

CURRICULUM VITAE

Yamnia I. Cortés, PhD, MPH, MSN, FAHA, FAAN

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College of Nursing
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EDUCATION

Year	Degree	Institution, Location
2015-2018	Postdoctoral, Cardiovascular Epidemiology	University of Pittsburgh Graduate School of Public Health, Pittsburgh, PA
2012-2015	PhD, Nursing Science	Columbia University School of Nursing, New York, NY
2012	Fellow, Summer Genetics Institute	National Institutes of Health, National Institute of Nursing Research, Bethesda, MD
2010-2012	MS, Family Nurse Practitioner	Columbia University School of Nursing, New York, NY
2009-2010	BS, Nursing	Columbia University School of Nursing, New York, NY
2007-2009	MPH, Sociomedical Sciences (Built Environment Track)	Columbia University Mailman School of Public Health, New York, NY
2002-2006	BA, Biology; Latino/a Studies (Minor)	Williams College, Williamstown, MA

LICENSURES AND CERTIFICATIONS

Year	Source, Type, Licensure Number
2023-Present	Iowa Board of Nursing, Registered Nurse (Multi-State), #175453
2018-Present	North Carolina Board of Nursing, Registered Nurse, #309824
2012-2023	Family Nurse Practitioner Board Certification, American Nurses Credentialing Center Certification #2012005468
2012-Present	New York Board of Nursing, Family Nurse Practitioner, #337108
2010-Present	New York Board of Nursing, Registered Nurse, #633904

PROFESSIONAL EXPERIENCE

Academic Appointments

Years	Position/Rank	Institution, Location
2023-Present	Tenured Associate Professor	University of Iowa College of Nursing, Iowa City, IA
2018-2023	Assistant Professor	The University of North Carolina at Chapel Hill School of Nursing, Chapel Hill, NC
2015-2018	Postdoctoral Fellow, Department of Epidemiology (T32HL083825)	University of Pittsburgh Graduate School of Public Health, Pittsburgh, PA

2013-2015	Pre-doctoral Fellow, Center for Interdisciplinary Research to Prevent Infections (T32NR01345)	Columbia University School of Nursing, New York, NY
2013-2015	Data Manager	Columbia University School of Nursing, New York, NY
2012-2014	Research Assistant	Columbia University School of Nursing, New York, NY
2005-2006	Undergraduate Research Assistant, Department of Biology	Williams College, Williamstown, MA
2003-2005	Undergraduate Research Assistant, Department of Chemistry	Williams College, Williamstown, MA

Scientific Appointments

Years	Position/Rank	Institution, Location
2025-Present	Content Expert	Our Bodies, Ourselves at Suffolk University
2024-Present	NIH Standing Reviewer	Lifestyle Change and Behavioral Health
2023-Present	Board of Trustees	The Menopause Society
2023-Present	Affiliate Faculty	The University of North Carolina at Chapel Hill School of Nursing, Chapel Hill, NC
2022-Present	Advisory Board Member	Women Living Better
2021-Present	Affiliate Faculty	The University of North Carolina at Chapel Hill Carolina Center for Population Aging & Health, Chapel Hill, NC
2021-2023	Faculty Research Fellow	The University of North Carolina at Chapel Hill Center for Health Promotion & Disease Prevention, Chapel Hill, NC
2018-Present	Associate Investigator, Study of Women's Health Across the Nation	University of Pittsburgh Graduate School of Public Health, Pittsburgh, PA

Other Employment

Years	Position/Rank	Institution, Location
2012-2013	Research Consultant	Youth Ministries for Peace and Justice, Environmental Health Disparities Research Core, Bronx, NY
2010-2012	Registered Nurse	Universal Professional Family Health Center, Bronx, NY
2006-2009	Asthma Educator/Research Assistant	New York Academy of Medicine, Center for Urban Epidemiologic

HONORS, AWARDS, AND HONOR SOCIETY MEMBERSHIPS

2025	Nominated, Extraordinary Latinas–Empowering Latinas Award, United Latinas
2025	Faculty Scholarship Award, University of Iowa College of Nursing
2025	Faculty Communicating Ideas Award, Office of the Vice President for Research,

	University of Iowa
2024	Fred Hutch Atlas of Inspiring Hispanic/Latinx Scientists, Inspiring Hispanic/Latinx Scientists Fred Hutchinson Cancer Center
2023	Fellow, American Academy of Nursing
2023	2 nd Place, The Menopause Society Annual Meeting Poster Award
2022	Emerging Scholar in Social, Environmental, and Biological Determinants of Dementia Disparities, Florida International University
2021	Health Disparities Research Institute Scholar, National Institute of Minority Health and Health Disparities
2021	The University of North Carolina (UNC) at Chapel Hill School of Nursing Faculty Award for Excellence in Doctoral Mentorship and Education
2020-2024	NIH Loan Repayment Program Awardee, NHLBI – Clinical Research
2020	Fellow, American Heart Association, Council on Cardiovascular and Stroke Nursing
2020	Nominated, UNC at Chapel Hill School of Nursing Faculty Award for Excellence in Doctoral Mentorship and Education
2020	Minority Travel Award, American Heart Association, Council on Epidemiology
2019-2020	NHLBI Programs to Increase Diversity among Individuals Engaged in Health-Related Research (PRIDE) Scholar, Behavioral and Sleep Medicine
2019	North American Menopause Society New Investigator Award
2019	UNC at Chapel Hill Chancellor’s Faculty Entrepreneurship Program
2012-Present	Sigma Theta Tau International Honor Society for Nursing
2016-2017	Career Education and Enhancement for Health Care Research Diversity Scholar, Institute for Clinical Research Education, University of Pittsburgh
2015	First Place, Eastern Nursing Research Society Poster Award
2012	Selected as an Academy Health/Aetna Foundation Minority Scholar
2009	Congressional Hispanic Caucus Institute - United Health Foundation Scholar
2008	3 rd Place, Goldmann Student Paper Merit Award, Public Health Association of NYC
2008	Hispanic Health Professional Student Scholar, National Hispanic Health Foundation
2007	Community Scholar, Columbia University Mailman School of Public Health
2007	Honorable Mention, Graduate Research Fellowship, National Science Foundation
2005	Americorps State and National Segal Education Award

GRANTS AND SPONSORED PROJECTS

Funded (Active)

Internal Awards

Dates	Title (Grant #, PI)	Agency	Role	Direct Cost	% Effort
2025-2026	Feasibility, Acceptability, and Usability of a	Office of Nursing Research and	PI	\$10,000	N/A

2024-2026	Menopause Health Intervention for Latina Mother-Daughter Dyads Engaging rural communities to understand psychosocial stress impacting brain health in Latino middle-aged and older adults	Scholarship, University of Iowa Barbara & Richard Csomay Gerontological Research Award, University of Iowa	Co-PI	\$15,000	N/A
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External Awards

Dates	Title (Grant #, PI)	Agency	Role	Direct Cost	% Effort
2025-2030	Leveraging Informatics to Optimize Cardiovascular Risk Prediction in Women (K01, PI: Roberts)	National Institutes of Health (NIH), National Heart Lung and Blood Institute	Mentor	\$450,000	N/A
2020-2026	Reducing cardiovascular risk in perimenopausal Latinas: Pilot study of a multi-component intervention (L30 HL154168, PI: Cortés)	National Institutes of Health (NIH), National Heart Lung and Blood Institute	Principal Investigator	\$200,000	N/A

Funded (Completed)

Internal Awards

Dates	Title, Grant #, PI(s)	Agency	Role	Direct Cost	% Effort
2024-2025	Stress and heart health in African American women (AERO Grant, Harris)	Alex and Rita Hillman Foundation	Faculty Advisor	\$5,000	N/A
2024-2025	Risk and protective factors of obesity in Latine adolescents (AERO Grant, Cazales)	Alex and Rita Hillman Foundation	Faculty Advisor	\$5,000	N/A
2021-2023	Structural racism and cardiometabolic risk among Black women (PI: Cortés, Avorgbedor)	Barbara Senich Innovation Endowment, UNC School of Nursing	Co-Principal Investigator	\$10,000	N/A
2021-2022	Knowledge, attitudes, and experiences of the menopause transition among midlife Latinas (PI: Cortés)	Center for Health Promotion and Disease Prevention, UNC Chapel Hill	Principal Investigator	\$5,000	N/A
2021-2022	Reproductive hormones as risk factors for progression of carotid plaque burden and characteristics in midlife women, (2KR	North Carolina Translational and Clinical Science Institute	Principal Investigator	\$2,000	N/A

