
CURRICULUM VITAE

Eric B. Loucks, Ph.D.

**Professor
Brown University**

1. SUMMARY

Office Address: Department of Epidemiology
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2. EDUCATION

2002-2006	Post-Doctoral Fellowship	Dept. of Society, Human Development & Health	Harvard School of Public Health, Boston, MA, USA
2002	Post-Doctoral Fellowship	Institute of Health Promotion Research	University of British Columbia, Vancouver, Canada
2002	Ph.D.	Dept. of Pharmacology & Therapeutics	University of British Columbia, Vancouver, Canada
1995	B.Sc. (Honors)	Dept. of Physiology	University of British Columbia, Vancouver, Canada

3. PROFESSIONAL APPOINTMENTS

2024 -	Professor (tenured)	Brown University School of Public Health, Department of Epidemiology
2024 -	Professor (tenured)	Brown University School of Public Health, Department of Behavioral and Social Sciences
2024 -	Professor (tenured)	The Warren Alpert Medical School of Brown University, Department of Medicine
2017 -	Director	Mindfulness Center at Brown University
2022 -	Academic Director	Mindfulness Education, Brown University School of Professional Studies
2017-2024	Associate Professor (tenured)	Brown University School of Public Health, Department of Epidemiology
2017-2024	Associate Professor (tenured)	Brown University School of Public Health, Department of Behavioral and Social Sciences
2017-2022	Associate Professor (tenured)	The Warren Alpert Medical School of Brown University, Department of Medicine
2016-2019	Graduate Program Director	Brown University School of Public Health, Department of Epidemiology

2009-2017	Assistant Professor	Brown University School of Public Health, Department of Epidemiology
2014-	Member	Brown University, Contemplative Studies Concentration Faculty
2012-2015	Epidemiologist & Evaluator	Division of Community, Family Health & Equity, Rhode Island Department of Health
2009-2010	Adjunct Professor	McGill University, Department of Epidemiology, Biostatistics and Occupational Health
2006-2008	Assistant Professor	McGill University, Department of Epidemiology, Biostatistics and Occupational Health
2006-2008	Assistant Professor	McGill University, Department of Psychiatry
2003-2006	Instructor	Harvard School of Public Health, Department of Society, Human Development & Health

4. COMPLETED PUBLICATIONS

4.1. Refereed Journal Articles (mentored trainees are underlined; in epidemiology, first author typically represents the scientist leading the analytic approach and manuscript writing; last author typically indicates senior author, as often the mentor or supporter of the research program)

1. **Loucks EB**, Symersky P, Qayumi AK. Platelet activating factor (PAF) antagonism: A new concept in the management of regional myocardial ischemia-reperfusion injury. *J Invest Surgery*. 1997; 10(6): 321-338. PMID: 9654389.
2. **Loucks EB**. The role of anesthesia in the advancement of surgical technique. *J Invest Surg*. 1997; 10(3): 3-4. PMID: 9219080.
3. Qayumi AK, English JC, Godin DV, Ansley DM, **Loucks EB**, Lee JU, Kim CW. The role of platelet activating factor in the pathophysiology of regional myocardial ischemia-reperfusion injury. *Ann Thorac Surg*. 1998. 65: 1690-1697. PMID: 9647083.
4. **Loucks EB**. The origin and future of transplantation surgery. *J Invest Surg*. 1998; 11(2): iii-iv. PMID: 9700615.
5. **Loucks EB**, Qayumi AK, English JC, Al Mahmeed T, Lim SP, Horley KJ, Gul S. Therapeutic potential of PAF antagonist in the management of myocardial infarction. *Can J Cardiol*. 2000; 16(4): 497-504. PMID: 10787465.
6. **Loucks EB**, Spiegel JM, Barcelo C, Yassi A, Aldama A, Dunn JR, Tate R, Seccombe D, McLean D, Guzman Pineiro R, Eugenia Triana M. Using biomarkers for measurement of the health effects of housing conditions: practical guidelines. *Conference Proceedings of the 5th PAHO Inter-American Health and Housing Conference*. May 2002.
7. **Loucks EB**, Godin DV, Walley KR, McManus B, Rahimian R, Granville D, Hong JM, Aktary FM, Qayumi AK. Role of platelet activating factor in cardiac dysfunction, apoptosis and nitric oxide synthase mRNA expression in the ischemic-reperfused rabbit heart. *Can J Cardiol*. 2003; 19(3): 267-274. PMID: 12677282.
8. Barceló Pérez C, Guzmán Piñeiro R, **Loucks EB**, Spiegel J, Plá Rodríguez E. Vivienda y salud en residentes de Centro Habana. Parte I, Ambiente Físico. *Rev Cubana de Hig Epidemiol*. 2003; 41(2-3).
9. Spiegel J, Barcelo C, **Loucks EB**, Bonet M, Aldama A, Yassi A. What the Cuban context provides health researchers: the feasibility of a longitudinal multi-method study of the impact of housing improvements on health in Havana, Cuba. *J Public Health*. 2004; 26(1): 95-100. PMID: 15044583.
10. **Loucks EB**, Aldama A, Maria Ibarra A, Barcelo Perez C, Guzman Pineiro R, Tate B, Spiegel J. Vivienda y salud en residents de Centro Habana. Parte II. Condiciones de vida y salud. *Rev Cubana de Hig Epidemiol*. 2004; 42(1).
11. **Loucks EB**, Berkman LF, Gruenewald TF, Seeman TE. Social integration is associated with fibrinogen concentration in elderly men. *Psychosom Med*. 2005; 67: 353-358. PMID: 15911896.

12. Ford ES, **Loucks EB**, Berkman LF. Social isolation and concentrations of C-reactive protein among US adults. *Ann Epidemiol.* 2006;16:78–84. PMID: 16271297.
13. **Loucks EB**, Sullivan LM, D'Agostino RB, Larson MG, Berkman LF, Benjamin EJ. Social networks and inflammatory markers in the Framingham Heart Study. *J Biosoc Sci.* 2006; Jan 27:1-8. PMID: 16441967.
14. **Loucks EB**, Berkman LF, Gruenewald TL, Seeman T. Relation of Social Integration to Inflammatory Marker Concentrations in Men and Women 70-79 Years. *Am J Cardiol.* 2006; 97(7):1010-6. PMID: 16563907.
15. **Loucks EB**, Sullivan LM, Hayes LJ, D'Agostino RB, Sr., Larson MG, Vasan RS, Benjamin EJ, Berkman LF. Association of educational level with inflammatory markers in the Framingham Offspring Study. *Am J Epidemiol.* 2006; 163(7):622-8. PMID: 16421236.
16. **Loucks EB**, Rehkopf DH, Thurston RC, Kawachi I. Socioeconomic Disparities in the Metabolic Syndrome Differ by Gender: Evidence from NHANES III. *Ann Epidemiol.* 2007; 17(1):19-26. PMID: 17140811.
17. **Loucks EB**, Magnusson KT, Cook S, Rehkopf DH, Ford ES, Berkman LF. Socioeconomic position and the metabolic syndrome in early, middle and late life: Evidence from NHANES 1999-2002. *Ann Epidemiol.* 2007; 17(10): 782-790. PMID: 17697786.
18. Gilman SE, Martin LT, Abrams DB, Kawachi I, Kubzansky L, **Loucks EB**, Rende R, Rudd R, Buka SL. Educational attainment and cigarette smoking: a causal association? *Int J Epidemiol.* 2008; 37: 615-624. PMID: 18180240.
19. **Loucks EB**, Juster RB, Pruessner JC. Neuroendocrine biomarkers, allostatic load, and the challenge of measurement: A commentary on Gersten. *Soc Sci Med.* 2008; 66:525-530.
20. **Loucks EB**, Lynch JW, Pilote L, Fuhrer R, Almeida ND, Richard H, Agha G, Murabito JM, Benjamin EJ. Life course socioeconomic position and incidence of coronary heart disease: Framingham Heart Study. *Am J Epidemiol.* 2009; 169 (7): 829-836. PMCID: PMC2727217.
21. Senese LC, Almeida ND, Kittler Fath A, Smith BT, **Loucks EB**. Associations between childhood socioeconomic position and adulthood obesity. *Epidemiol Rev.* 2009; 31: 21-51 PMCID: PMC2873329.
22. Bacon SL, Bouchard A, **Loucks EB**, Lavoie KL. Individual-level socioeconomic status is associated with worse asthma morbidity in patients with asthma. *Respir Res.* 2009; 17(10): 125. PMCID: PMC2806364.
23. Almeida ND, **Loucks EB**, Kubzansky L, Pruessner J, Maselko J, Meaney MJ, Buka SL. Quality of parental emotional care and calculated risk for coronary heart disease. *Psychosom Med.* 2010; 72: 148-155. PMCID: PMC2837946.
24. **Loucks EB**, Pilote L, Lynch JW, Richard H, Almeida ND, Benjamin EJ, Murabito JM. Life course socioeconomic position is associated with inflammatory markers: The Framingham Offspring Study. *Soc Sci Med.* 2010; 71(1):187-95. PMCID: PMC2895737
25. Martin LT, Schonlau M, Haas A, Derosé KP, Rudd R, **Loucks EB**, Rosenfeld L, Buka SL. Literacy skills and calculated 10-year risk of coronary heart disease. *J Gen Intern Med.* 2011; 26(1): 45-50. PMID: 20809155.
26. Liu SY, Buka SL, Linkletter CD, Kawachi I, Kubzansky L, **Loucks EB**. The association between blood pressure and years of schooling versus educational credentials: Test of the sheepskin effect. *Ann Epidemiol.* 2011; 21(2):128-38. PMID: 21184953.
27. Smith BT, Lynch JW, Fox CS, Harper SB, Abrahamowicz M, Almeida ND, **Loucks EB**. Life course socioeconomic position and type 2 diabetes: The Framingham Offspring Study. *Am J Epidemiol.* 2011; 173(4): 438–447. PMID: 21242301.
28. **Loucks EB**, Abrahamowicz M, Xiao Y, Lynch JW. Associations of education with 30 year life course blood pressure trajectories: Framingham Offspring Study. *BMC Public Health.* 2011; 11(1):139. PMCID: PMC3053249. *Dr. Loucks received the 2011 BioMed Central Public Health Research Award for this article, voted as the most ground-breaking public health research article published in all BioMed Central journals for 2011.*

29. Appleton AA, Buka SL, McCormick MC, Koenen KC, **Loucks EB**, Gilman SE, Kubzansky LD. Emotional functioning at age 7 years is associated with C-reactive protein in middle adulthood. *Psychosom Med*. 2011; 73(4): 295-303. PMID: 21536835.
30. Aslibekyan SH, Campos H, **Loucks EB**, Linkletter C, Ordovas J, Baylin A. Derivation and validation of a new cardiovascular risk score in the Costa Rica Study. *J Nutrition*. 2011; 141(7):1375-1380. PMID: 21562240.
31. **Loucks EB**, Almeida ND, Taylor SE, Matthews KA. Family psychosocial environment and coronary heart disease risk: the CARDIA study. *Psychosom Med*. 2011; 73(7): 563-571. PMID: 21810898. PMCID: PMC4017861
32. Agha G, Murabito JM, Lynch JW, Abrahamowicz M, Harper SB, **Loucks EB**. Cumulative life course socioeconomic position and ankle-brachial index. *Am J Cardiol*. 2011; 108(11): 1651-1657. PMID: 21907950.
33. Liu T, Gatsonis CA, Baylin A, Kubzansky LD, **Loucks EB**, Buka SL. A prospective study of prenatal exposure to cigarette smoke and anger proneness. *J Psychiatric Res*. 2011; 45(12): 1648-1654. PMID: 21890149.
34. Aslibekyan S, Jensen MK, Campos H, Linkletter CD, **Loucks EB**, Ordovas JM, Deka R, Rimm EB, Baylin A. Fatty acid elongase gene variants are not associated with serum blood lipids, inflammation, or the risk of nonfatal myocardial infarction. *Eur J Clin Nutr*. 2012; 66(3): 353-359. PMID: 22293571.
35. Liu SY, Linkletter CD, **Loucks EB**, Glymour MM, Buka SL. Decreased births among black female adolescents following school desegregation. *Soc Sci Med*. 2012. 22(3): 183-190. PMID: 22365940.
36. Everage NJ, Gjelsvik A, McGarvey ST, Linkletter CD, **Loucks EB**. Inverse associations between perceived racism and coronary artery calcification. *Ann Epidemiol*. 2012; 22(3): 183-190. PMID: 22365645.
37. Gilman SE and **Loucks EB**. Does the childhood environment influence the association between every X and every Y in adulthood? *Am J Epidemiol*. 2012; 176(8): 684-688. PMID: 23024136.
38. **Loucks EB**, Buka SL, Rogers ML, Liu T, Kawachi I, Kubzansky LD, Martin LT, Gilman SE. Education and coronary heart disease risk associations may be affected by early life common prior causes: a propensity matching analysis. *Ann Epidemiol*. 2012; 22(4): 221-232. PMID: 22463841.
39. Appleton AA, Buka SL, McCormick MC, Koenen KC, **Loucks EB**, Kubzansky LD. The association between childhood emotional functioning and adulthood inflammation is modified by early life socioeconomic status. *Health Psychol*. 2012. 31(4): 413-422. PMID: 22329424.
40. Aslibekyan S, Jensen MK, Campos H, Linkletter CD, **Loucks EB**, Ordovas JM, Deka R, Rimm EB, Baylin A. Fatty acid desaturase gene variants, cardiovascular risk factors, and myocardial infarction in the Costa Rica Study. *Frontiers Applied Genetic Epidemiol*. 2012; 3(Article 72): 1-11. PMID: 22563332.
41. Sands MR, Lauderdale DS, Liu K, Knutson KL, Matthews KA, Eaton CB, Linkletter CD, **Loucks EB**. Short sleep duration is associated with carotid intima-media thickness among men in the Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Stroke*. 2012; 43(11): 2858-2864. PMID: 22935396.
42. Sands MR, **Loucks EB**, Lu B, Carskadon M, Sharkey K, Stefanick M, Ockene J, Shah N, Hairston K, Robinson J, Limacher M, Hale L, Eaton CB. Self-reported snoring and coronary heart disease and cardiovascular disease among postmenopausal women: findings from the Women's Health Initiative. *Am J Cardiol*. 2013 Feb; 111(4): 540-546. PMID: 23219175.
43. Appleton AA, **Loucks EB**, Buka SL, Rimm E, Kubzansky LD. Childhood emotional functioning and the developmental origins of cardiovascular disease risk. *J Epidemiol Commun Health*. 2013 Jan; 67(5):405-11. PMID: 23322856.
44. Liu SY, Buka SL, Kubzansky LD, Kawachi I, Gilman SE, **Loucks EB**. Sheepskin effects of education in the 10-year Framingham risk of coronary heart. *Soc Sci Med*. 2013 Mar; 80:31-6. PMID: 23415589

