

Heather A. Fritz  
Curriculum Vitae

Office

School of Occupational Therapy  
Pacific Northwest University of Health Science  
106 MultiCare Learning Center  
200 University Parkway, Yakima WA 98901  
Hfritz@pnwu.edu

Education

Ph.D., 2013, University of North Carolina at Chapel Hill (Occupational Science)  
Dissertation: Diabetes Self-Management: Exploring Process, Habit, and Occupation  
Faculty Advisor: Dr. Brian Boyd

M.S.O.T., 2007, Winston Salem State University (Occupational Therapy)  
Thesis: The Public Safety Needs of Extra-Campus Latino Communities  
Faculty Advisor: Dr. Darlene Perez Brown

B.S., 2004, University of North Carolina at Chapel Hill (Spanish)

Professional Licensure and Certification

2024- AOTA Micro-credential in Driving and Community Mobility  
Empowered Relief, Certified Practitioner  
2023- Certified Dementia Practitioner, National Council of Certified Dementia  
Practitioners  
2021- Washington State Licensure for Occupational Therapist  
2014- Certified Health Coach, National Society of Health Coaches  
2013- 2021 Michigan Licensure for Occupational Therapist  
2007- 2013 North Carolina Licensure for Occupational Therapist  
2007- NBCOT Registered Occupational Therapist

Professional Experience

2021- Associate Professor, Founding Program Director, School of Occupational  
Therapy, Pacific Northwest University of Health Sciences. Yakima, WA

- 2015-2021 Assistant Professor of Occupational Therapy and Gerontology, Wayne State University, Detroit, MI
- 2015-2020 Director, Habits, Occupation, and Participation Lab, Wayne State University, Detroit, MI
- 2013-215 Post-Doctoral Fellow, Institute of Gerontology, Wayne State University, Detroit, MI

Teaching and training

*Pacific Northwest University of Health Sciences*

- 2024 Guest Lecturer, CLIN 603 Genitourinary/Reproductive Systems, “Reproductive Healthcare for Differently Abled People” (Spring)
- Co-Director OTH 555: Occupation-based Health Promotion and Chronic Condition Management (summer)
- Course Director, OTH 605: Occupation-Based Interventions III: Older Adults (Fall)
- Course Coordinator for OT core and Instructor, BIOMED 5050 Medical Skills and Theory I (Fall) (Multi-instructor led course)
- 2023 Course Coordinator for OT core and Instructor, BIOMED 5050 Medical Skills and Theory I (Fall) (Multi-instructor led course)
- Guest Lecturer, CLIN 603 Genitourinary/Reproductive Systems, “Reproductive Healthcare for Differently Abled People” (Spring)
- 2022 Course Director for OT core and Instructor, BIOMED 5050 Medical Skills and Theory I (Fall) (team taught course)
- Guest Lecturer, CLIN 603 Genitourinary/Reproductive Systems, “Reproductive Healthcare for Differently Abled People (Spring)
- 2021 Instructor, BIOMED 5050 Medical Skills and Theory I (Fall)

*Wayne State University, Occupational Therapy Program*

- 2020 Instructor, Directed Study, Research Dissemination and Publishing (Winter)
- Instructor, Aging and Clinical Practice (Summer I)
- Instructor, Occupational Therapy Research II: Intervention Design (Fall)
- Student research mentor (Fall)

- 2019      Instructor, Occupational Therapy Research I (Summer I)  
Instructor, Occupational Therapy Research II: Intervention Design (Fall)  
Guest lecturer, Applied Research Methods in Urban Public Health, Master  
of Public Health Program (Fall)  
Student research mentor (Fall)
- 2018      Instructor, Occupational Therapy Research II: Intervention Design (Fall)  
Guest lecturer, Applied Research Methods in Urban Public Health, Master  
of Public Health Program (Fall)  
Student research mentor (Fall)
- 2017      Instructor, Occupational Therapy Research II (Fall)  
Instructor, Introduction to Occupational Therapy Health and Wellness  
(Fall)  
Student research mentor (Fall)
- 2016      Instructor, Introduction to Occupational Therapy Health and Wellness  
(Fall)  
Student research mentor (Fall)
- 2015      Instructor, Introduction to Occupational Therapy Health and Wellness  
(Fall)  
Student research mentor (Fall)
- 2013      Teaching Assistant, Research II (Fall)

*University of North Carolina at Chapel Hill, Division of Occupational Science*

- 2013      Teaching Assistant, Biomedical and Phenomenological Aspects of Illness  
and Disability
- 2012      Teaching Assistant, Problem Based Learning
- 2011      Guest Lecturer, Continuity of Care

*University of North Carolina Hospitals*

- 2009      Guest Lecturer, The Role of Occupational Therapy in the Neuro-ICU
- 2008-2011      Clinical Instructor
- 2008-2012      Guest Lecturer, The Role of Occupational Therapy and When to Refer

