

## CURRICULUM VITAE

### PERSONAL INFORMATION

Name: Teneasha Washington, PhD, MPH  
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Birmingham, Alabama  
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### EDUCATION

2014 – 2018 **PhD, Doctor of Philosophy, Public Health, University of Alabama at Birmingham**  
*Concentration:* Health Education/Health Promotion  
*Dissertation:* "Examining the Effectiveness of the *Blueprints for College Success* Mentoring Program"  
*Advisor:* Robin Gaines-Lanzi, PhD, MPH

2012 – 2013 **MPH, Public Health, University of Alabama at Birmingham**  
*Concentration:* Maternal Child Health

2007 – 2010 **B.S., Biology, University of Alabama at Birmingham**  
*Minor:* Chemistry

### EDUCATIONAL TRAINING

2019 **Certification**, Quality Matters Master Reviewer, University of Alabama at Birmingham

2018 **Certification**, Quality Matters Peer Reviewer, University of Alabama at Birmingham

2015 – 2016 **Certificate**, Associate College Teaching Certificate, University of Alabama at Birmingham

### RESEARCH POSITIONS

10/2018 – Present **Post-Doc**, The University of Alabama at Birmingham. *Research Areas:* Health disparities, Individuals with disabilities

3/2019 – 6/2019 **Intervention Development Consultant**, The University of Alabama Tuscaloosa. *Research Areas:* Hispanic Young Women, Health Promotion

- 12/2015 – 10/2018 **Researcher III**, School of Health Professions, The University of Alabama at Birmingham. *Research Areas*: Individuals with disabilities, Health care professionals, Health Disparities
- 1/2015 – 5/2017 **Research Manager Consultant**, Alabama Possible, *Research Areas*: College Success, Minorities, Health Disparities, Mentoring
- 6/2014 – 12/2015 **Research Manager Consultant**, Sustain Forward, *Research Areas*: Sustainability
- 6/2014 – 7/2015 **Research Program Manager I**, Preventive Medicine, The University of Alabama at Birmingham, *Research Areas*: Health Disparities, Minorities, Obesity
- 2/2013 – 6/2014 **Research Program Coordinator II**, Center for the Study of Community Health, The University of Alabama at Birmingham, *Research Areas*: Diabetes, Health Disparities, Evaluation, Psychiatric Nurse Practitioners, High Blood Pressure, Heart Disease, Stroke, Weight Management, Blood Pressure, Physical Activity, Cigarette Smoking
- 6/2012 – 1/2013 **Research Assistant**, Cooper Green Hospital, *Research Areas*: High Blood Pressure, Diabetes

#### TEACHING POSITIONS

- 11/2019 – Present **Assistant Professor**, School of Public Health, The University of Alabama at Birmingham, Course: HB 600 – Introduction to Social and Behavioral Sciences in Public Health, Online (QM certified)/In-person  
 Course: HB 636 – Developing Interventions to Promote Public Health  
 Course: HB 692 – Community Organization  
 Course: HB 641 – Research Methods
- 1/2016 – 11/2019 **Instructor**, School of Public Health, The University of Alabama at Birmingham, Course: HB 600 – Introduction to Social and Behavioral Sciences in Public Health, Online (QM certified)/In-person  
 Course: HB 636 – Developing Interventions to Promote Public Health  
 Course: HB 692 – Community Organization
- 1/2014 – 5/2016 **Co-Instructor**, School of Public Health, The University of Alabama at Birmingham, Course: HB 600 – Introduction to Social and Behavioral Sciences in Public Health, Online/In-person
- 1/2015 – 5/2015 **Teaching Assistant**, School of Public Health, The University of Alabama at Birmingham, Course: HB 600 – Introduction to Social and Behavioral Sciences in Public Health, Online/In-person
- 8/2015 – 12/2015 **Teaching Assistant**, School of Public Health, The University of Alabama at Birmingham, Course: HCO 670 - Ethical Issues in Public Health, Online/In-person

1/2014 – 5/2014      **Teaching Assistant**, School of Public Health, The University of Alabama at Birmingham, Course: HB 600 – Introduction to Social and Behavioral Sciences in Public Health, Online/In-person

**GRANT SUPPORT: (PAST AND CURRENT)**

**CDC-RFA-DD16-1602-03SUPP18 (Rimmer)**

11/01/19 – 11/01/21

The purpose of this supplemental is to provide people with newly acquired and existing mobility disability with a new health condition requiring medical care the opportunity to have access to an online, self-management version of the MENTOR program (exercise, nutrition, mindfulness). This online self-management version of MENTOR uses a health scorecard to allow participants to continuously monitor their physical, metabolic, and emotional health and email/speak with a NCHPAD information specialist if they are having difficulty in any area of their health. Participants will be able to go through a series of online questions related to 11 evidence-based areas of health promotion that we have categorized under the following acronym: MY SCORECARD (Mindfulness, Your spirit, Self-care, Core values, Outdoor time in nature, Relationships, Exercise, Contribution to others, Arts and entertainment, Rest and relaxation, and Diet). A major component of this project is to develop and beta-test this online version of the MENTOR program before it is rolled out to a national audience.