2020-2021	1262004, PI: Cortés) <i>Menopausia, Salud, Corazón: A multi-component intervention to reduce cardiovascular risk in perimenopausal Latinas, (PI: Cortés)</i>	UNC Chapel Hill Office of Executive Vice Chancellor and Provost, Junior Faculty Development Award	Principal Investigator	\$10,000	N/A
2019-2020	Cardiovascular risk, inflammation, and stress: Impact of a multi-component intervention among perimenopausal Latinas, (PI: Cortés)	Barbara Senich Innovation Endowment, UNC School of Nursing,	Principal Investigator	\$7,500	N/A
2014	Biobehavioral Risk Correlates and Bone Loss in HIV-Infected and Uninfected Postmenopausal Minority Women.	Alpha Zeta Chapter of Sigma Theta Tau International Honor Society for Nursing	Principal Investigator	\$1,000	N/A
2012-2014	Perimenopausal Joint Pain in Urban Hispanic Women, P30 AG022845 (PI: Reame, Altemus).	Weill Cornell Medical College, Translational Research Institute on Pain in Later Life	Research Assistant	\$25,000	8%

External Awards

Dates	Title, Grant #, PI(s)	Agency	Role	Direct Cost	% Effort
2023-2025	Sociocultural stressors, resilience factors, and arterial stiffness in perimenopausal Latinas (R56 HL167745, Cortés)	NIH, National Heart Lung, and Blood Institute	Principal Investigator	\$450,970	25%
2021-2025	Biomarkers of Alzheimer's disease risk in midlife Latinas (GBMF9048, subaward)	Gordon and Betty Moore Foundation, University of California Davis	Principal Investigator	\$450,000	30%
2019-2023	Reducing cardiovascular risk in perimenopausal Latinas: Pilot study of a multi-component intervention (K23 MD014767, PI: Cortés)	NIH, National Institute of Minority Health and Health Disparities	Principal Investigator	\$530,922	75%
2019-2020	Programs to increase diversity in faculty engaged in behavioral and sleep medicine (R25 HL105444, PI: Jean-Louis & Olugbenga)	NIH, National Heart Lung and Blood Institute	Early Career Trainee	\$471,498	5%

2015-2018	Cardiovascular Epidemiology Training Program (T32 HL083825, PI: Orchard)	NIH, National Heart Lung and Blood Institute	Postdoctoral Trainee	\$221,480	100%
2013-2015	Training in Interdisciplinary Research to Prevent Infections, T32 NR013454, PI: Larson).	NIH, National Institute of Nursing Research	Pre-doctoral Trainee	\$310,036	100%
2013-2015	NYC Hispanic Dementia Caregiver Research (R01 NR014430, (MPI: Lucero, Luchsinger, Mittelman).	NIH, National Institute of Nursing Research	Data Manager	\$594,828	10%

Submitted (pending review)

Dates	Title, Grant #, PI(s)	Agency	Role	Direct Cost	% Effort
2026-2031	Sociocultural stress, resilience factors, and arterial stiffness in midlife Latinas (R01, PI: Cortés)	NIH, National Heart Lung and Blood Institute	PI	\$2,500,000	20%
2026-2029	Career Development Award (PI: Oberfrank)	American Heart Association	Mentor	\$231,000	N/A
2026-2031	Maternal cardiovascular disease risk and possible intervention points in pregnancy and the postpartum period (R01, PI: Avorgbedor)	NIH, National Heart Lung and Blood Institute	Co-I	\$2,499,995	10%

BIBLIOGRAPHY AND PRODUCTS OF SCHOLARSHIP

Referees Papers/Articles

Note: *data-based manuscript, †publication with student, ‡senior author

1. Phonyiam, R., Teng, C.H., **Cortés, Y.I.**, Sullivan, C.S., Palmquist A., Hodges E., Baernholdt, M. (2025). Breastfeeding barriers and facilitators in Thai postpartum women with Type 2 Diabetes Mellitus. *Nutrition and Health*. 10.1177/02601060251371840
2. ‡Marco, A., Lorenzo, E., Deberg, J., **Cortés, Y.I.** (2025). Impact of menopause education interventions on knowledge, symptoms, and quality of life: A systematic review protocol. *BMJ Open*, 15: e096235. Doi:10.1136/bmjopen-2024-096235.
3. **Cortés, Y.I.** (2025). Diverse experiences of menopause. *Menopause*, Mar 1; 32(3):278-280.
4. *Phonyiam, R., Teng, C.H., **Cortés, Y.I.**, Sullivan, C.S., Palmquist A., Hodges E., Baernholdt, M. (2025). “Feeding the baby breast milk shouldn’t be a problem” breastfeeding confidence and intention in pregnant persons with type 2 diabetes mellitus from Thailand. *PLOS Global Public Health*, Feb 14;5(2):e0004205.

5. *Phonyiam, R., Teng, C.H., Sullivan, C., Palmquist A., Hodges E., **Cortés, Y.I.**, Baernholdt, M. (2025). Challenges and support factors in managing type 2 diabetes among pregnant women in Thailand: A convergent mixed-methods study. *Belitung Nurs J*, Jan 26; 11(1):35-47.
6. ***Cortés, Y.I.**, Cazales, A., Marginean, V., Duran, M., Trocel L. (2024). *Información es poder* (information is power): Menopause knowledge, attitudes, and experiences in midlife Latinas. *BMC Women's Health*, Dec 2; 24(1):633. doi: 10.1186/s12905-024-03434-z.
7. *Pepe, V., Sharma, Y., Doan, D., George, M., **Cortés, Y.I.**, Lelutiu-Weinberger, C.T., & Caceres, B.A. (2024). Perceptions of a cardiovascular risk reduction intervention for sexual minority adults. *Annals of LGBTQ Population and Public Health*. doi:10.1891/LGBTQ-2023-0010.
8. *†Cabre, H.E., Joniak, K.E., Ladan, A.N., Moore, S.R., Hackney, A.C., M. Blue, M.N., Pietrosimone, B., **Cortés, Y.I.**, Smith-Ryan, A.E. (2024). Effects of hormonal contraception and the menstrual cycle on maximal strength and power performance. *Medicine and Science in Sport and Exercise* [Epub ahead of print August 20, 2024]. doi:10.1249/MSS.0000000000003524.
9. ***Cortés, Y.I.**, Altemus, M., Reame, N. (2024). From maca to marijuana: Cultural influences on joint pain symptoms and management in urban perimenopausal and early postmenopausal Latinas. *Menopause*, Sep 1; 31(9):756-763. doi 10.1097/GME.0000000000002396. PMID:39078653.
10. *‡Williams, E.A., Harris, L.K., Zhang, S., **Cortés, Y.I.** (2024). Daily spiritual experiences, and allostatic load trajectories in midlife African American Women. *Menopause* [Epub ahead of print]. doi: 10.1097/GME.0000000000002353.
11. *Reeves, A.N., Lewis, T.T., Hood, M.M., Thurston, R.C., Avis, N.E., Burnett-Bowie, S.M., **Cortés, Y.I.**, Neal-Perry, G., Harlow, S. (2024). Does everyday discrimination account for the increased risk of vasomotor symptoms in Black women? The Study of Women's Health Across the Nation (SWAN). *Menopause* [Epub ahead of print]. doi: 10.1097/GME.0000000000002357.
12. Buck, H.G., Howland, C., Stawnychy, M., Aldossary, H., **Cortés, Y.I.**, Deberg, J., Durante, A., Graven, L., Irani, E. Jaboob, S., Massouh, A., Oberfrank, N., Saylor, M.A., Wion, R., Bidwell, J (2024). Caregivers' contributions to heart failure self-care: An updated systematic review. *J Cardiovascular Nursing* [Epub ahead of print]. doi: 10.1097/JCN. 0000000000001060.
13. *Kariuki, J.K., Imes, C.C., Enberg, S.J., Scott, P.W., Klem, M.L., **Cortés, Y.I.** (2024). Impact of lifestyle-based intervention on absolute cardiovascular disease risk: A systematic review and meta-analysis. *JB I Evidence Synthesis*, Jan 1;22(1):4-65. doi: 10.11124/JBIES-22-00365. PMID: 37551161
14. ***Cortés, Y.I.**, Cai, J., Daviglus, M., Gallo, L.C., Lama, M., Isasi, C.R., Perreira, K.M. (2023). Reproductive period duration and cognitive function in postmenopausal Latina women in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL). *Maturitas*, Aug;174, 23-29. doi: 10.1016/j.maturitas.2023.04.270.
15. *Bonner, A.N., Jayawickreme, S., Malek, A.M., Vladutiu, C.J., Oliver-Williams, C., **Cortés, Y.I.**, Tanaka, H., Meyer, M.L. (2023). Number of prior live births is associated with higher arterial stiffness but not its change in older women: The Atherosclerosis Risk in Communities Study. *Front Cardiovasc Med*, May 23;10:1172828. doi: 10.3389/fcvm.2023.1172828. PMID: 37288258.