*Clinical Experience*

- 2024-      Staff therapist and clinical supervisor (1 day/week), Yakima Valley  
Farmworkers clinic, Yakima, WA

- 2018-2020 Research therapist, PRN treatment as part of occupational therapy research, Habits, Occupation and Participation Lab, Wayne State, University, Detroit, MI
- 2012-2013 Relief Therapist, Carol Woods Continuing Care Retirement Community, Chapel Hill, NC
- 2011 Relief Therapist, Moses Cone Health System, Acute Inpatient Rehabilitation, Greensboro, NC
- 2011 Relief Therapist, University of North Carolina Hospitals, Chapel Hill, NC
- 2007-2011 Staff Occupational Therapist, University of North Carolina Hospitals, Chapel Hill, NC
- 2004-2007 Medicaid Eligibility Representative, University of North Carolina Hospitals, Chapel Hill, NC

### **Research Areas**

Chronic condition prevention and management (theory, intervention research)  
Occupational science (theory, habits, action, and environment re daily activities)  
Aging (Phenomenology of aging, occupation, frailty, neighborhood environments)  
Socially disadvantaged populations (Racial/ethnic minorities, low income, and rural populations)

### **Research Affiliations**

- 2018- 2021 Member Karmanos Cancer Institute Population Studies and Disparities Research Program
- 2016- 2019 Researchers on Biobehavioral Health in Urban Settings Today (RoBUST)
- 2015- Center for Urban Responses to Environmental Stressors (CURES) NIEHS P30 ES020957

### **Honors**

- 2011-2013 National Service Predoctoral Training Award, NRSA/NIH/NINR Grant NR007091, Interventions for Preventing and Managing Chronic Illness
- 2012 UNC Future Faculty Fellowship Program (competitive selection)

### **Peer-Reviewed Publications (ORCID ID: 0000-0003-4810-9251)**

First author denotes senior author unless otherwise indicated by (\*)

1. Feldhacker, D., Ikiugu, M., **Fritz, H.**, Schweinle, E., Hongmei, W. (2023). A feasibility study of habit formation intervention to improve type-2 diabetes self-management behaviors. *American Journal of Occupational Therapy*.
2. Davis, K., Knauft, K., Lewis, L., Rappaport, L., **Fritz, H.**, Cutchin, M., Levy, P., Joseph, N. T., Luca, F., Zilioli, S. (2023). The Heart of Detroit Study: A window into urban middle-aged and older African Americans' daily lives to understand psychosocial determinants of cardiovascular disease risk. *BMC Psychiatry*.
3. **Fritz, H.**, Morgan, L., Chase, C., & Cutchin, M. (2023). Managing complexity: Black older adults with comorbidity. *The Gerontologist*.  
<https://doi.org/10.1093/geront/gnad066>
4. \*Braxton, C., Begian-Lewis, K.M., Marback, R., & **Fritz, H.** (2023). Pain, No Gain? A narrative analysis exploring the accounts of older African American patients and their discussion of pain management related to chronic illness. *Rhetoric of Health and Medicine*. <https://doi.org/10.5744/rhm.2023.6010>
5. Fallahpour, M., **Fritz, H.**, Thunborg, C., Akenine, U., & Kivipelto, M. (2022). Experiences of active everyday life among persons with prodromal Alzheimer's disease: A qualitative study. *Journal of Multidisciplinary Health*.
6. **Fritz, H.**, & Hu, Y. (2022). Habit formation intervention to reduce frailty risk factors: A feasibility study. *American Journal of Occupational Therapy*.
7. **Fritz, H.**, Jones, R., & Cutchin, M. P. (2022). Health management occupations during COVID-19: Experiences of Older African Americans with multimorbidity. *OTJR: Occupation, Participation and Health*.
8. Rotenberg, S., **Fritz, H.**, Chippendale, T., Lysack, C., & Cutchin, M. (2021). Out-of-Home Activities and Health in Older Adults: A Scoping Review. *OTJR: Occupation, Participation and Health*. Epub ahead of print.  
<https://doi.org/10.1177/15394492211023192>
9. Ejlersen Wæhrens, E., Tomra Nielsen K., Cutchin, M. P., **Fritz, H.**, Jonsson, H., & la Cour, K. (2021). The Essences of Occupation-based Practice: Joint Group Concept Mapping to tease out Central Aspects and inform Intervention Development. Epub ahead of print. <https://doi.org/10.1177/15394492211038283>
10. Rodakowski, J., Mroz, T. M., Ciro, C., Lysack, C. L., Womack, J. L., Chippendale, T., Cutchin, M.p., **Fritz, H.** & Piersol, C. V. (2021). Stimulating research to enhance aging in place. *OTJR: Occupation, Participation and health*. Epub ahead of print. <https://doi.org/10.1177/15394492211022271>
11. Jessen-Winge, C., Llvig, P., **Fritz, H.**, Jonsson, H., Lee, K., & Reffstrup Christensen, J. (2021). What a weight loss programme should contain if people

