

Uchechi A. Mitchell, MSPH, PhD
Curriculum Vitae

University of Illinois at Chicago
School of Public Health
Division of Community Health Sciences
1603 West Taylor Street
Chicago, IL 60612-4394

Office: (312) 413-0107
Personal: (424) 258-0810
Email: umitch@uic.edu

EDUCATION

- 2009 – 2014 **Doctor of Philosophy in Public Health**
Department of Community Health Sciences
Fielding School of Public Health, University of California, Los Angeles
- 2007 – 2009 **Master of Science in Public Health**
Department of Community Health Sciences
Fielding School of Public Health, University of California, Los Angeles
- 2001 – 2005 **Bachelor of Arts (with Honors)**
Department of Biochemical Sciences
Harvard College, Harvard University

ACADEMIC POSITIONS

- 08/16 – present **Assistant Professor (tenure-track)**
Department of Community Health Sciences
School of Public Health, University of Illinois Chicago
- 09/14 – 08/16 **Postdoctoral Scholar, *National Institute on Aging (NIA)***
T32 Multidisciplinary Training in Gerontology
USC Davis School of Gerontology
- 09/13 – 08/14 **Predocctoral Research Trainee, *National Institute on Aging (NIA)***
T32 Training Program in the Economics and Demography of Aging
UCLA California Center for Population Research
- 01/13 – 06/13 **Teaching Assistant, *Introduction to Community Health Sciences***
Department of Community Health Sciences
UCLA Fielding School of Public Health
- 04/12 – 06/12 **Teaching Assistant, *Introduction to Community Health Sciences***
Department of Community Health Sciences

UCLA Fielding School of Public Health

09/09 – 08/11 **Predoctoral Research Trainee**, *National Institute of General Medical Sciences (NIGMS)*
T32 Training Program in Population, Behavioral and Biomedical Sciences
UCLA California Center for Population Research

RESEARCH AND TEACHING INTERESTS

Racial Health Inequity; Minority Aging; Social Determinants of Health; Social Stress Process; Psychosocial Factors and Aging; Biodemography and Social Biology; Experiences of Discrimination.

PUBLICATIONS

Manuscripts (Accepted, In Press)

- 2018 **Mitchell, Uchechi A.**, Perla Chebli, Laurie Ruggiero, and Naoko Muramatsu. The digital divide in health-related technology use: The significance of race/ethnicity. (2018). *The Gerontologist (Special Issue on Technology and Aging)*.
- 2018 Brown, Lauren L. **Uchechi A. Mitchell** and Jennifer A. Ailshire. Disentangling the Stress Process: Race/Ethnic Differences in the Exposure and Appraisal of Chronic Stressors Among Older Adults. (2018). *The Journals of Gerontology: Social Sciences*.
- 2018 **Mitchell, Uchechi A.**, Jennifer A. Ailshire, and Eileen M. Crimmins. Change in cardiometabolic risk among blacks, whites and Hispanics: findings from the Health and Retirement Study. (2018). *The Journals of Gerontology: Medical Sciences*.

Manuscripts (Under Review)

- 2019 **Mitchell, Uchechi A.**, Jung Ki Kim, Jennifer A. Ailshire, and Eileen M. Crimmins. Twenty-year Trends in Cardiovascular Risk by Race/Ethnicity: 1990-2010. Submitted to *Ethnicity & Disease*.

Published Manuscripts

- 2018 **Mitchell, Uchechi A.**, Jennifer A. Ailshire, Lauren L. Brown, Morgan E. Levine, and Eileen M. Crimmins. (2018). Education and Psychosocial Functioning among Older Adults: Four-year Change in Sense of Control and Hopelessness. *Journal of Gerontology: Social Sciences*, 73(5), 849-859.

