JACOB KIGO KARIUKI, PhD, AGNP, FAHA

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PubMed (My Bibliography): https://www.ncbi.nlm.nih.gov/myncbi/jacob.kariuki.2/bibliography/public/

EDUCATION

2011 - 2016	PhD Nursing	University of Massachusetts Boston	Population Health/Policy
2013 - 2015	Post-Masters Cert	University of Massachusetts Boston	Adult-Gerontology NP
2011 - 2013	MS	University of Massachusetts Boston	Nursing
2002 - 2008	BS	University of Eastern Africa, Baraton, Kenya	Nursing (Cum Laude)

LICENSES AND CERTIFICATIONS

2023 - Present	Georgia State Board of Nursing (NP)	Georgia RN321711
2023 - Present	Georgia State Board of Nursing (RN)	Georgia RN321711
2016 - Present	American Academy of NPs (Adult-Gerontology)	
2012 - Present	Basic Life Support Certification, American Heart Association	
2022 - 2024	North Carolina State Board of Nursing (RN)	North Carolina 352076
2016 - 2023	Pennsylvania State Board of Nursing (NP)	Pennsylvania SP016967
2016 - 2023	Pennsylvania State Board of Nursing (RN)	Pennsylvania RN689489
2016 - 2018	Massachusetts State Board of Nursing (NP)	Massachusetts RN2277965
2012 - 2019	Massachusetts State Board of Nursing (RN)	Massachusetts RN2277965

HONORS AND AWARDS

2026	Emory Leadership Academy	Emory University
2025	Judge, Emory Morningside Global Health Case Competition	Emory University
2024	Member, Prevention Research Center's Community Engaged Research Committee (CERC)	Morehouse School of Medicine
2024	Expert, National Center for Engagement in Diabetes Equity Research (CEDER)	Morehouse School of Medicine
2024	Fellow, American Heart Association (FAHA)	American Heart Association
2024	Executive Review Committee Member	Georgia Center for Diabetes Translation Research
2024	Invited Participant, Emerging Leaders Forum	National Academy of Medicine
2024	Ad hoc Grant Reviewer	Lifestyle Change and Behavioral Health (LCBH) Study Section
2017	Bloomberg Emerging Nurse Scholar	University of Toronto

2017	Early Career Travel Grant	Epidemiology and Prevention Council of the American Heart Association
2016	Martha Hill New Investigator Award Finalist	Council on Cardiovascular and Stroke Nursing of the American Heart Association
2016	Cardiovascular Disease Prevention Graduation Award	Preventative Cardiovascular Nurses Association
2016	Nursing Fellowship Award	Lynch Foundation
2016	Book Award for Academic Excellence in Nursing	UMass Boston PhD Program
2014	Ruth and William Silen, M.D. Award for the best presentation in public health and epidemiology	New England Science Symposium
2013	Brenda S. Cherry Dissertation Research Award	Sigma Theta Tau, Theta Alpha Chapter
2013	Induction to Theta Alpha Chapter Honor Society	Sigma Theta Tau International
2012	Ruth and William Silen, M.D. Award for the third best poster presentation, all categories	New England Science Symposium

PROFESSIONAL POSITIONS

11/22 - present	Associate Professor with Tenure (tenure 2025) and Assistant Director for Research, Lillian Carter Center for Global Health and Social Responsibility	Emory University Nell Hodgson Woodruff School of Nursing
12/21 - 2025	Per Diem Nurse Practitioner	Signify Health, PA
04/21 - 10/22	Coordinator, Adult-Gero Primary Care Nurse Practitioner Program	University of Pittsburgh School of Nursing
12/17 - 08/19	Per Diem Nurse Practitioner	FOCUS Pittsburgh Free Health Clinic, PA
08/16 - 10/22	Assistant Professor	University of Pittsburgh School of Nursing
01/15 - 08/16	Part-time Staff Nurse (RN)	BearHill Nursing & Rehabilitation Center, MA
08/13 - 12/14	Part-time Staff Nurse (RN)	PSA Healthcare, MA
01/13 - 12/14	American Heart Association (AHA) Predoctoral Fellow	University of Massachusetts Boston College of Nursing and Health Sciences
08/11 - 05/16	Research/Teaching Assistant	University of Massachusetts Boston College of Nursing and Health Sciences
12/09 - 07/11	Lecturer and Nurse Tutor	TumuTumu School of Nursing, Kenya
10/08 - 11/09	Nursing Officer I (RN)	Coast General Provincial Hospital, Kenya

SCHOLARSHIP: GRANTS AND OTHER FUNDING

Research Grants Funded by the National Institutes of Health (NIH)

Promoting Weight Agnostic Total Cardiometabolic Health using the Physical Activity for The Heart Intervention: The WATCH-PATH Trial (Kariuki)
PI, 25% Effort
Grant Number: 1R01NR022430-01A1
Funding Agency: NIH/NINR
Total Costs: $3,343,425 (Year 1: $678,031)
Funding Period: 09/09/26 – 06/30/31

Efficacy of a novel web-based physical activity intervention designed to promote adherence to physical activity guidelines in adults with obesity (Kariuki)
PI, 20% Effort
Grant Number: 7R56HL164737-02
Funding Agency: NIH/NHLBI
Total Costs: $761,582
Funding Period: 08/01/22 – 08/31/25 (completed)

Pilot testing the functionality and usability of a web-based Physical Activity for the Heart intervention (Kariuki)
PI, 5% Effort
Funding Agency: NHLBI Programs to Increase Diversity among Individuals Engaged in Health-Related Research (PRIDE-CVD) Small Research Grants Program
Grant Number:
Total Costs: $11,125
Funding Period: 11/01/19 – 09/30/20

Promoting Lifestyle Change via Tailored mHealth To Improve Health, Diversity Supplement (Kariuki)
PI, 50% Effort
Funding Agency: NIH/NHLBI (Supplement to Grant #R01 HL131583, PI L.E. Burke)
Grant Number: Supplement to Grant #R01 HL131583
Total Costs: $271,737
Funding Period: 01/01/19 – 04/30/21

Research Grants Funded by Other Agencies

Tailoring a Physical Activity Intervention for Cardiovascular Health Among People Living with HIV (Kariuki)
PI, 5% Effort
Funding Agency: Emory Center for AIDS Research
Grant Number: CFAR-03
Total Costs: $62,600
Funding Period: 08/01/24 – 12/31/26 (no-cost extension)

A Pilot Randomized Clinical Trial of Walking, Dance, and Abdominal Core Workouts to Improve Adipocytokines among Insufficiently Active Adults with Obesity (Kariuki)
PI, 10% Effort
Grant Number: 0000071019
Funding Agency: American Diabetes Association and GCDTR
Total Costs: $65,000
Funding Period: 09/01/23 – 12/31/24

Measuring Household Energy Use and the Construct of Cardiovascular Health in the Kenya Brain and Heart Health Study (Kariuki)
PI, 20% Effort
Grant Number: N/A
Funding Agency: Emory Global Health Institute EGHI Rapid Response Grant
Total Costs: $10,000
Funding Period: 06/01/23 – 12/31/24

Revisiting the Teaching Nursing Home (Dunbar-Jacob)
Co-I, 5% Effort
Grant Number: N/A
Funding Agency: John A. Hartford Foundation and Jewish Healthcare Foundation
Total Costs: $100,000
Funding Period: 07/01/20 – 10/31/22