- with obesity were asked: A qualitative study. *BMC Public Health*. 21:28. Epub ahead of print. <https://doi.org/10.1186/s12889-020-09850-8>
12. Jessen-Winge, C., Ilvig, P. M., Thilsing, T., Lee, K., **Fritz, H.**, & Christensen, J. R. (2020). Health professionals' perceptions of weight loss programmes and recommendations for future implementation: a qualitative study. *BMJ open*, 10(11). E-pub ahead of print. [http:// dx. doi.org/ 10. 1136/ bmjopen- 2020-039667](http://dx.doi.org/10.1136/bmjopen-2020-039667)
  13. \*Hu, Yi-Ling., Patel, P., **Fritz, H.** (2020). Detecting Prefrailty: Comparing subjective frailty assessment and the Paulson-Lichtenberg Frailty Index. *Gerontology and Geriatric Medicine*. Epub ahead of print. <https://doi.org/10.1177/2333721420904234>
  14. Jessen-Winge, C., Ilvig, P., Jonsson, H., **Fritz, H.**, Lee, K., & Reffstrup Christensen, J. (2020). Obesity intervention: A role for occupational therapists? *Scandinavian Journal of Occupational Therapy*. Epub ahead of print. <https://doi.org/10.1080/11038128.2020.1712472>
  15. **Fritz, H.**, Hu, Y., Tarraf, W., Patel, P. (2020). Feasibility of a habit formation intervention to delay frailty progression among older African Americans: A pilot study. *The Gerontologist*. Epub ahead of print. <https://doi.org/10.1093/geront/gnz143>
  16. **Fritz, H.**, Hu, L., Gahman, K., Almacen, C., Ottolini, J. (2019). Intervention to modify habits: A scoping review. *OTJR: Occupation, Participation and Health*. Epub ahead of print. <https://doi.org/10.1177/1539449219876877>
  17. Zilioli, S. **Fritz, H.**, Tarraf, W., Lawrence S. A., & Cutchin, M. P. (2019). Socioeconomic status, ecologically assessed social activities, and daily cortisol among older urban African Americans. *Journal of Aging and Health*. Epub ahead of print. doi: 10.1177/0898264319856481
  18. **Fritz, H.**, Cutchin, M., Gharib, J., Haryadi, N., Patel, M., & Patel, N. (2019). Neighborhood Characteristics and Frailty: A Scoping Review. *The Gerontologist*. Epub ahead of print. doi: 10.1093/geront/gnz072.
  19. **Fritz, H.**, Tarraf, W., Brody, A & Levy, P. (2019). Feasibility of a behavioral automaticity intervention among African Americans with metabolic syndrome. *BMC Public Health*, 19, 1-12. <https://doi.org/10.1186/s12889-019-6675-7>
  20. **Fritz, H.**, Seidarabi, S., Barbour, R., & Vonbehren, A. (2019). Occupational therapy intervention to improve outcomes among frail older adults: A scoping review. *American Journal of Occupational Therapy*. 73(3), 1-12. doi:10.5014/ajot.2019.030585.

21. **Fritz, H.**, Cutchin, M. P., & Cummins, E. R. (2018). Loss of trust in the neighborhood: The experience of older African Americans in Detroit. *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*. E108-e119. doi: 10.1093/geronb/gby019.
22. **Fritz, H.**, Patzer, D., & Galen, S. S. (2017). Robotic exoskeletons for reengaging in everyday activities: Promises, pitfalls, and opportunities. *Disability and Rehabilitation*, 7, 1-4. doi: 10.1080/09638288.2017.1398786.
23. **Fritz, H.**, & Cutchin, M. P. (2017). The transactional perspective on occupation: A way to transcend the individual in health promotion interventions and research. *Journal of Occupational Science*, 24(4), 446-457.
24. **Fritz, H.**, Brody, A., & Levy, P. (2017). Assessing the feasibility, acceptability, and potential effectiveness of a behavioral-automaticity focused lifestyle intervention for African Americans with metabolic syndrome: The pick two to stick to protocol. *Contemporary Clinical Trials Communications*, 7, 166-171. <https://doi.org/10.1016/j.conctc.2017.06.009>
25. Boon Peng, N., Jensen, G., & **Fritz, H.**, (2017). Effects of Medicare coverage of a “Welcome to Medicare” visit on use of preventative services among new Medicare Enrolees. *Journal of Aging Research*. 2017, 1-9. <https://doi.org/10.1155/2017/2074810>
26. Zilioli, S., Slatcher, R. B., **Fritz, H.**, Booza, J. C., & Cutchin, M. P. (2017). Brief report: Neighborhood disadvantage and hair cortisol among older urban African Americans. *Psychoneuroendocrinology*, 80, 36-38. <http://dx.doi.org/10.1016/j.psyneuen.2017.02.026>
27. **Fritz, H.**, & Cutchin, M. P. (2017). Changing neighborhoods and occupations: Experiences of older African-Americans in Detroit. *Journal of Occupational Science*, 24, doi:10.1080/14427591.2016.1269296
28. **Fritz, H.**, Tarraf, W., & Saleh, D., Cutchin, M. P. (2017). Using a smartphone-based ecological momentary assessment protocol with community dwelling older African-Americans. *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 72, 886-887 doi: 10.1093/geronb/gbw166.
29. DiZazzo-Miller, R., Pociask, F., Bertran, E., **Fritz, H.**, Arnetz, J., Tarakji, S., Lysack, C., & Jaber, L. (2016). Diabetes is devastating and insulin is a death sentence: Provider perspectives of diabetes self-management in Arab American patients. *Clinical Diabetes*, 35(1). 43-50. doi:10.2337/cd15-0030
30. **Fritz, H.**, DiZazzo-Miller, R., Bertran, E., Pociask, F., Tarakji, S., Arnetz, J., Lysack, C., & Jaber, L. (2016). Diabetes self-management among Arab

