

BIOGRAPHICAL SKETCH

Provide the following information for the Senior/key personnel and other significant contributors.

Follow this format for each person. DO NOT EXCEED FIVE PAGES.

NAME: Ashida, Sato

eRA COMMONS USER NAME (agency login): satoashida

POSITION TITLE: Associate Professor of Public Health

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

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 is in health behaviors, development/implementation/evaluation of community-based programs, gerontology/aging, injury prevention, and social network methodology with experiences working extensively with interdisciplinary research teams. My research focuses on understanding the roles of social contexts and social relationships in health and in health-related behaviors and cognitions, and to develop strategies to influence these factors to positively facilitate health outcomes. My work includes implementation and evaluation of a theory-guided community-based injury prevention and social support programs through randomized trials, evaluation of social influence/networks on health behaviors, translation of a disaster preparedness educational program for older adults, and assessment of organizational collaboration networks of two disaster management coalitions. Through various university- and foundation-funded grants, I served as PI, Co-PI, or Co-Investigator to develop research collaborations with community-based organizations. I have successfully administered and completed previous projects that led to trusted relationships with the community partners. Through previous experiences, I understand the complexity of collaborative relationships in communities and how such collaborations can be evaluated. As a faculty member of the University of Iowa Aging Mind and Brain Initiative, Center on Aging, and Geriatric Education Center, I have access to a strong research support and community partners dedicated to improving the health of their residents.

- a. 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.
- 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*. DOI: 10.1080/01634372/2048.1474157.
- c. 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. 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 Institutes of Health, 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, UNIVERSITY OF IOWA, College of Public Health, Iowa City, IA

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)

C. Contribution to Science

1. My long-term goal is to develop strategies to effectively support independent healthy living among older adults in the community. My early research focused on understanding the roles of social network systems in maintaining and enhancing older adults' health and well-being through examining specific factors within the social environment that are associated with health-related cognitions, behaviors, and outcomes. The findings of my studies highlighted the importance of older adults' social contexts (e.g., proximity to support, density of social interactions) on their willingness to participate in social activities through which they could enhance social engagement and promote successful aging. I also documented that the different functions of networks (e.g., social support, social influence, companionship) have differential implications to the health of older adults, highlighting the importance of moving beyond the availability of support and considering the quality of relationships when developing strategies to enhance their social environment.
 - a. 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.
 - b. 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. PMID: PMC2733765
 - c. Ashida S., Sewell D.K., Schafer E.J., Schroer A., & Friberg J. (2017, Epub ahead of print) Social network members who engage in activities with older adults: Do they bring more social benefits than other members? *Ageing and Society*
2. My next set of research focuses on understanding the role of social influence on health. I documented the importance of family cohesion on the psychological well-being of individuals undergoing genetic susceptibility testing for cancer 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 the importance of older family members on the health related behaviors of their family

members. Within families affected by a cancer syndrome, older family members were more likely than younger to be identified as providers of social support, advice, health information, and encouragement to undergo cancer screening. Within Mexican origin households, encouragement from older generation family members, but not from same- or younger-generation, was significantly associated with higher motivation to engage in health screenings for heart disease among other members. These findings highlight the potential benefits of empowering older individuals about their ability to facilitate their own well-being as well as of others (generative desire) that can facilitate health and successful aging.

- a. 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. PMC3252202
 - b. Ashida, S., Wilkinson, A.V. & Koehly, L.M. (2010). Motivation for health screening: Evaluation of social influence among Mexican-American adults. *American Journal of Preventive Medicine*, 38(4):396-402. PMC2844878
 - 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. PMC3220664
3. My ultimate research goal has always been to develop community-based interventions to facilitate the health and well-being of older adults to prevent diseases and disabilities. I had a first-hand experience developing a large-scale community-based intervention utilizing lay health educators who I personally identified, trained, and supervised throughout a randomized controlled trial involving multiple counties in Ohio. I also developed the intervention materials and implementation protocols through thorough formative research for this program. Using the experience and expertise gained in this project, I conducted a theory-guided formative research to translate a household disaster preparedness training program to fit the needs of community-dwelling older adults. This translated program, PrepWise, has been pilot tested, refined, and is being translated into an online format with plans to be rigorously evaluated through a randomized trial. Additionally, I conducted an assessment of disaster management networks in two Eastern Iowa Counties by collaborating with two disaster-response coalitions in these areas to better understand a larger social contexts that surround older residents and how they are supported in disaster management. These projects allowed us to develop extensive collaborations with community partners throughout Iowa. With such experiences and knowledge, we are ready to successfully conduct this proposed research.
- a. 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.
 - b. 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.
 - c. Ashida, S., Robinson, E.*, Gay, J., & Ramirez, M. (2015). Motivating rural older residents prepare for disasters: Moving beyond personal benefits. *Ageing and Society*, 36(10), 2117-2140.

Complete List of Published Work in My Bibliography:

<https://www.ncbi.nlm.nih.gov/sites/myncbi/12S8a6mxyT9QH/bibliography/42660828/public/?sort=date&direction=ascending>

D. Research Support

Ongoing Research Support

Retirement Research Foundation

07/01/17- 12/31/18

Ashida (PI)

Developing and pilot testing an online tool for PrepWise: a disaster preparedness program for rural older residents

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.

Centers for Disease Control and Prevention 07/01/17-06/30/19
Ashida, Casteel (Co-PIs)
Translational research to refer older adults to evidence-based falls prevention programs (Project within Injury Prevention Research Center)
Major Goal: To develop an infrastructure and protocols for maximizing the reach and adoption of evidence-based falls prevention programs among community-residing older Iowans and to evaluate the referral infrastructure through implementation.

1 U1Q HP28731 Health Resources & Services Administration 07/01/2015-06/30/2019
Carnahan (PI)
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

Completed Research Support

Retirement Research Foundation 07/01/2014-12/31-2015
Ashida, Sato (PI)
Public Health Systems of Disaster Preparedness and Response Supporting Community-Dwelling 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.

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 health care 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

Pilot Grant, University of Iowa Injury Prevention Research Center for Rural Health 07/01/2013-06/30/2014
Ashida (PI)
Translational Research: Development of PrepWise, a New Tool to Assist Community-Dwelling Older Adults Prepare for Disasters

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™ program in improving falls prevention and fire safety behaviors.
Role: Co-Investigator

1 U48 DP001902, Centers for Disease Control and Prevention 09/30/2012-02/28/2015
Parker, Edith (PI)
University of Iowa Prevention Research Center for Rural Health
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