

Helen Cole, DrPH, MPH

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EDUCATION

- DrPH **City University of New York School of Public Health** June 2016
Doctorate in Public Health Program
- Community, Society and Health concentration
 - **Dissertation:** “*Ethnicity Matters: Implications for understanding and acting upon disparities in health affecting black men in the United States*” (Sponsor: Mary Clare Lennon, PhD; Committee Members: Juan Battle, PhD; Holly Reed, PhD; Joseph Ravenell, MD, MS)
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- MPH **The University of North Carolina at Chapel Hill** May 2007
- Health Behavior and Health Education specialization
 - Certificate in Global Health
 - **Master’s Thesis:** “*Comunicar es Amar: Development of a curriculum for Bolivian parents on communicating with children about sexuality*”
- BA **The University of Arkansas at Fayetteville** May 2003
- Major: Psychology, Minors: Mathematics and Spanish
 - Graduated Summa Cum Laude. Semester abroad in Quito, Ecuador.
 - **Senior Thesis:** “*The Relationship between Young Adult Conceptualization of Anxiety and Mood Disorders and Help-Seeking Behavior*”

RESEARCH AND PROFESSIONAL INTERESTS

My research interests include health disparities, public health surveillance methodology, racial and ethnic identity, discrimination and racism, migration and immigration, and chronic disease prevention. I am also interested in the broader social and political processes which affect health. My current research focuses on understanding how gentrification modifies the relationship between green space and health outcomes. I also have 10 years of progressively responsible experience in research implementation, primarily with large community-based cross-sectional studies and randomized control trials of behavioral interventions. I also have experience in chronic disease research, both interventional and cross-sectional evaluation studies in West Africa. I am a capable manager of the pre- and post-grant awards process and am well-versed in the NIH grant mechanisms and processes.

RESEARCH AND PROFESSIONAL EXPERIENCE

- 2016- Present *Postdoctoral Researcher* Barcelona, Spain
Barcelona Lab for Urban Environmental Justice and Sustainability, Institut Hospital del Mar d'Investigacions Mèdiques and Institut de Ciència i Tecnologia Ambientals Universitat Autònoma de Barcelona
Working with an interdisciplinary team on the GREENLULU’s project, an EU-funded project to investigate the relationship between greening initiatives in cities and gentrification processes. My work

aims to bridge the fields of urban planning and public health by extending this research to include a focus on health outcomes, and to examine the mechanisms by which gentrification modifies the relationship between green spaces and health inequities. I also coordinate and curate a monthly Critical Urban Health Discussion series, which aims to foster cross-disciplinary discussion on topics and methods relating to urban health research.

- 2014-2016 *Project Coordinator* New York, NY
**Global Health Initiatives, Division of Health Behavior,
 Department of Population Health
 NYU School of Medicine**
 Provided technical assistance to research trainees based in Ghana and Nigeria for conducting secondary data analyses of international datasets and primary data collection for chronic disease research studies. Provided technical assistance for a pilot study on the use of mHealth to support task-shifting of cervical cancer screening to community health nurses in urban Ghana. Collaborated on the development of new grant proposals and research protocols for international training and research grants. Assisted with the development of a new Section on Global Health within the Division of Health Behavior.
- 2009-2016 *Project Coordinator* New York, NY
**Men's Health Initiative, Center for Healthful Behavior Change,
 Department of Population Health
 NYU School of Medicine**
 Managed two community-based randomized control trials testing behavioral interventions to encourage blood pressure control and colorectal cancer screening among older Black men, ensuring compliance with IRB and clinical trial regulating bodies. Trained and lead a team of 5 research assistants, 2 project coordinators, and 2 community health workers. Coordinated a multidisciplinary team of investigators for the Comparative Effectiveness Research Program of the NYU Prevention Research Center. Cleans data, prepares datasets and conducts analyses. Develops and maintains relationships with community and academic stakeholders. Developed a writing and mentoring group to improve analytic skills among research staff resulting in several research staff-lead poster presentations and a manuscript for publication. Currently writing and collaborating on manuscripts and abstracts and working with study investigators to develop grant proposals and pilot studies to inform new initiatives focusing on minority men's health.

