

EDUCATION

- April 2019 Postdoctoral Research Fellow
Center for Health Ecology and Equity Research
Auburn University, Auburn, AL
Research Focus: Social Epidemiology and Population Health
(NIH R01AR065493-05S1)
- August 2017 Doctorate of Philosophy in Health Education
Texas A&M University, College Station, TX
Dissertation: Stuck in the Middle: A Mixed-Methods Study Examining the Role of Specific Health Knowledge and Perceived Risk in the African American Type 2 Diabetes Mellitus Health Disparity
- October 2016 Certificate in Education and Social Sciences Advanced Research Methods
Texas A&M University, College Station, TX
- August 2010 Master of Art in Speech Communication, with an emphasis in Health Communication
University of Houston, Houston, TX
Thesis: Diabetes education materials: A content analysis of the American Diabetes Association's newsletter and its cultural sensitivity toward African-Americans
- December 2003 Bachelor of Art, Mass Communication
Major in Public Relations, minor in English
Louisiana State University, Baton Rouge, LA

PUBLICATIONS

1. **Spears, E.C.**, Harvey, I.S., Han, D., Street, R.L., Guidry, J.J. (under review). Middle-class African Americans and Type 2 Diabetes Mellitus: Perceptions of risk and barriers to optimal health. *Journal of Racial and Ethnic Health Disparities*.
2. Bonner, T.J., **Spears, E.C.**, and Harvey, I.S. (under review). Using the RE-AIM framework to assess potential public health impact of diabetic foot care interventions. *Evaluation and the Health Professions*.
3. Martz, C.D., Fuller-Rowell, T.E., Nuru-Jeter, A.M., **Spears, E.C.**, Hunter, E.A., Lim, S.S., Drenkard, C., Chae, D.H. (2019). Vicarious racism stress and disease activity: The Black Women's Experiences Living with Lupus (BeWELL) Study. *Journal of Racial and Ethnic Health Disparities*.
4. Chae, D.H., Wang, Y., Martz, C.D., Slopen, N., Yip, T., Adler, N.E., Fuller-Rowell, T., Lin, J., Matthews, K.A., Brody, G.H., **Spears, E.C.**, Puterman, E., Epel, E.S. (under review). Racial discrimination and telomere shortening among African Americans: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Psychological Science*.
5. Chae, D., Martz, C., Fuller-Rowell, T., Spears, E., Gao Smith, T., Hunter, E., Drenkard, C., Lim, S. S. (2019). Racial Discrimination, Disease Activity, and Organ Damage: The Black Women's Experiences Living with Lupus (BeWELL) Study. *American Journal of Epidemiology*.
6. Street, Jr. R.L., **Spears, E.C.**, Madrid, S., Mazor, K. (2018). Cancer Survivors' Experiences with breakdowns in patient-centered communication. *Psycho-Oncology*, 1-7. <https://doi.org/10.1002/pon.4963>.
7. Chen, X, Cisse-Egbuonye, N., **Spears E.C.**, Mkuu, R. (2018). Children's healthy eating habits and parents' socio-demographic characteristics in rural Texas, USA. *Health Education Journal*, 77(4), 1-14. <https://doi.org/10.1177/0017896917752014>
8. **Spears, E.C.**, Guidry, J.J., Harvey, I.S. (2017). Measuring Type 2 Diabetes Mellitus knowledge and perceptions of risk in middle-class African Americans. *Health Education Research*, 33(1), 55-63. <https://doi.org/10.1093/her/cyx073>.

9. **Spears, E.C.**, Foster, M.J., Bonner, T.J. (2017). Diabetes prevention in African Americans: A scoping review. *Journal of Racial and Ethnic Health Disparities*, 5, 947-965. <https://doi.org/10.1007/s40615-017-0443-0>.
10. Story, C., Knutson, D., Brown, J.B., **Spears, E.C.**, Harvey, I.S., Gizlice, Z., Whitt-Glover, M.C. (2017). Changes in social support over time in a faith-based physical activity intervention. *Health Education Research*, 32(6), 513-523. <https://doi.org/10.1093/her/cyx062>
11. Harvey, I.S., Sherman, L., **Spears, E.C.**, Ford, C.D., Green, H.D. (2017). Social support and diabetes self-management behavior among Caribbean, Caribbean American, and African American Women: A descriptive correlation study. *Journal of Social Health and Diabetes*, 5(1), 16-24. <https://doi.org/10.4103/2321-0656.193994>
12. Bonner, T.J., Foster, M., **Spears, E.C.** (2016). Type 2 diabetes related foot care knowledge and foot self-care practice interventions: A systematic review of the literature. *Diabetic Foot and Ankle*, 7(1), 29758. <https://doi.org/10.3402/dfa.v7.29758>
13. **Spears, E.C.**, McKyer, E.L.J., Evans, A., McIntosh, W.A., Ory, M., Whittlesey, L., Kirk, A., Hoelscher, D., Warren, J.L. (2015). Using family focused garden, nutrition and physical activity programs to reduce childhood obesity: The Texas! Go! Eat! Grow! pilot study. *Childhood Obesity*, 11(6), 707-714. <https://doi.org/10.1089/chi.2015.0032>

