

Julie Ober Allen

CONTACT INFORMATION

University of Wisconsin-Madison, Department of Kinesiology
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RESEARCH INTERESTS

To better understand mechanisms generating disparities in chronic disease among older U.S. adults. This work focuses on how exposure to chronic stressors rooted in social and structural inequities over the life course (e.g., ageism, discrimination, race and gender expectations, adverse life events) affect contextual, psychosocial, biological, and behavioral determinants of health. Emphasis on the health implications of ageism, Black-White health disparities, and cardiometabolic health outcomes. The underlying motivation for this work is to inform innovative community, societal, and policy level change to promote health and reduce chronic disease burden and disparities within the older U.S. adult population.

Health disparities/equity • stress processes, biomarkers, & coping • older adults • cardiometabolic health • community-based research & interventions • social, structural, & behavioral determinants of health • social epidemiology • intersectionality • evaluation

ACADEMIC APPOINTMENTS

Assistant Professor of Health Promotion and Health Equity (tenure-track), Department of Kinesiology, University of Wisconsin-Madison	08/2024-present
Director , Stress and Health Disparities Lab, University of Wisconsin-Madison	08/2024-present
Affiliated Faculty , Center for Demography of Health and Aging, University of Wisconsin-Madison	06/2025-present
Affiliated Faculty , Institute on Aging, University of Wisconsin-Madison	09/2024-present
Adjunct Faculty Associate , Research Center for Group Dynamics, Institute for Social Research (ISR), University of Michigan	09/2020-present
Affiliated Faculty , Michigan Center for Urban African American Aging Research (MCUAAAR), a collaboration of Wayne State University, University of Michigan, and Michigan State University	09/2019-present
Faculty Associate , Program for Research on Black Americans (PRBA), Institute for Social Research, University of Michigan	09/2019-present
Faculty , Group for Research on the Epidemiology of Mobility, Aging, and Psychiatry (GREMAP), University of Michigan School of Public Health	02/2018-present
Sponsored Affiliate , Department of Epidemiology, University of Michigan School of Public Health	08/2020-present

Member , Harold Hamm Diabetes Center, University of Oklahoma Health Sciences Center	11/2021-present
Assistant Professor of Health Promotion (tenure-track), Department of Health and Exercise Science, University of Oklahoma	08/2020-08/2024
Director , Stress and Health Disparities Lab, University of Oklahoma	08/2020-08/2024
Faculty Associate , Gender and Health Research Lab, University of Michigan School of Social Work	01/2018-12/2018

EDUCATION

NIA Postdoctoral Research Fellow Population Studies Center (NIH/NIA T32-AG000221), Institute for Social Research (ISR), University of Michigan, Ann Arbor, MI. Mentors: Arline Geronimus, Briana Mezuk, and James S. Jackson	01/2018-08/2020
PhD, Health Behavior and Health Education/Equity University of Michigan School of Public Health, Ann Arbor, MI Dissertation: <i>Coping and Psychological and Physiological Distress among Black and White Men in the U.S.</i> Co-Chairs: Cleopatra Caldwell and Daphne C. Watkins Cognate: Social Determinants of Health and Social Equity	04/2018
MPH, Health Behavior and Health Education University of Michigan School of Public Health, Ann Arbor, MI	04/2004
BA, Cultural Anthropology Amherst College, Amherst, MA	05/1998

AWARDS & HONORS

Collaborative Research Travel Project Award , Michigan Integrative Well-Being and Inequality (MIWI)	2024
Open Access Funding Award , Offices of the VP for Research and Partnerships and the Provost, University of Oklahoma	2024
Open Access Funding Award , University Libraries, University of Oklahoma	2022
Atena Award Winner for paper “The effects of multiple forms of discrimination on inflammatory markers: Are there differences by sex?”, American Public Health Association, Aging and Public Health Section	2021
James G. Zimmer New Investigator Research Award Finalist for paper “Developing and testing a scale assessing everyday ageism,” American Public Health Association, Aging and Public Health Section	2021
Early Career Investigator Workshop Travel Award , National Institute on Aging Research Centers Collaborative Network	2020

PSC Research Support Awards (2) , Population Studies Center, Institute for Social Research (ISR), University of Michigan	2019 & 2020
Laurence G. Branch Doctoral Student Research Award Finalist , paper “Disparities and differences in physiological distress among aging Black and White men,” American Public Health Association, Aging and Public Health Section	2017
Travel Awards (5) , University of Michigan Rackham Graduate School	2014-2017
Travel Awards (4) , University of Michigan School of Public Health	2014-2017
Summer Training Awards (2) , University of Michigan Rackham Graduate School & School of Public Health	2014 & 2017
Summer Mentored Writing Award , University of Michigan School of Public Health	2016
Staff Excellence Award Finalist , University of Michigan School of Public Health Nominated by students mentored in the PRC/MI research training program	2009
Dean’s Scholarship Award , University of Michigan School of Public Health	2002-2004
Community Service and Social Justice Honors , University of Michigan Ginsberg Center	2004
Magna Cum Laude & Departmental Honors in Anthropology/Sociology , Amherst College	1998
PROFESSIONAL DEVELOPMENT ACTIVITIES	
Wisconsin Idea Seminar (competitive application) University of Wisconsin-Madison	2025
Advanced Statistics Scholar Global School in Empirical Research Methods, University of St. Gallen, Switzerland	2025
Summer Scholar in Quantitative Methods Interuniversity Consortium for Political and Social Research (ICPSR), Institute for Social Research (ISR), University of Michigan	2013, 2014, 2021, 2025
Michigan Integrative Well-Being and Inequality (MIWI) Institute Scholar (competitive application) University of Michigan	2021-2022
Pragmatic Intervention Trials with Diverse Older Adults Workshop NIA Resource Centers for Minority Aging Research (RCMAR), Gerontological Society of America	2022
Life Course Perspectives on Aging Workshop (competitive application) NIA Research Centers Collaborative Network (RCCN), Gerontological Society of America	2020
Stress and Resilience: Concepts and Measures for Minority Aging Research Workshop NIA, AARP, NIA Resource Centers for Minority Aging Research (RCMAR), Gerontological Society of America	2018

Center for Research on Ethnicity, Culture, and Health Doctoral Research Trainee NIH/NIGMS 5R25GM058641-16, University of Michigan School of Public Health Mentors: Cleopatra Caldwell and Daphne C. Watkins	2014-2017
Gender and Health Research Lab Doctoral Trainee University of Michigan School of Social Work	2013-2017
Preparing Future Faculty Certificate (competitive application) University of Michigan Rackham School of Graduate Studies & Center for Research on Learning and Teaching	2017
Summer Training on African American Aging Research (competitive application) Michigan Center for Urban African American Aging Research (MCUAAAR), University of Michigan & Wayne State University	2016
Undoing Racism Community Organizing Workshop People’s Institute for Survival and Beyond	2011
Communities Working in Partnership, Building Capacity for Policy Change: Train the Trainer Workshop Detroit Community-Academic Urban Research Center, University of Michigan	2010