16. *Avorgbedor, F., McCoy, T., Gondwe, K., Xu, H., Spielfogel, E., **Cortés, Y.**, Vilme, H., and Lacey, J., (2023). Cardiovascular disease-related emergency department visits and hospitalization among women with hypertensive disorders of pregnancy. *American Journal of Preventive Medicine* [Epub ahead of print February 28, 2023], May; 64(5):686-694. doi: 10.1016/j.amepre.2023.01.004.
17. ***Cortés, Y.I.**, Pagan Lassalle, P., Perreira, K.M. (2023). Health care access and health indicators in Puerto Rico pre-and post- Hurricane Maria: Behavioral Risk Factor Surveillance System 2015-2019. *Journal of Immigrant and Minority Health*, Apr; 25(2):247-254. doi: 10.1007/s10903-022-01391-z. PMID: 3598823
18. †‡Harris, L.K., Conklin, J.L., Woods Giscombé C.L., **Cortés, Y.I.** (2023). Mapping definitions, measures, and methodologies of assessing police violence in health literature: A scoping review protocol. *BMJ Open*, Mar 15;3(3): e066946. doi: 10.1136/bmjopen-2022-066946.
19. ***Cortés, Y.I.**, Coslov, N., Richardson, M.K., Fugate Woods, N. (2023). Symptoms experienced during the late reproductive stage versus the menopausal transition in the Spanish-language Women Living Better Survey. *Menopause*, 30(3):260-266. [Epub ahead of print January 11, 2023], Mar 1;30(3):260-266. doi: 1097/GME. 0000000000002132. PMID: 36630255. PMC9974803.
20. *Carpenter, J.S, **Cortés, Y.I.**, Tisdale, J.E., Sheng, Y, Jackson, E.A., Barinas-Mitchell, E., Thurston, R.C. (2023). Palpitations across the menopause transition in SWAN: Trajectories, characteristics, and associations with subclinical CVD. *Menopause*, 30(1):18-27. [Epub ahead of print October 18, 2022], Jan 1;30(1):18-27. doi: 10.1097/GME.0000000000002082. PMCID: PMC9797427.
21. ***Cortés, Y.I.**, Zhang, S., Hussey, J. (2022). Pregnancy loss is related to body mass index and prediabetes in early adulthood: Findings from Add Health. *PLoS One*, Dec 1;17(12):e0277320. Doi: 10.1371/journal.pone.0277320. PMCID: PMC9714908.
22. †‡Harris, L.K., Berry, D.C., **Cortés, Y.I.** (2022). Psychosocial stressors and cardiovascular disease risk in young African American women: A systematic literature review. *Ethnicity and Health* [Epub ahead of print Oct 20, 2021]. Nov;27(8):1806-1824. doi: 10.1080/13557858/2021.1990218. PMID: 34668802. PMCID: PMC9018871.
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30. **Cortés, YI.**, Berry, DC., Perreira, KM., Stuebe, A., Stoner, L., Woods Giscombé, C., Crandell, J., Santiago, L., Harris, LK., Duran, M (2021). A multi-component, community-engaged intervention to reduce cardiovascular disease risk in perimenopausal Latinas: Pilot Study Protocol. *BMC Pilot and Feasibility Studies*, Jan 6; 7(1):10. doi: 10.1186/s40814-020-00756-1. PMID: 33407947 PMCID: PMC7786946.
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45. ***Smaldone, A., Stockwell, M., Osborne, J.C., Cortés, Y. Bekele, E., Green, N.S.** (2015). Adolescent and parent use of mobile technologies and health communication preferences in an urban Latino community. *Journal of Public Health Research*, Feb 19;4(1), 376-381. PMCID: PMC4407036.
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living in a predominantly ethnic minority urban neighborhood. *AJOB Empirical Bioethics*, 6(2), 12-22. PMID: PMC4475405.

47. *Dong, H.V., **Cortés, Y.I.**, Shiao, S., Yin, M.T. (2014). Osteoporosis and fractures in HIV/hepatitis C co-infection: A systematic review and meta-analysis. *AIDS*, Sep 10;28(14), 2119-2131. PMID: PMC4940983.

Published Abstracts

Note: *data-based manuscript, †publication with student, ‡senior author

1. **Cortés, Y.I.**, Abad, P.J., Hein, M.J., Perkhounkova, Y., Embree, J., Marginean, V., Martinez Rangel, M., Halverson Sanchez, K., Doyle, C. (2025). Does stress matter? Exploring the impact of sociocultural stress on cardiovascular health among midlife Latinas. *Menopause*, 32(12): 1203. DOI: 10.1097/GME.0000000000002706.
2. Marco, A., Lorenzo, E., Deberg, J., Saffold, B., **Cortés, Y.I.** (2025). Impact of menopause education interventions on knowledge, symptoms, and quality of life: A systematic review. *Menopause*, 32(12):1203. DOI: 10.1097/GME.0000000000002706.
3. **Cortés, Y.I.**, Abad, P.J., Hein, M.J., Perkhounkova, Y., Thurston, R.C., Perreira, K.M., Meyer, M. (2025). Resilience factors and cardiovascular health: A promising link. *Menopause*, 32(12): 1204 DOI: 10.1097/GME.0000000000002706.
4. Martinez Rangel, M.F., Marginean, V., Halverson Sanchez, K., Cazales A., **Cortés, Y.I.** (2025). Exploring associations between acculturation and menopause-associated symptoms among midlife Latinas in the U.S. *Menopause*, 32(12): 1231. DOI: 10.1097/GME.0000000000002706.
5. *‡Marginean, V., Harris, L.K., Cazales, A., **Cortés, Y.I.** (2025). Spanish-language health promotion education does not reduce carotid-femoral pulse wave velocity in cohort of midlife Latinas. *Circulation*, 151 (suppl 1): AP1171. https://doi.org/10.1161/cir.151.suppl_1.P1171.
6. *‡Martinez Rangel, M., Marginean, V., Halverson, K., Doyle, C., Embree, J., Perkhounkova, Y., **Cortés, Y.I.** (2025). Racism-related stress related to carotid-femoral pulse wave velocity in cohort of midlife Latinas. *Circulation*, 151 (suppl 1): AP1167. https://doi.org/10.1161/cir.151.suppl_1.P1167
7. †‡Harris, L.K., Perreira, K.M., Cazales, A., Long, C.A., **Cortés, Y.I.** (2024). Are resiliency and religiosity/spirituality associated with better sleep outcomes in midlife Latinas? *Circulation*, 149 (suppl 1): AP231. https://doi.org/10.1161/circ.149.suppl_1.P231.
8. Buck, H.G., Howland, C., Stawnychy, M., Aldossary, H., **Cortés, Y.I.**, Deberg, J., Durante, A., Graven, L., Irani, E., Jaboo, S., Massouh, A., Oberfrank, N., Saylor, M.A., Wion, R., Bidwell, J. Caregivers' contributions to heart failure self-care: An updated systematic review. *Circulation*, 148 (suppl 1): AP15394
9. ***Cortés, Y.I.**, Cazales, A., Duran, M., Trocel L. (2023). *Información es poder* (information is power): Menopause knowledge, attitudes, and experiences in midlife Latinas. *Menopause*, 30(12):1246-1305.
10. ***Cortés, Y.I.**, Duran, M., Cazales, A., Harris, L.K., Marginean, V., Crandell, J., Giscombé, C., Perreira, K. (2023). Six-month follow-up of *Menopausia, Salud, Corazón* (Menopause, Health,

Heart): A multi-component intervention to reduce cardiovascular disease risk in midlife Latinas. *Circulation*, 147 (suppl 1):AP141. https://doi.org/10.1161/circ.147.suppl_1.P141.

