available at: [https://gendhrlab.files.wordpress.com/2015/11/ybmen\\_report\\_from\\_jackson\\_final\\_final.pdf](https://gendhrlab.files.wordpress.com/2015/11/ybmen_report_from_jackson_final_final.pdf)
3. Griffith, D. M., \*Baumhofer, K., **Allen, J.O.**, Carr, A., & Jegede, B. (2012). *Practices to Reduce Infant Mortality (PRIME) Green Paper*. Center on Men's Health Disparities: Ann Arbor, MI.
4. Griffith, D.M., \*Baumhofer, K., & **Allen, J.O.** (2012). *Practices to Reduce Infant Mortality through Equity (PRIME) Organizational Assessment with the Women, Infant and Children (WIC) Division, April/May 2012*. Center on Men's Health Disparities: Ann Arbor, MI.

5. Campbell, B., Griffith, D.M., **Allen, J.O.**, Williams, T.T., Pichon, L.C., Cabine, K., \*Sanchez, J., & Hobbs, D. (2010-2012). *YOUR Blessed Health, Annual Reports*. YOUR Center: Flint, MI.
6. **Allen, J.O.**, Griffith, D.M., \*Bridgemohan, A., & \*Sanchez, J. (2010-2005). *Community Capacity Building to Reduce Health Disparities Project: Organizational Assessment and Evaluation Reports*. Prevention Research Center of Michigan: Ann Arbor, MI.
7. Reischl, T.M., Zimmerman, M.A., Morrel-Samuels, S., Franzen, S.P, **Allen, J.O.**, & Border, K. (2009, 2008). *Participatory Evaluation of the Ruth Mott Beautification Plan, Years 1 & 2*. Prevention Research Center of Michigan: Ann Arbor, MI.
8. **Allen, J.O.**, \*Bridgemohan, A., \*Sanchez, J., \*Gesualdi, N., & Zimmerman, M.A. (2008). *Needs Assessment for the Great Lakes Camp*. Prevention Research Center of Michigan: Ann Arbor, MI.
9. Griffith, D.M., **Allen, J.O.**, Reischl, T.M., \*Bridgemohan, A., & \*Quantano, S. (2006-2008). *Prevention Research Center of Michigan Community & State Board Process Evaluations*. Prevention Research Center of Michigan: Ann Arbor, MI.
10. **Allen, J.O.**, \*Kretman, S., \*Defever, E., & Zimmerman, M.A. (2007). *Michigan Steps Up Youth Leadership and Advocacy Summit Project, 2006-2007: Evaluation*. Prevention Research Center of Michigan: Ann Arbor, MI.
11. Griffith, D.M., **Allen, J.O.**, \*Best, C., \*Brooks, S., & \*Siegmond, K. (2005). *Flint's Youth Violence Prevention Center Process Evaluation*. Flint's Youth Violence Prevention Center, Ann Arbor, MI.

#### **SELECT PRESENTATIONS (out of 81)**

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\* indicates student author

#### **PEER-REVIEWED**

1. **Allen, J.O.** (2022, June). Inflammation predicts health years later: Longitudinal evidence from the MIDUS study. Oral presentation at the annual meeting of the International Conference on Social Stress Research. Savannah, GA.
2. **Allen, J.O.**, Kirch, M., Singer, D., Kullgren, J., Malani, P., \*Moïse, V., & Solway, E. (2021, October). Developing and testing a scale assessing everyday ageism. Live lightning & pre-recorded oral presentations at the annual meeting of the American Public Health Association. Denver, CO.
3. **Allen, J.O.**, Mezuk, B., \*Ko, T., Rafferty, J., Abelson, J., \*Kalesnikava, V., & Jackson, J.S. (2020, November). Mechanisms of cardiometabolic disparities: Stressor characteristics linked to HPA-axis dysregulation. In J.O. Allen (Chair), Challenges and insights: Psychosocial stressors, physiology, and health disparities. Symposium paper presentation at the annual meeting of the Gerontological Society of America. Online. Published abstract: (2020). *Innovation in Aging*, 4(Supple 1), 573. [doi:10.1093/geroni/igaa057.1900](https://doi.org/10.1093/geroni/igaa057.1900)
4. **Allen, J.O.**, Kirch, M., Kullgren, J., Malani, P., Singer, D., & Solway, E. (2020, November). Everyday ageism and health: Evidence from the National Poll on Healthy Aging. In E. Solway (Chair), The impact of ageism on health and efforts to address it through reframing aging. Symposium paper presentation at the annual meeting of the Gerontological Society of America. Online. Published abstract: (2020). *Innovation in Aging*, 4(Supple 1), 723.