PROFESSIONAL EMPLOYMENT & CONSULTING

Peer Mentor , Michigan Integrative Well-Being and Inequality (MIWI) Institute University of Michigan	07/2025-present
Faculty Collaborator/Consultant , Everyday Ageism Module for the National Poll on Healthy Aging, www.healthyingpoll.org/report/everyday-ageism-and-health , Institute for Healthcare Policy and Innovation, University of Michigan	08/2019-present
Evaluation Consultant , Oklahoma Creative Aging Initiative, Oklahoma Arts Council	01/2023-08/2023
Expert Consultant on Ageism and Scale Development , Global Campaign to Combat Ageism, 11/2021 World Health Organization. 1 st product: Murray, A.L. & de la Fuente-Núñez, V. (2023). Development of the item pool for the ‘WHO-ageism scale’: conceptualization, item generation and content validity assessment. <i>Age and Ageing</i> , 52, iv149-iv157. https://doi.org/10.1093/ageing/afad105	
Evaluation Consultant , YOUR Blessed Health: HIV/AIDS Prevention & Outreach through Flint Pastors’ Wives, YOUR Center, Flint, MI	01/2008-05/2014
Research Project Manager , Department of Colorectal Surgery, University of Michigan Medical School	07/2012-09/2013
Managing Director , Center on Men’s Health Disparities, University of Michigan School of Public Health	11/2009-07/2012
Training Team Leader (2009-2010), Project Manager (2008-2010), Research Associate (2004-2008), Research Assistant (2002-2004), Prevention Research Center (PRC/MI), University of Michigan School of Public Health	10/2002-07/2010

Project Manager, Department of Food Science & Human Nutrition, Michigan State University 05/2004-09/2006

Research Associate (2004-2005), **Research Assistant** (2002-2004), Flint's Youth Violence Prevention Center (YVPC), University of Michigan School of Public Health 10/2002-09/2005

Hampden County Educational Coordinator (2001-2002), **Westfield Program Manager & Case Manager/Instructor** (1998-2002), Young Parents Program, Corporation for Public Management, Westfield, MA 11/1998-06/2002

PUBLICATIONS orcid.org/0000-0002-3969-8130 [Google Scholar](#)

* indicates student author

ARTICLES

1. **Allen, J.O.**, *Moïse, V., & *Onishi, S. (2025). Black-White differences related to ageism and health: Evidence from the *Experiences of Aging in Society* project. *Journal of Racial and Ethnic Health Disparities*. Online first: <https://doi.org/10.1007/s40615-025-02326-8> [Press Release](#)
2. *Bhochhibhoya, S., Maness, S.B., **Allen, J.O.**, Cheney, M.K., Peck, B.M., & Lu, Y. (2025). Contraceptive use and its associations with social determinants of health among young adults. *Family and Community Health*, 48(1), 20-30. <https://doi.org/10.1097/FCH.0000000000000415> PMC11919293
3. *Bhochhibhoya, S., Maness, S.B., **Allen, J.O.**, Cheney, M.K., Peck, B.M., & Lu, Y. (2025). Exploring longitudinal associations between social determinants of health in adolescence and young adult contraceptive use: Results from Add Health. *Preventive Medicine Reports.*, 52, 103021. <https://doi.org/10.1016/j.pmedr.2025.103021>
4. Pereira, H.M., *Bertholf, R.L., dos Santos, M.B., Black, C.D., & **Allen, J.O.** (2025). Sex differences in the prevalence of fatigue across groups and associated factors. *Fatigue: Biomedicine, Health & Behavior*, 13(2), 146-159. <https://doi.org/10.1080/21641846.2025.2466401>
5. **Allen, J.O.**, *Moïse, V., Solway, E., Cheney, M.K., Larson, D., Malani, P.N., Singer, D., & Kullgren, J.T. (2024). How old do I look? Aging appearance and experiences of aging among US adults ages 50-80. *Psychology and Aging*, 39(5), 551-564. <https://doi.org/10.1037/pag0000800>
6. Groves, A., & **Allen, J.O.** (2024). The Buddy System: African American women with self-reported hypertension and their experiences in a peer (dyadic) support intervention. *Global Journal of Health Science*, 16(8), 70-78. <https://doi.org/10.5539/gjhs.v16n8p70>
7. **Allen, J.O.**, *Elias, L.K., & *Greenwood, J.C. (2023). Differences and disparities in ageism affecting older adults: A review. *Current Epidemiology Reports*, 10, 17-32. <https://doi.org/10.1007/s40471-022-00316-6> PMC10358738
8. **Allen, J.O.**, & *Sikora, N. (2023). Aging stigma and the health of US adults over 65: What do we know? *Clinical Interventions in Aging*, 18, 2093-2116. <https://doi.org/10.2147/CIA.S396833> PMC10729833

9. Byrd, D., & **Allen, J.O.** (2023). Multiple forms of discrimination and inflammation in Black Americans: Are there differences by sex? *Social Science and Medicine*, 321, 115785. <https://doi.org/10.1016/j.socscimed.2023.115785> PMC10072201
10. **Allen, J.O.**, Mezuk, B., Byrd, D., Rafferty, J., Abelson, J., Abelson, J., *White, C.J., & Jackson, J.S. (2022). Mechanisms of cardiometabolic health outcomes and disparities: What characteristics of chronic stressors are linked to HPA-axis dysregulation? *Journal of Aging and Health*, 34(3), 448-459. Special issue of Contemporary Research on Older Black Americans in honor of James S. Jackson. <https://doi.org/10.1177/08982643221085903> PMC10210070
11. **Allen, J.O.**, Solway, E., Kirch, M., Singer, D., Kullgren, J.T., & Malani, P.N. (2022). The Everyday Ageism Scale: Development and evaluation. *Journal of Aging and Health*, 34(2), 147-157. <https://doi.org/10.1177/08982643211036131> PMC10249361
12. **Allen, J.O.**, Solway, E., Kirch, M., Singer, D., Kullgren, J.T., *Moise, V., & Malani, P.N. (2022). Experiences of everyday ageism and the health of older US adults. *JAMA Network Open*, 5(6), e2217240. <http://doi.org/10.1001/jamanetworkopen.2022.17240> PMC9201677
13. *Fleming, J., *Nguyen, K., *Winston, J., **Allen, J.O.**, Smith, J., Thornton, W., Mejia Ruiz, M.J., & Mezuk, B. (2022). Promoting sustained diabetes management: Identifying challenges and opportunities in developing an alumni peer support component of the YMCA Diabetes Control Program. *Patient Education and Counseling*, 105(5), 1322-1328. <https://doi.org/10.1016/j.pec.2021.09.005>
14. Mezuk, B., & **Allen, J.O.** (2021). Invited Commentary: Rethinking the goals of diabetes prevention programs. *Diabetes Care*, 44(11), 2457-9. <https://doi.org/10.2337/dci21-0038> PMC8546277
15. **Allen, J.O.**, Concha, J.B., Mejía Ruiz, M.J., *Rapp, A., *Montgomery, J., Smith, J., Wolfson, J.A., Thornton, W., & Mezuk, B. (2020). Engaging underserved community members in diabetes self-management: Evidence from the YMCA of Greater Richmond Diabetes Control Program. *The Diabetes Educator*, 46(2), 169-80. <https://doi.org/10.1177/0145721720907059> PMC7813155
16. **Allen, J.O.**, Watkins, D.C., Chatters, L., & Johnson-Lawrence, V. (2020). Mechanisms of racial health disparities: Evidence on coping and cortisol from MIDUS II. *Journal of Racial and Ethnic Health Disparities*, 7(2), 207-16. <https://doi.org/10.1007/s40615-019-00648-y> PMC7067629
17. **Allen, J.O.**, Watkins, D.C., Mezuk, B., Chatters, L., & Johnson-Lawrence, V. (2020). Mechanisms of racial health disparities: Relationships between coping and psychological and physiological stress responses. *Ethnicity and Disease*, 30(4), 563-74. <https://doi.org/10.18865/ed.30.4.563> PMC7518539
18. Watkins, D.C., *Goodwill, J., *Johnson, N.C., *Casanova, A., Wei, T., **Allen, J.O.**, *Williams, E.G., *Anyiwo, N., Jackson, Z., Talley, L.M., & Abelson, J.M. (2020). An online behavioral health intervention promoting mental health, manhood, and social support for Black men: The YBMen project. *American Journal of Men's Health*, 14(4), 1-17. <https://doi.org/10.1177/1557988320937215> PMC7492864
19. **Allen, J.O.**, Watkins, D.C., Chatters, L., Geronimus, A.T., & Johnson-Lawrence, V. (2019). Cortisol and racial health disparities affecting Black men in later life: Evidence from MIDUS II. *American Journal of Men's Health*, 13(4), 1-13. <https://doi.org/10.1177/1557988319870969> PMC6710693
20. *Goodwill, J.R., Watkins, D.C., *Johnson, N.C., & **Allen, J.O.** (2018). An exploratory study of stress

