

Kristine Zimmermann, PhD, MPH

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ACADEMIC HISTORY

University of Illinois Chicago 2014-2019
Ph.D., Public Health Sciences - Community Health Sciences
Dissertation: The Role of Context in the Implementation of a Rural, Church-based, CVD Risk-reduction Intervention

University of Illinois Chicago 2000-2003
M.P.H., Community Health Sciences, School of Public Health

Beloit College 1992-1996
B.S. Biochemistry and Sociology

PROFESSIONAL APPOINTMENTS

Assistant Professor 2022-present
Division of Health Research and Evaluation, Department of Family and Community Medicine, University of Illinois College of Medicine Rockford, Rockford, IL

Faculty Affiliate 2023-present
Center for Research on Women and Gender, College of Medicine, University of Illinois Chicago

Faculty Affiliate 2022-present
Division of Community Health Sciences, School of Public Health, University of Illinois Chicago

Research Assistant Professor 2020-2022
Division of Health Research and Evaluation, Department of Family and Community Medicine, University of Illinois College of Medicine Rockford, Rockford, IL

Research Assistant Professor 2020-2022
Division of Community Health Sciences, School of Public Health, University of Illinois Chicago

Assistant Director 2008-2020
Center for Research on Women and Gender, University of Illinois Chicago

Project Coordinator 2003-2008
Center for Research on Women and Gender, University of Illinois Chicago

AWARDS AND HONORS

KL2 CATS Scholars Award, Center for Clinical and Translational Sciences, University of Illinois Chicago	June 2022-present
KL2 CATS Affiliate Scholars Award, Center for Clinical and Translational Sciences, University of Illinois Chicago	2021-22
Research Article Award (Multidisciplinary Category), School of Public Health, University of Illinois Chicago	AY 2020-21
Conference Travel Award, School of Public Health, University of Illinois Chicago	AY 2019-20
Conference Presenter Award, Health Professions Student Council, University of Illinois Chicago	AY 2019-20
Conference Presenter Award, Graduate College, University of Illinois Chicago	AY 2018-19
Conference Travel Award, School of Public Health, University of Illinois Chicago	AY 2018-19
Conference Presenter Award, Health Professions Student Council, University of Illinois Chicago	AY 2018-19
Conference Presenter Award, Community Health Sciences Division, School of Public Health, University of Illinois Chicago	AY 2018-19
Conference Presenter Award, Graduate College, University of Illinois Chicago	AY 2017-18
Conference Presenter Award, Health Professions Student Council, University of Illinois Chicago	AY 2017-18
Conference Presenter Award, Community Health Sciences Division, School of Public Health, University of Illinois Chicago	AY 2017-18
Conference Travel Award, School of Public Health, University of Illinois Chicago	AY 2017-18
Professional Development Award, Chancellor's Committee on the Status of Women, University of Illinois Chicago	2017
Professional Development Award, Chancellor's Committee on the Status of Women, University of Illinois Chicago	2016
Conference Travel Award, School of Public Health, University of Illinois Chicago	2015
Chancellor's Academic Professional Excellence Award, University of Illinois Chicago	2013

FUNDING HISTORY

Current Funding Support

NIH/NCATS, CCTS 2022 KL2 CATS Scholars Award, NIH Award number: KL2TR002002, "Promoting Physical Activity in Pregnant Persons in Rural Illinois," \$197,500, Role: Trainee	2022-2024
Community Foundation of Northern Illinois, "Diabetes-TEAM: Text-Messaging Education & Support Pilot at a Federally Qualified Health Center," \$59,984 Role: Co-Principal Investigator	2022-2023
Illinois Department of Public Health (funded by CDC), "Evaluation of the Illinois WISEWOMAN Program," \$625,000, (PI: M. Khare), Role: Evaluator	2018-2023

Completed Funding Support

Illinois Department of Public Health (funded by CDC), "Illinois Diabetes, Heart Disease and Stroke Program Evaluation," \$500,000, Role: Evaluator	2018-2023
Illinois Department of Healthcare and Family Services, "Transformation Project	2021-2022

