

# Curriculum Vitae

**TRUDY GAILLARD, Ph.D., R.N., C.D.E., F.A.H.A**

Associate Professor

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## **BIO AND ACCOMPLISHMENTS**

My research interests involve the examination of the ethnic differences in the development of type 2 diabetes, cardiovascular disease and cognitive impairment. I have established my research focus area aimed at increasing our understanding of risk factors associated with prediabetes, type 2 diabetes and cognitive impairment in older adults. I have used my research expertise to teach proposal development, nursing theory and grant writing in the graduate school. These courses aim to assist students to become critical thinkers in developing their research using evidence-based practices and changing current paradigms. Currently, I am teaching nursing care of the older adult and senior clinical practicum. These courses aim to provide senior undergraduate students advance preparation in care of the older adult and leadership skills in various clinical areas. I am excited to assist students in learning and TRANSFORMING from novice to future nurse scientist.

## **FORMAL EDUCATION**

<b>Rutgers the State University of New Jersey</b> , Newark, NJ Bachelor of Science in Nursing	09-1982 to 05-1985 Focus: General Medical Surgical Nursing
<b>New Jersey City University</b> , Jersey City, NJ Master of Science, Health Science, 1990	09-1988 to 05-1990 Focus: Community Health Education
<b>Johns Hopkins University</b> , Baltimore, MD Master of Science, Nursing	09-1992 to 05-1994 Focus: Nursing Research
<b>The Ohio State University</b> , Columbus, OH Doctorate of Philosophy, Exercise Science	09-1997 to 03-2005 Focus: Glucose Metabolism

## **PROFESSIONAL REGISTRATION & CERTIFICATIONS**

### **PROFESSIONAL REGISTRATIONS**

New Jersey, RN

RN 080524

Ohio, RN

RN 255885

Florida

RN 9501489

### **CERTIFICATIONS**

New Jersey, Clinical Nurse Specialist  
Certified Diabetes Educator

NC 00548  
0882-5149

### **WORK EXPERIENCE**

#### **ACADEMIC EXPERIENCE**

- 1/2018- Present      **Associate Professor**  
Nicole Wertheim College of Nursing and Health Sciences  
Florida International University  
Miami, FL
- 8/2014-12/2017      **Assistant Professor**  
University of Cincinnati  
College of Nursing, Cincinnati, OH
- 2006-7/2014      **Assistant Professor of Medicine Research**  
The Ohio State University,  
Division of Endocrinology, Diabetes and Metabolism, Department of  
Internal Medicine, Columbus, OH
- 1994-7/2014      **Program Director, Prevention of Diabetes in African Americans  
Program; Program Coordinator, Community Diabetes Partnership**  
The Ohio State University  
Division of Endocrinology, Diabetes and Metabolism, Columbus, OH
- 2007-7/2014      **Adjunct Assistant Professor and Lecturer**  
The Ohio State University  
College of Nursing, Columbus, OH
- 2002-7/2014      **Clinical Instructor and Lecturer - Med/Surgical Nursing**  
Columbus State Community College, School of Nursing, Columbus, OH
- 2009-2012      **Clinical Instructor and Lecture Med/Surgical Nursing**  
Fortis College of Nursing, Columbus, OH
- 1993-1994      **Adjunct Assistant Clinical Professor (Medial/Surgical Nursing)**  
Felician College, Department of Nursing, Lodi, NJ

#### **CLINICAL EXPERIENCE**

- 1993-1994      **Project Director, Lower Extremity Amputation Prevention Program**  
Department of Veterans Affairs Medical Center, East Orange, NJ

1992-1993	<b>Community Health Consultant</b> National Eldercare Institute on Older Women, Washington, DC
1989-1992	<b>Diabetes Nurse Clinician</b> Jersey City Medical Center, Jersey City, NJ
1987-1989	<b>Staff Nurse Medical Intensive Care Unit</b> Jersey City Medical Center, Jersey City, NJ
1986-1987	<b>Head Nurse - Medical-Surgical Unit</b> Jersey City Medical Center, Jersey City, NJ
1986-1987	<b>Community Health Nurse, Cardiovascular Disease Prevention Program</b> Jersey City Family Health Center, Jersey City, NJ
1985-1986	<b>Staff Nurse- Medical Surgical Unit</b> Jersey City Medical Center, Jersey City, NJ
1985-1986	<b>Staff Nurse – Hemodialysis Unit</b> Newark Beth Israel Medical Center, Newark, NJ

#### **ADMINISTRATIVE LEADERSHIP EXPERIENCE**

1/2018- 8/2018	Interim Associate Dean for Academic Affairs Florida International University, Miami, FL
1/2018- 8/2018	Chair- Scholarship Committee Florida International University, Miami, FL
2017- 12/2018	Chair- Research and Scholarly Activities Council College of Nursing, University of Cincinnati, OH
2014-12/2018	Co-Chair PhD Curriculum Task Force College of Nursing, University of Cincinnati, OH
2016-12/2018	Co-Chair Elections Committee College of Nursing, University of Cincinnati, OH
2015-2017	Committee for Equity and Inclusive Excellence College of Nursing, University of Cincinnati, OH

#### **AWARDS/HONORS**

- Board Member Appreciation Award, Ohio Commission on Minority Health, 2018
- Life-Time Membership Award, Columbus Black Nurses Association, 2017

- Citation The Ohio Legislative Black Caucus Ohio, Honor for community service and Founder of the Columbus Black Nurses Association , 2017
- Resolution, City Council City of Columbus, Ohio Celebration of 20 years of Service and Founder of the Columbus National Black Nurses Association. 2017
- University of Cincinnati Black Faculty Affinity Group, Research Award, 2017
- Network of Minority Health Research Investigators Medallion Award, National Institute of Diabetes and Digestive and Kidney Disease (NIDDK), National Institute of Health, 2017
- Program to Increase Diversity in Engagement in Cardiovascular-Related Research (PRIDE CVD) Scholar, 2016-2017
- University of Cincinnati Black Faculty Affinity Group, Research Award, 2016
- Center for the Enhancement of Teaching & Learning Course Design Institute Award, 2016
- Rabinowitz Award, College of Nursing Research Award, 2015
- Ohio Commission on Minority Health, Cheryl Boyce Community Leadership Award, 2014
- Nurse Researcher of the Year, Columbus Black Nurse Association, Columbus, Ohio 2012
- Years of Service- American Diabetes Association, Columbus Chapter, 2011
- “We Care” Award- African American Men Wellness Initiative, 2011
- Excellence in Research- Translational Science Research Award- Network of Minority Research Investigators, NIDDK, National Institute of Health, 2010
- Center for Women’s Health, Pilot Grant Award, 2009
- Excellence in Nursing- National Black Nurses Association, 2008
- Member, Diabetes Translation Advisory Committee- Diabetes Prevention and Control Program, Center for Disease Control, 2002-2003
- Certificate of Appreciation, Department of Veterans Affairs, Columbus, Ohio, 2003
- Community Health Award, The Commission on Minority Health, Columbus, Ohio, 1999
- Award of Excellence in Community Health Education, The Ohio State University, 1997
- American Diabetes Association, New Researchers, Travel Grant Award, 1996
- National Eldercare Institute on Older Women, Award of Appreciation, 1993
- Johns Hopkins University, School of Nursing, Minority Nursing Scholarship, 1992-1993
- Northern New Jersey Black Nurses Association, Community Health Nurse of the Year, 1990
- Citation for Community Service from Mayor McClain, New Jersey, 1990
- Rutgers University College of Nursing, Honors, 1985
- Student Government Award, Rutgers University, 1984-1985
- Arthur Imperator Nursing Scholarship, Rutgers University, 1983-1985

## **RESEARCH OR PROGRAM GRANTS**

### **FUNDED GRANTS**

#### **Wertheim Endowed Innovation Fund, Florida International University**

**Title:** “*Piloting diet and exercise interventions in older Hispanics with diabetes*”.

Amount: \$50,000.00 8/1/18-7/31/2019

**Funding Mechanism:** Wertheim Endowed Innovation Fund

**Principal Investigator,** Edgar Ramos Vieira, PhD

Co-Investigator: **Trudy Gaillard**, WOC

**Goal:** The objective of this study is to pilot test the effectiveness of nutrition and exercise interventions to improve diabetes management, physical function, reduce falls and related healthcare use by disadvantaged older Hispanics with type 2 diabetes attending community nutritional sites.

