

DIANA C. PARRA PEREZ, PT, MPH, PHD

Curriculum Vitae

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EDUCATION

1998-2001	BS	Physical Therapy, Universidad del Rosario, Bogotá Colombia
2002-2003	Specialist	Exercise for Health, Universidad del Rosario, Bogotá Colombia
2006-2008	MPH	Master of Public Health, Saint Louis University, St. Louis, MO
2008-2013	PhD	Social Work – concentration in Public Health, Brown School, Washington University in St. Louis, St. Louis, MO
2013-2015	Post-doc	Public Health Nutrition, School of Public Health, Sao Paulo State University, Sao Paulo, Brazil.

PROFESSIONAL LICENSURE

Licensed Physical Therapist (Permanent), Bogota Colombia
Registered Yoga Teacher, 500 Hours, Yoga Alliance
Certified Mindfulness Teacher, 300 Hours, International Mindfulness Teachers Association

ACADEMIC POSITIONS AND EXPERIENCE

09/2023 - Present	Associate Director for Faculty and Scholarship. Center for the Study of Race, Equity and Ethnicity – CRE2 <u>Washington University in St. Louis</u> . St. Louis MO
08/2023 - Present	Assistant Professor. <u>Prevention Research Center in St. Louis</u> . Brown School. <u>Washington University in St. Louis</u> . St. Louis MO
06/2020-07/2023	Research Assistant Professor. <u>Prevention Research Center in St. Louis</u> . Brown School. <u>Washington University in St. Louis</u> . St. Louis MO
2016 - 2020	Assistant Professor. <u>Physical Therapy Program</u> . <u>Washington University in St. Louis</u> . St. Louis MO
2015 - 2016	Instructor. <u>Physical Therapy Program</u> . <u>Washington University in St. Louis</u> . St. Louis MO
2013-2014	Post-Doctoral Research Fellow. <u>Physical Therapy Program</u> . <u>Washington University in St. Louis</u> . Remote position
2013-2014	Post-Doctoral Research Fellow. <u>Department of Public Health Nutrition</u> . <u>School of Public Health</u> . Sao Paulo University, Sao Paulo. Brazil
2008-2013	Researcher/Project Manager. <u>Prevention Research Center in St. Louis</u> . Brown School. <u>Washington University in St. Louis</u> . St. Louis MO
2006-2008	Researcher/Project Manager. <u>Prevention Research Center in St. Louis</u> . <u>School of Public Health</u> . Saint Louis University, St. Louis Missouri.

2005 Research Associate. Universidad de los Andes, Bogota Colombia
 2003-2004 Physical Activity Promoter. Institute for Sports and Recreation (IDRD), Mayor's Office. Bogota Colombia
 2005-2010 Research Associate. Fundación FES Social, Bogota Colombia
 2001-2003 Physical Therapist, Fundación Santa Fe, Dr. John Duperly's Office. Bogota Colombia

TEACHING EXPERIENCE

2022 Instructor. *Public Health Seminar*. Brown School, Washington University in St. Louis, St. Louis, Missouri
 2021- 2022 Instructor. *Research Methods*. Brown School, Washington University in St. Louis, St. Louis, Missouri
 2015 - 2020 Guest lecturer in *Health, Fitness and Prevention*. Program in Physical Therapy Washington University in St. Louis School of Medicine, St. Louis, Missouri
 2012 Adjunct Co-Instructor, *Global Public Health*, Brown School, Washington University in St. Louis, St. Louis, Missouri
 2009-2012 Online Instructor, *Evaluation and Promotion of Physical Activity Programs, Physical Activity Network of the Americas (PANA) & Guide for Useful Interventions for Activity in Brazil and Latin America (GUIA)*. Remote position
 2010 Teaching Assistant to Professor Carolyn Lesorogol. *Development Practice in International Settings*. Brown School, Washington University in St. Louis, St. Louis, Missouri
 2009 Teaching Assistant to Professor Aaron Hipp. *Research Methods*. Brown School, Washington University in St. Louis, St. Louis, Missouri
 2003- 2004 Instructor. *Exercise Prescription Module*, Faculty of Physical Therapy, School of Medicine. Universidad del Rosario, Bogota, Colombia

HONORS & AWARDS

2015 - 2020 Visiting Professor, Faculty of Physical Therapy, School of Medicine, Universidad del Rosario.
 2008 - 2013 Tuition Scholarship for completion of PhD. Brown School. Washington University in St. Louis. St. Louis, Missouri.

FELLOWSHIPS

2021-2022 Fellow. Research in Implementation Science for Equity (RISE). University of California, San Francisco, Department of Medicine, Center for Vulnerable Populations.
 Funder: National Institutes of Health/National Heart, Lung, and Blood Institute (NIH/NHLBI).
 2013 - 2014 Post-Doctoral Research Fellow. Department of Public Health Nutrition. School of Public Health. Sao Paulo University, Sao Paulo. Brazil.

Funder: FAPESP (Fundação de Amparo à Pesquisa do Estado de São Paulo, The São Paulo Research Foundation)

2004 – 2006 Orise Fellow. Division of Nutrition and Physical Activity, Physical Activity Branch. Centers for Disease Control and Prevention. Remote Position

2004 Partners of the Americas Fellow. Division of Nutrition and Physical Activity, Physical Activity Branch. Centers for Disease Control and Prevention. Atlanta, Georgia, USA

GRANT SUPPORT

Active Grants

Start Date:

2024 – 2025 Principal Investigator. Global Faculty Pilot Research Grant. Brown School. “Exploring implementation strategy-mechanisms linkages in the Open Streets Program Ciclovía in Bogotá, Colombia” \$5000

2024 - 2029 Co-Principal Investigator. “AIM (Activating Intersectionality through Civic Mindfulness) for Equity”. ADVANCE IT: ADVANCE at Washington University. National Science Foundation. NSF 20-554 ADVANCE: Organizational Change for Gender Equity in STEM Academic Professions. FAIN# 2426511. Award Amount: \$3,000,000

2024 – 2026 Co-Principal Investigator. Mindfulness to Enhance Cognitive Health in Latinx Older Adults at Risk for Alzheimer's Disease. National Institute on Aging. National Institutes of Health. Department of Health and Human Services. FAIN# R61AG087037. Award Amount: \$1,010,000

2023 - 2025 Principal Investigator. Diversity Award Exploring implementation strategy-mechanisms linkages in evidence-based physical activity and nutrition programs for cancer prevention in Latin America. 3R01CA262325-03S1. NIH. National Cancer Institute. \$215,168

2023 - 2028 Multiple-Principal Investigator “REACH” Racial and Ethnic Approaches to Community Health” Centers for Disease Control and Prevention. Award Amount: \$ 3,800,000

2024 – 2025 Principal Investigator. “Long Lasting Connections” ICTS Grant ID #: PDSS123. Institute for Public Health and the Institute of Clinical and Translational Sciences through the Clinical and Translational Science Award (CTSA) Program of the National Center for Advancing Translational Sciences (NCATS) at the National Institutes of Health, Grant Number UL1 TR002345. Award Amount: \$7,560

2023 - 2024 Principal Investigator. “Testing a Trauma Informed Culturally Grounded Mindfulness Curriculum for Latina Immigrant Mothers” Arlene Rubin Stiffman Junior Faculty Research Awards. Award Amount: \$2,500

2023 - 2025 Principal Investigator. “BRIC PLUS EQUITY” The Neidorff Family and Centene Corporation and the COVID & Health Disparity Response Fund. Award amount: \$100,000.