and coping among Black college men. *American Journal of Orthopsychiatry*, 88(5), 538-49.
<https://doi.org/10.1037/ort0000313>

21. Hawkins, J., Watkins, D.C., **Allen, J.O.**, & Mitchell, J. (2018). Identifying subgroups of Black, Hispanic, and Asian men at increased risk for comorbid depression and overweight or obesity. *Preventive Medicine Reports*, 12, 268-70. <https://doi.org/10.1016/j.pmedr.2018.10.022> PMC6214873
22. Watkins, D.C., **Allen, J.O.**, *Goodwill, J.R., & *Noel, B. (2017). Strengths and weaknesses of the *Young Black Men, Masculinities, and Mental Health (YBMen)* Project. *American Journal of Orthopsychiatry*, 87(4), 392-401. <https://doi.org/10.1037/ort0000229>
23. **Allen, J.O.** (2016). Ageism as a risk factor for chronic disease. *The Gerontologist*, 56(4), 610-4. <https://doi.org/10.1093/geront/gnu158>
24. *Ellis, K., Griffith, D.G., **Allen, J.O.**, Thorpe, R.J., & Bruce, M.A. (2015). "If you do nothing about stress, the next thing you know, you're shattered": Perspectives on stress, coping and health among African American men. *Social Science & Medicine*, 139, 107-14. <https://doi.org/10.1016/j.socscimed.2015.06.036> PMC4519397
25. **Allen, J.O.**, Zebrack, B., Wittmann, D., Hammelef, K., & Morris, A.M. (2014). Expanding the NCCN guidelines for distress management: A model of barriers to the use of coping resources. *Journal of Community and Supportive Oncology*, 12(8), 271-277. <https://doi.org/10.12788/jcso.0064>
26. Griffith, D.M., **Allen, J.O.**, Johnson-Lawrence, V., & Langford, A. (2014). *Men on the Move*: A pilot program to increase physical activity among African American men. *Health Education and Behavior*, 41, 164-172. <https://doi.org/10.1177/1090198113496788> PMC4511956
27. **Allen, J.O.**, Griffith, D.M., & Gaines, H.C. (2013). "She looks out for the meals, period": African American men's perceptions of how their wives influence their eating behavior and dietary health. *Health Psychology*, 32(4), 447-455. <https://doi.org/10.1037/a0028361> PMC4374446
28. Griffith, D.M., *Ellis, K.R., & **Allen, J.O.** (2013). An intersectional approach to social determinants of stress and African American men's health: Men's and women's perspectives. *American Journal of Men's Health*, 7(Suppl. 4), S19-30. <https://doi.org/10.1177/1557988313480227> PMC6697096
29. Griffith, D.M., *King, A., & **Allen, J.O.** (2013). Male peer influence on African American men's motivation for physical activity: Men's and women's perspectives. *American Journal of Men's Health*, 7(2), 169-178. <http://doi.org/10.1177/1557988312465887> PMC4145674
30. Griffith, D.M., *Wooley, A.M., & **Allen, J.O.** (2013). "I'm ready to eat and grab whatever I can get." Determinants and patterns of African American men's eating practices. *Health Promotion Practice*, 14(2), 181-188. <https://doi.org/10.1177/1524839912437789>
31. Griffith, D.M., *Ellis, K.R., & **Allen, J.O.** (2012). How does health information influence African American men's health behavior? *American Journal of Men's Health*, 6(2), 156-163. <https://doi.org/10.1177/1557988311426910>
32. Pichon, L.C., Griffith, D.M., Campbell, B., **Allen, J.O.**, Williams, T.T., & *Addo, A. (2012). Faith leaders' comfort level implementing an HIV prevention curriculum in a faith setting. *Journal of Health Care for the Poor and Underserved*, 23(3), 1254-1266. <https://doi.org/10.1353/hpu.2012.0108>