5. **Allen, J.O.** (2019, November). Deteriorating health among older adults and cortisol: Longitudinal evidence from the MIDUS study. Poster presentation at the annual meeting of the Gerontological Society of America. Austin, TX. Published abstract: (2019). *Innovation in Aging*, 3(Supple 1), S255-256. [doi:10.1093/geroni/igz038.955](https://doi.org/10.1093/geroni/igz038.955)
6. **Allen, J.O.**, Watkins, D.C., Mezuk, B., Chatters, L., & Johnson-Lawrence, V. (2019, November). Coping, psychological distress, physiological dysregulation, and racial health disparities among older men. Poster presentation at the annual meeting of the American Public Health Association. Philadelphia, PA.
7. **Allen, J.O.**, Mezuk, B., Abelson, J., Rafferty, J., & Jackson, J.S. (2019, March). Diurnal cortisol indicators following cardiac rehabilitation: Longitudinal evidence from the CREATE study. Poster presentation at the annual meeting of the American Psychosomatic Society. Vancouver, BC. Published abstract: (2019). *Psychosomatic Medicine*, 81(4), A27.
8. **Allen, J.O.**, Watkins, D.C., Chatters, L., & Johnson-Lawrence. (2018, November). Does coping matter?: Coping and chronic physiological distress among aging US Black and White men. Poster presentation at the annual meeting of the Gerontological Society of America. Boston, MA. Published abstract: (2018). *Innovation in Aging*, 2(Supple 1), 668-9.
9. **Allen, J.O.** (2017, November). Disparities and differences in physiological distress among aging Black and White men. Oral presentation at the annual meeting of the American Public Health Association. Atlanta, GA.
10. **Allen, J.O.**, \*Goodwill, J., \*Anyiwo, N., & Watkins, D.C. (2017, March-April). How race affects mental health among Black men: Voices from the YBMen Project. Poster presentation at the annual meeting of the American Men's Study Association. Ann Arbor, MI.

## INVITED

1. **Allen, J.O.**, & Solway, E. (2022, August 23). Ageism and Health. Oral grand-rounds style presentation at University of Michigan Geriatrics Clinical Conference. Online.
2. **Allen, J.O.** (2022, July). OK, Boomer Bashers: Beating Ageism through Policy, Programs and Planning. Panel presentation at the Journalists in Aging Fellows Program Webinar, a partnership of the Journalists Network on Generations and the Gerontological Society of America. Online. <https://www.youtube.com/watch?v=qipNLOC-kZA>
3. **Allen, J.O.** (2022, July). Scapegoating Older Adults—Ageism Rears Its Ugly Head: Where are the Gray Panthers When You Need Them? Panel presentation at the Ethnic Media Services national news briefing. Online. [https://drive.google.com/file/d/1Mu4KCR8hfe4xdpmKI71nSTW\\_2EeNyJip/view?usp=sharing](https://drive.google.com/file/d/1Mu4KCR8hfe4xdpmKI71nSTW_2EeNyJip/view?usp=sharing)
4. **Allen, J.O.** (2021, November). Mechanisms of cardiometabolic health outcomes & disparities: Identifying types of chronic stressors most closely linked to HPA-axis dysregulation? Oral presentation at the Michigan Integrative Well-Being and Inequality (MIWI) Institute. Ann Arbor, MI.
5. **Allen, J.O.** (2020, November). Biobehavioral stress mechanisms of health disparities among older U.S. adults. Early career investigator data blitz presentation at the NIA Research Centers

Collaborative Network (RCCN) workshop on Life Course Perspectives on Aging. Online.

