

I. PERSONAL INFORMATION

Name: **Shawna Follis, PhD, MS**

Current position: Instructor, Stanford Prevention Research Center
Current affiliation: Stanford University
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II. EDUCATION HISTORY

Ph.D.	Epidemiology, Medical Anthropology (<i>minor</i>), University of Arizona	5/2020
M.S.	Anthropology, Purdue University	8/2014
B.A.	Anthropology, Spanish (<i>minor</i>), Indiana University	5/2012
Certificate	Innovation and Entrepreneurship, Graduate School of Business, Stanford University	8/2021

III. ACADEMIC APPOINTMENTS

Instructor	Stanford Prevention Research Center, Department of Medicine Stanford University	9/2023 - present
Stanford Propel Postdoctoral Scholar	Stanford Prevention Research Center, Center for Population Health Sciences Department of Medicine, Stanford University	9/2021 – 8/2023
NHBLI T32 Postdoctoral Fellow	Stanford Prevention Research Center, Department of Medicine Stanford University	9/2020 – 8/2021

IV. HONORS AND AWARDS

See appendix for Pre-PhD items

Stanford Medicine Teaching Award	Stanford University	2022 – 2023
Early Career Investigator Award	The Women's Health Initiative	March 2023
Justice, Equity, Diversity, Inclusion Postdoctoral Award	Stanford University	2022 – 2023
Aetna Award for Excellence in Research on Older Women and Public Health	American Public Health Association	October 2020

V. BIBLIOGRAPHY

A. THESIS

- Follis S.** The Role of Social Stress in Body Composition: Results from The Women's Health Initiative [Doctoral Thesis, Epidemiology]. Tucson, AZ: The University of Arizona. 2020 (*PhD Advisor: Zhao Chen, PhD*).
- Follis S.** Dental Fluctuating Asymmetry as a Measure of Environmental Stress in Nasca [Master's Thesis, Anthropology]. West Lafayette, IN: Purdue University. 2014.

B. PEER-REVIEWED ORIGINAL RESEARCH

- Follis S, Cook A, Bea JW, et al.** The Association Between Sarcopenic Obesity and Falls in a Multiethnic Cohort of Postmenopausal Women. *Journal of American Geriatric Society*. 2018;66(12):2314-2320.
- Follis S, Bea JW, Klimentidis Y, et al.** Psychosocial stress and bone loss among postmenopausal women: results from the Women's Health Initiative. *Journal of Epidemiol and Community Health*. 2019;73(9):888-892.
- Follis S, Bea JW, Cauley JA, Shadyab AH, Cook A, Chen Z.** Reply to Effects of Hormone Replacement Therapy on Sarcopenia: Is It Real? *Journal of American Geriatric Society*. 2019;67(6):1298-1299.
- Follis S, Chen Z, Mishra S, et al.** Comparison of wearable sensor to traditional methods in functional outcome measures: A systematic review. *Journal of Orthopedic Research* 2020:1–10.
- Flores MA, Ruiz JM, Uchino BN... **Follis S.** Classes of Social Capital, Race-Ethnicity, and Associations with CVD Risk and Distal Survival in The Women's Health Initiative: A Latent Class Analysis. *Psychosom. Med.* 2020;82(6):A218–A218.
- Follis S, Klimentidis Y, Hu C, et al.** The Intersectional Role of Social Stress in Fracture Risk: Results from the Women's Health Initiative. *Journal of Epidemiology and Community Health*. Published Online First: 26 May 2021.
- Follis S, Chen Z, Mishra S, Howe CL, Toosizadeh N, Dohm M.** Comparison of wearable sensor to traditional methods in functional outcome measures: A systematic review. *J Orthop Res*. 2021 Oct;39(10):2093-2102. doi: 10.1002/jor.24950. Epub 2020 Dec 20. PubMed PMID: 33300119.
- Bea JW, Chen Z, Blew RM, Nicholas JS, **Follis S, et al.** MRI based validation of abdominal adipose tissue measurements from DXA in postmenopausal women. *Journal of Clinical Densitometry*. 2021
- Garcia, L, **Follis S, Thomson CA, Breathett K, et al.** Taking Action to Advance the Study of Race and Ethnicity: The Women's Health Initiative (WHI). *Women's Midlife Health* 8, no. 1, 2022.
- LaMonte MJ, Manson JE,... **Follis S, et al.** "Contributions of the Women's Health Initiative to Cardiovascular Research: JACC State-of-the-Art Review." *Journal of the American College of Cardiology* 80, no. 3 (July 2022): 256–75. PMID: 35835498.
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Yang, Yesol, Eric M. McLaughlin, Michelle J. Naughton, Maryam B. Lustberg, Timiya S. Nolan, Candyce H. Kroenke, Julie C. Weitlauf, **Follis S**. "Social Support, Social Ties, and Cognitive Function of Women with Breast Cancer: Findings from the Women's Health Initiative (WHI) Life and Longevity After Cancer (LILAC) Study." *Supportive Care in Cancer: Official Journal of the Multinational Association of Supportive Care in Cancer* 31, no. 1 (December 16, 2022): 48. <https://doi.org/10.1007/s00520-022-07505-5>.