### **CEAS - Electrical Engineering & Computing Systems**

#### **Title: Advancing Sweat Sensing Science and Technology: a Sweat Simulation Patch with Feedback Control**

Amount: \$150,000.00 7/1/2016-6/30/2019

**Funding Mechanism: National Science Foundation, PD 13-7564**

**Principal Investigator**, Jason Heikenfeld, PhD

Co-Investigator: **Trudy Gaillard**, College (14%, Recess-Summer support only)

**Goal:** To develop a sweat simulation patch with potential of feedback device mechanism technology. The ultimate goal is to develop a product that will be a widely-utilized and foundational model of the device/skin interface, which will benefit all other researchers beginning to explore sweat sensing technology.

### **University of Cincinnati, Care Delivery Innovation Competition**

Amount: \$10,000 03/01/15-03/01/16

**PI:** Debi Sampsel, DNP, RN

**CI:** Tamilyn Bakas, PhD, RN, FAHA, FAAN, **Trudy Gaillard, PhD, RN, CDE**

**Title: "Telehealth Community Holistic Assistance Team (T-CHAT)"**

Goal: A proposed program where healthcare providers combine the use of a telehealth remote presence robot with a chronic disease self-management program to improve healthy independent living in older adults.

### **College of Nursing Rabinowitz Award**

Amount: \$9,995 01/1/15- 01/1/16

**PI:** **Trudy Gaillard, PhD, RN, CDE**

**Title: "Metabolic and genetic predictors of cognitive impairment in high risk African Americans and White Americans with family history of type 2 diabetes."**

Goals: The goal of the study is to examine the relationship between glucose, insulin resistance and genetic biomarkers associated with cognitive impairment in prediabetic, elderly African Americans and White Americans with family history of dementia and type 2 diabetes.

## **UNFUNDED GRANTS**

### **National Institute of Health, NIH-NIA PA-15-038**

Amount: \$454,740.90 07/01/18-06/30/20

**Title: Ethnic differences in vascular response to the DASH diet in older African Americans and non-Hispanic whites with prediabetes.**

**Goal:** Dietary lifestyle modification has been associated with improvement in cardiovascular disease risks among older adults (>65-80 years) with prediabetes. In this regard, the Dietary Approaches to Stop Hypertension (DASH) diet has been recommended as an acceptable diet to prevent progression to type 2 diabetes and cardiovascular disease. Thus, the goal of the current study, is to examine the vascular wall properties and their response [pulse wave velocity (PWV), augmentation index (AIx), and central aortic pressure (CAP)] before and after a 24-week DASH diet intervention in older adults with prediabetes.

### **American Diabetes Association- Innovative Clinical Award**

Amount: \$598,736.43 01/01/18-12/31/20

**Title: Nurse-led Intervention to Improve Cognitive function (NICE)**

**Goal:** Prediabetes is a precursor for both type 2 diabetes (T2DM) and mild cognitive impairment (MCI). Both conditions continue to affect a significant proportion of older African American

adults. We hypothesize a lifestyle intervention program using evidence-based strategies from the Diabetes Prevention Program (DPP) in older adults (65-80 years) with prediabetes and MCI to examine the additional benefits of preventing T2DM on cognitive function.

**American Heart Association- Grant-in-Aid**

Amount: \$153,922.00 7/1/17-6/30/19

**Title:** Improving cognitive function through the Dietary Approaches to Stop Hypertension (DASH) in young African Americans with early-stage hypertension.

**Goal:** High blood pressure is more common in African Americans when compared to Whites. High blood pressure is associated with increased heart disease and cognitive impairment in older adults (>65 years) but younger African Americans between the ages of 25-50 years have been less studied. Therefore, the purpose of the current proposal is to examine the benefits of a 6-month lifestyle dietary intervention in young African American adults with early-stage hypertension.

**National Institute of Health, NIH PA-15-017**

Amount: \$3,946,897.43 02/05/16

**Title:** PREvention of COgnitive Dysfunction with EXercise (PRECODE)

**Goal:** By participating in the PREvention of COgnitive Dysfunction with EXercise (PRECODE) program, we hope to discover the level of aerobic exercise needed to improve cognitive function, biomarkers, and other outcomes (depressive symptoms, health-related quality of life) among older African Americans living in low-income residential housing who have prediabetes and mild cognitive impairment. Hopefully, our study will help to address health disparities, and may provide new strategies that might someday help to prevent type 2 diabetes and dementia in older African American populations.

**American Diabetes Association Innovative Clinical Award**

Amount: \$600,000 04/15/15

**Title:** Comparative study of effectiveness of chronic aerobic exercise on cognitive impairment in high risk African Americans with prediabetes: Utilization of Fitbit Fitness Technology.

**Goal:** To investigate the effects of a 6-month physical activity program (150 minutes/week) in prediabetic African American and White Americans with mild cognitive impairment compared to sedentary lifestyle (control group).

Although not funded, I continued to build upon this theme and collect pilot data to be included in the submission of my R01 grant.

**Division of Endocrinology, Diabetes and Metabolism**

**Funding Mechanism:** NIH, R18 Pragmatic Funding

Amount: \$3,946,597.93 07/05/2014

**Title:** Sweet Transitions

Principal Investigator: Mercedes Falciglia, MD

Co-Investigator: **Trudy Gaillard**, College of Nursing (15%)

**Goal:** To determine the effectiveness of a patient-centered transition-of-care intervention for inpatients with possible unrecognized or poorly-controlled diabetes, and to identify key processes and factors that promote its broad application.

**Winkle College of Pharmacy**

**Funding Mechanism:** CCTST grant

**Title:** Continuous Sweat Biomarker Sensing and Blood Correlation in Sedentary Individual

Amount: \$20,000 01/05/2015

PI: Gerald Kasting, PhD

Co-I: **Trudy Gaillard**, College of Nursing

Co-I: Jason Heikenfeld, Fred Beyette, College of Engineering and Applied Sciences

**Goal:** To clinically validate our eccrine sweat model in humans using two chemically stimulated sweat protocols (pilocarpine or carbachol), to determine with chemical can produce a 1:1 correlations in unbound form between blood and sweat.

### **Division of Endocrinology, Diabetes and Metabolism**

**Funding Mechanism:** R01, NIDDK, NIH

Amount: \$3,895,955. 02/05/2015

**Title:** Ethnic Differences in RBC glycation

Principal Investigator, Robert Cohen, MD

Co-Investigator: **Trudy Gaillard**, College of Nursing (10%)

**Goals:** To examine the effect of diabetes and chronic kidney disease on mean red blood cell and to determine its impact on interpretation of hemoglobin A1c and 2) to determine the utility of endogenous breath carbon monoxide (eCO) as an indirect measure of average glucose in these populations.

**Resubmission:** July 2016

### **CEAS - Electrical Engineering & Computing Systems**

**Funding Mechanism:** National Science Foundation, PD 13-1517 / ELECTRONICS, PHOTONICS, AND MAGNETIC DEVICES (EPMD)

**Title:** Chronologically Correlated Sweat Biosensing

Amount: \$150,000. 7/1/2016-6/30/2019

**Principal Investigator,** Jason Heikenfeld, PhD

Co-Investigator: **Trudy Gaillard**, College (14%, Recess-Summer support only)

**Goal:** Among all skin-intimate technologies, sweat sensing technology is arguably the most underdeveloped, while also having the most new upside potential, as sweat sensors are now demonstrating non-invasive monitoring of many electrolytes, metabolites, amino acids, proteins, and other biomarkers found in blood. Therefore, the aim of the current study is to understand the interplay of microfluidics on the skin by examining the amount of fluid obtained via eccrine sweat ducts and sensors.