ORAL PRESENTATIONS

1. Harvey, I.S., Story, C., Mkuu, R., **Spears, E.C.**, Idoko, E. (Nov. 2019). Presented at the American Public Health Association's annual conference; Philadelphia, PA.
2. Harvey, I.S., **Spears, E.C.**, Mkuu, R.S., Idoko, E. (March 2019). "Nutrition matters: Assessing nutritional health behaviors among aging rural African Americans. Presented at the Society for Behavioral Medicine's annual conference; Washington D.C.
3. **Spears, E.C.**, McKeever, A., Mkuu, R.S., Nguyen, D., Aust, E. Wernz, C., Harvey I.S. Perception of and access to food choices in rural and small towns: The grocery gap. (Nov 2018). Presented at the American Public Health Association's annual conference; San Diego, CA.
4. **Spears, E.C.**, Nuru-Jeter, A.M., Martz, C.D., Hunter, E.A., Fuller-Rowell, T.E., Lim, S.S., Drenkard, C., Chae, D.H. (July 2018). Anticipatory Racism Threat among African American Women with Lupus. Presented at the American Psychological Association's Division 45 Conference; Austin, TX.
5. **Spears, E.C.** (Nov 2017). "Measuring Type 2 Diabetes Mellitus knowledge and perceptions of risk in middle-class African Americans." Presented at the American Public Health Association's annual conference; Atlanta, GA.
6. **Spears, E.C.**, Harvey, I.S., Sherman, L., Mkuu, R.S., Jara, M. (Nov 2016). "What can I do in a day?": A multi-method approach to physical activity among older African American women residing in an urban environment place. Presented at the American Public Health Association's annual conference; Denver, CO.
7. **Spears, E.C.**, Street, Jr., R.L., Neergheen, V., Williams, A., Mazor, K. (Aug 2015). What you left out concerns me: A mixed-method, exploratory study examining the roles of omission and commission in dissatisfaction amongst cancer patients. Presented to the Center for Disease Control and Prevention's National Conference on Health Communication, Marketing and Media.
8. Harvey, I.S., **Spears, E.C.** (Nov 2014). The role of spirituality in end-of-life decisions. Presented to Novant Health's International Women's Health Summit; Winston-Salem, NC.
9. Harvey, I.S., **Spears, E.C.**, Bonner, T.J. (March 2015). Who will help me change: Lived experiences of minority women diagnosed with type-2 diabetes? Presented to the Global Congress for Qualitative Health Research's annual conference; Yucatan, Mexico.
10. Bonner, T.J., **Spears, E.C.**, Harvey, I.S. (invited but declined, March 2015) Self-care management among African Americans living with type-2 diabetes mellitus: An evaluation of knowledge and attitudes about type-2 diabetes mellitus and lower extremity disease. Global Congress for Qualitative Health Research; Yucatan, Mexico.