Krok-Schoen JL, Naughton MJ, Felix AS... **Follis S**, et al. Resiliency among Women's Health Initiative women aged 80 and older by race, ethnicity, and neighborhood socioeconomic status. *The Journals of Gerontology: Series B*. Published online March 18, 2023:gbad048. doi:10.1093/geronb/gbad048

Follis S, Breathett K, Garcia L, Jimenez M, Cené CW, Whitsel E, Hedlin H, Paskett ED, Zhang S, Thomson CA & Stefanick ML. "Quantifying structural racism in cohort studies to advance prospective evidence." *SSM - Population Health* (2023). doi: <https://doi.org/10.1016/j.ssmph.2023.101417>.

C. OTHER PUBLICATIONS

Follis S. Reexamining Race and Ethnicity from a Structural Racism and Social Determinants of Health Lens in Cohort Studies. *Innovation in Aging*. Dec 2022. doi: 10.1093/geroni/igac059.2919

Follis S, Bea J, Klimentidis Y, et al. "The association between social stress and visceral adiposity". Aetna Award for Excellence in Research on Older Women and Public Health. Research Brief Report. *American Public Health Association*. 2020.

Follis S. Social Stress & Bone Loss. *Physician's Weekly*. Mar 2. 2020.

Flores MA, Ruiz JM, Uchino BN... **Follis S**. Classes of Social Capital, Race-Ethnicity, and Associations with CVD Risk and Distal Survival in The Women's Health Initiative: A Latent Class Analysis. *Psychosom. Med.* 2020;82(6):A218–A218.

Stefanick M, Cene C, Breathett K, Dilworth-Anderson P, **Follis S**, et al. WHI Race and Ethnicity Language and Data Interpretation Guide. *The Women's Health Initiative*. <https://www.whi.org/doc/WHI-Race-and-Ethnicity-Language-and-Data-Interpretation-Guide.pdf> March 23, 2021.

Follis S. The Impact of Social Stress on Fracture Risk in Postmenopausal Women. *Physician's Weekly*. <https://www.physiciansweekly.com/the-impact-of-social-stress-on-fracture-risk-in-postmenopausal-women> July 26 2021.

D. PUBLISHED CONFERENCE PROCEEDINGS

Follis S. Neighborhood SES and Visceral Adipose Tissue. Society for Epidemiological Research (SER); 2023 June; Portland, OR.

