

CURRICULUM VITAE  
**Christina K. Holub, PhD, MPH**

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**EDUCATION**

PhD, Health Behavior and Health Education, 2009  
University of North Carolina at Chapel Hill, Graduate School of Public Health

MPH, Epidemiology (Chronic Disease), Concentration in Social and Behavioral Sciences, 2005  
Yale University, Department of Epidemiology and Public Health

BS, Psychobiology, Minor in Spanish Literature, 2003  
University of California, Los Angeles, Department of Psychology

**PROFESSIONAL POSITIONS**

2016-current Assistant Professor, Master of Public Health Program, California State University San Marcos  
2016-current Affiliated Investigator, San Diego State University, Institute for Behavioral and Community Health  
2013-2016 Research Assistant Professor, Graduate School of Public Health, San Diego State University  
2013-2016 Core Investigator, San Diego State University, Institute for Behavioral and Community Health  
2009-2013 Research Fellow, San Diego State University, Institute for Behavioral and Community Health  
2006-2009 Data Analyst, UNC Department of Epidemiology, Chapel Hill, NC  
2004 ASPH Program Intern, Centers for Disease Control and Prevention (CDC)  
Applied Sciences Branch, Atlanta, GA

**HONORS AND AWARDS**

Zahn Innovation Challenge, First Place Award in Social Enterprise, San Diego State University, 2015  
Health Disparities Loan Repayment Program Awardee, National Institutes of Health, 2010-2014  
AACR Minority-Serving Institution Faculty Scholar in Cancer Research Award, 2013  
Fellow of the National Pacific American Leadership Institute, Emerging Leaders Class of 2012  
Graduate School Travel Award, UNC, 2008  
Jo Anne Earp Travel Award, Department of Health Behavior and Health Education, UNC, 2008  
Hochbaum Scholarship, Department of Health Behavior and Health Education, UNC, 2005  
Graduate and Professional Student Federation Travel Award, UNC, 2005  
Maternal and Child Health Epidemiology Conference Scholarship, 2004  
Yale Health CORE, 2003-2005  
PROPS Summer Research Award, UCLA, 2002  
Psychology Research Opportunities Programs Scholar (PROPS), UCLA, 2001-2002

**SERVICE**

Border Obesity Prevention Technical Work Group, current  
Board of Directors, Pacific American Education & Scholarship Foundation, 2013-current  
Board of Directors, Pacific American Academy (PA'A), 2013-2014  
Ambassador for the NIH LRP Program, 2010-2011  
Judge, SDSU Student Research Symposium, 2011, 2012, 2014  
Logistics Coordinator, Foundation for Self-Sufficiency in Central America (FSSCA), Isla de Mendez, El Salvador, 2008  
Social and Behavioral Sciences Representative, Epidemiology and Public Health Organization, Yale University, 2004  
Pregnancy Risk Assessment Monitoring System National Meeting Committee, CDC, 2004  
Research Review Board Member, Yale School of Nursing, Human Investigations Committee, 2004

**TEACHING ACTIVITIES**

**San Diego State University**

Courses

Spring 2016	PH 664 Health, Society and Human Behavior
Spring 2013- 2016 & Fall 2014	PH 490C Public Health Program Evaluation
Fall 2013-2015	PH 668 Seminar in Health Promotion Research: MPH Thesis Production
Summer 2014& Fall 2015	PH 402 Health Communication

**National Institute of Public Health in Mexico**

Summer 2010 Theoretical Foundations in Public Health: The Application and Evaluation of Behavior Change Interventions. Taught in Spanish.

**University of North Carolina at Chapel Hill**

2006-2009 HB 600 Social and Behavioral Sciences in Public Health; Taught 7 sections as teaching assistant. Sections met independently from the main lecture, each week.