## **PUBLICATIONS**

### **ARTICLES, PEER-REVIEWED**

1. Muntner P, Shimbo D, Carey RM, Charleston JB, **Gaillard T**, Misra S, Myers MG, Ogedegbe G, Schwartz JE, Townsend RR, Urbina EM, Viera AJ, White WB, Wright JT. Measurement of Blood Pressure in Humans A Scientific Statement From the American Heart Association. **Hyperten.** 2019;( *in press*)
2. Pereira S, Goates S, Du K, Arensberg MB, Gaillard T, Guralnik j. Economic impact of hospitalizations in US adults with Sarcopenia. **J Frailty and Aging** 2019 (*in press*)
3. Glicksman M, Grewal S, Sortur S, Abel BS, Auh S, **Gaillard TR**, Osei K, Muniyappa R. Assessing the predictive accuracy of oral glucose effectiveness index using a calibration model. **Endocrine.** 2018 Nov 6. doi: 10.1007/s12020-018-1804-0
4. Du K, Goates S, Arensberg MB, Pereira S, **Gaillard T**. Prevalence of Sarcopenia and Sarcopenic Obesity Vary with Race/Ethnicity and Advancing Age. **Divers Equal Health Care.** 2018;15(4): 175-183. DOI: [10.21767/2049-5471.1000173](https://doi.org/10.21767/2049-5471.1000173)

5. Kwame Osei and **Gaillard T**. Pathogenic mechanisms of prediabetes in obese vs. very obese African American women: Implications for Diabetes Prevention. **J National Med Assoc.**, 2018 Jul 19. pii: S0027-9684(18)30105-6. doi: 10.1016/j.jnma.2018.06.004. [\\_](#)
6. **Gaillard T** and Miller E. Guidelines for Stroke Survivors with Diabetes Mellitus. *Stroke*. 2018;49:e215-e217. DOI: 10.1161/STROKEAHA.118.020745.
7. **Gaillard T**. The metabolic syndrome and its components in African American women: Emerging trends and implications. **Front. Endocrinol.** 8:383. doi: 10.3389/fendo.2017.00383.
8. Kwame Osei and **Gaillard T**. Disparities in cardiovascular disease and type 2 diabetes risk factors in Blacks and Whites: Dissecting racial paradox of Metabolic Syndrome. **Front Endocrinol** (Lausanne). 2017; 31;8:204. doi: 10.3389/fendo.2017.00204. eCollection 2017.
9. Sonner Z, Wilder E, **Gaillard T** , Kasting G, Heikenfeld J. Integration of sudomotor axon reflex sweat stimulation for continuous sweat analyte analysis with individuals at rest. Lab on a Chip, Royal Society of Chemistry, **Lab Chip**. 2017;17(15):2550-2560. doi: 10.1039/c7lc00364a.
10. **Gaillard T** and Kwame Osei. Ethnic differences in glucose effectiveness and disposition index in overweight/obese African American and White women with prediabetes: A study of compensatory mechanisms. **Diab Res Clin Pract.** DOI. 10.1016/j.diabres.2017.02.020.
11. Peng R, Sonner Z, Hauke A, Wilder E, Kasting J, **Gaillard T**, Swaille D, Sherman F, Mao X, Hagen J, Murdock R and Heikenfeld J. A new oil/membrane approach for integrated sweat sampling and sensing: sample volumes reduced from  $\mu$ L's to nL's and reduction of analyte contamination from skin. **Lab Chip**, 2016;16, 4415.
12. **Gaillard T** and Kwame Osei. Ethnic differences in serum lipids and lipoproteins in overweight/obese African-American and white American women with pre-diabetes: significance of NMR-derived lipoprotein particle concentrations and sizes. **BMJ Open Diab Res Care** 2016;4:e000246 doi:10.1136/bmjdr-2016-000246.
13. Fessel K, Gaither J, Bower J, **Gaillard T**, Osei K, Rempala G. Mathematical analysis of a model for glucose regulation. *Mathematical Bioscience Engineer*, 2016;13:83-99.
14. **Gaillard T** and Kwame Osei. Effects of diet-induced weight loss on the cardiometabolic markers in obese African American and white women with prediabetes. **J Obes Met Res.** 2015; 2(3):147-154.
15. **Gaillard T** and Kwame Osei. Racial Disparities in the Pathogenesis of Type 2 Diabetes and its Subtypes in the African Diaspora: A New Paradigm. **Journal of Racial and Ethnic Health Disparities**, 2016;3(1):117-28. doi: 10.1007/s40615-015-0121-z.
16. **Gaillard T**, Amponsah G and Osei K. Patient-Centered Community Diabetes Education Program Improves Glycemic Control in African-American Patients with Poorly Controlled Type 2 Diabetes: Importance of Point of Care Metabolic Measurements. **J Nat Black Nurs Ass**, 2015;26:50-7.
17. Healy S, Osei K, **Gaillard T**. Comparative study of glucose homeostasis, lipids and lipoproteins, HDL functionality and cardiometabolic markers in modestly severe obese African Americans and White Americans with prediabetes: Implications for metabolic paradoxes. **Diabetes Care**, 2015;38:228-235.
18. **Gaillard T**,\_ Consequences of Abdominal Adiposity within the Metabolic Syndrome Paradigm in Black People of African Ancestry. **J. Clin. Med.** 2014, doi:10.3390.
19. Dungan KM, **Osei K**, Moore J, **Gaillard T**, Binkley P. A Comparison of Continuous Intravenous Insulin and Subcutaneous Insulin among Patients with Type 2 Diabetes and Congestive Heart Failure Exacerbation. **Diab Met Res Rev**, 2014 Jun 10. doi: 10.1002/dmrr.2569.



20. Stakos D, Boudoulas K, **Gaillard T**, Schuster D, Osei K, Boudoulas H. Regional and Overall Aortic Function In Nondiabetic Individuals With Insulin Resistance and Normal Glucose Tolerance. **J Clin Endo Met**, 2013;98:4457-4463. doi:10.1210/jc.2013-2276
21. **Gaillard T**, Schuster D, Osei K. Characterization of metabolically unhealthy overweight/obese African American women: Significance of insulin sensitive and insulin resistant phenotypes. **J Nat Med Assoc**, 2012;104(3-4):164-71.
22. **Gaillard T**, Parthasarathy S, Osei K. Response to comments on: HDL dysfunctionality are worse in non-diabetic, postmenopausal African American than in White women. **Diabetes Care**. 2011 S;34:e19.
23. **Gaillard T**, Parthasarathy S, Osei K. HDL dysfunctionality are worse in non-diabetic, postmenopausal African American than in White women. **Diabetes Care**, 2011;34(2):e19.
24. Rivas A, Landon M, **Gaillard T**, Schuster D, Osei K. Awareness of risk factors for type 2 diabetes in women with current and former gestational diabetes mellitus (GDM): Implications for future primary diabetes prevention. **Diab Met Syndr: Clin Res Rev**, 2010;4. ISSN:1871-4021.
25. **Gaillard, T**. Insulin Resistance and cardiovascular disease risk in black people of the African Diaspora. **Current Cardio Risk Report**, 2010;4:186-194.
26. **Gaillard T**, Schuster D, Osei K. Differential impact of serum glucose, triglycerides and HDL-C on cardiovascular risk factor burden in non-diabetic African American Women. **Metabolism**, doi:10.1016/j.metabol.2009.09.035.
27. **Gaillard T**, Schuster D, Osei K. Metabolic Syndrome in Black People of African Diaspora: The Paradox of current classification, definition and criteria. **Ethnicity and Disease**, 2009;19: S2-S2.
28. **Gaillard T**, Schuster D, Osei K. Independent role of blood pressure on cardiovascular disease risk factors in non-diabetic, obese African American women? Implications of the Metabolic Syndrome thresholds. **J Amer Soc Hyperten**, 2009, 17:25-34.
29. **Gaillard T**. Cardiorespiratory fitness and metabolic syndrome: Moderate physical activity has enormous public health implications on metabolic syndrome, CVD and type 2 diabetes. **Endocrine Today**, Editorial, October 2008.
30. Winnick J, **Gaillard T**, Schuster D. Exercise training differentially affects the body composition and glucose metabolism of Caucasian- and African-Americans with type 2 diabetes. **Ethnicity and Disease** 2008;18:152-156.
31. Winick J, **Gaillard, T**. Schuster D, Resistance training differentially affects weight loss and glucose metabolism of Caucasian and African Americans with type 2 diabetes. **Ethnicity and Disease**, 2008; 18(2):152-156.
32. Schuster DP, **Gaillard T**, Osei K. The Cardiometabolic Syndrome in People of the African Diaspora: Challenges and Opportunities. **J Cardiometab Syndr**, 2007;2(4):260-266.
33. **Gaillard T**. Faith-Based Adult Learning Initiatives for Diabetes Education in the African American Community. **J Adult Learning**, 2007;18: 6-8.
34. **Gaillard T**, Sherman WM, Kirby T, Devor S, , Osei K. Importance of Aerobic Fitness in Cardiovascular Risks in Sedentary Overweight and Obese African American Women **Nurs Res**, 2007, 56(6):407-415.
35. Schuster D, **Gaillard T**, Osei K. The Cardiometabolic Syndrome in Persons of the African Diaspora: Challenges and Opportunities. **J Cardiometab Syndr**, 2007 Fall;2(4):260-6.
36. Osei K, **Gaillard T**, Schuster D. Thiazolidinediones increase hepatic insulin extraction in African Americans with impaired glucose tolerance and type 2 diabetes mellitus: A pilot study of rosiglitazone. **Metabolism**, 2007;56:24-29.