- 2016 Nguyen, Ann W., Robert Joseph Taylor, Linda M. Chatters, Harry Owen Taylor, Karen D. Lincoln, and **Uchechi A. Mitchell**. (2016). Extended family and friendship support and suicidality among African Americans. *Social Psychiatry and Psychiatric Epidemiology*, 52(3), 299-309.
- 2016 **Mitchell, Uchechi A.** and Carol S. Aneshensel. Social Inequalities in Inflammation: Age Variations in Older Persons. *Journal of Aging and Health*, 29(5), 769-787.
- 2008 Mansbach, Jonathan, Sunday Clark, Norman C. Christopher, Frank LoVecchio, Sarah Kunz, **Uchechi Acholonu**, and Carlos A. Camargo, Jr. (2008). Prospective Multicenter Study of Bronchiolitis: Predicting Safe Discharges from the Emergency Department. *Pediatrics*, 121(4), 680-8.
- 2008 Mansbach, Jonathan, Alexander J. McAdam, Sunday Clark, Paul D. Hain, Robert G. Flood, **Uchechi Acholonu**, and Carlos A. Camargo, Jr. (2008). Prospective Multicenter Study of the Viral Etiology of Bronchiolitis in the Emergency Department. *Academic Emergency Medicine*, 15(2), 111-8.
- 2007 Ginde, Adit A., **Uchechi Acholonu**, Horacio Duarte, and Carlos A. Camargo, Jr. (2007). Suboptimal Diabetes Preventive Care among Massachusetts Emergency Department Patients: A Missed Opportunity. *Practical Diabetes International*, 24(4), 197-200.
- 2007 Mansbach, Jonathan, **Uchechi Acholonu**, Sunday Clark, and Carlos A. Camargo, Jr. (2007). Variation in IRB Responses to a Standard, Observational Pediatric Research Protocol. *Academic Emergency Medicine*, 14(4), 377-80.
- 2007 Mansbach, Jonathan, Sarah Kunz, **Uchechi Acholonu**, Sunday Clark, and Carlos A. Camargo, Jr. (2007). Evaluation of Compliance with Palivizumab Recommendations in a Multicenter Study of Young Children Presenting to the Emergency Department with Bronchiolitis. *Pediatric Emergency Care*, 23(6), 362-7.

Book Chapters

- 2018 Conroy, Lorraine M., Susan Altfeld, Jennifer Hebert-Bierne, Jyotsna Jagai, and **Uchechi A. Mitchell**. Teaching Determinants of Population Health in a Diverse Classroom. In Lisa Sullivan and Sandro Galea (Eds.) *Teaching Public Health*. Baltimore, MD: John Hopkins University Press (*in press*).
- 2014 Aneshensel, Carol S. and **Uchechi A. Mitchell**. (2014). The Stress Process: Its Origins, Evolution, and Future. In Robert J. Johnson, R. Jay Turner, Bruce Link (Eds.) *Sociology of Mental Health: Selected topics from Forty Years 1970s – 2010s*. New York, NY: Springer, 2334-2346.
- 2014 Aneshensel, Carol S. and **Uchechi A. Mitchell**. (2014). The Stress Process. In William C. Cockerham, Robert Dingwall, Stella R. Quah (Eds.) *The Wiley-Blackwell Encyclopedia*

of Health, Illness, Behavior, and Society. Oxford, England: Blackwell Publishing Ltd., 53-74.

Manuscripts in Preparation

Mitchell, Uchechi A., Perla Chebli, Laurie Ruggiero, and Naoko Muramatsu.
Understanding Racial/Ethnic Patterns of Everyday Technology Use among Older Adults.

Mitchell, Uchechi A. Lauren L. Brown, Ann W. Nguyen, and Carol S. Aneshensel.
Race, Inflammation and the Stress of Everyday and Lifetime Experiences of
Discrimination.

Mitchell, Uchechi A. Lauren L. Brown, and Ann W. Nguyen. Hopelessness: An
Understudied Consequence of Discrimination among Older African Americans.

SPONSORED RESEARCH ACTIVITIES

Awarded-External

- 2018-19 Principal Investigator
*Holding on to Hope: An Analysis of Structural Risk Factors and Resilience
Facilitators among a Racial Diverse Population of Older Adults*, UIC Center for
Health Equity Research (CHER) Chicago. (NIMHD Grant: 1U54MD012523-01)
- 2015-16 Pilot Principal Investigator
*Economic Stress and Disease Risk: Pathways to Health Inequalities among Older
Adults*, USC Resource Centers for Minority Aging Research. (NIA Grant: P30-
AG043073).
- 2015-16 Principal Investigator
Race and Ethnic Differences in Measured Indicators of Health and Biological Risk,
Network on Life-course Health Dynamics and Disparities in 21st Century America.
(NIA Grant: R24-AG045061).