2022 - 2025 Multiple-Principal Investigator. “Mindfulness Science and Practice” Incubator for Transdisciplinary Futures and the Office of the Provost, Washington University in St. Louis. Award Amount: \$345,000.

Completed Grants

- 2021 – 2023 Principal Investigator. “Building Inclusive and Resilient Communities - BRIC”. National Association of Chronic Disease Directors (“NACDD”) 5-NU38OT000286-3. Awarded Amount: \$360,250.
- 2021 – 2022 Research in Implementation Science for Equity (RISE) program at UCSF and funded by the National Heart, Lung, and Blood Institute (5R25HL126146-06) through the Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE). Awarded Amount: \$12,000
- 2021 – 2022 Multiple-Principal Investigator. “Mindfulness and Anti-Racism lecture” Center for the Study of Race, Ethnicity & Equity (CRE2). Awarded Amount: \$4,000
- 2021 – 2022 Multiple-Principal Investigator. “Mindfulness and Anti-Racism Research Working Group” CRE2. Awarded Amount: \$5,000
- 2019 – 2020 Principal Investigator. “Juntos Se Puede: A Relational Teamwork Approach Toward Enhancing Well-Being”. The Center for Community Health Partnership and Research at the Institute for Public Health, Washington University in St. Louis. Awarded Amount: \$7,000
- 2017 – 2018 Principal Investigator. “Public Access to enRiched Conditions (PARC) Initiative”. Public Health Cubed (PH3) seed funding award, Institute of Public Health, Washington University in St. Louis. Awarded Amount: \$15,000
- 2017 – 2019 Principal Investigator. “Mobile-based weight loss intervention in obese Hispanic/Latino adult women. Just in time funds for diagnostic imaging, DXA Scan” ICTS, Washington University in St. Louis. Awarded Amount: \$5,000
- 2021 – 2023 Principal Investigator. “Efficacy of a culturally sensitive and linguistically appropriate Internet and mobile based weight loss therapy in obese Hispanic/Latino adult women” NIH/NIDDK P30DK092950 Washington University Center for Diabetes Translation Research. Awarded Amount: \$20,000
- 2016 – 2017 Principal Investigator. Evanoff (PI of parent award) Research Supplements to Promote Diversity in Health-Related Research (Admin Supp), “Access to mobile technology and the potential for delivery of health promotion interventions. Diversity Grant from the funded parent award “CTSA (Clinical and Translational Science Award” (NIH CTSA Grant Number UL1 TR000448) Awarded Amount: \$135,813 Role: PI
- 2015 – 2016 Principal Investigator. “Do citywide bicycle path networks differ by socio economic status in Bogota Colombia?” Public Health Cubed (PH3) seed funding award, Institute of Public Health, Washington University in St. Louis Awarded Amount: \$15,000
- 2014 – 2017 Researcher. “Consumption of Ultra-Processed Products and its Influence in Diet Quality and Obesity Among Brazilian, Canadian and United States

	Populations” <u>Conselho Nacional de Desenvolvimento Científico e Tecnológico-CNPq</u>
2015 – 2017	Researcher. “The Use of Household Travel Surveys in the Study of Active Transportation” 2013/25624-7 Fundação de Amparo à Pesquisa do Estado de São Paulo-FAPESP
2013 – 2014	Post-Doctoral Research Fellow “Consumption of ready-to-consume -products and its association with overweight and obesity in Colombia” <u>FAPESP 2013-08129-2</u> Fundação de Amparo à Pesquisa do Estado de São Paulo-FAPESP Awarded Amount: \$35,400
2008 – 2010	Multiple-Principal Investigator. “The Built Environment and its association with walking and quality of life among older adults in Bogotá” <u>COLCIENCIAS 2007</u> Fundacion FES Social – Health Division. Awarded Amount: \$80,000
2006 – 2013	Researcher / Project Manager “Applying Evidence–Physical Activity Recommendations in Brazil – Project GUIA (Guide for Useful Interventions for Activity in Brazil and Latin America)” <u>Centers for Disease Control and Prevention’s Prevention Research Centers Program (SIP U48/DP001903)</u> Awarded Amount: \$500,000
2005 – 2008	Research Assistant. “Influence of the built environment on physical activity and quality of life among Bogotá adults” <u>International Union for Health Promotion</u> . Awarded Amount: \$100,000

PUBLICATIONS

1. Agredo-Zuñiga, R.A., **Parra, D.C.**, Ortega-Ávila, J.G., Suarez-Ortegon, M.F. Cardiorespiratory Fitness and Cardiometabolic Risk Factors in Children and Adolescents From Southwest Colombia: Association Patterns Considering Adiposity. *Am J Hum Biol.* 2024 Oct 1:e24163. doi: 10.1002/ajhb.24163. Epub ahead of print. PMID: 39352106.
2. Victorson, D.; Guitelman, J.; Maletich, C.; Horowitz, B.; Sauer, C.; Arechiga, C.; **Parra, D.C.** Development and Implementation of a Culturally Informed Spanish Language Yoga Program for Latiné Women with Overweight or Obesity Diagnosed with Cancer: A Single Arm Pilot Study (2024). *Global Advances in Health and Medicine*. DOI: 10.1177/27536130241245432/ID: GAHM-23-0076.R2
3. Muñoz Bohorquez, J., **Parra, D.C.**, Saperstein, S.L. et al. Feasibility of Implementing a Mindfulness-Based Online Program for Latina Immigrants and the Staff that Work with Them. *Mindfulness* (2023). <https://doi.org/10.1007/s12671-023-02123-6>
4. Nagy, G. A., Cuervo, C., Ramos Rodríguez, E. Y., Plumb Vilaradaga, J., Zerubavel, N., West, J. L., Falick, M. C., & **Parra, D. C.** (2022). Building a More Diverse and Inclusive Science: Mindfulness-Based Approaches for Latinx Individuals. *Mindfulness*, 13(4), 942–954. PMID: PMC8902727
5. Colón-Ramos, U., Monge-Rojas, R., Weil, J. G., Olivares G, F., Zavala, R., Grilo, M. F., **Parra, D. C.**, & Duran, A. C. (2022). Lessons Learned for Emergency Feeding During Modifications to 11 School Feeding Programs in Latin America and the Caribbean During the COVID-19 Pandemic. *Food and Nutrition Bulletin*, 43(1), 84–103. PMID: 34894790