Master's Thesis Committee Member**Chair**

Adrian Bacong, Health Promotion & Behavioral Sciences, Title: Assessing Obesity and Obesity-Related Behaviors Among NHPI in San Diego: The Contributions of Assimilation versus Integration, 2016

Liki Porotesano, Health Promotion & Behavioral Sciences, Title: Understanding Barriers to Physical Activity among Native Hawaiian and Pacific Islanders in San Diego, CA, 2016

Rosemarie Saldana, Health Promotion & Behavioral Sciences, Title: Understanding dietary behaviors and identifying strategies for culturally specific health promotion programs for Native Hawaiians and Pacific Islanders, 2014

**Reader**

Natalicio Serrano, Health Promotion & Behavioral Sciences, Title: Does the relationship between neighborhood environment and Latinas' daily walking and vehicle time vary by intrapersonal characteristics?, 2016

Sarah Poblete, Health Promotion & Behavioral Sciences, Title: Health Care Access and Utilization Between Foreign-born and U.S.-born Asian and Pacific Islanders in San Diego County, 2016

Olumide Gbenro, Global Health, Title: Predictors of Uptake of Partner HIV Testing following Individual Outpatient Provider Initiated HIV Testing in Rural Uganda, 2016

Benjamin Aceves, MPH-MS Dual Degree Program with Latin American Studies, Title: Translational Gaps: Informing School Wellness Policies in the U.S. Border region, 2015

Sarah Hardin, Health Promotion & Behavioral Sciences, Title: Development and Exploratory Factor Analysis of an Instrument to Assess Religiosity and Health in a Latina Population, 2012

Amanda Mitzell, Department of Communications, Title: Sweet Surprise: A Case Study in Crisis Response, Topic: Social Media around High Fructose Corn Syrup, 2010

Research Practicum Mentor

Adrian Bacong, Health Promotion & Behavioral Science, MPH Student, 2015-2016

Brigette Sosa, Psychology, Training and Mentoring Program, 2013-2015

Carlo Munar, Public Health, 2013-2014

Jessica De Jesus, Public Health, 2013-2014

Lindsey Pandes, Public Health, 2013-2014

Christina Norton, Public Health, 2013-2014

Joyce Lee, Williams College, Psychology/Public Health, Summer 2014

Olumide Gbenro, Health Promotion & Behavioral Science, MPH Student, Summer 2014

Rosemarie Saldana, Health Promotion & Behavioral Science, MPH Student, 2013

Ronald Filomeno, Public Health, 2013

Natalicio Serano, Public Health, 2012

**PUBLICATIONS****Manuscripts – In Press**

Bacong A, **Holub CK**, Protesano L. Comparing Obesity-Related Health Disparities among Native Hawaiians/Pacific Islanders, Asians, and Whites in California: Reinforcing the Need for Data Disaggregation, *Hawaii Journal of Medicine & Public Health*.

**Manuscripts – Published**

Arredondo EM, Haughton J, Ayala GX, Slymen DJ, Sallis JF, Burke K, **Holub C**, et al.. Fe en Accion/Faith in Action: Design and implementation of a church-based randomized trial to promote physical activity and cancer screening among churchgoing Latinas. *Contemporary Clinical Trials*. November 2015;45(1):404-415.

Arguelles W, Llabre MM, Sacco RL, Penedo FJ, Carnethon M, Gallo LC, Lee DJ, Catellier DJ, Gonzalez H, **Holub C**, et al. Characterization of metabolic syndrome among diverse Hispanics/Latinos living in the United States: Latent class analysis from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). *International Journal of Cardiology*. April 2015;184:373-379.

Elder JP, **Holub CK**, Arredondo EM, Sánchez-Romero LM, Moreno-Saracho JE, Barquera S, e. Promotion of water consumption in elementary school children in San Diego, USA and Tlaltizapan, Mexico. *Salud Pública México* 2014; 56(2): 148-156.

**Holub CK**, Lobelo F, Mehta S, Sanchez LM, Arredondo EM, Elder JP. School-wide programs aimed at obesity among Latino youth in the U.S.: A review of the evidence. *Journal of School Health*, 2014; 84(4): 239–246.