33. Griffith, D.M., **Allen, J.O.**, & *Gunter, K. (2011). Social and cultural factors influence African American men's medical help-seeking. *Research on Social Work Practice, 21*(3), 337-347. <https://doi.org/10.1177/1049731510388669>
34. Griffith, D.M., *Gunter, K., & **Allen, J.O.** (2011). Male gender role strain as a barrier to African American men's physical activity. *Health Education and Behavior, 38*(5), 482-491. <https://doi.org/10.1177/1090198110383660> PMC4381925
35. Williams, T.T., Griffith, D.M., Pichon, L.C., Campbell, B., **Allen, J.O.**, & *Sanchez, J.C. (2011). Involving faith-based organizations in adolescent HIV prevention. *Progress in Community Health Partnerships, 5*, 425-431. <https://www.muse.jhu.edu/article/462771>
36. Alaimo, K., Reischl, T.M., & **Allen, J.O.** (2010). Community gardening, neighborhood meetings and social capital. *Journal of Community Psychology, 38*, 497-514. <https://doi.org/10.1002/jcop.20378>
37. Griffith, D.M., **Allen, J.O.**, DeLoney, E.H., Robinson, K., Lewis, E.Y., Campbell, B., Morrel-Samuels, S., Sparks, A., & Zimmerman, M.A. (2010). Community-based organizational capacity building as a strategy to reduce racial health disparities. *Journal of Primary Prevention, 31*, 31-39. <https://doi.org/10.1007/s10935-010-0202-z>
38. Griffith, D.M., Campbell, B., **Allen, J.O.**, Robinson, K., & *Stewart, S.K. (2010). YOUR Blessed Health: An HIV prevention program bridging faith and public health communities. *Public Health Reports, 125*(Suppl. 1), 4-11. <https://doi.org/10.1177/00333549101250S102> PMC2788403
39. Griffith, D.M., Pichon, L.C., Campbell, B., & **Allen, J.O.** (2010). YOUR Blessed Health: A faith-based, CBPR approach to addressing HIV/AIDS among African Americans. *AIDS Education and Prevention, 22*, 203-217. <https://doi.org/10.1521/aeap.2010.22.3.203>
40. **Allen, J.O.**, Alaimo, K., Elam, D., & Perry, E. (2008). Growing vegetables and values: Benefits of neighborhood-based community gardens for youth development and nutrition. *Journal of Hunger and Environmental Nutrition, 3*(4), 418-439. <https://doi.org/10.1080/19320240802529169>
41. Griffith, D.M., **Allen, J.O.**, Zimmerman, M.A., Morrel-Samuels, S., Reischl, T.M., *Cohen, S., & *Campbell, K. (2008). Organizational empowerment in community mobilization to address youth violence. *American Journal of Preventive Medicine, 34*(S3), S89-S99. <https://doi.org/10.1016/j.amepre.2007.12.015>

BOOK CHAPTERS

1. Mitchell, J., **Allen, J.O.**, & *Perry, R. (2019). Men's health in later life: Diverse and intersecting contexts. In Griffith, D.G., Bruce, M.A., & Thorpe, R.J. (eds.), *Men's Health Equity: A Handbook* (pp. 86-100). Routledge.
2. Caldwell, C.H., **Allen, J.O.**, & Assari, S. (2016). Family influences on African American men's health: Family-based interventions. Burton, L., Burton, D., McHale, S.M., King, V., & Van Hook, J. (eds.), *Boys and Men in African American Families* (pp. 195-214). Springer International Publishing.
3. Griffith, D.M., *Gunter, K., & **Allen, J.O.** (2012). A systematic approach to developing contextual, culturally, and gender sensitive interventions for African American Men: The Example of *Men 4 Health*. Elk, R., & Landrine, H. (eds.), *Cancer Disparities: Causes and Evidence-Based Solutions* (pp. 193-210). Springer Publishing.

MANUSCRIPTS UNDER REVIEW

1. *Taylor, K., Lu, Y., Cheney, M., Carpenter, L., & **Allen, J.O.** (R&R). Food insecurity, multi-level coping strategies, and depression among single female caregivers: Evidence from the *Stretching It Study*.
2. **Allen, J.O.** Psychometric properties of the Everyday Ageism Scale: Results from the *Experiences of Aging in Society* project.

SELECT EVALUATION, TECHNICAL, & PUBLIC DISSEMINATION REPORTS

1. **Allen, J.O.**, *Moïse, V., *White, C.J., *Sharma, P., *Kiefer, M, *Sikora, N., *Onishi, S., *Mahato, S., *Cunningham, K., & *Greenwood, J.C. (2024, July). *Experiences of Aging in Society Project, July 2024 Report*. University of Oklahoma Stress and Health Disparities Lab: Norman, OK. <https://hdl.handle.net/11244/340562>
2. *Taylor, K. & **Allen, J.O.** (2024, February). *Stretching It: Exploring Food Security Status, Food Insecurity Coping Strategies, and Mental Health among Single Female Caregivers*. University of Oklahoma Stress and Health Disparities Lab: Norman, OK. <https://shareok.org/handle/11244/340179>
3. **Allen, J.O.**, *White, C.J., *Moïse, V., *Mahato, S., *Kiefer, M, *Sikora, N., *Onishi, S., *Greenwood, J.C., & *Cunningham, K. (2023, July). *Experiences of Aging in Society Project, July 2023 Report*. University of Oklahoma Stress and Health Disparities Lab: Norman, OK. <https://hdl.handle.net/11244/338894>.
4. **Allen, J.O.**, Solway, E. Kirch, M., Singer, D., Kullgren, J.T., & Malani, P. (2020, July). *Everyday Ageism and Health*. University of Michigan National Poll on Healthy Aging: Ann Arbor, MI. <https://www.healthyagingpoll.org/report/everyday-ageism-and-health>. Press attention in *U.S. News and World Reports*, *TIME*, the *Washington Post*, *Forbes*, HealthDay, Michigan Radio, among others.
5. Watkins, D.C., **Allen, J.O.**, *Goodwill, J.R., *Noel, B., *Goins, T., & *Wilkes, C. (2015). *The YBMen Project at Jackson College*. Gender and Health Research Lab: Ann Arbor, MI. https://gendhrlab.files.wordpress.com/2015/11/ybmen_report_from_jackson_final_final.pdf
6. Griffith, D. M., *Baumhofer, K., **Allen, J.O.**, Carr, A., & Jegede, B. (2012). *Practices to Reduce Infant Mortality (PRIME) Green Paper*. Center on Men's Health Disparities: Ann Arbor, MI.
7. Griffith, D.M., *Baumhofer, K., & **Allen, J.O.** (2012). *Practices to Reduce Infant Mortality through Equity (PRIME) Organizational Assessment with the Women, Infant and Children (WIC) Division, April/May 2012*. Center on Men's Health Disparities: Ann Arbor, MI.
8. Campbell, B., Griffith, D.M., **Allen, J.O.**, Williams, T.T., Pichon, L.C., Cabine, K., *Sanchez, J., & Hobbs, D. (2010-2012). *YOUR Blessed Health, Annual Reports*. YOUR Center: Flint, MI.
9. **Allen, J.O.**, Griffith, D.M., *Bridgemohan, A., & *Sanchez, J. (2010-2005). *Community Capacity Building to Reduce Health Disparities Project: Organizational Assessment and Evaluation Reports*. Prevention Research Center of Michigan: Ann Arbor, MI.
10. Reischl, T.M., Zimmerman, M.A., Morrel-Samuels, S., Franzen, S.P, **Allen, J.O.**, & Border, K. (2009, 2008). *Participatory Evaluation of the Ruth Mott Beautification Plan, Years 1 & 2*. Prevention Research Center of Michigan: Ann Arbor, MI.