6. Sarmiento, O. L., Rubio, M. A., King, A. C., Serrano, N., Hino, A. A. F., Hunter, R. F., Aguilar-Farias, N., **Parra, D. C.**, Salvo, D., Jáuregui, A., Lee, R. E., & Kohl, B. (2021). Built environment in programs to promote physical activity among Latino children and youth living in the United States and in Latin America. *Obesity Reviews: An Official Journal of the International Association for the Study of Obesity*, 22 Suppl 3, e13236. PMID: PMC8365655
7. Salvo, D., **Parra, D. C.**, Jáuregui, A., Reséndiz, E., Garcia-Olvera, A., Velazquez, D., Aguilar-Farias, N., Colón-Ramos, U., Hino, A. A., Kohl, H. W. B., 3rd, Pratt, M., Ramirez Varela, A., Ramirez-Zea, M., & Rivera, J. A. (2021). Capacity for childhood obesity research in Latin American and US Latino populations: State of the field, challenges, opportunities, and future directions. *Obesity Reviews: An Official Journal of the International Association for the Study of Obesity*, 22 Suppl 3, e13244. PMID: PMC8365746
8. Peña, S., Carranza, M., Cuadrado, C., **Parra, D. C.**, Villalobos Dintrans, P., Castillo, C., Cortinez-O'Ryan, A., Espinoza, P., Müller, V., Rivera, C., Genovesi, R., Riesco, J., Kontto, J., Cerda, R., & Zitko, P. (2021). Effectiveness of a Gamification Strategy to Prevent Childhood Obesity in Schools: A Cluster Controlled Trial. *Obesity (Silver Spring, Md.)*, 29(11), 1825–1834. PMID: 34533295
9. **Parra, D. C.**, Adlakha, D., Pinzon, J. D., Van Zandt, A., Brownson, R. C., & Gomez, L. F. (2021). Geographic Distribution of the Ciclovía and Recreovía Programs by Neighborhood SES in Bogotá: How Unequal is the Geographic Access Assessed Via Distance-based Measures?. *Journal of Urban Health: Bulletin of the New York Academy of Medicine*, 98(1), 101–110. PMID: PMC7873177
10. Paca-Palao, A., Huayanay-Espinoza, C. A., **Parra, D. C.**, Velasquez-Melendez, G., & Miranda, J. J. (2021). Asociación entre lactancia materna y probabilidad de obesidad en la infancia en tres países latinoamericanos [Association between exclusive breastfeeding and obesity in children: a cross-sectional study of three Latin American countries]. *Gaceta Sanitaria*, 35(2), 168–176. PMID: 31787405
11. Eyler, A. A., Gachupin, F. C., Johnston, S. L., Kapp, J. M., **Parra, D. C.**, & Popescu, M. (2021). Disparities in Text Messaging Interventions to Improve Diabetes Management in the United States. *Diabetes spectrum: a publication of the American Diabetes Association*, 34(1), 34–41. PMID: PMC7887528
12. Khandpur, N., Cediél, G., Ayala, D., Constante, P.J., **Parra, D. C.** 2020. Sociodemographic factors associated with the consumption of ultra-processed foods in Colombia. *Revista de Saude Publica*, 54, 19. <https://doi.org/10.11606/s1518-8787.2020054001176>
13. Chemas-Velez, M. M., Gómez, L. F., Velasquez, A., Mora-Plazas, M., & **Parra, D. C.** (2020). Scoping review of studies on food marketing in Latin America: Summary of existing evidence and research gaps. *Revista de Saude Publica*, 53, 107. PMID: PMC6924973
14. Adlakha, D., & **Parra, D.** (2020). Mind the gap: Gender differences in walkability, transportation and physical activity in urban India. *Journal of Transport and Health*, 18 <https://doi.org/10.1016/j.jth.2020.100875>
15. Rohatgi, K.W., Tinius, R.A., Cade, W.T., Steele, E.M., Cahill, A.G., **Parra, D.C.** Relationships between consumption of ultra-processed foods, gestational weight gain and neonatal outcomes in a sample of US pregnant women. *PeerJ*. 2017 Dec 7;5:e4091. doi: 10.7717/peerj.4091. PMID: 29230355; PMID: PMC5723430.

16. Jiwani, S. S., Carrillo-Larco, R. M., Hernández-Vásquez, A., Barrientos-Gutiérrez, T., Basto-Abreu, A., Gutierrez, L., Irazola, V., Nieto-Martínez, R., Nunes, B. P., **Parra, D. C.**, & Miranda, J. J. (2019). The shift of obesity burden by socioeconomic status between 1998 and 2017 in Latin America and the Caribbean: a cross-sectional series study. *The Lancet. Global Health*, 7(12), e1644–e1654. PMCID: PMC7613084
17. **Parra, D. C.**, Wetherell, J. L., Van Zandt, A., Brownson, R. C., Abhishek, J., & Lenze, E. J. (2019). A qualitative study of older adults' perspectives on initiating exercise and mindfulness practice. *BMC Geriatrics*, 19(1), 354. PMCID: PMC6927182
18. **Parra, D. C.**, Van Zandt, A., Wang, P., Goodman, M., Abhishek, J., Haire-Joshu, D., & Brownson, R. C. (2019). Evaluating Park Use and Satisfaction: The Case of Trojan Park in St. Louis Missouri. *International Journal of Environmental Research and Public Health*, 16(15), 2798. PMCID: PMC6696297
19. Mora-Plazas, M., Gómez, L. F., Miles, D. R., **Parra, D. C.**, & Taillie, L. S. (2019). Nutrition Quality of Packaged Foods in Bogotá, Colombia: A Comparison of Two Nutrient Profile Models. *Nutrients*, 11(5), 1011. PMCID: PMC6567873
20. Dean, E., Skinner, M., Myezwa, H., Mkumbuzi, V., Mostert, K., **Parra, D. C.**, Shirley, D., Söderlund, A., de Andrade, A. D., Abaraogu, U. O., Bruno, S., Clark, D., Gylfadóttir, S., Jones, A., Veluswamy, S. K., Lomi, C., Moffat, M., Morris, D., Stensdotter, A. K., Wong, W. P., Global Health Working Group (2019). Health Competency Standards in Physical Therapist Practice. *Physical Therapy*, 99(9), 1242–1254. PMID: 31189180
21. **Parra, D. C.**, da Costa-Louzada, M. L., Moubarac, J. C., Bertazzi-Levy, R., Khandpur, N., Cediel, G., & Monteiro, C. A. (2019). Association between ultra-processed food consumption and the nutrient profile of the Colombian diet in 2005. Asociación entre el consumo de alimentos ultra procesados y el perfil nutricional de la dieta de los colombianos en 2005. *Salud Publica de Mexico*, 61(2), 147–154. PMID: 30958957
22. **Parra, D. C.**, Gomez, L. F., Pinzon, J. D., Brownson, R. C. & Millett, C. (2018) Equity in cycle lane networks: examination of the distribution of the cycle lane network by socioeconomic index in Bogotá, Colombia, *Cities & Health*, 2:1, 60-68, <https://doi.org/10.1080/23748834.2018.1507068>
23. **Parra, D. C.**, Gomez, L. F., Iannotti, L., Haire-Joshu, D., Sebert Kuhlmann, A. K., & Brownson, R. C. (2018). Multilevel correlates of household anthropometric typologies in Colombian mothers and their infants. *Global health, Epidemiology and Genomics*, 3, e6. PMCID: PMC5921958
24. **Parra, D. C.**, Gomez, L. F., Iannotti, L., Haire-Joshu, D., Sebert Kuhlmann, A. K., & Brownson, R. C. (2018). Maternal and familial correlates of anthropometric typologies in the nutrition transition of Colombia, 2000-2010. *Public Health Nutrition*, 21(14), 2584–2594. PMCID: PMC7191652
25. **Parra, D. C.**, de Sá, T. H., Monteiro, C. A., & Freudenberg, N. (2018). Automobile, construction and entertainment business sector influences on sedentary lifestyles. *Health Promotion International*, 33(2), 239–249. PMID: 27561906
26. Andrade, D. R., Garcia, L. M. T., & **Perez, D. C. P.** (2018). Local collaborations for physical activity promotion: a network analysis. *Cadernos de Saude Publica*, 34(10), e00127517. PMID: 30328997

