



**CURRICULUM VITA**  
**December 2022**

**Dr. Elizabeth Wachira, PhD, MPH, BSN**

Assistant Professor and Public Health Program Director

**Department:** Department of Health & Human Performance

**Address:** Nursing and Health Sciences Building (NHS 134)  
2300 Morris Drive, Commerce, TX 75428

**Phone:** (903) 886-5349

**Email:** [Elizabeth.Wachira@tamuc.edu](mailto:Elizabeth.Wachira@tamuc.edu)

**EDUCATION**

PhD	May 2017	Health Studies, Texas Woman's University
		Dissertation: "I Can't Even Walk, You Expecting Me To Climb A Mountain?" An Exploration of Service Providers' Perception of Vulnerability among Individuals Experiencing Homelessness."
MPH	2012	Social and Behavioral Sciences, Community Health University of North Texas Health Science Center
BSN	2007	Nursing, University of Mary-Hardin Baylor

**ACADEMIC TEACHING EXPERIENCE**

2017 – Present	Assistant Professor, Health and Human Performance Department, Texas A&M University- Commerce, Commerce, TX
2013-2017	Graduate Teaching Assistant, Department of Health Studies, Texas Woman's University, Denton, TX

**HIGHER EDUCATION COURSES TAUGHT**

Texas A&M University-Commerce (\*new courses created)

*Undergraduate courses:*

HHPH 130: Introduction to Community and Public Health

HHPH 210-03W: Environmental Health

HHPH 362.81B: Survey of Human Disease  
HHPH 382.01W: GLB/Social Justice in Public Health\*  
HHPH 385.01W: GLB/Current Issues in Health  
HHPH 416: Epidemiology\*  
HHPH 410: Program Planning and Organization in Health  
HHPH 420: Program Implementation and Evaluation in Health  
HHPH 492.01W: GLB/Health Policy\*  
HHPH 495.01B: Internship and Seminar in Health Promotion

#### *Graduate Courses*

HHPH 510.01W: GLB/Principles of Environmental Health\*  
HHPH 512.01W: Foundations in Public Health  
HHPH 544.01W: Health Promotion Administration & Management  
HHPH 550.01W: Diversity in Health  
HHPH 585.01W: Program Design in Health Promotion  
HHPH 587.01W: Epidemiology  
HHPH 660.01W: Global Health Issues

#### Texas Woman's University

##### *Undergraduate courses:*

HS 1902/1901: Fitness and Health Lab and Lecture  
HS 2373: Health Aspects of Human Sexuality  
HS 3053: Community Health  
HS 3373: Health Promotion for the Child  
HS 4363: Consumer Health

#### **Course Developer**

Bachelor of Applied Arts and Sciences in Health Care Administration (HSCB) Degree Program at TAMUC

- HSCB 440: Health Policy and Advocacy (Fall 2020)
- HSCB 380: Culture, Inequalities and Social Justice in Health (Summer 2020)

#### **Service-Learning Class Projects:**

Health Promotion program focused on Food Insecurity and Sexual Health

- Fall 2022: Students worked to raise awareness of HIV/AIDS during the 2<sup>nd</sup> Annual World AIDS Day memorial by offering health education and increasing STD testing as well as running a toiletry drive to support the Lions Food Pantry

Health Promotion program informed by community needs assessments

- Fall 2020: #TAMUCvsCOVID19 5-week panel-led discussion focused on Covid-19 prevention and education for TAMUC
- Fall 2019: #ENDTHESTIGMA 4-week program to raise awareness of mental health and reducing campus-wide stigma for TAMUC

Needs Assessment Project

- Spring 2020: Healthy Lions Needs Assessment at TAMUC
- Spring 2019: Commerce Community Needs Assessment

Student HealthFest Implementation

- Spring 2020: Virtual Student Healthfest
- Spring 2019: 1<sup>st</sup> campus wide Virtual Student Healthfest

Poverty Simulation Interprofessional Collaboration (Every Spring 2018 – Current)

- Collaboration between Nursing, Public Health and Social work to provide students' opportunities to experience firsthand living in poverty and how this serves as a barrier to accessing affordable and quality care.

Emory Community Health Fair (Spring 2018)

- Informed by a TAMUC Nursing Needs Assessment and planned in collaboration with TAMUC Nursing and Texas AgriLife – Emory. This collaboration resulted in a Community Partnership Award.