11. *Marginean, V., Cazales, A., Harris, L.K., Stoner, L., Giscombé, C., Perreira, K., **Cortés, Y.I.** (2023). Arterial stiffness and vasomotor symptoms: Key factors related to 10-year atherosclerotic cardiovascular disease risk in perimenopausal Latinas. *Circulation*, 147 (suppl 1):AP531. https://doi.org/10.1161/circ.147.suppl_1.P531.
12. ***Cortés, Y.I.**, Crandell, J., Perreira, K.M. (2022). Sociocultural, behavioral, and cardiovascular disease risk factors related to vasomotor symptoms among midlife Latinas. *Menopause*, 29(12):e1-e13. DOI: 10.1097/GME.0000000000002112.
13. ***Cortés, Y.I.**, Long, C., Zhan, C. (2022). Psychosocial factors and menopause symptoms are associated with hair cortisol levels in midlife Latinas. *Menopause*, 29(12):e1-e13. DOI: 10.1097/GME.0000000000002112.
14. ‡Williams, E.A., Zhang, S., Harris, L.K., **Cortés, Y.I.** (2022). Daily Spiritual Experiences and Allostatic Load Trajectories in Midlife African American Women. *Circulation*, 145(suppl_2). https://doi.org/10.1161/circ.145.suppl_1.MP48
15. **Cortés, Y.I.**, Duran, M., Marginean, V., Harris, L.K., Cazales, A., Santiago, L., Diaz Mislan, M., Perreira, K.M. (2021). Recruitment and enrollment of midlife Latinas in a multi-component intervention to reduce cardiovascular disease risk: Challenges and innovations during COVID-19. *Circulation*, 144(suppl_2).
16. ***Cortés, Y.I.**, Coslov, N., Richardon, M.K., Fugate Woods, N. (2021). Symptoms experienced during the late reproductive stage versus the menopausal transition in the Spanish-language Women Living Better Survey. *Menopause*, 28(12), 1447. PMID: N/A
17. ***Cortés, Y.I.**, Pagan Lassalle, P., Perreira, K. (2021). Health care access and health indicators in Puerto Rico pre-and post- Hurricane Maria: Analysis of data from 2015-2018 Behavioral Risk Factor Surveillance System. *Circulation*, 143(suppl_1). https://www.ahajournals.org/toc/circ/143/Suppl_1.
18. *Bonner, A.N., Jayawickreme, S., Malek, A.M., Vladutiu, C.J., Oliver-Williams, C., **Cortés, Y.I.**, Tanaka, H., Meyer, M.L. (2021) Parity is associated with higher arterial stiffness but not its 5-year change older women: The Atherosclerosis Risk in Communities – Neurocognitive Study (ARIC-NCS). *Circulation*, 143(suppl_1). https://www.ahajournals.org/toc/circ/143/Suppl_1.
19. *Jayawickreme, S., Bonner, A.N., Malek, A.M., Vladutiu, C.J., Oliver-Williams, C., **Cortés, Y.I.**, Tanaka, H., Meyer, M.L. (2021) Association of age at menopause and reproductive years with arterial stiffness and its 5-year change: The Atherosclerosis Risk in Communities – Neurocognitive Study (ARIC-NCS). *Circulation*, 143(suppl_1). https://www.ahajournals.org/toc/circ/143/Suppl_1.
20. ‡‡Harris, L.K., Berry, D.C., **Cortés, Y.I.** (2021). Psychosocial Stressors and Cardiovascular Disease Risk in Young African American Women: A Systematic Literature Review. *Circulation*, 143(suppl_1). https://www.ahajournals.org/toc/circ/143/Suppl_1.
21. ***Cortés, Y.I.**, Cai, J., Isasi, C.R., Lamar, M., Gallo, L.C., Daviglius, M., Perreira, K.M. (2020). Reproductive period duration and cognitive function in postmenopausal Latina women in HCHS/SOL. *Menopause*, 27(12), 1447-1475. doi: 10.1097/GME.0000000000001694. PMID: N/A

22. ***Cortés, Y.I.**, Shuo, Z., Berry, D.C., Hussey, J. (2020). Pregnancy loss and cardiovascular disease risk factors in early adulthood: Preliminary findings from Add Health. *Circulation*, 142(suppl_3). https://www.ahajournals.org/toc/circ/142/Suppl_3.
23. ***Cortés, Y.I.**, Barinas-Mitchell, E., Suder Egnot, N., Bhasin S., Jasuja, R., Santoro, N., Thurston, RC. Associations of endogenous sex hormones with carotid plaque burden and characteristics in midlife women. (2019). *Menopause*, 26(12), 1451. DOI: 10.1097/GME.0000000000001456.
24. ***Cortés, Y.I.**, Barinas-Mitchell, E., Brooks, M., Matthews, K., Catov, J. Impact of Prior Preterm or Term Small-for-Gestational Age Birth on Maternal Blood Pressure Throughout the Menopausal Transition in the Study of Women's Health Across the Nation (SWAN). (2018). *Menopause*, 25(12), 1480-1522. DOI: 10.1097/GME.0000000000001251.
25. ***Conant, R., Cortés, Y.I.**, Catov, J., Matthews, K., Crawford, S., Hedderson, M., Thurston, R. Hypertensive disorders of pregnancy and gestational diabetes as risk factors for hot flashes in midlife women. (2018). *Menopause*, 25(12), 1480-1522. DOI: 10.1097/GME.0000000000001251.
26. ***Cortés, Y.I.**, Catov, J., Brooks, M., El Khoudary, SR., Thurston, R., Matthews, K., Isasi C., Jackson, E., Barinas-Mitchell, E. Pregnancy-related events associated with subclinical cardiovascular disease burden in late midlife: SWAN. (2018). *Circulation*, 138(suppl_1). DOI: 10.1161/circ.138.suppl_1.16238 http://circ.ahajournals.org/content/138/Suppl_1.
27. ***Cortés, Y.I.**, Parikh, N., Allison, M., Criqui, M., Suder Egnot, N., Barinas-Mitchell, E., Wassel, C. Women's reproductive history associated with later-life peripheral arterial disease. (2018). *Circulation*, 137(suppl_1). DOI: 10.1161/circ.2018.issue-suppl_1. http://circ.ahajournals.org/content/137/Suppl_1.
28. ***Cortés, Y.I.**, Catov, J., Brooks, M., Isasi C., Jackson, E., Harlow, S., Matthews, K., Thurston, R., Barinas-Mitchell, E. Reproductive factors associated with subclinical vascular measures at late midlife: SWAN. (2017). *Circulation*, 135(suppl_1). DOI: 10.1161/circ.2017.issue-suppl_1. http://circ.ahajournals.org/content/135/Suppl_1.
29. ***Cortés, Y.I.**, Reame, N.K., Yin, M.T. Cardiovascular risk among HIV-infected postmenopausal women: Preliminary findings. (2015). *Nursing Research*, 64(2), E1–E137. DOI: 10.1097/NNR.0000000000000089.
30. ***Cortés, Y.I.**, Lee, C., Castro-Rivas, E., Rowell-Cunsolo, T.L. HIV knowledge and sexual risk behaviors among older Latinas. (2015). *Nursing Research*, 64(2), E1–E137. DOI: 10.1097/NNR.0000000000000089.
31. ***Altemus, M., Levine, M., Cortés, Y.**, Reame, N. Musculoskeletal pain in perimenopause: a qualitative study. (2013). *Menopause*, 20(12), 1311-1358. DOI: 10.1097/01.gme.0000435159.65865.11.
32. Osborne, J., **Cortes, Y.**, Green, N., Meyer, D., Smaldone, A. Adapting study materials for research in underserved populations. (2013). *Nursing Research*, 62(2), E1-E118. DOI: 10.1097/NNR.0b013e318288c9c1.
33. **Cortés, Y.I.**, Henderson, J.L., Ramos, R., Wang, J. Public health literacy: A principle-based concept analysis. (2013). *Nursing Research*, 62(2), E1-E118. DOI: 10.1097/NNR.0b013e318288c9c1.