27. Parra, D. C., Vorkoper, S., Kohl, H. W., 3rd, Caballero, B., Batis, C., Jauregui, A., Mason, J., & Pratt, M. (2017). Research capacity for childhood obesity prevention in Latin America: an area for growth. *Obesity Reviews: An Official Journal of the International Association for the Study of Obesity*, 18 Suppl 2, 39–46. PMID: 28741908
28. Parra, D. C., Bradford, E. C. H., Clark, B. R., Racette, S. B., & Deusinger, S. S. (2017). Population and Community-Based Promotion of Physical Activity: A Priority for Physical Therapy. *Physical Therapy*, 97(2), 159–160. PMID: 28204780
29. Del Campo Vega, C., Tutte, V., Bermudez, G., & Parra, D. C. (2017). Impact on Area-Level Physical Activity Following the Implementation of a Fitness Zone in Montevideo, Uruguay. *Journal of Physical Activity & Health*, 14(11), 883–887. PMID: 28556669
30. Borges, M. C., Louzada, M. L., de Sá, T. H., Lavery, A. A., Parra, D. C., Garzillo, J. M., Monteiro, C. A., & Millett, C. (2017). Artificially Sweetened Beverages and the Response to the Global Obesity Crisis. *PLoS Medicine*, 14(1), e1002195. PMCID: PMC5207632
31. Hidalgo, K. D., Mielke, G. I., Parra, D. C., Lobelo, F., Simões, E. J., Gomes, G. O., Florindo, A. A., Bracco, M., Moura, L., Brownson, R. C., Pratt, M., Ramos, L. R., & Hallal, P. C. (2016). Health promoting practices and personal lifestyle behaviors of Brazilian Health professionals. *BMC Public Health*, 16(1), 1114. PMCID: PMC5078940
32. Perin, D. M., Saraiya, M., Thompson, T. D., de Moura, L., Simoes, E. J., Parra, D. C., & Brownson, R. C. (2015). Providers' knowledge, attitudes, and practices related to colorectal cancer control in Brazil. *Preventive Medicine*, 81, 373–379. PMCID: PMC4759640
33. Parra, D. C., Iannotti, L., Gomez, L. F., Pachón, H., Haire-Joshu, D., Sarmiento, O. L., Kuhlmann, A. S., & Brownson, R. C. (2015). The nutrition transition in Colombia over a decade: a novel household classification system of anthropometric measures. *Archives of Public Health = Archives Belges de Aante Publique*, 73(1), 12. PMCID: PMC4361151
34. Paez, D. C., Reis, R. S., Parra, D. C., Hoehner, C. M., Sarmiento, O. L., Barros, M., & Brownson, R. C. (2015). Bridging the gap between research and practice: an assessment of external validity of community-based physical activity programs in Bogotá, Colombia, and Recife, Brazil. *Translational Behavioral Medicine*, 5(1), 1–11. PMCID: PMC4332909
35. Lucumí, D. I., Gomez, L. F., Brownson, R. C., & Parra, D. C. (2015). Social capital, socioeconomic status, and health-related quality of life among older adults in Bogotá (Colombia). *Journal of Aging and Health*, 27(4), 730–750. PMCID: PMC4755298
36. Gómez, L. F., Mosquera, J., Gómez, O. L., Moreno, J., Pinzon, J. D., Jacoby, E., Cepeda, M., & Parra, D. C. (2015). Social conditions and urban environment associated with participation in the Ciclovía program among adults from Cali, Colombia. *Cadernos de Saude Publica*, 31 Suppl 1, 257–266. PMID: 26648379
37. Gomez, L. F., Sarmiento, R., Ordoñez, M. F., Pardo, C. F., de Sá, T. H., Mallarino, C. H., Miranda, J. J., Mosquera, J., Parra, D. C., Reis, R., & Quistberg, D. A. (2015). Urban environment interventions linked to the promotion of physical activity: a mixed methods study applied to the urban context of Latin America. *Social science & Medicine (1982)*, 131, 18–30. PMCID: PMC4594859
38. Florindo, A. A., Brownson, R. C., Mielke, G. I., Gomes, G. A., Parra, D. C., Siqueira, F. V., Lobelo, F., Simoes, E. J., Ramos, L. R., Bracco, M. M., & Hallal, P. C. (2015). Association of knowledge, preventive counseling and personal health behaviors on physical activity and consumption of

fruits or vegetables in community health workers. *BMC Public Health*, 15, 344. PMCID: PMC4410462

39. de Sá, T. H., **Parra, D. C.**, & Monteiro, C. A. (2015). Impact of travel mode shift and trip distance on active and non-active transportation in the São Paulo Metropolitan Area in Brazil. *Preventive Medicine Reports*, 2, 183–188. PMCID: PMC4721405
40. Burdick, L., Mielke, G. I., **Parra, D. C.**, Gomes, G., Florindo, A., Bracco, M., Lobelo, F., Simoes, E. J., Pratt, M., Ramos, L. R., Moura, L., Brownson, R. C., & Hallal, P. C. (2015). Physicians', nurses' and community health workers' knowledge about physical activity in Brazil: A cross-sectional study. *Preventive Medicine Reports*, 2, 467–472. PMCID: PMC4721435
41. Reis, R. S., Yan, Y., **Parra, D. C.**, & Brownson, R. C. (2014). Assessing participation in community-based physical activity programs in Brazil. *Medicine and Science in Sports and Exercise*, 46(1), 92–98. PMCID: PMC4476502
42. Sarmiento, O. L., **Parra, D. C.**, González, S. A., González-Casanova, I., Forero, A. Y., & Garcia, J. (2014). The dual burden of malnutrition in Colombia. *The American Journal of Clinical Nutrition*, 100(6), 1628S–35S. PMID: 25411305
43. Hino, A. A., Reis, R. S., Sarmiento, O. L., **Parra, D. C.**, & Brownson, R. C. (2014). Built environment and physical activity for transportation in adults from Curitiba, Brazil. *Journal of urban health: bulletin of the New York Academy of Medicine*, 91(3), 446–462. PMCID: PMC4074327
44. Moubarac, J. C., **Parra, D. C.**, Cannon, G., & Monteiro, C. A. (2014). Food Classification Systems Based on Food Processing: Significance and Implications for Policies and Actions: A Systematic Literature Review and Assessment. *Current Obesity Reports*, 3(2), 256–272. PMID: 26626606
45. Paez, D. C., Gomez, L. F., Mallarino, C., Arango, C. M., Flórez, A., Nylander, A., & **Parra, D. C.** (2014). Associations between time spent traveling in motor vehicles and physical activity in Colombian adults from urban areas. *Cadernos de Saude Publica*, 30(11), 2320–2330. PMID: 25493986
46. Ramos, L. R., Malta, D. C., Gomes, G. A., Bracco, M. M., Florindo, A. A., Mielke, G. I., **Parra, D. C.**, Lobelo, F., Simoes, E. J., & Hallal, P. C. (2014). Prevalence of health promotion programs in primary health care units in Brazil. *Revista de Saude Publica*, 48(5), 837–844. PMCID: PMC4211580
47. Arango, C. M., Páez, D. C., Lema, L., Sarmiento, O. L., & **Parra, D. C.** (2014). Television viewing and its association with health-related quality of life in school-age children from Montería, Colombia. *Journal of Exercise Science & Fitness*, 12(2), 68–72. <https://doi.org/10.1016/j.jesf.2014.07.002>
48. Arango, C. M., **Parra, D. C.**, Gómez, L. F., Lema, L., Lobelo, F., & Ekelund, U. (2014). Screen time, cardiorespiratory fitness and adiposity among school-age children from Monteria, Colombia. *Journal of science and medicine in sport*, 17(5), 491–495. PMID: 24211150
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92. Lobelo, F., Pate, R., **Parra, D.**, Duperly, J., & Pratt, M. (2006). Carga de mortalidad asociada a la inactividad física en Bogotá [Burden of mortality associated to physical inactivity in Bogota, Colombia]. *Revista de Salud Pública (Bogota, Colombia)*, 8 Suppl 2, 28–41. PMID: 17361576
93. Gámez, R., **Parra, D.**, Pratt, M. & Schmid, T. L. 2006. Muévete Bogotá: Promoting Physical Activity with a Network of Partner Companies. *Promotion & education*, 13(2), 138–169. PMID: 17017292