- 2008-2009 *Assistant Project Manager* New York, NY
Division of General Internal Medicine
Mount Sinai School of Medicine
 Managed three grant-funded research projects, ensuring IRB and funder compliance. Designed and managed databases for tracking research study progress. Trained and supervised a team of 2 research assistants and several volunteers. Assured quality of data collection. Cleaned data and prepared datasets for analysis. Monitored budgets for NIH- and foundation-funded research studies and prepared sponsor progress reports. Contributed to writing and preparation of journal articles. Coordinated and assisted with the preparation of new foundation and NIH grant proposals. Coordinated recruitment and innovative processes for a national mail-in survey of physicians, obtaining a response rate of greater than 50%.
- 2007 *Project Manager* New York, NY
Transcendent International, LLC
 Managed two NIH-funded projects geared toward improving health care for individuals with limited English proficiency and assisted with writing of NIH Small Business Innovative Research grant proposals. Facilitated focus groups and created theory- and evidence-informed health education materials.
- 2006-2007 *Research Assistant* Chapel Hill, NC
Department of Social Medicine
The University of North Carolina at Chapel Hill
 Recruited participants, administered surveys, and lead educational sessions in English and Spanish. Analyzed qualitative data for a study on research participants' perspectives on special populations in AIDS clinical trials.
- Summer 2006 *Qualitative Research Intern* Oruro, Bolivia
Save the Children, USA
 Conducted a qualitative study on sexuality, abuse, and maltreatment among children in the Altiplano region of Bolivia. Analyzed qualitative data from 22 focus groups with children, teachers, and parents and produced an internal document presenting the results of the study. Designed and wrote a curriculum for Bolivian parents on communicating with children about sexuality.
- 2006 *Research Assistant* Chapel Hill, NC
Men as Navigators for Health
Center for Health Promotion and Disease Prevention (UNC)
 Assisted with coordination of a multi-site lay health advisor study and a Photovoice project with African American men in rural North Carolina.
- 2005-2006 *Research Assistant* Chapel Hill, NC
Latino Adolescent Migrant Health Adaptation Project

Carolina Population Center (UNC)

Recruited participants and conducted quantitative interviews with Latino adolescents and parents on mental health and immigration in Spanish and English.

TEACHING EXPERIENCE

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| 2015-2016 | <i>Guest Lecturer</i>
York College and Brooklyn College, CUNY
Lectured on the topics of health disparities, social determinants of health, institutional racism, behavioral interventions, and career opportunities in public health for 4 undergraduate public health courses. | New York, NY |
| Fall Semesters
2011-2014 | <i>Teaching Assistant, Community Nutrition Education</i>
CUNY School of Public Health
Provided feedback for masters-level students on all assignments. Prepared and taught 2 2-hour class sessions per semester. | New York, NY |
| Spring 2012 | <i>Teaching Assistant, Migration and Health</i>
New York University
Provided feedback to masters-level students on class papers. Prepared and taught 1 2-hour class session. | New York, NY |
| 2004-2005 | <i>English Instructor</i>
College of International Business, Shenyang Normal University
Responsible for teaching advanced English grammar and oral English to 100+ college freshman per semester. Prepared lesson plans, assignments, and provided feedback to students. | Shenyang, China |

PUBLICATIONS AND PRESENTATIONS**Peer-Reviewed Publications**

Cole H, Duncan D, Ogedegbe G, Bennett S, Ravenell J. Neighborhood Socioeconomic Disadvantage, Neighborhood Racial Composition and Hypertension Stage, Awareness, and Treatment among Hypertensive Black Men in New York City: Does Nativity Matter? *J Racial Ethn Health Disparities*. 2016 Sep 22. PMID: 27659485.

Dedey F, Wu L, Ayettey AH, Sanuade OA, Akingbola TS, Hewlett SA, Tayo BO, **Cole H**, de-Graft Aikins A, Ogedegbe G, Adanu R. Factors associated with waiting time for Breast Cancer treatment in a Teaching Hospital in Ghana. *Health Educ Behav*. 2016 Aug;43(4):420-7. PMID: 27091222.

Asgary R, Adongo P, Nwameme A, **Cole H**, Liu M, Yeates K, Adanu R, Ogedegbe O. mHealth to Train Community Health Nurses in Visual Inspection With Acetic Acid for Cervical Cancer Screening in Ghana. *Journal of Lower Genital Tract Disease*. [J Low Genit Tract Dis](#). 2016 Mar 30; 20.