11. **Allen, J.O.**, *Bridgemohan, A., *Sanchez, J., *Gesualdi, N., & Zimmerman, M.A. (2008). *Needs Assessment for the Great Lakes Camp*. Prevention Research Center of Michigan: Ann Arbor, MI.
12. Griffith, D.M., **Allen, J.O.**, Reischl, T.M., *Bridgemohan, A., & *Quantano, S. (2006-2008). *Prevention Research Center of Michigan Community & State Board Process Evaluations*. Prevention Research Center of Michigan: Ann Arbor, MI.
13. **Allen, J.O.**, *Kretman, S., *Defever, E., & Zimmerman, M.A. (2007). *Michigan Steps Up Youth Leadership and Advocacy Summit Project, 2006-2007: Evaluation*. Prevention Research Center of Michigan: Ann Arbor, MI.
14. Griffith, D.M., **Allen, J.O.**, *Best, C., *Brooks, S., & *Siegmond, K. (2005). *Flint's Youth Violence Prevention Center Process Evaluation*. Flint's Youth Violence Prevention Center, Ann Arbor, MI.

SELECT MEDIA ATTENTION: INTERVIEWS with TV, RADIO, & PRINT NEWS OUTLETS

PBS Television: Perspectives Matter, a McCuiston Program. (2024, August). *Ageism bias: Are there solutions?* (#3024). Featured in television news story with Vince Poscente.

<https://www.youtube.com/watch?v=-eRLfTaTpWE>

PBS Television: Perspectives Matter, a McCuiston Program. (2024, May, re-aired 2024, August). *Ageism: The newest bias* (#3023). Featured in television news story with Vince Poscente.

<https://www.youtube.com/watch?v=O-i5HZJyevY>

BBC Radio World Service. (2024, April). Interview with Audrey Brown.

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Rheumatology Advisor. (2022, September). *Caution urged about ageism in patient care*. Interview with journalist Schieszer, J. <https://www.rheumatologyadvisor.com/home/topics/practice-management/caution-urged-about-ageism-in-patient-care/>

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Healthline. (2022, July). *How 'everyday ageism' affects health*. Interview with journalist Welch, A. <https://www.healthline.com/health-news/how-everyday-ageism-affects-health>

Newsweek. (2022, June). *Don't joke about old age (it's bad for your health)*. Interview with journalist Laber-Warren, E. <https://www.newsweek.com/dont-joke-about-old-age-its-bad-your-health-1715886>

HealthDay. (2022, June). *Ageism is everywhere and can harm health*. Interview with journalist Mann, D. <https://consumer.healthday.com/6-17-ageism-is-everywhere-and-can-harm-health-2657511532.html>

Get What's Yours website. (2022, June). *Ageism may be mostly in your head*. Interview with author Moeller, P. <https://philmoeller.substack.com/p/ageism-may-be-mostly-in-your-head>

HealthDay. (2020, July). *Many older Americans face ageism every day, survey finds*. Interview with journalist McNiff, S. <https://consumer.healthday.com/public-health-information-30/discrimination-health-news-739/many-older-americans-face-ageism-every-day-survey-finds-759554.html>

Lucy Ann Lance Show. (2012, July). *Spouses' influence on men's vegetable consumption*. Radio interview, 1290 WLBY.

SELECT PRESENTATIONS (out of 110)

* indicates student author

PEER-REVIEWED

1. **Allen, J.O.** (2024, November). Racial and ethnic differences in ageism and health: Evidence from the *Experiences of Aging in Society* project. Oral presentation at the annual meeting of the Gerontological Society of American. Seattle, WA. <https://doi.org/10.1093/geroni/igae098.0091>
2. Groves, A., & **Allen, J.O.** (2024, November). The Buddy System: African American women with hypertension and their experiences in a peer (dyadic) support intervention. Oral presentation at the annual meeting of the Gerontological Society of American. Seattle, WA. <https://doi.org/10.1093/geroni/igae098.0889>
3. **Allen, J.O.** (2024, June). Psychological, physiological, and behavioral stress responses to ageism: Evidence from the *Experiences of Aging in Society* project. Oral presentation at the annual meeting of the International Conference on Social Stress Research. Portland, OR.
4. **Allen, J.O.**, *Cunningham, K., & *Kiefer, M.R. (2023, November). Older adults' report of fight-or-flight responses to ageism and linkages to health: Evidence from the Experiences of Aging in Society project. Roundtable presentation at the annual meeting of the American Public Health Association. Atlanta, GA.
5. **Allen, J.O.**, *Moise V., *White, C.J., & Solway, E. (2023, November). Positive experiences of aging and health: Complementary evidence from two studies. In P. D'Antonio (Chair), Policy series: Strategies to Frame out Public Policy Work. Symposium paper presentation at the annual meeting of the Gerontological Society of America. Tampa, FL. Published abstract: (2023). *Innovation in Aging*, 7(Supple 1), 89. <https://doi.org/10.1093/geroni/igad104.0287>
6. **Allen, J.O.** (2022, November). The role of systemic inflammation in health now, later, and change over time: Evidence from MIDUS. Oral presentation at the annual meeting of the Gerontological Society of America. Indianapolis, IN. Published abstract: (2022). *Innovation in Aging*, 6(Supple 1),

7. **Allen, J.O.** (2022, June). Inflammation predicts health years later: Longitudinal evidence from the MIDUS study. Oral presentation at the annual meeting of the International Conference on Social Stress Research. Savannah, GA.
8. **Allen, J.O.**, Kirch, M., Singer, D., Kullgren, J., Malani, P., *Moïse, V., & Solway, E. (2021, October). Developing and testing a scale assessing everyday ageism. Live lightning & pre-recorded oral presentations at the annual meeting of the American Public Health Association. Denver, CO.
9. **Allen, J.O.**, Mezuk, B., *Ko, T., Rafferty, J., Abelson, J., *Kalesnikava, V., & Jackson, J.S. (2020, November). Mechanisms of cardiometabolic disparities: Stressor characteristics linked to HPA-axis dysregulation. In J.O. Allen (Chair), Challenges and insights: Psychosocial stressors, physiology, and health disparities. Symposium paper presentation at the annual meeting of the Gerontological Society of America. Online. Published abstract: (2020). *Innovation in Aging*, 4(Supple 1), 573. [doi:10.1093/geroni/igaa057.1900](https://doi.org/10.1093/geroni/igaa057.1900)
10. **Allen, J.O.**, Kirch, M., Kullgren, J., Malani, P., Singer, D., & Solway, E. (2020, November). Everyday ageism and health: Evidence from the National Poll on Healthy Aging. In E. Solway (Chair), The impact of ageism on health and efforts to address it through reframing aging. Symposium paper presentation at the annual meeting of the Gerontological Society of America. Online. Published abstract: (2020). *Innovation in Aging*, 4(Supple 1), 723. [doi:10.1093/geroni/igaa057.2558](https://doi.org/10.1093/geroni/igaa057.2558)