Follis S. Reconceptualizing race and ethnicity data to examine structural racism and social determinants of health (oral presentation). The Gerontological Society of America; 2022

November; Indianapolis, IN

VI. GRANT FUNDING

ACTIVE SUPPORT

- 08/2023 – 07/2025 **National Heart, Lung, and Blood Institute** (K99HL169908)
Title: Examining the Role of Structural Factors in Racial and Ethnic Disparities in Cardiovascular Disease. Role: Principal Investigator.
- 07/2022 – 06/2025 **Tobacco-Related Disease Research Program** (TRDRPT3215754, PI: Henriksen)
Title: Legacy of redlining: Policy remedies for disparities in tobacco retail density and cancer. Role: Co-Investigator.
- 07/2021-08/2023 **Stanford University School of Medicine**
Title: Propel Postdoctoral Scholars Program. Role: Postdoctoral Scholar

PREVIOUS SUPPORT

- 9/2021 – 08/2023 **Stanford Medicine Propel Postdoctoral Program** Mission: recruit and develop a distinguished group of postdoctoral scholars to build an inclusive, diverse, and equitable professoriate
- 9/2020 – 8/2021 **National Heart, Lung, and Blood Institute** (T32HL007034, PI: Gardner)
Title: Cardiovascular Disease Prevention Training Program. Role: Postdoctoral Research Fellow

VII. TEACHING

COURSE INSTRUCTOR

Stanford University	CHPR 232: Structural and social determinants of health	Spring 2023
Stanford University	CHPR 232: Structural and social determinants of health	Spring 2022
Stanford University	THINK 61: Living with Viruses	Winter 2022

TEACHING ASSISTANT

University of Arizona	EPID: Introduction to Epidemiology	Fall 2014
Purdue University	ANTH: Bioanthropology	Spring 2013
Purdue University	ANTH: Osteology	Fall 2012
Purdue University	ANTH: Native American Cultures	Spring 2012
Indiana University Purdue University Fort Wayne	ANTH: Biological Anthropology	Fall 2015

VIII. CLINICAL TRIALS

IX. EDITORIAL SERVICE

05/2022	Cancer Control	Journal peer review	Ad Hoc Journal peer review
2021-present	Science, Technology, and Society Intersect	Journal Ad Hoc Journal peer review	Ad Hoc Journal peer review
09/2017	CDC - Preventing Chronic Disease	Journal	Ad Hoc Journal peer review

X. SERVICE AS GRANT REVIEWER

None

XI. UNIVERSITY ADMINISTRATIVE SERVICE

A. COMMITTEE SERVICE

- 2023-2024 Stanford Center for Comparative Studies in Race and Ethnicity – working group member
- Monthly meetings to define Stanford school of thought on comparative race studies
- 2020-2022 The Women’s Health Initiative – Task Force on Race and Ethnicity, member
- Appointed to construct research standards document on race and ethnicity
- Summer 2016 University of Arizona, Integrating Chinese Medicine with Public Health, assistant
- 2016- 2020 University of Arizona, Inclusion and Equity Committee member
- Developed strategic plan for systematic inclusiveness within College of Public Health
- 2015-2016 University of Arizona Student Affairs Committee representative

B. LEADERSHIP ROLES

- 2023-2024 Stanford Medicine Justice, Equity, Diversity, Inclusion Committee - representative
- 2022-2024 Stanford Latinx Postdoc Association – Chair (current) and prior Board Member
- 2018-2020 University of Arizona Health Sci Diversity Inclusion Student Advisory Board, President
- 2013 - 2014 Purdue Graduate Student Government Representative; led trans-inclusive healthcare bill
- 2013 – 2014 Anthropology Graduate Student Organization, Officer

C. OTHER UNIVERSITY DEI SERVICE

- Feb 2022 Stanford University Casa Zapata Health Equity Panelist (Latinx student club)
- Fall 2019 Women in STEM high school outreach University of Arizona

XII. SERVICE TO PROFESSIONAL ORGANIZATIONS

SCIENTIFIC MEMBER

- 2015-present American Public Health Association
- 2020-present Society for Epidemiology Research
- 2015-2018 American Heart Association

EVENTS

- June 2021 TGen MindCrowd, Alzheimer’s Awareness Month webinar host Virtual
- 2014-2015 American Indian Science and Engineering Society, volunteer Purdue University
- July 2014 Minority Engineering Program, MITE Academic Camp, volunteer Purdue University
- May 2014 Tecumseh School field trip: Evolution and Latinx History (founder) Purdue University