34. *Reame, N.K., Altemus, M., **Cortés, Y.**, Jaime-Lara, R. Perimenopause joint pain in urban Hispanic women: A qualitative study. (2013). *Nursing Research*, 62(2), E1-E118. DOI: 10.1097/NNR.0b013e318288c9c1.

Submitted/Under Review

Note: *data-based manuscript, †student mentored manuscript, ‡senior author

1. ***Cortés, Y.I.**, Harris, L.K., Cazales, A., Marginean, V., Long, C., Woods-Giscombe, C.L., Perreira, K.M. Feasibility and acceptability of *Menopausia, Salud, Corazón* (Menopause, Health, Heart): A pilot randomized trial to reduce cardiovascular disease risk in midlife Latinas. *Menopause* (in press).
2. **Cortés, Y.I.** Sleep duration and its independent impact on midlife well-being: Moving beyond VMS to address mental health and quality of life. *Menopause* (under review).
3. †‡Harris, L.K., Conklin, J.L., Woods Giscombé C.L., **Cortés, Y.I.** Mapping definitions, measures, and methodologies of police violence in health literature: A scoping review. *BMC Public Health* (under review).
4. Contreras, J., Aguilar, D., Bravo-Jaimes, K., **Cortés, Y.I.**, Cruz-Flores, S. Kizer, J., Piña, I., Rodriguez, C., Rodriguez, F., Velarde, G. State of cardiovascular disease and stroke in Latino People in the United States: American Heart Association Scientific Statement. *Circulation* (under review).
5. *‡Long, C.A., Marginean, V., Harris L.K., Zhang, C., **Cortés, Y.I.** Are psychosocial factors and menopause symptoms related to hair cortisol concentration among midlife Latinas? Results from the *Menopausia, Salud, Corazón* pilot study. *Comprehensive Psychoneurology* (under review).
6. *Jayawickreme, S., Bonner, A., Malek, A., Vladutiu, C., Oliver-Williams, C., **Cortés, Y.I.**, Tanaka, H. Association of age at menopause and reproductive years with arterial stiffness and its 5-year change: The Atherosclerosis Risk in Communities (ARIC) Study. *Menopause* (under review).

Book Chapters

1. **Cortés, Y.I.**, El Khoudary, S., Manson JoAnn E. *Cardiovascular Disease Risk Factors Across Reproductive Transitions: From Menarche to Menopause*. Sex and Gender Aspects of Cardiovascular Health and Disease – A Lifecourse Approach. Springer Nature: Cham, Switzerland (Under review, 2025).
2. Williams, M., Bolder, H.M., **Cortés, Y.I.** *Menopause Transition: The Impact of Menopause on Psychosocial and Social Determinants of Health*. Cardiovascular Health Across and Beyond the Reproductive Lifespan. Elsevier Mosby: St. Louis, Missouri (Under review, 2025).
3. **Cortés, Y.I.** *Diverse Experiences of Menopause*. Menopause Discrimination Across Institutional Contexts: An Intersectional Approach. Bristol University Press, UK (Under review, 2024).
4. **Cortés, Y.I.**, and Davis, L. *Cardiovascular Disease and Women*. Cardiovascular Nursing Secrets, Second Edition. Elsevier Mosby: St. Louis, Missouri (Under review, 2024).

Editorials, Opinion Editorials, Letters to the Editor

1. Reyes, J.A., **Cortés, Y.I.**, Croskey, O., De Souza Talarico, J., McClain S.T., Radske-Suchan, T.,

Sinnwell, E. (2025). Caring without boundaries: Embracing inclusivity in nursing practice. *Iowa Nurse Reporter*, 9(1):6-7.

2. **Cortés, Y.I.** Does neighborhood socioeconomic status impact ovarian reserve? Moving beyond individual-level factors. (2024). *Menopause*, May; 31(5):361-362. DOI: 10.1097/GME.0000000000002365.
3. **Cortés, Y.I.**, and Breathett, K. (2021). Addressing inequities in cardiovascular disease and maternal health in Black women. *Circulation: Cardiovascular Quality and Outcomes*, Feb; 14(2):e007742. DOI:10.1161/CIRCOUTCOMES.121.007742. PMID: 33563006. PMCID: PMC7899716.

Scientific Statements, Clinical Guidelines, Other Products

1. The Menopause Society Menopause and the Workplace Advisory Panel [Faubion, S., Bigler, J.K., Christmas, M., **Cortés, Y.I.**, Gill, C. et al]. (2024). Menopause and the workplace: Consensus recommendations from The Menopause Society. *Menopause*, 31(9):741-749.
2. Society for Women's Health Research [**Cortés, Y.I.**, Duckworth, P., Giblin, K., Gill, C., Kingsberg, S., et al.]. (2022). *Menopause preparedness toolkit: A woman's empowerment guide*. www.swgr.org. (Published as a member of the Menopause Education Working Group).

MEDIA COVERAGE

1. Wilson, K. (2025). Closing the menopause gap: Dr. Yamnia Cortés on research, representation, and the fight for equity. Access at <https://menomademodern.com/post/closing-the-menopause-gap-dr-yamnia-cortes-on-research-representation-and-the-fight-for-equity/>
2. Atlas, J. (2024). The M Factor: Shredding the Silence on Menopause. PBS Broadcast available at <https://www.pbs.org/show/the-m-factor-shredding-the-silence-on-menopause/>
3. Rapaport, L. (2023, February 14). "When night sweats aren't actually menopause." *Everyday Health*. Access at <https://www.everydayhealth.com/heart-failure/when-night-sweats-arent-actually-menopause/>
4. Raghavan, A. (2023). "An experience of difference." *Health* (March/April), 52-57.
5. Futurum Careers (2023). Nursing science: Can behavioral interventions improve biological health outcomes? Access at <https://futurumcareers.com/Yamnia-Cortes-Article.pdf>.
3. Mann, D. (2023, January 11). "Menopause symptoms can arise well before menopause." *HealthDay News*. Access at <https://www.consumer.healthday.com/menopause-2659088621.html>
7. Goldman, L. (2022, April 18). "For women of color, menopause is different." *Oprah Daily*. Access at <https://www.oprahdaily.com/life/health/a39649768/women-of-color-menopause/>.
8. Rapaport, L. (2021, March 15). Hypertension symptoms are often mistaken for menopause in middle-aged women. *Everyday Health*. Access at <https://www.everydayhealth.com/womens-health/hypertension-symptoms-in-middle-aged-women-often-mistaken-as-menopause/>

INVITED PRESENTATIONS

Regional

Cortés, Y.I. (April 2025). Let's talk about menopause. 2025 Graduate Preceptor Conference, University of Iowa College of Nursing.

Cortés, Y.I. (April 2024). Cognition during the menopause transition. "Bring on the Heat" Seminar, The University of North Carolina at Chapel Hill, NC.

Cortés, Y.I. (November 2023). Cardiovascular health in midlife women: Why menopause matters. UT Health School of Nursing Research & Scholarship Seminar, the University of Texas Health San Antonio, San Antonio, TX.

Cortés, Y.I. (February 2022). Cardiovascular health disparities in midlife women: Why does Menopause Matter? Diversity, Equity, and Inclusion Seminar, the University Los Angeles School of Nursing, Los Angeles, CA (Invited talk).

Cortés, Y.I. (October 2021). Women's reproductive health across the life course: A marker for cardiovascular disease risk in later life? Carolina Population Center, the University of North Carolina at Chapel Hill (Invited talk).

Cortés, Y.I. (March 2021). From Observation to intervention: Reducing cardiovascular disease risk in midlife Latinas. Doctoral Seminar, School of Nursing, Columbia University (Invited talk).

