

**BIOGRAPHICAL SKETCH**

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NAME: ROSAL, MILAGROS C

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

POSITION TITLE: Professor of Medicine

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
Universidad Católica Andres Bello	BS	06/1981	Psychology
Nova Southeastern Univ., Ft. Lauderdale, FL	MS	05/1986	Psychology
Nova Southeastern Univ., Ft. Lauderdale, FL	MS	05/1989	Clinical Psychology
Nova Southeastern Univ., Ft. Lauderdale, FL	PHD	05/1992	Clinical Psychology

**A. Personal Statement**

I am the Inaugural Vice Provost for Health Equity, the inaugural holder of *The Imoigele P. Aisiku Chair in Health Equity and Diversity*, and a tenured professor at UMass Chan Medical School (UMass Chan). As Vice Provost for Health Equity, I am responsible for setting a vision and providing leadership, strategic direction and coordination of all aspects of health equity at UMass Chan, with particular emphasis on equity in recruitment and retention of faculty from backgrounds underrepresented in medicine.

As an academic researcher, I have served as PI or co-leader on 30+ research studies, most federally funded (e.g., NIH and CDC). I am currently multi-PI of the CDC-funded UMass Worcester Prevention Research Center and two additional R01 grants. I previously was co-PI of the NIMHD-funded UMass Center for Health Equity Intervention Research (CHEIR; 5P60MD006912). My research focuses on cardiovascular disease risk prevention and management, targeting hypertension, diabetes and obesity, and on related behavioral and psychosocial factors. I have expertise in mixed methods, community-based research, and adaptation of interventions to minority and socio-economically disadvantaged groups. My work has more recently expanded to implementation research, moving forward evidence-based interventions into “real world” practice settings. Consistent with my interest in health equity, as an educator I mentor students, post-doctoral fellows and junior faculty from underrepresented groups, as well as those with clinical and research interests in health disparities.

**B. Positions, Scientific Appointments, and Honors**

- 2020 - Vice Provost for Health Equity, University of Massachusetts Chan Medical School, Worcester, MA
- 2020 - Co-Director, KL2 Program, Center for Clinical and Translational Sciences, University of Massachusetts Chan Medical School, Worcester, Massachusetts
- 2018 - Director, Diversity KL2 Program, University of Massachusetts Chan Medical School, Worcester, Massachusetts
- 2012 - Professor of Medicine, University of Massachusetts Chan Medical School, Worcester, MA (tenured 2016)
- 2009- Co-Director, UMass Worcester Prevention Research Center, University of Massachusetts Chan Medical School, Worcester, Massachusetts
- 2009 - Professor, Grad School Biomedical Sciences, PhD Program in Clinical and Population Health Research, University of Massachusetts Chan Medical School, Worcester, MA
- 2005 - 2012 Associate Professor, Medicine, Univ. of Massachusetts Medical School, Worcester, MA
- 1996 - 2005 Assistant Professor of Medicine, Univ. of Massachusetts Medical School, Worcester, MA
- 1994 - 1996 Instructor of Medicine, Univ. of Massachusetts Medical School, Worcester, MA

1993 - 1997 Instructor in Psychology/Psychiatry, MGH/Harvard Medical School, Boston, MA  
 1991 - 1993 Behavioral Medicine Fellow, MGH/Harvard Med. School, Boston, MA  
 1989 - 1991 Psychology Fellow , MGH/Harvard Medical School, Boston, MA

## Honors

2020 Endowed Chair, The Imoigele P. Aisiku, MD, Chair in Health Equity and Diversity  
 2016 Chancellors Award for Advancing Institutional Excellence in Diversity, Univ. of Mass Medical School  
 2011 Scholar, NIH/NIMHD Translational Health Disparities Course  
 2011 Women in Science and Health Achievement Award, Univ. of Mass Medical School  
 1997 Minority Investigator Career Development Award (K-08), National Institutes of Health  
 2006 Fellow, Society of Behavioral Medicine  
 2002 Invited Member, Robert Wood Johnson Foundation's National Advisory Committee: Health e-Technology Initiative  
 2001 Innovation Award Recipient, American Diabetes Association