– Phase 2,” **Role: Faculty Oversight & Team Co-lead, Community Input Team**

Chicago Department of Public Health, “Family Connects Chicago Formative Evaluation,” \$350,000, Role: Co-Principal Investigator	2020-2022
Illinois Department of Public Health (funded by CDC), “Illinois Breast and Cervical Cancer Program,” (PI: A. Handler), Role: Evaluator	2020-2021
Stephenson County Health Department (funded by HRSA), “Evaluation of the Enhanced Win With Wellness Program,” (PI: M. Khare), Role: Evaluator	2018-2021
Illinois Department of Public Health (funded by CDC), “Evaluation of the Illinois WISEWOMAN Program,” \$409,000, (PI: M. Khare), Role: Evaluator	2013-2018
Ounce of Prevention Foundation, “Illinois Family Connects Formative Evaluation,” \$49,234, (PI: A. Handler), Role: Co-Investigator	2017-2018
Stephenson County Health Department (funded by HRSA), “Evaluation of the Stephenson Carroll County Healthy Living Project,” \$177,000, (PI: M. Khare), Role: Evaluator	2015-2018
Coalition for a Healthier Community Phase II, Office on Women’s Health, US DHHS, “Southern Seven Coalition for Women's Health: Faith-Based Collaborative,” \$1,500,000, (PI: S. Geller), Role: Program Coordinator	2011-2016
John Snow, Inc., “National Women and Girls HIV/AIDS Awareness Day: 3 rd Annual Safer Sex Fest,” \$1,600, Role: Principal Investigator	2011-2012
Coalition for a Healthier Community Phase I, Office on Women’s Health, US DHHS, “Southern Seven Coalition for Women's Health: Assessment and Planning Related to Cardiovascular Disease, Diabetes, Obesity and Cancer in the Community,” \$100,000, (PI: S. Geller), Role: Program Coordinator	2010-2011
John Snow, Inc., “National Women and Girls HIV/AIDS Awareness Day: 2 nd Annual Safer Sex Fest,” \$1,650, Role: Principal Investigator	2009-2010
John Snow, Inc., “National Women and Girls HIV/AIDS Awareness Day 2009 Empowering Women to Take Action Against AIDS,” \$1,994, Role: Principal Investigator	2008-2009
Advancing System Improvements to Support Targets Towards Healthy People 2010, Office on Women’s Health, US DHHS, “Southern Seven Women’s Initiative for Cardiovascular Health,” \$933,837, (PI: S. Geller), Role: Program Coordinator	2007-2010
Office on Women’s Health, US DHHS, “BodyWorks Adolescent Evaluation and Dissemination,” \$14,271, (PI: S. Shirk), Role: Co-Investigator	2007-2008
Office on Women’s Health, US DHHS, “National Women and Girls HIV/AIDS Awareness Day 2008,” \$2,500, Role: Principal Investigator	2007-2008
Office of Women’s Health, Illinois Department of Public Health, Women’s Health Initiative Grants, “BodyWorks,” \$50,000, (PI: S. Shirk), Role: Co-Investigator	2006-2008
Office on Women’s Health, US DHHS, “National Women and Girls HIV/AIDS Awareness Day 2007,” \$3,700, Role: Principal Investigator	2006-2007
Johnson & Johnson Foundation Implementation Grant, “Women’s Health in Beauty Salons Initiative,” \$25,000, Role: Principal Investigator	2005-2006

Office on Women's Health, US DHHS, "National Women and Girls HIV/AIDS Awareness Day 2006," \$2,000, Role: Principal Investigator	2005-2006
Johnson & Johnson Foundation Planning Grant, "Women's Health in Beauty Salons Initiative," \$10,000, Role: Principal Investigator	2004-2005
Office on Women's Health, US DHHS, "Women's Health in Beauty Salons Initiative," \$20,000, Role: Principal Investigator	2004-2005

PEER REVIEWED PUBLICATIONS

Original Research

Zimmermann, K., Haen, L.S., Desloge, A., & Handler, A. (2023). The role of a local health department in advancing health equity: universal postpartum home visiting in a large urban setting. *Health Equity*, 7.1, 703-712. doi: 10.1089/heq.2023.0104

Zimmermann, K., Muramatsu, N., Molina, Y., Carnahan, L.R., & Geller, S.E. (2023). Application of the Consolidated Framework for Implementation Research to understand implementation context of a cardiovascular disease risk-reduction intervention in rural churches. *Translational Behavioral Medicine*, 13(3), 236-244. Doi: 10.1093/tbm/ibac110

* Selected as "Editor's Choice" for the issue in which article was published

* 2023 UIC School of Public Health Research Article Award Honorable Mention

Khare, M.M., **Zimmermann, K.**, Kazungu, F., Pluta, D., Ng, A., Mercadante, A., & Law, A.V. (2022). COVID-19 vaccine attitudes and barriers among unvaccinated rural residents. *Ethnicity & Disease*, 32(4): 305-314. doi:10.18865/ed.32.4.305

Khare, M.M., **Zimmermann, K.**, Lyons, R., Locklin, C., & Gerber, B. (2021). Feasibility of Promoting physical activity using mHealth technology in rural women: the Step-2-It study. *BMC Women's Health*, 21, 415. doi: 10.1186/s12905-021-01561-5

