

Susan Aguiñaga, Ph.D.

Curriculum Vitae
Updated: July 2016

A. EDUCATION:

Illinois Distinguished Postdoctoral Research Associate

Summer 2016-present

University of Illinois at Chicago

Mentor: Edward McAuley, Ph.D.

Doctor of Philosophy Program

Fall 2012-Summer 2016

University of Illinois at Chicago

Major: Kinesiology, Nutrition, and Rehabilitation Sciences

Emphasis: Exercise Psychology

Advisor: David X. Marquez, Ph.D.

Master of Science

May 2012

University of Illinois at Chicago

Major: Kinesiology

Emphasis: Exercise Physiology

Advisor: David X. Marquez, Ph.D.

Bachelor of Science

May 2010

University of Illinois at Chicago

Major: Kinesiology

Minor: Nutrition

B. RESEARCH EXPERIENCE:

LUCID: Latinos Unique scenario, Cognitive Impairment addressed via Dance

(Rush University Alzheimer's Disease Center and UIC Department of Kinesiology and Nutrition
Funding, PI: David X. Marquez)

Role: Project Coordinator/Research Assistant

Fall 2014-Summer 2016

Assist with study design, IRB materials, translation of recruitment materials, screening, data collection, assess program fidelity, data processing and analysis, and manuscript preparation for a study that examines the feasibility of implementing the BAILAMOS© program in older Latinos with mild cognitive impairment.

BAILA: Being Active, Increasing Latinos' Healthy Aging

(National Institute for Nursing Research, 1 R01 NR01315101 PI: David X. Marquez)

Role: Research Assistant

Fall 2011-Summer 2016

Assist with training of personnel, translation of recruitment materials, recruitment, screening, testing, and data collection for a randomized-controlled trial that tests the impact of the revised BAILAMOS© program on lifestyle physical activity, self-efficacy, and health outcomes at 4 months and BAILAMOS© maintenance activities at 8 months.

Physical Activity and Health of Latinos

(UIC Department of Kinesiology and Nutrition Funding)

Role: Principal Investigator

Fall 2011-Fall 2012

Designed and conducted a cross-sectional study that examined the physical activity levels among middle-older aged Latino food service workers, and examined how physical activity and occupational physical activity relates to health outcomes.

BAILA-C: Bypassing Alzheimer's, Increasing Latinos' Activity and Cognition

(Alzheimer's Association, New Investigator Research Grant to Promote Diversity, PI: David X. Marquez)

Role: Research Assistant

Fall 2011-Fall 2013

Assisted with translation of recruitment materials, recruitment, screening, testing, and data collection for a randomized-controlled trial that examined the impact of the revised BAILAMOS© program on quality of life, lifestyle physical activity, and physical and cognitive function of older Latino adults.

Translation of Fit & Strong! for Older Latinos

(Midwest Roybal Center for Health Promotion and Translation Grant, PI: Susan Hughes)

Role: Research Assistant

Spring 2011

Assisted with translation of recruitment materials for a study that tested the implementation of the Fit and Strong! program among older Latino adults with arthritis.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Concept Paper: Examining Barriers to WIC Retention Among Children

(United States Department of Agriculture (USDA) Grant, PI: Angela Odoms-Young)

Role: Research Assistant

Spring 2011

Assisted with IRB materials, translation of recruitment materials, and data collection for a study on the barriers and facilitators towards child participation in WIC.

Project WEL: Walking & Environment in Older Latinos

(Midwest Roybal Center for Health Promotion and Translation Grant, PI: David X. Marquez)

Fall 2010

Role: Research Assistant

Assisted with recruitment of participants, translation of recruitment materials, data collection, conducted environmental audit, and manuscript preparation for a study that identified the barriers and facilitators to walking/physical activity among older Latinos.