XIII. PRESENTATIONS

A. INVITED PRESENTATIONS

- 05/2023 The Women’s Health Initiative Fred Hutch Early Career Investigator Award Speech
- 10/2021 Women’s Midlife Health Journal Zoom Taking Action to Advance the Study of Race and Ethnicity
Structural Racism Webinar

B. RESEARCH PRESENTATIONS

- 04/2023 Morehouse Medical Structural Racism and Medical Ethics
College, virtual Ethics

01/2023	Stanford University Stanford, CA	THINK61	Social Determinants of Health and Viruses
02/2023	Stanford University Stanford, CA	CCSRE	Center for Comparative Studies in Race & Ethnicity: Faculty Seminars Series – Invited seminar host
11/2022	Stanford University Stanford, CA	CHPR 228	Cultural Context in Behavior Change Research
04/2021	Stanford University Stanford, CA	CHPR 232	Racism as a Structural Determinant of Health
09/2021	Stanford University Stanford, CA	CHPR 200	Reconceptualizing race and ethnicity data to examine structural racism and social determinants of health

C. NATIONAL MEETINGS

Follis S, David Rehkopf, Eric Whitsel, Shiqi Zhang, Haley Hedlin, Marcia Stefanick, Andrew Odegaard. Racial and ethnic disparities in neighborhood socioeconomic characteristics and associations with visceral adipose tissue patterning (oral presentation). Society for Epidemiological Research Conference; 2023 June; Portland OR.

Follis S, Breathett K, Garcia L, Jimenez M, Cené CW, Whitsel E, Hedlin H, Paskett ED, Zhang S, Thomson CA & Stefanick ML. Reconceptualizing race and ethnicity data to examine structural racism and social determinants of health (oral presentation). The Women’s Health Initiative Investigator’s Meeting; 2022 May; Washington DC.

Follis S, Bea J, Klimentidis Y, et al. The association between social stress and visceral adiposity. American Public Health Association; 2020; Virtual.

Follis S, Nacim ES, King C. Evaluation of Neocolonization: Barrier to Health Equity. American Public Health Association Conference, San Diego, California, November 3-8, 2018.

Follis S. The Role of Psychosocial Stress in Osteoporotic Fractures: Preliminary Results. Aging in the Americas International Conference, Tucson, Arizona, October 8-10, 2018.

Nacim E, **Follis S**, King C. An evaluation of the US Peace Corps: neocolonization through state-funded volunteerism. Critical Ethnic Studies Association Conference, Vancouver, Canada, July 22-25, 2018.

Asfaha S, **Follis S**, Dohm M. Target the Efficacy: Does ESI Improve the Motor Performance of Patients with Lower Back Pain? Annual Medical Education Conference, San Francisco, California, March 28 – April 1, 2018.

Huffer G, **Follis S**, Dohm M. Patient Reported Outcome Measures: Characteristics of Total Knee and Hip Arthroplasty Patients at Baseline. The University of Arizona Undergraduate Physiology Poster Session, Tucson, Arizona, April 4, 2017.

Follis S, King C, Nacim E. Collaboration Building for Social Justice Within Academic Institutional

Hegemony. Inclusive Excellence Symposium, Tucson, Arizona, March 28, 2017.

Nacim E, King C, **Follis S**. Redefining community: Public health students' collaboration for social justice. Community Engagement Poster Session, Tucson, Arizona, March 28, 2017.

Hammel BM, **Follis S**, Anderson C, Fastje C, Dohm M. The Joints Class: A quality Initiative. Evidence-Based Practice Symposium, Charlottesville, Virginia, May 10-11, 2016.

Follis S, Sutter R. Dental Fluctuating Asymmetry as a Measure of Environmental Stress. Bioarchaeology and Forensic Anthropology Association Conference, Columbus, Ohio, October 27-29 2013.