45. Appleton AA, Buka SL, **Loucks EB**, Kubzansky LD. A prospective study of positive early life psychosocial factors and favorable cardiovascular risk in adulthood. *Circulation*. 2013 Feb; 127(8):905-12. PMID: 23339873.
46. Sands-Lincoln MR, **Loucks EB**, Lu B, Carskadon M, Sharkey K, Stefanick M, Ockene J, Shah N, Hairston K, Robinson J, Limacher M, Hale L, Eaton CB. Sleep duration and insomnia as risk factors for coronary heart disease among postmenopausal women in the Women's Health Initiative. *J Womens Health*. 2013 Jun; 22(6): 477-486.
47. Appleton AA, Buka SL, **Loucks EB**, Gilman SE, Kubzansky LD. Divergent associations of adaptive and maladaptive emotion regulation strategies with inflammation. *Health Psychol*. 2013 Jul. 32(7): 748-756. PMID: 23815767
48. Everage NJ, Linkletter CD, Gjelsvik A, McGarvey ST, **Loucks EB**. Implementation of permutation testing to determine clustering of social and behavioral risk factors for coronary heart disease, National Health and Nutrition Examination Survey 2001-2004. *Ann Epidemiol*. 2013 Jul; 23(7): 381-387. PMID: 23688719.
49. **Loucks EB**, Taylor SE, Polak JF, Wilhelm A, Kalra P, Matthews KA. Childhood family psychosocial environment and carotid intima media thickness: the CARDIA Study. *Soc Sci Med*. 2014 Mar; 104:15-22. PMID: 24581057
50. Pelufo Silveira P, Krumel Portella A, Kennedy JL, Gaudreau H, Davis C, Steiner M, Soares CN, Matthews SG, Dubé L, **Loucks EB**, Meaney MJ, Levitan RD. Association between the seven-repeat allele of the dopamine-4 receptor gene (DRD4) and spontaneous food preferences in pre-school children. *Appetite*. 2014 Feb. 73:15-22. PMID: 24153108
51. Everage NH, Linkletter CD, Gjelsvik A, McGarvey ST, **Loucks EB**. Social and Behavioral Risk Marker Clustering Associated with Biological Risk Factors for Coronary Heart Disease: NHANES 2001-2004. *Biomed Res Int*. 2014 Feb; 389853. PMID: 24719858
52. Rewak M, Buka SB, Prescott J, De Vivo I, **Loucks EB**, Kawachi I, Kubzansky LD. Race-related health disparities and biological aging: Does rate of telomere shortening differ across blacks and whites? *Biological Psychol*. 2014 May; 99: 92-99. PMID: 26486071
53. **Loucks EB**. Meditation intervention reviews: selecting ideal control groups for meditation interventions. [Letter to the editor]. *JAMA Internal Med*. 2014 Jul; 174 (7): 1194-1195. PMID: 25003878
54. Appleton AA, **Loucks EB**, Buka SL, Kubzansky LD. Divergent associations of antecedent and response focused emotion regulation strategies with midlife cardiovascular disease risk. *Ann Behav Med*. 2014 Oct; 48(2):246-55. PMID: 24570218
55. Womack VY, Ning H, Lewis CE, **Loucks EB**, Puterman E, Reis J, Siddique J, Sternfeld B, Van Horn L, Carnethon MR. Relationship between perceived discrimination and sedentary behaviors in adults: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Am J Health Behav*. 2014 Sep;38(5):641-9. PMID: 24933133.
56. Jiang Y, Kempner M, **Loucks EB**. Weight misperception and health-risk behaviors: National Youth Risk Behavior Survey. *Am J Health Behav*. 2014 Sep; 38(5):765-80. PMID: 24933146
57. Non AL, Rewak M, Kawachi I, Gilman SE, **Loucks EB**, Appleton AA, Román JC, Buka SL, Kubzansky LD. Childhood social disadvantage, cardiometabolic risk, and chronic disease in adulthood. *Am J Epidemiol*. 2014 Aug; 180(3): 263-271. PMID: 24970845
58. Gilman SE and **Loucks EB**. Another casualty of sibling fixed-effects analysis of education and health: an informative null, or null information? *Soc Sci Med*. 2014 Oct; 118: 191-193. PMID: 25138687
59. Agha G, **Loucks EB**, Tinker L, Waring ME, Michaud D, Foraker RE, Li W, Martin LW, Greenland P, Manson JE, Eaton CB. Healthy lifestyle and risk of heart failure in the Women's Health Initiative Observational Study. *J Am Coll Cardiol*. 2014 Oct; 64 (17): 1777-1785.
60. Slopen N, **Loucks EB**, Appleton AA, Kawachi I, Kubzansky LD, Non AL, Buka SL, Gilman SE. Early origins of inflammation: An examination of prenatal and childhood social adversity in a prospective cohort study. *Psychoneuroendocrinol*. 2015 Jan; 51: 403-13. PMID: 25462912.
61. **Loucks EB**, Britton WB, Howe CJ, Eaton CB, Buka SL. Positive associations of dispositional mindfulness with cardiovascular health: The New England Family Study. *Int J Behav Med*. 2015

- Aug; 22(4): 540-550 PMID: 25339282. Psych Central named this article in “The Four Greatest Psychological Discoveries of 2014”.
62. **Loucks EB**, Gilman SE, Howe CJ, Kawachi I, Kubzansky LD, Rudd RE, Martin LT, Nandi A, Wilhelm A, Buka SL. Education and coronary heart disease risk: potential mechanisms such as literacy, perceived constraint and depressive symptoms. *Health Educ Behav*. 2015 Jun; 42(3):370-9. PMID: 25431228.
 63. Agha G, Houseman EA, Kelsey KT, Eaton CB, Buka SL, **Loucks EB**. Adiposity is associated with DNA methylation in adipose tissue. *Int J Epidemiol*. 2015 Aug; 44(4): 1277-87. PMID: 25541553
 64. Stinson LJ, Stroud LR, Buka SL, Eaton CB, Lu B, Niaura R, **Loucks EB**. Prospective evaluation of associations between prenatal cortisol and adulthood coronary heart disease risk: the New England family study. *Psychosom Med*. 2015 Apr; 77(3): 237-45. PMID: 25768844.
 65. Su S, Jimenez MP, Roberts CTF, **Loucks EB**. The Role of Adverse Childhood Experiences in Cardiovascular Disease Risk: A Review with Emphasis on Plausible Mechanisms. *Curr Cardiol Rep*. 2015 Oct; 17(10): 88. PMID: 26289252.
 66. Fernandez CA, **Loucks EB**, Arheart KL, Hickson D, Kohn R, Gjelsvik A. Evaluating the effects of coping style on components of allostatic load – The Jackson Heart Study. *Prev Chron Dis*. 2015 Oct. 12: E165. PMID: 26425869.
 67. **Loucks EB**, Schuman-Olivier Z, Britton WB, Fresco DM, Desbordes G, Brewer JA, Fulwiler C. Mindfulness and cardiovascular disease risk: State of the evidence, plausible mechanisms, and theoretical framework. *Curr Cardiol Rep*. 2015 Dec; 17(12): 112. PMID: 26482755.
 68. **Loucks EB**, Britton WB, Howe CJ, Gutman R, Gilman SG, Brewer J, Eaton CB, Buka SL. Associations of dispositional mindfulness with obesity and central adiposity: The New England Family Study. *Int J Behav Med*. 2016 Apr; 23(2):224-33. PMID: 26481650. PMCID: PMC4965799
 69. Fulwiler C, Brewer JA, **Loucks EB**. Mindfulness-based interventions for weight loss and CVD risk management. *Curr Cardiovasc Rep*. 2015 Oct. 9(10). DOI: 10.1007/s12170-015-0474-1
 70. **Loucks EB**, Gilman SE, Britton WB, Gutman R, Eaton CB, Buka SL. Associations of dispositional mindfulness with glucose regulation and type 2 diabetes: The New England Family Study. *Am J Health Behav*. 2016; 40(2): 258-267. PMID: 26891033.
 71. Lacy ME, Wellenius G, Carnethon MR, **Loucks EB**, Carson AP, Luo X, Kiefe CI, Gjelsvik A, Gunderson EP, Eaton CB, Wu WC. Racial differences in the performance of existing risk prediction models for incident type 2 diabetes: The CARDIA study. *Diabet Care*. 2016 Feb. 39(2): 285-91. PMID: 26628420.
 72. Non AL, Roman JC, Gross CL, Gilman SE, **Loucks EB**, Buka SL, Kubzansky LD. Early childhood social disadvantage is associated with poor health behaviours in adulthood. *Ann Hum Biol*. 2016. Mar. 43(2): 144-53. PMID: 26727037.
 73. Parikh NI, Rodabough RJ, Berger JS, Eaton CB, Kroenke CH, LeBlanc E, Lewis CB, **Loucks EB**, Parker D, Rillamas-Sun E, Ryckman KK, Waring ME, Schenken, RS, Edstedt-Bonamy KS, Allison MA, Howard BV. Reproductive and pregnancy risk factors and coronary heart disease risk stratification in the Women’s Health Initiative Observational Study. *Circulation*. 2016. May 31;133(22):2149-58. PMID: 27143682.
 74. Huang Y-T, Chu S, **Loucks EB**, Lin C-L, Buka SL, Kelsey KT. Epigenome-wide profiling of DNA methylation in paired samples of adipose tissue and blood: can blood act as a surrogate for fat? *Epigenetics* 2016 Mar 3;11(3):227-36. PMID: 26891033; PMCID: PMC4854552.
 75. Womack VY, De Chavez PJ, Albrecht SS, Durant N, **Loucks EB**, Puterman E, Redmond N, Siddique J, Williams D, Carnethon MR. A longitudinal study of the relationship between depressive symptoms and development of metabolic syndrome: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Psychosom Med*. 2016 Sep;78(7):867-73. PMID: 27490849.
 76. **Loucks EB**,* Tsung-Huang Y,* Agha G, Chu S, Eaton CB, Gilman SE, Buka SL, Kelsey KT. Epigenetic mediators between childhood socioeconomic disadvantage and mid-life body mass index: The New England Family Study. *Psychosom Med*. 2016 Nov/Dec; 78(9):1053-1065. *Shared first authorship. PMID: 27768648.
 77. Kutob RM, Yuan NP, Wertheim BC, **Loucks EB**, Sbarra D, Thomason CA. Relationship between