<b>TEACHING ACTIVITIES</b>
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**Public Health Graduate Program Director (Fall 2020 – Current)**

- Advisor for graduate students
- Regularly improve and design new courses to grow both undergraduate and graduate programs
- courses and curriculum to align with NCHEC standards
- MPH Program – approved Fall 2020

**Public Health Undergraduate Program Director (2017 – 2021)**

- Advisor for undergraduate students
- Regularly improve and design new courses to grow both undergraduate and graduate programs
- courses and curriculum to align with NCHEC standards

**In Progress**

*Honors Thesis Student Committee – Chair*

Knowledge, attitude, and behavior of college students in Commerce, Texas regarding oral health. (Fall 2021)

*Doctoral Thesis Student Committee – Member*

Fall 2020 – Effectiveness of an Adaptive Version of REBT using Faith-Based Concepts for African American Males who are Experiencing Symptoms of PTSD

*Doctoral Thesis Student Committee – Member*

Fall 2022 – The Client Experience of Treatment for GAD: Utilizing EMDR-PPP and MI: A Case Study Reflection

**Finalized**

*Doctoral Thesis Student Committee – Member*

- Summer 2021 – Predictors for Preparedness in Gatekeeping among Doctoral Counselor Education and Supervision Students
- Summer 2020
  - Perceptions of Nutrition and Academic Performance in College Freshmen: A Phenomenological Qualitative Study
  - The Lived Experiences of Fathers Diagnosed with Cancer: An Interpretive Phenomenological Analysis
- Spring 2020 - Tapping the Well in Rural Texas: Negotiating Genre for Public Health
- Fall 2019 – The Relationship between Psychological Resilience and Help-Seeking Behavior in Indian Americans: A Moderation Analysis

*Honors Thesis Student Committee – Member*

- Fall 2021 - Effectiveness of State Policy Attempts to Reduce Adolescent E-Cigarette Use: A Difference-in-Differences Analysis
- Spring 2019 - Building Bridges: A Study of the Effects of Dance and Narrative Knowing in Defining Relational Capacity for University Aged-Students.

<b>SCHOLARLY RESEARCH</b>
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\*denotes student author

### ACCEPTED WORKS

7. **Wachira, E.**, Laki, K., Chavan, B., Aidoo-Frimpong, G. & Kingori, C. Communication Frequency, Trust & COVID-19 Preventive Behaviors. *Journal of Prevention*, 1-18. doi: 10.1007/s10935-022-00719-7
8. Ajayi, K., **Wachira, E.**, Onyeaka, H.K., Montour, T., Olowolaju, S. & Garney, W.R. Digital health use for health promotion among the adult U.S. women with and without chronic conditions: A secondary data analysis of the 2017-2020 Health Information National Trends Survey. *JMIR* (Accepted July 2022)
6. Gandhi, S., Glamanb, R., **Wachira, E.**, Bashir, M., Sharma, S., Mowles, C. & Luttrell, J. Mental Health, Chronic Disease, and Substance Use: Findings from Rural Texas. *Journal of Social, Behavioral, and Health Sciences*, 16(1), 134-150
5. Ajayi, K. V., **Wachira, E.**, Bolarinwa, O. A., & Suleman, B. D. (2021). Maternal mental health in Africa during the COVID-19 pandemic: a neglected global health issue. *Epidemiology and health*, 43, e2021078. <https://doi.org/10.4178/epih.e2021078>
4. Roselli, A., Roberts, S., **Wachira, E.**, Prewitt, S., Culpepper, D., Mackenzie, M. & Bolton, C. (in press). Improving perceptions of Individuals with Disabilities through a wheelchair basketball tournament: A quantitative analysis. *The Physical Educator*.
3. Ajayi, K., **Wachira, E.**, Bolarinwa, O.A., Panjwani, S. Voices from Within: A Public Health Perspective on the Response to COVID-19. *Battle of the Sexes: The Gendered Impact of the COVID-19 Pandemic* (Accepted Book Chapter Proposal June 2021)
2. Buster, R., **Wachira, E.** & Yeatts, P. (Accepted May 2021). Examining Relationship between Social Media and Cross-Cultural World Mindedness among College Students: A Cross-Sectional Study. *Journal of Social Sciences and Humanities*.
1. Killion, L., Culpepper, D., & **Wachira, E.** (Accepted Feb 2020). Bullying Behaviors in Physical Education: A Tempest in the Making. *American Journal of Educational Science*, 6(1), 1-4.