The feasibility and acceptability of a web-based physical activity for the heart (PATH) intervention designed to reduce the risk of heart disease among inactive African Americans (Kariuki)
PI, 10% Effort
Grant Number: N/A
Funding Agency: University of Pittsburgh Clinical and Translational Science Institute CTSI's Research Initiative for Special Populations (CRISP) Pilot Program
Total Costs: $25,000
Funding Period: 01/01/20 – 12/31/21

Sociodemographic predictors and cardiovascular correlates of age-related cognitive impairment in mid-life and elderly community dwelling Kenyans (Kariuki)
PI, 15% Effort
Grant Number: N/A
Funding Agency: University of Pittsburgh Healthy Lifestyle Institute and Center for International Studies
Total Costs: $23,500
Funding Period: 11/01/19 – 12/31/22

Development of a Culturally Relevant Web-based Intervention to Promote Physical Activity among African Americans at High Risk for Cardiovascular Disease (Kariuki)
PI, 33% Effort
Grant Number: N/A
Funding Agency: University of Pittsburgh Central Research Development Fund (Grant #CDRF 9014018)
Total Costs: $15,997
Funding Period: 07/01/17 – 06/30/18

External validation and cost effectiveness analysis of the non lab-based Framingham cardiovascular disease risk assessment algorithm in the ARIC dataset (Kariuki)
PI (Predoc), 50% Effort
Grant Number: 14PRE19050019
Funding Agency: American Heart Association
Total Costs: $46,000
Funding Period: 01/01/14 – 12/31/15

Implementation of Global Risk Assessment as part of a Comprehensive Cardiovascular Risk Reduction and Treatment Program in Kenya (Kariuki)
PI, Student project
Grant Number:
Funding Agency: University of Massachusetts Boston Office Global Affairs
Total Costs: $1,500
Funding Period: 02/01/14 – 02/28/15

Primary Care Clinicians' Awareness, Implementation, and Attitudes Regarding Global Risk Assessment (Kariuki)
PI, Student project
Grant Number:
Funding Agency: Sigma Theta Tau-Theta Alpha Chapter 191 of Sigma Theta Tau
Total Costs: $5,000
Funding Period: 05/01/13 – 05/31/14

SCHOLARSHIP: PUBLICATIONS

*(Note: *Data-based, student authors underlined)*

Peer-Reviewed Publications – Published

1. Bizhanova Z, Burke LE, Brooks MM, Rockette-Wagner B, **Kariuki JK**, Sereika SM. Wearable-Measured Physical Activity Goal Adherence and Body Composition Change in a 12-Month mHealth Weight Loss Trial. Sensors (Basel). 2026 May 21;26(10):3256. doi: 10.3390/s26103256. PMID: 42198064; PMCID: PMC13210755.
2. Park LG, **Kariuki JK**, Hendriks JM, Gallagher R, Burke LE. A review and promise of digital health technologies to promote global cardiovascular health. Eur J Cardiovasc Nurs. 2026 Apr 3;25(1):31-39. doi: 10.1093/eurjcn/zvaf242. PMID: 41934321.
3. Rees CA, Fan LK, **Kariuki J**, Bassat Q, Akelo V, Igunza KA, Omore R, Ogbuanu IU, Kisenge R, Ray M, Udom U, Wishloff S, Ohlstrom D, Keating EM, Westbrook A, Manji KP, Duggan CP. Geographic and Gender Representation in Authors of Editorials on Publications from Low- and Middle-Income Countries. Am J Trop Med Hyg. 2026 Jan 7;114(1):47-54. doi: 10.4269/ajtmh.25-0534. PMID: 41657262; PMCID: PMC12781387.
4. Bizhanova Z, Burke LE, Brooks MM, Rockette-Wagner B, **Kariuki JK**, Sereika SM. Trajectories of Adherence to Study-Prescribed Physical Activity Goals in a mHealth Weight Loss Intervention. Sensors (Basel). 2025 Dec 15;25(24):7595. doi: 10.3390/s25247595. PMID: 41471593; PMCID: PMC12736852.
5. Areri HA, Ketaw LD, Berhe H, Gitonga MM, Kimani S, **Kariuki J**, Thompson L, Gary R. Patient reported barriers and facilitators of chronic kidney disease care in Sub-Saharan Africa: a mixed methods systematic review using the COM-B model. BMC Nephrol. 2025 Nov 21;26(1):674. doi: 10.1186/s12882-025-04602-5. PMID: 41272521; PMCID: PMC12659525.
6. Chase PJ, Owen CM, Bantham A, Stoutenberg M, Ajibewa T, Barclay J, Huang M, **Kariuki J**, McNamara G, Stoner L, Whitsel LP. A narrative review of the cost-effectiveness of supervised exercise therapy for adults with chronic conditions in the United States. Translational Journal of the ACSM. 2025 Summer;10(3):e000313. doi: 10.1249/TJX.0000000000000313.
7. **Kariuki JK**, Higgins M, Gitonga M, Pelkmans J, Githui S, Wachira M, Gathogo L, Hidalgo CM, Wambugu V, Kimani S, Osei Baah F, Abera H, Thompson L, Erickson K. Sex Differences in Absolute Cardiovascular Risk Profiles Among Rural Midlife and Elderly Kenyans: Influence of Obesity, Physical Activity, Smoking, and Blood Pressure Control. Metab Syndr Relat Disord. 2025 Aug;23(6):319-327. doi: 10.1177/15578518251358954. Epub 2025 Jul 10. PMID: 40638530.
8. **Kariuki J**, Burke L, Erickson K, Sereika S, Paul S, Cheng J, Biza H, Abdirahman A, Wilbraham K, Milton H, Brown C, Sells M, Osei Baah F, Wells J, Chandler R, Barone Gibbs B. Acceptability and Preliminary Efficacy of a Novel Web-Based Physical Activity for the Heart (PATH) Intervention Designed to Promote Physical Activity in Adults With Obesity: Protocol for a Pilot Randomized Controlled Trial. JMIR Res Protoc. 2025 Mar 18;14:e67972. doi: 10.2196/67972. PMID: 40101744; PMCID: PMC11962323.
9. Burke LE, Bizhanova Z, Conroy MB, Cheng J, Beatrice B, **Kariuki JK**, Parmanto B, Sereika SM. Adherence to self-monitoring and behavioral goals is associated with improved weight loss in an

mHealth randomized-controlled trial. Obesity (Silver Spring). 2025 Mar;33(3):478-489. doi: 10.1002/oby.24234. PMID: 39962997; PMCID: PMC11897847.