Role: Postdoctoral Fellow/Program Manager

**CDC-RFA-DD16-1602 (Rimmer)**

6/01/16 – 6/31/21

The primary purpose of this 5-year study is to develop the infrastructure to support the accessibility and inclusion of people with disability in existing and future public health promotion programs in physical activity, nutrition and healthy weight management. The Center will support local, state and national organizations in adopting a trustworthy set of guidelines, recommendations and adaptations that will promote inclusive public health practices for children and adults with mobility disability.

Role: Researcher III

**COMPLETED RESEARCH**

**Lumina Foundation and Community Foundation of Great Birmingham (Scott)**

8/01/16 – 8/01/18

The primary purpose of this 2-year study is to assess and develop resources to support Birmingham City Schools (BCS) graduates' social and financial needs as they pursue postsecondary education at Lawson State Community College. The cohort-based peer mentoring program will be integrated into Lawson's freshman academy class and Student Persistence through Assistance and Collaborative Efforts (SPACE) Center.

Role: Program Manager

**R13HD077085 (Baskin)**

8/01/13 – 7/31/16

**The Eunice Kennedy Shriver National Institute of Child Health and Human Development The Role of Obesity in Maternal and Child Health Disparities in Jefferson County**

The overall goal of the proposed study is to better understand and plan interventions to reduce disparities in maternal and child health by addressing excessive rates of overweight/obesity among lower-income non-Hispanic black women of reproductive age and their young children.

Role: Program Coordinator

**D09HP25022 (McGuinness)**

7/01/13 – 6/30/14

**Health Resources and Services Administration**

**Advanced Nursing Education Program: Technology Enhancement for Psychiatric Nurse Practitioners Using Interprofessional Education (TEPNPIE)**

The overall goal of this project was to increase the number of primary mental health nurse practitioners to help meet the mental health care needs of rural and underserved populations in Alabama and Mississippi with serious mental illness, and to train the nurse practitioners to help lead interprofessional teams.

Role: Evaluator

**1 R18 HS019353-01 (Allison)**

5/01/2012 – 1/31/2013

**Agency for Healthcare Research and Quality**

**StoryGuides: Making Comparative Effectiveness Useful for Vulnerable Populations**

The overall goal of the project was to culturally adapt the Agency for Healthcare Research and Quality Comparative Effectiveness Patient Guides through storytelling, test their use in a randomized trial, and actively promote active, widespread dissemination; with a specific focus on adapting and delivering comparative- effectiveness content to African American patients with hypertension and diabetes.

Role: Trainer, Facilitator

**Morehouse University Pilot Award (Evans)**

4/01/13 - 12/31/13

**Centers for Medicare and Medicaid Services, Office of Minority Health**

**Turn the Beat Around: A Stroke Prevention Program Conducted Through African American Churches.**

The overall goal of the project was to target three counties in Alabama where African Americans face significantly high rates of cardiovascular disease. The project focused on building on the strengths of faith- based organizations to connect communities to vital health care resources like hypertension management services, including blood pressure monitoring, free or low-cost medication, and patient counseling and education.

Role: Program Coordinator; Trainer, Facilitator

**Health Scholar Pilot Award (Preskitt)**

10/01/12 – 12/31/13

**UAB Center for the Study of Community Health**

**A CBPR Approach to Assessing Needs of Children in Jefferson County, Alabama, Community**

The overall goal of this project was to work with the Children's Policy Council workgroups to conduct a needs assessment in Jefferson County related to health, education, safety, early care and education, and economic security.