### WORKS IN REVIEW

- **Wachira, E.**, \*Guggenbuehl, S., \*Ngo, L. & \*Miller, D. Teach, Learn, Do, Repeat: Service-Learning Curriculum that Drives Public Health. *Medical Science Educator*. (Submitted December 2022)
- **Wachira, E.**, Chavan, B., Nganga-Good, C. & Kingori, C. Is there an Association between COVID-19 Preventive Behaviors and Mental Health?. *Plos ONE* (Submitted November 2022)
- Ajayi, K., Page, R., Montour, T., Garney, W. & **Wachira, E.** “I am educated, but the way that I was treated, it was pretty horrible.” *BMC Pregnancy and Childbirth* (Submitted November 2022)
- Ajayi, K., Flores, S., Fan, Q., Ezenwanne, F., Whitney G. & **Wachira, E.** Prevalence, correlates, and source of women’s health-seeking behaviors in the United States.” *Patient Education and Counseling* (Submitted October 2022)
- **Wachira, E.**, Devlin, J., Hendricks, L., Smith, D. Perceived Social Support & Occupational Distress among African American Clergy. *Journal of Religion & Society* (Submitted October 2022)
- **Wachira, E.** & Kassimu, T. Time Affects Us All: Service Providers Insight on How Living Homeless or Working With the Homeless Changes You. *Health and Social Care* (Submitted June 2022)

- Kassimu, T. & **Wachira, E.** You Good, Sis? Analyzing the Role of Individual and Interpersonal Factors on Mental Health in Former Teenage Mothers of Color. *Journal of Racial and Ethnic Health Disparities* (Submitted June 2022)
- Dawit, A., Haile, Z, **Wachira, E.** Female Circumcision and Sexual Negotiation Ability of Ethiopian Women. *Violence Against Women* (Submitted April 2022)
- \*Miller, D., **Wachira, E.** Breathless in Myanmar: Determinants of Chronic Respiratory Disease in Low to Middle Income Countries. *Health Promotion Practice*. (Submitted November 2021)

## WORKS IN PROGRESS

- \*Ghada, K., **Wachira, E.** & Devlin, J. "Oral Health Knowledge and Behavior among College Students in Rural North East Texas" (data analysis and writing)
- Dawit, A., Haile, Z, **Wachira, E.** Rwandese Women's Empowerment and their Ability to Negotiate Sex with their Partner. (finalizing manuscript)
- \*LEO Study: Digital Storytelling and Social Justice Focus (currently restructuring based on article submitted June 2022)

<b>PRESENTATIONS</b>
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American Public Health Association	Boston, MA	November 2022
	<i>Female Circumcision and Sexual Negotiation Ability of Ethiopian Women</i>	
Kenya Scholars and Studies Association	Dallas, TX	September 2022
	<i>Activating Mental Health Youth Champions to Close the Mental Health Knowledge &amp; Care Gap among Kenyan University Students</i>	
Kenya Scholars and Studies Association	Dallas, TX	September 2022
	<i>Rwandese Women's Empowerment and their Ability to Negotiate Sex with their Partner</i>	
Texas Public Health Association	Virtual Education Conference	May 2022
	<i>* Unraveling of Disease Management in the Wake of Pandemics and War: A Case Study of Asthma in Myanmar</i>	
Sigma Nursing Convention	Indianapolis, Indiana	November 2021
	<i>Interprofessional Poverty Simulation on a University Campus</i>	
Texas Public Health Association	Virtual Education Conference	May 2021
	<i>Behavioral Health Needs Assessment in a Rural Texas County: A Cross-Sectional Study</i>	
American Public Health Association	Virtual Event	November 2020
	<i>Service -Learning Curriculum Level-Up: How Undergraduate Public Health Students can Drive College Health Initiatives</i>	
Texas Public Health Association	Irving, TX	March 2020 – Canceled
	<i>Impact of Service-Learning Projects in Undergraduate Public Health Courses.</i>	
American Public Health Association	San Diego, CA	November 2018
	<i>Let's Show IT: Tackling Social Inequalities among Individuals Experiencing Homelessness through Digital Storytelling</i>	

Research on Women and Education Conference	San Antonio, TX	October 2018
<i>Understanding the role of identity in determining sexual violence victimization</i>		
Texas American Public Health Association	Waco, TX	March 2018
<i>An Exploration of Service Providers Perception of Vulnerability among Individuals Experiencing Homelessness</i>		
American Public Health Association	Chicago, IL	November 2015
<i>A Spatial Analysis of Cardiovascular Disease in Texas</i>		
Health in Africa Conference	Champaign, IL	May 2015
<i>A Political Ecology of Africa's Brain Drain Crisis</i>		

**RESEARCH PROJECTS/GRANTS**

Help a Child Organization

*Covid-19 Rapid Needs Assessment Data Analysis and Report Writing Support (May 2020)*

- *Help finalize Assessment report for Kenya office to disseminate with local County Government officials, Ministry of Health and other implementing partners*

Texas A&M University –Commerce

*Service-Learning Public Health Initiatives (Fall 2018 – Current)*

Adapt BSPH curriculum to create learning opportunities for students that provide a service to the immediate community while providing hands on public health experience.