10. *Mazzolani BC, Esteves GP, Cheng J, Frediani JK, Beatrice B, **Kariuki JK.** Diet Quality Changes in a 12-Week Web-Based Physical Activity Intervention without Explicit Dietary Guidance. Behav Med. 2025 Apr-Jun;51(2):85-93. doi: 10.1080/08964289.2024.2417077. Epub 2024 Oct 23. PMID: 39440995.
11. ***Kariuki JK**, Burke LE, Zickmund S, Beatrice B, Kimball ER, Galyean P, Cheng J, Sereika SM, Bizhanova Z, Cedillo M, Wells J, Conroy MB. The Utility and Limitations of Remotely Delivered Feedback Messages Regarding Physical Activity in a 12-Month Weight Loss Intervention: Insights From the SMARTER Trial Focus Groups. J Cardiovasc Nurs. 2024 Oct 14. doi: 10.1097/JCN.0000000000001134. PMID: 39405403.
12. *Suvada K, Kocher E, Diwan N, Nagy A, Nderitu M, Kibaara C, Ngomoa R, Cagle TJ, **Kariuki J**, Wall KM, Brunissen L, Ramireddy S, Johnson LCM, Chung MH, Ali MK. Incidence of high blood pressure among Kenyan adults with HIV. AIDS. 2025 Mar 1;39(3):281-289. doi: 10.1097/QAD.0000000000004050. Epub 2024 Oct 29. PMID: 39475927.
13. *Carrillo-Larco RM, Bulstra CA, Manne-Goehler J, Siedner MJ, Johnson LCM, Marconi VC, Chung MH, Venter WDF, Kocher E, Lalla-Edward S, Chandiwana NC, **Kariuki JK**, Ali MK. Trends in body mass index for people with and without HIV: Pooled analysis of nationally-representative health surveys from 10 countries and 173,800 adults in Africa. PLOS Glob Public Health. 2024;4(9):e0003640. doi: 10.1371/journal.pgph.0003640. PMID: 39288136; PMCID: PMC11407641.
14. *Zhang Y, Engberg SJ, Courtney KL, **Kariuki JK**, Matthews JT. Effect of a Bladder Control Self-Management Program Delivered Through a Health Kiosk. J Wound Ostomy Continence Nurs. 2024 May-Jun;51(3):213-220. doi: 10.1097/WON.0000000000001073. PMID: 38820219; PMCID: PMC11147162.
15. *Pulantara IW, Wang Y, Burke LE, Sereika SM, Bizhanova Z, **Kariuki JK**, Cheng J, Beatrice B, Loar I, Cedillo M, Conroy MB, Parmanto B. Data Collection and Management of mHealth, Wearables, and Internet of Things in Digital Behavioral Health Interventions With the Awesome Data Acquisition Method (ADAM): Development of a Novel Informatics Architecture. JMIR Mhealth Uhealth. 2024 Aug 7;12:e50043. doi: 10.2196/50043. PMID: 39113371; PMCID: PMC11322796.
16. **Kariuki JK**, Imes CC, Engberg SJ, Klem ML, Scott P, Yamnia CI, Pearson V. (2024) Best Practice Information Sheet: Impact of lifestyle interventions on absolute cardiovascular disease risk score. JBI EBP Database. 2024;26(2):1-4. https://doi.org/10.11124/JBIES-22-00356
17. **Kariuki JK**, Imes CC, Engberg SJ, Scott PW, Klem ML, Cortes YI. Impact of lifestyle-based interventions on absolute cardiovascular disease risk: a systematic review and meta-analysis. JBI Evid Synth. 2024 Jan 1;22(1):4-65. doi: 10.11124/JBIES-22-00356. PMID: 37551161; PMCID: PMC10841079.
18. ***Kariuki JK**, Sereika S, Erickson K, Burke LE, Kriska A, Cheng J, Milton H, Hirshfield S, Ogutu D, Gibbs B. Feasibility and preliminary efficacy of a novel web-based physical activity intervention in adults with overweight/obesity: A pilot randomized controlled trial. Contemp Clin Trials. 2023 Oct;133:107318. doi: 10.1016/j.cct.2023.107318. PMID: 37625586; PMCID: PMC10591946.
19. ***Kariuki JK**, Bizhanova Z, Conroy MB, Burke LE, Cheng J, Beatrice B, Sereika SM. The Association between Neighborhood Walkability and Physical Activity in a Behavioral Weight Loss Trial Testing the Addition of Remotely Delivered Feedback Messages to Self-Monitoring. Behav Med. 2024 Jul-Sep;50(3):232-241. doi: 10.1080/08964289.2023.2238102. Epub 2023 Jul 25. PMID: 37489802; PMCID: PMC10808266.
20. Jerome GJ, Boyer WR, Bustamante EE, **Kariuki J**, Lopez-Jimenez F, Paluch AE, Swift DL, Webber-Ritchey KJ, Barone Gibbs B; American Heart Association Physical Activity Committee of the Council on Lifestyle and Cardiometabolic Health; Council on Cardiovascular and Stroke

Nursing; Council on Clinical Cardiology; and Council on Peripheral Vascular Disease. Increasing Equity of Physical Activity Promotion for Optimal Cardiovascular Health in Adults: A Scientific Statement From the American Heart Association. Circulation. 2023 Jun 20;147(25):1951-1962. doi: 10.1161/CIR.0000000000001148. PMID: 37222169.

21. *Cheng J, Costacou T, Rockette-Wagner B, Sereika SM, Conroy MB, Kriska AM, **Kariuki JK**, Klem ML, Parmanto B, Burke LE. Perceived and calculated diet quality improvements in a randomized mHealth weight loss trial. Behav Med. 2024 Apr-Jun;50(2):164-169. doi: 10.1080/08964289.2023.2178374. Epub 2023 Feb 15. PMID: 36789848; PMCID: PMC10425562.
22. *Bizhanova Z, Sereika SM, Brooks MM, Rockette-Wagner B, **Kariuki JK**, Burke LE. Identifying Predictors of Adherence to the Physical Activity Goal: A Secondary Analysis of the SMARTER Weight Loss Trial. Med Sci Sports Exerc. 2023 May 1;55(5):856-864. doi: 10.1249/MSS.0000000000003114. PMID: 36574734; PMCID: PMC10106377.
23. ***Kariuki JK**, Rockette-Wagner B, Cheng J, Erickson KI, Gibbs BB, Sereika SM, Kline CE, Mendez DD, Wayan PI, Bizhanova Z, Saad MAB, Burke LE. Neighborhood Walkability Is Associated with Physical Activity and Prediabetes in a Behavioral Weight Loss Study: a Secondary Analysis. Int J Behav Med. 2023 Aug;30(4):486-496. doi: 10.1007/s12529-022-10112-7. Epub 2022 Jul 6. PMID: 35794410; PMCID: PMC11186594.
24. *Burke LE, Sereika SM, Bizhanova Z, Parmanto B, Cheng J, **Kariuki JK**, Beatrice B, Cedillo M, Pulantara IW, Wang Y, Loar I, Conroy MB. The Effect of Tailored, Daily, Smartphone Feedback to Lifestyle Self-Monitoring on Weight Loss at 12 Months: the SMARTER Randomized Clinical Trial. J Med Internet Res. 2022 Jul 5;24(7):e38243. doi: 10.2196/38243. PMID: 35787516; PMCID: PMC9297147.
25. *Burke LE, Sereika SM, Parmanto B, Bizhanova Z, **Kariuki JK**, Cheng J, Beatrice B, Loar I, Pulantara IW, Wang Y, Cedillo M, Conroy MB. Effect of tailored, daily feedback with lifestyle self-monitoring on weight loss: The SMARTER randomized clinical trial. Obesity (Silver Spring). 2022 Jan;30(1):75-84. doi: 10.1002/oby.23321. Epub 2021 Dec 12. PMID: 34898011.
26. *Rockette-Wagner B, Cheng J, Bizhanova Z, Kriska AM, Sereika SM, Kline CE, Imes CC, **Kariuki JK**, Mendez DD, Burke LE. Change in Objectively Measured Activity Levels Resulting from the EMPOWER Study Lifestyle Intervention. Transl J Am Coll Sports Med. 2022 Winter;7(1). doi: 10.1249/tjx.0000000000000184. PMID: 35391998; PMCID: PMC8982931.
27. Imes CC, Bizhanova Z, Sereika SM, Korytkowski MT, Atwood CW Jr, Burke LE, **Kariuki J**, Morris JL, Stansbury R, Strollo PJ Jr, Chasens ER. Metabolic outcomes in adults with type 2 diabetes and sleep disorders. Sleep Breath. 2022 Mar;26(1):339-346. doi: 10.1007/s11325-021-02408-x. Epub 2021 Jun 9. PMID: 34105104; PMCID: PMC8655315.
28. ***Kariuki JK**, Yang K, Scott PW, Chasens ER, Godzik C, Luyster FS, Imes CC. Obstructive Sleep Apnea Risk Is Associated With Severity of Metabolic Syndrome: A Secondary Analysis of the 2015-2018 National Health and Nutrition Examination Survey. J Cardiovasc Nurs. 2022 Sep-Oct;37(5):482-489. doi: 10.1097/JCN.0000000000000868. Epub 2021 Dec 22. PMID: 34935745; PMCID: PMC9209595.
29. *Burke LE, Kline CE, Mendez DD, Shiffman S, Chasens ER, Zheng Y, Imes CC, Cajita MI, Ewing L, Goode R, Mattos M, **Kariuki JK**, Kriska A, Rathbun SL. Nightly Variation in Sleep Influences Self-efficacy for Adhering to a Healthy Lifestyle: A Prospective Study. Int J Behav Med. 2022 Jun;29(3):377-386. doi: 10.1007/s12529-021-10022-0. Epub 2021 Sep 3. PMID: 34478106; PMCID: PMC10061542.
30. **Kariuki JK**, Gibbs BB, Erickson KI, Kriska A, Sereika S, Ogutu D, Milton H, Wagner L, Rao N, Peralta R, Bobb J, Bermudez A, Hirshfield S, Goetze T, Burke LE. The feasibility and acceptability of a web-based physical activity for the heart (PATH) intervention designed to reduce the risk of heart disease among inactive African Americans: Protocol for a pilot randomized controlled trial. Contemp Clin Trials. 2021 May;104:106380. doi: 10.1016/j.cct.2021.106380. Epub 2021 Mar 31. PMID: 33798731; PMCID: PMC8180502.