Dalstrom, M., Guth, B., Lizer, C., **Zimmermann, K.**, & Khare, M.M. (2021). Supporting a rural wellness intervention through assessing and mapping rural physical activity environments. *Preventive Medicine Reports*, 24, 101567. doi: 10.1016/j.pmedr.2021.101567

Carnahan, L.C., Rauscher, G.H., Watson, K.S., Altfeld, S., **Zimmermann, K.**, Ferrans, C.E., & Molina, Y. (2021). Comparing the roles of social context, networks, and perceived social functioning with health-related quality of life among rural female cancer survivors. *Supportive Care in Cancer*, 29(1): 331-340. doi: 10.1007/s00520-020-05497-8

Strayhorn, S.M., Carnahan, L.R., **Zimmermann, K.**, Hastert, T.A., Watson, K.S., Ferrans, C.E., & Molina Y. (2020). Comorbidities, treatment-related consequences, and health-related quality of life among rural cancer survivors. *Supportive Care in Cancer*, 28(4): 1839-48. doi: 10.1007/s00520-019-05005-7

Zimmermann, K., Carnahan, C., Khare, M. M., Chakraborty, A., Risser, H. J., Molina, Y., & Geller, S. (2019). Effectiveness of a faith-placed cardiovascular health promotion intervention for rural adults. *Journal of Health Disparities Research and Practice*, 12(6): Article 8. Available at: <https://digitalscholarship.unlv.edu/jhdrp/vol12/iss6/8>

Handler, A., **Zimmermann, K.**, Dominik, B., Garland, C. (2019). Universal early home visiting: A strategy for reaching all postpartum women. *Maternal and Child Health Journal*, 23(10): 1414-1423. doi: 10.1007/s10995-019-02794-5

Carnahan, L.R., **Zimmermann, K.**, Khare, M.M., Paulsey, E., Molina, Y., Wilbur, J., & Geller, S.E. (2018). Physical activity and masculinity in rural men: A qualitative study of men recruited from churches. *Health Education Research*, 33(2):145-154.

Molina, Y., **Zimmermann, K.**, Carnahan, L.R., Paulsey, E., Bigman, C.A., Khare, M.M., Zahnd, W., & Jenkins, W. (2018). Rural women's perceptions about cancer disparities and contributing factors: A call to communication. *Journal of Cancer Education*, 33(4), 749-756.

Zimmermann, K., Carnahan, L., Paulsey, E., & Molina, Y. (2016). Healthcare eligibility and availability and healthcare reform: Are we addressing rural women's barriers to accessing care? *Journal of Health Care for the Poor and Underserved*, 27(4A), 204-219.

Zimmermann, K., Carnahan, L.R., & Peacock, N.R. (2016). Age-associated perceptions of physical activity facilitators and barriers among women in rural southernmost Illinois. *Preventing Chronic Disease*, 13, E138.

Carnahan, L.R., **Zimmermann, K.**, & Peacock, N.R. (2016) What rural women want the public health community to know about access to healthful food: A qualitative study, 2011. *Preventing Chronic Disease*, 13, E57.

Zimmermann, K., Khare, M.M., Wright, C., Hasler, A.C., Moehring, P.A., Kerch, S., & Geller, S.E. (2015). Application of a gender-based approach to conducting a community health assessment for rural Illinois women. *Evaluation and Program Planning*, 51, 27-34. doi:10.1016/j.evalprogplan.2014.12.004

Zimmermann, K., Khare, M.M., Koch, A.R., Wright, C., & Geller, S. (2014). Training intervention study participants to disseminate health messages to the community: a new model for translation of clinical research to the community. *Clinical and Translational Science*, 7(6), 476-481. doi: 10.1111/cts.12239

Khare, M.M., Koch, A., **Zimmermann, K.**, Huber, R., Moehring, P.A., Wright, C., Hasler, A.C., & Geller, S.E. (2014). Heart Smart for Women: a lifestyle change intervention to reduce cardiovascular risk in rural women. *Journal of Rural Health*, 30(4), 359-68.

Zimmermann, K., Khare, M.M., Huber, R., Moehring, P.A., Koch, A., & Geller, S.E. (2012). Southern Seven women's initiative for cardiovascular health: lessons learned in community health outreach with rural women. *American Journal of Health Education*, 43(6), 349-355.

Avery, A., **Zimmermann, K.**, Underwood, P.W., & Magnus, J.H. (2009). Confident commitment is a key factor for sustained breastfeeding. *Birth*, 36(2), 141-148.

ORAL PRESENTATIONS

Invited Presentations

Moderator, Writing Accountability Group Information Session. Office of Research, University of Illinois College of Medicine Rockford, May 2021.

Presenter, Illinois WISEWOMAN Program: Identifying and Addressing Inefficiencies. WISEWOMAN Virtual Recipient Meeting, Centers for Disease Control and Prevention, February 2021.