6. **Allen, J.O.** (2020, August). Everyday ageism and health: Results from a National Poll. Webinar for the Gerontological Society of America's Reframing Aging Initiative.  
<https://www.youtube.com/watch?v=Sf7pXDVVhxo>
7. **Allen, J.O.** (2017, March-April). 25 years of men's health and mental health. Panel presentation and discussion at the annual meeting of the American Men's Study Association. Ann Arbor, MI.

## **RESEARCH GRANTS & FELLOWSHIPS**

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### **CURRENT**

University of Oklahoma, Vice President for Research & Partnerships (PI: Allen) 04/01/2021-03/31/2023  
Advancing Research on Ageism and Health: Psychometric Evaluation of the Everyday Ageism Scale and Health Mechanisms

This Junior Faculty Fellowship project will advance scientific research on the relationships between ageism and older adult health including: 1) further psychometric evaluation of the novel Everyday Ageism Scale; 2) investigation of how everyday ageism influences psychological, behavioral, and biological stress responses implicated in accelerated aging, chronic disease, and premature mortality; and 3) exploration of demographic variations in these phenomena.

**Role: Principal Investigator**

### **COMPLETED**

MI Center for Diabetes Translational Research (PIs: Mezuk, Kieffer, Thornton) 12/01/2018-11/30/2020  
Strengthening a Community-Engaged Partnership to Address Disparities in Diabetes Care: Developing an alumni peer support program for the YMCA Diabetes Control Program

The goals of this research are to use a community-based participatory research (CBPR) framework to conduct a theory-driven, mixed methods study to: 1) assess the feasibility and acceptability of incorporating alumni peer support into the YMCA of Greater Richmond's diabetes self-management program; and 2) evaluate the impact of incorporating peer support on recruitment, retention, and short-term diabetes care outcomes among program participants and alumni peers.

**Role: Research Associate**

P30 AG015281-21 (PI: Jackson)

07/01/2019-08/08/2020

NIH/National Institute on Aging

MCUAAAR Supplement: Biobehavioral Stress Processes and Cardiometabolic Risk

This Michigan Center for Urban African American Aging Research (MCUAAAR) administrative supplement will examine biobehavioral processes linking exposure to stressors with disparities in cardiometabolic risk among midlife and older adults using three panel studies: CREATE, TRIAD, and RSASS.

**Role: Co-Investigator and Project Coordinator**

T32-AG000221 (PI: Bound)

Fellowship: 01/02/2018-08/14/2020

NIH/National Institute on Aging & The University of Michigan Population Studies Center

This training program provides specialized cross-disciplinary demographic training, with emphasis on socioeconomic, racial, and ethnic disparities in health.

**Role: Postdoctoral Research Fellowship**

University of Michigan UROP Supplementary Research Funding (PI: Allen/Mentee: Percha)

Psychosocial and Biobehavioral Mechanisms of Stress-Related Disease Research 10/01/2018-05/05/2019  
The goal is to investigate how stress and coping with pervasive social inequities cause premature aging, chronic physiological distress, and associated racial disparities in chronic disease.

**Role: Principal Investigator**

University of Michigan Rackham Graduate School Fellowship: 09/01/2013-04/27/2018  
The Rackham Merit Fellowship (RMF) Program helps sustain the academic excellence and inclusiveness of the Michigan graduate community.

**Role: Rackham Merit Fellowship**

University of Michigan Rackham Graduate School (PI: Watkins/Mentee: Allen) 05/01/2016-08/31/2016  
Spring/Summer Mentored Research  
The goal is to support my ongoing research on the YBMen project, specifically: 1) to analyze qualitative data, co-author publications, and take the lead authorship role on a paper; 2) analyzing quantitative data; and 3) assisting with modifying the curriculum for the next iteration of YBMen.

**Role: Mentee**

R25GM058641 (PIs: Neighbors, Chatters) Assistantship/Trainee: 09/2014-04/2016  
NIH/National Institute of General Medical Sciences  
The Center for Research on Ethnicity, Culture, and Health (CRECH) training program seeks to develop basic and applied public health researchers who apply new approaches to understanding and addressing pervasive racial and ethnic disparities in health within an interdisciplinary framework that promotes effective collaboration among public health academicians, health providers, and local communities.