- marital transitions, health behaviors, and health indicators of postmenopausal women: results from the Women's Health Initiative. *J Womens Health*. 2017 Apr; 26(4):313-320. PMID: 28072926
78. Tindle H, Duncan M, Liu S, Kuller L, Fugate Woods N, Rapp S, Kroenke C, Coday M, **Loucks EB**, LaMonte M, Proqovac A, Salmoirago-Blotcher E, Walitt B, You N-C, Freiberg M. Optimism, pessimism, cynical hostility, and biomarkers of metabolic function in the Women's Health Initiative. *J Diabet*. 2017 Jul 13. doi: 10.1111/1753-0407.12584. [Epub ahead of print]
 79. Britton WB, Davis J, **Loucks EB**, Peterson B, Cullen BH, Reuter L, Rando A, Rahrig H Lipsky J, Lindahl J. Dismantling Mindfulness-Based Cognitive Therapy: Creation and validation of 8-week Focused Attention and Open Monitoring interventions within a 3-armed randomized controlled trial. *Behav Res Ther*. 2017 Sep 28. doi: 10.1016/j.brat.2017.09.010. [Epub ahead of print]
 80. Chu SH, **Loucks EB**, Kelsey KT, Gilman SE, Buka SL, Eaton CB, Agha G, Tsung-Huang Y. Sex-Specific Epigenetic Mediators Between Early Life Social Disadvantage and Adulthood Body Mass Index in the New England Family Study. *Epigenomics*. 2018 Jun; 10(6): 707-722. PMID: 29888956.
 81. Huang G, Cherkerzian S, **Loucks EB**, Buka SL, Handa B, Lasley BL, Bhasin S, Goldstein JM. Sex differences in the prenatal programming of adult metabolic syndrome by maternal androgens. *J Clin Endocrinol Metab*. 2018 Nov 1;103(11):3945-3953. PMID: 30113645
 82. Tsai P-C, Glastonbury C, Eliot M, Bollepalli S, Yet I, Castillo-Fernandez J, Carnero-Montoro E, Hardiman T, Martin TC, Mangino M, Ward K, Deloukas P, Spector TD, Viñuela A, **Loucks EB**, Ollikainen M, Kelsey KT, Small KS, Bell JT. Smoking induces coordinated DNA methylation and gene expression changes in adipose tissue with implications for metabolic health. *Clin Epigenetics*. 2018 Oct 20;10(1):126. PMID: 30342560
 83. Gawande R, To MN, Pine E, Griswold T, Creedon TB, Brunel A, Lozada A, **Loucks EB**, Schuman-Olivier Z. Mindfulness Training Enhances Self-Regulation and Facilitates Health Behavior Change for Primary Care Patients: a Randomized Controlled Trial. *J Gen Intern Med*. 2018 Dec 3. 34(2): 293-302. PMCID: PMC6374253
 84. Gilman SE, Huang Y-T, Jimenez MP, Agha G, Chu S, Eaton CB, Kelsey KT, Buka SL, **Loucks EB**. Early life disadvantage and adult adiposity: tests of sensitive periods during childhood and behavioral mediation in adulthood. *Int J Epidemiol*. 2019. Feb 1; 48(1): 98-107. PMID: 30277525.
 85. Gathright EC, Goldstein CM, **Loucks EB**, Busch AM, Stabile L, Wu W-C. Examination of psychosocial determinants of exercise capacity change in cardiac rehabilitation. *Heart & Lung: The Journal of Acute and Critical Care*. *Heart Lung*. 2019 Jan;48(1):13-17. Epub 2018 Aug 6.
 86. Chu SH, Kelsey KT, Koestler DC, **Loucks EB**, Tsung-Huang Y. Leveraging cell-specific differentially methylated regions to identify leukocyte infiltration in adipose tissue. *Gen Epi*. 2019 Dec. 2019; 43(8): 1018-1029. doi: 10.1002/gepi.22252. PMCID: PMC6829028
 87. **Loucks EB**, Nardi WR, Gutman R, Kronish IM, Saadeh FB, Li Y, Webb J, Vago DR, Harrison A, Britton WB. Mindfulness-Based Blood Pressure Reduction (MB-BP): Stage 1 Single-Arm Clinical Trial. *PLoS ONE*. 2019. 14(11): e0223095. <https://doi.org/10.1371/journal.pone.0223095> PMCID: PMC6881004.
 88. Jimenez MB, Wellenius GA, Subramanian SV, Buka SL, Eaton C, Gilman SE, **Loucks EB**. Longitudinal Associations of Neighborhood Socioeconomic Status with Cardiovascular Risk Factors: A 46-year Follow-Up Study. *Soc Sci Med*. 2019. Nov. 1; 241: 112574. DOI: 10.1016/j.socscimed.2019.112574. PMCID: PMC6913883.
 89. Jimenez MP, Wellenius G, James P, Subramanian SV, Buka SL, Eaton CD, Gilman SE, **Loucks EB**. Associations of green space exposure across the life course with cardiovascular disease risk factors. *Soc Sci Med*. 2019 Nov; 241: 112574. doi: 10.1016/j.socscimed.2019.112574. Epub 2019 Sep 25. PMID: 31593787.
 90. Non AL, Carlos Roman J, Gilman SE, **Loucks EB**, Buka SL, Appleton AA, Kubzansky LD. Optimism and social support predict healthier adult behaviors despite socially disadvantaged childhoods. *Int J Behav Med*. 2020 Apr;27(2):200-212. doi: 10.1007/s12529-020-09849-w. PMID: 31933126.
 91. Alcántara C, Valentina Diaz S, Giorgio Cosenzo L, **Loucks EB**, Penedo FJ, Williams NJ. Social Determinants as Moderators of Health Behavior Change Interventions: Scientific Gaps and

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4.2. Book Chapters (Mentored Students are Underlined)

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4.3. Books

1. **Loucks, EB**. The Mindful College Student: How to Succeed, Boost Well-Being, and Build the Life You Want at University and Beyond. New Harbinger Publications, Oakland, CA. April 1, 2022.
2. **Loucks EB**. Transform Your Heart: Nine Mindful Steps to Better Blood Pressure, Cardiovascular Health and Mental Fitness (tentative title). Mayo Clinic Press, Rochester, MN. *Accepted*. Expected publication date: April 2027.

4.4. Manuscripts Currently Under Review (Mentored Trainees are Underlined)

1. Cafferky V, Scarpaci MM, Heindel W, **Loucks EB**. Evaluating Dementia Prevention in the Mindfulness-Based Blood Pressure Reduction Randomized Controlled Trial Using the LIBRA Index. *Under review*.
2. Sun S, Rajasankar v., Giovannone N, Miguel Sanz C, Harrer M, Cuijpers P, **Loucks EB**, Goldberg S. Synthesizing evidence on decades of meditation-based research across populations, comparisons, and outcomes: Protocol for a meta-analytic database of randomized controlled trials. *Under review*.
3. Wu F, Brewer LC, Neves VV, Scarpaci MM, Proulx JA, **Loucks EB**. Impact of the Mindfulness-Based Blood Pressure Reduction (MB-BP) Program on Cardiovascular Health: A Randomized Clinical Trial. *Under review*.

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5. **Loucks EB**, Albanese AM, Cramer R, Gunawan D, Schuman-Olivier Z, Gardiner PM, Brewer LC, Saadeh FB, Cafferky V, Stump MH, Johnson BP, Frank HE. Integrating Mindfulness into Health Systems: A Formative Evaluation of Mindfulness-Based Blood Pressure Reduction (MB-BP) Delivery Models. *Under review*.
6. Johnson BT, Simon TJ, Li C, Rokos EK, Martinez-Berman L, Jané MB, Tsai SS, **Loucks EB**. Mindfulness-Based Stress Reduction Interventions and Cortisol Regulation: A Systematic Review and Meta-Analysis. *Under review*.

4.4. Abstracts and Conference Presentations (mentored students are underlined; in epidemiology, first author typically represents the scientist leading the analytic approach and manuscript writing; last author typically indicates senior author, as often the mentor or supporter of the research program)

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37. Agha G, **Loucks EB**, Tinker L, Waring M, Michaud D, Foraker R, Li W, Greenland P, Martin LW, Manson J, Eaton CB. Healthy Lifestyle Factors and Risk for Heart Failure in the Women's Health Initiative Observational Study. American Heart Association EPI/NPAM Conference, 2013. *Circulation*. 2013; 127: AMP01.
38. Parikh N, Leblanc E, Johnson K, Parker D, Eaton CB, **Loucks EB**, Berger J, Kroenke CH, Waring M, Ethlow B, Rillamassun E, Checnken S, Howard B. Developing a Reproductive Risk Prediction Model for Non-Premature Coronary Heart Disease in Women: The Women's Health Initiative Observational Study. American Heart Association EPI/NPAM Conference, 2013. *Circulation*. 2013; 127: AP190.
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41. Womak VY, Siddique J, De Chavez P, Puterman E, **Loucks EB**, Albrecht S, Redmond N, Durant N, Williams D, Carnethon M. Associations of depressive symptoms with metabolic syndrome: the Coronary Artery Risk Development in Young Adults (CARDIA) Study. American Heart Association Scientific Sessions, 2013. *Circulation*. 2013; 128: A14763
42. **Loucks EB**, Britton WB, Howe CJ, Eaton CB, Buka SL. Positive associations of mindfulness with cardiovascular health. American Psychosomatic Society Annual Meeting. *Psychosom Med*. 2014 Apr. 76(3): A89.
43. Agha G, Houseman EA, Kelsey KT, Eaton CB, Buka SL, **Loucks EB**. Prenatal Socioeconomic Position is Associated with Adipose Tissue DNA Methylation in Women and Not Men. American Heart Association EPI/NPAM Scientific Sessions, 2014. *Circulation*. 129 (Suppl 1): A24. *This abstract was awarded the American Heart Association Trudy Bush Fellowship for Cardiovascular Disease Research in Women's Health.*

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45. Lacy ME, Wellenius G, Eaton CB, **Loucks EB**, Correa A, Gjelsvik A, Wu WC. Examining the Gender-specific Effect of Adding Hemoglobin A1c to Existing Diabetes Risk Prediction Models: the Jackson Heart Study. American Diabetes Association 74th Scientific Sessions, 2014. San Francisco, CA: June 13-17, 2014. *Diabetes*. 2014; 63 (Suppl 1): A363.
46. Lacy ME, Wellenius G, Eaton CB, **Loucks EB**, Correa A, Gjelsvik A, Wu WC. Examining the Predictive Power and the Impact of Incorporating Hemoglobin A1c into Existing Diabetes Risk Prediction Models among African American Adults in the Jackson Heart Study. American Heart Association EPI/NPAM 2014 Scientific Sessions. San Francisco, CA: March 18-21, 2014. *Circulation*. 2014; 129 (Suppl 1): A14
47. Maccani JZJ, Eaton C, Agha G, Allison M, Roberts M, **Loucks EB**, Buka S. Adverse early life exposures and carotid atherosclerosis in midlife: LEAP Study. American Heart Association EPI/NPAM 2014 Scientific Sessions. San Francisco, CA: March 18-21, 2014. *Circulation*. 2014; 129 (Suppl 1): AP055
48. Slopen N, **Loucks EB**, Appleton AA, Kawachi I, Kubzansky LD, Non AL, Buka S, Gilman SE. Prenatal and childhood adversity and inflammation in adulthood. Endocrine Society 4th International Summit of Prenatal Programming and Toxicity. October 26-29, 2014. Boston, MA. https://www.endocrine.org/~media/endosociety/Files/Meetings/PPTOX%20IV/PPTOX_Program_Book_Final.pdf
49. Maccani JZJ, Eaton C, Agha G, Allison M, Roberts M, Loucks E, Buka S. Does smoking mediate the relationship between childhood socioeconomic position and carotid atherosclerosis in midlife? Society for Research on Nicotine and Tobacco (SRNT) Annual Meeting. February 25-28, 2015. Philadelphia, PA. *In press*.
50. **Loucks EB**, Britton WB, Howe G, Gilman SE, Brewer J, Eaton CB, Buka SL. Associations of Dispositional Mindfulness With Obesity and Central Adiposity: The New England Family Study. American Psychosomatic Society Annual Meeting. March 18-21, 2015.
51. Non AL, Roman JC, Gross C, Gilman SE, **Loucks EB**, Buka SL, Kubzansky L. Poor health behaviors in adulthood are linked to early childhood social disadvantage. 2015 Symposium on Human Biology of Poverty; Lisbon, Portugal. September 2-5, 2015.
52. Molina D, Jimenez MP, Buka SL, **Loucks EB**. Area-Level Determinants of Blood Pressure across the Life Course. Annual Biomedical Research Conference for Minority Students (ABRCMS). Seattle, WA. November 11-14, 2015.
53. **Loucks EB**, Gilman SE, Britton WB, Gutman R, Eaton CB, Buka SL. Associations of mindfulness with glucose regulation and diabetes: New England Family Study. American Psychosomatic Society Annual Meeting. 2016.
54. **Loucks EB**, Morone N, Lazar S, Nielson L*. Potential Roles of Mindfulness in the Science of Behavior Change (Panel Presentation). International Symposium for Contemplative Studies (ISCS), November 10-13, 2016. <https://www.eiseverywhere.com/ehome/iscs-2016/concurrent-sessions/#scheduletop>. *All authors equally contributed to panel presentation.
55. **Loucks EB**. Associations of adverse childhood experiences with cardiovascular disease incidence and mortality: An overview with implications on providing stronger tests for causality. In: Lane R, **Loucks EB**, Su S, Power C.* Early life adversity predicts coronary heart disease: Evidence, mechanisms and implications (panel discussion). American Psychosomatic Society 75th Annual Meeting. March 15-17, 2017. Abstract # 1142. In: http://www.psychosomatic.org/AnMeeting/2017/2017_abstracts.pdf *All authors equally contributed to panel presentation.
56. **Loucks EB**. The power and perils of mechanism-informed psychosomatic medicine research: The Mindfulness-Based Blood Pressure Reduction Study. In: Kronish I, Edmondson D, Nielsen L, **Loucks EB**, Jang C, Smyth J. Invited NIH Symposium: Science of Behavior Change. "American Psychosomatic Society 75th Annual Meeting. March 15-17, 2017. http://www.psychosomatic.org/AnMeeting/2017/ProgramBOOK_2017_SS_3_7v3.pdf