Submitted (Under Review)

- 2019 Principal Investigator
*Understanding Race Differences in Cognitive Decline: The Role of Mid-life Stress
Expos, Psychosocial Resources and Physiological Dysregulation in Midlife*, National
Institute on Aging (NIA), R21. Grant period: 2019-2021
- 2019 Principal Investigator

- Psychosocial Stressors, the Total Environment and Allostatic Load: A Comprehensive Assessment, National Institute on Aging (NIA), R01. Grant period: 2019-2022
- 2019 Principal Investigator
Neighborhood, Social and Economic Stressors: An Investigation of Their Joint Effects on Racial/Ethnic Inequities in Dementia Risk. National Institute on Aging (NIA), Alzheimer's-focused administrative supplement. Grant period: 2019-2020
- Submitted (Not Funded)**
- 2018 Principal Investigator
Psychosocial Functioning among African American Elders: Identifying Risk and Resilience Factors, University of Illinois at Chicago, School of Public Health Seed Funding Program. Grant period: 2018-2019
- 2018 Principal Investigator
Cumulative Environmental Quality and Allostatic Load: Assessing Associations, University of Illinois at Chicago, School of Public Health Seed Funding Program. Grant period: 2018-2019
- 2017 Co-Principal Investigator
Cumulative Environmental Quality and Allostatic Load: Assessing Associations, NIEHS-funded Chicago Center for Health and Environment (CATCHET) Pilot. Grant period: 2018-2019
- 2017 Co-Principal Investigator
Total Environmental Quality and Allostatic Load: A Comprehensive Assessment, Environmental Protection Agency (EPA), Using a Total Environment Framework (Built, Natural, Social Environments) to Assess Life-long Health Effects of Chemical Exposures STAR Program. Grant period: 2017-2022
- 2016 Principal Investigator
Protecting the Cognitive Health of Minority Elders: Identifying Pathways of Stress and Resilience in Aging, University of Illinois at Chicago, Institute for Research on Race and Public Policy Faculty Fellowship. Grant period: 2016-2017

HONORS, AWARDS, GRANTS & FELLOWSHIPS

- 2018 New Connections Symposium Participant, Robert Wood Johnson Foundation (RWJF)
- 2015 National Institute of Aging (NIA) Butler-Williams Scholar
- 2015 RAND Summer Institute: Demography, Economics, and Epidemiology of Aging

- 2015 Outstanding Student Presentation, Society for the Analysis of African American Public Health Issues (SAAPHI)
- 2015 Dean's Post Doctoral Student Prize, USC Davis School of Gerontology
- 2014-2016 National Institute of Aging (NIA) T32 Multidisciplinary Training in Gerontology
- 2014 Delta Omega Honorary Society in Public Health (Iota Chapter), Inductee
- 2013-14 National Institute of Aging (NIA) T32 Training Program in the Economics and Demography of Aging
- 2013-14 Dissertation Year Fellowship, UCLA Graduate Division (declined)
- 2012-13 Departmental Award, Fielding School of Public Health, Department of Community Health Sciences, UCLA
- 2012-13 Dr. Ursula Mandel Fellowship, UCLA Graduate Division
- 2011-12 Graduate Research Mentorship Program, UCLA Graduate Division
- 2011, 2012 Graduate Summer Mentorship Research Program, UCLA Graduate Division
- 2009-11 National Institute of General Medical Sciences (NIGMS) T32 Training Program in Population, Behavioral and Biomedical Sciences
- 2009 Delta Omega Honor Society for Schools of Public Health, Student Poster Award
- 2008-09 California Endowment Fellowship
- 2007-08 Graduate Opportunity Fellowship, UCLA Graduate Division