**Role: Doctoral Research Assistantship/Trainee**

University of Michigan Depression Center (PI: Watkins) 01/01/2014-06/31/2016  
YBMen Expansion Project  
This study proposes to revise and implement the YBMen Project three additional colleges and universities in SE MI, based on findings from pilot research and survey research data.

**Role: Project Manager**

University of Michigan Gender and Health Research Lab Fellowship: 05/01/2015-08/31/2015  
The Gender and Health Research Lab, within the School of Social Work, provides a summer fellowship for select doctoral students to support their ongoing mentoring by Lab faculty, training, and research.

**Role: Doctoral Fellowship**

UM Curtis Center in the School of Social Work (PI: Watkins) 10/01/2013-12/31/2014  
Transitions to Adulthood for Black Males: Exploring Masculinities and Mental Health through an Online Community  
This study proposes the development and pilot-testing of an Internet-based education and social support program called the *Young Black Men, Masculinities, and Mental Health (YBMen)* Project for young black men who attend Jackson College in Jackson, Michigan.

**Role: Project Manager**

University of Michigan Rackham School of Graduate Studies Fellowship: 06/01/2013-08/31/2013  
The Summer Institute (SI) provided intensive statistical and research methods training, practices and resources associated with academic/scholarly success, and peer networking to newly admitted University of Michigan doctoral students.

**Role: Summer Institute Fellowship**

RSG-11-097-01-CPHPS (PI: Morris) 07/01/2011-06/30/2015

The American Cancer Society

Patient and Provider Influences on Disparities in Colorectal Cancer Care

This study will survey recently diagnosed colorectal cancer patients in Detroit and Atlanta to examine associations between clinical, socioeconomic, and psychosocial patient factors and racial differences in use of chemotherapy.

Role: **Researcher** (2012-2013)

1U48DP001901-01 (PI: Zimmerman)

09/30/2009-09/29/2014

Centers for Disease Control and Prevention

Health Promotion and Disease Prevention Research Center

The goal is to conduct community-based participatory prevention research aimed at improving the health status and reducing morbidity and mortality among population experiencing a disproportionate share of poor health outcomes. The Demonstration Project is a social technologies enhanced, evidenced-based prevention program for STIs among 18-24 year olds.

Role: **Training Team Leader/Project Manager** (2009-2010)

1R21DK095257 (PI: Griffith)

04/01/2012-03/31/2014

National Institutes of Health/NIDDK

Tailoring Messages to Promote Healthy Eating and Physical Activity for African American Men

This project will develop and test messages tailored to increase healthy eating and physical activity among African American men by attending to gendered, cultural and environmental determinants of these health behaviors.

Role: **Project Manager** (2012)

W.K. Kellogg Foundation (PI: Carr)

06/01/2010-11/31/2013

Promising Practices for Reducing Racial Disparities in Infant Mortality in MI - A Pilot Study

The goal of the PRIME project is to collaborate with the state Bureau of Maternal and Child Health to develop a multi-level policy and programmatic intervention to more effectively address racial disparities in infant mortality in Michigan.

Role: **Project Manager, University of Michigan Subcontract** (PIs: Griffith 2010-2012, Reischl 2012-2013)

MRSRG-07-167-01-CPPB (PI: Griffith)

07/01/2007-06/30/2012

The American Cancer Society

Building Capacity to Reduce African American Men's Dietary Cancer Risk

The goal is to design and pilot a culturally and gender sensitive intervention to increase physical activity and dietary quality in urban, African American men through fraternities and other men's organizations.

Role: **Project Manager**

UM Institute for Research on Women and Gender (PI: Griffith)

02/01/2010-09/30/2011

African American Masculinities and Chronic Illness

This project will examine the impact African American men's notions of masculinity have on the social significance and medical management of chronic illnesses and the effects of living with different chronic illnesses on their notions of masculinity.

Role: **Project Manager**

UM Comprehensive Cancer Center Cancer Research Committee (PI: Griffith) 11/01/2009-07/31/2011

Men on the Move: A Pilot Program to Increase Physical Activity among Urban, African American Men

The goal is to develop and evaluate a pilot intervention to test the hypothesis that increasing access to gender and age-appropriate opportunities to learn about and engage in physical activity may increase urban African American men's rates and intensity of physical activity in Ypsilanti, Michigan.