INVITED

1. **Allen, J.O.** (2025, May). Aging gracefully... and other expectations of aging that may affect your health. Talk at East Madison Community Center. Madison, WI.
2. **Allen, J.O.** (2025, May). Was it a "senior moment" or did you just forget? The choice may affect your health. Workshop at Middleton Crossing independent living community. Middleton, WI.
3. *Murali, R. with **Allen, J.O.** (2025, April). Can an apple a day keep the loneliness away? Participation in healthy behaviors and loneliness in older adults. Oral presentations at the UW-Madison Undergraduate Symposium. Madison, WI.
4. **Allen, J.O.** (2025, April). Stressors, coping, stress-sensitive biomarkers, and health disparities: Findings from MIDUS. Oral presentation at MIDUS Research Group, Institute on Aging, University of Wisconsin. Madison, WI.
5. **Allen, J.O.** (2025, February). Those jokes about gray hair and wrinkles...they may be hazardous for your health. Research on Healthy Aging Lunch and Learn at Vista West senior living community. Madison, WI. [Research on Healthy Aging – Lunch & Learn | Facebook](#)
6. **Allen, J.O.** (2024, November). Key health equity issues for aging US racial/ethnic minority populations. Oral presentation and panelist at the Journalists in Aging Fellows Program (Gerontological Society of America & Journalist Network on Generations) Gerontological Society of America. Seattle, WA.
7. **Allen, J.O.** (2024, June). Ageism is no joke; it's harmful for health. Keynote address at the Canadian Institutes of Health Research (CIHR)-Institute of Aging's Summer Program in Aging (SPA) hosted

by the University of British Columbia Centre for Aging Smart. Vancouver, BC.
<https://agingsmart.ca/about-spa-2024/>

8. **Allen, J.O.** (2024, April). An overlooked health hazard: Ageism. Mornings with the Professor at the Osher Lifelong Learning Institute (OLLI), University of Oklahoma. Norman, OK.
9. **Allen, J.O.** (2024, March). Stress-sensitive biomarkers for research on health and health disparities. Oral presentation for First Friday Seminar, Center for Health Sciences, Oklahoma State University. Tulsa, OK.
10. **Allen, J.O.** (2023, November). Stress and health disparities among older U.S. adults: Biobehavioral mechanisms of racism, ageism, and other chronic social stressors. Seminar presentation for the Center for Social Epidemiology and Population Health, University of Michigan. Ann Arbor, MI.
11. **Allen, J.O.** (2023, May). The impact of ageism. Webinar for the Healthier Black Elders Center, Michigan Center for Urban African American Aging Research (MCUAAAR). Detroit, MI.
<https://mcuaaar.org/resources/videos/hbec/>
12. **Allen, J.O.** & Portell, E. (2023, April). Creative aging: The benefits of dance and movement. Webinar and panel presentation sponsored by the Oklahoma Arts Council. Online.
<https://www.youtube.com/watch?v=PLeAHk6EL2A>
13. **Allen, J.O.**, & Solway, E. (2022, August). Ageism and health. Grand-rounds style presentation at University of Michigan Geriatrics Clinical Conference. Online.
14. **Allen, J.O.** (2022, July). OK, boomer bashers: Beating ageism through policy, programs and planning. Panel presentation at the Journalists in Aging Fellows Program Webinar, a partnership of the Journalists Network on Generations and the Gerontological Society of America. Online.
<https://www.youtube.com/watch?v=qipNLOC-kZA>
15. **Allen, J.O.** (2020, August). Everyday ageism and health: Results from a national poll. Webinar for the Gerontological Society of America's Reframing Aging Initiative. Online.
<https://www.youtube.com/watch?v=Sf7pXDVVhxo>

RESEARCH GRANTS & FELLOWSHIPS

COMPLETED

Office of the Vice President for Research & Partnerships (PI: Allen) 03/01/2023-03/31/2024
University of Oklahoma

Experiences of Aging in Society: Diversity and Disparities Study

This Junior Faculty Fellowship project proposes to advance research on racial and ethnic differences and disparities in ageism and its relationships to health including: 1) assessing the validity of the novel Everyday Ageism Scale in four different racial/ethnic groups of older US adults; 2) documenting racial/ethnic differences and disparities in amount and types of ageism experienced; and 3) determining whether associations between ageism and health vary by race/ethnicity, indicating some groups may be at greater risk for the negative health implications of ageism than others.

Role: Principal Investigator

Oklahoma Arts Council (PI: Allen) 01/01/2023-06/30/2023
Planning Phase for the Evaluation of the Oklahoma Creative Aging Initiative

Updated 08.06.2025

Julie Ober Allen

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The goals of this research are to cultivate an evaluation partnership and create a mutually beneficial arrangement in which University of Oklahoma graduate students enrolled in HES 5553 have the opportunity to apply and hone evaluation skills through the development of a preliminary evaluation plan for one Oklahoma Creative Aging Initiative program—the Creative Arts programming at Healthy Living OKC—under the mentorship of Dr. Allen. Activities include assembling descriptive program and administrative data, exploring potential health outcomes warranting consideration, creating a logic model, and development of a preliminary evaluation plan.

Role: Principal Investigator

Office of the Vice President for Research & Partnerships (PI: Allen) 03/08/2021-01/31/2023
University of Oklahoma

Advancing Research on Ageism and Health: Psychometric Evaluation of the Everyday Ageism Scale and Health Mechanisms

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

Role: Principal Investigator

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

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

Role: Research Associate

P30 AG015281-21 (PI: Jackson) 07/01/2019-08/08/2020
NIH/National Institute on Aging

MCUAAAR Supplement: Biobehavioral Stress Processes and Cardiometabolic Risk

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

Role: Co-Investigator and Project Coordinator

T32-AG000221 (PI: Bound) Fellowship: 01/02/2018-08/14/2020
NIH/National Institute on Aging & The University of Michigan Population Studies Center

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

Role: Postdoctoral Research Fellowship

University of Michigan UROP Supplementary Research Funding (PI: Allen/Mentee: Percha)
Psychosocial and Biobehavioral Mechanisms of Stress-Related Disease Research 10/01/2018-05/05/2019

The goal is to investigate how stress and coping with pervasive social inequities cause premature aging, chronic physiological distress, and associated racial disparities in chronic disease.

Role: Principal Investigator

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

Role: Rackham Merit Fellowship

University of Michigan Rackham Graduate School (PI: Watkins/Mentee: Allen)
Spring/Summer Mentored Research 05/01/2016-08/31/2016

The goal is to support my ongoing research on the YBMen project, specifically: 1) to analyze qualitative data, co-author publications, and take the lead authorship role on a paper; 2) analyzing quantitative data; and 3) assisting with modifying the curriculum for the next iteration of YBMen.

Role: Mentee

R25GM058641 (PIs: Neighbors, Chatters) Assistantship/Trainee: 09/2014-04/2016
NIH/National Institute of General Medical Sciences

The Center for Research on Ethnicity, Culture, and Health (CRECH) training program seeks to develop basic and applied public health researchers who apply new approaches to understanding and addressing pervasive racial and ethnic disparities in health within an interdisciplinary framework that promotes effective collaboration among public health academicians, health providers, and local communities.

Role: Doctoral Research Assistantship/Trainee

University of Michigan Depression Center (PI: Watkins) 01/01/2014-06/31/2016
YBMen Expansion Project

This study proposes to revise and implement the YBMen Project at three additional colleges and universities in SE MI, based on findings from pilot research and survey research data.