CONFERENCE PRESENTATIONS

- 2018 "Hopelessness: An Understudied Consequence of Discrimination Among Older African Americans." American Public Health Association (APHA), Annual Meeting, San Diego, CA, November 2018
- 2017 "Race/Ethnic Disparities in Exposure to Chronic Stressors Varies by Age Among Older Adults." IAGG World Congress of Gerontology & Geriatrics, San Francisco, CA, July 2017
- 2016 "Race Differences in the Association between Socioeconomic Status and Depressive Symptoms: Discrimination Associated with Status Attainment." International Conference on Social Stress Research (ISSR), Annual Meeting, San Diego, CA, June 2016.
- 2016 "Recent Trends in Cardiovascular Risk by Race: 1990-2010." Network on Life Course Health Dynamics and Disparities (NLCHDD) in the 21st Century, Washington DC, April 2016.
- 2015 "The Adverse Effects of Discrimination on Systemic Inflammation in Older Adults." Gerontological Society of America (GSA), Annual Meeting, Orlando, FL, November 2015.
- 2015 "Race Differences in Life Satisfaction: Do Higher Levels of Education Help or Hurt?" Gerontological Society of America (GSA), Annual Meeting, Orlando, FL, November 2015.

- 2015 “Socioeconomic Status and the Psychosocial Well-being of Older African Americans.” Gerontological Society of America (GSA), Annual Meeting, Orlando, FL, November 2015.
- 2015 “A Change for the Worse: Cardiometabolic Disease Risk among Older African Americans.” Pre-conference meeting of the Society for the Analysis of African American Public Health Issues (SAAPHI). American Public Health Association (APHA), Annual Meeting, Chicago, IL, October 2015.
- 2015 “Cardiometabolic Disease Risk and Race/Ethnicity: An Examination Using the Health and Retirement Study.” American College of Epidemiology (ACE), Atlanta, GA, September 2015.
- 2015 “Four-year Change in Cardiometabolic Risk: Does Race/Ethnicity Matter?” Society of Epidemiologic Research (SER), Annual Meeting, Denver, CO, June 2015.
- 2015 “Age Variations in the Distribution and Determinants of Systemic Inflammation among Older Adults.” Population Association of America (PAA), Annual Meeting, San Diego, CA, May 2015.
- 2015 “Four-year Change in Cardiometabolic Risk: Does Race/Ethnicity Matter?” Biomarker Network, Annual Meeting, San Diego, CA, April 2015.
- 2014 “Differences in Educational Attainment Mediate Race Differences in Inflammation among Older Adults.” American Public Health Association (APHA) Annual Meeting, New Orleans, LA, November 2014.
- 2014 “Social Stressors, Inflammation and the Depletion of Psychosocial Resources.” Biomarker Network, Annual Meeting, Boston, MA, May 2014.
- 2014 “Mechanisms of Racial Health Disparities in Inflammation and Blood Pressure: A Test of the Differential Stress Exposure and Differential Stress Vulnerability Hypotheses.” Population Association of America (PAA), Boston, MA, May 2014.
- 2012 “Everyday Discrimination Increases the Risk of Having Multiple Chronic Conditions among Older Adults.” American Public Health Association (APHA) Annual Meeting, San Francisco, CA, November 2012.
- 2009 “Influence of Active-coping on Medication Adherence in a Low-income Hypertensive African-American Community: A New Application of John Henryism.” American Public Health Association (APHA), Annual Meeting, Philadelphia, PA, November 2009.
- 2006 “Prospective Multicenter Study of Bronchiolitis Patients in the Emergency Department: Compliance with palivizumab recommendations.” Society of Academic Emergency Medicine (SAEM), Annual Meeting, San Francisco, CA, April 2006.

INVITED TALKS, PANELS & PRESS

Invited Talk: University of Chicago, Department of Public Health Sciences. *Holding on to Hope? Structural Risk Factors and Resilience Facilitators among a Racial Diverse Population of Older Adults*. (January 2019).

Invited Talk: California Center for Population Research (CCPR). *When is Hope Enough?: Discrimination, Hopefulness and Racial Disparities in Biological Risk*. (October 2018).

Invited Panelist: National Alzheimer's Summit, hosted by UsAgainstAlzheimer's. *Promoting Brain Health Equity*. (September 2018).

Editorial: *Vitality*, official magazine of USC Leonard Davis School of Gerontology: "Why Successful Aging Isn't Colorblind." (September 2015).

Invited Talk: University of Southern California, Davis School of Gerontology. What's Hot in Aging Research at USC Symposium. *Race Disparities in Cardiometabolic Risk: New Developments in Minority Aging Research*. (April 2015).