Americans: Patient and provider perspectives. *BMC International Health and Human Rights*, 16(22). 1-7. doi:10.1186/s12914-016-0097-8

31. **Fritz, H.**, & Cutchin, M. P. (2016). Integrating the science of habit: Opportunities for occupational therapy. *OTJR: Occupation, Participation and Health*. 36(2), 92-98. doi:10.1177/1539449216643307
32. Bertran, E., **Fritz, H.**, Abbas, M., Arnetz, J., Lysack, C., Pociask, F., DiZazzo-Miller, R., Tarakji, S., & Jaber, L. (2015). The Impact of Arab American Culture on Diabetes Self-Management Education. *The Diabetes Educator*, 41(6), 748-754. doi:10.1177/0145721715607356
33. Murphy, S., Lyden, A., **Fritz, H.**, Kratz, A., Williams, D., Clauw, D., Gammaitoni, A., & Phillips, K. (2015). The nature of pain flares in a sample of patients with symptomatic knee osteoarthritis. *Arthritis Research and Care*, 67(8), 1103-1111. doi: 10.1002/acr.22545
34. **Fritz, H.**, Dillaway, H., & Lysack, C. (2015). "Don't think paralysis takes away your womanhood": Sexual intimacy after SCI. *American Journal of Occupational Therapy*, 69(2), 1-10. doi:10.5014/ajot.2015.015040
35. **Fritz, H.**, Lysack, C., Luborsky, M., & Messinger, S. (2015). Long-term community reintegration: Concepts, outcomes, and dilemmas in the case of a military service member with a spinal cord injury. *Disability and Rehabilitation*, 37(16), 1501-1507. doi: 10.3109/09638288.2014.967415
36. **Fritz, H.** (2014). Challenges to developing diabetes self-management skills in a low income sample in North Carolina, U.S. A. *Health and Social Care in the Community*, 25(1)26-34. doi: 10.1111/hsc.12172.
37. **Fritz, H.** (2014). Learning to do better: The transactional model of diabetes self-management integration. *Qualitative Health Research*, 25(7), 875-886. doi: 10.1177/1049732314552453
38. **Fritz, H.**, & Lysack, C. (2014). "I see it now": Using photo elicitation to understand chronic illness self-management. *Canadian Journal of Occupational Therapy*, 81(4), 247-255. doi:10.1177/0008417414540517
39. **Fritz, H.** (2014). The influence of routines on engagement in diabetes self-management. *Scandinavian Journal of Occupational Therapy*, 21(3), 232-240. doi: 10.1177/0008417414540517
40. **Fritz, H.** (2012). Insights into the function of habit in the occupation of improvisational theater. *Journal of Occupational Science*, 21(2), 161-172. doi: 10.1080/14427591.2012.724352



### **Manuscripts Currently Under Review**

N/A

### **Book Chapters**

1. **Fritz, H.** (forthcoming). Performance patterns: Habits, routines, rituals, and roles. In T. Brown, S. Isbel, L Gustafsson, S. Gutman, D. Dirette, B. Collins, & T. Barlott (Eds.), *Human occupation: Contemporary concepts and lifespan perspectives*. Routledge.
2. Dillaway, H., Mashrah, A., Marzolf, B., **Fritz, H.**, Tarraf, W., and Lysack, C. (2023). Women's reproductive trajectories after spinal cord injury: A life course perspective on acquired disabilities. In R. Brown, M. Maroto, & D. Pettinichio (Eds.), *The Oxford handbook on the sociology of disability*.
3. **Fritz, H.** (2023). Occupational Therapy to Improve Clinical, Behavioral, and Psychosocial Outcomes among Young Adults with Diabetes. In B. Pyatak & E. Lee (Eds.), *50 studies every occupational therapist should know*. Oxford University Press.
4. **Fritz, H.** & Lysack, C. (2020). Qualitative research. In L. Portney (Ed.), *Foundations of clinical research* (4<sup>th</sup> ed.). Philadelphia: FA Davis.
5. Dillaway, H., **Fritz, H.**, Lysack, C., & Marzolf. (2019). Experiences of reproductive and sexual health and health care among women with disabilities. In J. Ussher, J. Perz, & J. Chrisler. (Eds.), *The handbook of women's sexual and reproductive health*. United Kingdom: Routledge.