Boima V, Ademola AD, Odusola AO, Agyekum F, Nwafor E, **Cole H**, Salako B, Ogedegbe G, Tayo BO. Factors associated with medication non-adherence among hypertensives in Ghana and Nigeria. *International Journal of Hypertension*. 2015; 2015 (Article ID 205716).

Cole, H., Ravenell, J., Schoenthaler, A., Braithwaite, R. S., Ladapo, J., Mentor, S., Uyei, J., & Trinh-Shevrin, C. Community-based settings and sampling strategies: implications for reducing racial health disparities among black men, New York City, 2010-2013. *Prev Chronic Dis*. 2014;11.

Lancaster KJ, Midberry SA, Schoenthaler AM, Watts SO, Nulty MR, **Cole HV**, Ige E, Chaplin W, Ogedegbe G. Rationale and design of FAITH, a lifestyle intervention targeting blood pressure control among Black church members. *American Heart Journal*. 2014;167:301-7.

Ravenell J, Thompson H, **Cole H**, Plumhoff J, Cobb G, Afolabi L, Wells M, Scott M, Ogedegbe G. A Novel Community-based Study to Address Disparities in Hypertension and Colorectal Cancer: a study protocol for a randomized control trial. *Trials*. 2013; 14: 287.

Hanoch Y, Miron-Shatz T, **Cole H**, Himmelstein M, Federman AD. Choice, numeracy, and physicians-in-training performance: the case of Medicare Part D. *Health Psychol*. 2010 Jul;29(4):454-9.

Federman AD, **Cole H**, Sano M. Cognitive performance in community-dwelling English- and Spanish-speaking seniors. *Age and Ageing*. 2009 Nov;38(6):669-75.

Federman, AD, Safran DG, Keyhani S, **Cole H**, Halm EH, Siu AL. Awareness of pharmaceutical cost-assistance programs among inner-city seniors. *The American Journal of Geriatric Pharmacotherapy*. 2009;7(2):117-129.

In Review or Revision

Cole H, Iwelunmor J, Newsome V, Agyemang C, Jean-Louis G. The relationship between sleep duration and cardiovascular risk among a sample of community-dwelling Ghanaian adults. *In review (Sleep Medicine)*.

Cole H, Thompson H, White M, Browne R, Trinh-Shevrin C, Braithwaite RS, Fiscella K, Boutin-Foster C, Ravenell J. The MISTER B Trial: Results from a randomized control trial testing community-based, pre-clinical patient navigation for colorectal cancer screening among older black men recruited from barbershops. *In review (AJPH)*.

In Progress

Tannis C, **Cole H**, Forsyth J, Ravenell J. Acculturation, lifestyle behaviors and blood pressure in a diverse population of Black men. *In progress*.

Cole H, Bouzy T, Brown D, Castillo P, Cobb G, Echebiri N, Guzman B, Gyamfi L, Han M, Hickman T, Mondesir M, Moore J, Plumhoff J, Ravenell J. A nominal groups technique analysis of effect recruitment and retention strategies in a study of Black men from the perspective of recruitment staff. *In progress*.

Non-Peer Reviewed Papers and Reports

Cole H. (2009). AIDS in Arkansas. *The Encyclopedia of Arkansas History and Culture*. www.encyclopediaofarkansas.com

Cole H. (2008). Public Health. *The Encyclopedia of Arkansas History and Culture*.
www.encyclopediaofarkansas.com

Cole HV and Hilari C. (2006). *Suma jakaña: living well from birth to death, A qualitative Study on Sexuality and Violence*. Save the Children-Bolivia. Unpublished document.

Bailey S, **Cole H**, McKnight M, Seman L, and Weaver, S. (2006). *The Latino community in Johnston County, North Carolina: An action-oriented community diagnosis*. Available online at <http://archives.hsl.unc.edu/cdpapers/JohnstonCoLatinos2006.pdf>

Oral Presentations

Hickman T, **Cole H**, Fenstermaker M, Gold H, Makarov D, Loeb S, Ravenell J. A pilot study to compare a CHW-led vs a Physician-led intervention for prostate cancer screening decision-making among black men. Oral Presentation, American Public Health Association 2016 Annual Meeting.

Vieira D, **Cole H**, Lopez-Rios M, Ali S, Shaw F, Ogedegbe G, Wall S. ECapacity Initiative: A model for building research ICT capacity in low and middle-income countries. Oral Presentation, American Public Health Association 2016 Annual Meeting.

