BIOGRAPHICAL SKETCH

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NAME: Ashida, Sato

eRA COMMONS USER NAME (credential, e.g., agency login): satoashida

POSITION TITLE: Associate Professor

EDUCATION/TRAINING *(Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.)*

INSTITUTION AND LOCATION	DEGREE *(if applicable)*	Completion Date MM/YYYY	FIELD OF STUDY
The Ohio State University	B.M.	08/1995	Music
The Ohio State University	M.M.	08/1997	Music
Florida State University	M.Mus.	12/1999	Music Therapy
The Ohio State University	PHD	12/2005	Public Health
National Human Genome Research Institute	Post-doc	10/2006-8/2010	Social Network Methods

A. Personal Statement

My training background in music therapy, health behaviors, implementation and dissemination science, gerontology/aging, and social network methodology along with experiences working extensively with interdisciplinary research and clinical teams prepare me well to serve as a PI on this proposed project. My research focuses on developing interventions to influence social interactions to facilitate health promoting and disease preventive behaviors. I have developed and tested many health promotion and injury prevention interventions. Much of my research focuses on dementia and caregiving. Currently, I am a PI on an R21 project in which we develop and evaluate an intervention that link family caregivers from clinics to community-based care and services. Thus, this proposed research to adopt, implement, and evaluate the KAER model is directly in line with my expertise and research interest. In another research, we developed a referral network to identify older adults at risk for falls through community-based service providers and refer them to evidence-based falls and fire prevention programs in partnership with community-based organizations including home-based providers, fire departments, and public health. Recently as part of the Geriatric Workforce Enhancement Program (GWEP), my colleague at the College of Dentistry and I developed an oral healthcare app, *GeriaDental*, to help paid and unpaid caregivers provide better oral health care to persons with dementia. As a Certified Music Therapist and behavior scientist, I worked extensively with persons with dementia and their families in clinical settings. Through various grants, I served as PI, Co-PI, or Co-Investigator and successfully administered and completed projects that led to trusted relationships with key community partners, including Area Agencies on Aging and Alzheimer's Association. As a faculty member of the University of Iowa Injury Prevention Research Center, and Prevention Research Center, I have access to a strong research support and community partners dedicated to supporting healthy independent living of older adults in the community.

    a. **Ashida, S.** (2000). The effect of reminiscence music therapy sessions on changes in depressive symptoms in elderly persons with dementia. *Journal of Music Therapy, 37*(3), 170-182. PMCID: N/A

    b. **Ashida, S.,** Heaney, C. A., Kmet, J. M., & Wilkins, J. R. (2011). Using Protection Motivation Theory and formative research to guide an injury prevention intervention: Increasing adherence to the North American Guidelines for Children's Agricultural Tasks. *Health Promotion Practice,* 12(3), 396-405. PMCID: N/A

    c. **Ashida, S.,** Marcum, C. S., & Koehly, L. M. (2018). Unmet expectations in Alzheimer's family caregiving: interactional characteristics associated with perceived under-contribution in care. *The Gerontologist.* PMCID: PMC5946853

d. Casteel C, Bruening R, Carson M, Berard-Reed K, and **Ashida S** (in press). Evaluation of a falls and fire safety program for community-dwelling older adults. *Journal of Community Health.*

B. Positions and Honors

Positions and Employment
2005 - 2006   Research Associate, The Ohio State University, College of Public Health, Columbus, OH
2006 - 2010   Postdoctoral Research Fellow, National Human Genome Research Institute, Bethesda, MD
2010 - 2012   Assistant Professor, UNIVERSITY OF MEMPHIS, School of Public Health, Memphis, TN
2012 – 2018   Assistant Professor, UNIVERSITY OF IOWA, College of Public Health, Iowa City, IA
2018-current   Associate Professor (tenured), UNIVERSITY OF IOWA, College of Public Health, Iowa City, IA
2019-current   Senior Faculty Affiliate, UNIVERSITY OF IOWA, Public Policy Center

Other Experience and Professional Memberships
2001 – present   Member, American Public Health Association
2005 – present   Member, Gerontological Society of America
2007 – 2010   Member, Society of Behavioral Medicine
2007 – present   International Network of Social Network Analysis
2010 – present   Member, American Academy of Health Behavior