## C. Contribution to Science

### 1. Health equity research.

- a. Molina KM, Estrella ML, Rivera-Olmedo N, Frisard CF, Lemon SC, Rosal MC. It weigh(t)s on you: Everyday discrimination and adiposity among Latinos. *Obesity (Silver Spring)*. 2018 Sep;26(9):1474-1480. doi:10.1002/oby.22248. PubMed Central PMCID: PMC6159926
- b. Hutchins F, Abrams B, Brooks M, Colvin A, Moore Simas TA, Rosal MC, Sternfeld B, Crawford S. The effect of gestational weight gain across reproductive history on maternal body mass index in midlife: The study of women's health across the nation. *Journal of Women's Health*. 2020 Feb;29(2):148-157.
- c. Cavanaugh AM, Rauh MJ, Thompson CA, Alcaraz J, Mihalko WM, Bird CE, Corbie-Smith GI, Rosal MC, Li W, Shadyab AH, Gilmer T, LaCroix AZ. Racial and ethnic disparities in physical function before and after total knee arthroplasty in women in the United States. *JAMA Network Open*. 2020;3(5):e204937. doi: 10.1001/jamanetworkopen.2020.4937.ringfield
- d. Springfield S, Qin F, Hedlin H, Eaton CB, Rosal MC, Taylor H, Staudinger UM, Stefanick M. Resilience and CVD-protective health behaviors in older women: Examining racial and ethnic differences in a cross-sectional analysis of the Women's Health Initiative. *Nutrients as part of the Special Issue Improving Diet and Lifestyle is a Key Strategy for Lifelong Health*. 2020 July 16;12(7):2107. doi.org/10.3390/nu12072107

### 2. Implementation science research:

- a. Trivedi M, Patel JK, Hoque S, Mizrahi R, Biebel K, Phipatanakul W, Lemon SC, Byatt N, Gerald LB, **Rosal MC**, Pbert L. Alignment of stakeholder agendas to facilitate the adoption of school-supervised asthma therapy. *Pediatric Pulmonology*. 2020 Mar;55(3):580-590.
- b. Schoenthaler A, de la Calle F, Pitaro M, Lum A, Chaplin W, Mogavero J, **Rosal MC**. A systems-level approach to improving medication adherence in hypertensive Latinos: A randomized control trial. *J Gen Intern Med*. 2020 Jan;35(1):182-189
- c. Sreedhara M, Valentine Goins K, Frisard C, **Rosal MC**, Lemon SC. Stepping up active transportation in community health improvement plans: Findings from a national probability survey of local health departments. *Journal of Physical Activity & Health*. 2019 Jul 30:1-8. Doi: 10.1123/jpah.2018-0623. [Epub ahead of print].
- d. Rosal MC, Lemon SC, Nguyen OH, Driscoll NE, Ditaranto L. Translation of the diabetes prevention program lifestyle intervention for promoting postpartum weight loss among low-income women. *Transl Behav Med*. 2011 Dec;1(4):530-8. doi: 10.1007/s13142-011-0069-4. PMID: 24073075; PMCID: PMC3717665

### 3. Theory-based behavior change interventions tailored to the needs and cultural preferences of racial/ethnic groups.

- a. Wang ML, Sprague Martinez LS, Weinberg J, Alatorre S, Lemon SC, Rosal MC. A youth empowerment intervention to prevent childhood obesity: design and methods for a cluster randomized trial of the H<sub>2</sub>GO! program. *BMC Public Health* 21, 1675 (2021).
- b. Burkart S, Marcus BH, Pekow P, **Rosal MC**, Manson JE, Braun B, Chasan-Taber L. The impact of a randomized-controlled trial of a lifestyle intervention on postpartum physical activity among at-risk Hispanic women: Estudio PARTO. *PlosOne* 2020 July 24;15(7): e0236408
- c. Chumachenko SY, Cali RJ, **Rosal MC**, Allison JJ, Person SJ, Ziedonis D, Nephew BC, Moore CM, Zhang N, King JA, Fulwiler C. Keeping weight off: Mindfulness-based stress reduction alters amygdala functional connectivity during weight loss maintenance in a randomized control trial. *PlosOne* 2021 Jan; 16(1):e0244847. Retrieved from: <https://doi.org/10.1371/journal.pone.0244847>
- d. Hawkins MS, Marcus B, Pekow P, **Rosal MC**, Tucker KL, Spencer RMC, Chasan-Taber L. The impact of a randomized controlled trial of a lifestyle intervention on sleep among Latina postpartum women. *Annals of Behavioral Medicine*.2021 Feb13;kaaa118. Doi:10.1093/abm/kaaa118. Online ahead of print.