**Role: Research Manager**

MI Center for Urban African American Aging Research (PI: Griffith) 07/01/2009-06/30/2010  
Exploring Factors Associated with Diet and Physical Activity among Older, Urban African American Men

This grant will provide additional resources to analyze qualitative focus group data on older, African American men's eating and physical activity in three urban areas: Detroit, Flint and Ypsilanti, Michigan.

**Role: Project Manager**

The Ruth Mott Foundation (PI: Reischl) 07/01/2007-06/30/2010  
Collaborative Evaluation of the Ruth Mott Foundation's Beautification Program

The goals of the project are to provide a grantee skill-building program and comprehensive evaluation of the Ruth Mott Foundations' beautification grant-making program in Flint.

**Role: Research Associate**

UM Comprehensive Cancer Center Cancer Research Committee (PI: Griffith) 02/01/2009-02/28/2010  
Self-Determination Theory for Healthy Eating & Physical Activity among Urban, African American Men  
The grant will allow us to systematically examine the implications of social and environmental factors for designing a tailored behavioral intervention to improve African American men's eating and physical activity.

**Role: Project Manager**

Ruth Mott Foundation (PI: Campbell) 01/01/2008-12/31/2009  
YOUR Blessed Health II: HIV/AIDS Prevention and Outreach through Flint Pastors' Wives

The project evaluates the YOUR Blessed Health project, which is designed to reduce the incidence of HIV/AIDS and STIs among African American youth by increasing the capacity of faith-based institutions and faith leaders to address risk behaviors for HIV/AIDS and STIs and by changing church norms to be more open and accepting settings for discussing these issues.

**Role: Project Manager, University of Michigan Evaluation Subcontract (PI: Griffith)**

U48/CCU 515775 (PI: Zimmerman) 09/30/2004-09/29/2009  
Centers for Disease Control and Prevention

Community Collaboration in Public Health Research

The goal is to conduct community-based participatory prevention research aimed at improving the health status and reducing morbidity and mortality among populations experiencing a disproportionate share of poor health outcomes. The core research projects are a community survey and the Community Capacity Building Project.

**Role: Project Director and Co-Chair, Community Capacity Building Project: Core Research (2007-2009); Research Associate**

Great Lakes Camp (PI: Zimmerman) 09/17/2007-01/31/2008  
Needs Assessment for the Great Lakes Camp

This project provides a comprehensive needs assessment for the Great Lakes Camp. This camp will be based on the Hole in the Wall model founded by Paul Newman, which is the largest family of camps worldwide serving seriously ill children.

**Role: Project Director**

Office of the MI Surgeon General/MI Fitness Foundation (PI: Zimmerman) 10/01/2006-08/31/2007  
Evaluation of the MI Steps Up Youth Leadership & Advocacy Summit Project

This project evaluates the effectiveness of the Youth Summit Project at making school environments and policies healthier, in the areas of physical activity, healthy eating, and tobacco-free lifestyles, and at

encouraging youth advocacy for healthier schools.

Role: **Project Director**

Families and Communities Together Coalition (PI: Alaimo)

04/01/2004-03/31/2006

Urban Detroit Agriculture and Education Evaluation

The goal of this project is to evaluate the USDA-funded Urban Detroit Agriculture and Education initiative and the impact of urban community gardening on food security and fruit and vegetable consumption.

Role: **Project Manager**

R49/CCR518605-01 (PI: Zimmerman)

09/30/2000-09/29/2005

Centers for Disease Control & Prevention

Flint Youth Violence Prevention Center

The goal of this project is to develop, implement and monitor comprehensive strategies that help prevent youth violence and promote healthy development through collaboration among community, university and health department partners.

Role: **Research Associate** (2002-2005)

Community Foundation of Greater Flint (PI: Reischl)

05/01/2004-01/30/2004

Evaluation of the Summer Youth Initiative

The goal of the project is to provide descriptive analyses of the funded programs and participants and to evaluate the projects effect on work skills and career development.