57. Salmoirago-Blotcher E, **Loucks EB**, Brewer JA.* Mindfulness training and cardiovascular disease prevention: Facts and myths (panel discussion). Society of Behavioral Medicine 38th Annual Meeting and Scientific Sessions. March 29-April 1, 2017. <https://www.eventscribe.com/2017/SBM/agenda.asp?h=Schedule>. *All authors equally contributed to panel presentation.
58. Brewer J, Britton W, Desbordes G, Hoge E, Fulwiler C, Kerr C, King J, Lazar S, Lindahl J, Loucks EB, Schuman-Olivier Z, Vago D. Mindfulness influences on self-regulation: mental and physical health applications. Mind and Life Summer Research Institute. June 5-11, 2017.
59. Chu SH, **Loucks EB**, Kelsey KT, Gilman SE, Buka SL, Eaton CB, Agha G, Huang YS. Sex-Specific Epigenetic Mediators Between Early Life Social Disadvantage and Adulthood Body Mass Index in the New England Family Study. Society for Epidemiologic Research 50th Annual Meeting. June 20-23, 2017.
60. Stulberg E, **Loucks EB**, Kiefe C, George K, De Chavez P, Kershaw K. Association of chronic stress with CRP and IL-6: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. Society for Epidemiologic Research 50th Annual Meeting. June 20-23, 2017.
61. Jimenez, MP, Loucks EB, Jimenez, MC. An Evaluation of the Predicted Risk of Death Due to Cerebrovascular Disease Among US Adults by Race and Sex. Second Annual Population Health Science Research Workshop. Boston, MA. October 19th, 2017.
62. **Loucks EB**. Rotterdam, The Netherlands. Developmental Origins of Health and Disease (DOHaD) World Congress. "Reversibility: Mindfulness Approaches to Intervention in Later Life." In symposium entitled "Later-life interventions to reverse/compensate for effects of early life adversity." October 14-18th, 2017.
63. Desbordes G, Lutz J, Gawande R, To M, Lozada A, **Loucks EB**, Napadow V. Mindfulness training enhances interoceptive and emotional regulation processes associated with changes in pain- and anticipation-evoked brain responses in somatosensory and default-mode network brain regions. Abstract. International Association for the Study of Pain Conference. Boston, MA. Sept 12th-16th, 2018.
64. Acabchuk RL, Hennessy E, George EA, Salmoirago-Blotcher E, Johnson TB, **Loucks EB**. Mindfulness interventions and college student mental health: A systematic review and meta-analysis. Society for Prevention Research Annual Meeting. Washington, DC. May 29th-June 1st, 2018. <https://spr.confex.com/spr/spr2018/webprogram/Paper27184.html>
65. **Loucks EB**, Li Y, Nardi W. Mindfulness-Based Blood Pressure Reduction (MB-BP) is Associated with Improved Self-Regulation and Blood Pressure: Stage 1 Clinical Trial. International Conference on Mindfulness (ICM) 2018. Amsterdam, NL. July 10th-13th, 2018. <https://www.cmc-ia.org/icm2018amsterdam/program/>.
66. **Loucks EB**. The Science of Behavior Change Lens Applied to Intervention Development: Mindfulness-Based Blood Pressure Reduction (MB-BP) Study. American Psychosomatic Society Annual Meeting. Louisville, KY, USA. March 7, 2018.
67. **Loucks EB**, Nardi W, Kronish I, Vago D. Mindfulness-Based Blood Pressure Reduction: Stage 1 Single-Arm Clinical Trial. American Psychosomatic Society Annual Meeting. Vancouver, Canada. March 9, 2019. https://www.psychosomatic.org/AnMeeting/2019/docs/Abstracts_FINAL_rev2.pdf
68. Nardi W, Harrison A, **Loucks EB**. Mindfulness and Cardiovascular Health: Qualitative Mechanism Evidence. American Psychosomatic Society Annual Meeting. Vancouver, Canada. March 9, 2019. https://www.psychosomatic.org/AnMeeting/2019/docs/Abstracts_FINAL_rev2.pdf
69. **Loucks EB**, Nardi WR, Gutman R, Saadeh FS, Li Y, Vago DR, Fiske LB, Spas JJ, Harrison A. Mindfulness-Based College: A Stage 1 Randomized Controlled Trial for Emerging Adult Well-Being. American Psychosomatic Society Annual Meeting. Long Beach, CA, USA. March, 2020 – cancelled due to COVID-19. <https://psychosomatic.org/wp-content/uploads/2020/03/APS-2020-Program-3.5.2020.pdf>
70. Park JW, Mealy R, Saldanha IJ, **Loucks EB**, Needham BL, Sims M, Fava JL, Dulin AK, Howe CJ. Systematic review and meta-analysis of the relationship between resilience resources and cardiovascular disease in the United States. *Am J Epidemiol*; 2022.

71. **Loucks EB**, Schuman-Olivier Z, Saadeh FB, Scarpaci MM, Nardi WR, Gutman R, King J, Britton WB, Kronish IM. The Effect of Adapted Mindfulness Training in Participants with Elevated Office Blood Pressure: The Mindfulness-Based Blood Pressure Reduction (MB-BP) Study Randomized Clinical Trial. *Circulation*; 2022. 146 (Suppl 1): Abstract 18627.
72. **Loucks EB**, Schuman-Olivier Z, Saadeh FB, Scarpaci MM, Nardi WR, Gutman R, King J, Britton WB, Kronish IM. The Effect of Adapted Mindfulness Training in Participants With Elevated Office Blood Pressure: The Mindfulness-Based Blood Pressure Reduction (MB-BP) Randomized Clinical Trial. International Society of Contemplative Research Conference. Feb. 3, 2023. San Diego, CA.
73. Albanese A, Frank H, Saadeh FB, Johnson BT, **Loucks EB**. How can research support the attainment of a Mindfulness-Based Stress Reduction health insurance billing code in the United States? Qualitative findings from individual interviews with key informants. Conference on the Science of Dissemination and Implementation in Health. 2023.
74. Roth I, Schuman-Olivier Z, Morone N, Loucks EB. MBSR Health Insurance Coverage: If, How, and When? An Integrated Knowledge Translation (iKT) Delphi Key Informant Analysis. Part of panel entitled “Investigations into Accessing Mindfulness in Primary Care: The State of the Science.” 2024 International Congress on Integrative Medicine and Health in Cleveland, OH, USA on April 9-13, 2024.
75. Loucks EB, Frank HE, Albanese A, Sun S, Saadeh FB, Johnson BT, Elwy RA. MBSR Health Insurance Coverage: If, How, and When? An Integrated Knowledge Translation (iKT) Delphi Key Informant Analysis. International Conference on Mindfulness 2024, in Bangor, Wales. August 2-6, 2024.
76. Kraines, M.A., Beard, C., Gaudiano, B.A., Anderson, B., Holland, P., **Loucks, E.B.**, Brewer, J.A., & Uebelacker, L.A. (2024, August). Measuring feeling tones of internal experiences. International Conference on Mindfulness 2024, in Bangor, Wales. August 2-6, 2024.
77. **Loucks EB**. Impacts of the Mindfulness-Based Blood Pressure Reduction (MB-BP) Program on Cardiovascular Health: A Randomized Clinical Trial. In Symposium entitled “Innovative Mindfulness Training Approaches to Pulmonary and Cardiovascular Health: Exploring Mechanisms and Outcomes”. Society for Biobehavioral Medicine and Health Annual Conference in Seattle, WA. March 20, 2025.
78. Joss, D, **Loucks EB**, Sun, S, Schuman-Olivier Z. How does adverse childhood experiences affect neural and psychological effects of meditation-based interventions? 2026 International Congress on Integrative Medicine & Health. Salt Lake City, UT. April 21, 2026.
79. Acabchuk R., Johnson BT, Herman P, Larbi NA, **Loucks EB**. Economic Evaluations of Mindfulness-Based Stress Reduction for Mental and Physical Wellbeing: A Systematic Review. 2026 International Congress on Integrative Medicine & Health. Salt Lake City, UT. April 22, 2026.

4.5. Invited Lectures

1. Vancouver, BC, Canada. University of British Columbia, Division of Cardiovascular and Thoracic Surgery, 2003. “Social Isolation & Cardiovascular Disease: Physiological Pathways and Clinical Outcomes”.
2. Vancouver, BC, Canada. St. Paul’s Hospital. 2003. “The Use of Biomarkers to Measure the Effects of Health Determinants Such as Social Relationships and Housing Conditions”.
3. Boston, MA, USA. Harvard School of Public Health. Harvard Housing, Neighborhoods and Health Symposium, 2003. “Biological Markers in Housing-Health Research”.
4. San Francisco, CA, USA. University of California, San Francisco. Nov. 19, 2003. “Social Isolation and Cardiovascular Risk Factors in the Elderly”.
5. Boston, MA, USA. Harvard University. Robert Wood Johnson Seminar Series. May 27, 2004. “Biological Pathways as Mediators between Social Determinants and Health”.
6. Boston, MA, USA. Harvard School of Public Health Lunchtime Seminar Series. March, 2005. “The Impact of Social Determinants on Physiological Processes”.

7. Montréal, QC, Canada. Douglas Hospital Research Centre Seminar. April, 2005. "The Physiology of Social Determinants of Health: Does Social Isolation Influence Inflammatory Risk Factors for Heart Disease?"
8. Montréal, QC, Canada. McGill University, Department of Epidemiology, Biostatistics and Occupational Health Seminar. April, 2005. "The Physiology of Social Determinants of Health: Does Social Isolation Influence Inflammatory Risk Factors for Heart Disease?"
9. Boston, MA, USA. Boston University Public Health Forum. May 11, 2005. "Social Determinants of Health and Physiology: What Are the Links?"
10. Montréal, QC, Canada. Douglas Hospital Research Centre Seminar. June, 2005. "Physiology of Social Determinants of Health, Part II: Socioeconomic Position and Inflammatory Risk Factors for Heart Disease"
11. Ulaanbataar, Mongolia. Mongolian Ministry of Health, Mongolian Public Health Professionals' Association. April, 2006. "The Impact of Social Determinants On Physiological Processes"
12. Ulaanbataar, Mongolia. Mongolian Ministry of Health, Mongolian Public Health Professionals' Association. April, 2006. "Cardiovascular System and Social Determinants of Health"
13. Ulaanbataar, Mongolia. Mongolian Ministry of Health, Mongolian Public Health Professionals' Association. April, 2006. "Environmental Hazards and Social Determinants of Health"
14. Montréal, QC, Canada. McGill University, Epidemiology, Biostatistics and Occupational Health Seminar Series - 2006. September, 2006. "Physiology and Social Determinants of Health: Key Concepts and Specific Findings"
15. Montréal, QC, Canada. Douglas Hospital Research Centre, Psychosocial Division Meeting. November 8, 2006. "Social Determinants of Physiologic Risk Factors for Heart Disease"
16. Montréal, QC, Canada. Montréal Public Health Agency. Dec. 6, 2006. "Educational Attainment is Associated with Biomarkers for Cardiovascular Disease – What is the Public Health Relevance?"
17. Montréal, QC, Canada. Concordia University. April 26, 2007. "Gender differences in the association socioeconomic position with the metabolic syndrome"
18. Montréal, QC, Canada. Université de Montréal. Jan 25, 2007. "Childhood Socioeconomic Circumstances and the Physiological Development of Cardiovascular Disease"..
19. Montréal, QC, Canada. Douglas Hospital Research Centre, Faculty Night. "The association of childhood socioeconomic circumstances and parental care with the development of heart disease." Feb. 22, 2007
20. Vancouver, BC, Canada. Human Early Learning Partnership, The University of British Columbia. "Society, Human Biology and Health: Biological Mechanisms That May Link Life Course Socioeconomic Circumstances to Cardiovascular Disease." January 7, 2008
21. Victoria, BC, Canada. Department of Sociology, University of Victoria. "Society, Human Biology and Health: Biological Mechanisms That May Link Life Course Socioeconomic Circumstances to Cardiovascular Disease." January 9, 2008
22. Providence, RI, USA. Department of Community Health, Brown University. "Society, Human Biology and Health: Biological Mechanisms That May Link Life Course Socioeconomic Circumstances to Cardiovascular Disease." March 3, 2008
23. Providence, RI, USA. Rhode Island Department of Health, Community Health Policy Group. "Education and Health: Potential Health Benefits of a Knowledge-Based Economy." May 18, 2009.
24. Providence, RI, USA. Brown University Population Studies Training Center Seminar Series. "Does education influence health? A critical evaluation of the evidence." October 21, 2010.
25. Providence, RI, USA. Brown University Center for Primary Care & Prevention Grand Rounds, Memorial Hospital of Rhode Island. "Educational Attainment and Heart Disease: Real or Spurious Associations?" February 16, 2010.
26. Providence, RI, USA. Brown University Center for Primary Care & Prevention Grand Rounds, Memorial Hospital of Rhode Island. "Associations of Early Family Psychosocial Environment with Risk for CHD, Including Biological and Behavioral Mechanisms?" January 10, 2012.