Arredondo EM, Morello M, **Holub C**, Haughton J. Feasibility and preliminary findings of a church-based mother-daughter pilot study promoting physical activity among young Latinas. *Family and Community Health* 2014 37(1): 6-18.

Mupenda B, Duvall S, Maman S, Pettifor A, **Holub C**, Taylor E, Rennie S, Kashosi M, Lema M, Behets F. Terms used for people living with HIV in the Democratic Republic of the Congo. *Qualitative Health Research* 2014; 24(2): 209-16.

Lobelo F, Quevedo I, **Holub CK**, Nagle BJ, Arredondo EM, Barquera S, Elder JP. School-based programs aimed at the prevention and treatment of obesity: Evidence-based interventions for youth in Latin America. *Journal of School Health*, 2013; 83(9):668–677.

Eisenberg CM, Sánchez-Romero LM, Rivera-Dommarco JA, **Holub CK**, Arredondo EM, Elder, JP, Barquero S. Interventions to increase physical activity and healthy eating among overweight and obese children in Mexico. *Salud Pública de México*, 2012; 55, suppl 3: S441-S446.

Nagle BJ, **Holub CK**, Barquera S, Sanchez LM, Eisenberg CM, Rivera J, Mehta S, Lobelo F, Arredondo EM, Elder JP. Healthcare provider-based interventions to increase physical activity and increase healthy eating among children in Latin America. *Salud Pública de México* 2013; 55(3): S434-S440.

Lobelo F, Quevedo I, **Holub CK**, Nagle BJ, Barquera S, Arredondo EM, Elder JP. School-based programs aimed at the prevention and treatment of obesity: Evidence-based interventions for youth in Latin America. *Journal of School Health* 2013; 83(9): 668-677.

**Holub CK**, Elder JP, Arredondo EM, Barquera S, Eisenberg C, Sanchez LM, Rivera J, Lobelo F, Simoes E. Obesity Prevention and Control Strategies in Latin American and United States Latino Populations: A Systematic Literature Review. *AJPM* 2013; 44(5): 529-537. [Contains CME Credit and Online Video Presentation]

Mehta S, Dimsdale J, Nagle BJ, **Holub CK**, Woods C, Barquera S, Elder JP. Worksite-based interventions to increase physical activity and healthy eating among adults in Latin America and the U.S. *AJPM* 2013; 44(5): 538-542.

Marshall S, Simoes E, Eisenberg CM, **Holub CK**, Arredondo EM, Barquera S. Interventions to increase physical activity and healthy eating among overweight and obese children in Brazil. *AJPM* 2013; 44(5): 543-549.

Perez L, Arredondo EM, Elder JP, Barquera S, Nagle B, **Holub CK**. Evidenced-based obesity treatment interventions for Latino adults in the U.S. *AJPM* 2013; 44(5): 550-560.

Arredondo EM, Mendelson T, **Holub CK**, Espinoza N, Marshall S. Cultural Adaption of Physical Activity Self Report Instruments. *Journal of Physical Activity and Health* 2012; 9(1): S37-43.

**Holub CK**, Kershaw TS, Ethier KA, Lewis JB, Milan S, Ickovics JR. Prenatal and Parenting Stress on Adolescent Maternal Adjustment: Identifying a High-Risk Subgroup. *Maternal and Child Health Journal* 2007;11: 153-159.

Keller H, Lamm B, Abels M, Yovsi RD, Borke J, Jensen H, Papaligoura Z, **Holub C**, Lo W., Tomiyama AJ, Su Y, Wang Y, Chaudhary N. Cultural Models, Socialization Goals, and Parenting Ethnotheories: A Multicultural Analysis. *Journal of Cross-Cultural Psychology*. 2006; 37: 155-172.