Panelist, Women Climbing Up the Career Ladder at UIC: Discussion Panel. Chancellor's Committee on the Status of Women, University of Illinois at Chicago, November 2016.

Co-presenter (with L. Carnahan), Chronic disease in the Southern Seven region. Chronic Disease Prevention in Our Region: "We Are All in this Together," Ullin, IL, April 2016.

Panelist, Time Management/Work-Life Balance Panel of Experts. Academic Mentoring Program, University of Illinois at Chicago, Chicago, IL, December 2011.

Panelist, From Here to There. Beloit College Public Service and Advocacy Day Alumni Panel, Chicago, IL, November 2010.

Presenter, ASIST 2010: Successful community/academic partnerships: Southern Seven Women's Initiative for Cardiovascular Health (SSWICH). Ages and Stages of Women's Wellness: Solutions at Work Conference, Johnson City, TN, June 2010.

Presenter, BodyWorks: A healthy lifestyle program for girls. UIC College of Nursing Research Day, Chicago, IL, March 2008.

Peer-Reviewed Presentations

Wilkerson, J., Robinson, C., Lowell, C., San Miguel, C., Mbande, T., **Zimmermann, K.**, Range, K., Roesch, P. Inequities: Methods for Adapting a Multi-level and Universal Postpartum Intervention. 2022 CityMatCH Leadership and MCH Epidemiology Conference, Chicago, IL, September 2022. (Panel Presentation)

Zimmermann, K., Ng, A., Khare, M.M. Predictors of long-term retention and effectiveness of a community-based weight loss intervention for rural adults. Society of Behavioral Medicine 43rd Annual Meeting & Scientific Sessions. Baltimore, MD, April 2022. (Research Spotlight)

Rizzo, G., Abdelrahim, R., Carnahan, L., **Zimmermann, K.**, Holicky, A., Mujic, E., Doi, S., & Handler, A. The impact of the COVID-19 pandemic on a breast and cervical cancer safety net program for uninsured women. American Public Health Association 149th Annual Meeting, Denver, CO, October 2021.

Zimmermann, K., Carnahan, L., Watson, K.S., Molina, Y. Mental health quality of life among informal cancer caregivers in rural Illinois. Society of Behavioral Medicine 42nd Annual Meeting and Scientific Sessions, Virtual Conference, April 2021. (Research Spotlight)

Zimmermann, K., Khare, M.M., Dalstrom, M., Vrtol, J. Technological Approaches to Addressing Rural Chronic Disease Behaviors. National Rural Health Association 43rd Annual Conference, Virtual Conference, June 2020. (Panel presentation)

Khare, M.M., **Zimmermann, K.**, Beintema, C. Adaptations to increase recruitment and retention in a multi-component heart disease prevention intervention for rural adults. 12th Annual Conference on the Science of Dissemination and Implementation, Arlington, VA, December 2019.

Zimmermann, K., Muramatsu, N., Schoeny, M., Molina, Y., Geller, S. The role of rural church context in participation and attendance in a cardiovascular risk-reduction intervention. 12th Annual Conference on the Science of Dissemination and Implementation, Arlington, VA, December 2019.

Molina, Y., Carnahan, L., Hallgren, E., **Zimmermann, K.**, & Watson, K.S. Characterizing the social environment of rural cancer survivors and caregivers: Preliminary data from the Illinois Rural Cancer Assessment. Society of Behavioral Medicine 40th Annual Meeting and Scientific Sessions, Washington, DC, March 2019.

Carnahan, L., Hallgren, E., **Zimmermann, K.**, Peña, K., Watson, K., Molina, Y. Rural cancer survivors' follow-up healthcare utilization and associations with provider communication quality and caregiver access during treatment: Findings from Wave I of the Illinois Rural Cancer Assessment. American Public Health Association 146th Annual Meeting, San Diego, CA, November 2018.

Zimmermann, K., Khare, M. Weidenbacher-Hoper, V., Calcaterra, H., Beintema, C., MacDowell, M. Implementation, evaluation, and maintenance of community and worksite weight loss groups for rural adults. American Public Health Association 146th Annual Meeting, San Diego, CA, November 2018.

Hallgren, E., Carnahan, L., **Zimmermann, K.**, & Molina, Y. 2018. Financial and work burdens among rural cancer survivors. Medical Sociology Roundtable. American Sociological Association Annual Conference, Philadelphia, PA, August 2018.

Hallgren, E., Molina, Y., Carnahan, L., & **Zimmermann, K.** Financial toxicity among rural cancer survivors. Midwest Sociology Society Annual Meeting, Minneapolis, MN, March 2018.

