

August 2019

# Elizabeth W. Wachira, PhD, MPH, BSN

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## EDUCATION

PhD                      May 2017              Health Studies, Texas Woman's University

Dissertation Title:

“I Can’t Even Walk, You Expecting Me To Climb A Mountain?” An Exploration Of Service Providers’ Perception Of Vulnerability Among Individuals Experiencing Homelessness.

Data disseminated through digital stories and an executive summary report given to stakeholders in the County

MPH                      2012                      Social and Behavioral Sciences, Community Health  
University of North Texas Health Science Center

BSN                      2007                      Nursing, University of Mary-Hardin Baylor

## PROFESSIONAL CERTIFICATION AND LICENSURE

2012-Present              Certified Health Education Specialist (CHES), National Commission for Health Education Credentialing (# 20856)

2012- Present              Certified in Public Health (CPH), National Board of Public Health Examiners (#7690)

2007 – Present              Registered Nurse, Texas Board of Nursing (# 745369)

## ACADEMIC TEACHING EXPERIENCE

2017 – Present              Assistant Professor, Health and Human Performance Department, Texas A&M University- Commerce, Commerce, TX

2013-2017                      Graduate Teaching Assistant, Department of Health Studies, Texas Woman’s University, Denton, TX

## HIGHER EDUCATION COURSES TAUGHT

Texas A&M University-Commerce

*Undergraduate courses:*

HHPH 130: Introduction to Community and Public Health

HHPH 210-03W: Environmental Health

HHPH 385: Current Issues in Health

HHPH 416: Epidemiology

HHPH 410: Program Planning and Organization in Health

HHPH 420: Program Implementation and Evaluation in Health

*Graduate Courses*

HHPH 585.01W: Program Design in Health Promotion

HHPH 544.01W: Health Promotion Administration & Management

## Texas Woman's University

### *Undergraduate courses:*

HS 1902/1901: Fitness and Health Lab and Lecture  
HS 2373: Health Aspects of Human Sexuality  
HS 3053: Community Health  
HS 3373: Health Promotion for the Child  
HS 4363: Consumer Health

### **TEACHING ACTIVITIES**

#### *Honors Thesis Student Committee – Chair*

Spring 2018 - Food Rationing in World War II: Nutrition and Health of Civilians and Soldiers in the United States (in progress)

#### *Honors Thesis Student Committee – Member*

Fall 2017 - Building Bridges: A Study of the Effects of Dance and Narrative Knowing in Defining Relational Capacity for University Aged-Students. (in progress)

#### *Doctoral Thesis Student Committee – Member*

Spring 2019 – The Relationship between Psychological Resilience and Help-Seeking Behavior in Indian Americans: A Moderation Analysis (in progress)

#### *Doctoral Thesis Student Committee – Member*

Spring 2019 – The Lived Experiences of Fathers Diagnosed With Cancer  
An Interpretive Phenomenological Analysis (in progress)

### **PRESENTATIONS AS PROFESSIONAL MEETINGS**

American Public Health Association	San Diego, CA	November 2018
	<i>Let's Show IT: Tackling Social Inequalities among Individuals Experiencing Homelessness through Digital Storytelling</i>	
44th Annual Research on Women and Education Conference		October 2018
	<i>Understanding the role of identity in determining sexual violence victimization</i>	
Texas American Public Health Association	Waco, TX	March 2018
	<i>An Exploration of Service Providers Perception of Vulnerability among Individuals Experiencing Homelessness</i>	
American Public Health Association	Chicago, IL	November 2015
	<i>A Spatial Analysis of Cardiovascular Disease in Texas</i>	
Health in Africa Conference	Champaign, IL	May 2015
	<i>A Political Ecology of Africa's Brain Drain Crisis</i>	

### **WORKS IN PROGRESS**

#### Publication research manuscript

- *"A Spatial Analysis of Cardiovascular Disease in Texas: Use of a Vulnerability Index to Target High Needs Areas"*
- *"Factors that Influence Vulnerability of Victims of Sexual Violence on College Campuses"*

- “A Study Examining Media Dependency Theory (MDT) and Cross Cultural World Mindedness: A Pilot Study” (Submitted for Review – Summer 2019)
- “A Study Examining General Nutrition Knowledge among University Students: A Pilot Study”

## **OTHER RESEARCH AND CREATIVE ACHIEVEMENTS**

### Texas A&M University –Commerce

#### *Building Bridges Study (Fall 2017 – Current)*

*Co-Investigator for a mixed method study to explore the effect of dance and narrative knowing in defining relational capacity for university aged students.*

