

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 (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	10/20068/2010	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 communitybased 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 evidencebased falls and fire prevention programs in partnership with community-based organizations including homebased 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. PMID: 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*. PMID: 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. PMID: 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. PMID: 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. PMID: 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 wellbeing, 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. PMID: 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. PMID: 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. PMID: 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

1R21AG056716-01A1 National Institutes on Aging (Ashida, PI) 07/15/18- 06/30/20
 Building a Bridge (between clinical and community care): Post diagnosis support of persons with dementia and their family
 Major Goal: To implement and evaluate family-centered intervention that link newly diagnosed individuals and families to community resources, enhance social support, and minimize negative consequences of dementia.

1 R21 NR017347 (Chen, PI) 7/1/19-6/30/21
Functionally-tailored oral care intervention for community older adults with dementia and their caregivers Major Goal: To develop a modularized, functionally-tailored oral hygiene intervention for community-dwelling persons with dementia and their caregivers, in order to improve oral health in persons with dementia, reduce oral care burden in family caregivers, and improve care partner relationships. Role: Co-Investigator

Centers for Disease Control and Prevention (Ashida, Casteel, Co-PIs) 07/01/17-06/30/20
 Translational research to refer older adults to evidence-based falls prevention programs
 Major Goal: To develop an infrastructure and protocols for maximizing the reach and adoption of evidencebased falls prevention programs among community-residing older lowans and to evaluate the referral infrastructure through implementation.

CDC 1 U1 CD002961 (Casteel, PI) 9/30/18-9/29/22
Implementation of a Medication Care Plan to Reduce Unintentional Injury among Rural Older Adults The major goal of the project is to
 The major goal of this project is to develop a sustainable program for healthcare systems to reduce fatal and nonfatal falls among high-risk older adults living independently in the community. Role: Co-Investigator

CDC/NCIPC 3R49 CE002108-05 (Peek-Asa, PI) 8/1/19-7/31/24
The University of Iowa Injury Prevention Research Center (IPRC)
 Major Goal: to control and prevent injuries, especially in rural communities, focusing on high-risk populations such as children, the elderly, farmers, and those with disabilities, through interdisciplinary research, outreach and training, targeting a wide variety of unintentional injuries.
 Administrative and Research Support Core – Role: Center Co-Evaluator Outreach Core – Role: Center Co-Evaluator

Completed Research Support

Retirement Research Foundation Ashida (PI) 07/01/17- 12/31/18

Developing and 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.

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 lowans 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.