### Book Chapters

Elder JP, **Holub CK**, Crespo N, Lopez N. Reducing Obesity-Related Health Disparities in Hispanic and Latino Populations in the United States. *Oxford Bibliographies Online*.

**Holub CK**, Altman DG & Jackson C. The Handbook of Health Behavior Change, 3rd Edition, In S. Shumaker (Ed.) Adolescent Tobacco Use and the Social Context (Chapter 22). New York, NY: Springer Publishing Company Inc., 2008.

**Holub CK**, Candelaria JI, & Laniado-Laborin R. New Developments in Parent-Child Relations, In F. Columbus (Ed.), Prevention Strategies for Parents on Adolescent Smoking: A Gap between What They Know and What They Practice (Chapter 7). Hauppauge, NY: Nova Science Publishers, 2006.

### **PROFESSIONAL CONFERENCES AND PRESENTATIONS**

Bacong A, **Holub C**, Sosa B, PIC Health Advisory Board. Disaggregating health outcomes among Native Hawaiians and Pacific Islander subgroups. Poster Presentation at the American Public Health Association Annual Meeting, November 2015, Chicago, IL. (Accepted)

Malibago V, **Holub C**, Bacong A, Sosa B, Porotesano L, and the PIC Health Advisory Board. Evaluating food accessibility and location among Native Hawaiians and Pacific Islanders in San Diego County. Poster Presentation at the UCSD Health System Nursing Inquiry and Innovation Conference, June 2015, San Diego, CA.

Pambid J, **Holub C**. Is there a relationship between nutrition and heart disease? Poster Presentation at the UCSD Health System Nursing Inquiry and Innovation Conference, June 2015, San Diego, CA.

Bacong A, **Holub C**, Sosa B, and the PIC Health Advisory Board. Breast cancer screening among Chamorros, Native Hawaiians, and Samoans in San Diego, California. Poster Presentation at the UCSD Health System Nursing Inquiry and Innovation Conference, June 2015, San Diego, CA.

Sosa B, **Holub C**, Bacong A. Perceived health in relation to Body Mass Index class among Native Hawaiian and Pacific Islander subgroups. Poster Presentation at the UCSD Health System Nursing Inquiry and Innovation Conference, June 2015, San Diego, CA.

**Holub CK**. Health Disparities and Cultural Factors of Native Hawaiian and Pacific Islanders. Oral Presentation on Panel for the San Diego County Health and Human Services on Health Disparities, April 2015, San Diego, CA.

Bacong A, Sosa B, Gbenro O, **Holub C**. Examining correlations between different obesity indices and perceived stress among Native Hawaiian and Pacific Islanders in San Diego. Poster Presentation at the San Diego State University, Student Research Symposium, March 2015, San Diego, CA.

Gbenro O, **Holub C**, Bacong A, Sosa B. Physical activity and fruit/vegetable consumption among Pacific Islanders in San Diego: Are they getting enough? Poster Presentation at the San Diego State University, Student Research Symposium, March 2015, San Diego, CA.

Sosa B, Bacong A, **Holub C**. Assessing an acculturation scale among Native Hawaiian and Pacific Islanders in San Diego. Poster Presentation at the San Diego State University, Student Research Symposium, March 2015, San Diego, CA.

**Holub CK**, Lepule J. Engaging Communities in Research Through Academic-Community Partnerships. Oral Presentation at the University of California, San Diego, Center of Excellence for Health Behavior Change in Underserved and Vulnerable Populations, June 2014, San Diego, CA.

**Holub CK**, Fejeran J. Engaging Communities in Research Through Academic-Community Partnerships: The PIC Health Study. Oral Presentation at San Diego State University Speaker Series, June 2014, San Diego, CA.