27. London, England. Medical Research Council Unit for Lifelong Health and Aging, University College London. "Associations of Childhood Family Psychosocial Environment with Risk for Coronary Heart Disease." May 17, 2012.
28. Boston, MA, USA. Massachusetts General Hospital, Harvard University. New England Mindfulness Working Group. "Proposal: Effects of Mindfulness-Based Stress Reduction RCT on CVD Risk". November 28, 2012.
29. Providence, RI, USA. Rhode Island Department of Health. Stroke Task Force Meeting. "Temporal Trends in Stroke Outcomes in Rhode Island Compared with Other US Regions." Nov. 14, 2012.
30. Montréal, QC, Canada. McGill University. Special Seminar. "Associations of Childhood Family Psychosocial Environment with Risk for Coronary Heart Disease." December 12, 2012.
31. Providence, RI, USA. Rhode Island Department of Health. Heart and Stroke Disease Prevention Advisory Council Meeting. "Population Approaches to Improve Diet, Physical Activity, and Smoking Habits." December 6, 2012.
32. New York, NY, USA. Columbia University Medical Center. "Does Mindfulness Influence Risk for Cardiovascular Disease? Findings and Implications for Causal Inference." April 8, 2013.
33. Worcester, MA, USA. University of Massachusetts Medical School. New England Mindfulness Working Group. "Positive Associations of Mindfulness with Cardiovascular Health: New England Family Study." September 5, 2013.
34. Boston, MA, USA. Brigham and Women's Hospital. New England Contemplative Sciences Working Group. "Mindfulness is Associated with Adiposity: New England Family Study." February 27, 2014.
35. Providence, RI, USA. Rhode Island Department of Health Executive Committee Meeting. "Heart Disease and Stroke Trends in Rhode Island vs. the United States: Possible Reasons for Rhode Island's High Performance." May 20, 2014.
36. Worcester, MA, USA. University of Massachusetts Medical School Center for Mindfulness in Medicine, Health Care, and Society. "Mindfulness-Based Hypertension Therapy (MBHT)." September 27, 2014.
37. Providence, RI, USA. Brown University Medical School, Division of Cardiology Grand Rounds. "State of the Evidence: Does Mindfulness Influence Cardiovascular Health?" October 17, 2014.
38. Framingham, MA, USA. Framingham Heart Study Research Conference. "Associations of Mindfulness with Cardiovascular Disease Risk Factors: State of the Evidence." November 26, 2014.
39. Warwick, RI, USA. Rhode Island Community College AmeriCorps*VISTA Monthly Meeting. "How to Foster Strong Teams and Innovation: Leading to Getting Grants." January 21, 2015.
40. Boston, MA, USA. Harvard Medical School. Connors Center for Women's Health and Gender Biology, Brigham and Women's Hospital. "Life course determinants of cardiovascular disease in the New England Family Study." May 1, 2015.
41. Boston MA, USA. Massachusetts General Hospital, Harvard University. Mindfulness Research Collaborative (MRC) Meeting. "Mechanisms by Which Mindfulness May Influence Cardiovascular Disease Risk. Proposal". May 4, 2015.
42. Providence, RI, USA. Health Equity Summit. Rhode Island Department of Health, Brown Alpert Medical School. "Social Determinants of Health." May 7, 2015.
43. Providence, RI, USA. Rhode Island Stroke Task Force Meeting. "Temporal Trends in Stroke Treatment in Rhode Island Compared with Other US Regions." May 20, 2015.
44. Providence, RI, USA. Johnson & Wales University Physician Assistant Training Program. "Mindfulness Approaches to Work-Related Stress, Burnout, and Quality of Patient Care." May 29, 2015.
45. Washington, DC, USA. The Eunice Kennedy Shriver National Institute of Child Health and Human Development. "Life Course Social Determinants of Cardiovascular Disease: Evidence for Mechanisms and Solutions. A Focus on the Childhood Family Psychosocial Environment." June 10, 2015.
46. Washington, DC, USA. National Academy of Sciences, National Research Council. Workshop on Understanding Pathways to Successful Aging: How Social and Behavioral Factors Affect Health

- at Older Ages. "Experimental Approaches to Evaluating How Social and Behavioral Factors Affect Health." June 11-12, 2015.
47. Washington, DC, USA. National Institutes of Health Science of Behavior Change Network Meeting. "Mindfulness Influences on Self-Regulation: Mental and Physical Health Implications". December 3-4, 2015.
 48. Cambridge, MA, USA. Radcliffe Institute for Advanced Study at Harvard University. Exploratory Seminar: Theoretical and Methodological Challenges in Mindfulness Research: Setting an Agenda for a Programmatic Research Initiative to Study the Neurobiological, Clinical and Real-Life Changes Associated with Mindfulness-Based Contemplative Practice. Invited discussant. January 21-22, 2016.
 49. London, England. University College London. Department of Epidemiology and Public Health. "Mindfulness and Cardiovascular Disease Risk: State of the Evidence, Plausible Mechanisms, and Theoretical Framework." April 19, 2016.
 50. Oxford, England. Oxford University Mindfulness Centre. "Mindfulness and Cardiovascular Disease Risk: State of the Evidence, Plausible Mechanisms, and Theoretical Framework." April 20, 2016.
 51. Bangor, Wales. Bangor University Centre for Mindfulness Research and Practice. "Mindfulness and Cardiovascular Disease Risk: State of the Evidence, Plausible Mechanisms, and Theoretical Framework." April 21, 2016.
 52. Chicago, IL, USA. Association for Psychological Science Annual Meeting Preconference Workshop. National Institute of Aging-Sponsored Workshop on Opportunities for Advancing Behavioral and Social Research on Aging. "Health, Mindfulness, and Adversity Across the Life Span." May 26th, 2016.
 53. Bethesda, MD, USA. National Institutes of Health Science of Behavior Change (SOBC) Steering Committee Meeting. "Mindfulness Influences on Self-Regulation: Mental and Physical Health Implications." July 21, 2016.
 54. Warwick, RI, USA. Kent Hospital Support Group for Post-Bariatric Surgery Patients. "Mindful Eating." August 9, 2016.
 55. Oxford, England. Oxford University Mindfulness Centre. Scientific Meeting: The Clinical Science of Mindfulness Based Cognitive Therapy. Invited brief presentation entitled "MBCT Evaluation Process as a Model for Development of Other Customized Mindfulness-Based Interventions, Including Mindfulness-Based Blood Pressure Reduction." August 21-22, 2016.
 56. New Haven, CT, USA. Yale University School of Public Health. Chronic Disease Epidemiology Seminar Series. "Mindfulness Epidemiology: Early Findings and State of an Emerging Field in Chronic Disease." September 29th, 2016.
 57. Providence, RI, USA. Brown University School of Public Health Community Advisory Board. "Mindfulness Interventions for Heart Health: A Focus on Blood Pressure Reduction in Rhode Island and Surrounding Areas." October 3, 2016.
 58. Stockbridge, MA. Kripalu Center for Yoga & Health. "Mindfulness Interventions for Heart Health". December 14, 2016.
 59. Providence, RI, USA. Rhode Island Department of Health. Chronic Disease Webinar. "Mindfulness Interventions for Blood Pressure Reduction: State of the Evidence, and Rhode Island Patient Resources." December 15th, 2016.
 60. Bethesda, MD, USA. National Institutes of Health- and United Kingdom Economic and Social Research Council-Sponsored Workshop: Pathways and Mechanisms Linking Early Life Adversity and Adult Health Outcomes. "Is it Causal? Methodological Approaches to Strengthen Causal Inference in Early Life Adversity Research." Jan. 31st-Feb. 1st, 2017.
 61. Bethesda, MD, USA. National Institutes of Health- and United Kingdom Economic and Social Research Council-Sponsored Workshop: Pathways and Mechanisms Linking Early Life Adversity and Adult Health Outcomes. "Possible Cardiometabolic Mechanisms of Early Life Adversity." Jan. 31st-Feb. 1st, 2017.
 62. Bethesda, MD, USA. National Institutes of Health- and United Kingdom Economic and Social Research Council-Sponsored Workshop: Pathways and Mechanisms Linking Early Life Adversity

- and Adult Health Outcomes. “Epigenetic Mediators of the Relation Between Early Life SES and Adiposity.” Jan. 31st-Feb. 1st, 2017.
63. Providence, RI, USA. Brown University Population Studies Training Center. “Possible Impacts of Mindfulness on Cardiovascular Health: Bridging Population Studies to Biological Mechanisms.” Feb. 2nd, 2017.
 64. Seville, Spain. “The power and perils of mechanism-informed psychosomatic medicine research: The Mindfulness-Based Blood Pressure Reduction Study.” Invited NIH Symposium: Science of Behavior Change. American Psychosomatic Society 75th Annual Meeting. March 15-17, 2017.
 65. San Francisco, CA, USA. “Interventional research on biological mechanism connections to early life adversity, and influences on health.” Plenary session. National Institute on Aging-Sponsored Preconference Workshop, entitled “Reversibility and Mutability Research: Approaches to Reducing Health Disparities.” International Association of Gerontology and Geriatrics (IAGG) Meeting. July 23, 2017.
 66. Providence, RI, USA. Mind and Life Institute Contemplative Studies Think Tank, Brown University. “Meditation, Mindfulness, and Health.” Sept. 22-24, 2017.
 67. Rotterdam, The Netherlands. Developmental Origins of Health and Disease (DOHaD) World Congress. “Reversibility: Mindfulness Approaches to Intervention in Later Life.” In symposium entitled “Later-life interventions to reverse/compensate for effects of early life adversity.” October 14-18th, 2017.
 68. Boston, MA, USA. Boston Children’s Hospital, Cardiac Neurodevelopmental Program. “Mindfulness and Cardiovascular Disease Risk: Customized Mindfulness Intervention Development Across the Life Course.” January 3, 2018.
 69. Bethesda, MD, USA. National Institutes of Health Science of Behavior Change Steering Committee and External Scientific Panel Meeting. “Mindfulness Influences on Self-Regulation: Mental and Physical Health Implications.” January 10-11th, 2018.
 70. Providence, RI, USA. Mindfulness and Cardiovascular Health National Meeting. “Mindfulness and Cardiovascular Health: Introduction and Overview.” January 15-16th, 2018.
 71. Louisville, KY, USA. American Psychosomatic Society Annual Meeting. “The Science of Behavior Change Lens Applied to Intervention Development: Mindfulness-Based Blood Pressure Reduction (MB-BP) Study.” March 7, 2018.
 72. Providence, RI, USA. Brown University Commencement. “Mindfulness: What We Know and Where It’s Headed.” May 26th, 2018.
 73. New York, NY, USA. Brown University School of Public Health Advisory Council. “Mindfulness: What We Know and Where It’s Headed.” November 2nd, 2018.
 74. Bethesda, MD, USA. NIH Science of Behavior Change (SOBC) Research Network Meeting. Mindfulness Influences on Self-Regulation: Mental and Physical Health Implications. January 10, 2019.
 75. Boston, MA, USA. T.H. Chan Harvard School of Public Health. “Population Health Impacts of Mindfulness: Opportunities, Evidence and Pitfalls.” January 23, 2019.
 76. London, United Kingdom. Parliament of the United Kingdom. United Kingdom All-Party Parliamentary Hearing on Mindfulness, Ageing Well and Older People. “Impacts of Mindfulness on Age-Related Disease.” May 14, 2019.
 77. London, United Kingdom. King’s College London. “Population Health Impacts of Mindfulness: Opportunities, Evidence and Pitfalls.” May 7, 2019.
 78. Vancouver, Canada. American Psychosomatic Society Annual Meeting. Symposium: Mindfulness and Cardiovascular Health: Outcomes, Mechanisms & Individual Differences. “Mindfulness and Cardiovascular Health: Qualitative Mechanism Evidence.” March 9, 2019.
 79. Vancouver, Canada. American Psychosomatic Society Annual Meeting. Preconference Workshop: Developmental Origins of Health and Disease (DOHaD): Fundamental Concepts in DOHaD and Emerging Research on Later-Life Interventions to Remediate and Redirect Unhealthy Lifecourse Trajectories Induced by Early Life Adversities. “Mindfulness Interventions: Differential Outcomes as a Function of Early Life Adversity” March 6, 2019.

80. Vancouver, Canada. American Psychosomatic Society Annual Meeting. Symposium: A Mechanism-Focused Approach to Behavioral Intervention Research: Promoting Health By Engaging Key Underlying Processes. "Mindfulness-Based Blood Pressure Reduction: Stage 1 Single-Arm Clinical Trial." March 9, 2019.
81. Strasbourg, France. University of Strasbourg. "Population Health Impacts of Mindfulness: Evidence and Opportunities." April 26, 2019.
82. Paris, France. Public Talk at the Center for Research and Interdisciplinarity. "Exploring the Diversity of Mindfulness Through Academic Research: An Interdisciplinary Point of View." April 27, 2019.
83. Paris, France. Association pour le Développement de la Mindfulness. "Envisioning the Future, Grounded in the Present Moment: Mindfulness, the Mindfulness Center at Brown, and the Global Mindfulness Collaborative." April 28, 2019.
84. Oxford, England. Oxford University. "Customizing Mindfulness-Based Programs to Specific Health Conditions and Demographic Populations." April 29, 2019.
85. Padova, Italy. Global Mindfulness Collaborative Annual Meeting. "The Science of MBSR." May 4, 2019.
86. Bangor, Wales. University of Bangor. "A Framework for Customizing Mindfulness-Based Programs to Specific Health Conditions and Demographic Populations." May 17, 2019
87. Padova, Italy. University of Padova. "The Science of Mindfulness." June 20, 2019.
88. Copenhagen, Denmark. University of Aarhus, and public talk. "The Science of Mindfulness." July 2, 2019.
89. Providence, RI. Brown University School of Public Health, Center for Alcohol and Addiction Studies. Brown University School of Public Health, Center for Alcohol and Addiction Studies. Nov. 15, 2019.
90. Boston, MA. Harvard School of Public Health Symposium. The Art and Science of Mindfulness: Exploring the Research and Application of Mindfulness Practice for Wellness. "Mindfulness: A Population Perspective on Physical, Mental, and Social Well-Being." Mar. 9, 2020 (cancelled due to COVID-19).
91. Boston, MA. Harvard Medical School. Reducing Stress with Mindfulness: Strategies for Families Coping with Chronic Illness. Apr. 4, 2020 (cancelled due to COVID-19).
92. San Diego, CA. University of California, San Diego. Integrative Medicine Seminar. "Population Health Impacts of Mindfulness: Evidence and Opportunities." Mar. 11, 2020 (cancelled due to COVID-19).
93. Bethesda, ML, USA. NIH Science of Behavior Change (SOBC) Research Network Annual Meeting. "The Mechanisms of Behavior Change that are Impacted by Mindfulness-Based Programs." Apr. 28, 2020 (cancelled due to COVID-19).
94. Aarhus, Denmark. International Conference on Mindfulness. "Mindfulness-Based Blood Pressure Reduction (MB-BP) is Associated with Improved Self-Regulation and Blood Pressure." June 25, 2020.
95. Boston, MA. Interventions to Modify Psychological Well-Being: What Works, What Doesn't Work, and an Agenda for Future Research Workshop, T.H. Chan Harvard School of Public Health. "Mindfulness Interventions to Modify Psychological Well-Being." April 29-30, 2021.
96. Aarhus, Denmark. International Conference on Mindfulness 2021, Keynote Address. "Setting a Foundation for Mindfulness Education and Research for the Next Thousand Years." July 5, 2021.
97. Boston MA. Cardiac Neurodevelopmental Family Symposium, Harvard Medical School. Apr. 10. 2021. "Mindfulness for Stress Reduction." Apr. 10, 2021.
98. Singapore. 2021 Asia-Pacific Mindfulness Conference. "How, When and Why to Adapt Mindfulness-Based Programs to Specific Populations and Contexts: A Framework for Success." August 20, 2021.
99. Singapore. 2021 Asia-Pacific Mindfulness Conference, Closing Ceremony. "Setting a Foundation for Mindfulness Education and Research for the Next Thousand Years." August 29, 2021.