### **Book Chapters Currently Under Review**

N/A

### **Professional Presentations**

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| 2023 | <b>Fritz, H.</b> & Cutchin, M. DOTELL: Digitized Stories to Bridge the Gap Between Patient and Provider Perceptions of Disease Self-Management Challenges. Pacific Northwest University of Health Sciences Research exchange. Oral Presentation, October 9 <sup>th</sup> , 2023. |
| 2022 | Morgan, L., Chase, S., & <b>Fritz, H.</b> Literature Review of Definitions, Models, & Measurement Tools of Clinical Empathy in Medicine. PNWU Annual Research Symposium. April 8th, 2022.  |

Fritz, H. Occupational therapy in health promotion: Lessons learned and future perspectives. Invited keynote, Danish Occupational Therapy Association. June 2<sup>nd</sup>, 2022.

**Fritz, H.** Habit formation intervention to reduce frailty risk factors among prefrail older African Americans: A feasibility study. World Federation of Occupational Therapists Congress 2022, Oral presentation (accepted, withdrawn due to travel restrictions).

**Fritz, H., & Cutchin, M.** Chronic Condition self-management for older African Americans: The challenge of complexity. Gerontology Society of America's annual scientific meeting. (accepted, withdrawn by authors)

2021 Hu, Y. L. & **Fritz, H.** Utilization and frailty progression among community-dwelling older adults. Presented at the annual Occupational Therapy Summit of Scholars, virtual, June, 2021

2020 "Comparing subjective frailty assessment and the Paulson-Lichtenberg Frailty Index." Presented at the annual International Conference on Frailty, Sarcopenia, and Rehabilitation, Toulouse France, March 11<sup>th</sup>, 2020.

Hu, Y., Rodriguez Valenzuela.C., Jones. R., Fritz. H. "Acceptability and feasibility of ActivPAL Activity tracker for pre-frail African American older adults." Poster presented at the virtual Gerontology Society of America's annual scientific meeting Presented, November, 2020.

Jones, R., Hu, Y., & Fritz, H. "Reducing metabolic syndrome and unmet needs among rural breast cancer survivors during Covid-19: A feasibility pilot study." Poster presented at the virtual Annual Biomedical Research Conference for Minority Students, November, 9<sup>th</sup>, 2020.

2019 "Feasibility of a Frailty Prevention Program Designed with and for Older African Americans." Poster presented at the Gerontology Society of America's annual scientific meeting, Baltimore, MD, Nov 14<sup>th</sup>, 2019

"First Aid First: Implementation and Evaluation of a Community-Based First Aid Training Course." Presented at the American Public Health Association annual conference. November 3<sup>rd</sup>, 2019.

"Socioeconomic Status is Linked to Daily Cortisol Through Social Activities in Older African American Adults." Presented at the International Society of Psychoneuroendocrinology annual conference. August 29<sup>th</sup>, 2019.

“Reducing Metabolic Syndrome Among Breast Cancer Survivors: Work in Progress.” Presented at the Occupational Therapy Summit of Scholars, June 22nd, 2019

“Neighborhoods and aging-in-place: A critical perspective.” Presented at the joint international conference of the North American and European Networks in Aging Studies, Peterborough, Ontario, May 29.

“Reducing Metabolic Syndrome and Unmet Needs Among Rural Breast Cancer Survivors: Trial Protocol.” Presented at the American Occupational Therapy Association, annual conference, April 5<sup>th</sup>, 2019

“Using Evidence Based Approaches to Reduce Frailty in Later Life.” Invited lecture, presented at Karolinska Institutet, January 28<sup>th</sup>, 2019.

“Frailty, Prevention, and Management: The Frailty Prevention Program.” Presented at Karolinska Institutet, January 29<sup>th</sup>, 2019

2018 “Primary care based frailty prevention for older African Americans.” Presented at the 6<sup>th</sup> annual Occupational Therapy Research Summit, Kansas City MO, June 9<sup>th</sup>, 2018.

Brief Intervention Targeting Dietary and Physical Activity Habit Development in At-Risk Populations: A Proof of Concept Study.” Presented at the International Congress of Applied Psychology, Montreal Canada, June 27<sup>th</sup>, 2018.

“Optimizing Function and Physical Activity in Older Adults.” Invited keynote speaker, Institute of Gerontology’s annual, Issues in Aging conference, April, 23<sup>rd</sup>, 2018.

Preventing Frailty among Older African Americans.” Poster presented at the Gerontology Society of America’s annual scientific meeting, Baltimore, MD, Nov 17<sup>th</sup>, 2018

2017 “Translating occupational science to health behavior: The pick-two to stick-to intervention.” Presented at the 14<sup>th</sup> annual meeting of the Society for the Study of Occupation, Seattle, WA, Oct. 21<sup>st</sup>.