Role: Project Manager

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

Role: Doctoral Fellowship

UM Curtis Center in the School of Social Work (PI: Watkins) 10/01/2013-12/31/2014
Transitions to Adulthood for Black Males: Exploring Masculinities and Mental Health through an Online Community

This study proposes the development and pilot-testing of an Internet-based education and social support program called the *Young Black Men, Masculinities, and Mental Health (YBMen)* Project for young black men who attend Jackson College in Jackson, Michigan.

Role: Project Manager

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

Role: Summer Institute Fellowship

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

Patient and Provider Influences on Disparities in Colorectal Cancer Care

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

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

1U48DP001901-01 (PI: Zimmerman)

09/30/2009-09/29/2014

Centers for Disease Control and Prevention

Health Promotion and Disease Prevention Research Center

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

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

1R21DK095257 (PI: Griffith)

04/01/2012-03/31/2014

National Institutes of Health/NIDDK

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

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

Role: **Project Manager** (2012)

W.K. Kellogg Foundation (PI: Carr)

06/01/2010-11/31/2013

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

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

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

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

07/01/2007-06/30/2012

The American Cancer Society

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

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

Role: **Project Manager**

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

02/01/2010-09/30/2011

African American Masculinities and Chronic Illness

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

Role: **Project Manager**

UM Comprehensive Cancer Center Cancer Research Committee (PI: Griffith)

11/01/2009-07/31/2011

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

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

Role: **Research Manager**

Michigan Center for Urban African American Aging Research (PI: Griffith)

07/01/2009-06/30/2010

Exploring Factors Associated with Diet and Physical Activity among Older, Urban African American Men

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

Role: **Project Manager**

The Ruth Mott Foundation (PI: Reischl) 07/01/2007-06/30/2010

Collaborative Evaluation of the Ruth Mott Foundation's Beautification Program

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

Role: **Research Associate**

UM Comprehensive Cancer Center Cancer Research Committee (PI: Griffith) 02/01/2009-02/28/2010

Self-Determination Theory for Healthy Eating & Physical Activity among Urban, African American Men

The grant will allow us to systematically examine the implications of social and environmental factors for designing a tailored behavioral intervention to improve African American men's eating and physical activity.

Role: **Project Manager**

Ruth Mott Foundation (PI: Campbell) 01/01/2008-12/31/2009

YOUR Blessed Health II: HIV/AIDS Prevention and Outreach through Flint Pastors' Wives

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

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

U48/CCU 515775 (PI: Zimmerman) 09/30/2004-09/29/2009

Centers for Disease Control and Prevention

Community Collaboration in Public Health Research

The goal is to conduct community-based participatory prevention research aimed at improving health and reducing morbidity and mortality among populations experiencing a disproportionate share of poor health outcomes.

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

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

Needs Assessment for the Great Lakes Camp

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

Role: **Project Director**

Office of the MI Surgeon General/MI Fitness Foundation (PI: Zimmerman) 10/01/2006-08/31/2007

Evaluation of the Michigan Steps Up Youth Leadership & Advocacy Summit Project

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

Role: **Project Director**

Families and Communities Together Coalition (PI: Alaimo) 04/01/2004-03/31/2006

Urban Detroit Agriculture and Education Evaluation

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

Role: **Project Manager**

R49/CCR518605-01 (PI: Zimmerman) 09/30/2000-09/29/2005

Centers for Disease Control & Prevention

Flint Youth Violence Prevention Center

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

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

Community Foundation of Greater Flint (PI: Reischl)

05/01/2004-01/30/2004

Evaluation of the Summer Youth Initiative

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

Role: **Research Associate**

TEACHING & MENTORING

TEACHING

Primary Instructor, University of Wisconsin-Madison

KINES 501: Theory-Based Health Education and Health Promotion Programs (undergrad, in-person, Fall/Spring) 2024-present

KINES 399: Independent Study (undergrad, in-person, Spring) 2025-present

Primary Instructor, University of Oklahoma

HES 4503: Principles of Community Health (undergrad, hybrid/in-person, Fall/Spring) 2020-2024

HES 5553: Health Promotion Program Evaluation (graduate, hybrid/in-person, Spring) 2021-2023

HES 5563: Health Behavior 1: Individual & Group Influences (graduate, in-person, Fall) 2022-2023

HES 6970: Doctoral Seminar in Health and Exercise Science (graduate, in-person, Spring) 2024

HES 3980: Honors Research (undergrad, Fall/Spring) 2022-2023

HES 3990/5990/6990: Independent Study (undergrad/masters/doctoral, Fall/Spring) 2022-2024

HES 5430: Internship in Health and Exercise Science (graduate, Summer) 2024

HES 5980: Research for Master's Thesis (graduate, Fall/Spring/Summer) 2021-2023

Graduate Student Instructor, University of Michigan School of Public Health

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

STUDENT MENTORSHIP

Primary Mentor and Student Awards

Pratit Sharma (Health & Exercise Science MS Student, University of Oklahoma, 2023-2024)

Nadine Sakora (Health Promotion PhD student, University of Oklahoma, 2022-2024), ***OU Outstanding***

Graduate Student Award Nominee

Sweta Mahato (Health Promotion PhD student, University of Oklahoma, 2022-2023), ***OU Grad College***

Shelf Scholarship for Research

Krissy Taylor (Health Promotion MS student, University of Oklahoma, 2022-2023), ***Graduate Dean's***

Distinguished Thesis Prize; OU Robberson Research Grant; Provost's Certificate for Distinction in

Teaching Award

Valerie Moïse (Health Promotion MS student, University of Oklahoma, 2020-2022), ***2022 Beck Scholarship for outstanding Health & Exercise Science grad students, OU 2022 Library Open Access Fund Award***

C.J. White (Health Promotion MS student, University of Oklahoma, 2020-2022)

Doctoral Dissertation Committee

Hillary McGuire (Health Promotion, University of Oklahoma, 2023-2024): Executive functioning and gun safety in Oklahoma across the adult age range.

Christopher Dunlap (Health Promotion, University of Oklahoma, 2021-2023): Support for smoking in cars when passengers are present.

Shristi Bhochhibhoya (Health Promotion, University of Oklahoma, 2021-2022): An exploration of social determinants of health in relation to contraceptive use among young adults.

