

HOA B. APPEL

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EDUCATION and TRAINING

Postdoctoral Fellow, University of Michigan, Institute for Social Research, National Institute of Mental Health. Racial, Ethnic, and Cultural Disparities in Mental Health Training Program. Appointment site: University of Washington. June, 2005 to August, 2007. PI: David Takeuchi.

Ph.D., Health Services, Walden University, Minneapolis, Minnesota. May, 2005.
Dissertation: *Depression among Minority Women during Pregnancy and Postpartum*.

M.P.H., International (Global) Health, Loma Linda University, Loma Linda, California. December, 1994.
Thesis: *Community Health and Geographic Description in Snohomish County*.

B.A., Social Welfare, University of Washington, Seattle, Washington. June, 1989.

RESEARCH and GRANT SUPPORT

2011-2012	Principal Investigator <i>Starting the Conversation in Snohomish County – Childhood Obesity</i> (Institute of Translational Health Sciences, University of Washington)
2010-2011	Research Associate <i>Mental and Physical Health Comorbidities in Latino and Asian Americans</i> (PI: Chyongchiou Lin, Center on Race and Social Problems, University of Pittsburgh)
2003-2004	Principal Investigator <i>Depression among Minority Women during Pregnancy and Postpartum</i> (Association for Prevention Teaching and Research and CDC)

EMPLOYMENT

2008 – Present	Health Services Consultant. Tutoring and mentoring high school students in various subjects. Research and grant writing of numerous public health topics, including mental health, underserved populations, and health disparities. Assisting students with college applications and essays.
2005 – 2007	Postdoctoral Fellow. University of Washington, School of Social Work. <i>National Latino and Asian American Study (NLAAS)</i> dataset. NLAAS is the first comprehensive epidemiological survey on Latino and Asian Americans in the U.S. Analyses of NLAAS dataset and manuscripts. Built knowledge on minority health issues, received training on research, teaching, grants writing, and attended national meetings. Principal Investigator: David Takeuchi.

- 2003 – 2004 Internship. Snohomish Health District, Community Health Division. Snohomish Health District. Everett, Washington. Postpartum depression study of Snohomish county women. Collaborated with public health nurses and community organizations on various health issues.
- 2003 Principal Investigator. Short-term student research grant, Association of Teachers of Preventive Medicine & Centers for Disease Control and Prevention, Washington, D.C. Conducted research on minority women with depression in conjunction with the community health care providers and Snohomish Health District, Everett, Washington.
- 1998 – 2002 Loan Officer. Financial Advantage Home Loan Center, Everett, Washington. Originated home loans and taught first time home buyer's classes.
- 1996 –1998 Asian Care Manager and Disease Management Manager. New York Life Healthcare Plans, Seattle, Washington. Case management and assisted minority physician groups in managing patients. Wrote and implemented disease management protocols for health plans and collaborated with assistant medical director.
- 1995-1996 Social Service Director. Edmonds Rehabilitation and Healthcare Center. Edmonds, Washington. Supervised Social Service department. Managed admissions, and post-hospital planning of Medicare and Medicaid patients.
- 1991-1993 Science teaching assistant. Azusa Pacific University, Azusa, California. Taught review sessions for introductory biology and chemistry classes. Assisted professors in teaching lab sessions, preparing and grading papers and exams. Tutored students privately.
- 1988-1991 Social Worker. Providence Medical Center, Seattle, Washington. Assisted families with Medicaid applications and post-hospital planning. Facilitator to family members with hospital staff and various community agencies.

PEER-REVIEWED PUBLICATIONS (SELECTED)

- Appel, H.B.**, Ai, A., Huang, B & Nicdao, E.G. (2013). Detrimental effects of discrimination on mental health in Asian Americans: Counteracting roles of religious involvement. *International Journal for the Psychology of Religion*. DOI: 10.1080/10508619.2012.761524
- Ai, A., Noel, L., **Appel, H.B.**, Huang, B., & Hefley, W. (2013). Overall health and health care utilization among Latino American men in the U.S. *American Journal of Men's Health*, 7(1):6-17. DOI: 10.1177/1557988312452752
- Appel, H.B.**, Huang, B., Ai, A., & Lin, C. (2011). Physical, behavioral and mental health issues in Asian American women: Results from the National Latino and Asian American Study. *Journal of Women's Health*, 20(11):1703-1711. DOI: 10.1089/jwh.2010.2726

Huang, B., **Appel, H.B.**, & Ai, A. (2011). The effects of discrimination and acculturation to service seeking satisfaction for Latina and Asian American women. *Social Work in Public Health*, 26:46-59. DOI: 10.1080/10911350903341077

FELLOWSHIPS and AWARDS

Ray Sievers Achievers Award, Snohomish County YMCA, Everett, WA. (2012)

Fellowship Award, Family Research Consortium V, Mental Health and Substance Use: Risks, Prevention, Treatment and Policies. San Juan, Puerto Rico. (2011)

Student Investigator Award, Association of Teachers of Preventive Medicine and Centers for Disease Control and Prevention, Washington, D.C. (2003)

Best Program Planning Project, *Cancer Screening among Hispanic Women in Los Angeles*, Loma Linda University, Loma Linda, CA. (1994)

CONFERENCE TRAVEL AWARDS

Robert Wood Johnson Foundation, New Connections Seventh Annual Symposium, Princeton, NJ.(2013)

Robert Wood Johnson Foundation, New Connections Research Clinic, Washington, D.C. (2007)

Fourth Annual Institute of Family Research Consortium, On the Move: Geographic Transitions and the Mental Health of Families. Foundation for Child Development and Robert Wood Johnson Foundation, Spokane, WA. (2006)

National Institute of Mental Health, Transition to Research Career Independence for Pediatric Mental Health, Bethesda, MD. (2006)

PRESENTATIONS (SELECTED)

Appel, H.B., Huang, B., Ai, A. & Noël, L. *A comparison of physical health, mental health and health service seeking among Latino Americans in the U.S.* To be presented at the American Public Health Association, 141st APHA Annual Meeting, November 2013, Boston.

Appel, H.B., Ai, A., Huang, B. & Nicdao, E. *Discrimination, generalized anxiety disorder and religious involvement in Asian Americans: Results from a national study.* American Public Health Association, 140th APHA Annual Meeting, October 2012, San Francisco.

Appel, H.B., Huang, B., Ai, A. & Lin, C. *Acculturation, discrimination and health service-seeking in Latina and Asian American Women.* American Public Health Association, 139th APHA Annual Meeting, November 2011, Washington, D.C.

PROFESSIONAL AFFILIATIONS

Association for Prevention Teaching and Research, 2003 –

Washington State Public Health Association, 2005 –

American Public Health Association, 2006 –

University of Washington, Institute of Translational Health Sciences, 2010 –

SPECIAL SKILLS Fluency in Vietnamese (written and spoken)

RELEVANT TRAVEL Honduras, Costa Rica, Thailand, Myanmar, Puerto Rico