MANUSCRIPTS SUBMITTED OR IN PREPARATION

1. **Parra, D.C.**, Pérez-Flores, N.J., Marin, K.F. Using the COM-B model to examine barriers and facilitators of participation in a community-based mindfulness program in Latin immigrants. *The American Psychological Association*. Under Review
2. Berryman, K., **Parra, D.C.**, Lazar, S., Bernstein, A., Magee, R., Li, Y., Ethics of Mindfulness
3. **Parra, D.C.**, Araujo, G., Bernstine, A., Conklin, Q., Munoz, J., Prakash, R., Collaborations to Enhance Community-Based Mindfulness Research.

SELECTED PEER-REVIEWED CONFERENCE PRESENTATIONS AND ABSTRACTS

1. Building Healthy Global Food Systems: A New Imperative for Public Health, Oxford London, U.K. September 8-10, 2014. Consumption of ready-to-consume -products and its association with diet quality in Colombian adults. (Short oral presentation)

2. XV Colombian Congress of Nutrition and Dietetics, Cali, Colombia October 24 – 26, 2013 Maternal and familial correlates of anthropometric typologies in Colombia in 2010. (Poster Presentation)
3. 20th International Congress on Nutrition, Granada Spain, September 15 – 20, 2013 Multilevel correlates of anthropometric typologies in Colombia in 2005. (Short oral Presentation)
4. 20th International Congress on Nutrition, Granada Spain, September 15 – 20, 2013. Maternal and familial correlates of anthropometric typologies in Colombia in 2010. (Short oral Presentation)
5. Fourth International Congress on Physical Activity and Public Health, Sydney, Australia, October 31-November 3, 2012. How does network structure affect partnerships for promoting physical activity? Evidence from Brazil and Colombia. (Poster presentation)
6. World Nutrition Rio 2012. World Public Health Nutrition Association. Rio de Janeiro Brazil, April 27-30, 2012. Prevalence and Household and Maternal Correlates of the Dual Burden of Malnutrition in Colombia. (Oral presentation)
7. International Conference on Nutrition and Growth, Paris, France, March 1-3, 2012. Prevalence and correlates of the dual burden of malnutrition in Colombia Poster presentation. (Poster presentation)
8. International Conference on Nutrition and Growth, Paris, France, March 1-3, 2012. Pediatric strength training as a potential countermeasure to deficits in metabolic capacity caused by low birth weight and chronic under-nutrition: relevance for countries undergoing nutrition transition. (Poster presentation)
9. VIII Brazilian Congress in Physical Activity and Health. Gramado Brazil, November 19 -21, 2012. The perfect storm for physical activity promotion and policy in Brazil: the role of project GUIA. (Oral presentation)
10. VIII Brazilian Congress in Physical Activity and Health. Brazil and Colombia. Gramado, Brazil, November 9- 12, 2012. How does network structure relate to the likelihood of inter-organizational collaboration for promoting physical activity? (Oral presentation)
11. 18th European Congress on Obesity. Istanbul, Turkey, May 25 - 29, 2011. Television viewing and its association with overweight in Colombia children. (Poster presentation)
12. Sunbelt Conference XXX, Riva del Garda, Italy. June 29 - July 4th, 2010. How Does Network Structure Affect Partnerships Promoting Physical Activity? Evidence from Brazil and Colombia. (Oral Presentation)
13. Sunbelt Conference XXX, Riva del Garda, Italy. June 29 - July 4th, 2010. Assembling the puzzle for promoting physical activity in Brazil: a social network analysis. (Poster presentation)
14. 21st IAPS conference. Leipzig, Germany, June 27 - July 2, 2010. Perceived and objective neighborhood environment attributes and health related quality of life among the elderly in Bogota. (Oral presentation)
15. 21st IAPS conference. Leipzig, Germany, June 27 - July 2, 2010. Weight status among Colombian adults: Are we driving our way towards obesity? (Oral presentation)
16. Third International Congress on Physical Activity and Public Health, Toronto, Canada, May 5 – 8, 2010. Assembling the Puzzle for Promoting Physical Activity in Brazil: A Social Network Analysis. (Poster presentation)
17. Third International Congress on Physical Activity and Public Health, Toronto, Canada, May 5 –

- 8, 2010. Assessing Physical Activity in Public Parks in Brazil Using Systematic Observation. (Poster presentation)
18. XV Latin American Congress of Nutrition. SLAN (Latin American Society of Nutrition) Nutrition food and development in Latin America. Santiago de Chile, Chile November 15-19, 2009 (Oral Presentation)
19. 2nd International Congress on Physical Activity and Public Health, Amsterdam, the Netherlands, April 13-16, 2008. Guide for Useful Interventions for Activity in Brazil and Latin America: A Cross National Collaboration. (Oral presentation)
20. 19th IUHPE (International Union for Health Promotion) World Conference, Vancouver, Canada, June 10th – 15th. 2007. Guide for Useful Interventions for Activity in Brazil and Latin America: A Cross National Collaboration. (Oral presentation)

NON-PEER REVIEWED PUBLICATIONS

1. Parra, Diana C. Tackling Malnutrition Through Food Systems: Approaches in Colombia. Sight and Life Magazine, 2016. <https://sightandlife.org/resource-hub/magazine/food-systems>
2. The Global Nutrition Report 2015. Panel: Colombia's Success in Fighting Malnutrition <http://ebrary.ifpri.org/utils/getfile/collection/p15738coll2/id/129443/filename/129654.pdf>
3. Libro de Hábitos y Estilos de Vida Saludables - Tomo2 Actividad Física. COLDEPORTES <http://www.javeriana.edu.co/documents/245769/305029/Habitos+y+Estilos+de+Vida+Saludable+TOMO+2/6b664115-0b42-4262-8f05-18b7caa3d1bc>

BOOK CHAPTERS

1. **Parra, D.C.** and Lemoine, P.D. (2017), "Walking for Transportation and TransMilenio in Bogotá: Strengths and Shortcomings", Walking (Transport and Sustainability, Vol. 9), Emerald Publishing Limited, Bingley, pp. 347-363.