### 4. Use of mix methods for measurement adaptation/development and intervention tailoring.

- a. Wang ML, Lemon SC, Welch G, Rosal MC. Development and validation of the Lifestyle Self-Efficacy Scale for Latinos with Diabetes (LSESLD). *Ethn Dis*. 2013 Autumn;23(4):428-35. PubMed Central PMCID: PMC3956449
- b. Pbert L, Wang ML, Druker S, Jackson EA, Rosal MC. Designing and testing the feasibility of a multi-level intervention to treat adolescent obesity in the pediatric primary care setting. *Journal of Child and Adolescent Behavior* 2015;3:196-203. PubMedCentral PMCID: PMC6198822
- c. Powell LR, Ojukwu E, Person SD, Allison JJ, Rosal MC, Lemon SC. Psychometric Development of the Research and Knowledge Scale. *Medical Care*. 2017 Feb;55(2):117-124. PubMed Central PMCID: PMC5233643
- d. Silfee VJ, Lopez-Cepero A, Lemon SC, Estabrook B, Nguyen O, Wang ML, Rosal MC. Adapting a Behavioral Weight Loss Intervention for Delivery via Facebook: A Pilot Series Among Low-Income Postpartum Women. *JMIR Form Res*. 2018 Sep 10;2(2):e18. doi: 10.2196/formative.9597. PubMed Central PMCID: PMC6334676

### 5. Research on diet and health: I have led or contributed to numerous trials of dietary interventions for disease prevention and management.

- a. Ma Y, Hébert JR, Li W, Bertone-Johnson ER, Olendzki B, Pagoto SL, Tinker L, Rosal MC, Ockene IS, Ockene JK, Griffith JA, Liu S. Association between dietary fiber and markers of systemic inflammation in the Women's Health Initiative Observational Study. *Nutrition*. 2008 Oct;24(10):941-9. doi: 10.1016/j.nut.2008.04.005. Epub 2008 Jun 18. PubMed Central PMCID: PMC2603616
- b. Wang ML, Lemon SC, Olendzki B, Rosal MC. Beverage-consumption patterns and associations with metabolic risk factors among low-income Latinos with uncontrolled type 2 diabetes. *J Acad Nutr Diet*. 2013 Dec;113(12):1695-703. doi: 10.1016/j.jand.2013.06.351. Epub 2013 Aug 30. PubMed Central PMCID: PMC3833873
- c. Qiao Y, Tinker L, Olendzki BC, Hébert JR, Balasubramanian R, Rosal MC, Hingle M, Song Y, Schneider KL, Liu S, Sims S, Ockene JK, Sepavich DM, Shikany JM, Persuitte G, Ma Y. Racial/ethnic disparities in association between dietary quality and incident diabetes in postmenopausal women in the United States: the Women's Health Initiative 1993-2005. *Ethn Health*. 2014 Jun;19(3):328-47. doi: 10.1080/13557858.2013.797322. Epub 2013 May 22. PubMed Central PMCID: PMC3883944
- d. Wang ML, Gellar L, Nathanson BH, Pbert L, Ma Y, Ockene I, Rosal MC. Decrease in Glycemic Index Associated with Improved Glycemic Control among Latinos with Type 2 Diabetes. *J Acad*

Nutr Diet. 2015 Jun;115(6):898-906. doi: 10.1016/j.jand.2014.10.012. Epub 2014 Dec 26.  
PubMed Central PMCID: PMC4450120

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