BAILE, Boosting Activity in Latino Elderly

(Midwest Roybal Center for Health Promotion and Translation Grant, PI: David X. Marquez)

Role: Research Assistant

Fall 2009-Spring 2010

Assisted with the translation of recruitment materials, recruitment, screening, and testing of participants, and data collection and entry for a randomized-controlled trial that tested the revised 4-month BAILAMOS[®] program in sedentary older Latinos who are overweight/obese.

BAILAMOS[®] Balance & Activity In Latinos: Addressing Mobility in Older adults

(UIC Department of Kinesiology and Nutrition Funding, PI: David X. Marquez)

Role: Undergraduate Research Assistant

Fall 2009-Spring 2010

Assisted with translation of recruitment materials, recruitment, screening and testing of participants, data collection and entry, and manuscript preparation for a single group pilot examining the feasibility and impact of the BAILAMOS Latin dance program for older Latinos.

Perceptions of Dance among Latinos

(UIC Department of Kinesiology and Nutrition Funding, PI: David X. Marquez)

Role: Undergraduate Research Assistant

Summer 2009

Assisted with focus group sessions, and analyzed transcribed data for a study on the perceptions of dance among older Latinos.

C. TEACHING EXPERIENCE:

Guest Lecturer- KN 335 Exercise Psychology

University of Illinois at Chicago; Department of Kinesiology and Nutrition

Fall 2013 & Fall 2015

Taught lectures that focused on physical activity, depression, anxiety, and self-efficacy

Teaching Assistant-KN 335 Exercise Psychology

University of Illinois at Chicago; Department of Kinesiology and Nutrition

Fall 2011, Spring 2012 & Spring 2013

Attended lectures, learned course material, held office hours, graded assignments and examinations, and proctored examinations.

Teaching Assistant-KN 472 Movement Neuroscience

University of Illinois at Chicago; Department of Kinesiology and Nutrition

Spring 2012, Fall 2012 & Spring 2013

Primary responsibilities included grading assignments and examinations, holding office hours, and proctoring examinations.

Teaching Assistant-KN 372 Motor Control and Learning

University of Illinois at Chicago; Department of Kinesiology and Nutrition

Fall 2012 & Spring 2013

Primary responsibilities included grading assignments and examinations, holding office hours, and proctoring examinations.

Teaching Assistant-KN 100 Kinesiology and Nutrition First-year Seminar

University of Illinois Chicago; Department of Kinesiology and Nutrition

Fall 2011

Assist with general course maintenance such as grading, attendance, record keeping, and student communication.

D. BOOK CHAPTERS

Marquez, D.X., **Aguiñaga, S.**, Vasquez, P., Marques, I., & Martinez, M. (In Preparation).
“Physical activity interventions in Latino populations.” In Physical activity in diverse
populations: Examining the evidence and strategies for practice (Melissa Bopp, Editor).
Taylor and Francis, London.

E. ARTICLES IN REFEREED JOURNALS

Marquez, D. X., Bustamante, E. E., & **Aguiñaga, S.** & Hernandez, R. (2015). BAILAMOS[®]:
Development, pilot testing, and future directions of a Latin dance program for Older
Latinos. *Health Education & Behavior*. doi: 10.1177/1090198114543006.

Marquez, D. X., **Aguiñaga, S.**, Campa, J., Pinsker, E., & Bustamante, E. E., & Hernandez, R. (2014). A Qualitative Exploration of Factors Associated with Walking and Physical Activity in Community-Dwelling Older Latino Adults. *Journal of Applied Gerontology*. doi: 10.1177/0733464814533819

Marquez, D.X., Wilson, R.S., **Aguiñaga, S.**, Vasquez, P., Fogg, L.F., Yang, Z., Wilbur, J., Hughes, S., & Spanbauer, C. (In review). Regular Latin dancing and health education may improve cognition of older Latinos.

F. MANUSCRIPTS IN PREPARATION

Aguiñaga, S. & Marquez, D.X. (In preparation). Feasibility of a Latin dance program among older Latinos with mild cognitive impairment.