“The Role of occupation and occupational science in Health promotion and Disease Prevention: A new practice paradigm?” Presented at the Southern Denmark University Department of Occupational Therapy, Sept. 19th.

“Feasibility and potential effectiveness of the Pick Two to Stick To: A

behavioral automaticity focused lifestyle intervention for Metabolic Syndrome.” Invited paper presented at the USC Behavior Change Interventions for Health Habits conference, Aug. 25<sup>th</sup>

“A smart-phone based ecological momentary assessment approach with older African Americans.” Poster presented at the American Psychosomatic Society’s annual scientific meeting, Seville, Spain, March 16<sup>th</sup>.

2016 “The role of changing neighborhood environments on older African Americans’ participation in everyday activities.” Paper presented at the Gerontology Society of America’s annual scientific meeting, New Orleans, LO, Nov. 20<sup>th</sup>.

“User centric design for aging populations: Early experiences and lessons.” Paper presentation, 1st International Conference on Connected Health: Applications, Systems and Engineering Technologies, Washington DC, April 16<sup>th</sup>

“Changing neighborhoods and occupations: Experiences of older African-Americans in Detroit.” Presented at the 13<sup>th</sup> annual meeting of the Society for the Study of Occupation, Portland, ME, Oct. 1<sup>st</sup>.

“Designing complex interventions: Emphasizing optimization and tailoring.” Presented at the Southern Denmark University Department of Occupational Therapy, Sept. 21<sup>st</sup>.

2015 “To see it destroyed, that hurts”: Older minorities’ experiences of neighborhood change in Detroit” Paper presented at the Gerontology Society of America’s annual scientific meeting, Orlando, FL, Nov. 22<sup>nd</sup>.

“Hope deferred or right on time? A life course exploration of reproductive trajectories after spinal cord injury” Paper presented at the annual meeting of the Society for the Study of Social Problems, Chicago, IL, Aug. 22<sup>nd</sup>.

“Feasibility of a behavioral self-management intervention for adults with symptomatic osteoarthritis ” Poster presented at the 36<sup>th</sup> annual meeting of the Society of Behavioral Medicine, Antonio, TX, April 25<sup>th</sup>.

“Health coaching: Partnering with clients to improve disease self-management” Wayne State University Institute of Gerontology Continuing Education Series, Canton, MI, April, 21<sup>st</sup>.

2014 “Methodological innovation to study occupation, daily activities, neighborhood stressors, and stress in an urban riskscape”. Presented at

the 12<sup>th</sup> annual meeting of the Society for the Study of Occupation, Minneapolis, MN, Oct 18<sup>th</sup>.

“A mixed methods approach to studying the role of daily activity in the stressor-stress response relationship”. Presented at the 12<sup>th</sup> annual Michigan Occupational Therapy Conference, Lansing, MI, Oct 12<sup>th</sup>.

“Use of multiple research methods to study daily occupation and well-being”. Presented at the Southern Denmark University Department of Occupational Therapy, Oct 7<sup>th</sup>.

“Chronic illness self-management and the connection with occupation and occupational science”. Presented at the Southern Denmark University Department of Occupational Therapy, Oct 6<sup>th</sup>.

“The role of habit in occupation health, and well-being”. Presented at the Southern Denmark University Department of Occupational Therapy, Oct 6<sup>th</sup>, 2014.

“Exercising your way to health”. Wayne State University Institute of Gerontology Community Lunch and Learn Series, Sept 18<sup>th</sup>.

“Chronic low back pain treatment: Perspectives from veterans and providers”. Presented at the Epidemiology and Aging Seminar Series, Ann Harbor, MI, June 14<sup>th</sup>.

2013 “Inquiry and practice in occupation: The means to better engagement”. Paper presented at the 11<sup>th</sup> annual meeting of the Society for the Study of Occupation, Lexington, KY, Oct 19<sup>th</sup>.

“The transactional model of diabetes self-management”. Poster presented at the 10<sup>th</sup> annual college research day, Eugene Applebaum College of Pharmacy and Health Sciences, Detroit, MI, Oct 16<sup>th</sup>.

2012 “Diabetes self-management as an occupation”. Presented at the 11<sup>th</sup> annual meeting of the Society for the Study of Occupation, Portland, OR, Oct 5<sup>th</sup>.

“Diabetes self-management: A mixed methods study”. Poster presentation at the 1<sup>st</sup> annual Occupational Science Summit, St. Louis, MO, March 12<sup>th</sup>.

2011 “Insights into the function of habit in the occupation of improvisational theater”. Presented at the 10<sup>th</sup> annual meeting of the Society for the Study of Occupation, Park City, UT, Oct 22<sup>nd</sup>.

### **Media Appearances**

On-air interview, Radio KDNA, Occupational Therapy career opportunities for Latino Youth, Oct, 2022).