Role: Evaluator

## **PROFESSIONAL CONSULTANTSHIPS**

2016

**Invited Expert Consultant**

Expert Panel: *National Centers on Health Promotion for People with Disabilities (CDC-RFA- DD16-1602)*

Centers for Diseases Control and Prevention

- 2014                    **Invited Expert Consultant**  
Expert Panel: Roundtable with Mayor Bell on  
Sustainability City of Birmingham Alabama Mayor's  
Office
- 2014                    **Invited Expert Consultant**  
*Healthy Eating Research Program Meeting*  
Community Foundation of Greater Birmingham
- 2013                    **Group Facilitator Trainer**  
*Health Action Partnership Training Meeting*  
Jefferson County Health Department
- 2013                    **Group Facilitator Trainer**  
*Health Action Partnership Annual Meeting*  
Jefferson County Health Department
- 2013                    **Invited Expert Consultant**  
*Mental Health Workgroup*  
Jefferson County Health Department
- 2013                    **Invited Expert Consultant**  
*HIV/AIDS Work Group*  
Jefferson County Health Department

**HONORS AND DISTINCTIONS**

- 2019                    **Recipient**, Best Poster and Poster Presentation Award, Rare Drug Development  
Symposium
- 2019                    **Submitted**, Outstanding Doctoral Student Award, University of Alabama
- 2018 – 2019            **Recipient**, Health Behavior Assistantship, University of Alabama at Birmingham  
(Award \$8000)
- 2018                    **Recipient**, Scholarship to attend Conference, Making Lifelong Connections
- 2018                    **Recipient**, Scholarship to attend Conference, Health Equity Summit
- 2016 – 2017            **Recipient**, Health Behavior Assistantship, University of Alabama at  
Birmingham (Award \$8000)
- 2015 – 2016            **Recipient**, Health Behavior Assistantship, University of Alabama at  
Birmingham (Award \$3000)
- 2015 – 2016            **Recipient**, Leader of Sustainability, Sustain Forward

- 2015 – 2016            **Recipient**, Associate College Teaching Certificate, Center for the Integration of Research, Teaching, and Learning, University of Alabama at Birmingham
- 2015 – 2016            **Recipient**, Scholarship, Center for the Integration of Research, Teaching, and Learning, University of Alabama at Birmingham (Award \$3500)
- 2007 – 2011            **Recipient**, Blazing Scholar Award, University of Alabama at Birmingham (Award \$3500)

**PROFESSIONAL SOCIETIES**

- 2014 – Present            Association of Maternal Child Health Program (AMCHP)
- 2013 – Present            American Public Health Association (APHA)
- 2016 – 2017            Red Mountain Park Junior Board
- 2014 – 2015            UAB National Junior Alumni Society Junior Board
- 2014 – 2015            American Evaluation Association (AEA)

**BOARDS, COUNCILS, AND COMMITTEES**

- 2019 – Present            **Member**, University of Alabama at Birmingham – School of Public Health, MPH Curriculum Redesign Working Group
- 2018 – Present            **Member**, Northstar Soccer Ministries Board
- 2018 – Present            **Member**, University of Alabama at Birmingham - School of Public Health, Public Health Inclusion and Diversity Committee
- 2018 – Present            **Member**, University of Alabama at Birmingham – School of Public Health, Kaizen Committee
- 2017 – Present            **Member**, University of Alabama at Birmingham – School of Public Health, Honor Court
- 2017                        **Member**, University of Alabama at Birmingham – School of Public Health, Kaizen Committee
- 2015 – Present            **Member**, Health Action Partnership, Advancing Health Equity Workgroup
- 2014 – 2015            **Member**, School of Public Health Ann Dial McMillian Lecture Series Planning Committee
- 2014 – 2015            **Member**, Jefferson County Place Matters Team
- 2014 – 2015            **Member**, City of Birmingham Mayor’s Office, City Planning Workgroup
- 2013 – Present            **Member**, Health Action Partnership

2013 – Present            **Member**, State of Alabama, Obesity Task Force

2013 – 2014            **Member**, Jefferson County Health Department, HIV/AIDS Workgroup

**STATE AND LOCAL LEVEL COUNCILS AND COMMITTEES**

2014 – 2015            **Steering Committee Member**  
Community Matters 20/20: Assessment, Visioning and Planning  
for a Healthy Jefferson County, Jefferson County Department of  
Health

**BOOK REVIEW MEMBERSHIPS**

2019                    **Reviewer**, Jones & Bartlett Learning, *Principles of Evaluation and Research for Health  
Care Programs* (1<sup>st</sup> Ed.)

2018                    **Reviewer**, Sage Publications Inc., *Social and Behavioral Foundations of Public Health*  
(2<sup>nd</sup> Ed.)