Aguiñaga, S., & Marquez, D.X. (In preparation). Can a Latin dance program impact physical activity, fitness, and sedentary behavior?

Aguiñaga, S., Lamar, M., Wang, E., Hughes, S., Odoms-Young, A., & Marquez, D.X. (In preparation). Can older Latinos with mild cognitive impairment benefit cognitively and physically from a Latin dance program? A randomized controlled study

Aguiñaga, S., Halloway, S., Wilbur, J., Hughes, S., Wilson, R.S., Fogg, L.F., & Marquez, D.X. (In preparation). Physical activity changes in older Latinos after participation in BAILAMOS.

Aguiñaga, S., & Marquez, D.X. (In preparation). Physical activity and health of middle- and older-aged Latino food service workers.

Marquez, D.X., Wilcox, S., Griffith, M., Janicek, S.J., & **Aguiñaga, S.** (In preparation). Perceptions and beliefs about the role of physical activity and nutrition on brain health in older Latinos.

Marquez, D. X., Whitt-Glover, M. C., **Aguiñaga, S.**, Hughes, S., & Wilbur, J. (In preparation). Interventions with older Latinos: Challenges and a cultural paradigm to address the challenges

G. REFEREED PRESENTATIONS:

- Marquez, D.X., **Aguñaga, S.**, Marques, I.G., Aguirre, K., Wilcox, S., Perceptions of Physical Activity on Brain Health among Older Latinos. Symposium to be presented at the annual meeting of the Gerontological Society of America (GSA), New Orleans, LA, November 2016.
- Aguñaga, S.**, Fogg, L.F., Wilbur, J., Hughes, S.L., Marquez, D.X. Influence of Latin Dance on Objectively Measured Physical Activity among Older Latinos. Symposium presented at the annual meeting of the American College of Sports Medicine (ACSM), Boston, Massachusetts, May 2016.
- Aguñaga, S.**, & Marquez, D.X. Impact of a Latin dance program on sedentary behavior among Older Latinos with mild cognitive impairment. Poster presented at the annual Recognition for Achievement, Research & Excellence (RARE) event at the University of Illinois at Chicago, April, 2016.
- Aguñaga, S.**, Marques, I.G., Griffith, M., Janicek, S.J., Wilcox, S., Marquez, D.X. Older Latinos' Perceptions of Cognitive Health and the Role of Physical Activity and Nutrition. Symposium presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC, March, 2016.
- Vasquez, P., **Aguñaga, S.**, Wilson, R.S., Fogg, L.F., Wilbur, J., Hughes, S., & Marquez, D. X. Influence of Latin Dance on Physical Activity Among Community Dwelling Older Latino Adults. Poster to be presented at American Heart Association| American Stroke Association- EPI Lifestyle 2016, Phoenix, Arizona, March 2016.
- Aguñaga, S.**, Vásquez, P., Logsdon, R., Marquez D.X. Sedentary Behavior, Depression, and Weight Status among older Latinos with Mild Cognitive Impairment. Poster presented at the Sedentary Behavior and Health Conference at the University of Illinois at Urbana-Champaign, October, 2015.
- Marquez, D.X., Caceres, M., **Aguñaga, S.**, Vasquez, P., & Janicek, S.J. Lessons learned in conducting health-related randomized controlled trials with older Latinos. Symposium presented at the annual meeting of the Gerontological Society of America, Washington, DC, November, 2014.
- Aguñaga, S.** Vásquez, P., Wilson, R.S., Fogg, L.F., Wilbur, J., Hughes, S., & Marquez. Influence of Latin Dance on Mobility and Physical Activity among Older Latinos. Poster presented at the National Institute on Aging Resource Centers for Minority Research (RCMAR) Gerontological Society of America Preconference, Washington, DC, November, 2014.
- Aguñaga, S.**, Wilson, R.S., Fogg, L.F., Wilbur, J., Hughes, S., & Marquez. Influence of Latin Dance on Mobility among Older Latinos. Poster presented the annual meeting of the Gerontological Society of America, Washington, DC, November, 2014 and presented at the Cells to Community graduate event at the University of Illinois at Chicago, September, 2014.
- Aguñaga, S.**, Vásquez, P., Wilson, R.S., Fogg, L.F., Wilbur, J., Hughes, S., & Marquez. Latin Dance and Health Education: Influence on Cognitive Function. Poster presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA, April, 2014 and