Interview, Balanced Living Magazine, Lifestyle Behaviors and Healthy Aging, (Dec, 2015)

On-air interview, Senior Solutions Radio, Older African American's Experiences of Neighborhood change in Detroit, MI, (Dec, 2015)

### **Active Research Support**

Yakima County

Role: PI 1/1/2024-12/31-2025 \$265, 975

Title: Occupational Behavioral Health

NIMH R21MD018497

Role: Consultant; (PI: Jiang) 6/12/2023-12/31/2024 \$440,113

Title: Daily psychosocial stress and cardiometabolic health of older Chinese Americans.

NIA 1R01HL153377-01A1 04/20/2021 - 3/31/2026 \$3,588,488

Role: Co-I; (PI: Zilioli)

Title: Stress, racism and cardiovascular risk among urban African American adults: A multilevel, mixed methods approach.

NIA 1R01AG075892-01A1 08/15/22 - 07/31/27 \$2,786,512

Role: Co-I; (PI: Arthanant)

Title: Smart home-based Socially Assistive Robot for Care of Individuals with Alzheimer's Disease

### **Completed Research Support (previous five years)**

NIA R15AG063087

Role: PI 01/15/2020 - 12/31/2023 \$461,894

Title: DO TELL-Digitized Stories to Bridge the Gap Between Patients and Providers Perceptions of Disease Self-management Challenges

Eugene Applebaum College of Pharmacy and Healthcare Sciences, Faculty Research Enhancement Award

Role: PI 4/1/19-6/30-2020 \$10,000

Title: Reducing Metabolic Syndrome and Unmet Needs among Rural Breast Cancer Survivors During the Survivorship Transition

Goal: To evaluate the feasibility of a combined rehabilitative and lifestyle behavior changed approach for meeting physical unmet needs and improving metabolic syndrome risk factors among rural breast cancer survivors during the survivorship

transition.

Wayne State University Competitive Postdoctoral Fellow Competition

Role: PI 5/18/19-5/17/2021 \$60,000

The award provides matching funds to support a postdoctoral fellow to study with the PI for two years.

Michigan Health Endowment Fund: R-1707-141644

Role: PI 3/1/2018-9/29/2020 \$256,076

Title: Frailty Prevention in Older African Americans

Goal: To determine the feasibility and preliminary outcomes of an occupational therapy-based frailty prevention program among community-dwelling, pre-frail African Americans.

American Cancer Society: IRG #14-238-04-IRG

Role: PI 5/1/2018-4/30/2020 \$29,950

Title: Reducing Metabolic Syndrome and Unmet Needs among Rural Breast Cancer Survivors During the Survivorship Transition

Goal: To evaluate the feasibility of a combined rehabilitative and lifestyle behavior changed approach for meeting physical unmet needs and improving metabolic syndrome risk factors among rural breast cancer survivors during the survivorship transition.

Michigan Health Endowment Fund: R-1712-142406, PI: Goodman

Role: Co-I 5/1/2018-4/31/2020 \$79,846

Title: Feasibility of the Nursing Home Checklist Mobile Application

Goal: To develop and pilot test a mobile application to be used by skilled nursing home staff and patients/patient agents to improve nursing home care quality

Karmanos Cancer Institute Intervention Working Group Pilot Award

Role: PI 4/1/19-3/30-2020 \$4,600

Title: Reducing Metabolic Syndrome and Unmet Needs among Rural Breast Cancer Survivors During the Survivorship Transition

Goal: The award provides funds for activity tracking technologies to be used in a funded study (IRG #14-238-04-IRG)

Wayne State University, University Research Grant

Role: PI 6/1/2017-5/31/2019 \$10,000

Title: The Frailty Prevention Program

Goal: To evaluate the feasibility of an occupational therapy based frailty prevention program among community-dwelling, pre-frail African Americans.

Blue Cross Blue Shield of Michigan Foundation, PI: Kumar

Role: Co-I 6/1/2017-5/31/2019 \$75,000

Title: Chest Pain Assessment and Follow up Reinforcement in the Emergency Room (CARE)

Goal: To evaluate the efficacy of a brief motivational interviewing intervention on adherence to Emergency room discharge recommendations for low risk chest pain patients

Michigan Health Endowment Fund: R-1608-140360, PI: Goodman  
Role: Co-I 5/1/2017-4/31/2018 \$97,534  
Title: Development of the Nursing Home Checklist  
Goal: To develop and pilot test a mobile application to be used by skilled nursing home staff and patients/patient agents to improve nursing home care quality

Wayne State University Institute of Environmental Health Sciences, Center for Urban Response to Environmental Stressors Pilot Project Program Award, PI: Cutchin  
Role: Co-I and Project Director 2014-2016 \$150,000  
Title: Daily activities, neighborhood stressors, and stress of older African Americans  
Goal: To examine the association between neighborhood environmental stressor variables, daily activities, and stress responses among older African-Americans in Detroit

Wayne State University Eugene Applebaum College of Pharmacy and Health Sciences Faculty Research Award Program, PI: Jaber  
Role: Co-I 2/15/2014-2/15/2015 \$10,000  
Barriers and facilitators to diabetes self-management in Arab Americans  
Goal: To examine barriers and facilitators to DSM in a population of Arab Americans.