Role: **Research Associate**

## **TEACHING & MENTORING**

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### **TEACHING**

**Primary Instructor**, University of Oklahoma

HES 4503: Principles of Community Health (undergrad, hybrid/in-person, Fall/Spring) 2020-present

HES 5553: Health Promotion Program Evaluation (graduate, hybrid/in-person, Spring) 2021-present

HES 5563: Health Behavior 1: Individual & Group Influences (graduate, in-person, Fall) 2022-present

HES 5980: Research for Master's Thesis (graduate, in-person, Fall/Spring/Summer) 2021-present

HES 3980: Honors Research (undergrad, in-person, Fall/Spring) 2022-present

HES 5990: Independent Study (graduate, in-person, Spring) 2022

**Graduate Student Instructor**, University of Michigan School of Public Health

HBHE 622: Program Evaluation in Health Education (graduate, in-person, Fall) 2016

### **STUDENT MENTORSHIP**

**HES Primary Advisor**, University of Oklahoma

Sweta Mahato-PhD student (2022-present), OU Grad College Shelf Scholarship for research

Nadine Sakora-PhD student (2022-present)

Krissy Taylor-MS Student (2022-present)

Valerie Moïse-MS student (2020-2022), OU Beck Scholarship for outstanding HES grad students, OU

Library Open Access Fund Award

C.J. White-MS student (2020-2022)

**HES Master's Thesis Committee Member**, University of Oklahoma

Krissy Taylor (Chair; 2022-present): The relationships between food security status, food insecurity



coping strategies, and depression among single female caregivers  
 Valerie Moïse (Chair; 2021-2022): Mental health, positive views of aging and appearance among U.S. adults ages 50-80  
 C.J. White (Chair; 2021-2022): Exploratory analyses of patterns of depressive symptomology and heart-healthy behaviors in cardiac patients  
 Rebecca Bertholf (2020-2021): Determinants of self-reported fatigue with aging  
 Carianne Cornell (2020): An evaluation of the advanced maternal age experience and how it differs from optimal maternal age

**HES Doctoral Comprehensive Exam Committee Member**, University of Oklahoma  
 Christopher Dunlap (July 2021)  
 Shristi Bhochhibhoya (April 2021)

**HES Doctoral Dissertation Committee Member**, University of Oklahoma  
 Christopher Dunlap (2021-present): Factors associated with support for smoking in vehicles  
 Shristi Bhochhibhoya (2021-2022): An exploration of social determinants of health in relation to contraceptive use among young adults

**Faculty Mentor, Undergraduate Honors Research**, University of Oklahoma  
 Kaelen Cunningham (2022-present)  
 Lauren Elias (2022): Relationship Between Childhood Trauma and Eating Behavior among Adults with Cardiometabolic Conditions  
 Josie Greenwood (2022): Exploring the Relationship Between Everyday Ageism, Race and Income.  
 Award winner at OU Undergrad Research Day  
 Isaac Rosales (2022): Implications of Childhood Trauma on Older Adult Substance Use

**HES Faculty Mentor**, University of Oklahoma  
 ~20 undergraduates annually

**Faculty Mentor, Graduate Teaching Assistants**, University of Oklahoma  
 Krissy Taylor-master's student (2021-2022)  
 Valerie Moïse-master's student (2021)  
 Ana Pina-master's student (2020-2021)  
 Ryann Shephard-master's student (2020-2021)

**Mentor/Co-Mentor**, University of Michigan & Michigan State University 2004-2020  
 Undergraduate Research Opportunity Program, Summer Opportunities for Apprenticeship in Research Program (Medical School), Internship and Capstone Projects (School of Public Health), Integrated Health Research Practicum (School of Social Work), undergraduate and graduate student research assistants

## **GUEST LECTURES & WORKSHOP FACILITATION**

**Invited Guest Expert**, "Everyday Ageism and Health," Workshop for the *Be LifeLong* 10/2020  
 "Pop-in" Virtual Event, as part of the Aging Initiative Work Group's workforce development, School of Social Work, University of Oklahoma

**Guest Lecturer**, "Mechanisms of Cardiometabolic Disparities: Stressor Characteristics Linked to HPA-Axis Dysregulation," Doctoral Seminar in Health and Exercise Science (HES 6970-graduate), University of Oklahoma 10/2020