37. Meis S, Schuster D, **Gaillard T**, Osei K. Prevalence and determinants of Metabolic Syndrome in African Americans with first-degree relatives of type 2 diabetes. **Ethnicity and Disease**, 2006 Autumn;16(4):830-6.
38. Osei K, **Gaillard T**, Schuster D. Plasma adiponectin levels in high risk African-Americans with normal glucose tolerance, impaired glucose tolerance, and type 2 diabetes. **Obesity Res**, 2005;13(1):179-85.
39. Osei K, **Gaillard T**, Cook C, Kaplow J, Bullock M, Schuster D. Discrepancies in the regulation of plasma adiponectin and TNF-alpha levels and adipose tissue gene expression in obese African Americans with glucose intolerance: a pilot study using rosiglitazone. **Ethnicity and Disease**, 2005;15(4):641-8.
40. Schuster D, **Gaillard T**, Rhinesmith S, Habash D, Osei K. Impact of metformin on glucose metabolism in nondiabetic, obese African Americans: a placebo-controlled, 24-month randomized study. **Diabetes Care**, 2004;27(11):2768-9.
41. Osei K, **Gaillard T**, Kaplow J, Bullock M, Schuster D. Effects of rosiglitazone on plasma adiponectin, insulin sensitivity, and insulin secretion in high-risk African Americans with impaired glucose tolerance test and type 2 diabetes. **Metabolism**, 2004;53(12):1552-7.
42. Osei K, Rhinesmith S, **Gaillard T**, Schuster D. Impaired insulin sensitivity, insulin secretion, and glucose effectiveness predict future development of impaired glucose tolerance and type 2 diabetes in pre-diabetic African Americans: implications for primary diabetes prevention. **Diabetes Care**, 2004;27(6):1439-46.
43. Osei K, Rhinesmith S, **Gaillard T**, Schuster D. Beneficial metabolic effects of chronic glipizide in obese African Americans with impaired glucose tolerance: implications for primary prevention of type 2 diabetes. **Metabolism**, 2004;53(4):414-22.
44. Osei K, Rhinesmith S, **Gaillard T**, Kaplow J, Bullock M, Schuster D. Is glycosylated hemoglobin A1c a surrogate for metabolic syndrome in nondiabetic, first-degree relatives of African-American patients with type 2 diabetes? **J Clin Endo Metab**, 2003;88(10):4596-601.
45. Amoah AG, Schuster D, **Gaillard T**, Osei K. Insulin sensitivity and cardiovascular risk factors in hypertensive and normotensive native Ghanaians. **Diabetologia**, 2003;46(7):949-955.
46. Schuster D, **Gaillard T**, Rhinesmith S, Habash D, Osei K. The impact of an insulin sensitizer, troglitazone, on glucose metabolism in African Americans at risk for type 2 diabetes mellitus: a placebo-controlled, 24-month randomized study. **Metabolism**. 2003;52(9):1211-7.
47. Osei K, Rhinesmith S, **Gaillard T**, Schuster D. Is glycosylated hemoglobin A1c a surrogate for metabolic syndrome in nondiabetic, first-degree relatives of African-American patients with type 2 diabetes? **J Clin Endo Metab**, 2003;88(10):4596-601.
48. Schuster D, **Gaillard T**, Rhinesmith S, Habash D, Osei K. The impact of an insulin sensitizer, troglitazone, on glucose metabolism in African Americans at risk for type 2 diabetes mellitus: a placebo-controlled, 24 month randomized study. **Metabolism**, 2003;52(9):1211-1217.
49. Osei K, Rhinesmith S, **Gaillard T**, Schuster D. Metabolic effects of chronic glipizide gastrointestinal therapeutic system on serum glucose, insulin secretion, insulin sensitivity, and hepatic insulin extraction in glucose-tolerant, first-degree relatives of African American patients with type 2 diabetes: on insights on mechanisms of action. **Metabolism**, 2003;52(5):565-572.
50. Amoah AG, Schuster D, **Gaillard T**, Osei K. Insulin resistance, beta cell function and cardiovascular risk factors in Ghanians with varying degrees of glucose tolerance. **Ethnicity and Disease**, 2002;12(4):S3-10-7.

51. **Gaillard T.** Are African Americans at greater risk for type 2 diabetes. **The Ohio Department of Health, Diabetes Control Program.** Spring, 2000.
52. Osei K, **Gaillard T.** Schuster D. Significance of parental history of type 2 diabetes on insulin sensitivity and glucose effectiveness in obese nondiabetic offspring of African Americans patients. **Diabetes Care**, 1999;22(9): 1594-6.
53. Osei K, **Gaillard T.** Schuster D. Cardiovascular risk factors in African Americans with varying degrees of glucose intolerance. **Diabetes Care**, 1999;22(9): 1588-1590.
54. **Gaillard T.** Diabetes in African Americans. **Nat Black Nurs Assoc News**,1999;14(4):4-6.
55. **Gaillard T.** Cardiovascular risks in African American Men with type 2 diabetes. **The Ohio Health Promotion Clearinghouse**, Winter, 1999, 2(4):8.
56. Osei K, **Gaillard T.** Schuster D. History of gestational diabetes leads to distinct metabolic alterations in nondiabetic African American women with partial history of type 2 diabetes. **Diabetes Care**, 1998;21(8):1250-1257.
57. **Gaillard T.** Schuster D, Green P, Osei K. Gender differences in cardiovascular risk factors in obese, nondiabetic first degree relatives of African Americans with Type 2 Diabetes Mellitus. **Ethnicity and Disease**, 1998;8(3): 319-330.
58. **Gaillard T.** Schuster DP Bossetti B, Green P, Osei K. The impact of socioeconomic status on cardiovascular risk factors in African Americans at high risk for type 2 diabetes: The implications for Syndrome X. **Diabetes Care**, 1997; 20(5): 745-52.
59. Osei K, **Gaillard T.** Schuster DP. Pathogenetic mechanisms of impaired glucose tolerance and type 2 diabetes in African Americans: the significance of insulin secretion, insulin sensitivity and glucose effectiveness. **Diabetes Care**, 1997;20(3): 396-404.
60. **Gaillard T.** Schuster DP Bossetti B, Green P, Osei K. Do socioeconomic and demographic characteristics predict type 2 diabetes in high risk African Americans? **The Diabetes Educator**, 1997;23(3):294-300.