100. Boston, MA. Harvard Medical School Grand Rounds, Center for Mindfulness and Compassion. "The Mindful College Student: Approaches to Enhance Young Adults' Health and Performance." March 7, 2022.
101. Boston, MA. Massachusetts Institute of Technology (MIT), Sloan School of Management. "The Mindful College Student: Approaches to Enhance Young Adults' Health and Leadership Skills." April 21, 2022.
102. New Haven, CT. Yale Medical School. "Using Mindfulness Epidemiology to Improve Major Health Outcomes." April 27, 2022.
103. Singapore. 2022 Asia-Pacific Mindfulness Conference, Opening Ceremony. "Mindfulness at a Pivotal Moment." July 22, 2022.
104. Singapore. 2022 Asia-Pacific Mindfulness Conference. "The Future of Mindfulness: Innovative and Grounded Ways to Enhance Wellness over Generations." July 23, 2022.
105. Japan. 2022. International Mindfulness Center Japan. "The Effect of Adapted Mindfulness Training in Participants With Elevated Office Blood Pressure: The Mindfulness-Based Blood Pressure Reduction (MB-BP) Clinical Trials. November 10, 2022.
106. Bothell, WA. University of Washington, Bothell. "The Mindful College Student: Approaches to Enhance Young Adults' Health and Performance." November 17th, 2022.
107. San Diego, CA. International Society for Contemplative Research (ISCR) Annual Meeting. Mindfulness and the Science of Behavior Change Panel. "The Effect of Adapted Mindfulness Training in Participants With Elevated Office Blood Pressure: The Mindfulness-Based Blood Pressure Reduction (MB-BP) Randomized Clinical Trial." February 3, 2023.
108. Montréal, Canada. Concordia University, Centre for Teaching and Learning Winterfest 2023. "The Mindful College Student: The Science and Practice of Mindfulness Training in Higher Education." February 17, 2023.
109. Global webinar. International Developmental Origins of Health and Disease (DOHaD) Society Webinar. Reversibility Network: Interventions to Reverse or Remediate Effects of Early Life Adversity on the Aging Processes. "Future Opportunities and Directions for Interventions to Reverse the Effects of Early Life Adversity." March 1, 2023.
110. Providence, RI. TEDxBrownU. Truth or Dare Conference. "Act on Your Wisdom." March 12, 2023.
111. Boston, MA. Harvard TH Chan School of Public Health. Inaugural Symposium and Launch Celebration of the Thich Nhat Hanh Center for Mindfulness in Public Health. "Mindfulness Training Across the Adult Lifespan for Whole Person Health: The MBC and MB-BP Trials." April 26, 2023.
112. Victoria, Canada. University of Victoria. Department of Psychology, and the Clinical Psychology Program Clinical Rounds. "Mindfulness and the Science of Behavior Change: Indigenous Wisdom | Human and Planetary Health." September 21st, 2023.
113. Escondido, CA. The Buddha the Scientist Retreat: Public Health & Collective Awakening. Deer Park Monastery, in collaboration with the Thich Nhat Hanh Center for Mindfulness in Public Health at Harvard T.H. Chan School of Public Health. "Flexible Focus: How to Tailor Mindfulness Training for Cultures, Contexts, and Health Conditions." September 29th, 2023.
114. Escondido, CA. The Buddha the Scientist Retreat: Public Health & Collective Awakening. Deer Park Monastery, in collaboration with the Thich Nhat Hanh Center for Mindfulness in Public Health at Harvard T.H. Chan School of Public Health. "Unveiling the New You: The Role of Mindfulness in Sustainable Behavior Change." September 30th, 2023.
115. Boston, MA. Department of Nutrition, Thich Nhat Hanh Center for Mindfulness in Public Health, Harvard T.H. Chan School of Public Health. "The Mindfulness Ripple Effect: Diet, Blood Pressure, and Planetary Health." October 3rd, 2023.
116. Boston, MA. Harvard Medical School Grand Rounds, Center for Mindfulness and Compassion. "The Role of Mindfulness in Reversing High Blood Pressure: Clinical Trial Discoveries." Dec 18th, 2023.
117. Victoria, Canada. University of Victoria. Institute on Aging & Lifelong Health. "The Power of Frameworks: NIH Stage Model and the Science of Behavior Change." January 17th, 2024.
118. Victoria, Canada. University of Victoria. School of Public Health and Social Policy. "The Science of Mindfulness: Promoting Successful Aging and Lifelong Health." January 18th, 2024.

119. Boston, MA. Massachusetts Institute of Technology. Sloan School of Management. "Meditation and Mindfulness: Practical Applications." April 16, 2024.
120. Bethesda, MD. National Institutes of Health/National Center for Complementary and Integrative Health Workshop: Complementary and Integrative Interventions to Prevent and Mitigate the Effects of Endocrine-Disrupting Chemicals. "Mindfulness in the Face of Toxicity: Framework for Endocrine-Disrupting Chemical Prevention and Mitigation." June 10th, 2024.
121. Taipei, Taiwan. Buddhism, Science and Future Conference 2024. "Planet and People: The Power of Mindful Behavior Change." June 21, 2024.
122. Bangor, Wales. International Conference on Mindfulness 2024. "What have we learnt from the past and what are our hopes for the future? An exchange between the "elders of the field" about the state of the evidence for mindfulness-based interventions, possible gaps and identifying ways to take the field forwards." August 2, 2024.
123. Boston, MA (online). 2024 Conference on Group Medical Visits: Integrated Center for Group Medical Visits. Keynote address. "Planet and People: The Power of Mindfulness in Lifestyle Transformation." September 13, 2024.
124. Webinar (global access). "Mindfulness-Based Blood Pressure Reduction | Mind-Body Synergy: Using Mindfulness to Enhance Cardiometabolic Health and Lower Blood Pressure." Brown University School of Professional Studies Masterclass. January 8, 2025.
125. Bethesda, MD. National Institutes of Health/National Center for Complementary and Integrative Health Workshop: The Complex Science of Adapting Mind and Body Interventions. "The WWHAM Framework: Understanding the Why, When, and How of Adapting Mindfulness-Based Programs – A Theoretical Approach to Mind-Body Intervention Adaptation." Originally scheduled for February 12-13, 2025; postponed due to United States federal administration guidelines to postpone NIH meetings.
126. Osaka, Japan. Osaka University. "Optimizing Health and Performance Through Mindfulness Across the Adult Lifespan: Applications in Education and Business." February 19, 2025.
127. Kyoto, Japan. Kyoto University Hospital. "Mindfulness Training to Optimize Health: Science and Practice." February 21, 2025.
128. Boston, MA. Brigham and Women's Hospital Division of Endocrinology, Diabetes and Hypertension / Boston Children's Hospital Grand Rounds: "Mindfulness in Hypertension Therapy: Clinical Trials and Practical Applications." March 5, 2025.
129. Hanover, NH. Dartmouth College. The Buddha The Scientist Retreat. "Awareness in Action: Fostering Physical Activity Through Buddhist Contemplative Elements." April 7, 2025.
130. Boston, MA. Massachusetts Institute of Technology. Sloan School of Management. "Meditation and Mindfulness: Practical Applications." April 15, 2025.
131. Japan (online). Japan Mindfulness Collaborative. "Letting Go, Waking Up: A Mindfulness Retreat." July 26, 2025
132. St. Louis, MO (online). Missouri Department of Health. "Mindfulness and Blood Pressure: A Whole Person Approach to Hypertension." July 28, 2025.
133. Portland, OR. United States Developmental Origins of Health and Disease (US DOHaD) Society Annual Meeting. Key note address: "Healing the Past in the Present Moment: The Role of Mindfulness Training in Transforming the Effects of Early Life Adversity." August 1, 2025.
134. Seoul, South Korea. 6th Seoul International Meditation Expo Academic Conference. Distinguished Speaker. "Bridging Science and Contemplative Practice: The Present and Future of Meditation in Higher Education." September 25-26, 2025.
135. Philadelphia, PA (online). Philadelphia Behavior Therapy Association. "Role of the Mindfulness-Based Blood Pressure Reduction (MB-BP) Program in Enhancing Cardiovascular and Mental Well-Being." December 8th, 2025.
136. Japan (online). Japan Mindfulness Collaborative. "Transforming Health: The Science and Practice of Mindfulness. From Personal Well-Being to Public Health. A Two-Day Retreat." December 12-13, 2025.

137. Gwangju, South Korea (online). 5th International Conference on Mindfulness Education. Kwangju Women's University. Keynote Address. "A Peaceful Heart in a Chaotic World: Mindfulness as a Catalyst for Character, Mental Health, and Cardiovascular Resilience." January 7, 2026.
138. Providence, RI. Brown University School of Professional Studies Online Masterclass. "Nine Mindful Steps to a Healthier Heart: A New Year's Masterclass on Blood Pressure & Well-Being." January 7, 2026.
139. Toronto, Canada. 2026 Mindfulness Symposium. University of Toronto Faculty of Medicine. Distinguished Panel Discussion. "Practical Implementation – How Do We Apply Mindfulness Strategies in the Context of a Chaotic and Challenging World?" January 22, 2026.
140. Providence, RI. Rhode Island Community of Mindfulness. "Transforming Health: With the Seven Factors of Awakening and Four Brahmavihārās" One-day retreat. January 30, 2026.
141. Boston, MA. Harvard TH Chan School of Public Health, Thich Nhat Hanh Center for Mindfulness in Public Health. Symposium: Compassion in Action – The Science of Caring. "A Living Bridge: Integrating Contemplative Science and Practice." April 8, 2026.
142. Padua, Italy (online), Motus Mundi Italian School of Mindfulness. "The Science of Practice, and the Practice of Science." May 3, 2026.
143. Bethesda, MD. National Institutes of Health/ National Center for Complementary Health Scientific Meeting and Research Workshop: Adapting Evidence-Based Mind and Body Interventions: Why, When, and How? Talk title TBN. July, 2026.
144. Hong Kong, China. Chinese University of Hong Kong. "Optimizing Health and Human Performance Through Mindfulness Across the Adult Lifespan" (public talk). July 31, 2026.
145. Hong Kong, China. Chinese University of Hong Kong. "Transforming Health: The Science and Practice of Mindfulness from Personal Well-Being to Public Health." One-day retreat. August 1, 2026.

5. RESEARCH

5.1. Current Grants

1R24AT012845-01 Sun, Loucks, Goldberg (PIs; contact PI: Sun) 04/01/2024-03/31/2029
NCCIH

Advancing Resources for Systematic Reviews and Meta-Analyses of Complementary and Integrative Health Interventions

Clinical trials of complementary and integrative health (CIH) interventions have grown exponentially and there is an urgent need for rigorously conducted systematic reviews and meta-analyses to synthesize evidence to guide stakeholders and inform policy and decision making. This Mindfulness and Integrative Health Data Network (MINDNET) will create a highly usable and accessible data repository, with advanced web interface and R programming for data analysis, as well as pilot awards and asynchronous and synchronous education and training. MINDNET will generate high quality systematic reviews, meta-analyses, and methodology papers, and pilot awards, to provide clear synthesis of evidence for stakeholder use, as well as training and education to foster skills, collaboration, and innovation within the CIH scientific community.

Role: Principal Investigator

Amount: \$3.0M USD

1R01AT011745-01 Loucks, Johnson (PIs; contact PI: Loucks) 05/01/2022-02/28/2027
NCCIH

Mindfulness-Based Stress Reduction: An Implementation Science-Informed Systematic Review and Meta-Analysis

At this time, policy makers and health insurers are actively exploring covering Mindfulness-Based Stress Reduction, but are not equipped with recent evidence syntheses to aid those decisions. These systematic reviews and meta-analyses, done in partnership with knowledge users, will provide the needed evidence for sound decisions and demonstrate knowledge gaps for researchers to fill.

Role: Principal Investigator
Amount: \$3.2M USD

1R01HL171195-01A1 Marcus (PI)
NHLBI

07/05/2024-06/30/2029

Improving Physical Activity Participation in Latinas with Mindfulness
This study aims to improve adherence to physical activity (PA) guidelines among Latinas by integrating mindfulness-based stress reduction (MBSR) into a remotely delivered intervention. Using a SMART design, we will adapt our evidence-based PA intervention for 258 inactive Latinas, focusing on stress management to enhance long-term health outcomes.

Role: Co-Investigator
Amount: \$3.6M USD

R01MH136540 Gaudiano (PI)
NIMH

2/3/25-12/31/29

Evaluating the effectiveness of mindfulness-based therapy for serious mental illness implemented in a community mental health setting.

This is a hybrid type 1 effectiveness-implementation randomized controlled trial of mindfulness-based therapy for patients with serious mental illness being treated in a community mental health setting.