Cole H, Thompson H, Cobb G, Brown D, Hickman T, Moore J, Mondesir M, Gyamfi L, Castillo P, Han M, Ravenell J. Results from a randomized control trial testing community-based patient navigation among a sample of older black men recruited from barbershops. 7th Annual Health Disparities Conference at Teachers College, Columbia University. March 7, 2015 (Panel Presentation).

Cole H, Hickman T, Mondesir M, Ravenell J. The NYU men's health initiative focus on hypertension and colorectal cancer: Successes and challenges in addressing health disparities among Black men through community-based research—from barbershops to faith-based settings. 6th Annual Health Disparities Conference at Teachers College, Columbia University. March 7, 2014 (Panel Presentation).

Patel, S., Mkuu,R., Gummi, S., Ahsanuddin, S., Alam, G., Ahmed, R., Nur, P.R.M.Q, **Cole, H.**, Riley, L., Raveis V.H., Kwon, S., Ravenell, J., Islam, N. Muslim Americans Reaching for Health and Building Alliances (MARHABA): A study of breast and cervical cancer screening barriers and facilitators among Muslim women in New York City. Oral presentation, American Public Health Association 2014 Annual Meeting.

Patel, S., Mkuu,R., Gummi, S., Ahsanuddin, S., Alam, G., Ahmed, R., Nur, P.R.M.Q, **Cole, H.**, Riley, L., Raveis V.H., Kwon, S., Ravenell, J., Islam, N. Multi-cultural approaches to breast and cervical cancer prevention and control (a collaborative session with the Women's Caucus and Cancer Forum). Oral presentation, American Public Health Association 2014 Annual Meeting.

Cole H, Plumhoff J, Cobb G, Boutin-Foster C, Thompson H, Ravenell J. Community-based versus random digit dialing samples in chronic disease prevalence estimates among older Black men in New York City. 2013 Society of General Internal Medicine Annual Meeting. Denver, CO. April 27, 2013. (Oral Presentation).

Select Poster Presentations

Cole H, Newsome V, Seixas A, Owusudabo E, Ageymang C, Jean-Louis G. A comparison of total sleep time derived from three validated actigraphic algorithms using data from community-dwelling Ghanaians. Poster Presentation, 2016 Sleep, June, 2016, Denver, CO.

Cole H., Thompson H, Hickman T, Brown D, Ravenell J. Do beliefs about colorectal cancer screening differ by nativity among older black men? Poster Presentation, 2016 Society of Behavioral Medicine annual meeting, April 2016.

Fenstermaker M, Hickman T, Gold H, Makarov D, Loeb L, **Cole H**, Cahn E, Ravenell J. How does doctor-patient communication about prostate cancer screening influence African-American patients' decisional conflict around screening decisions? Poster Presentation, American Association of Cancer Research (AACR), 2015 Health Disparities Conference, November, 2015.

Cole H; Duncan D; Cobb C; Brown D; Hickman T; Bouzy T; Moore J; Mondesir M; Gyamfi L; Castillo P; Han M; Ravenell J. The impact of neighborhood- versus individual-level socioeconomic status on health care access among an urban sample of older Black men. Poster presentation, 2014 International Symposium on Minority Health and Health Disparities.

Cole H; Duncan D; Cobb C; Brown D; Hickman T; Bouzy T; Moore J; Mondesir M; Gyamfi L; Castillo P; Han M; Ravenell J. Does area-level socioeconomic status matter in determining the health of an urban sample of older Black men? Poster presentation, 2014 International Symposium on Minority Health and Health Disparities.

Cole H; Thompson H; White M; Cobb G; Brown D; Hickman T; Bouzy T; Moore J; Mondesir M; Gyamfi L; Castillo P; Han M; Ravenell JE. Results from a randomized control trial testing community-based patient navigation among a sample of older black men recruited from barbershops. Poster presentation. 2014 Minority Health and Health Disparities Grantees' Conference.

Cole H, Ravenell J. Does neighborhood-level socioeconomic status affect health care access among hypertensive black men? Poster presentation. 2014 annual meeting of the American Public Health Association (APHA).

Han M, **Cole H**, Ravenell J. Quality of life and physical activity among foreign-born and U.S.-born older black men with hypertension residing in New York City. Poster presentation. 2013 annual meeting of the American Public Health Association (APHA).