31. Cajita MI, Zheng Y, **Kariuki JK**, Vuckovic KM, Burke LE. mHealth Technology and CVD Risk Reduction. Curr Atheroscler Rep. 2021 May 13;23(7):36. doi: 10.1007/s11883-021-00927-2. PMID: 33983491.

32. Chasens ER, Imes CC, **Kariuki JK**, Luyster FS, Morris JL, DiNardo MM, Godzik CM, Jeon B, Yang K. Sleep and Metabolic Syndrome. Nurs Clin North Am. 2021 Jun;56(2):203-217. doi: 10.1016/j.cnur.2020.10.012. Epub 2021 Mar 10. PMID: 34023116; PMCID: PMC8144542.

33. ***Kariuki JK**, Gibbs BB, Rockette-Wagner B, Cheng J, Burke LE, Erickson KI, Kline CE, Mendez DD, Sereika SM. Vicarious Experience in Multi-Ethnic Study of Atherosclerosis (MESA) Is Associated with Greater Odds of Attaining the Recommended Leisure-Time Physical Activity Levels. Int J Behav Med. 2021 Oct;28(5):575-582. doi: 10.1007/s12529-020-09947-9. Epub 2021 Jan 12. PMID: 33438163.

34. *Kline CE, Chasens ER, Bizhanova Z, Sereika SM, Buysse DJ, Imes CC, **Kariuki JK**, Mendez DD, Cajita MI, Rathbun SL, Burke LE. The association between sleep health and weight change during a 12-month behavioral weight loss intervention. Int J Obes (Lond). 2021 Mar;45(3):639-649. doi: 10.1038/s41366-020-00728-8. Epub 2021 Jan 7. PMID: 33414489; PMCID: PMC7914147.

35. Burke LE, Sereika SM, Parmanto B, Beatrice B, Cajita M, Loar I, Pulantara IW, Wang Y, **Kariuki J**, Yu Y, Cedillo M, Cheng J, Conroy MB. The SMARTER Trial: Design of a trial testing tailored mHealth feedback to impact self-monitoring of diet, physical activity, and weight. Contemp Clin Trials. 2020 Apr;91:105958. doi: 10.1016/j.cct.2020.105958. Epub 2020 Feb 19. PMID: 32087342; PMCID: PMC7269678.

36. **Kariuki JK**, Yamnia CI, Imes CC, Weiss PM, Engberg SJ. Impact of lifestyle modification on absolute cardiovascular disease risk: a systematic review protocol. JBI Database System Rev Implement Rep. 2019 Oct;17(10):2106-2114. doi: 10.11124/JBISRIR-2017-003847. PMID: 30864978; PMCID: PMC7737226.

37. ***Kariuki JK**, Gibbs BB, Davis KK, Mecca LP, Hayman LL, Burke LE. Recommendations for a Culturally Salient Web-based Physical Activity Program for African Americans. Transl J Am Coll Sports Med. 2019 Jan 15;4(2):8-15. PMID: 30778397; PMCID: PMC6377171.

38. ***Kariuki JK**, Gona P, Leveille SG, Stuart-Shor EM, Hayman LL, Cromwell J. Cost-effectiveness of the non-laboratory based Framingham algorithm in primary prevention of cardiovascular disease: A simulated analysis of a cohort of African American adults. Prev Med. 2018 Jun;111:415-422. doi: 10.1016/j.ypmed.2017.12.001. Epub 2017 Dec 7. PMID: 29224996.

39. ***Kariuki JK**, Stuart-Shor EM, Leveille SG, Gona P, Cromwell J, Hayman LL. Validation of the nonlaboratory-based Framingham cardiovascular disease risk assessment algorithm in the Atherosclerosis Risk in Communities dataset. J Cardiovasc Med (Hagerstown). 2017 Dec;18(12):936-945. doi: 10.2459/JCM.0000000000000583. PMID: 29045312.

40. Deyrup MM, **Kariuki J**, Mullins T, Joseph H, Minihan B. (2016) Digital Trends and the Global Library Community. The International Information & Library Review, 48(1), 31-36. https://doi.org/10.1080/10572317.2016.1146039

41. **Kariuki JK**, Stuart-Shor EM, Leveille SG, Hayman LL. Methodological Challenges in Estimating Trends and Burden of Cardiovascular Disease in Sub-Saharan Africa. Cardiol Res Pract. 2015;2015:921021. doi: 10.1155/2015/921021. Epub 2015 Dec 1. PMID: 26697260; PMCID: PMC4678067.

42. *Muchira JM, Stuart-Shor EM, **Kariuki JK**, Mukuna AN, Ndigirigi I, Gakage L, Mutuma V, Karani A. Distribution and characteristics of risk factors for cardiovascular-metabolic disease in a rural Kenyan community. International Journal of Africa Nursing Sciences. 2015;3:76-81. doi: 10.1016/j.ijans.2015.09.002.