Cortés, Y.I. (February 2019). Publishing your work: Submission requirements and the peer-review process. Department of Epidemiology, University of Pittsburgh School of Public Health, Pittsburgh, PA (Invited talk).

Cortés, Y.I. (September 2018). Cardiovascular risk in midlife women: Role of pregnancy and race/ethnicity. Research Support and Consultation Seminar, School of Nursing, University of North Carolina, Chapel Hill, NC (Invited talk).

Cortés, Y.I. (February 2017). Reproductive factors associated with midlife subclinical cardiovascular disease. Magee-Women's Research Institute, Magee-Women's Hospital of UPMC, Pittsburgh, PA.

Cortés, Y.I. (January 2017). To postdoc or not to postdoc. Office of Academic and Career Development, University of Pittsburgh, Pittsburgh, PA (Invited talk).

Cortés, Y.I. (September 2015). Cardiovascular disease and bone loss in HIV-infected postmenopausal minority women: A secondary analysis. Center for Aging and Population Health, University of Pittsburgh, Pittsburgh, PA (Invited talk).

Cortés, Y.I. (February 2015). Biobehavioral risk correlates of cardiovascular disease and bone loss in postmenopausal HIV-infected and uninfected minority women. Cardiovascular Epidemiology Program, University of Pittsburgh, Pittsburgh, PA (Invited talk).

Cortés, Y.I. (May 2014). Latina/o studies: A forum for careers in health professions. Latina/o Studies Department, Williams College, Williamstown, MA (Panelist).

Cortés, Y.I. (September 2012). NINR Summer Genetics Institute: Lessons on nursing and genetics. Ph.D. Seminar, Columbia University School of Nursing, New York, NY (Invited talk).

National

Cortés, Y.I. (October 2024). Everyone is Different: Addressing Menopause Disparities and Inequities Across Race and Ethnicity, American Society of Reproductive Medicine. Denver, CO (Keynote)

- Cortés, Y.I.** (September 2024). Tips and Tools for Early Career Menopause Research, The Menopause Society Annual Meeting. Chicago, IL (Panelist).
- Cortés, Y.I.** (April 2024). Diverse experiences of menopause. National Association of Nurse Practitioners in Women's Health Menopause Summit, Virtual.
- Cortés, Y.I.** (November 2023). State of Latino health. National Hispanic Latino Cardiovascular Collaborative Symposium, American Heart Association. Philadelphia, PA (Panelist).
- Cortés, Y.I.** (October 2023). MenoColor: What BIPOC women need to know about menopause WisePause Wellness Conference, Los Angeles, California.
- Cortés, Y.I.** (May 2023). *Un cambio de vida*: Experiences and social determinants of menopause among Latinas. 7th Annual Vivian W. Pinn Symposium, National Institutes of Health Office of Research on Women's Health.
- Cortés, Y.I.** (November 2022). Precision Health in Cardiovascular Nursing Science: Prevention and Management of Cardiometabolic Health in Marginalized Populations. American Heart Association Scientific Sessions. Chicago, IL (Panelist).
- Cortés, Y.I.** (January 2022). Everyday discrimination is linked to reports of forgetfulness in midlife Latinas. Social, Environmental, and Biological Determinants of Dementia Disparities. Florida International University & Emory University (Invited talk).
- Cortés, Y.I.** (November 2021). Ensuring underserved communities are involved in research in the era of COVID-19. American Heart Association Scientific Sessions (Invited talk).
- Cortés, Y.I.** (November 2019). Negotiating Your Career: Tips and Resources for Ph.D. Students. American Heart Association Scientific Sessions, Philadelphia, PA (Panelist).
- Cortés, Y.I.,** Barinas-Mitchel, E., Brooks, M., Harlow, S., Jackson, E.A., Catov, J. (January 2016). History of preterm birth and subclinical cardiovascular disease at midlife: Study of Women's Health Across the Nation. American Heart Association Fellows Research Day. Pittsburgh, PA (Poster).
- Cortés, Y.I.,** Reame, N.K., Yin, M.T. Cardiovascular risk among HIV-infected postmenopausal women: Preliminary findings. (April 2015). Eastern Nursing Research Society Annual Meeting. Washington, DC (Poster).
- Cortés, Y.I.,** Lee, C., Castro-Rivas, E., Rowell-Cunsolo, T.L. HIV knowledge and sexual risk behaviors among older Latinas. (April 2015). Eastern Nursing Research Society Annual Meeting. Washington, DC (Podium).
- Rowell-Cunsolo, T. L., **Cortés, Y. I.,** & Castro-Rivas, E. (December 2014). Acceptability of rapid HIV testing among an urban population. Minority Health and Health Disparities Grantees' Conference, National Harbor, MD (Poster).
- Cortés, Y.,** Yin, M., Reame, N. (November 2014). Bone density and fractures in HIV-infected postmenopausal women: A systematic review. Annual New York-Presbyterian Research and Evidence-Based Practice Symposium, New York, NY (Poster).
- Cortés, Y.I.** (October 2013). Estrogen Receptor-1 and Vitamin D Receptor gene polymorphisms in postmenopausal osteoporosis: A systematic review. Annual Conference of the International Society of Nurses in Genetics. Bethesda, MD, USA (Podium).

- Smaldone, A., Stockwell, M. Osborne, J.C., **Cortés, Y.**, Bekele, E., Green, N.S. (May 2013). Employing novel communication strategies for health: Does one fit all? Pediatric Academic Societies Annual Meeting. Washington, DC (Poster).
- Cortés, Y.**, Lucero, R. (July 2012). A web-based falls self-risk assessment management tool for Spanish- and English-speaking community-dwelling elders. Annual Conference of the National Association of Hispanic Nurses. San Juan, Puerto Rico (Podium).
- Cortés, Y.I.**, Bonner, S., Bond, K., Evans, D. (November 2009). Asthma education delivery by preschool center staff: A feasibility pilot study. American Public Health Association Annual Meeting. Philadelphia, PA (Podium).
- Bonner, S., Bond, K., Nandi, V., **Cortés, Y.** (May 2008). Baseline characteristics of children enrolled in a preschool-based asthma intervention in low-income New York City neighborhoods. American Thoracic Society International Conference. Toronto, Canada (Poster).
- Cortés, Y.I.** (November 2007). New approaches for CHW-led asthma education in subsidized NYC preschools: Lessons learned from the Inspire Program. American Public Health Association Annual Meeting. Washington, DC (Round table).
- Coady, M., Bonner, S., Yingfeng, W., Ross, J., **Cortés, Y.** (May 2006). Asthma prevalence and correlates among children enrolled in New York City subsidized preschools. American Thoracic Society International Conference. San Diego, CA (Poster).
- Cortés, Y.** (April 2006). “*Quando perdemos nossos remédios, perdemos nossa cultura*”: A study of health and healing on Ilha de Maré. Annual Latin American Studies Symposium. Birmingham, AL (Podium).

International

- Cortés, Y.I.** (2025). Preparing for perimenopause. M3 Global Women’s Health Summit, Online (Speaker).
- Harris, LK., Berry, D.C., **Cortés, Y.I.** (2021). Psychosocial stressors and cardiovascular disease risk in young African American women: A systematic literature review. Sigma Theta Tau International Honor Society of Nursing. Washington, DC (Poster).
- Dong, H.V., **Cortés, Y.I.**, Shiau, S., Yin, M.T. (July 2014). Fractures and osteoporosis in HIV/HCV co-infected persons: A systematic review and meta-analysis. International IDS Conference. Melbourne, Australia (Poster).