Invited Talk: University of Southern California, Population Research Center. Center for Economic and Social Research Seminar. *Experiences of Discrimination and Disparities in Chronic Inflammation*. (September 2014).

TEACHING EXPERIENCE

University of Illinois at Chicago, School of Public Health - Graduate Courses

IPHS 401: Determinants of Population Health. Introduces students to how social determinants—where one is born, lives, learns, plays, works and ages—influences overall health and health inequities.
(Fall 2018, Fall 2017)

CHS 423: Community Health 3: Professional Development for Public Health Practice. Emphasizes critical thinking, communication and professional development skills for public health practice and prepares students to complete an integrative individual capstone project.
(Fall 2018, Fall 2017)

CHS 447: Survey Planning and Design. Theory and applications of sample survey planning and design for conducting research in health sciences and related fields. Addresses three major topics: survey design and planning, sampling, and data collection procedures
(Spring 2017)

Classroom Guest Lectures

University of Illinois at Chicago, CHSC 446: Research Methods in Community Health. *Benefits of Original vs. Secondary Data*. (March 2017).

University of Illinois at Chicago, CHSC 422: Community Health 2: Evidence-Informed Community Health Interventions. *Theory-based Quantitative Data Analysis*. (February 2017).

University of Illinois at Chicago, EOHS 494: Biological Determinants of Public Health. *Unpacking Racial Inequalities in Health and Aging*. (April 2017).

Loyola Marymount University, HHSC 344: Global and Community Health. *The Health of Racial and Ethnic Minorities*. (February 2016).

SERVICE ACTIVITIES

Service to the University of Illinois at Chicago

2019 – present Discovery Partners Institute (DPI) Health & Wellness Expert Group
2018 – present Senator of UIC Faculty Senate (elected for a 3-year term)

Service to the School of Public Health

2018 – present SPH Committee on Research

Service to the Division of Community Health Sciences

2018 – present Doctoral Studies Committee
2018 – present MPH Admissions Committee
2016 – 2017 Curriculum Committee

Service to the Aging and Public Health Professions

Conference Service

2016 Session Co-chair. “How do Biomarkers Inform Our Understanding of Race and Ethnic Differences in Health.” Annual Meeting of the Gerontological Society of America
2015 Session Co-chair. “Social and Psychological Factors that Promote Health and Wellbeing in Aging African Americans.” Annual Meeting of the Gerontological Society of America
2015 Session Chair. “Stress and Resilience.” Annual Meeting of the Gerontological Society of America
2014 Discussant. “Psychosocial Factors in Aging.” Annual Meeting of the Population Association of America

Ad hoc Reviewer

Journals: *Biodemography and Social Biology; American Journal of Preventative Medicine; Archives of Gerontology and Geriatrics; The Journals of Gerontology, Series B: Psychological Sciences; The Journals of Gerontology, Series B: Social Sciences; Research on Aging; Journal of Racial and Ethnic Health Disparities; Social Currents; Journal of Health and Social Behavior; Health Policy and Technology; Pain Medicine; Journal of Aging and Physical Activity*

Conferences: *American Public Health Association (APHA), Gerontological Society of America (GSA).*

PROFESSIONAL MEMBERSHIP/AFFILIATIONS

| | |
|--------|---|
| Member | American Public Health Association (APHA) |
| Member | Gerontological Society of America (GSA) |
| Member | Population Association of America (PAA) |
| Member | Society for African American Public Health Interests (SAAPHI) |
| Member | Society for Epidemiologic Research (SER) |

ADDITIONAL RESEARCH & PROFESSIONAL EXPERIENCE

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|---------------|---|
| 06/12 – 07/14 | Research Consultant Westside Regional Center, Los Angeles, CA |
| 06/08 – 04/09 | Research Assistant Los Angeles County Department of Public Health, HIV Epidemiology Department, Los Angeles, CA |
| 09/06 – 09/07 | Community HealthCorps Member (AmeriCorps) Massachusetts League of Community Health Centers, Codman Square Health Center, Boston, MA |
| 06/05 – 07/06 | Research Analyst/Project Coordinator Emergency Medicine Network (EMNet), Massachusetts General Hospital, Boston, MA |