Main Role: Program and research coordinator to students working on a community needs assessment to inform the planning and implementation of health initiatives within and outside the university.

*Building Bridges Study (Fall 2017 – Spring 2019)*

Co-Investigator for a mixed method study to explore the effect of dance and narrative knowing in defining relational capacity for university-aged students.

Main Role: Informed research methodology, assist with data collection and creation of digital stories to tell of students experience regarding dance therapy and improved relational capacity.

**GRANTS**

Texas A&M University –Commerce

*Applied for TAMU-C Humanities, Social Sciences and Arts Research Support with Dr. Renee Buster - \$9,350 (Spring 2021)*

- Funding to collect nation-wide data assessing what factors contribute to COVID-19 vaccination decision making (*not funded*)

*Applied for TAMU-C Student Service Fee Grant with Dr. Vipa Bernhardt- \$23,607.76 (Spring 2020 & 2021)*

- Funding for Academy of Health Potential for student-based health promotion initiatives (*not funded*)

*Applied for TAMU-C Pride Grant Funding - \$1000 (Spring 2019)*

- Funding for “Service-Learning Assessment Project to provide students opportunities to gain public health skills through community needs assessment and health education projects (*not funded*)

Texas Woman's University

*Quality Enhancement Scholar* (2015-2016):

- (PI) Ethnographic qualitative study aimed at operationalizing the occurrence of vulnerabilities as social determinants of health
- (2015) Texas Woman's Quality Enhancement Scholar -\$1000
- (2016) Texas Woman's Quality Enhancement Scholar -\$2000

<b>SERVICE</b>
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**PROFESSIONAL SERVICE**

TAMUC World AIDS Day Planning (Spring 2021)

- Assist with preparation for World AIDS Day campus event
  - Identify and engage with Keynote speaker
  - Identify and engage with vendors to provide HIV screening and prevention information

TAMUC First Responder Conference (Fall 2020 – Current)

- Assist with preparation for Spring 2022 conference hosted at TAMUC
  - Provide insight on participant engagement and agenda
  - Public Health representative on program planning and implementation

Service Providers Training and Development

- Workshop on Cultural Competence to improve the Clinical Encounter (Every Semester)
  - Virtual In-service for Licensed Texas Substance & Drug Abuse Professional Counselors hosted by TAMUC Counseling Department

Manuscript Reviewer

- Plos ONE Journal (January 2022 – Current)
- International Journal of Translational Medical Research and Public Health (2019 – Current)
- CDC Preventing Chronic Disease Manuscript (2019, 2020)
- International Journal of Kinesiology in Higher Education (May, 2018)

Abstract Reviewer (Spring 2018 – Current)

- American Public Health Association Conference for Caucus on Homelessness

HHSC Center for Elimination of Disproportionality & Disparities (February – August 2014)

Program Intern, State Partnership Grant to Improve Minority Health (SPGIMH) in the Dallas-STAR and Hidalgo-START PLUS areas

- Assist with the development and implementation of the State Partnership Grant to Improve Minority Health (SPGIMH) in the Dallas-STAR and Hidalgo-START PLUS areas.
  - Project's goal is to promote the voluntary adoption and implementation of the National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care (National CLAS Standards) by healthcare providers.
- Facilitated Community Engagement Interviews

**INTERNAL – UNIVERSITY SERVICE**

- Chair, Faculty Search Committee (2022)
- *WellNation* Living Learning Community – Committee Member (10/2020 – Present)
- Employee Wellness Book Club – Coordinator (Fall 2020 – Present)
- Faculty Search Committee (2020)
- Covid-19 Task Force – Team Lead for Public Health Sub-Committee (Spring 2020 – Spring 2022)

- Faculty Senate – Committee Member (Fall 2019 – Present)
- Staff Search Committee (2019)
- Wellness Council – Committee Member (07/ 2018 – Present)
- Annual Research Student Symposium – Judge (April 2018 & 2019)
- Public Health Committee, Program Director & Chair (10/2017 – present)
- Academy of Health Potential Committee, Chair (10/2017 – 1/2021)