43. **Kariuki JK**, Stuart-Shor EM, Leveille SG, Hayman LL. Evaluation of the performance of existing non-laboratory based cardiovascular risk assessment algorithms. BMC Cardiovasc Disord. 2013 Dec 28;13:123. doi: 10.1186/1471-2261-13-123. PMID: 24373202; PMCID: PMC3890583.

44. **Kariuki JK**, Stuart-Shor EM, Hayman LL. The concept of risk as applied to cardiovascular disease. J Cardiovasc Nurs. 2013 May-Jun;28(3):201-3. doi: 10.1097/JCN.0b013e31828c3158. PMID: 23575158.

Peer-Reviewed Publications – Under Review

45. Bizhanova Z, Burke LE, Brooks MM, Rockette-Wagner B, **Kariuki JK**, Sereika SM. (2025). Trajectories of adherence to moderate- and vigorous-intensity physical activity goals in a mHealth weight loss trial. American Journal of Preventive Medicine. (Under review).

Non-peer Reviewed Publications

46. *Bu Saad M, Kriska A, Arena, Vincent A, Miller R, Mair C, Mctigue K, **Kariuki J**, Rockette-Wagner B. (2023) The Role of the Built Environment in Physical Activity Changes and Cardiometabolic Outcomes Among Lifestyle Modification Intervention Participants. https://d-scholarship.pitt.edu/44963/

47. *Shi X, Schlenk EA, Seaman JB, Sereika SM, **Kariuki JK**, Greco CM. (2022) Pain Management Strategies in Patients with Knee Osteoarthritis and Hypertension: Use, and Differences in Pain and Arthritis Pain Self-Efficacy. Doctoral Dissertation, University of Pittsburgh. https://d-scholarship.pitt.edu/43577/

48. Morgan B, Foley K, Hodgson N, Kolanowski A, Strauch K, Zionts N, Dickson C, Degenholtz H, Boltz M, Fick D, **Kariuki J**, Cai Y, Pajerski D, Brailsford J, Sheikh S, Beneciuk J, Patel M, Johnson B, Li RM, Spindle N. (2022). Revisiting the teaching nursing home: Impact on nursing students' perceptions of working in long-term care. Innovation in Aging, 6(Supplement_1), 858. https://doi.org/10.1093/GERONI/IGAC059.3071

Published Books and Book Chapters

1. Stuart-Shor E, **Kariuki J**, Larson J, Muchira J, Nsibandze B, Sonah A. Global Health. In DeMarco R, Healey-Walsh J. Community and Public Health Nursing: Evidence for Practice. Ninth edition. Lippincott Williams & Wilkins; 2023, pages 81-106.
2. **Kariuki J**, Ntim M, Gitonga M. Developing culturally salient assessment tools and interventions for underserved and high-risk populations in the United States and Africa. In J. B. Hamilton and C. E. Moore (Eds.), Transforming Social Determinants to Promote Global Health: Achieving Health Equity through Lived Experience. Cham: Springer International Publishing. Forthcoming 2024.

Media Coverage

1. Doheny K, Rodriguez J. (2021, December). Walkable Neighborhoods May Reduce Risk of Developing Prediabetes. Endocrineweb for Healthcare Professionals. https://www.endocrineweb.com/professional/pre-diabetes/walkable-neighborhoods-may-reduce-risk-developing-prediabetes

Dissertation

Kariuki J. (2016) External validation and cost effectiveness analysis of the non lab-based Framingham cardiovascular disease risk assessment algorithm in the Atherosclerosis Risk in Communities Dataset. (Doctoral Dissertation)

Innovative Projects to Promote Equity

1. **Kariuki J.** (2015) The Physical Activity for the Heart (PATH) Program. A web-based physical activity program designed to help individuals with obesity increase their physical activity. https://pathworkouts.com/
2. **Kariuki J.** (2013). Open Access for Africa. Cognizant of the challenges faced by students and health workers in developing countries, this site aspires to break the barriers that hamper access to credible scholarly information. It offers a succinct orientation on how to optimize online searching and provides links to Open Access Journals, Lectures & Clinical skills, eBooks and Databases.

Additionally, the incorporated OAA Search Engine optimizes your search by yielding results from credible websites with Open Access provisions. https://umb.libguides.com/OAA

SCHOLARSHIP: PRESENTATIONS

Invited Presentations

1. **Kariuki JK.** (March 2024). Global Cardiovascular Health. Networking Roundtable Lead invitation, American Heart Association 2024 EPI/Lifestyle Scientific Sessions, Chicago, IL.
2. **Kariuki JK.** (Nov 2023): Metabolically Healthy Obese? The 2023 Annual Meeting of the Georgia Chapter of the American College of Cardiology at the Ritz-Carlton on Lake Oconee, GA.
3. **Kariuki JK.** (October 2014): Addressing the role of nursing in the prevention of cardiovascular disease and stroke. Preventive Cardiovascular Nurses Association Global Nursing Leadership Forum (GNLF), New York.
4. **Kariuki JK.** (May 2014): Methodological challenges in estimating trends and burden of cardiovascular disease in sub-Saharan Africa. International Academy of Life Sciences/Biomedical Sciences Exchange Program (IALS/BMEP) conference, Boston, MA.

Peer Reviewed Abstracts and Presentations at International/National Conferences

1. **Kariuki JK**, Burke LE, Zickmund S, Beatrice B, Kimball ER, Young J, Galyean P, Cheng J, Cedillo M, Conroy M. "Screen Exhausted" The Impact Of Covid-19 Pandemic On Physical Activity In A Tailored Mhealth Intervention. Medicine & Science in Sports & Exercise, 2023. Poster presentation by Dr. Kariuki at the 2023 American College of Sports Medicine Annual Scientific Conference, Denver, CO.
2. Beatrice B, Burke L, **Kariuki J**, Sereika S. Lessons Learned: Successes and Challenges with Technology-based Data Collection and Intervention in a Behavioral Weight Loss Study. Journal of the Academy of Nutrition and Dietetics. 2023;123(9):A16. doi:10.1016/j.jand.2023.06.042
3. Burke LE, Conroy MB, Bizhanova Z, Beatrice B, **Kariuki JK**, Sereika SM. Abstract P399: The Effect of Self-Monitoring of Diet, Weight and Steps and Adherence to Diet, Fat and Physical Activity Goals on Weight Loss at 12 Months: Smarter RCT. Circulation. 2023;147(Suppl_1). https://doi.org/10.1161/circ.147.suppl_1.P399
4. **Kariuki JK**, Burke LE, Barone Gibbs B, et al. Abstract 13572: Feasibility and Preliminary Efficacy of a Novel YouTube Based Physical Activity Intervention in Adults With Overweight/Obesity. A pilot randomized controlled trial. Contemporary Clinical Trials, 133, 107318. https://doi.org/10.1016/j.cct.2023.107318. Rapid Fire Podium presentation by Dr. Gibbs on behalf of Dr. Kariuki at the American Heart Association Annual Scientific Conference.
5. Burke LE, Conroy MB, Bizhanova Z, **Kariuki J**, Cheng J, Beatrice B, Sereika S. Abstract 12260: The SMARTER Trial: Is Engagement With Mhealth Better With Daily Feedback to Self-Monitoring Compared to No Feedback? Circulation. 2022;146(Suppl_1):A12260. https://doi.org/10.1161/circ.146.suppl_1.12260
6. Bizhanova Z, Sereika SM, Brooks MM, Rockette-Wagner B, **Kariuki JK**, Burke LE. Abstract 15465: Associations Between Adherence to the Physical Activity Goal and Body Fat Changes in a MHealth Weight Loss Trial. Circulation. 2022;146(Suppl_1). https://doi.org/10.1161/circ.146.suppl_1.15465
7. **Kariuki JK**, Bizhanova Z, Sereika SM, Conroy MB, Parmanto B, Beatrice B, Loar I, Cheng J, Pulantara IW, Wang Y, Cedillo M, Signh A, Burke LE. (2021). Abstract 12776: Neighborhood Walkability is Not Associated With Attaining Recommended Physical Activity in a Behavioral Weight Loss Trial Testing Remotely Delivered Feedback Messages. Circulation. https://doi.org/10.1161/circ.144.suppl_1.12776 (Abstract). Poster presentation by Dr. Kariuki at the 2021 EPI/Lifestyle Scientific Sessions, Chicago, IL.