Follis S, Sutter R. Deciduous tooth Trait Data from San Jose de Moro: Preliminary Biodistance and Asymmetry Results. Midwest Amazonian and Andean Archaeology and Ethnoarchaeology, Chicago, Illinois, February 3-6, 2012.

XIV. TRAINEES

MASTER'S THESIS COMMITTEE

Juan Carlos Ruiz Olvidados Entre la Cosecha: Understanding Social Needs and Health
Malagon, MS, MA Disparities through Farm Workers' Perspectives. 2023, Stanford Digital
Stanford University Repository. Admitted to UC Irvine PhD Epid.
<https://doi.org/10.25740/vs740rq1605>

Omar Gomez, MS Racialization and Criminalization among Black, Indigenous, and/or Youth of
Stanford University Color (BIYOC): Understanding Criminalization and Racialization of Cannabis-
Use and its Repercussions on Mental Health. 2022, Stanford Digital Repository.

UNDERREPRESENTED MINORITY MENTORSHIP PROGRAMS

Jeremey Shropshire, Stanford Medicine Racial Equity to Advance a Community of Health (REACH)
MS HBCU mentor. Hosted Jeremey at Stanford in Summer 2022, research
Morehouse College collaboration ongoing.
MS3

Briana Collins, MD Stanford Medicine REACH - HBCU co-mentor, summer 2022, collaboration
Texas Christian Univ ongoing. Admitted to Stanford Medical Residency in 2023.

PHD DISSERTATION COMMITTEE

Patrick Montine, Dissertation in progress
MPH
UC Davis

XV. COMMUNITY SERVICE

[Encompassed within sections XI, XII Service]

Appendix

III. ADDITIONAL RESEARCH EMPLOYMENT

Qualitative Research Consultant	Applied Curiosity Research	Servicing a CDC Foundation contract to collect data for revision of a CDC policy and practices document	9/2020- 1/2022
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Scientific Analyst	Epidemiology - University of Arizona	Study recruitment, retention, and data analysis for large nation-wide Alzheimer's study	1/2020 – 7/2020
Senior Research Specialist	Orthopedic Surgery - University of Arizona	Manage clinical trials to adapt wearable technology for in clinic diagnosis of physical function.	1/2016 – 1/2020
Data analyst	Women's Health Initiative Ancillary Study	NHLBI funded reanalysis of images to quantify visceral and subcutaneous adipose tissue	1/2018 - 9/2019
Associate Operational Analyst	Zotec Partners	Analyst of medical billing data for business intelligence, using SQL and Tableau.	2/2015 – 8/2015

IV. GRANT FUNDING (during PhD, MS, BA)

2019 – 2020	University of Arizona - Marshall Dissertation Fellowship
2015 - 2020	Alfred P. Sloan Foundation Indigenous Graduate Partnership Program - scholarship
2015 –2020	University of Arizona Graduate Tuition Scholarship
2018 – 2019	University of Arizona Center on Aging - Koff Scholarship
2018 – 2019	University of Arizona Retirees Association and T.R. Rehm Scholarship
2018 – 2019	University of Arizona College of Public Health Graduate Fellowship
Fall 2018	University of Arizona College of Public Health Conference Travel Grant
August 2017	American Public Health Association 2017 Annual Meeting Scholarship
Fall 2017	University of Arizona Public Health Graduate College Fellowship
October 2016	University of Arizona College of Public Health Conference Travel Grant
Summer 2016	The Confucius Institute at The University of Arizona Scholarship
2015 - 2016	University of Arizona Graduate Access Fellowship
Summer 2011	Purdue University Undergraduate Conference Travel Program
Summer 2011	Purdue University Undergraduate Summer Research Support Grant (Peru)
Summer 2011	Purdue University Research Supplies and Expenses Mini-Grant
Spring 2011	Indiana University David Starr Jordan Study Abroad Scholarship (Lima, Peru)
2011-2012	Paul Jean Provost Scholarship Award
2008-2012	Indiana University Purdue University Fort Wayne Athletic Scholarship (D1 soccer)