### **Invited Presentations/Activities**

Breakout Session Panelist (Nov. 18, 2021). COEHS Workshop: Demystifying the Tenure and Promotion Process – International Faculty Issues Session at TAMUC, Commerce, TX

Breakout Session Moderator (Sept. 24, 2020). What Truth Sounds Like: A Virtual Symposium - Student Voices Session at TAMUC, Commerce, TX

Schmit, E. L., Schmit, M. K., **Wachira, E.**, Lauderdale, S. (Sept. 30, 2019). Mental health in college students: A panel discussion. Session presented at Professional Development Day at TAMUC, Commerce, Texas

**Wachira, E.** (Fall 2019 - Current). Health and Human Performance Showcase presented at Mane Event Preview Day at TAMUC, Commerce, Texas

Merrem, A., Baghurst, T., Flaud, V., Holden, S., **Wachira, E.** & Zarco, E. International Faculty Perspectives on Kinesiology in Higher Education in the US (January, 2019). Informed Panel Session. Panel Session at National Association for Kinesiology in Higher Education, Savannah, GA.

Thayer, J., **Wachira, E.**, Moseley, S. (April 2, 2018). Exercise for Mental Health. Session presented at Mental Health Matters Day at TAMUC, Commerce, Texas

**Wachira, E.** (Spring 2018). What the Public Health? Invited class presentation to Honors Students enrolled in Thesis Preparation courses at TAMUC, Commerce, Texas

### **COMMUNITY SERVICE**

Commerce ISD & Psychology Department Initiative (Fall 2020)

Creating a community health initiative to promote emotional wellness among Commerce ISD families through health education efforts and connecting needy families to the Psychology clinic for services

Project Coordinator, AFYA Day: Fun Run and Wellness Expo (May 2019 & April 2020)

Community wide health promotion event in the Kenyan community aimed at mobilizing our community to promote wellness across all sectors.

Inspire Spaces, Youth Organization (December 2018 & 2019)

Develop and deliver Youth Development training program during the 3-day Annual Retreat for secondary school students supported by the organization

Organizer, Kenya Youth Summit (Every August: 2018 -Current)

Two-day event as part of International Youth Day aimed at bringing together the youth and supporters to discuss youth-driven initiatives focused on issues impacting youth.

Denton County Health Department (2012-Current)

(2012 – 2013) Health Education Volunteer - Led Diabetes community focus group, assisted with planning and coordination of annual 5K county run and health fair

(2013-Current) Medical Reserve Corps Health Team Volunteer – Support MRC initiatives during major events or needs. COVID-19 Calling Center volunteer.



## HONORS, AWARDS, AND LISTINGS

### *Awarded*

Chuck Arize Jr. Faculty Award (Fall 2020)

Highest award given to a university Assistant Professor at Texas A&M University – Commerce. Named in honor of Dr. Augustine “Chuck” Arize, a Regent’s Professor in the Texas A&M System and the University’s most distinguished professor.

QEP Global Fellow (Spring 2020 - Current)

### *Not Awarded*

Nominee for Neill Humfeld Distinguished Faculty Award For Service (Spring 2020, 2021)

Nominee for Faculty Senate Awards for Professional Excellence – Community Service Award (Spring 2020, 2021)

Distinguished Faculty Awards for Teaching (Burrus, Gilstrap, Davis and Plata – Spring 2021).

## PROFESSIONAL ASSOCIATIONS (\*denotes current membership)

- American Public Health Association\*
- Texas Public Health Association\*
- Public Health Nursing Group (TPHA)

## CERTIFICATIONS, CONTINUING EDUCATION, AND PROFESSIONAL DEVELOPMENT

- Demystifying the Tenure and Promotion Process COEHS Workshop (11/2021)
- IRB Protection of Human Services Training (2017, 2019, 2021)
- Utilizing the Nuventive(tm) Improvement Platform for Annual Assessment Reporting – For Academic Programs (07/2020)
- Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training (09/2019)
- TAMUC Annual Research Symposium (2018, 2019)
- TAMUC Professional Development Day (2018, 2019)
- NAKHE Leadership Conference (2018)
- Essentials of myLeo Online (2018)
- Certified in Public Health (CPH) (2012)
- Certified Health Education Specialist (CHES) (2012)
- Registered Nurse (RN) (2007)