POSTER PRESENTATIONS

1. Sherman, L., Fabius, C., Bonner, T., **Spears, E.C.** (November 2019). Gender differences in receiving assistance with daily care needs among older Black Americans living with Diabetes. Presented at The Gerontological Society of America's annual scientific meeting; Austin, TX.
2. **Spears, E.C.**, Harvey, I.S., Jackson, Z.A., Bonner, T.J. (November 2018) Middle-class African Americans and Type 2 Diabetes Mellitus: Perceptions of risk and barriers to optimal health. Presented at the American Public Health Association's annual conference; San Diego, CA.
3. Martz, C.D., Fuller-Rowell, T.E., Nuru-Jeter, A.M., **Spears, E.C.**, Hunter, E.A., Lim, S.S., Drenkard, C., Chae, D.H. (November 2018). Vicarious Racism Stress Exposure and Disease Activity among African American Women with Systemic Lupus Erythematosus: The Black Women's Experiences Living with Lupus (BeWELL) Study. Presented at the American Public Health Association's Annual Meeting; San Diego, CA.
4. Martz, C.D., Fuller-Rowell, T.E., Nuru-Jeter, A.M., **Spears, E.C.**, Hunter, E.A., Lim, S.S., Drenkard, C., Chae, D.H. (July 2018). Direct and indirect racism among African American women with Lupus. Presented at the American Psychological Association's Division 45 Conference; Austin, TX. *Honorable Mention Award.*
5. Martz, C.D., Fuller-Rowell, T.E., Nuru-Jeter, A.M., **Spears, E.C.**, Hunter, E.A., Lim, S.S., Drenkard, C., Chae, D.H. (March 2018). Vicarious racism stress, racial discrimination, and disease activity: The Black Women's Experiences Living with Lupus (BeWELL) study. Presented at the Auburn University Student Symposium; Auburn, AL.
6. Harvey, I.S., **Spears, E.C.** (Nov 2016). The relationship between social support and mental health among older women residing in Barbados. Presented at The Gerontological Society of America annual scientific meeting; New Orleans, LA.
7. Cisse-Egbuonye, N., **Spears, E.C.**, Chen, X. (April 2016). Whole grain and low-fat milk consumption among WIC participants in southern states: A comparison study. Presented at the Society of Behavioral Medicine annual conference; Washington, D.C.
8. **Spears, E.C.**, Street, Jr., R.L., Neergheen, V., Williams, A., Mazor, K. (Nov 2015). Cancer communication: A mixed-method, exploratory study of the role of communication in patient satisfaction within an integrated managed care consortium. Presented at the American Public Health Association's annual conference, Chicago, IL.
9. **Spears, E.C.**, Ford, C.D., Harvey, I.S. (March 2015). An investigation of the role of place in self-care practices in chronic disease management of older adults. Presented at the American Academy of Health Behavior's annual conference; San Antonio, TX.
10. Chen, X., **Spears, E.C.**, McKyer, E.L.J., McWhinney, S., Outley, C. (March 2015). Investigating children's physical activity by their media exposure and family environment. Presented to the American Academy of Health Behavior's annual conference; San Antonio, TX.
11. Ford, C.D, **Spears, E.C.**, Harvey, I.S. (Nov 2014). Investigation of Place and Social Support in Chronic Disease Self-Management Techniques. Presented to the American Public Health Association's annual conference; New Orleans, LA.

AFFILIATIONS AND PAST RESEARCH PROJECTS

May 2018-present	Faculty Affiliate of the Transdisciplinary Center of Health Equity Research (TCHER) in the Department of Health and Kinesiology, Texas A&M University, College of Education and Human Development, College Station TX.
Aug. 2013-Aug. 2017	Student Affiliate of the Transdisciplinary Center of Health Equity Research (TCHER) in the Department of Health and Kinesiology, Texas A&M University, College of Education and Human Development, College Station TX.
Aug. 2014-Aug. 2017	Graduate Research Assistant for Dr. Idethia Harvey in the Department of Health and Kinesiology, Texas A&M University, College of Education and Human Development, College Station TX.
July 2006-June 2007	Graduate Research Assistant for Shawn McCombs, Associate Professor and head of the IT Department, Jack Valenti School of Communication, University of Houston, TX. Responsible for conducting research in the areas of eHealth and Telemedicine for the development and assessment of an undergraduate course.

TEACHING AND MENTORING EXPERIENCES

- Oct. 2018 **Guest Lecturer** for Families in Cross-cultural Perspective at Auburn University (HDFS 4680), presenting on The Role of Stress on Health in Minority Families for honors level undergraduate students.
- Aug. 2018-present **Co-instructor** for Human Development and Family Studies 4950, "Family Challenges." Duties include integrating a public health and health equity perspective into the instruction of an honors level undergraduate course designed to examine the psychological complexities of family dynamics.
- Jan.2018-May 2018 **Co-instructor** for Human Sciences 5950-6950, "Seminar on Health Ecology and Equity." Duties included: lesson preparation; student instruction; and facilitating discussions on the importance of understanding and eliminating health inequities in the United States for honors level undergraduate and graduate students.
- Aug. 2016-present **Professional Mentor** for one nursing school student on professional growth opportunities and curating a career trajectory.
- Aug. 2016-present **Peer Mentor** to one expedited-track doctoral student completing doctorate in health education with an emphasis in African American mental health.
- Jan. 2014-Aug. 2017 **Graduate Mentor** for three undergraduate and one Master's level student on academic success strategies and developing research interests relevant to health education.
- Jan. 2016-May 2016 **Teaching Internship** for Health 236, "Race, Health and Ethnicity." Duties included: lesson preparation; student instruction; and facilitating discussions on the intersection of health and race in the United States, for undergraduate health students.
- Aug. 2013-May 2014 **Graduate Teaching Assistant** for Health 481, a grant writing course, and Health 482, a course on workplace wellness. Duties included: student instruction; rubric development; designing student activities to facilitate skill development beyond the classroom; and grading.
- June 2006-July 2007 **Graduate Teaching Assistant** for Shawn McCombs, Associate Professor and head of the Information Technology Department, School of Communication. Duties included course development; lesson preparation; designing and grading student knowledge gain assessments.