Role: Co-Investigator
Amount: \$3.5M USD

MCJ Amelior Foundation, Loucks (PI)

08/01/2021-12/31/2026

MBSR Training and MBSR Teacher Training for People Serving Black, Indigenous, People of Color (BIPOC) Communities

This grant aims to perform community-based participatory research, including focus groups with stakeholders who serve BIPOC communities, to provide input on Mindfulness-Based Stress Reduction (MBSR) teacher training program content and timing for people of color. This project will offer MBSR to people who serve BIPOC communities in the United States at low or no cost, taught by MBSR teachers with expertise in adapting MBSR to the racial/ethnic cultures that they are serving. Within these cohorts, we will train a subset to become MBSR teachers through a dedicated, private- and group-based sequential professional teacher training specific to people who serve BIPOC communities.

Role: Principal Investigator
Amount: \$200K USD

Center for AIDS Research (CFAR) Pilot Grant, Loucks (PI)

02/07/2025-08/06/2026

Mindfulness-Based Blood Pressure Reduction (MB-BP) Program for people with HIV.

This pilot study is evaluating whether MB-BP is an acceptable and feasible intervention for people with HIV who have elevated blood pressure. Based on participant and community member feedback, MB-BP will be adapted if/as needed to best suit the patient population.

Role: Principal Investigator
Amount: \$40K USD

5.2. Completed Grants (since 2003)

Catalyst Grant, Proulx (PI)

01/01/2022-12/31/2025

Exploring Native American Approaches to Mindfulness in Hypertension Interventions.

This pilot study will work with the Mohegan Tribal Nation to indigenize Mindfulness-Based Blood Pressure Reduction (MB-BP) and evaluate acceptability and feasibility of that program in Native American community members with elevated blood pressure.

Role: Co-Investigator
Amount: \$20K USD

1R34AT011302-01A1 Williams (PI)
NCCIH

08/15/2021-07/31/2025

Early Phase Clinical Trial to Test the Feasibility of an ACT-Based Physical Activity Promotion Program for Adults with Depressive Symptoms

Specific aims are: Aim 1: Develop and demonstrate training and intervention fidelity procedures for bachelor's level interventionists to direct the ACTivity and PA+Education interventions. Aim 2: Demonstrate feasibility of recruitment, randomization, retention, and data collection procedures to conduct an individually randomized group treatment trial (IRGT). Aim 3: Demonstrate credibility (i.e., how convincing and logical a treatment seems) and acceptability of the ACTivity and PA+Education programs.

Role: Co-Investigator

Amount: \$2.6M USD

3R01AT011745-02S1 Loucks, Johnson (PIs; contact PI: Loucks)
NCCIH

08/25/2023-08/24/2024

Diversity Administrative Supplement: Mindfulness for Hypertension in African Americans
African Americans have higher rates of hypertension, alongside growing use of mindfulness and meditation. This administrative supplement will support Prof. Jolaade Kalinowski to perform a systematic review on the impacts of mindfulness training on hypertension control in African Americans.

Role: Principal Investigator

Amount: \$119K USD

1R24AG065174-01 Loucks, Sheridan, Godfrey (PIs; contact PI: Loucks)
NIA

04/15/2020 – 03/31/2023

Reversibility Network: Interventions to Reverse or Remediate Effects of Early Life Adversity on Aging Processes

Specific aims are (1) *Early life adversity (ELA) Measures*: Develop an ELA measurement toolkit available to all researchers and clinicians in the field. The toolkit will include the best theoretically-embedded, prospectively- and retrospectively-assessed ELA measures, that will evolve as new discoveries on ELA measurement are made. (2) *ELA Mechanisms*: Catalyze research on key mechanisms through which ELA influences health and aging outcomes (e.g. biological, behavioral and self-report mechanisms) in midlife. Target mechanisms will be evaluated as to whether they are both malleable to interventions and influence aging outcomes, utilizing the Science of Behavior Change (SOBC) mechanisms-focused approach. (3) *ELA Interventions*: Foster research on: (a) Midlife effects of early life interventions (e.g. preconception through adolescence) for those exposed to ELA; (b) Midlife interventions for those who recall ELA and/or were objectively exposed to ELA.

Role: Principal Investigator

1UH3AT009145-01 Loucks, Britton, King (PIs; contact PI: Loucks)
NIH/NCCIH

09/1/18-08/31/21

Mindfulness Influences on Self-Regulation: Mental and Physical Health Implications

This study aims to (1) analyze several existing datasets to evaluate what specific elements of mindfulness interventions are most effective at influencing self-regulation, and if those changes in self-regulation translate into clinically meaningful health behavior changes, such as improved medical regimen adherence, and (2) test the ability of customized mindfulness interventions to alter self-regulation and medical regimen adherence in four ongoing randomized controlled trials.

Role: Principal Investigator

1R01HL135200-01A1 (Dulin-Keita, Howe)
NHLBI/NIH

8/23/2018-7/31/2021

Impact of Multilevel Risk and Resilience Factors on Cardiovascular Health in Racially/Ethnically Diverse Men and Women

This project will: (a) determine whether multilevel resilience resources are associated with cardiovascular (CV) outcomes (i.e., ideal CV health and incident CV disease); (b) quantify the impacts of hypothetical multilevel resilience resource building interventions on racial/ethnic disparities and sex differences in CV outcomes; and (c) examine the degree to which the aforementioned relationships/impacts are moderated by multilevel psychosocial risks. This work will be conducted using longitudinal data on racially/ethnically diverse men and women enrolled in three United States-based CV health cohorts (i.e., JHS, MESA, MASALA) that will be harmonized to create an integrated dataset. This project responds to the calls of NIH, OBSSR, NHLBI, and AHA to conduct studies to fill critical gaps in psychosocial risk, resilience, and CV outcomes research.

Brown University Office of the Provost, Loucks (PI) 7/1/17-6/30/20

Mindfulness-Based College Randomized Controlled Trial

This grant provides support to implement a randomized controlled trial to evaluate impacts of a mindfulness-based intervention customized to emerging adults to foster health and performance, called Mindfulness-Based College.

Role: Principal Investigator

Brown University Office of the Vice-President of Research, Loucks (PI) 7/1/17-6/30/19

Brown Mindfulness Center: Research, Methods, and Service

This project delineates a strategic plan for launching the Brown Mindfulness Center over the next two years, while longer term sustainability is aimed to be established through donors and grants. A Brown Mindfulness Center, with a focus on "Research, Methods, and Service" would address important needs world-wide for methodologically rigorous research on positive and negative effects of mindfulness-based interventions, and disseminate this knowledge to the greater community. Funding is directed to mindfulness pilot research studies and strategic meetings to foster research collaborations.

Role: Principal Investigator, Director

5R01AT008393-02 Pbert, Carmody, Kerr (PIs) 09/01/14-08/31/19

NIH/NCCIH

Asthma Symptom Management Through Mindfulness Training

The primary aim of the proposed randomized controlled trial is to test Mindfulness-Based Stress Reduction against an active control on the key clinical outcomes of asthma control and symptoms using gold standard measures with 256 adults with mild, moderate or severe asthma. Secondary aims evaluate the program's effect on asthma quality of life, lung function, cost-effectiveness, and the mediating effect of respiratory interoceptive accuracy on asthma control, quality of life, and medication use.

Role: Mindfulness-Based Stress Reduction Instructor

3UH2AT009145-02S1 Loucks (PI) 09/01/2017 – 08/31/2018

NIH/NCCIH

Interoceptive Self-Awareness as a Behavior Change Tool

This study aims to (1) Evaluate whether the Multidimensional Assessment of Interoceptive Awareness (MAIA) is influenced by mindfulness-based interventions including the Mindfulness-Based Blood Pressure Reduction (MB-BP) intervention and Mindfulness-Based College Intervention (2) Further cross-validate the MAIA assay by inserting an objective measure of self-awareness (heart beat detection task) into the MB-BP Stage II randomized controlled trial . (3) Consider use of an fMRI task to investigate neural activity during interoceptive awareness (heartbeat counting) and exteroceptive awareness (tone counting).

Role: Principal Investigator

1UH2AT009145-01 Loucks, Britton, King (PIs; contact PI: Loucks) 09/15/15-08/31/18

NIH/NCCIH

Mindfulness Influences on Self-Regulation: Mental and Physical Health Implications

This study aims to (1) analyze several existing datasets to evaluate what specific elements of mindfulness interventions are most effective at influencing self-regulation, and if those changes in self-regulation translate into clinically meaningful health behavior changes, such as improved medical regimen adherence, and (2) test the ability of customized mindfulness interventions to alter self-regulation and medical regimen adherence in four ongoing randomized controlled trials.

Role: Principal Investigator

3UH2AT009145-02S2 Britton (PI) 09/01/2016 – 08/31/2017

NIH/NCCIH

Systematic Reviews on Impacts of Mindfulness-Based Interventions on Self-Regulation and Neuroimaging Targets.

This study extends the systematic reviews funded by NIH Grant 1UH2AT009145-01 to perform systematic reviews on 3 distinct self-regulation domains, including neuroimaging targets. Similar to CONSORT guidelines that have been created for acupuncture trials (STRICTA), we plan to use information from the systematic review to create a CONSORT extension for mindfulness trials.

Role: Co-Investigator

3UH2AT009145-02S2 Loucks (PI) 09/01/2016 – 08/31/2017

NIH/NCCIH

Mindfulness-Blood Pressure Reduction Study Randomized Controlled Trial.

This study transitions the MB-BP study funded by NIH Grant 1UH2AT009145-01 to a two-arm, dual-blind, randomized RCT during the UH2 phase, instead of being an uncontrolled pre/post study. This approach will allow evaluation of the impacts of MB-BP vs. control on self-regulation targets, medical regimen adherence, and blood pressure over a 1 year follow-up time period.

Role: Principal Investigator

1R01AG048825-01 Loucks, Gilman (PIs; contact PI: Loucks) 09/30/14-04/30/17

NIH/NIA

Identifying Targets for Reducing Obesity Caused by Early Life Disadvantage

This study aims to evaluate pathways (e.g. diet, physical activity, education, depressive symptomatology, mindfulness and epigenetic methylation patterns) that may link early life socioeconomic/social adversity to adulthood obesity. This evidence will inform society on anticipated benefits of adulthood interventions on these pathways to reduce the long-term consequences of early childhood adversity on obesity.

Role: Principal Investigator

FOA 13-1302 Novais (PI) 07/01/13-06/30/18 (declined funding after 12/31/15 due to overfunding by other grants)

US Centers for Disease Control (CDC)

Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) Program

This project provides low-income, underinsured, or uninsured 40-64 year old women with the knowledge, skills, and opportunities to improve their diet, physical activity, and other life habits to prevent, delay, or control cardiovascular and other chronic diseases. This project also evaluated the effectiveness of this program at the Rhode Island site.

Role: Epidemiologist and Evaluator

CDC-RFA-DP13-1305 Novais (PI) 07/01/13-06/30/18 (declined funding after 12/31/15 due to overfunding by other grants)

US Centers for Disease Control (CDC)

State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health.

This project implements state-level public health actions in Rhode Island, and evaluates the effectiveness of the programs. Evaluation includes overarching monitoring of the cardiovascular health of Rhode Island residents.

Role: Epidemiologist

Type: Operating grant. Levitan (PI) 04/01/09-03/30/14

Canadian Institutes of Health Research

A Longitudinal Study of Food Reward and Obesity in Young Children: The Role of Gene-Environment Interaction.

This project aims to determine genetic and environmental influences on eating behaviors in a birth cohort of children aged 6 years.

Role: Co-Investigator

RC2AG036666-01 Loucks, Buka, Eaton (PIs; contact PI: Loucks) 9/30/09-8/31/12

NIH/NIA

The New England Family Study: Fifty Year Post-Perinatal Follow-up for Life Course Effects on Aging

This project will assess aging processes in 500 of the Collaborative Perinatal Project (CPP) participants born in 1959-1966 to explore how conditions during pregnancy and early life may impact epigenetic alterations and aging processes that could subsequently manifest in midlife as atherosclerosis, type 2 diabetes, adiposity and cognitive decline.

Role: PI

Type: Operating Grant. Louise Pilote (PI) 10/01/08-09/30/11

Heart and Stroke Foundation

GENESIS PRAXY (GENdEr and Sex Determinants of Cardiovascular Disease: From Bench to Beyond Premature Acute Coronary Syndrome).

This study aims to begin a large prospective cohort study in Canada to comprehensively address sex differences in prognostic, health services utilization, and diagnostic aspects of premature ACS.

Role: Co-Investigator

Type: Operating Grant. Paradis, Seguin (PI) 10/01/06-09/30/11

Canadian Institutes of Health Research

Longitudinal analysis of the Quebec birth cohort: Pathways between early childhood poverty, stress, child health, cardiovascular risk factors, associated secular trends, and resiliency.

This project aims to elucidate mechanisms by which poverty may influence cardiovascular risk factors in young adults.

Role: Co-Investigator

Operating Grant. Pilote (PI) 10/01/08-09/30/09

Canadian Institutes of Health Research

GENESIS PRAXY (GENdEr and Sex Determinants of Cardiovascular Disease: From Bench to Beyond Premature Acute Coronary Syndrome).

This study aims to begin a large prospective cohort study in Canada to comprehensively address sex differences in prognostic, health services utilization, and diagnostic aspects of premature ACS.

Role: Co-Investigator

Establishment Grant. Loucks (PI) 10/01/07-09/30/10 (declined funding after 12/31/08, due to moving to United States)

Fonds de la Recherche en Santé Québec (FRSQ)

Elucidating gender-specific associations between life course socioeconomic position (SEP) and longitudinal trajectories of cardiovascular disease risk factors.