presented at the International Conference on Aging in the Americas, Boulder, CO, September, 2014.

Vasquez, P., **Aguñaga, S.**, Wilson, R.S., Fogg, L.F., Wilbur, J., Hughes, S., & Marquez, D. X. Increasing Physical Activity among Older Latino Adults. Poster presented at the International Conference on Aging in the Americas, Boulder, Colorado, September 2014.

Aponte-Soto, L., Castillo, A., Hernandez, R. **Aguñaga, S.** Improving Health of Latino Elders: Lessons Learned from Chicago-based Health Interventions. Panel discussion presented at seventh annual Health Disparities and Social Justice Conference, Chicago, IL, February 2014.

Marquez, D. X., Whitt-Glover, M. C., & **Aguñaga, S.** Interventions with older Latinos: Challenges and a cultural paradigm to address the challenges. Panel Discussion presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, March, 2013.

Bustamante, E.E., **Aguñaga, S.**, Bevan, J. Physical Activity Intervention in Older Latino Adults: Processes, Challenges, and Opportunities. Symposium presented at the Midwest American College of Sports Medicine (MWACSM) Regional Meeting, Oregon, OH. November, 2012

Aguñaga, S. Campa, J., Pinsker, E., Bustamante, E.E., Marquez, D.X. Built Environment Influences on Walking in Older Latinos. Poster presented at the annual meeting of Society of Behavioral Medicine, New Orleans, LA, 2012.

Marquez, D. X., Bustamante, E. E., & **Aguñaga, S.** Development and pilot testing of the BAILAMOS[®] dance program and its impact on physical and cognitive function in older Latinos. Paper presented as part of symposium at the annual meeting of the Gerontological Society of America, Boston, MA, November, 2011.

Marquez, D.X., Bustamante, E.E., **Aguñaga, S.**, Wilbur, J., & Mendez, M. Feasibility and Impact of a Latin Dance Program on Self-Reported Physical Activity and Quality of Life among Older Latino Adults. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC, 2011.

Bustamante, E. E., **Aguñaga, S.**, Mendez, M., & Marquez, D. X. (2011). Comparison of Physical Activity Characteristics between Four Styles of Latin Dance among Low-Active Older Latinos. Poster presented at the annual meeting of the American College of Sports Medicine, Denver, CO, 2011.

Marquez, D. X., Bustamante, E. E., **Aguñaga, S.**, Wilbur, J., & Mendez, M. Creation and impact of a Latin dance program on self-reported physical activity and enjoyment among older Latino adults. Poster presented at the annual meeting of the Gerontological Society of America, New Orleans, LA, 2010.

H. AWARDS AND HONORS

FASEB MARC Program Poster/Oral Presentation Travel Award

May 2016

Federation of American Societies for Experimental Biology (FASEB)/ Maximizing Access to Research Careers (MARC) Program

Award is a component of a federal grant from the Minority Access to Research Careers Program of the National Institute of General Medical Sciences.

Level 2 Participant in ACSM Leadership and Diversity Program

2012-2015

American College of Sports Medicine

Program that mentors and retains minority members by requiring ACSM membership, involvement in ACSM meeting (regional and national) and committees, and pursuit of ACSM professional presentations, publications and fellowship.