Zimmermann, K., Carnahan, L., Molina Y. Technology Access and Usage in Rural, Southernmost Illinois: Implications for Health Promotion. American Public Health Association 145th Annual Meeting, Atlanta, GA, November 2017.

Zimmermann, K., Lacson, L., Carnahan, L., Khare, M. WISE WORDS: Development and Process Evaluation of a Text Messaging Program to Support Dietary and Physical Activity Behaviors in Uninsured Women. American Public Health Association 145th Annual Meeting, Atlanta, GA, November 2017.

Zimmermann, K., Carnahan, L., Veldhuis, C., Molina, Y., & Geller, S.E. Evaluation of the "Heart Smart" church-based intervention for cardiovascular disease risk reduction in rural, southernmost Illinois. American Public Health Association 144th Annual Meeting, Denver, CO, November 2016.

Zimmermann, K., Carnahan, L., Paulsey, E., & Molina, Y. Rural women's access to health care: The role of national health care reform. American Public Health Association 144th Annual Meeting, Denver, CO, November 2016.

Zimmermann, K., Carnahan, L., Fisher, S., Molina, Y., & Risser, H. Using CBPR principles to design and pilot a cardiovascular risk reduction intervention evaluation. American Public Health Association 144th Annual Meeting, Denver, CO, November 2016.

Khare, M., **Zimmermann, K.**, Beintema, C., Weidenbacher-Hoper, V., MacDowell, M. Win With Wellness: A collaborative strategy to reduce chronic disease risk in rural adults through

community-based weight loss groups. American Public Health Association 144th Annual Meeting, Denver, CO, November 2016.

Zimmermann, K., Wang, Q., Khare, M., Weidenbacher-Hoper, V., MacDowell, M. Informing Rural Healthy Lifestyle Programs: Planning for a Collaborative, Community-Based Intervention Targeting Rural Adults. American Public Health Association 144th Annual Meeting, Denver, CO, November 2016.

Zimmermann, K., Carnahan, L., & Peacock, N. Barriers and facilitators to physical activity in rural, southern Illinois women. American Public Health Association 143rd Annual Meeting, Chicago, IL, November 2015.

Risser, H.J., **Zimmermann, K.**, & Carnahan, L. Applications of a post-hoc cost effectiveness analysis in a community-based intersectoral collaboration to reduce cardiovascular disease. American Public Health Association 143rd Annual Meeting, Chicago, IL, November 2015.

Carnahan, L., **Zimmermann, K.**, & Risser, H.J. Feasibility and acceptability of a community-led health promotion program to reduce cardiovascular disease risk in adults in rural Illinois. American Public Health Association 143rd Annual Meeting, Chicago, IL, November 2015.

Zimmermann, K., Fisher, S., Jones, R., Kapungu, C., Moehring, P., & Williams, D. Engaging churches in health promotion programs for women and girls: Lessons learned from urban and rural partnerships. Community Campus Partnerships for Health 13th International Conference, Chicago, IL, May, 2014.

Zimmermann, K., Khare, M.M., & Carnahan, L. A faith-based collaborative to reduce health disparities for women in rural southern Illinois. Minority Health in the Midwest Conference: Constructing the Foundation for Health Equity, Chicago, IL, February 2013.

de la Cruz, J., **Zimmermann, K.**, Koch, A., Khare, M.M., Huber, R., Moehring, P., Hasler, A., & Geller, S. Southern Seven Women's Initiative for Cardiovascular Health (SSWICH): A collaborative and multi-level approach to improving the cardiovascular risk profiles of adult women living in the seven southernmost counties of Illinois. Building a Healthier Community: Eat Well, Live Well Regional Conference on Nutrition and Fitness, Chicago, IL, January 2009.

Shirk, S. & **Zimmermann, K.** BodyWorks: Recruitment challenges and successes for an urban population. Illinois Women's Health Conference, Oak Brook, IL, November 2007.

Avery, A., Underwood, P., **Zimmermann, K.**, Magnus, J.H., & Haynes, S.G. African American and Caucasian women's anticipation of the impact of work on breastfeeding - a multi-site grounded theory approach. American Public Health Association 133rd Annual Meeting, Philadelphia, PA, December 2005.

PEER-REVIEWED POSTER PRESENTATIONS

Haen, L.S., Desloge, A., **Zimmermann, K.**, & Handler, A. Family Connects Chicago: Stakeholder Recommendations for Marketing a Universal Postpartum Home Visiting Program. 2022 CityMatCH Leadership and MCH Epidemiology Conference, Chicago, IL, September 2022.

Zimmermann, K., Haen, L.S., Desloge, A., & Handler, A. Stakeholder perspectives on nurse home visitor readiness and training in a universal postpartum home visiting program. 2022 CityMatCH Leadership and MCH Epidemiology Conference, Chicago, IL, September 2022.