#### **ABSTRACTS- published**

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2. Osei K and **Gaillard T.** Pathogenic Mechanisms of Prediabetes in Obese and Very Obese African American Women: Implications for Primary Diabetes Prevention. American Diabetes Association Scientific Session, June, 2017
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## **BOOK CHAPTERS**

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## **PROFESSIONAL REPORTS**

Ohio Commission on Minority Health. Medical Expert Panel on Obesity & Diabetes: White Paper.

**Achieving Equity and Eliminating Obesity and Diabetes Disparities within Racial and Ethnic Populations** . Expected Release Date: September 16, 2016

## **PRESENTATIONS**

### **INTERNATIONAL PRESENTATIONS**

Rehabilitation and Recovery: Facilitating admission, progression and discharge for stroke. American Heart Association and America Stroke Association International Stroke Nursing Conference, Honolulu, Hawaii. February 5, 2019.

Innovative and Current Stroke Nursing Research. Stroke Central. American Heart Association and America Stroke Association International Stroke Nursing Conference, Honolulu, Hawaii. February 6, 2019.



Superwoman Syndrome: Racial/Ethnic Disparities in Stroke. American Heart Association and American Stroke Association International Stroke Conference, Honolulu, Hawaii. February 6, 2019.

Assessment of traditional and nontraditional cardiovascular risk factors in older adults with and without Metabolic Syndrome. International Stroke Nursing Conference, Los Angeles, CA, February, 2018.

Socio economic and medico legal implications of Type 1 and Type 2 diabetes. Third Africa Diabetes Congress in Yaoundé, Cameroon, April 19<sup>th</sup> - 22<sup>nd</sup>, 2017.

Psychosocial aspects of diabetes in African American. Third Africa Diabetes Congress in Yaoundé, Cameroon, April 19<sup>th</sup> - 22<sup>nd</sup>, 2017.

Mild Cognitive Impairment: The New Risk Factor for Stroke. International Stroke Conference. Cardiovascular Nursing. Houston, Texas. February, 23, 2017

Differences in glucose effectiveness and disposition index in overweight/obese African American and White women with prediabetes: A study of compensatory mechanisms. World Diabetes Congress 2015 Vancouver International Diabetes Federation, Vancouver, BC, November 30-December 4, 2015.

HDL dysfunctionality (*Paraoxonase* enzyme activity [PON1]) in non-diabetic postmenopausal African American and White women: Implications for cardiovascular disease in Black Women. International Society on Hypertension In Blacks, San Francisco, California. May 19, 2013. Metabolic Syndrome Paradox in African Americans: New Insights to Dyslipidemia. International Society on Hypertension In Blacks, 2013, San Francisco, California. May 19, 2013.

Diabetes: New age is it Beneficial or Harmful. International Society on Hypertension in Blacks, Boston, Massachusetts. July 11, 2009.

Metabolic Syndrome in African American women: Significance of aerobic fitness International Society of Hypertension in Blacks, Atlanta, Georgia. July, 17, 2008.

## **NATIONAL PRESENTATIONS**

**Gaillard T.** Diabetes Interventions among special populations. American Diabetes Association 79 Scientific Session. San Francisco, Ca. June 7-11, 2019

Osei K and **Gaillard T.** Pathogenic Mechanisms of Prediabetes in Obese and Very Obese African American Women: Implications for Primary Diabetes Prevention. American Diabetes Association Scientific Session, San Diego, CA, June 5-10, 2017

Ethnic difference in glucose effectiveness and disposition index: A compensatory mechanism for glucose homeostasis in overweight/obese African American and white women with prediabetes. American Diabetes Association, New Orleans, LA, June 10-14, 2016.

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Effects of Dietary-induced Weight Loss on Cardiovascular Risk Factors and HDL Functionality in Modestly Obese African American and White American Women with Prediabetes, Diabetes, American Diabetes Association, Boston, MA, June 24, 2015.

African American women do not achieve the same weight loss during hypocaloric dietary intervention when compared to White American women with prediabetes, American Association of Diabetes Educators, August 7, 2015.

Panel Discuss, Nursing Involved in Research. Ohio Valley Chapter of the International Association of Clinical Research Nurses (IACRN). Cincinnati, Ohio, May 20, 2015.

African American Patients with Poorly Controlled Type 2 diabetes respond to structured Patient Centered Intensive Diabetes Education Program. National Black Nurses Association, Atlanta, GA, July 31, 2015.

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Successful Leadership Traits & Attributes; “*Calling all future nurse leaders!*” National Black Nurses Association, Philadelphia, Pennsylvania, August 4, 2014

Metabolic Syndrome: Implications for type 2 diabetes and cardiovascular disease among African Americans. Where is the evidence? National Black Nurses Association, Indianapolis, Indiana, August 4, 2011.

Cardiorespiratory fitness among African American women at high risk for cardiovascular disease and type 2 diabetes. National Black Nurses Association, Las Vegas, Nevada. August 3, 2008.

Non-Pharmacological Management of diabetes and obesity. National Medical Association Annual Meeting, Honolulu, Hawaii. August 1, 2007.

Effects of aerobic and resistive training do not effect body composition in African American females with family history of type 2 diabetes. National Medical Association, New York, New York. August 3, 2005.

Focus Group Research: A tool for planning, developing and implementing diabetes education programs. National Black Nurses Association, Houston, Texas. July 27, 2002.

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The nursing role in diabetes prevention programs. National Medical Association Annual Meeting, Honolulu, Hawaii. August 4, 1997.

Self-management of diabetes in developing countries- importance of diet, exercise and home glucose monitoring. World Congress on Diabetes in Developing Countries, Africa and Tropics, Ghana West Africa. May, 17, 1995.

## **LOCAL PRESENTATIONS**

### **Metabolic Syndrome**

College of Nursing Research Symposium: Advancing Nursing Research through Collaboration and Translation. University of Cincinnati, College of Nursing. November 2, 2016.

College of Nursing Research Symposium: Advancing Nursing Research through Collaboration and Translation. University of Cincinnati, College of Nursing. November 4, 2015.

College of Nursing Research Symposium: Predictors of Cognitive Impairment in Blacks and Whites. University of Cincinnati, College of Nursing. November 5, 2014.

## **REGIONAL PRESENTATIONS**

African American women do not achieve the same weight loss during hypo caloric dietary intervention when compared to White American women with prediabetes. American Association of Diabetes Educators. New Orleans, LA. August 7, 2015.

Guidelines and modalities of exercise in the treatment and management of type 2 diabetes. Diabetes Dialogue. The Fawcett Center Columbus, Ohio. June 16, 2011.

Efficacy of Aspirin on HDL-C functionality (paraoxonase enzyme activity) and subclinical atherosclerosis in African American and White American Women. Update on Center for Women's Health Pilot Grants. The Ohio State University, Columbus, Ohio. May 13, 2011.

Efficacy of Aspirin on HDL-C functionality (paraoxonase enzyme activity) and subclinical atherosclerosis in African American and White American Women. Research Conference, Division of Endocrinology, Columbus, Ohio. August 18, 2010.

Ethnic differences in lipids/lipoproteins/apo lipoproteins and proinflammatory markers in non-diabetic African American and White postmenopausal women, Research Conference, College of Nursing, Columbus, Ohio. April 22, 2010.

Ethnic differences in HDL functionality in postmenopausal African American and White Women. Research Conference, Division of Endocrinology, Diabetes and Metabolism, Columbus, OH, April 14, 2010.

Diabetes and kidney disease: Deadly Duet. The American Licensed Practical Nursing Association, Springfield, Ohio, October, 17, 2009.