Honors
1995   Excellence in the Arts Award, Cum Laude
1997   Member, Golden Key National Honor Society
1997   Pi Kappa Lambda, National Music Honor Society
1999   The National Honor Society, Phi Kappa Phi
2004   Alumni Grants for Graduate Research and Scholarship, The Ohio State University
2005   Research Incentives Award, Miami Valley Gerontology Council
2005   Outstanding Student Award, The Ohio State University and College of Public Health
2005   Jerome Kaplan Outstanding Graduate Paper in Gerontology Award, Ohio Association of Gerontology and Education
2006   Member, Delta Omega Honorary Public Health Society
2006   Honorable Mention for the James G. Zimmer New Investigator Research Award, Gerontological Health Section, American Public Health Association
2006-2010   Intramural Training Award, National Human Genome Research Institute/NIH
2007   New Investigator Award, American Public Health Association Genomics Forum
2008   Emerging Scholars and Professional Organization Poster Award, Gerontological Society of America
2008   Institute on Systems Science and Health Summer Training Program, Office of Behavioral and Social Sciences Research, NIH & CDC
2011   Summer Institute on Aging Research, National Institute on Aging (NIA)
2011   Faculty Research Award, University of Iowa College of Public Health
2014   Visiting Scholar, Tokyo Metropolitan Institute of Gerontology, Tokyo, Japan
2019   Summer Scholar-in-Residence, University of Iowa Public Policy Center
2019   Visiting Scholar, Tokyo Metropolitan Institute of Gerontology, Tokyo, Japan
2019   Policy Fellow, University of Iowa Institute for Public Health Research and Policy
2019   Dr. Carol S. Gleich Development Award, University of Iowa College of Public Health
2020   Carver Trust Associate Professor Advancement Award, UI College of Public Health

C. Contribution to Science

1. My long-term goal is to develop strategies to effectively support independent healthy living among older adults at home in the community. My early research focused on understanding the roles of social networks in maintaining and enhancing older adults' health through examining social factors associated with health-related cognitions, behaviors, and outcomes. The findings of my research highlighted the importance of social contexts (e.g., proximity to support, density of social interactions) on older adults' willingness to participate in social activities through which they could increase engagement and promote optimal aging. I also documented that the constructs of social connectedness and social support have differential roles to the health of older adults, highlighting the importance of moving beyond the availability of support and considering the quality of interactions when developing interventions to enhance social environment.

   a. **Ashida, S**. & Heaney, C.A. (2008). Social networks and participation in social activities at a new senior center: Reaching out to older adults who could benefit the most. *Activities, Adaptation, and Aging,* 32(1):40-58. PMCID: N/A

   b. **Ashida, S.** & Heaney, C.A. (2008). Differential associations of social support and social connectedness with structural features of social networks and the health status of older adults. *Journal of Aging and Health*, 20(7):872-93. PMCID: N/A

   c. **Ashida S.**, Palmquist, A.E., Basen-Engquist, K., Singletary, S. E., & Koehly, L. (2009). Changes in female support network systems and adaptation after breast cancer diagnosis: Differences between older and younger patients. *The Gerontologist*, 49(4), 549-559. PMCID: PMC2733765

2. My next set of research focuses on understanding the characteristics of social interactions that have implications on health. I documented the importance of family cohesion on individuals' psychological well-being, and the role of encouragement (social influence) on health-related behaviors (physical activity, diet, screening). A scientific contribution made during this time is the documentation of social influence and social connectedness as important functions of social network. These findings highlight the potential benefits of strengthening family systems by enhancing connectedness and cohesion, and facilitating positive social influence processes to help empower family members to support each other in addressing health conditions like dementia. Social influence processes can be triggered by public health interventions such as education and skills training to family members.

   a. **Ashida, S.**, Hadley, D.W., Vaughn, B.K., Kuhn, N.R., Jenkins, J.F., & Koehly, L.M. (2009).The impact of familial environment on depression scores after genetic testing for cancer susceptibility. *Clinical Genetics*, 75(1):43-9. PMCID: PMC2615793

   b. **Ashida, S**., Wilkinson, A., & Koehly, L. (2012). Social influence and motivation to change health behaviors among Mexican-origin adults: Implications for diet and physical activity. *American Journal of Health Promotion.* 26(3):176-9. PMCID: PMC3252202

   c. **Ashida, S.**, Hadley, D.W., Goergen, A.F., Skapinsky, K.F., Devlin, H.C., & Koehly, L.M. (2011). The importance of older family members in providing social resources and promoting cancer screening in families with a hereditary cancer syndrome. *The Gerontologist.* 51(6):833-42. PMCID: PMC3220664