Desloge, A., Haen, L.S., **Zimmermann, K.**, & Handler, A. Stakeholder Perspectives on Virtual Engagement: Facilitators and Barriers to Implementing Family Connects Chicago during COVID-19. Association of Maternal and Child Health Programs Annual Conference, Online Conference, May 2022.

Haen, L., **Zimmermann, K.**, Handler, A., Vidis, J., Lowell, G., Goodman, W. Challenges and Changes in the Implementation of Family Connects Chicago Home Visits due to COVID-19. 2021 CityMatCH Leadership and MCH Epidemiology Conference, Online Conference, December 2021.

Haen, L., **Zimmermann, K.**, Handler, A. Challenges and Changes in the Implementation of Family Connects Chicago Home Visits due to COVID-19. 2021 Regions V/VII MCHB Training Program Conference, Online Conference, June 2021.

Price, J. D., Escobar, S., Amerson, N. L., **Zimmermann, K.**, & Barbour, K. E. Evidence-based chronic disease management interventions in Illinois - Results from the CDC Health Systems Scorecard. National Association of County and City Health Officials Annual Conference, Orlando, FL, July 2019.

Khare, M. M., **Zimmermann, K.**, Weidenbacher-Hoper, V., Calcaterra, H., Beintema, C., MacDowell, M., & Lyons, R. Results from implementing an evidence-based, peer-led, weight-loss groups in two rural Illinois counties. National Rural Health Association Annual Meeting, Atlanta, GA, May 2019.

Carnahan, L.R., **Zimmermann, K.**, Hallgren, E., Peña, K., Nwigwe, L., Watson, K., & Molina, Y. Characterizing the role of multilevel social factors on rural cancer survivors' quality of life: Findings from the Illinois Rural Cancer Assessment. American Society of Preventive Oncology, 43rd Annual Conference, Tampa, FL, March 2019.

Strayhorn, S., Molina, Y., Carnahan, L.R., **Zimmermann, K.**, Hastert, T., Watson, K. Testing the Association between Marital Status and the Quality of Life among Rural Cancer Patients. Society of Behavioral Medicine 40th Annual Meeting and Scientific Sessions, Washington, DC, March 2019.

Zimmermann, K., Carnahan, L., Hallgren, E., Watson, K.S., & Molina, Y. Rurality and health-related quality of life among rural cancer survivors. Society of Behavioral Medicine 40th Annual Meeting and Scientific Sessions, Washington, DC, March 2019.

Zimmermann, K., Carnahan, L., Molina, Y., Muramatsu, N., Geller, S. The role of context in the implementation of a cardiovascular risk-reduction intervention in rural churches. 11th Annual Conference on the Science of Dissemination and Implementation in Health, Washington, DC, December 2018.

Khare, M.M., **Zimmermann, K.**, Weidenbacher-Hoper, V., Beintema, C., Calcaterra, H., & MacDowell, M. Results from a Multi-Component Rural Wellness Program. National Rural Health Association Annual Meeting, New Orleans, LA, May 2018.

Khare, M.M., **Zimmermann, K.**, Weidenbacher-Hoper, V., Bientema, C., Calcaterra, H., Vrtol, J., Youngblut, I., & MacDowell, M. Community-informed Programming: Win With Wellness Food Demonstrations. National Rural Health Association Annual Meeting, New Orleans, LA, May 2018.

Zimmermann, K., Khare, M.M., Weidenbacher-Hoper, V., & MacDowell, M. Effectiveness of a peer-led community-based weight loss intervention for rural adults. Society of Behavioral Medicine 39th Annual Meeting and Scientific Sessions, New Orleans, LA, April 2018.

Carnahan, L., **Zimmermann, K.**, San Miguel, L., Lacson, L., & Khare, M. "WISEWOMAN teaches me to eat right and keeps me off of medicine": Perceptions of a statewide cardiovascular disease risk reduction program for low-income women. American Public Health Association 145th Annual Meeting, Atlanta, GA, November 2017.

Hallgren, E., Carnahan, L.R., **Zimmermann, K.**, & Molina, Y. Cancer-related financial burden, employment, and health among rural cancer survivors. American Association of Cancer Research's The Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved, Atlanta, GA, September 2017.

Khare, M.M., **Zimmermann, K.**, Weidenbacher-Hoper, V., Calcaterra, H., Bientema, C., & MacDowell, M. Results of a group-based weight loss intervention in two rural, northwest Illinois counties. National Rural Health Association Annual Meeting, San Diego, CA, May 2017.

Wang, Q., Khare, M.M., Vrtol, J., & **Zimmermann, K.** Promoting wellness: Social media in rural communities. National Rural Health Association Annual Meeting, San Diego, CA, May 2017.