*Main Role: Informed research methodology, assist with data collection and creation of digital stories to tell of students experience regarding dance therapy and improved relational capacity.*

### Texas Woman’s University

#### *Quality Enhancement Scholar (2015-2016):*

(PI) Ethnographic qualitative study to explore the how vulnerabilities manifest within complex structures existing within the local lived context, so as to propose the identification of vulnerabilities as determinants of health

(2015) Texas Woman’s Quality Enhancement Scholar -\$1000

(2016) Texas Woman’s Quality Enhancement Scholar -\$2000

- Used ethnographic research a to identify and measure health related constructs
- Secondary data analysis of archival data to support findings through data triangulation

## **SERVICE TO THE UNIVERSITY**

Public Health Committee, Program Director & Chair (10/2017 – present)

Academy of Health Potential Committee, Chair (10/2017 – present)

Annual Research Student Symposium – Judge (April 2018 & 2019)

Health Education Presentation (April 2018)

Invited Campus-Wide presentation at Texas A&M University-Commerce Mental Health Matters Day.

Topic “Exercise for Mental Health”. April 2, 2018; Commerce, TX

Wellness Council Committee, Member – 7/2018- Present

## **SERVICE TO THE PROFESSION**

Abstract Reviewer (Spring 2018 & 2019)

American Public Health Association Conference for Caucus on Homelessness

HHSC Center for Elimination of Disproportionality & Disparities (February – August 2014)

Program Intern, State Partnership Grant to Improve Minority Health (SPGIMH) in the Dallas-STAR and Hidalgo-START PLUS areas

- Assist with the development and implementation of the State Partnership Grant to Improve Minority Health (SPGIMH) in the Dallas-STAR and Hidalgo-START PLUS areas.
  - Project’s goal is to promote the voluntary adoption and implementation of the National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care (National CLAS Standards) by healthcare providers.
- Facilitated Community Engagement Interviews

Denton County Health Department (January – July 2012)

Health Educator Intern, Primary assessor, reviewing Denton County’s actions in creating a Heart Healthy City

**SERVICE ACTIVITIES: COMMUNITY**

AFYA Day: Fun Run and Wellness Expo (May 18, 2019)

Project coordinator for a community wide health promotion event in the Kenyan community aimed at mobilizing our community to promote wellness across all sectors. Provide oversight for 6 team leaders working to plan and implement this free event by obtaining sponsors, vendors and coordinating activities for that day.

Kenya Youth Summit (August 2018 & August 2019)

Organizer of The Kenya Youth Summit, hosted by The Youth Engagement Society as part of International Youth Day aimed at bringing together the youth, young professionals, leaders, and organizations, including the Kenyan government, on the forefront of issues related to youth unemployment, vocational training, participatory decision making, Agribusiness and more. Through sponsorships and collaborations, Youth were connected with opportunities for internships (attachments), networking, one-on-one engagement with mentors/peers, and funding awards through the Competitive Startup Fund for startups/ideas that have the capacity to succeed in local or global markets, serving a public need or a promising community-based initiative.

**Service Learning Class Projects:**

Spring 2018

Health Promotion Project aimed at improving access to services and resources for Emory, TX. Provided oversight to students as they plan, coordinate and evaluate the 1<sup>st</sup> Community wide health fair.

Spring 2019

Project 1: Student Healthfest

Project aimed at improving access to services and resources for TAMU-C Students. Provided oversight to students as they plan, coordinate and evaluate the 1<sup>st</sup> campus wide Student Healthfest

Project 2: Commerce Community Needs Assessment

Provided oversight to students in conducting a community needs assessment aimed at proposing a viable health promotion program that can be implemented in Fall 2019.

Denton County Health Department (2012-2013)

Health Education Volunteer - Led Diabetes community focus group, assisted with planning and coordination of annual 5K county run and health fair

**WORK EXPERIENCE**

Health Educator	2012 – Present
Graduate Researcher	2014 - 2017
Registered Nurse	2007 to Present

**SKILLS**

- Qualitative Research Methods – Ethnography & Digital Storytelling
- Working knowledge of Anthropology & Medical Geography concepts as they relate to informing and conducting health research
- Computing/Software
  - ArcGIS, NVivo , SPSS, Microsoft Office
- Languages: English, Swahili, Kikuyu, some Spanish