8. Bizhanova Z, Sereika SM, **Kariuki JK**, Conroy MB, Books M, Rockette-Wagner B, Cheng J, Beatrice B, Loar I, Wang Y, Pulantara IW, Parmanto B, Cedillo M, Burke LE. (2021). Abstract 13075: Initial Physical Activity Level is a Strong Predictor of Adherence to the Physical Activity Goal: A Secondary Analysis of the SMARTER Weight Loss Trial. Circulation. https://doi.org/10.1161/circ.144.suppl_1.13075 (Abstract)
9. **Kariuki JK**, Bizhanova Z, Rockette-Wagner B, Gibbs BB, Sereika SM, Kline C, Erickson K, Mendez D, Pulantara IW, Cheng J, Burke LE. (2021). 231-OR: Neighborhood Walkability Is Associated with Prediabetes in a Behavioral Weight Loss Study. Diabetes, 70(Supplement 1), 231-OR. https://doi.org/10.2337/db21-231-or (Abstract). Virtual Podium presentation by Dr. Kariuki at the 2021 American Diabetes Association Annual Scientific Conference.
10. Burke LE, Sereika SM, Bizhanova Z, Parmanto B, **Kariuki J**, Beatrice B, Loar I, Cheng J, Pulantara IW, Wang Y, Cedillo M, Conroy M. (2021). Abstract MP15: Promoting Lifestyle Change Via Real-time Feedback: Short-term Weight Loss Outcomes In The Smarter Trial. Circulation, 143(Suppl_1). https://doi.org/10.1161/CIRC.143.SUPPL_1.MP15 (Abstract)
11. Imes CC, **Kariuki J**, Chasens E, Scott P, Yang K. (2021). Abstract P160: Associations Between Metabolic Syndrome Severity And Race/ethnicity, Socioeconomic, And Lifestyle Factors. Circulation, 143(Suppl_1). https://doi.org/10.1161/circ.143.suppl_1.p160 (Abstract)
12. **Kariuki JK**, Rockette-Wagner B, Cheng J, Burke LE, Erickson K, Mendez D, Sereika SM, Barone Gibbs B. (2020). Abstract MP18: Vicarious Experience Trumps Neighborhood Characteristics in Predicting Leisure-time Physical Activity in the Multi-ethnic Study of Atherosclerosis Dataset. Circulation, 141(Suppl_1). https://doi.org/10.1161/circ.141.suppl_1.mp18 (Abstract). Moderated poster presentation by Dr. Kariuki at the EPI/Lifestyle 2020 Scientific Sessions, Phoenix, AZ.
13. Kline CE, Bizhanova ZH, Sereika SM, Buysse D, Imes CC, **Kariuki J**, Mendez D, Chasens E, Burke LE. (2020). Abstract MP21: Better Sleep Health is Associated With Greater Weight Loss During a 12-month Behavioral Weight Loss Intervention. Circulation, 141(Suppl_1). https://doi.org/10.1161/circ.141.suppl_1.mp21 (Abstract)
14. **Kariuki JK.** (April 2020): The Active You: Technology Pilot Study. Virtual podium presentation by Dr. Kariuki at the NHLBI Programs to Increase Diversity among Individuals Engaged in Health-Related Research (PRIDE-CVD) webinar.
15. **Kariuki JK**, Bermundez A, Kilkelly T, et al. Abstract P124: Comparative Evaluation of African Dance versus a Cultural Educational Program in Mitigating Cardiovascular Risk Among REACT! Study Participants. Circulation. 2019;139(Suppl_1). doi:10.1161/circ.139.suppl_1.P124 (Abstract). Poster presentation by Dr. Kariuki at the 2019 EPI/Lifestyle Scientific Sessions, Houston, TX.
16. **Kariuki JK.** (Sept 2018): Web-Based Exercise Programs: The African Americans' Needs. Podium presentation by Dr. Kariuki at the 2018 State of the Science Congress on Precision Health organized by the Council for the Advancement of Nursing Science, Washington DC.
17. **Kariuki JK**, Stuart-Shor EM, Leveille SG, Gona P, Cromwell J. Validation of the Non-Laboratory Based Framingham Algorithm in the Atherosclerosis Risk in Communities Dataset. Circulation. 2016;134:A14620 (Abstract). Podium presentation by Dr. Kariuki at the 2016 American Heart Association Scientific Sessions, New Orleans, LA.
18. **Kariuki JK**, Stuart-Shor E, Muchira J, Laventure L, Mitzman K, Godfrey M, Curan B, Kimani S, Kiarie P. Comparative Evaluation of Three Non-Laboratory Based Risk Assessment Tools in Characterizing Absolute Risk for Cardiovascular Disease in a Kenyan Sample. April 6, 2014. (Abstract). Poster presentation by Dr. Kariuki at the 2014 New England Science Symposium, Harvard Medical School, Boston, MA.
19. **Kariuki JK**, Stuart-Shor EM, Volkova A, Golden D, Halliday J, Kimani S, Muchira J, Zhang L. Abstract 14114: Implementing Global Risk Assessment in Resource-Constrained Primary Care Settings: Kenya. Circulation. 2013;128(suppl_22):A14114. doi:10.1161/circ.128.suppl_22.A14114. Poster presentation by Dr. Kariuki at the 2013 American Heart Association Scientific Sessions, Dallas, TX. (Abstract)

20. **Kariuki J**, Kamau M, MacPherson A, McCarey J, DeMita J, Brown K, Sayer S, Ndigirigi I, Kiarie P, Stuart-Shor E, Karani A. Hypertension Awareness, Treatment and Control in Kenya. (Abstract). Poster presentation by Dr. Kariuki at the 2012 New England Science Symposium, Harvard Medical School, Boston, MA.
21. Stuart-Shor E, **Kariuki J**, Kamau M, MacPherson A, McCarey J, DeMita J, Brown K, Sayer S, Ndigirigi I, Kiarie P, Karani A. Distribution of CV Risk Factors in a convenience sample of community dwelling Kenyans. World Congress of Cardiology scientific sessions, oral presentation. Dubai, UAE. April 18-21, 2012. (Abstract)
22. Stuart-Shor E, **Kariuki J**, Chateauneuf J, Kimani S, Karani A. Global Risk Assessment in Resource Constrained Countries: Kenya Heart and Sole. Preventive Cardiovascular Nurses Association 18th Annual Symposium. April 12-14, 2012. (Abstract)