Carnahan, L., **Zimmermann, K.**, Molina, Y., Paulsey, E., & Khare, M. "I know he'd out lift me": Rural men, masculinity, and physical activity. American Public Health Association 144th Annual Meeting, November 2016, Denver, CO.

Khare, M.M., **Zimmermann, K.**, Wang, Q., & MacDowell, M. Focus groups and stakeholder interviews: informing rural health programs. National Rural Health Association Annual Meeting, Minneapolis, MN, May 2016.

Zimmermann, K., Carnahan, L., & Risser, H.J. Implementation of a church-based model for cardiovascular disease risk reduction in rural, southernmost Illinois. American Public Health Association 143rd Annual Meeting, Chicago, IL, November 2015.

Zimmermann, K., Carnahan, L., & Peacock, N. Physical activity barriers and facilitators among rural women. National Rural Health Association Annual Meeting, Philadelphia, PA, April 2015.

Zimmermann, K., Carnahan, L., & Khare, M.M. How can academic institutions adapt to improve public health partnerships with small organizations? Lessons learned from working with rural churches. American Public Health Association 142nd Annual Meeting, New Orleans, LA, November 2014.

Khare, M.M., **Zimmermann, K.**, Carnahan, L., Moehring, P., Wright, C., Schwartz, S., & Geller, S. Reducing cardiovascular health disparities for women in rural southern Illinois: A collaborative, faith-based health promotion model. National Rural Health Association Annual Meeting, Louisville, KY, May 2013.

Khare, M., **Zimmermann, K.**, & Geller S.E. A gender-based community needs assessment approach to reducing health disparities in rural Illinois women. 2012 Science of Eliminating Health Disparities Summit, National Harbor, MD, December 2012.

Khare, M., **Zimmermann, K.**, & Kerch, S. A Gender-based approach to community health assessment to reduce chronic disease in rural Illinois women. Minority Health in the Midwest Conference: Eradicating Health Inequities: Advancing the Solution-Oriented Discourse, Chicago, IL, February 2012.

Zimmermann, K., Khare, M., & Kerch, S. Strategic planning to reduce chronic disease in rural Illinois women: Efforts of the Southern Seven Coalition for Women's Health. Minority Health in the Midwest Conference: Eradicating Health Inequities: Advancing the Solution-Oriented Discourse, Chicago, IL, February 2012.

Zimmermann, K., Khare, M.M., Huber, R., Wright, C., Hasler, A., Moehring, P., & Akhtar, A. Heart-to-Heart peer educator program: Development, implementation and lessons learned. Community Campus Partnerships for Health Annual Meeting, Portland, OR, May 2010.

Khare, M.M., Koch, A., **Zimmermann, K.**, Poshard, D., & Bushar, J. The Heart Smart Campaign: A media campaign to reduce cardiovascular risk for women and families in the Southern Seven Counties of Illinois. Building a Healthier Community: Eat Well, Live Well Regional Conference on Nutrition and Fitness, Chicago, IL, April 2010.

Shirk, S. & **Zimmermann, K.** BodyWorks health and wellness program for teen girls: Successes and lessons learned in Chicago community sites. Building a Healthier Community: Eat Well, Live Well Regional Conference on Nutrition and Fitness, Chicago, IL, January 2009.

OTHER PUBLICATIONS

*Dalstrom, M. Hawley, A., Onsrud, K., **Zimmermann, K.**, & Khare, M.M. (2022). Using maps to promote physical activity in rural communities. *Practicing Anthropology*, 44(2), 21-6.
(*Editor-reviewed publication)

TEACHING EXPERIENCE

Guest Instructor , Rockford Family Medicine Residency Program Didactic Session, University of Illinois College of Medicine Rockford, Rockford, IL	Fall 2022
Instructor , Advanced Theories and Topics in Community Health Sciences, School of Public Health, University of Illinois, Chicago, IL	Fall 2021-present
Guest Instructor , Health, Illness and Society, University of Illinois College of Medicine, Rockford, IL	Fall 2021
Co-instructor , Community Health II: Evidence-Informed Community Health Interventions, School of Public Health, University of Illinois, Chicago, IL	Spring 2021
Co-instructor , Advanced Theories and Topics in Community Health Sciences, School of Public Health, University of Illinois, Chicago, IL	Fall 2020
Guest Instructor , Public Health Systems, Policy and Management School of Public Health, University of Illinois, Chicago, IL	Spring 2019
Lead Teaching Assistant , Public Health Systems, Policy and Management, School of Public Health, University of Illinois, Chicago, IL	Spring 2018
Guest Instructor , Community Health 2: Evidence-Informed Community	Spring 2018