**Seminar Panel Member**, "Scientific Writing, Bridging the Gap, and Translational Work," 10/2020

Doctoral Seminar in Health and Exercise Science (HES 6970-graduate), University of Oklahoma

**Guest Lecturer**, “Qualitative Methods in Program Evaluation,” Evaluation in Social Work 2018  
(SW 683-graduate), University of Michigan School of Social Work

**Facilitator**, “Instructor-Student Social Identity” & “Practice Teaching,” Graduate Student 2017 & 2018  
Instructor Teaching Orientation (Colleges of Engineering and Literature, Sciences, &  
the Arts), University of Michigan Center for Research on Learning and Teaching

**Guest Lecturer**, “Evaluation Ethics” & “Qualitative Analysis in Program Evaluation,” Program 2016  
Evaluation in Health Education (HBHE 622-graduate), University of Michigan School of  
Public Health

**Guest Lecturer**, “Data Collection: Interviews and Surveys,” Basic Social Work Research 2015  
(SW 522-graduate), University of Michigan School of Social Work

**Guest Lecturer**, “Budgeting in Program Evaluation,” Program Evaluation in Health Education 2011  
(HBHE 622-graduate), University of Michigan School of Public Health

## **SERVICE**

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### **UNIVERSITY OF OKLAHOMA**

**Co-Chair of Department Chair Search Committee**, Department of Health and 2022-present  
Exercise Science

**Chair of Oversight Committee**, Department of Health and Exercise Science 2022-present

**Graduate Committee**, Department of Health and Exercise Science 2022-present

**New Faculty Co-Mentor**-Jeong Kyu Lee, Department of Health and Exercise Science 2022-present

**Faculty Liaison for Exercise Class Instructors**, Department of Health and Exercise 2020-present  
Science (2-3 courses per semester)

**Undergraduate Committee**, Department of Health and Exercise Science 2020-2022

**Faculty Search Committee-Exercise Physiology**, Department of Health and Exercise 2020-2021  
Science

### **UNIVERSITY OF MICHIGAN**

**Doctoral Curriculum Committee**, Department of Health Behavior and Health Education, 2016-2017  
School of Public Health

**Admissions Representative** (2015), **Faculty Representative** (2014), Health Behavior and 2013-2017  
Health Education Doctoral Student Group (HBHEDoc), School of Public Health

## **PROFESSIONAL**

**Ad Hoc Reviewer**, *American Journal of Men’s Health*; *BMC Geriatrics*; *Endocrinology*, 2013-present  
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*Diabetes and Obesity; Ethnicity and Health; International Journal of Men's Health; Journal of Aging and Health; Journal of Gerontology: Psychological Sciences; Journal of Healthcare for the Poor and Underserved; Journal of Men's Studies; Journal of Psychosomatic Research; Journal of Racial and Ethnic Health Disparities; Prevention Science; Psychoneuroendocrinology; Race and Social Problems; Research on Aging; Social Science & Medicine*

**Conference Abstract Reviewer**, American Public Health Association Annual Conference (Aging & Public Health; Black Caucus of Health Workers) 2018-2020 & 2022

**Conference Abstract Reviewer**, Gerontological Society of America Annual Conference (Behavioral & Social Sciences; Social Research, Policy, & Practice) 2018-2021

**Conference Symposium Chair & Organizer**, Gerontological Society of America Annual Conference: "Challenges and insights: Psychosocial stressors, physiology, and health disparities." Published abstracts in: (2020). *Innovation in Aging*, 4(Supple 1), 572-3. [doi:10.1093/geroni/igaa057.1899](https://doi.org/10.1093/geroni/igaa057.1899) 2020

## COMMUNITY

**Member of Steering Team & Intervention Committee**, Practices to Reduce Infant Mortality 2010-2013 through Equity (PRIME), Michigan Department of Community Health

**Community Advisory Board**, Men 4 Health, University of Michigan School of Public Health 2008-2012

**Community Steering Committee**, Flint's Youth Violence Prevention Center, University of Michigan School of Public Health 2004-2005

## PROFESSIONAL AFFILIATIONS

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Gerontological Society of America (GSA) 2016-present

American Public Health Association (APHA) 2014-present