TEACHING

Instructional Activities

University of Iowa

Semester & Year	Course	Role	Total # students
Fall 2025	NURS 5007: Applied Epidemiology, DNP Program	Course Director	51
Fall 2025	NURSE 7803: Research Practicum	Instructor	1
Spring 2025	NURS 3111: Caring for Vulnerable Populations	Guest Lecturer	60
Fall 2024	NURS 7002: Designing Research	Guest Lecturer	5

Fall 2024	NURS 5007: Applied Epidemiology, DNP Program	Instructor	57
Spring 2024	NURS 1030: Human Development and Behavior	Guest Lecturer	100
Spring 2024	NURS 7803: Research Practicum	Instructor	1
Fall 2023	NURS 5007: Applied Epidemiology, DNP Program	Instructor	57
Fall 2023	NURS 7801: Research Scholarship Role Development	Guest Lecturer	4
Fall 2023	NURS 7002: Designing Research	Guest Lecturer	5

The University of North Carolina at Chapel Hill

Semester & Year	Course	Role	Total # students
2019-2025	N985: Research Seminar and Practicum, PhD Nursing	Instructor	2
Spring 2023	N906. Scientific Reasoning IV: Crafting Methods and Analysis to Meet Specific Aims, PhD Nursing	Lecturer	4
Spring 2022	N906. Scientific Reasoning IV: Crafting Methods and Analysis to Meet Specific Aims, PhD Nursing	Instructor	13
Spring 2021	N906. Scientific Reasoning IV: Crafting Methods and Analysis to Meet Specific Aims, PhD Nursing	Lead Faculty	10
Summer 2020	N968. Writing the Pre-/Post-Doctoral Training Plan for a Research-Intensive Career, PhD Nursing	Lead Faculty	9
Spring 2020	HMSC877. Independent Study: Analysis of the Behavioral Risk Factor Surveillance System, Graduate	Instructor	1
Spring 2019	N902. Clinical Scholars in Nursing Innovation II, Hillman Scholars Program	Instructor	5

University of Pittsburgh

Semester & Year	Course	Role	Total # students
Spring 2017	EPIDEM2152. Student Workshop in Cardiovascular Disease Epidemiology, Module on Professional Development, Graduate	Teaching Assistant, Lecturer	7
Fall 2016	EPIDEM2152. Student Workshop in Cardiovascular Disease Epidemiology, Module on Grant Writing, Graduate	Teaching Assistant, Lecturer	7

Columbia University

Semester & Year	Course	Role	Total # students
Summer 2013	N8290. Incorporating Genetics into Advanced Nursing Practice, MSN Program	Graduate Teaching Assistant	30

Mentoring and Advisement

Faculty Mentees

Dates	Name	Role (Advisor, Chair, Committee Member), Topic
2024-2026	Elizabeth Lorenzo, Assistant Professor, University of Texas Medical Branch	Mentor, The Menopause Society Mentor Match Program
2022-2023	Samantha Carreon, Assistant Professor, Baylor College of Medicine	Peer Mentor, “Sleep in youth and young adults with diabetes”
2022-2023	Guadalupe Márquez-Velarde, Assistant Professor, Utah State University	Peer Mentor, “Intersectional population health: cardiovascular disease risk and sleep”

PhD and Post-doctoral trainees (current)

Dates	Name	Role (Advisor, Chair, Committee Member), Topic
2025-Present	Adeola, Kuyoro, PhD Student	Committee Member, “Impact of inpatient education provided by nurses on symptom self-management following admission for heart failure.”
2025-Present	Cassey Bullard, PhD Student	Advisor, Women’s health equity across the life course, University of Iowa College of Nursing
2024-Present	Bridget Saffold, PhD Student	Advisor, “Implementing community engagement strategies to increase colorectal cancer screening among African American men,” University of Iowa College of Nursing
2024-Present	Shaoshuai (Shirley) Chen, PhD Student	Committee Member, “Increasing the uptake of the shingles vaccine to prevent post-herpetic neuralgia,” University of Iowa College of Nursing
2023-Present	Nayung Youn, PhD Student	Committee Member, “Social determinants of health and cancer symptoms management,” University of Iowa College of Nursing
2023-Present	Emmerita Morris, PhD Student	Committee Member, “Racial and ethnic disparities in musculoskeletal pain during the menopause transition,” West Virginia University School of Nursing
2023-Present	Alyssa A. Portes, PhD Student	Co-Chair, “Perinatal mood and anxiety disorders among Latinas living in rural communities,” UNC School of Nursing

PhD and Post-doctoral trainees (past)

Dates	Name, Role	Current Position
2021-2025	Latesha Harris, Chair	Postdoctoral Fellow, National Clinician Scholars Program, Duke University, Durham, NC
2020-2025	Andrea Cazales, Chair	Candidate, City Council Representative, Durham, NC
2023	Daniel Bekele, External Dissertation Committee Member	Assistant Professor of Nursing, Arsi University, Addis Ababa, Ethiopia
2022-2023	Hannah Cabre, Dissertation Committee Member	T32 Postdoctoral Fellow, Reproductive Endocrinology and Women’s Health Laboratory, Pennington

2019-2023	Ratchanok Phonyiam, Dissertation Committee Member	Biomedical Research Center, Baton Rouge, LA Assistant Professor, Division of Community Health Nursing, Ramathibodi School of Nursing, Mahidol University, Salaya, Thailand
2020-2021	Elizabeth Williams, Postdoctoral Co-Mentor	Assistant Professor of Nursing, North Carolina Central University

Graduate Students (MPH, MSN, DNP)

Dates	Name	Role, Topic	Current Position
2024-Present	Yurico Maldonado, MSN	DNP Project Chair, “Mental health among Latinx adolescents”	Family Nurse Practitioner

Post-bacs/Visiting Research Fellows

Dates	Name	Role, Topic	Current Position
2022-2024	Christian Long, BA, MLS	Mentor, “Psychosocial factors associated with hair cortisol in midlife Latinas”	Medical Laboratory Scientist, UNC Chapel Hill

International Scholars

Dates	Name	Role, Topic	Current Position
2024-2025	Karim Ruth Llaro Valencia, RN (Perú)	Mentor, Partners in Health Nurse Executive Program	Project Coordinator, Partners in Health
2020-2023	Mayra Duran, MD (Ecuador)	Mentor, “Feasibility and acceptability of a lifestyle intervention for perimenopausal Latinas”	Family Medicine Resident, Charles R. Drew University of Medicine and Science

Undergraduate Students

Dates	Student	Role, Topic
2021-2022	Alyssa A. Portes, Hillman Scholar, BSN Honors	Faculty Advisor, “Risk factors for postpartum depression in Latinas living in rural areas”
2020-2021	Valentina Marginean, BSN Honors	Faculty Advisor, “A validity study of the reliability and reproducibility of aortic pulse wave velocity using VICORDER® vascular testing device.”
2019-2020	Latesha K. Harris, Hillman Scholar, BSN Highest Honors	Faculty Advisor, “Psychosocial factors related to cardiovascular disease risk in young-adult African- American women.”

High School Students

Dates	Student	Role, Topic
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2025-Present	Lillian Finkle, AP Research Methods, Eno River Academy	Expert Advisor, “Menopause awareness and education among Latina women”
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Workshops/Continuing Education/Other Teaching

Date	Title, Institution	Role	#Attendees
Spring 2025	“Developing Your Vision and Mission”, Division of Community and Primary Care, University of Iowa College of Nursing	Speaker	10
Summer 2024	“Intersection of Reproductive Aging and Cardiovascular Disease Risk,” Icahn School of Medicine at Mount Sinai	Guest Speaker	5
Spring 2024	“Selecting the Appropriate Research Design for Your Aims,” University of North Carolina at Chapel Hill School of Nursing	Guest Lecturer	7
Spring 2020-2024	Cardiovascular Disease Epidemiology Journal Club, University of Pittsburgh Graduate School of Public Health	Faculty Mentor	10
Fall 2019-Present	Women’s Health Epidemiology, University of Pittsburgh Graduate School of Public Health	Guest Lecturer	10
Spring 2020	Nursing, Public Health, and Epidemiology: Introduction and Career Options (Grades 6-8), De La Salle Academy	Instructor	8
Fall 2020	A Life Course Approach to Reproductive Epidemiology, University of Pittsburgh Graduate School of Public Health	Guest Lecturer	10
Fall 2019	N811: Selected Issues in Adult Health “Hormones, Menopause, and Midlife Changes in Women”, University of North Carolina School of Nursing	Guest Lecturer	15
Fall 2019	N811: Selected Issues in Adult Health “Reproductive Life Plan and Contraception Management”, University of North Carolina School of Nursing	Guest Lecturer	15
Summer 2019	Urgent Care: Cuidades de emergencias, Hospital General de Manta, Manta, Ecuador	Instructor	40
Fall 2018	Urgent Care: Cuidades de emergencias, Universidad San Francisco de Quito, Quito, Ecuador	Instructor	15
Spring 2018	Life-course analyses: Examples from the Study of Women’s Health Across the Nation (SWAN), University of Pittsburgh Graduate School of Public Health	Guest Lecturer	30
Fall 2017	Women’s reproductive health and later-Life CVD: Application of subclinical, University of Pittsburgh Graduate School of Public Health	Guest Lecturer	15
Spring 2017	A life-course approach to women’s health and cardiovascular disease, University of Pittsburgh Graduate School of Public Health	Guest Lecturer	10
2015-2016	Subclinical cardiovascular disease journal club, Various Presentations, University of Pittsburgh Graduate School of Public Health	Coordinator	10
Spring 2014	Public health, nursing, and research, Barnard College	Guest	30