Overview of Barriers: Focus on identification and assessment of barriers to exercise. The American Diabetes Association, New Orleans, Louisiana. June 8, 2008.

A Minority Nurse Initiative: Eliminating Health Care Disparities. Syracuse University, School of Nursing, Syracuse, New York. February 27, 2002.

Non-Insulin Dependent Diabetes in African Americans: Myths and realities. The American Association of Diabetes Educator, Denver, Colorado. August 23, 1997.

The Use of the Community Health Worker to enhance community-based diabetes education programs. American Association of Diabetes Educator, Denver, Colorado. August 22, 1997.

Developing cultural competence in diabetes education: How to develop a culturally specific community-based diabetes education program. American Association of Diabetes Educator, Denver, Colorado. August 21, 1997.

Prevention of diabetes in African Americans Program. The American Association of Diabetes Educator, New Orleans, Louisiana. Friday, August 23, 1996.

Characterization of African Americans at high risk for type 2 diabetes. American Association of Diabetes Educator, New Orleans, Louisiana. August 22, 1996.

Women and Diabetes: A Review of Gestational Diabetes, Women's Health Conference. Ohio Department of Health. Columbus, Ohio. September 15, 1995.

### **COMMUNITY WORKSHOP AND PRESENTATIONS**

Heart Disease among African American women: How to lower your risks. Hope Church of Christ, Hollywood Florida. February 17, 2019

Cancer awareness among African Americans. Hope Church of Christ, Hollywood Florida. October 28, 2018.

Ethnic Disparities in Metabolic Syndrome: Paradox in current guidelines? University of Cincinnati Medical Center, Nursing Education Conference. Cincinnati, Ohio. November 15, 2017

Ethnic Disparities in Metabolic Syndrome: Why the Paradox? Diabetes Educators of the Cincinnati Area. September 18, 2017

What is Prediabetes? Services Coordinators, National Church Residences, Inc. Cincinnati, Ohio. November 15, 2016

Diabetes and Mild Cognitive Impairment. Services Coordinators, National Church Residences, Inc. Cincinnati, Ohio. November 19, 2015

Predictors of Mild Cognitive Impairment in Blacks and Whites. College of Nursing Research Focus. Cincinnati, Ohio. November 4, 2016

Diabetes among African American Women. Trinity Baptist Church, Columbus, Ohio. April 10, 2014

Diabetes in the Community: What you need to Know. Life Care Alliance, April 2, 2014

Metabolic Syndrome: Do you know your risk? Life Care Alliance, April 2, 2014

Diabetes and Depression. Westside Family Health and Wellness Center. Columbus, Ohio. December 10, 2013.

Diabetes Update: Medication, Tools and Devices: Parish Nurses of Central Ohio, The John J. Gerlach Center for Senior Health, Columbus, Ohio. November 18, 2013.  
Women's Health Conference. Obesity, Fitness and Nutrition. Ohio Department of Transportation, Columbus, Ohio. March 30, 2013.

Heart Disease in African American Women: Know Your Risk. New Covenant Baptist Church Annual Community Education Day. Columbus, Ohio. June 29, 2013.

Metabolic Syndrome Paradox in African Americans. Human Nutrition Research Conference. Campbell Hall, Columbus, Ohio. April 29, 2013.

Impact of Pre-diabetes in Ohio. LifeCare Alliance, Columbus, Ohio. April 10 and April 24, 2013.  
Obesity, Fitness and Nutrition. Ohio Department of Health. Community Health Workers. Columbus, Ohio. September 9, 2013.

What is Gestational Diabetes? American Diabetes Association Community Presentation. Columbus, Ohio. October 27, 2012.

Genetics of Diabetes. OUS Dietetics Program. Columbus, Ohio. April 10, 2012.

Health Disparities Conference: Diabetes among Minority Populations. Ohio Department of Health. Columbus, Ohio. March 13, 2012.

What is Pre-diabetes and what I need to know to prevent it! LifeCare Alliance. Columbus Ohio. April 13, 2012.

Health: It's Yours, Manage It! Follow-Up Conference: A Focus on Ethics. Diabetes management and ethics. OSU Hale Black Cultural Center. Columbus, Ohio. June 16, 2012.

Impact of Life Style on Diabetes Management. Med 2 Seminar. Columbus, Ohio. September 13, 2012.

Women's health forum- Focus on Diabetes Prevention. Creekside Conference Center, Gahanna, Ohio. May 2, 2011.

Did you hear the message! Management of type 2 diabetes. Westside Health Advisory Board. Columbus, Ohio. June 9, 2011,

Metabolic Syndrome: Implications for type 2 diabetes and cardiovascular disease among African Americans: Where is the evidence? National Black Nurses Association. Indianapolis, Indiana. August 2, 2011.

Ethnic differences in lipids/lipoproteins/apo lipoproteins and proinflammatory markers in non-diabetic African American and White postmenopausal women. Center for Clinical and Translational Science, The Ohio State University. Columbus, Ohio. Feb 10, 2010.

Efficacy of Aspirin on HDL-C functionality (paraoxonase enzyme activity) and subclinical atherosclerosis in African American and White American Women. New Covenant Believers Church. Columbus, Ohio. April 14, 2010.

Diabetes among African American Women: Past, Present and Future. North Central District Conference, National Association of Negro Business Women. Double Tree Hotel. Columbus, Ohio. May 14, 2010.

Prevention is Key: Exercise and the African American woman. United Way. Columbus Ohio. May 25, 2010.

Ethnic differences in HDL functionality in postmenopausal African American and White women. Columbus, Ohio. June 14, 2010.

HDL functionality in postmenopausal African American and White women. Research Conference, Division of Endocrinology. The Ohio State University, Columbus, Ohio. June 14, 2010.

Physical activity and diabetes. What you need to know. In my backyard, community education day. Columbus, Ohio. July 24, 2010.

Diabetes in the African American Community: Who is at risk? Friendship Missionary Baptist Church, Columbus, Ohio. April 4, 2009.

Diabetes here and now. Hilltop United Methodist Church, Columbus, Ohio. .April 7, 2009.

Diabetes in the African American Community: What you need to know. Calvary Tremont Missionary Baptist Church. Columbus, Ohio. April 11, 2009.

Preventing diabetes through physical activity. Barnett Road Baptist Church. Columbus, Ohio, April 25, 2009.

Women and heart disease. Chi Eta Phi Nursing Sorority. Columbus, Ohio. .May 17, 2009.

Preventing Diabetes in the African American Community. Mt. Herman Baptist Church. Columbus Ohio, May 23, 2009.

Importance of aerobic fitness in the prevention of cardiovascular disease in African American women. Ohio State University College of Nursing. Columbus, Ohio. February 22, 2008.

Hypertension prevention among youth. Mentoring of Ohio Nurses Institute. Columbus, Ohio. April 7, 2008.

Diabetes in African Americans: Was it always that way. The Ohio State University Extension Center, Columbus, Ohio. May 3, 2008.

Diabetes among African American women. The Ohio State University, FaithWorks Lydia Connection program. Columbus Public Health. Columbus, Ohio. May 31, 2008.

Diabetes in African American women a call for action. Worship Center of Central Ohio. Columbus, Ohio. October 18, 2008.

Importance of exercise in controlling Diabetes. Healthy Lifestyle Center, Central Ohio Diabetes Association. Columbus, Ohio. February 19, 2007.

What you need to know about Diabetes. First House of Commandments. Columbus, Ohio. March 19, 2007.

Preventing Diabetes in Minority Communities: Fit, Facts and Fiction. Humana Health. Columbus, Ohio. April 21, 2007.

Benefits of exercise: Global Diabetes Summit. Columbus, Ohio. .December 1, 2007.

Community partnerships to prevent and control hypertension among African American Men: A joint program with the Columbus Black Nurses Association and the American Heart Association. Columbus, Ohio. May 30, 2006.

Preventing and controlling type 2 diabetes: A family affair. FaithWorks, Columbus Public Health. Columbus, Ohio. July 27, 2006.