WORKSHOPS & ORAL PRESENTATIONS

1. Invited Town Hall Speaker for The Office of Health Information and Data Science (OHIDS) at Washington University in St. Louis. "Using mindfulness and cultural humility as tools for personal and structural transformation" July 17th 2024
2. Accepted symposium Equity-Focused, Community-Engaged, Implementation Minded Intervention Development and Adaptation. Association for Behavioral and Cognitive Therapies. 57th Annual Convention. Cultivating Joy With CBT. November 2023, Seattle, WA. Presentation: Socially Engaged Mindfulness: Equity-Focused & Community-Engaged Mindfulness with Latinos
3. Mindfulness for Equity and Inclusion in Teaching. Friday, October 20, 2023. in person on Danforth Campus. Center for Teaching and Learning. Washington University in St. Louis
4. Mindfulness in Teaching. Wednesday, Aug 23, 2023, online over zoom. Center for Teaching and Learning. Washington University in St. Louis

5. "Mindfulness strategies for the Latinx immigrant population in the U.S.: Development and evaluation of an 8-week mindfulness trauma informed curriculum." ATTC – Addiction Technology Transfer Center Network, South-Southwest HH Region April 13th, 2023.
6. "Fostering Cultural Humility Through Mindful Awareness, Self-Observation, and Reflection" Rockwood School District. March 27th, 2023
7. "Mindfulness for Inclusion" SPARK: A Sustainability Leadership Training Program hosted by the Office of Sustainability (OOS) WashU. August 22nd, 2022
8. "Mindfulness for Stress Reduction with Latino Immigrants: I was finally able to listen to myself" UCSF Osher Center for Integrative Health, University of San Francisco California. March 29th, 2022. Online
9. "Mindfulness for Stress Reduction with Latino Immigrants: I was finally able to listen to myself" ATTC – Addiction Technology Transfer Center Network, South-Southwest HH Region 6. April 6th, 2022. Online
10. "Mindfulness Session" BOLD Summer Program. WashU Olin Business School. July 16th, 2021.
11. "Promotoras de Salud: Mindfulness for Latinos" National Hispanic and Latino MHTTC Mental Health Technology Transfer Center Network Funded by Substance Abuse and Mental health Services Administration. Universidad Central del Caribe. IRESA Institute of Research, Education, and Services in Addiction. June 30th 2021. Online
12. "Mindfulness with Latinos: Strategies for Providers Working with Latinos with Substance Use Disorders" National Hispanic and Latino MHTTC Mental Health Technology Transfer Center Network Funded by Substance Abuse and Mental health Services Administration. Universidad Central del Caribe. IRESA Institute of Research, Education, and Services in Addiction. March 17th 2021. Online
13. "Promoción de espacios urbanos para mejorar la calidad de vida de los ciudadanos" SEMINARIO INTERNACIONAL Uso del juego para disminuir la obesidad infantil y promover la actividad física: Resultados de Juntos Santiago. Bloomberg Philanthropies, Santiago Ilustre Municipalidad. Santiago de Chile, Chile. April 1st, 2019.
14. "Atención plena para latinas" National Hispanic and Latino MHTTC Mental Health Technology Transfer Center Network Funded by Substance Abuse and Mental health Services Administration. Universidad Central del Caribe. IRESA Institute of Research, Education, and Services in Addiction. Ventanillas de Salud. October 23rd, 2020. Online
15. "Socioeconomic Inequalities in the distribution of active travel and recreational resources in the population of Bogota". XII Colombian Congress in Obesity. FUNCOBES. Bogota, Colombia, July 2016. Keynote Speaker
16. "Consumption of Free Sugars in Colombia, is it not an issue of public health". XII Colombian Congress in Obesity. FUNCOBES. Bogota, Colombia, July 2016. Keynote Speaker
17. "Primary health care system in Brazil and its role in promoting physical activity" 22nd IUHPE World Conference on Health Promotion. Curitiba, Brazil, May 2016. Symposium Chair and speaker
18. "The use of Systematic Observation to Measure Physical Activity in Public Settings" III International Physical Activity Symposium. University Simón Bolívar in Barranquilla. Physical Therapy Faculty, Barranquilla, Colombia, October 2015. Keynote Speaker
19. "Physical Activity in community settings and the importance of public policy", IV Course of

Programs and Policies for the Promotion of Physical Activity and Healthy Lifestyles
COLDEPORTES, Paipa, Colombia, September 2015. Keynote speaker

20. "The Built Environment and its connection to Physical Activity". III International Physical Activity Symposium. University Simón Bolívar in Barranquilla. Physical Therapy Faculty, Barranquilla, Colombia, October 2015. Keynote Speaker
21. "The Physical Inactivity pandemic: Global Action for Public Health". IV Course of Programs and Policies for the Promotion of Physical Activity and Healthy Lifestyles COLDEPORTES, Paipa, Colombia, September 2015. Keynote speaker
22. "Policies and programs to counteract Childhood Obesity in Latin America, an example for the world" XI Colombian Congress in Obesity, FUNCOBES, Bogota, Colombia, July 2015. Keynote speaker
23. "The nutrition transition in Colombia and the shift from undernutrition to overweight", XI Colombian Congress in Obesity, FUNCOBES, Bogota, Colombia, July 2015. Keynote Speaker
24. "Physical activity in community settings, importance of public policy & reframing new population guidelines for physical activity, the need for a new approach, The 4th Interdisciplinary seminar in obesity management "Primary role of physical activity in the prevention and treatment of obesity. Bogota, Colombia, May 2015. Speaker
25. "Brazil's Food Based Dietary Guidelines: A Mindful common-sense approach" Second-generation Challenges in Combating Obesity: A Transnational Dialogue, Centre for Philosophy of Law of the University of Louvain (UCL) and by the Association for the United Nations (APNU) (French-speaking Belgium), Brussels, Belgium, April 2015, Keynote Speaker
26. "Evidence on consumption of ultra-processed products and diet quality in Colombian Adults" The 3rd Interdisciplinary seminar in obesity management "The role of ultra-processed products in obesity: A growing public health problem in Latin America." Bogota, Colombia, March 2014, Speaker
21. "Food based diets in the 21st Century and promotion of physical activity at the community level: New imperatives for Public Health" Centre de Recherche en Nutrition Humaine d'Auvergne. Clermont-Ferrand, France, November 2014. Keynote Speaker
22. "Lancet Series on Physical Activity and Public Health – Physical Activity Levels and non-Communicable Diseases: A Global Vision." 15th Congress of Public Health Research, Cuernavaca, Mexico, March 2013. Speaker
23. "How can health care be involved in achieving a healthy city?" The 8th Seminar of Healthy Life Styles "Challenges of Healthy Cities" a National and International Look. Medellin, Colombia, September 2013. Speaker
24. "International course in research methods for physical activity and community health". Physical Activity Network of Uruguay (RAFU), Montevideo, Uruguay, April 25 -28, 2012. Instructor
25. "Physical Activity Promotion and Obesity Prevention in Latin America: The Roles of Project GUIA". International Society for Behavioral Nutrition and Physical Activity, Austin, TX. USA, May 23 - 26, 2012. Symposium chair
26. "Systematic Observation methods to Assess Physical Activity", International course in research methods for physical activity in community health. Mayor's Office of Bogota IDR (Sports and Recreation Institute), Bogota, Colombia, November 2011. Speaker

27. "Use of the System for Observing Play and Recreation in Communities". University of Arkansas, Clinton School of Public Service, Little Rock, AR, September 1-3, 2011. Instructor
28. "Epidemiological methods for measuring physical activity". Public Health and Epidemiology training programs, National Institute of Public Health, Cuernavaca, Mexico, July 26 - August 7, 2011. Instructor
29. "Physical Activity and Health - Methods to evaluate impact of interventions in children and adolescents". Universidad de Chile, Nutrition and Food Technology Institute, Santiago, Chile, January 17-20, 2011. Instructor
31. "Physical Activity and Prevention of Chronic Disease" AMNET (America's network for Chronic Disease Surveillance) VII International Technical Conference of Epidemiological Surveillance and Chronic Diseases & First Seminar National Workshop Physical Activity and Chronic Disease. Cali, Colombia, November 2010. Speaker
32. "Physical activity and public health in epidemiological research and community programs". National Institute of Public Health. Mexico D.F. Mexico, August 24-26, 2010. Instructor
33. "Physical Activity and Health - Methods to evaluate impact of interventions in children and adolescents" XV Latin American Congress of Nutrition. SLAN (Latin American Society of Nutrition) Nutrition food and development in Latin America. Santiago, Chile, November 2009. Speaker