Peer Reviewed Abstracts and Presentations at Regional Conferences

1. Chasens ER, Kalmakis K, **Kariuki J**, Yang K. (2018): Challenges and Considerations in the Use of Research Databases Symposium at the 2018 Eastern Nursing Research Society 30th Annual Scientific Sessions, Newark, New Jersey.
2. **Kariuki JK**, Stuart-Shor EM, Demita J, Golden D, Halliday J, Kimani S, Muchira J, Zhang L. (2013) Global Risk Assessment of Cardiovascular Disease in Resource Constrained Settings: Kenya. Abstract. Poster presentation by Dr. Kariuki at the 2013 Annual Eastern Nurses Research Society Sessions, Boston, MA.
3. Walsh JH, **Kariuki JK**, Stuart-Shor EM. (2013) The Meaning of Cross-Cultural Service learning for Nursing Students: Kenya Heart and Sole (KHAS). 25th Annual Eastern Nurses Research Society Scientific Sessions, Boston, MA. (Abstract)
4. DeMita J, Sayer S, Suyematsu M, **Kariuki J**, Kamau M, Stuart-Shor E (2012). Assessing Chest Pain: Results from Five Communities in Kenya. Kenya Heart and Sole Afya Njema Project. Eastern Nursing Research Society 24th annual scientific sessions poster session. New Haven. March 28-30. (Abstract)

Local Presentations

1. **Kariuki JK.** (Oct 2023): The Obesity-Inactivity Vicious Cycle and the Promise of Weight Neutral Approaches to Break the Cycle. Emory Global Diabetes Research Center.
2. **Kariuki JK.** (Oct 2021): What makes the exercise pill so hard to swallow? The role of psychosocial barriers related to obesity. Biological and Health Psychology Pro Seminar Series at University of Pittsburgh Psychology Department.
3. **Kariuki JK.** (Feb 2020): Leveraging Open-Source Technologies to Promote Physical Activity. Pitt Mobile Sensing + Health (MoSHI) seminar.
4. **Kariuki JK.** (Dec 2019): Sociodemographic predictors and cardiovascular correlates of age-related cognitive impairment in mid-life and elderly community dwelling Kenyans. Pitt 2nd Annual Healthy Lifestyle Institute Summit.
5. **Kariuki JK.** (Feb 2019): My Path to Developing the PATH Intervention. University of Pittsburgh School of Nursing T32 Meeting.
6. **Kariuki JK.** (May 2016): Making Cardiovascular Disease Risk Assessment Quick and Easy: The Validity and Cost-effectiveness of the Non-Lab Based Framingham Algorithm. PhD Scholarly Dialogues, Office of Research, College of Nursing and Health Sciences, University of Massachusetts Boston.
7. **Kariuki JK.** (April 2014): Lighting the way for the future: Making universities best for the world. TEDx UMass Boston.
8. **Kariuki JK.** (November 2013): Global risk assessment of cardiovascular disease in Kenya's resource constrained primary care settings. PhD Scholarly Dialogues, Office of Research, College of Nursing and Health Sciences, University of Massachusetts Boston.

9. **Kariuki JK.** (April 2012): Promoting nursing education and practice in developing countries: Open Access for Africa initiative. PhD Scholarly Dialogues, Office of Research, College of Nursing and Health Sciences, University of Massachusetts Boston (Presented with George Hart, former associate librarian Healey library).

TEACHING ACTIVITIES

Courses Taught

Emory University

Fall 2026	NRSG-453-1: Honors Thesis Analysis	Instructor
Spring 2026	NRSG-668MN-300: Master: Global Health Nursing-MN	Instructor
Fall 2025	NRSG-453-1: Honors Thesis Analysis	Instructor
Spring 2025	NRSG-668MN-300: Master: Global Health Nursing-MN	Instructor
Spring 2024	NRSG-332-1: Scholarly Inquiry	Co-Instructor
Fall 2023	NRSG 331 Honors Seminar	Co-Instructor
Fall 2023	NRSG 705 Endogenous and Exogenous Determinants of Human Health	Guest Lecturer
Spring 2023	GH534 Diabetes A Model for Global Non-Communicable Disease Prevention and Control	Guest Lecturer
Spring 2023	NRSG 733 Health Risk Interventions and Outcomes	Guest Lecturer

University of Pittsburgh

Fall 2022	NUR 1054 Nursing Care of Older Adults	Co-Instructor
Summer 2022	NUR 2526 Management Geriatric Health	Instructor
Summer 2022	NUR 2031 Diagnostic Physical Exam	Instructor
Summer 2022	NURNP NURP 3038 DNP NP Role Practicum	Instructor
Summer 2022	NUR 1138 Community Health Clinical	Instructor
Spring 2022	NUR 3037 DNP Project Clinical	Instructor
Spring 2022	NUR 1138 Community Health Clinical	Co-Instructor
Spring 2022	NURNP NURP 3038 DNP NP Role Practicum	Instructor
Spring 2022	NURNP 2529 Gerontology Clinical Practicum	Instructor
Spring 2022	NURNP 2528 Seminars in Geriatric Care	Instructor
Fall 2021	NURNP NURP 3038 DNP NP Role Practicum	Instructor
Fall 2021	NURNP 2529 Gerontology Clinical Practicum	Instructor
Fall 2021	NUR 2527 Advanced Management	Instructor
Summer 2021	NURNP 2529 Gerontology Clinical Practicum	Instructor
Summer 2021	NURNP 2526 Management Geriatric Health Theory	Instructor
Spring 2021	NUR 1054 Nursing Care of Older Adults	Instructor
Spring 2021	NUR 2010 Health Promotion and Disease Prevention	Guest Lecturer
Spring 2021	NUR 3292 Responsibilities and Activities of Scientists II	Guest Lecturer
Fall 2020	NUR 1054 Nursing Care of Older Adults	Instructor
Summer 2020	NUR 1054 Nursing Care of Older Adults	Instructor
Spring 2020	NUR 1054 Nursing Care of Older Adults	Instructor
Fall 2019	NUR 1054 Nursing Care of Older Adults	Instructor
Fall 2019	NUR 2010 Health Promotion and Disease Prevention In Culturally Diverse Population	Lecturer

Summer 2019	NUR 1054 Nursing Care of Older Adults	Instructor
Spring 2019	NUR 1054 Nursing Care of Older Adults	Instructor
Fall 2018	NUR 1054 Nursing Care of Older Adults	Instructor
Summer 2018	NUR 1054 Nursing Care of Older Adults	Instructor
Spring 2018	NUR 1054 Nursing Care of Older Adults	Instructor
Spring 2018	NUR 2010 Health Promotion and Disease Prevention In Culturally Diverse Population	Guest Lecturer
Spring 2018	NUR 3289 Intervention Development	Guest Lecturer
Fall 2017	NUR 1054 Nursing Care of Older Adults	Instructor
Summer 2017	NUR 1054 Nursing Care of Older Adults	Instructor
Spring 2017	NUR 2010 Health Promotion and Disease Prevention In Culturally Diverse Population	Guest Lecturer
Spring 2017	NUR 1829 Contemporary Issues in Cross-Cultural Health Care: Intervention Strategies for Health and Cultural Competence	Guest Lecturer