2018                    **Reviewer**, Sage Publications Inc., *Together We Can: Social Network Evaluations of  
Public Health Collaboration*

**GRANT REVIEW MEMBERSHIPS**

2019                    **Reviewer**, American Public Health Association, *APHA-Global Public Health Film  
Festival*

2019                    **Reviewer**, American Public Health Association, *Public Health Education and Health  
Promotion Section*

2019                    **Reviewer**, American Public Health Association, *Maternal Child Health Section*

2019                    **Reviewer**, American Public Health Association, *Mental Health Section*

2019                    **Reviewer**, American Public Health Association, *Integrative, Complementary, and  
Traditional Health Practices Section*

2019                    **Reviewer**, American Public Health Association, *Injury Control and Emergency Health  
Services Section Section*

2019                    **Reviewer**, American Public Health Association, *Breastfeeding Section*

2019                    **Reviewer**, American Public Health Association, *Alcohol, Tobacco, and Other Drugs  
Section*

2019                    **Reviewer**, American Public Health Association, *Black Caucus of Health Workers  
Section*

2018                    **Reviewer**, American Public Health Association, *APHA-Global Public Health Film  
Festival*

- 2018 **Reviewer**, American Public Health Association, *Disability Section*
- 2018 **Reviewer**, American Public Health Association, *Public Health Education and Health Promotion Section*
- 2018 **Reviewer**, American Public Health Association, *Maternal Child Health Section*
- 2018 **Reviewer**, American Public Health Association, *Student Assembly Section*
- 2018 **Reviewer**, American Public Health Association, *Disability Section*
- 2019 **Reviewer**, National Center on Health Physical Activity and Disability, *Parks for Inclusion Grant*
- 2015 **Reviewer**, Alabama Department of Early Childhood Education, *Alabama Department of Early Childhood Education First Class Pre-K*

#### **Quality Matters Course Reviews**

- 2019 **Master Reviewer**, TSL6253/Applied Linguistics
- 2019 **Reviewer**, Course: PUBH 6520/HEAL 8520 Public Health Nutrition
- 2019 **Reviewer**, Course: CJ 511/Juvenile Justice System
- 2018 **Reviewer**, Course: CHHS 689 Intervention Strategies for Health Education/Promotion

#### **VOLUNTEERISM**

- 2017 – Present **Assistant Soccer Coach**, NorthStar Soccer Ministries
- 2016 – Present **Head Coach**, Cornerstone Elementary Basketball
- 2018 **Assistant Coach**, Cornerstone Elementary Cross Country
- 2018 **Assistant Coach**, Cornerstone Elementary Volleyball
- 2012-2018 **Children’s Church Assistant**, Hopewell Missionary Baptist Church

#### **PUBLISHED PEER-REVIEW PAPERS**

Gaines-Lanzi, R., Footman, A., **Washington, T.**, Ramey, S. (2018). Effective Mentoring of Underrepresented Doctoral Trainees and Early Career Scholars in the Biobehavioral and Health Sciences: A Developmental Framework to Maximize Professional Growth. *American Journal of Orthopsychiatry*. 10.1037/ort0000366.

Vanderbom, K., Eisenberg, Y., Tubbs, A., **Washington, T.**, Martínez, A., Rauworth, A. (2018). Changing the Paradigm in Public Health and Disability through a Knowledge Translation Center. *International Journal of Environmental Research and Public Health*. 15. 328. 10.3390/ijerph15020328.

#### **PUBLISHED PEER—REVIEWED ABSTRACTS**

**Washington, T.** (2019). Assessment of a Peer Mentoring Program at Lawson State Community College. *SOPH*



*Poster Research Day.*

**Washington, T.,** Korb, K. (2019). Empowering Individuals with Disabilities: Lessons Learned from the Disability Awareness Leadership and Mentorship Program. *2019 National Mentoring Summit.*

**Washington, T.** (2018). Advancing Health Equity and Social Justice: Voices from the Field. *American Public Health Association*

**Washington, T.** (2018). Adapting Evidence-Based Health Programs for Individuals with Disabilities. *UAB Minority Health and Health Disparities Research Center.*

**Washington, T.** (2018). Assessing the Effectiveness of the Blueprints for Success Mentoring Program. *UAB Minority Health and Health Disparities Research Center.*

**Washington, T.** (2017). Assessing the Needs of Physiatrists to Increase Prescribing Exercise to Patients with Disabilities. *American Public Health Association.*

**Washington, T.,** Martinez, A., Eisenberg, Y. (2017). Assessing Needs of Physical Education Teachers in Providing Inclusive Physical Education Programs. *American Public Health Association.*

Vanderbom, K., **Washington, T.** (2017). Reality of implementing inclusion strategies and solutions. *American Public Health Association.*

Baskin, M., Revell, E., Howard, D., Sims, D., Townsend, G., Botchwey, N., **Washington, T.** (2015). Integrating public health and health equity into comprehensive planning: Developing the North Birmingham Community Framework Plan. *American Public Health Association.*