PANEL DISCUSSIONS

1. Invited panelist Food Futures Symposium. Food Sustainability Break Out Session. Here &Next Washington University in St. Louis, March 26th 2024. EPNEC Center St. Louis Missouri
2. Invited speaker to the breakout room: Investing with Impact in St. Louis Through Community-Based Research, part of the Confluence Awards Ceremony at Washington University in St. Louis, April 28th, 2023.
3. Invited Emcee for the Washington University Day of Dialogue 2023. April 27th, 2023.
4. Invited Panelist. Panel for National Conference of Public Health Journalists, "Breaking Barriers: Tackling Health, Economic and Racial Inequities in St. Louis" Organized by the Delmar Divine and the Clark-Fox Policy Institute. March 9th, 2023.
5. Invited Panelist, recognized for receiving the most unique donations of any fundraiser in 2022. Give STL Day 2023 Peer to Peer Fundraising Panel. March 7th, 2023.
6. Invited Panelist at the "Beyond Boundaries Program Seminar" at Washington University in St. Louis – Discover Something – The Scientist, 2019 – Current.
7. Invited Panelist "Race in Health & Medicine" organized by the Women & Nonbinary Multicultural Association (WNMA) at Washington University in St. Louis, October 22, 2020
8. Panelist "The Intersection of Racism, Discrimination and Mental Health in Communities of Color" organized by National Hispanic and Latino Mental Health Technology Transfer Center Network, July 23, 2020

PROFESSIONAL ACTIVITIES

1. Planning Committee member of the Cambio de Colores Conference in St. Louis, June 2025.

2. Panel reviewer member for the NIH Common Fund for the Community Partnerships to Advance Science for Society (ComPASS) - April 17 – 18, 2023
3. Panel reviewer member for Institute for Public Health Pitch Partners Proposal 2023 - current
4. Panel reviewer member for Institute for Global Advisory Committee Proposal 2024
5. Member of the planning committee for the [M4 Conference Mindfulness, Mechanisms and Methods Meeting](#). October 5th & 6th, 2023 at the EPNEC Conference Center, St. Louis, Missouri.
6. Brown School's Professional Development series "Fostering Cultural Humility Through Mindful Awareness, Self-Observation, and Reflection" Spring 2022 and 2023. Instructor
7. Expert Committee member of the project Juntos Santiago, winner of the Bloomberg Mayors Challenge in 2016, Santiago Ilustre Municipalidad. 2018 - 2020
8. Member of the Executive Planning Committee for Active Living Research ALR 2017 - 2018
9. 2015 National Nutrition Survey of Colombia, [Colombian Institute of Family Welfare](#), Bogota, Colombia (2015-2016). Consultant
10. International Courses for Physical Activity and Public Health, [RAFA/PANA, Network of Physical Activity of the Americas, Centers for Disease Control and Prevention](#). Guatemala, Peru, Brazil, Mexico, Puerto Rico, Uruguay, Colombia, Chile (2006-2013). Faculty
11. [III Interdisciplinary Seminar in Obesity Prevention, FUNCOBES](#) "The role of ultra-processed products in obesity: A growing public health problem in Latin America." Universidad Javeriana, Bogotá, Colombia (March 2014). Main Organizer
12. CDC STAR team for Puerto Rico, [National Chronic Disease Directors \(NCDD\)](#) Organized by the Puerto Rico Secretariat of Health. San Juan, Puerto Rico (May 6 – 10th, 2013). Faculty
13. Physical activity and public health in epidemiological research and community programs [National Institute of Public Health](#). Mexico D.F. Mexico (2008-2011). Faculty

MEDIA APPEARANCES, INTERVIEWS, AND MENTIONS

1. WashU pitches in to reduce health disparities in St. Louis. The Ampersand. <https://artsci.washu.edu/ampersand/washu-pitches-reduce-health-disparities-st-louis/> October 30, 2024
2. Potential of mindfulness to enhance cognitive health in Latinx older adults being studied. WashU The Source. <https://source.washu.edu/2024/10/potential-of-mindfulness-to-enhance-cognitive-health-in-latinx-older-adults-being-studied/> October 4, 2024
3. New NSF grant to fund faculty equity programs and new center focused on civic mindfulness. WashU The Source. https://source.washu.edu/2024/09/new-nsf-grant-to-fund-faculty-equity-programs-and-new-center-focused-on-civic-mindfulness/?utm_source=newsletter&utm_medium=email&utm_content=NSF%20grant%20to%20fund%20faculty%20equity%20programs%2C%20new%20center&utm_campaign=Record%209-13-24. September 13, 2024

4. Planting and cultivating seeds through connection. Washington University magazine, the Source <https://source.wustl.edu/2024/04/planting-and-cultivating-seeds-through-connection/> April 15th, 2024
5. Podcast Greater Good Science Center Berkeley. Greater Good Magazine [Happiness Break: A Meditation for Groundedness, With Diana Parra \(English & Spanish\)](#). September 21st 2023.
6. [“Washington University partners on \\$3.8 million CDC grant”](#) The Record. October 26, 2023
7. [“A \\$3.8 million federal grant will help people in St. Louis Promise Zone improve their health”](#) St. Louis Public Radio/ NPR. October 31, 2023
8. [“Parra Perez Coordinates Network to Bolster Neighborhood Resilience During COVID”](#). Brown School News (September 8th, 2022)
9. [“More Great Examples of Committed Leaders Addressing Systemic Social Isolation”](#). Healthy Places by Design Blog (December 6th, 2022)
10. [“Mindfulness and anti-racism series launches”](#) The Record (April 21st, 2021)
11. [“Black yoga collective brings wellness, yoga’s healing powers to at-risk St. Louis communities”](#) St. Louis Public Radio - NPR (March 13th, 2020)
12. [“Consumo de alimentos ultraprocesados prende las alarmas”](#) Portafolio (March 30, 2014)
13. [“La comida casera muere lentamente”](#) Revista Semana (March 30, 2014)

MENTORSHIP

Masters in Public Health Thesis Committees

1. Member, thesis proposal and thesis committee for Ana Gabriela Palos Rubio, Topic: Physical activity patterns of school age children and socioeconomic correlates related to migration, Mexican Institute of Public Health, Cuernavaca, Mexico - 2018
2. Member, thesis proposal and thesis committee for Nancy Caro and Adriana Suarez, Topic, Use of concept mapping to validate and design a physical activity measurement tool, Universidad del Rosario, Bogotá, Colombia - 2019