Patel S, Alam G, Ahmed R, Manis P, **Cole H**, Riley L, Raveis V, Kwon S, Ravenell J, Islam N. Marhaba: Key informant interview findings from a study of breast and cervical cancer screening barriers and facilitators among Muslim women in New York City. Poster presentation. 2013 annual meeting of the American Public Health Association (APHA).

Cole H, Plumhoff J, Cobb G, Boutin-Foster C, Thompson H, Ravenell J. Measuring chronic disease outcomes for older black men in New York City: Prevalence estimates from a true community-based sample. Poster presentation. 2012 Summit on the Science of Eliminating Health Disparities. Maryland, 2012.

Plumhoff J, **Cole H**, Cobb G, Bouzy T, Han M, Thompson H, Ravenell J. Location Matters: An analysis of recruitment and eligibility rates for two community-based randomized control trials for older Black men in New York City. Poster presentation. 2012 Summit on the Science of Eliminating Health Disparities. Maryland, 2012.

Ravenell J, Bouzy T, Boutin-Foster C, Brown D, Castillo P, Cobb G, **Cole H**, Han M, Hickman T, Mondesir M, Moore J, Midberry S, Plumhoff J, Thompson H, Thompson L. Recruitment and Retention Strategies in Two Community-based Randomized Control Trial of Older Black Men: Perspectives from the ‘experts’. Poster presentation. 2012 Summit on the Science of Eliminating Health Disparities. Maryland, 2012.

Ornelas I, Horton E, Eng E, Rhodes S, and **Cole H**. (2006). *What’s it like to be a lay health advisor? Using Photovoice for the Process Evaluation of Men As Navigators (MAN) for Health*. Poster presentation. 2006 annual meeting of the American Public Health Association (APHA).

Williams NL, **Cole HV**, Elwood LS, Smith CA, and Parsons CJ. (2003). Lay conceptualizations of anxiety and mood disorders and help seeking behavior. Poster presentation, 37th Annual Convention of the Association for Advancement of Behavior Therapy.

PEER REVIEW

Adjunct Reviewer, *Ethnicity and Disease* (2016-present)

Adjunct Reviewer, *BMC International Health and Human Rights* (2015-present)

Adjunct Reviewer, *American Journal of Public Health* (2014-present)

Adjunct Reviewer, American Public Health Association Annual Meeting (2012-present)

PROFESSIONAL MEMBERSHIP

American Public Health Association (2007-present)

AWARDS AND RECOGNITION

- 2016 Dean’s Dissertation Award, CUNY School of Public Health
- 2014 Student Travel Award, Minority Health and Health Disparities Grantees’ Conference
- 2009 Team Award, Mount Sinai School of Medicine
- 2003 Phi Beta Kappa (inducted)
- 2003 Marie Howell Award for excellence in the study and research of psychology
- 2003 Marie Howell Grant for undergraduate research in psychology
- 2002 Sturgis Study Abroad Grant for study in Ecuador
- 1999 University of Arkansas Chancellor’s Scholarship (merit based full scholarship)

OTHER EXPERIENCE AND SERVICE

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| 2007
(Summer) | Global Routes
Group co-leader for a volunteer service trip of 12 high school students teaching English in Qinghai Province, China. | Northampton,
MA |
| 2005-2007 | Student Health Action Coalition
Health Education co-coordinator for a student-run free clinic. | Chapel Hill, NC |

2005-2006	Action-Oriented Community Diagnosis, Latino Community Conducted an action-oriented community diagnosis of the Latino community in Johnston County, NC as part of a five person research team. Conducted qualitative interviews of community members and service providers in Spanish and English. Organized, presented findings and facilitated small group discussions in an interactive community forum.	Johnston County, NC
2000-2005 (Summers)	Autism Society of North Carolina Summer Camp Program Served in progressively responsible roles as a camp counselor, trainer, medical director, and assistant director for a sleep-away summer camp serving adults and children on the autism spectrum in North Carolina.	Black Mountain, NC

SKILLS AND TRAINING

- Skilled research project manager, supervisor, and data manager
- Proficiency with SAS, SPSS, STATA, Atlas TI, Microsoft Office (Word, Access, Excel, Outlook, Publisher, Powerpoint)
- ASPPH Student Leadership Institute (2014)
- NIH Regional Seminars on Program Funding and Grants Administration (2010)
- NCURA grants management training seminar (2008)
- Professional proficiency in Spanish, conversational Mandarin Chinese