Health Interventions, School of Public Health, University of Illinois, Chicago, IL
Teaching Assistant, Public Health Systems, Policy and Management School of Public Health, University of Illinois, Chicago, IL Spring 2017

SERVICE TO DEPARTMENT/COLLEGE

Member, HRE Research Associate II Search Committee, University of Illinois College of Medicine Rockford	2023
External Impact Subcommittee, Committee on Diversity, Equity, and Inclusion, University of Illinois College of Medicine Rockford	2022-present
Chair, HRE Senior Research Specialist Search Committee, University of Illinois College of Medicine Rockford	2022
MD MPH Joint Degree Program Committee, University of Illinois Chicago	2021-present
Diversity, Equity, and Inclusion Committee, Department of Family and Community Medicine, University of Illinois College of Medicine Rockford	2021-present
Clinical Faculty Search Committee, Community Health Sciences Division, UIC School of Public Health	2021
Chair, HPSSR Research Associate II Search Committee, University of Illinois College of Medicine Rockford	2021
MPH Admissions Committee, Community Health Sciences Division, UIC School of Public Health	2020-2022
Elections Committee, UIC School of Public Health	2020-2022
Doctoral Studies Committee 550-551-552 Working Group, Community Health Sciences Division, UIC School of Public Health	2020
Evaluation and Assessment Subcommittee, Ad Hoc Committee on Diversity and Exclusion, University of Illinois College of Medicine Rockford	2020
Ad Hoc Committee on Diversity and Inclusion, University of Illinois College of Medicine Rockford	2020
Student Representative, Committee on Educational Programs, UIC School of Public Health	2017-2018
Student Representative, Committee on Educational Programs, UIC School of Public Health	2001-2002

UNIVERSITY SERVICE

Poster judge, UIC College of Medicine Research Forum	2022-present
Poster judge, UIC School of Public Health Research Day	2021-present
Abstract Reviewer, Rockford Research Day, UIC Health Sciences Campus, Rockford, IL	2021-present
Poster judge, Rockford Research Day, UIC Health Sciences Campus, Rockford, IL	2020-2021
Co-founder and co-chair, Women's Reading and Discussion (WoRD) Book Club, UIC Chancellor's Committee on the Status of Women	2010-2020
UIC Chancellor's Committee on the Status of Women	2006-2019
UIC Women's Leadership Symposium Planning Committee	2009-2014
UIC Women's Leadership Symposium Workshops Subcommittee	2009-2014
Co-chair, Community Relations Task Force, UIC Chancellor's Committee on the Status of Women	2011-2013
Co-chair, Academic Professionals Sub-Committee, UIC Chancellor's	2007-2009

Committee on the Status of Women
Planning Committee, UIC Women's Heritage Month
Marketing Subcommittee, UIC Women's Heritage Month

2008-2010
2008-2010

MANUSCRIPT AND ABSTRACT REVIEWS

Ad Hoc Reviewer

American Journal of Preventive Medicine
BMC Health Services Research
Birth
Health Promotion Practice
Health Education & Behavior
Health Education Research
Journal of Health Care for the Poor and Underserved
Journal of Rural Health
Journal of Women's Health
Preventing Chronic Disease
Rural and Remote Health
Sage Open Medicine

Abstract Reviews

Society of Behavioral Medicine, Social and Environmental Context and Health

PROFESSIONAL ACTIVITIES

- Session Moderator, 2023 Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Phoenix, AZ
- Illinois Women's Health Conference Planning Committee, Office of Women's Health, Illinois Department of Public Health, 2007-2014
- Region V Women's Health Work Group, Office on Women's Health Region V, US Department of Health and Human Services, 2004-2011
- BodyWorks Trainer Advisory Panel, Office on Women's Health, US Department of Health and Human Services, 2010
- Planning Committee, Ages and Stages of Women's Wellness: Solutions At Work Conference, East Tennessee State University, 2010
- Volunteer Coordinator, National Women's Studies Association Annual Conference, 2007
- Local Planning Committee, National Women's Studies Association Annual Conference, 2006-2007

PROFESSIONAL MEMBERSHIPS

National Rural Health Association
Society of Behavioral Medicine

RELEVANT SKILLS

- Competent with SAS, Dedoose, Atlas ti, Qualtrics, RefWorks, Microsoft Office suite
- Trained in quantitative, qualitative, and mixed methods research. Quantitative analysis skills include bivariate, multivariable, and multilevel analysis.
- Basic skills with REDCap, ArcGIS, HTML programming

COMMUNITY SERVICE

- Grants Committee Member, Community Foundation of Northern Illinois, 2021-Present
- Member, West Chicago Environmental Commission, 2013-2023
- Volunteer, Share the Spirit, People's Resource Center, 2008-2012