Doctor of Philosophy Dissertation Committees

2025-present	Seema Daas – Effect of a Liquefied Petroleum Gas Cookstove Intervention on Early Child Neurodevelopment and Maternal Postpartum Blood Pressure (Emory University)	Committee Member
2024	Dieudonné Kayiranga – Understanding the Successful Living of Adolescents with HIV in Rwanda: A Mixed-Methods Study (University of Rwanda)	External Examiner
2017-2022	Xiojun Shi, BSN, RN – Pain Management Strategies for Knee Osteoarthritis: Use, Intention to Use, and Differences in Pain and Arthritis Pain Self-Efficacy (University of Pittsburgh)	Committee Member
2016-2022	Zhadyra Bizhanova, MBChB, MPH – Identifying Predictors of Adherence to the Physical Activity Goal in a mHealth Weight Loss Trial (University of Pittsburgh)	Committee Member
2016-2022	Mohammed Bu Saad, MD, MPH – The role of the built environment on weight changes and cardiometabolic outcomes among lifestyle modification intervention's participants (University of Pittsburgh)	Committee Member

Doctor of Nursing Practice Capstones

2026-present	Marian Opoku-Agyeman – Implementation of a Standardized Body Composition, Muscle Strength, and Physical Function Assessment Protocol Among Adults Receiving GLP-1–Based Anti-Obesity Pharmacotherapy (Emory University)	Chair
2020-2022	Julia Luczkow, BSN, RN – Introduction of an Evidence-Based Toolkit to Increase Physical Activity in Sedentary Community-Dwelling Older Adults (University of Pittsburgh)	Co-Chair
2018-2021	Annemarie Carr, BSN, RN – Standardizing a Process to Identify IPPE/AWV-Eligible Patients and Facilitate Uptake of Preventive Services in the Primary Care Practice (University of Pittsburgh)	Co-Chair

Master of Science in Nursing Thesis Committees

2020-2022	Neel Rao – Physical Activity and Complementary and Alternative Medicine in the Treatment of Chronic Back Pain in US Adults (University of Pittsburgh)	Committee Member

Bachelor of Science in Nursing Honors Theses

2025-present	Maya Desta – Predictors of Anemia Among Ethiopian Women: Nutritional, Reproductive, and Psychosocial Factors (Emory University)	Mentor/Chair
2018-2021	Long Tran – Sleep, Pain, Global Health, and Functional Outcomes in Adults Age 65 or Older (University of Pittsburgh)	Committee Member

Other Mentoring and Advisement

2026	Jisu Lee, Visiting Scholar, Yonsei University, South Korea (Emory University)	Mentor
2023-present	Hailemariam Berhe, Junior Faculty, Mekelle University, Ethiopia (global south junior faculty mentee)	Mentor
2023-present	Habtamu Abera, Junior Faculty, University of Addis Ababa, Ethiopia (global south junior faculty mentee)	Mentor
2019-2020	Li Gao, PhD, International Visiting Scholar, Capital Medical University (University of Pittsburgh)	Mentor

PROFESSIONAL AND UNIVERSITY SERVICE ACTIVITIES

Membership in Professional Organizations

2024-28	American Heart Association Nominating Committee of the Council on Lifestyle & Cardiometabolic Health	Voted Committee Member
2024-28	American Heart Association CVSN Mentoring Committee, Council on Cardiovascular and Stroke Nursing (CVSN)	Voted Committee Member
2023-	American Nurses Association	Member
2021-27	American Heart Association Physical Activity Committee of the Council on Lifestyle & Cardiometabolic Health	Voted Committee Member
2021-27	American Heart Association Early Career Committee of the Council on Lifestyle & Cardiometabolic Health	Voted Committee Member
2021-27	American Heart Association Awards Committee of the Council on Cardiovascular and Stroke Nursing	Voted Member at Large
2017-21	Martha Hill Awards Subcommittee of the AHA CVSN	Voted Member
2013-	American Heart Association Council on Cardiovascular and Stroke Nursing (CVSN)	Member
2013-	American Heart Association Council on Lifestyle and Cardiometabolic Health	Member
2013-	American Heart Association	Member
2013-	Global Nursing Leadership Forum (GNLF)	Nominated Member
2013-17	Eastern Nursing Research Society	Member
2013-15	Sigma Theta Tau International, Theta Chapter Honor Society	Member
2011-	Preventative Cardiovascular Nurses Association	Member

Manuscript Reviewer

2024	Reviews in Cardiovascular Medicine	Reviewer
2021-	Behavioral Medicine	Senior Associate Editor
2021-	npj Digital Medicine	Reviewer

2021-	Lancet Public Health	Reviewer
2020-	Journal of Medical Internet Research	Reviewer
2018-	Annals of Medicine	Reviewer
2018-	Geriatric Nursing Journal	Reviewer
2018-	Journal of Cardiovascular Medicine (JCM)	Reviewer
2017-	Heart & Lung: The Journal of Acute & Critical Care	Reviewer

Note: The review assignments vary but on average, I review about one article every other year for each journal except Behavioral Medicine where I am more actively involved as a senior associate editor.

National and International Scientific Review

04/2024-	Ad hoc grant reviewer, NIH LCBH Study Section	
2023-	American Heart Association Annual Scientific Sessions	Abstract Reviewer

Intramural Scientific Review

2024-	Georgia Center for Diabetes Translation Research	Grant Reviewer
2023-	Emory Nell Hodgson School of Nursing (ONR)	Grant Reviewer
2020	University of Pittsburgh Momentum Funds Seed Grants	Grant Reviewer
2017	University of Pittsburgh Center for Social and Urban Research Manners Research Development Grant	Grant Reviewer

Service at Emory University

2024-2025	Emory School of Nursing Dean's Research Advisory Council	Member
2023-	Emory Nell Hodgson School of Nursing Graduate Faculty	Member
2023-2025	Emory Global Advisory Council	School of Nursing Representative
2022-	Lillian Carter Center for Global Health and Social Responsibility	Assistant Director for Global Research

Service at Other Universities

2025-	Morehouse School of Medicine REACH CERC	Member
2024-	University of Rwanda, School of Nursing and Midwifery (appointed 07/2024)	External Examiner

Prior Service at Other Universities

2021-22	DNP Council and Health and Community System Department (PITT)	Member
2020-2021	Graduate Didactic Course Curriculum Development, NUR 3120 Introduction to Diversity, Equity and Inclusion in Healthcare (PITT)	Review Member
2019-2020	BSN Honors Curriculum Development (PITT)	Review Member
2019-22	Honors Committee (PITT)	Member
2019-22	Diversity Committee (PITT)	Co-Chair
2019	BSN Didactic Course Curriculum Development, NUR 0053 Introduction to Inclusion, Equity and Diversity in Health Care (PITT)	Review Member
2018-22	Pro Team, University Senate Community Relations Committee (PITT)	Member
2017-22	Diversity Committee (PITT)	Member

2016-21	BSN Council and Health and Community System Department (PITT)	Department Representative
05/2016	UMass Boston Graduation Commencement (UMass)	Graduate Student Speaker