	Science and Technology Entry Program	Lecturer	
Spring 2005	Biological sciences (Grade 6-7), Breakthrough Collaborative, Townsend Schools	Instructor	30

SERVICE

Memberships and Positions Held in Professional Organizations

Organization	Role	Dates
American Psychological Association Presidential Initiative on Midlife and Menopause Health Wellness Workgroup	Member	2025-2026
Menopause in the Workplace Working Group, Society for Women's Health Research	Member	2025
Society of Behavioral Medicine	Member	2024-Present
American Academy of Nursing	Member	2023-Present
Women Living Better	Advisory Board	2022-Present
The Menopause Society	Member	2017-Present
Menopause Society Research Pilot Funding	Chair	2025-2026
Scientific Program Committee	Member	2025-2026
Executive Committee	Member	2025-2026
Research Mentorship Program	Chair	2024-2025
Scientific Program Committee	Member	2024-2025
Board of Trustees	Member	2023-Present
Scientific Program Committee	Member	2022-2023
Board of Trustee Nomination Committee	Member	2022
Awards Committee	Member	2021-Present
Abstract Review Committee	Chair	2021
Scientific Program Committee	Member	2020-2021
Abstract Review Committee	Chair-Elect	2020
Abstract Review Committee	Member	2018-Present
International Menopause Society	Member	2023-Present
American Heart Association	Member	2015-Present
Cardiovascular and Stroke Nursing Awards Committee	Member	2025-2027
Cardiovascular and Stroke Nursing Early Career Committee	Chair	2024-2026
Cardiovascular and Stroke Nursing Early Career Committee	Vice-Chair	2022-2024
Epidemiology and Prevention Early Career Committee	Member	2020-2024
Advocacy Committee	Member	2022-2023
Cardiovascular and Stroke Nursing Early Career Committee	Member	2018-2022
Menopause Work Group, Society for Women's Health Research	Member	2021-2022
Society of Epidemiologic Research	Member	2016-Present
Eastern Nursing Research Society	Member	2012-2016
Sigma Theta Tau International Honor Society of Nursing	Member	2012-Present
National Association of Hispanic Nurses	Member	2010-Present
American Public Health Association	Member	2006-2009

Editorial Activities

Journal	Role	Dates
<i>Heart and Lung</i>	Editorial Board	2025-Present
<i>Menopause</i>	Editorial Board	2023-Present

Review Activities

Journal	Role	Dates
<i>BMC Women's Health</i>	Peer Reviewer	2024-Present
<i>Maturitas</i>	Peer Reviewer	2023-Present
<i>Journal of the American Heart Association</i>	Peer Reviewer	2021-Present
<i>Menopause</i>	Peer Reviewer	2021-Present
<i>BMC Midlife Women's Health</i>	Peer Reviewer	2021-Present
<i>Circulation</i>	Peer Reviewer	2020-Present
<i>BMJ Open</i>	Peer Reviewer	2020-Present
<i>Atherosclerosis</i>	Peer Reviewer	2018-Present
<i>Hispanic Healthcare International</i>	Peer Reviewer	2018-Present
<i>Journal of Immigrant and Minority Health</i>	Peer Reviewer	2018-Present
<i>PLoS One</i>	Peer Reviewer	2017-Present
<i>Journal of Women's Health</i>	Peer Reviewer	2015-Present

Other (Grant Review Activities, Site Visits, Review Panels)

Organization/Project	Role	Dates
NIH– Lifestyle Change & Behavioral Health	Standing Member	2024-2028
NIH– Lifestyle Change & Behavioral Health	Reviewer	February 2024
University of Iowa Office of Nursing Research and Scholarship	Internal Reviewer	December 2023
NIH– Lifestyle Change & Behavioral Health	Reviewer	June 2023
NIH Director's Early Independence Award	Reviewer	February 2022
NIH Cancer, Heart, and Sleep Epidemiology Panel B	Reviewer	February 2021
North American Menopause Society Annual Meeting	Poster Judge	2017-2019
American Heart Association Scientific Sessions	Abstract Reviewer	2016-Present
Latina Researchers Conference	Abstract Reviewer	2014

School of Nursing Committees

Committee	Role	Dates
University of Iowa		
PhD Admissions and Progression	Chair	2025-Present
College of Nursing Faculty Awards	Reviewer	Spring 2025
PhD Forum Self-Study Task Force	Contributor	2024-2025
PhD Admissions and Progression	Member	2024-2025
Tenure-Track Search Committee	Member	2023-Present
Postdoctoral Scholar Search Committee	Member	2023-2024

The University of North Carolina at Chapel Hill

Carrington Travel Award Committee	Member	Spring 2023
PhD Admissions Committee	Member	2022-2023
Ph.D. Qualifying Exam Committee	Chair	2021-2022
Ph.D. Qualifying Exam Committee	Member	2019-2021
Ph.D. Progression Review Committee	Member	2019-2023
Biobehavioral Laboratory Advisory Committee	Member	2018-2022
Tenure-Track Search Committee	Member	2018-2019

Columbia University School of Nursing

Alumni Admissions Ambassador Program	Member	2015-Present
Diversity Committee, Community Outreach Subcommittee	Member	2014-2015
Student Admissions Ambassador Program	Member	2010-2014

University Committees

Committee	Role	Dates
University of Pittsburgh		
Health Disparities Poster Competition, Health Sciences	Judge	2018
Center for Aging and Population Health	Member	2016-2018
Center for Health Equity	Member	2016-2018
Postdoctoral Association	Member	2015-2018
Williams College		
Windows on Williams, Admissions Outreach	Member	2015- Present
VISTA (Latina/o Association)	Co-Chair	2005-2006
Minority Coalition, Williams College	Representative	2003-2004

COMMUNITY AND OTHER PROFESSIONAL SERVICE

Organization/Activity	Role	Dates
IowaWINS, Mt Pleasant Iowa	Speaker	2025
University of Iowa, Summer Health Professional Education Program	Panelist	2025
Women's Wellness Group, Open Heartland, Iowa City, IA	Speaker	2024-Present
Parish Health Ministry, St Anthony Catholic Church, Davenport, IA	Volunteer	2024-Present
BOOST Science Program at Duke University, Durham, NC	Speaker	2022-2023
UNC-Chapel Hill Project Uplift Summer Enrichment, Chapel Hill, NC	Speaker	2019
Make-a-Wish Foundation of Eastern North Carolina, Raleigh, NC	Volunteer	2018-2020
El Centro Hispano, Durham, NC	Tutor	2018-2019
Universal Professional Family Clinic, Bronx, NY	Volunteer FNP	2014-2015
Neighborhood and Family Health, Bronx, NY	Volunteer FNP	2012-2013

Columbia Student Medical Outreach, New York, NY	Volunteer RN	2012
St. Joan of Arc Church, Bronx, NY	Parish Nurse	2010-2015
Harlem Community-Academic Partnership, New York, NY	Member	2006-2009
East Harlem Tutorial Center, New York, NY	Tutor	2006-2007
iMentor Program, New York, NY	Mentor	2006-2007
HANDS-ON USA Katrina Relief, Biloxi, MS	Volunteer	2006
National Latina Institute, New York, NY	Program Intern	2004
Medical Ministry International, Dominican Republic	Interpreter	2003