Diabetes Education and Training. Ohio Commission on Minority Health Statewide Training, Cincinnati, Ohio. August 17 & 18, 2006.

Diabetes among Appalachian Women. Ross County Health Department. Chillicothe, Ohio. September 8, 2006.

Diabetes in African American Men: What you need to know. Second Baptist Church, Columbus Ohio. October 7, 2006.

Preventing and controlling type 2 diabetes: A family affair. FaithWorks, Columbus Public Health. Columbus, Ohio. November 4, 2006.

Diabetes and Osteoarthritis. General guidelines and principles. Central Ohio Mobile Society. Columbus, Ohio. January 26, 2005.

Diabetes Research and Clinical Practices Update. The Ohio Diabetes Alliance. Columbus, Ohio. March 1, 2005

Epidemic of Diabetes in our Youth. Plan for action. Souls 2000, Youth and Parent Summit. New Brunswick, New Jersey. April 2, 2005.

Diabetes in the African American Community. Presentation to the Ohio State University, Super Computer Center. Columbus, Ohio. September 21, 2005.

Preventing type 2 diabetes and Obesity through Community Partnerships., Columbus, Ohio. December 10, 2005.

Effects of aerobic vs resistive exercise on glucose and insulin sensitivity in obese female first-degree relatives of African American patients with type 2 diabetes. The Ohio State University, Endocrinology Research Conference. Columbus, Ohio. March 11, 2004.

Hypertension and diabetes: Double Jeopardy in the African American Community. Delta Sigma Theta Annual Community Health Fair. Columbus, Ohio. March 13, 2004.

Assessment of effects of aerobic and resistive exercise on glucose transporter proteins and insulin sensitivity in female first-degree relatives of African Americans patients with type 2 diabetes. The Ohio State University, School of Physical Activity and Educational Services, Columbus, Ohio. April 2, 2004.

Diabetes in the African American Community. Love Zion Baptist Church, Columbus, Ohio. June 20, 2004.

Diabetes in the African American Community. Afrocentric Personal Development, Community Festival. Columbus, Ohio. August 28, 2004.

Diabetes Medication Update. Columbus Black Nurses Association. March 3, 2003, Columbus, Ohio.

Assessment of effects of aerobic vs. resistive exercise on glucose transporter proteins and insulin sensitivity in nondiabetic female first-degree relatives of African American patients with type 2 diabetes. The Ohio State University, School of Physical Activity and Educational Services, Columbus, Ohio. May 23, 2003.

Transforming the future of Healthcare, Rutgers Nurses are Pioneers of a New Era. Rutgers The State University, College of Nursing. Newark, New Jersey. May 11, 2002.

Assessment of effects of aerobic vs. resistive exercise on glucose transporter proteins and insulin sensitivity in nondiabetic first-degree relatives of African American patients with type 2 diabetes. The Ohio State University, School of Physical Activity and Educational Services. Columbus, Ohio. January 8, 2002.

Diabetes Update: The Ohio State University Extension Family and Consumer Science. Columbus, Ohio. March 4, 1997.

Recruitment of African Americans for a Diabetes Prevention Trial: The Ohio Department of Health, Diabetes Division. Columbus Ohio. March 13, 1997.

Self-Home glucose monitoring in intensive NIDDM management: Is it realistic. Diabetes Update III. New perspectives in the management of NIDDM. Columbus, Ohio. April 11, 1997.

Know Your Number: Are you at risk for type 2 diabetes . The Ohio State University Prevention of Diabetes in African Americans Program, Columbus, Ohio. December 12, 1999.

Building Community Relationships. The Role of the Community Health Nurse. The Ohio State University, College of Nursing, Department of Community, Parent-Child and Psychiatric Nursing. Columbus, Ohio. March 29, 2000.

Diabetes and our Youth: Souls 2000. Minority Youth Summit. New Brunswick, New Jersey. April 8, 2000.



Community Based Diabetes Education Program. Collaborative effort between the Ohio Department of Health and the Neighborhood Health Centers. Columbus, Ohio. May 8 and May 19, 2000.

Controlling Diabetes: Know your number. Ohio Department of Health, Diabetes Division. Columbus Ohio. May 29, 1996.

Diabetes in the African American Community: Taking control of your diabetes. The Ohio State University, Health for Life Program, Columbus, Ohio. June 2, 1995.

Diabetes in African American Women. Relationship of nutrition and obesity. Greenbreir Enrichment Center. Columbus, Ohio. October 1, 1995.

Diabetes in African Americans, What are your risks? Central Ohio Diabetes Association, 32<sup>nd</sup> Annual Diabetes Symposium, Columbus, Ohio. October, 21, 1995.

Diabetes in African American Women: Know the Facts. The Columbus Black Women's Health Project. Columbus, Ohio. April 4 1994.

Diabetes Review and Update. Johns Hopkins University, Out Patient Department. Baltimore, MD. May 29, 1993.

Lower Extremity Amputation Prevention in Persons with Diabetes. Department of Veterans Affairs, East Orange, NJ. January 15, 1994.

Treating Diabetes in the Black Population: The Role of the Diabetes Nurse Educator. Johns Hopkins University, Diabetes Education Program. Baltimore, MD. June 13, 1992,

Nutrition, exercise and diabetes: Putting it all together so that you can get it alone. Johns Hopkins University, Center for Disease Prevention and Health Promotion. Baltimore, MD. .October 2, 1992.

Impact of Diabetes in African-American community: Need for primary prevention, education, increase in public awareness and community-based programs. Jersey City Health Department, Jersey City, NJ. July 17, 1991.

Diabetes in the African American Community: A Community Approach to Education and Prevention. American Diabetes Association. San Antonio, Texas. June 8, 1991.

Community Based Hypertension Programs. Black United Fund, Family Summit. Somerset, NJ. April 22, 1991.

Diabetes and the School Age Child. New Jersey School Nurses Association. Newark, NJ. March 15, 1991.

## **SERVICE ACTIVITIES**

### **NICOLE WERTHIEM COLLEGE OF NURSING AND HEALTH SCIENCES**

2018- present	Undergraduate nursing committee
2018- present	PhD and Research Committee
2018- present	Faculty Assembly

2018	Focus group- Educational (EAB??)
2018	Teaching and Learning Course- using IT for student engagement

### **UNIVERSITY OF CINCINNATI COLLEGE OF NURSING SERVICE**

2018	Promotion and tenure committee
2018	Research Council
2017- 2018	Chair, scholarship Committee
2015-2018	<i>Co-Chair</i> - PhD Curriculum Committee Task Force
2015- 2018	Diversity Advisory Council- Speakers Task Force
2015-2018	Member- Diversity Advisory Council
2015-2017	Co-Chair- Elections Committee
2014-2015	Member- PhD Curriculum Committee Task Force

### **UNIVERSITY/ACADEMIC MEDICAL CENTER SERVICE**

2018- Present	Faculty senate
2016-2017	Search Committee- Executive Director of Skin Science and Technology Electrical Engineering and Computer Systems / Biomedical Engineering
2016- 2018	Mindfulness Trainer and Facilitator
2015-2018	Integrative Health Task Force
2015- 2016	Conference planning committee (01/26/16), Mindfulness Training Member UC Task Force on Integrative Health
2015	Application Reviewer, Undergraduate Research Scholarship
2014	Poster Reviewer- High School Students Science Day

### **NATIONAL SERVICE**

2018-2019	International Stoke Council- Nursing Planning committee, abstract reviewer
2018-2019	American Diabetes Association- Diabetes Educators Conference Planning, Abstract reviewer
2018-2019	Network of Minority Health Investigators- Southern Region Planning Committee and National Planning Committee
2017-2019	Network of Minority Health Investigators Oversight Committee
2015-present	Member- Council on Cardiovascular and Stroke Nursing (CVSN), Stroke Nursing Committee, American Heart Association
2015-present	American Heart Association
2013-2014	Chair- Network of Minority Health Research Investigators
2013-2014	Planning committee- International Society on Hypertension in Blacks, Local Conferenced
2012-2013	Chair Elect, Network of Minority Health Research Investigators
2011-2013	Planning Committee Network of Minority Research Investigators
2010-2016	International Society on Hypertension in Blacks
1992-1995	National Council of Negro Women, Inc.
1989- Present	Member, American Association of Diabetes Educators
1988-Present	Member, American Diabetes Association
1989-1992	American Diabetes Association, National Board of Directors, Cultural Diversity and Outreach Committee