3. My ultimate goal has been to develop interventions and improve services systems to facilitate the health and well-being of older adults to support independent community living. I had a first-hand experience developing a large-scale community-based intervention utilizing lay health educators who I hired, trained, and supervised throughout a randomized controlled trial. I have experience developing intervention materials through a thorough formative research. I also took the lead on developing educational materials for dementia family caregivers through our Geriatric Workforce Enhancement Program (GWEP). In our research, we work closely with Stakeholder Advisory Boards (SAB) to not only develop intervention but also build referral networks of community organizations to connect older adults to programs and services. With such experience, I am ready to implement the proposed research as a first step of enhancing our health care network systems to provide effective care to older adults and their families.

   a. **Ashida, S.**, Robinson, E.*, Gay, J., Slagel, L.E.*, & Ramirez, M. (2017). Personal disaster and emergency support networks of older adults in a rural community: Changes after participation in a disaster preparedness program. *Disaster Medicine and Public Health Preparedness, 11*(1), 110-119*.

b. **Ashida, S.**, Zhu, X., Robinson, E.*, & Schroer, A.* (2018) Disaster preparedness networks of organizations in rural Midwest communities: Organizational roles, collaborations, and support for older residents. *Journal of Gerontological Social Work, 61*(7): 735-750.
c. Arora K., **Ashida S.**, Mobley E., Sample J. (accepted) The impact of consolidating Area Agencies on Aging on the delivery of home and community-based services: Evidence from Iowa. *Journal of Applied Gerontology.*

Complete List of Published Work in My Bibliography:
https://www.ncbi.nlm.nih.gov/sites/myncbi/12S8a6mxyT9QH/bibliography/42660828/public/?sort=date&direction= descending
https://www.ncbi.nlm.nih.gov/myncbi/browse/collection/56843173/?sort=date&direction=ascending

D. Additional Information: Research Support and/or Scholastic Performance

Ongoing Research Support

Completed Research Support

Major Goal: To develop disaster PrepWise electronic tool for community-based providers and older adults and dissemination strategies through engaging key stakeholders throughout the project period. Stakeholders include County Emergency Management Agency, County Public Health, Area Agencies on Aging, and other local non-profit organizations and aging services agencies.

1 U1Q HP28731 Health Resources & Services Administration   07/01/2015-06/30/2019
Carnahan & Smith (Co-PIs)
Interprofessional Strategic Healthcare Alliance for Rural Education: iSHARE
To work directly with primary care providers so that learning can most effectively take place at the point of care, as well as partner with families and patients to work as a team in maximizing health outcomes.
Role: Co-investigator

U48 DP005021, CDC   (Parker and Baquero, multiple PIs)   09/30/2014-09/29/2019
University of Iowa Prevention Research Center for Rural Health
Major Goals: To develop and evaluate a community-based program in the area of nutrition and exercise to reduce BMI in rural Iowans through the establishment of the Prevention Research Center.
Role: Co-Investigator
University of Iowa Center on Aging and Aging Mind and Brain Initiative   12/01/2014-11/30/2016
Ashida, Sato (PI)
Family caregiving in Iowa communities: Relationships between community-based providers and family
Major Goals: To evaluate staff-family social relationships in community-based service provision settings by adopting measured developed in nursing home research

The Fire Protection Research Foundation   11/07/2014-06/12/2015
Casteel (PI)
Evaluation of the Remembering When™ Program
To reduce the risk of falls and house fires among community-dwelling older adults through evaluating the effectiveness of the Remembering When TM program in improving falls prevention and fire safety behaviors.
Role: Co-Investigator

Retirement Research Foundation   07/01/2014-12/31-2015
Ashida, Sato (PI)
Public Health Systems of Disaster Preparedness and Response Supporting Community-Based Older Adults in Iowa
Major Goals: To understand the structure and functioning of public health network systems in two Eastern Iowa Counties in relation to disaster preparedness and response to optimize new and existing collaborations.