Doctoral Dissertation Committees

1. Member, Dissertation Proposal and Dissertation Committee for Juliana Munoz, Ph.D. Candidate, Topic: Yo Soy Paz: A Pilot Trauma-Informed, Mindfulness Bases Stress Reduction Program for Latino Immigrants, School of Public Health, Department of Behavioral and Community Health, University of Maryland, College Park, Maryland - 2022
2. Member, Dissertation Proposal and Dissertation Committee for Sandra Piedad Medina Prada, PhD candidate, Topic: Relationship between food labeling and prevention of overweight and obesity, and consumer’s perception about fat and sodium content: A Systematic Review, Universidad Nacional de Colombia, Bogotá, Colombia - 2022
3. Member, Dissertation Proposal and Dissertation Committee for Nancy Jacquelyn Pérez-Flores, MSW, PhD Student, Topic: Examining Mass Media, Mental Health Literacy, and Public Mental Health Stigma Among the Latinx Population Residing in Nontraditional Receiving Communities, Brown School, Washington University in St. Louis, St. Louis, MO - 2023
4. Member, Dissertation Proposal and Dissertation Committee for Eugen Resendiz Bontrud, MPP, PhD Student, Topic: Examining the role of Urban Policy, Built Environment and Physical Activity in Mexico City, Brown School, Washington University in St. Louis, St. Louis, MO - 2023

5. Member, Area Statement, Dissertation Proposal and Dissertation Committee for Walden, Najjuwah, PhD Student, Topic: How anti-inflammatory foods reduce Post-Partum Depression risk for people of color, Brown School, Washington University in St. Louis, St. Louis, MO -2024
6. Member of PhD Dissertation Exam Student Nina Abrahams, Faculty of Social Sciences & Law / School for Policy Studies, University of Bristol, topic: The role of social network analysis in scaling-up and sustaining community-based health programmes in low- and middle-income countries. Cape Town, South Africa December 2023.

CONTINUING EDUCATION:

1. 2022 Yoga Instructor, 300 Advanced YTT Yoga Buzz, St. Louis
2. 2021 IMS 241 Study Designs for Intervention Research in Real-World Settings Department of Epidemiology and Biostatistics, University of California, San Francisco. San Francisco, CA.
3. 2020 Mindfulness Facilitator, 300 H, Engaged Mindfulness Institute
4. 2016 Yoga Instructor, 200 YTT Urban Breath Yoga
5. 2011 International Course on Epidemiology, International Epidemiology Association, Universidad San Cayetano de Heredia, Lima Perú 2010
6. Graduate Certificate in New Institutional Social Sciences, Center for New Institutional Social Sciences (CNISS), WashU 2004
7. Physical Activity and Public Health Practitioner Course, Arnold School of Public Health, Prevention Research Center University of South Carolina, CDC

SERVICE TO WASHINGTON UNIVERSITY IN ST. LOUIS

1. Member of the Global Advisory Committee
2. Co-Lead Mindfulness Science and Practice Cluster
3. Member of the Transformative Justice Design Team at the Brown School. Serving in the policies, practices and values sub-committee. 2022 – Current
4. Mindfulness Facilitator for the Academy for Diversity, Equity, and Inclusion, leading sessions and trainings to increase inclusion at the workplace through Mindfulness. June 2020 – 2023.
5. Member of the Undergraduate Public Health Major Committee. 2023 - Current
6. Search Advocate, participated in the training offered by the Office of the Provost. 2022 – Current
7. NSF ADVANCE Grant Co Investigator, in charge of the Mindfulness Component. 2022 - Current
8. Mentor of the Program Nuestra Familia from the Brown School at Washington University in St. Louis to support students from Underrepresented backgrounds. June 2020 - 2021
9. Co-creator and events Chair of the Affinity group SOMOS at Washington University in St. Louis, meant to offer support and community building opportunities for Latin faculty and staff. 2020 – Current
10. Member of the Prevention Research Center – Equity, Diversity and Inclusion Committee, Serving of the Research Equity Sub Committee. June 2020 – Current
11. Member of the Physical Therapy Admissions Committee, Washington University in St. Louis. Worked on analyzing current trends and data from the program and propose ideas and strategies to increase the diversity pool of WashU PT applicants. April 2017 – June 2020.

12. Member of the Physical Therapy Diversity and Inclusion Committee, Washington University in St. Louis, 2016 – June 2020 - Contributed to various activities, initiatives and ideas to increase the diversity and inclusion at WASHU PT. Provided feedback and ideas on how to incorporate a population and community health-based lens towards the promotion of health equity in the development of the new PT curriculum.

SERVICE TO THE COMMUNITY

1. CDC SDOH Leadership Meeting – Provide Feedback on an ongoing basis for Accelerator Plan from the St. Louis City Health Department. St. Louis, Missouri, 2022 – 2023
2. St. Louis Promise Zone Partner Discussion Climate Resilience Hub. Office of the Assistant Secretary for Health - Provide Feedback on the health-integrated climate resilience hub for Fergusson. St. Louis, Missouri, 2023.
3. ECORN (Ethnic Communities Opioid Response Network) network Board member 2023
4. Alzheimer’s Association Greater MO - Hispanic Pilot Project Board member 2023
5. Community Mobility Committee - Open Streets Subcommittee Meeting. St. Louis, Missouri, 2020 – Current
6. Board member for the Oxygen Project 2018 – 2020. The mission of The Oxygen Project: Yoga for Youth is to give children the agency to manage everyday stress and significant life challenges with resilience and calm. By integrating yoga and mindfulness into schools and youth organizations, The Oxygen Project can teach children the life skills to manage anxiety and self-regulate stress, thus improving school performance, as well as relationships with self, peers, and family.
7. Chair of the Board for the Oxygen Project. 2021 - Current. Lead fundraising efforts collecting over \$16,000 from various donors between 2021 and 2022, recognized by Give STL as the fundraiser for The Oxygen Project that received the highest number of donations (41) of any fundraiser during Give STL Day 2022, invited as speaker at “The power of peer-to-peer fundraising” (March 7th 2023). Received a grant for \$70,000 from the Children’s Service Fund for yoga programming in public schools (2022-2023).
8. Yoga instructor and Mindfulness facilitator for LifeWise STL, St. Louis, Missouri, 2016 – 2022
9. Yoga instructor, The Oxygen Project, St. Louis, Missouri, 2021.

AD HOC PEER-REVIEW EXPERIENCE

1. *Associate Editor: Frontiers in Public – Public Health Policy*
2. *The Lancet*
3. *The Lancet Regional Health - Americas*
4. *Revista de Sociologia e Politica*
5. *Biomedica*
6. *Cadernos de Saude Coletiva*
7. *PloS one 2013*
8. *Journal of Physical Activity and Health*
9. *American Journal of Preventive Medicine*
10. *American Journal of Health Promotion*
11. *American Journal of Public Health*

12. *Preventive Medicine*
13. *Health and Place*
14. *Revista de Salud Pública de Mexico*
15. *BMC Public Health*
16. *International Journal of Environmental Research and Public Health*
17. *Journal of Alzheimer's Disease Reports*

PROFESSIONAL AFFILIATIONS

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|---|----------------|
| 1. National Chronic Disease Directors Association | 2020 – Current |
| 2. Society for Social Work Research | 2022 – Current |
| 3. International Society for Physical Activity and Health | 2008 – 2020 |
| 4. American Public Health Association | 2013 – 2019 |
| 5. World Public Health Nutrition Association | 2012 – 2018 |
| 6. International Society for Behavioral Nutrition and Physical Activity | 2011 – 2015 |
| 7. International Epidemiology Association | 2010 – 2015 |
| 8. International Union for Health Promotion | 2006 – 2008 |

LANGUAGES:

1. Spanish – native language
2. English – speak fluently and read/write with high proficiency
3. Portuguese – speak, read, and write with medium competence