## **Service**

### *Editorial Positions*

2020- 2023 Associate Editor, *OTJR: Occupational Therapy Journal of Research*

### *Manuscript Review Activity (journals reviewed for in the previous 5 years)*

- *Advances in Geriatric Medicine and Research*
- *Journal of Aging and Health*
- *Aging and Mental Health*
- *The Gerontologist*
- *OTJR: Occupation, Participation and Health*
- *Disability and Rehabilitation*
- *International Journal of Older People Nursing*
- *Clinical Interventions in Aging*
- *Preventative Medicine*
- *Arthritis Care and Research*
- *BMC Public Health*
- *Diabetes Research and Clinical Practice*
- *Canadian Journal of Occupational Therapy*
- *American Journal of Men's Health*



- *American Journal of Occupational Therapy*
- *Scandinavian Journal of Occupational therapy*
- *Qualitative Health Research*

## University Service

### *Pacific Northwest University of Health Sciences*

- 2023-           Member, Safety and Security Committee
- 2023           Member, Mission Fulfillment Goal #1 Workgroup  
Member, Mission Fulfillment Goal #2 Workgroup  
Member, Mission Fulfillment Goal #3 Workgroup  
Member, Strategic Plan Review Workgroup  
Member, Pre-employment Drug Screening Workgroup  
Member, PNWU-Multicare Steering Committee  
Member, Adverse Weather workgroup  
Member, Office of Scholarly Activity IRB Manger Search Committee
- 2022-2023   Member, Policy and Procedure Committee
- 2022-2023   Member, Segal Faculty Compensation and Gender Equity Workgroup
- 2022-2023   Member, Provost Search Committee
- 2022-2023   Member, Appearance Guidelines Workgroup
- 2022-2023   Vice Chair, PNWU Research Committee
- 2022-           PNWU Title IX Hearing Officer  
Member, President's Advisory Council
- 2021-2023   Member, Yakima Valley Interprofessional Education Collaborative  
(VIPEC), Internal Advisory Board  
Member, Bias Incident Reporting Task Force  
Member, Diversity, Equity, and Inclusion Committee
- 2021-2022   Member, Research Committee
- 2021-2022   Member, Professional Development Action Team
- 2021-2022   Member, New Program Workgroup
- 2021-           Member, Board of Trustees Academic Affairs Committee  
Member, Space Committee  
Member, Continuing Education Committee  
Liaison, Office of Compliance, Ethic, and Integrity Services  
Member, PNWU Accreditation Committee

*Wayne State University*

- 2020-2019- Member, WSU Social Determinants of Health Steering Committee  
Member, University Social and Behavioral Determinants of Health Faculty Search Committee (cluster hire initiative)  
Member, Student Professional Behavior Committee, Occupational Therapy Program, EACPHS
- 2018-2018 Member, College Budgetary Committee, EACPHS  
Member, Occupational Therapy Program, Curriculum Development Committee, EACPHS
- 2018-2017- Chair, Occupational Therapy Program, Travel Grant Committee  
Member, College Research Committee, EACPHS
- 2015 Member, Occupational Therapy Program, Faculty Workload Policy Committee, EACPHS  
Member, Occupational Therapy Program, Development and Strategic Planning Committee, EACPHS
- 2013 Member, Faculty Search Committee, Institute of Gerontology
- 2013-2015 Member, Wayne State University Post-Doctoral Association

Professional Service

*Advisory Positions and Membership in Organizations and Committees*

- 2023- Member, Washington Occupational Therapy Association Legislative Committee  
Chair, Washington Occupational Therapy Association SB 5528 Workgroup  
Board member, Maker Space, Yakima WA
- 2022 Member, Ad-hoc Committee on Equity and Inclusion, Society for the Study of Occupation: USA
- 2020-2020 Grant reviewer, American Occupational Therapy Foundation  
External grant reviewer, Colorado State University  
Ad Hoc reviewer, National Institutes of Health
- 2019 Member, American Occupational Therapy Foundation, Planning Grant Collective Workshop
- 2019-2022 Advisory board member, IMLS National Leadership Grant (LG-18-19-0015-19), "Community Health and Wellness: Small and Rural Library Practices, Perspectives, and Programs."
- 2014- 2018 Research Subcommittee Chair, Society for the Study of Occupation: USA
- 2014- 2016 Grant reviewer, Society for the Study of Occupation: USA

Professional Memberships

- 2021- World Federation of Occupational Therapists  
2015-2020 American Public Health Association

2014- National Society of Health Coaches  
2013- American Gerontological Association  
2010- Society for the Study of Occupation: USA  
2004- American Occupational Therapy Association

Community Service

2023- Yakima Maker Space, Board Member