Doctoral Comprehensive Exam Committee

Hillary McGuire (Health Promotion, University of Oklahoma, October 2023)

Christopher Dunlap (Health Promotion, University of Oklahoma, July 2021)

Shristi Bhochhibhoya (Health Promotion, University of Oklahoma, April 2021)

Master's Thesis Committee

Krissy Taylor-Health Promotion (Chair; Health Promotion, University of Oklahoma, 2022-2023): The relationships between food security status, food insecurity coping strategies, and depression among single female caregivers

Valerie Moïse-Health Promotion (Chair; Health Promotion, University of Oklahoma, 2021-2022): Mental health, positive views of aging and appearance among U.S. adults ages 50-80

C.J. White-Health Promotion (Chair; Health Promotion, University of Oklahoma, 2021-2022): Exploratory analyses of patterns of depressive symptomology and heart-healthy behaviors in cardiac patients

Rebecca Bertholf-Exercise Science (Exercise Physiology, University of Oklahoma, 2020-2021): Determinants of self-reported fatigue with aging

Carienne Cornell-Health Promotion (Health Promotion, University of Oklahoma, 2020): An evaluation of the advanced maternal age experience and how it differs from optimal maternal age

Mentor for Undergraduate Research Projects and *Student Awards*

Rathika Murali (Independent Study, University of Wisconsin, 2025): Can an apple a day keep the loneliness away? Participation in healthy behaviors and loneliness in older adults.

Alayna Wilderman (Independent Study, University of Wisconsin, 2025): Ageist messages and healthcare topic exposure: Gender differences.

Sammie Hopper (Public Health Practicum, University of Oklahoma, 2023): Stress-related health disparities among childhood trauma survivors. ***First place award winner at OU Undergrad Research Day.***

Mikala Kiefer (Independent Study, University of Oklahoma, 2023): Fight or flight responses to ageism in older adults and adverse health outcomes.

Kaelen Cunnyngham (Honors Research, University of Oklahoma, 2022-2023): Short-term physiological and psychological effects of ageism. ***Honorable mention award winner at OU Undergrad Research Day.***

Lauren Elias (Honors Research, University of Oklahoma, 2022): Relationship between childhood trauma and eating behavior among adults with cardiometabolic conditions. University of Oklahoma

Josie Greenwood (Honors Research, University of Oklahoma, 2022): Exploring the relationship between everyday ageism, race and income. ***First place award winner at OU Undergrad Research Day.***

Isaac Rosales (Honors Research, University of Oklahoma, 2022): Implications of childhood trauma on

older adult substance use.

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

GUEST LECTURES & WORKSHOP FACILITATION

Guest Lecturer, Heat waves & cardiovascular risk in aging black adults. Health Disparities and Climate (KINES 508-undergrad) panel on “[Exploring Possibilities for Global Research on Climate Change and Health](#),” University of Wisconsin 2025

Guest Lecturer, Health promotion and health education. Introduction to Health and Exercise Science (HES 2131-undergrad), University of Oklahoma 2020-2024

Invited Lecturer, Ageism and health. Health Promotion Lunch-and-Learn Series (graduate/undergrad), University of Oklahoma 2023

Invited Guest Expert, Everyday ageism and health. Workshop for the *Be LifeLong* “Pop-in” Virtual Event, as part of the Aging Initiative Work Group’s workforce development, School of Social Work, University of Oklahoma 2020

Guest Lecturer, Mechanisms of cardiometabolic disparities: Stressor characteristics linked to HPA-axis dysregulation. Doctoral Seminar in Health and Exercise Science (HES 6970-graduate), University of Oklahoma 2020

Seminar Panel Member, Scientific writing, bridging the gap, and translational work. Doctoral Seminar in Health and Exercise Science (HES 6970-graduate), University of Oklahoma 2020

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

Facilitator, Instructor-student social identity & Practice teaching. Graduate Student Instructor Teaching Orientation (College of Engineering, College of Literature, Sciences, & the Arts), University of Michigan Center for Research on Learning and Teaching 2017-2018

Guest Lecturer, Evaluation ethics & Qualitative analysis in program evaluation. Program Evaluation in Health Education (HBHE 622-graduate), University of Michigan School of Public Health 2016

Guest Lecturer, Data collection: Interviews and surveys. Basic Social Work Research (SW 522-graduate), University of Michigan School of Social Work 2015

Guest Lecturer, Budgeting in program evaluation. Program Evaluation in Health Education (HBHE 622-graduate), University of Michigan School of Public Health 2011

SERVICE

PROFESSIONAL

Annual Scientific Meeting Working Group (Behavioral & Social Sciences), Gerontological Society of America 2025

Conference Abstract Reviewer, Gerontological Society of America Annual Scientific Meeting (Behavioral & Social Sciences; Social Research, Policy, & Practice) 2018-2025

Conference Abstract Reviewer, American Public Health Association Annual Conference (Aging & Public Health; Black Caucus of Health Workers) 2018-2024

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

Ad Hoc Reviewer, *Aging and Mental Health, American Journal of Men's Health; BMC Geriatrics; Endocrinology, Diabetes and Obesity; Ethnicity and Health; Evaluation & the Health Professions; Expert Opinion on Therapeutic Targets; Gerontology; Innovation in Aging; International Journal of Men's Health; JAMA Network Open; JAMA Psychiatry; Journal of Aging and Health; Journal of Gerontology: Psychological Sciences; Journal of Healthcare for the Poor and Underserved; Journal of Medical Internet Research; Journal of Men's Studies; Journal of Psychosomatic Research; Journal of Racial and Ethnic Health Disparities; Prevention Science; Psychology and Aging; Psychoneuroendocrinology; Race and Social Problems; Research on Aging; Social Science & Medicine; Stress & Health*

UNIVERSITY OF WISCONSIN-MADISON

Election Committee , Dept. of Kinesiology	2024-present
Global Health and Environmental Change Committee , Wisconsin Research, Innovation and Scholarly Excellence (RISE) Thrive	2024-present
Mentor , Women in Science and Engineering (WISE) Faculty Dinner	2024

UNIVERSITY OF OKLAHOMA

University Information Technology Committee	2023-2024
Institutional Liaison , ResearchMatch health research participant registry	2022-2024
Chair , Dept. of Health & Exercise Science Research Oversight Committee	2022-2024
Graduate Committee , Dept. of Health & Exercise Science	2022-2024
Instructional Faculty Search Committee in Health Promotion	2023-2024
Faculty Liaison , Dept. of Health & Exercise Science Exercise Classes (2-3 courses/semester)	2020-2024
Co-Chair , Dept. of Health & Exercise Science Department Chair Faculty Search Committee	2022-2023
New Faculty Member Co-Mentor -Dr. Jeong Kyu Lee (Health Promotion)	2022-2023
Undergraduate Committee , Dept. of Health & Exercise Science	2020-2022
Faculty Search Committee in Exercise Physiology	2020-2021

UNIVERSITY OF MICHIGAN

Dept. of Health Behavior and Health Education Doctoral Curriculum Committee	2016-2017
Admissions Representative (2015-2016), Faculty Representative (2014-2015), Doctoral Student Group (HBHEDoc)	2013-2017

COMMUNITY

Steering Team & Intervention Committee , Practices to Reduce Infant Mortality through Equity (PRIME), Michigan Department of Community Health	2010-2013
Community Advisory Board , Men 4 Health, University of Michigan School of Public Health	2008-2012
Community Steering Committee , Flint's Youth Violence Prevention Center, University of Michigan School of Public Health	2004-2005

PROFESSIONAL AFFILIATIONS

Gerontological Society of America (GSA)	2016-present
American Public Health Association (APHA)	2014-present