**Holub CK**, PIC Health Advisory Board. Informing Community-Based Participatory Research in the Pacific Islander Community: The PIC Health (Pacific Islander Community Health) Study. Presented at the American Association for Cancer Research, Science of Cancer Health Disparities, December 2013, Atlanta, GA; *Funded by the AACR Minority-Serving Institution Faculty Scholar Award in Cancer Research.*

Guzman M, Imperial E, Nguyen J, Schram E, VanWyk S, **Holub CK**, Zbella E, Shah Alvarez S. Screening for type 2 diabetes and diabetes risk in a physician-supervised weight loss program. Presented at the Obesity Society, November 2013, Atlanta, GA.

Guzman M, Nguyen J, Schram E, **Holub CK**, Zbella E, Shah Alvarez S. Changes in body composition with weight loss in a physician-supervised weight loss program. Presented at the Obesity Society, November 2013, Atlanta, GA.

**Holub CK.** Assessment of obesity projects in Latin America and along the US border. Oral presentation (Plenary Session) at the United States-Mexico Border Obesity Prevention Summit, July 2013, McAllen, TX.

Soto S, Arredondo E, **Holub C**, Ayala GX, Elder JP, Chanson D, Haughton J. Social support for physical activity among Latinas living in San Diego County. Presented at the Society of Behavioral Medicine, April 2013, San Francisco, CA.

Perez L, **Holub CK**, Arredondo EM. Frequency of park use and social cohesion levels on physical activity behaviors in U.S. Latinas. Presented at the Society of Behavioral Medicine, April 2013, San Francisco, CA.

Serrano N, **Holub C**, Chanson D, Burke K, Ayala GX, Elder JP, Arredondo EM. Perceived environment, safety and the relationship between walking around a neighborhood and physical activity among churchgoing Latinas. Presented at the Society of Behavioral Medicine, April 2013, San Francisco, CA.

Serrano N, **Holub C**, Chanson D, Elder JP, Arredondo EM. Perceived environment and physical activity among churchgoing Latinas. Presented at the San Diego State Student Research Symposium, April 2013, San Diego, CA.

**Holub CK**, Fejeran J. The Pacific Islander Community Health Study. Oral (Key Note) Presentation at the University of California, San Diego, CBPR Workshop on Creating a Common Language (in Partnership) to Reduce Cancer Health Disparities, March 2013, San Diego, CA.

**Holub CK**, Araneta MR. Identifying Health Disparities among Californian Pacific Islanders: Does Race Definition Matter? Presented at the Science of Eliminating Health Disparities Summit, November 2012, National Harbor, MD.

**Holub CK.** Adult Pacific Islanders in California: Comparing cancer screening behaviors, lifestyle and nutrition to Non-Hispanic Whites and other minority subgroups. Presented at the American Association for Cancer Research, The Science of Cancer Health Disparities, October 2012, San Diego, CA.

**Holub CK**, Saltiban B, Fitiseanu JJ, Kekawa SK, Wolfgramm MM, Araneta MR. Comparing Health Disparities among NHPI, Asians & Whites in California: Reinforcing the Need for Data Disaggregation. Presented at the Native Hawaiian and Pacific Islander Health Disparity & Health Equity Conference, September 2012, Los Angeles, CA.

**Holub CK.** Project GOL: Guide to Obesity Prevention in Latin American and U.S. Oral presentation at the International Society for Behavioral Nutrition and Physical Activity, May 2012, Austin, TX.

**Holub CK**, Pettifor A, Kashosi M, Lema M, Duvall S, Mupenda B, Taylor E, Behets F. Formative Research for Positive Prevention: Parental Influence on Coping Strategies among HIV+ Youth in Kinshasa, Democratic Republic of the Congo (DRC). Presented at the XVII International AIDS Conference, August 2008, Mexico City, Mexico; *Funded by the UNC Graduate School Travel Award and the JoAnne Earp Travel Scholarship.*

**Holub CK.** Prenatal and Parenting Stress on Adolescent Maternal Adjustment. Presented at the Eleventh Annual Maternal and Child Health Epidemiology Conference, December 2005, Miami, FL; *Funded in part by the Graduate and Professional Student Federation Travel Award from UNC-Chapel Hill.*

**Holub CK.** PRAMS: Identifying Characteristics of Women Who Experience Preterm Delivery. Presented at the Tenth Annual Maternal and Child Health Epidemiology Conference, December 2004, Atlanta, GA; *Sponsored participant.*

Elder JP, Candelaria JI, **Holub CK**, Berman AS, Murphy C. Validity of an Automobile Sniff Test in the Detection of ETS. Presented at the World Assembly on Tobacco Counters Health, March 2004, New Delhi, India.