## **COMMUNITY-BASED SERVICE**

2018- present Health Awareness and community Outreach, Hope Church of Christ, Hollywood, Fl  
2015- 2018 Alzheimer's Association, Mosaic Committee Cincinnati, Ohio  
2014- 2018 Member, YMCA of Greater Cincinnati, Diabetes Prevention Program  
2016- 2018 Task Force- Commission on Minority Health Medical Expert Panel- Diabetes/Obesity  
2015- 2018 Interact for Health- Board Member, Cincinnati, Ohio  
2005-2014 Co-Chair- Health Advisory Committee Columbus Public Health  
2000-2010 FaithWorks- Community Faith-Based Partnership  
2000-2014 Chair- OSU-Community Diabetes Partnership Program

## **PROFESSIONAL ORGANIZATIONS**

2017- Present American Heart Association, International Stroke Committee  
2015- 2017 International Association of Research Nurses (IACRN)  
2015- 2017 Alzheimer's Association, Mosaic Committee  
2015- 2017 American Diabetes Association, Cincinnati, Ohio  
2011-2013 Planning Committee Network of Minority Research Investigators  
2008-2014 Chair- Columbus American Diabetes Association- Health and Education  
2007-2008 Chair- American Diabetes Association Advisory Board, Columbus Chapter  
1996-1998 President- Columbus Black Nurses Association  
1995-2014 Member, Columbus Black Women's Health Project  
1994-2013 Member, American Diabetes Association, Franklin County Chapter  
1995-2010 Member, Central Ohio Diabetes Association  
1995-2014 Member, Central Ohio Association of Diabetes Educators  
1993-1994 Chair, Public Health Committee, New Jersey Black Issues Committee,  
1990-1992 Chair, Minority Outreach, Garden State Association of Diabetes Educators  
1989-1994 Member, Northern New Jersey Black Nurses Association  
1987-1992 Board Member, Nominating Committee, Research Committee, Patient Education Committee, Policy and Procedure Committee- Garden State Association of Diabetes Educators  
1987 - 1992 Chair - Minority Initiative, Board of Directors, Youth Services Committee, Patient Education, Speakers Bureau, Support group facilitator- American Diabetes Association, New Jersey Affiliate  
1989- Present Member, American Association of Diabetes Educators  
1988-Present Member, American Diabetes Association  
1989-1993 American Diabetes Association, National Board of Directors, Cultural Diversity and Outreach Committee

## **CONSULTATION**

01/2016 to present Abbott Laboratories, Columbus, Ohio  
Research partnership for analysis of sarcopenic obesity in minority populations.  
10/15/14- 10/15/16 Advisory Board for Daiichi Sankyo, Inc.,

Managed Markets Strategic Advisory Council  
 Provided consultation and strategy on how to involve hard to reach populations in research studies.

2014-2015 Ohio Commission on Minority Health, Professional Advisory Committee  
 Provided consultation and strategies for Diabetes and Obesity grant applications.

**CONTINUING EDUCATION**

<u>Organization</u>	<u>Year</u>	<u>Number credits</u>
American Diabetes Association Scientific Sessions, Orlando, Fl	2018	30
American Diabetes Association Scientific Sessions, San Diego, CA	2017	32
American Association of Diabetes Educator Annual Meeting, San Diego, CA	2016	19
National Black Nurses Association, Memphis, Tenn.	2016	12
American Diabetes Association Scientific Sessions, New Orleans, LO	2016	32
American Diabetes Association Scientific Sessions, Boston, Mass.	2015	27
Telemedicine Conference Cincinnati, OH	2015	10
American Association of Diabetes Educator, New Orleans, LO	2015	30

**FORMAL TEACHING EXPERIENCE**

**COURSES DEVELOPED**

2017 NPHD9032 Art of Grant Writing (3 credits; Graduate)

**COURSES TAUGHT**

**Florida International University**  
 2019 Senior Practicum  
 2018 Fall Nursing Care of the Older Adult  
 Fundamentals of Clinical Nursing

**University of Cincinnati, College of Nursing**  
 2017 Fall NPHD9032 Art of Grant Writing (3 credits; Graduate)  
 2017 Spring NPHD9030 Proposal Seminar (2 credits; Graduate)  
 2017 Spring NURS 8002 Nursing Theory (3 credits; Graduate)  
 2016 Fall NPHD9030 Proposal Seminar (2 credits; Graduate)  
 2016 Fall NURS 8002 Nursing Theory (3 credits; Graduate)  
 2015 Spring NPHD9030 Proposal Seminar (2 credits; Graduate)  
 2015 Fall NPHD9030 Proposal Seminar (2 credits; Graduate)  
 2014 Spring NPHD9030 Proposal Seminar (2 credits; Graduate)  
 2014 Fall NPHD9030 Proposal Seminar (2 credits; Graduate)

- 2012-7/2014      The Ohio State University Wexner Medical Center  
 College of Medicine, Med 2 Lecture  
 Impact of Life Style on Diabetes Management  
 Designed lecture focusing on lifestyle intervention, metabolic syndrome  
 and prevention of type 2 diabetes
- 2009-7/2014      The Ohio State University Wexner Medical Center  
 College of Nursing  
 Diabetes Education and Management in the New Millennium  
 Designed and implemented a diabetes evidenced- base management  
 course for graduate and nurse practitioner students. (3 credits; Graduate)
- 2008-7/2014      Columbus Black Nurses Association  
 Course Leader: Key leader for annual review course for the NECLEX  
 exam.
- 2002-7/2014      Columbus State Community College  
 Classes taught: Physical Assessment, Introduction to Nursing, Medical-  
 Surgical Clinical Rotation (3credits, undergraduate)

#### **BACCALAUREATE CAPSTONE PROJECTS**

- 2015                      Kimberley Lohbeck, Leadership 2.0 College of Nursing, University of  
 Cincinnati.  
**Chair**  
 Assessment of Cognitive function in older Adults with Prediabetes.

#### **MASTER'S THESIS/CAPSTONE PROJECTS**

- 2014- 2016              Eliza Wilder Pharmaceutical Sciences University of Cincinnati  
 Graduated              **Co-Chair**  
 Research: Testing of Novel On-Skin Sweat Patch Through Metabolic  
 Sweat Induction

#### **DISSERTATION COMMITTEE**

- 0/2018- Present      Ahmad Rayani, Committed, College of Nursing, Florida International  
 University. Utilization of smart phone technology in person with diabetes  
 residing in Saudi Arabia.
- 9/2014- 5/2017      Mohammad Othman, College of Nursing, University of Cincinnati.  
 Graduated              **Co-Chair**  
 Research: Antecedents of Cancer-related Fatigue (CRF) in Pediatric a  
 Population
- 9/2014- Present      Daniyel Roper, Graduate Student. College of Nursing, University of  
 Cincinnati.  
**Co-Chair**  
 Research: Understanding African American men health seeking behavior:  
 A Transformational Model

- 8/2015-Present      Mohammad Shehab, Graduate Student College of Nursing, University of Cincinnati.  
**Chair**  
Research: Effects of diabetes education on carbohydrate counting in persons naive to glucose sensors.
- 1/2016 – 5/2017      Benjamin Fishback, Graduate Student. College of Nursing, University of Cincinnati.  
**Co-Chair**  
Research: The Experiences, Attitudes, Beliefs, and Practices of Hospice Nurses Who Care for African American Patients: A Mixed Methods Study