PUBLIC HEALTH PRACTITIONER EXPERIENCES

Sept. 2011-Aug. 2013 **Grant and Program Development Manager** **New Orleans Health Department**

Responsible for the daily operations of a \$2.1 million grant initiative for infant mortality reduction, funded by the U.S. Health Resources and Services Administration (HRSA). Grant researcher and lead writer for all program reports, supplemental grant applications, internal and external communication submitted on behalf of the program; oversight of administrative activities and strategic planning for the Healthy Start New Orleans program; secured \$80,000 in additional program funds. Provided oversight for the Project's database and data management. Ensure compliance with overarching program objectives, funder guidelines, and Project protocol as defined by the City of New Orleans' Health Department. Direct supervision of the Project's Health Education and Quality Assurance/Quality Improvement Department Managers. Develop and implement strategic plans assessing departmental performance to track and improve upon overall program performance and outcomes. Appointed to the Health Department's Quality Council, which strategized quality improvement strategies for programs throughout the Health Department.

Aug. 2007-Aug. 2011 **Assistant Director/Coordinator III** **Change Happens!, Houston, TX**

Shared responsibility for oversight of the agency's youth and state outreach programs. Directly manage the daily operations of the agency's school-based prevention programs, an operating budget of more than \$1.4 million in grant funding. Additional duties include: oversight for satellite programs; negotiating subcontractor agreements; managing program contractors; interviewing potential employees; training new and existing staff; supervision of program staff; developing and maintaining relationships with external audiences; meeting assigned performance measures; adhering to and enforcing agency and funder performance guidelines; documenting program activities and completing funder reports; devising corrective action strategies; grant research and writing; assisting with the coordination of various agency events; development of promotional materials; and internal and external written communication.

Aug. 2008-Aug. 2007 Coordinator I

Change Happens!, Houston, TX

Responsible for the development and maintenance of relationships with superintendents, principals, school administrators, and community leaders throughout the City of Houston to secure service delivery sites for program services. Additional responsibilities included: supervision of program staff; ensuring compliance with agency procedures and funding guidelines; creating written communication pieces to promote programming initiatives; and completing timely, accurate, progress reports detailing program activities and suggested improvement strategies, when applicable.

March 2007-Aug. 2007 Health Educator/Communication Specialist

Change Happens!, Houston, TX

Created medically accurate, culturally sensitive presentations on HIV/AIDS and STI prevention for high-risk adolescents to increase participants' perception of their self-efficacy and decrease disease transmission. Additional responsibilities included: recruitment and retention of participants from prescribed target populations; pre and post testing program participants; and program evaluation. Also responsible for completing submitting summarized reports of program analysis to the City of Houston's Department of Health and Human Services and collaborating with the City of Houston's Health Department to plan HIV/AIDS Awareness Day events and culmination activity.

AWARDS

July 2019	Selected scholar for the Texas Center for Health Disparities' Steps Toward Academic Research Fellowship
June 2019	Selected scholar for the Intersectional Qualitative Research Methods Institute Scholarship (\$2500 award)
June 2019	Selected scholar for the Collaborative Center for Health Equity's Health Equity Leadership Institute
Nov. 2018	Robert Wood Johnson Foundation New Connections Capstone Symposium Scholarship (approximately \$1000)
Sep. 2018	Project Brotherhood A Black Men's Clinic travel scholarship (\$350 award)
June 2018	Michigan Center for Urban African American Aging Research (MCUAAAR) Scholarship (\$1,000 award)
Sep. 2016-Aug.2017	Texas A&M Dissertation Fellow (\$19,000 award)
Aug. 2013-Aug. 2016	Texas A&M Diversity Fellow (estimated \$180,000 award)
Aug. 2013-Aug. 2017	College and department level travel and research grants from Texas A&M University (approximately \$5,500)

MEMBERSHIPS

Oct. 2018-present	Association for Psychological Science
Jan. 2018-present	Society of Behavioral Medicine
Aug. 2017-present	Health Disparities, Education, Awareness Research & Training Consortium
Aug. 2014-present	Academy of Communication in Healthcare
Oct. 2013-present	American Public Health Association

SERVICE

March 2019	Abstract peer-reviewer for American Public Health Association
February 2019	Manuscript peer-reviewer for <i>Health Education & Behavior</i>

August 2018	Manuscript peer-reviewer for <i>Journal of the Poor and Underserved</i>
March 2018	Abstract peer-reviewer for American Public Health Association
March 2018	Judge for Auburn University's Student Research Oral Presentations
October 2017	Manuscript peer-reviewer for <i>Journal of the National Medical Association</i>
November 2015	Abstract peer-reviewer for American Association of Health Behavior
March 2015	Judge for Texas A&M's Student Research Week Poster Contest
Aug. 2014-Aug. 2017	P.O.W.E.R. Writing Consultant