**Holub CK.** Mexican Adolescent Mothers: Parental Ideas on Child Development. Presented at the Psychology Undergraduate Research Conference, May 2003, Los Angeles, CA.

**AD HOC REVIEWER**

American Journal of Preventive Medicine  
 Reproductive Health Journal  
 International Journal of Pediatric Obesity  
 Journal of Adolescent Health

Health and Place  
 Family and Community Health  
 Western Journal of Nursing Research  
 Journal of Health Care for the Poor and Underserved

**AFFILIATIONS**

American Public Health Association  
 American Association for Cancer Research

**GRANTS**

**Academic-Community Partnership Grant (Holub & Nebeker, co-PI) 08/01/2015 - 12/31/2016** \$15,000/Total  
 University of California, San Diego, Clinical and Translational Research Institute (CTRI)

*Increasing Physical Activity through a Culturally Tailored, Community-led Intervention among Pacific Islanders*

This pilot study aimed to increase physical activity among Pacific Islanders by recruiting Community Health Promoters (CHP) to deliver a 12-week exercise intervention. The classes and other activities were inspired by Pacific Islander culture and emphasized functional training. Study outcomes included meeting physical activity guidelines, physical activity intensity, fitness, and body composition.

**124144-PF-13-017-01-CPPB (Holub, PI)****01/01/13 - 03/31/15**

12.0 calendar

American Cancer Society, Postdoctoral Fellowship

\$102,000/Total

*Engaging Native Hawaiians and Pacific Islanders in Cancer Prevention.* This study aims to address cancer health disparities in the Native Hawaiian and Pacific Islander (NHPI) population by laying a foundation for community-based participatory research. Objectives include building academic-community partnerships, understanding cultural influence on potential intervention strategies, and assessing cancer risk for NHPI's in San Diego County.

**R01 CA167693-01 (Patrick, PI)****09/16/11 - 08/31/13**

1.8 calendar

NCI

\$625,178/Total

*Validation of Objective Measures Of Place-based Physical Activity*

This study aims to field test and validate PALMS (Physical Activity Location Measurement System), a behavioral measurement tool that we have developed with support from the Gene-Environment Initiative (GEI). Within an ongoing R01 study among church going Latinas in San Diego County, PALMS uses data from concurrently worn Global Positioning System (GPS) devices and accelerometers to ascertain location, time and type of physical activity (PA) on an essentially continuous basis.

Role on Project: Co-Investigator

**R01 CA13889401 (Arredondo, PI)****12/1/09 - 11/30/14**

3.6 calendar

NCI/NIH

\$592,579/YR

*Promoting Physical Activity Among Churchgoing Latinas.* This study uses a multilevel and multidisciplinary approach to develop a lay health advisor or *promotora* intervention that will target the individual and physical environmental correlates of physical activity.

Role on Project: Evaluation Lead

**U48 DP001917 SIP 09-025 (Elder, PI)****09/30/09 - 09/30/13**

8.4 calendar

CDC/PRC

\$349,997/YR

*Chronic Disease Prevention in Mexico and the US Latino Population.* The study team will adapt the "Guide for Useful Intervention for Physical Activity in Latin America" (GUIA) to conduct research and develop evidenced-based strategies focused on the prevention of chronic disease in Mexico and the US Latino population, with a focus on obesity.

Role on Project: Project Manager