Chancellor's Student Service and Leadership Award

Spring 2010 & 2015

University of Illinois at Chicago

Award that recognizes outstanding student leaders who, while maintaining high academic achievement, demonstrate a commitment to the UIC community

Diversifying Higher Education Faculty in Illinois Fellowship Program

2013-2014

Illinois Board of Higher Education

Program that aids students to complete graduate degrees leading to a faculty or staff position at Illinois higher education institutions

Department of Kinesiology and Nutrition Funding

Spring 2013, Spring 2014, & Spring 2016

University of Illinois at Chicago

Funding to assist graduate students presenting research at national conferences in meeting travel-related expenses

Travel Award

Spring 2011, Spring 2014, Fall 2014 & Fall 2015

University of Illinois at Chicago Graduate Student Council

Award to assist graduate students presenting research at national conferences in meeting travel-related expenses

HCOE Pre-Medical Health Disparities Summer Research Program

Summer 2011

University of Illinois at Chicago

A ten week paid fellowship that provides skill sets to prove a hypothesis, understand preliminary data and findings, and understand the outcomes of research, application and its importance in the medical field

Department of Kinesiology and Nutrition Funding

Fall 2011

University of Illinois at Chicago

Funding to conduct master's project

Level 2 Participant in Midwest ACSM Mentoring and Leadership Program

October 2010-October 2011

Midwest American College of Sports Medicine

Program designed to provide a meaningful mentoring relationship aimed at guiding, advancing and inspiring individuals navigating their professional careers.

Medicina Scholars Program Award

Spring 2008

Hispanic Center of Excellence at the University of Illinois at Chicago

Award given to students who complete a three year program designed to introduce Latino scholars to the medical profession

I. CERTIFICATIONS AND TRAININGS

Advanced Research Course on Physical Activity and Public Health

July 27-August 1, 2015

National Institute of Public Health of Mexico, Cuernavaca, Morelos, Mexico

Collaborative Institutional Training Initiative Program

June 2009-present

University of Illinois at Chicago

HSPH 105 HIPPA On-line Training

September 2015-present

University of Illinois at Chicago

American Heart Association/Emergency Care & Safety Institute

November 2011-present

University of Illinois at Chicago

Certified in CPR, AED, and First Aid

Certificate of Completion as a Medical Interpreter

December 2004-present

Waubensee Community College

J. LANGUAGES

English (native)

Spanish (excellent reading, writing and conversational)

K. PROFESSIONAL SOCIETIES

Gerontological Society of America (GSA)

2013-present

American College of Sports Medicine (ACSM)

Fall 2010-present

Society of Behavioral Medicine (SBM)

March 2011-present

L. PROFESSIONAL SERVICE

Program Committee Member

March 2016-present

Society of Behavioral Medicine, 38th Annual Meeting & Scientific Sessions

Ad-hoc Reviewer

2016

The Gerontologist

Board Member

May 2013-May 2016

University of Illinois at Chicago, Latina/o Graduate Student Association

Member

December 2012

University of Illinois at Chicago, Search Committee of Visiting Research Specialist

Student Representative

Summer 2011

University of Illinois at Chicago, Diversity Strategic Thinking and Planning Initiative

Campus-wide effort to make diversity foundational to all of the colleges and campus units

M. CONFERENCES ATTENDED

International Conference on Aging in the Americas

September 2014

Alzheimer's disease: Translating Research into Care

June 2014

DePaul Health Disparities and Social Justice Conference

February 2014

Gerontological Society of America

October 2013-2015

Pan American Health Organization and Healthy

October 2011

Aging Network Meeting

Reshaping Chicago Together: A Citywide Summit

July 2011

American College of Sports Medicine

June 2011-2015

Society of Behavioral Medicine
April 2011-2016

UIC Minority Health in the Midwest Conference
February 2011-2014

Midwest ACSM Annual Meeting
October 2010-2013

IOM- UIC Midwest Conference on Diabetes and Obesity
September 2010

N. REFERENCES

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