The major goal of this grant is to provide funds to facilitate new investigators to establish their research activities in Quebec, Canada.

Role: PI

MOP-89950 Loucks (PI)

10/01/08-09/30/11 (declined funding after
12/31/08, due to moving to United States)

Canadian Institutes of Health Research

Life Course Socioeconomic Position, Type II Diabetes, and Obesity: Potential Interactions with Genetic Polymorphisms.

This study aims to evaluate whether the FTO gene alters the strength of association between socioeconomic position (SEP) and obesity, whether childhood and adulthood SEP predict type II diabetes (T2D), and whether the TCF7L2 gene affects the strength of association between SEP and incident T2D. Other genes predictive of T2D will also be investigated, including KCNJ11 and PPARG.

Role: PI

MOP-81239 Loucks (PI)

10/01/06-09/30/09

Canadian Institutes of Health Research

Elucidating gender-specific associations between life course socioeconomic position (SEP) and longitudinal trajectories of cardiovascular disease risk factors.

This study aims to determine whether life course SEP is associated with classic and novel CVD risk factors, and whether life course SEP predicts gender-specific longitudinal trajectories of sub-clinical CVD risk factors.

Role: PI (2006-2008), Collaborator (2009, due to moving to United States)

1R01AG023397 Buka (PI)

10/01/03-09/30/07

NIH/NIA

Pathways linking education and health in middle adulthood.

This study aims to identify pathways (including physiological, behavioral, psychological and health literacy) that may link education to health outcomes.

Role: Physiologist

6. SERVICE

6.1. University Service

2017 -	Director, Mindfulness Center at Brown University
2022 -	Academic Director, Mindfulness Education at Brown University School of Professional Studies
2025 -	Chair, Department of Epidemiology Awards Nomination Committee
2021-2025	Member, Diversity Inclusion Action Plan Committee, Department of Epidemiology, Brown University
2019 -	Core Advisor, Master of Public Health Program, Brown University
2019-2021	Member, Curriculum Committee, Department of Epidemiology, Brown University
2016-2020	Member, PhD Admissions Committee, Department of Epidemiology, Brown University
2016-2019	Graduate Program Director, Department of Epidemiology, Brown University School of Public Health
2015-2019	Member, Graduate Studies Committee, Brown University School of Public Health
2018	Science Track Advisor, Contemplative Studies Undergraduate Concentration
2015-2017	Member, Undergraduate Studies Committee, Brown University School of Public Health
2014 -	Member, Contemplative Studies Concentration Faculty, Brown University

2013-2017	Co-Chair, Public Health Academic Working Group, Brown University and Rhode Island Department of Health
Jan-Mar, 2017 Sep-Nov, 2016	Mindfulness-Based College Instructor, Brown University. Intervention, currently being scientifically investigated, designed to improve well-being and performance undergraduate university students throughout Rhode Island. Course consists of 9 weekly 2.5 hour sessions, and one all-day mindfulness retreat.
2014-2016 2016, 2013	Masters Program Director, Department of Epidemiology, Brown University Member, Selection Committee for Dean's Awards in Teaching and Mentoring, Brown University, Program in Public Health
2015	Member, Master's Program Planning Committee, Brown University School of Public Health
2015	Member, Epidemiology ScM Admissions Committee, Brown University, Department of Epidemiology
2014-2015 2014	Member, Department of Epidemiology Identity Committee, Brown University Chair, Epidemiology ScM Admissions Committee, Brown University, Department of Epidemiology
2012-2013	Chair, Seminar/Social Committee, Brown University, Department of Epidemiology.
2009-2012	Member, PhD Admissions Committee, Brown University, Department of Epidemiology
2011-2012	Member, Curriculum Committee, Department of Epidemiology, Brown University
2010-2012	Member, Epidemiology Faculty Search Committee (Molecular Epidemiology), Brown University, Department of Epidemiology
2009-2010	Member, Core Competencies & Evaluation Committee, Brown University, Epidemiology Section.
2009-2010	Chair, Seminar and Social Committee, Brown University, Epidemiology Section.
2009-2010	Member, Epidemiology Faculty Search Committee, Brown University, Epidemiology Section
2009-2010	Member, Biostatistics Faculty Search Committee, Brown University, Biostatistics Section.
2007-2008	Member, PhD Comprehensive Exam Committee, Dept. of Epidemiology, Biostatistics and Occupational Health.
2006-2008	Member, Curriculum Committee, Dept. of Epidemiology, Biostatistics and Occupational Health, McGill University.

6.2. Professional Service

Journal editorial boards:

2020 -	Editorial Board Member, <i>Social Science & Medicine</i>
2017-2021	Editorial Board Member, <i>Psychosomatic Medicine</i>
2015-2020	Editorial Advisor, <i>BMC Cardiovascular Disorders</i>
2012-2015	Associate Editor, <i>BMC Cardiovascular Disorders</i>
2007	Academic Editor, <i>PLOS ONE</i>

Journal ad hoc peer reviews (last five years):

American Journal of Epidemiology, International Journal of Epidemiology, Epidemiology, Annals of Epidemiology, Circulation, Social Science and Medicine, Obesity, Health Psychology, BMC Cardiovascular Disorders, Journal of Epidemiology and Community Health, American Journal of Cardiology, International Journal of Obesity, Psychosomatic Medicine, Journal of the American College of Cardiology, Behavior Research and Therapy, Mindfulness, Journal of Behavioral Medicine, JAMA Internal Medicine.

Grant review panel member:

- 2025 National Institutes of Health, National Center for Complementary and Integrative Health: ZAT1 BH 06 Panel on Exploratory Clinical Trials of Mind and Body Interventions (R01, R34 grant applications). Chair.
- 2024 National Institutes of Health, National Center for Complementary and Integrative Health: ZAT1 MQ (01) 1 Panel on Exploratory Clinical Trials of Mind and Body Interventions (R01, R34 grant applications). Chair.
- 2022-2023 National Institutes of Health, National Center for Complementary and Integrative Health: Mind and Body Interventions Special Emphasis Panel ZAT1 SUP (R01, R34, UG3/UH3, U24 grant applications). Chair.
- 2022 National Institutes of Health, National Center for Complementary and Integrative Health: Mind and Body Interventions Special Emphasis Panel (R01, R34). Peer reviewer.
- 2021 National Institutes of Health, National Center for Complementary and Integrative Health: Clinical Trials of Complementary and Integrative Interventions Delivered Remotely or via mHealth (R01) Panel. Peer reviewer.
- 2020 National Institutes of Health, Biobehavioral Mechanisms of Emotion, Stress and Health (MESH) Study Section. Peer reviewer.
- 2019 National Institutes of Health, National Center for Complementary and Integrative Health: Exploratory Clinical Trials of Mind and Body Interventions (R34 and U01) Panel. Peer reviewer.
- 2018 National Institutes of Health, National Center for Complementary and Integrative Health: Exploratory Clinical Trials of Mind and Body Interventions (R34 and U01) Panel. Peer reviewer.
- 2017 National Institutes of Health, National Center for Complementary and Integrative Health: Training and Research Grants Review Panel. Peer reviewer.
- 2017 National Institutes of Health, National Center for Complementary and Integrative Health: Training, Career Development, Fellowship, and Research Grant Review Panel (ZAT1 AJT 01). Peer reviewer.
- 2015 National Institutes of Health. Social Sciences and Population Studies Study Section A (SSPA). Peer reviewer.
- 2015 National Institutes of Health, National Institute of Nursing Research. R01 Special Emphasis Panel ZNR1 REV-T25.
- 2015 German Federal Ministry of Education and Research. Structural Development in Health Care Research Funding Initiative. Peer reviewer.
- 2015 National Institutes of Health, National Institute on Aging. Program Project Grant Type 1 Grant Review Panel. Peer reviewer.
- 2015 National Institutes of Health, National Institute on Aging. Grant review panel for PA-13-302 "CVD risk reduction in socioeconomically distressed environment." Peer reviewer.
- 2012-2015 Canadian Institutes of Health Research. Public, Community & Population Health Grants Committee PH1, Member. Peer reviewer of operating grant applications; 4 days per year in meetings; an additional 60-80 hours per year in reviewing time.
- 2013 (July) National Institutes of Health, National Institute on Aging. Special Emphasis Panel for RFA-AG-13-009 "Secondary Analyses and Archiving of Social and Behavioral Datasets in Aging." Peer reviewer.
- 2013 (Feb) National Institutes of Health, National Institute on Aging. Special Emphasis Panel for RFA-AG-13-004 "Secondary Analyses and Archiving of Social and Behavioral Datasets in Aging." Peer reviewer.
- 2012 Canadian Institutes of Health Research. Program Name: "Operating Grant: Advancing Theoretical and Methodological Innovations in Health Research." Peer Reviewer

- 2007-2009 Canadian Institutes of Health Research. Institute of Public, Community & Population Health – Committee A, Member. Peer reviewer of operating grant applications; 4 days per year in meetings; an additional 60-80 hours per year in reviewing time.
- 2004-2006 Robert Wood Johnson Foundation “Young Epidemiology Scholars” program. Peer reviewer of applications; 2 meeting days/ year
- 2006 Heart and Stroke Foundation of Ontario, Social Determinants of Hypertension Special Competition, Peer Reviewer

Committees:

- 2014 - Member, Rhode Island Preventive Health and Health Services Block Grant Statewide Advisory Committee
- 2017-2020 Member, Canadian Institutes of Health College of Reviewers
- 2015-2020 Member, Steering Committee, National Institutes of Health Science of Behavior Change (SOBC) Research Network
- 2015-2017 Member, Program Committee for the American Psychosomatic Society Annual Scientific Meetings, 2016 (USA), 2017 (Spain).
- 2012-2015 Member, Rhode Island Stroke Task Force, Rhode Island Department of Health
- 2012-2015 Member, Heart Disease and Stroke Prevention Program Steering Committee, Rhode Island Department of Health
- 2011-2015 Member, CARDIA (Coronary Artery Risk Development in Young Adults) Study Psychosocial Committee
- 2007-2012 Member, Expert Advisory Committee, Statistics Canada Canadian Health Measures Survey (CHMS). 3 days/year.
- 2006-2011 Member, Quality Control/Quality Assurance (QC/QA) Advisory Committee, Statistics Canada Canadian Health Measures Survey (CHMS). 10 days/year.
- 2004-2005 Member, Canadian Cardiovascular Society Trainee Committee. 6 meeting hours/year

Other Professional and Scientific Contributions:

- 2024-2025 Scientific Co-Chair, National Institutes of Health/National Center for Complementary and Integrative Health Workshop: The Complex Science of Adapting Mind and Body Interventions. February 12-13, 2025.
- 2017 - Founder and Director, Mindfulness Center, Brown University School of Public Health
- 2011-2013 Founder and Director, Rhode Island Social Determinants of Health Working Group
- 2006-2007 Founder and Co-Director, Social Physiology Axis of Research and Knowledge Transfer (SPARK)
- 2002-2004 Co-Founder and Co-Director, Harvard Biomarkers Working Group

6.3. Community Service

- 2014 - Member, Rhode Island Preventive Health and Health Services Block Grant Statewide Advisory Committee
- 2013-2017 Co-Chair, Rhode Island Public Health Academic Working Group, Brown University and Rhode Island Department of Health
- 2016-2017 Mindfulness-Based Stress Reduction Instructor, Miriam Hospital. Evidence-based intervention designed to improve patients’ overall well-being in health care settings. Course consists of 9 weekly 2.5 hour sessions, and one all-day mindfulness retreat.
- 2015 - Mindfulness-Based Blood Pressure Reduction Instructor, Brown University School of Public Health. Intervention, currently being scientifically investigated, designed to lower blood pressure in community members with prehypertension or hypertension. Course consists of 9 weekly 2.5 hour sessions, and one all-day mindfulness retreat.

- 2016 - Mindfulness-Based College Instructor. Brown University. Intervention, currently being scientifically investigated, designed to improve well-being and performance undergraduate university students throughout Rhode Island. Course consists of 9 weekly 2.5 hour sessions, and one all-day mindfulness retreat.
- 2012-2015 Member, Rhode Island Stroke Task Force, Rhode Island Department of Health
- 2012-2015 Member, Heart Disease and Stroke Prevention Program Steering Committee, Rhode Island Department of Health
- 2012-2015 Epidemiologist & Evaluator, Division of Community, Family Health & Equity, Rhode Island Department of Health

7. LEADERSHIP

University Leadership

- 2017 - Founder and Director, Mindfulness Center at Brown University
- 2022 - Academic Director, Mindfulness Education at Brown University School of Professional Studies
- 2016-2019 Graduate Program Director, Department of Epidemiology, Brown University School of Public Health
- 2013-2017 Co-Chair, Public Health Academic Working Group, Brown University and Rhode Island Department of Health

National and International Leadership

- 2024-2025 Scientific Co-Chair, National Institutes of Health/National Center for Complementary and Integrative Health Workshop: The Complex Science of Adapting Mind and Body Interventions. February 12-13, 2025.
- 2024-2025 National Institutes of Health, National Center for Complementary and Integrative Health: ZAT1 MQ (01) 1 Panel on Exploratory Clinical Trials of Mind and Body Interventions (R01, R34 grant applications). Chair.
- 2022-2023 National Institutes of Health, National Center for Complementary and Integrative Health: Mind and Body Interventions Special Emphasis Panel ZAT1 SUP (R01, R34, UG3/UH3, U24 grant applications). Chair.
- 2015-2020 Member, Steering Committee, National Institutes of Health Science of Behavior Change (SOBC) Research Network
- 2020 - Editorial Board Member, *Social Science & Medicine*
- 2017-2021 Editorial Board Member, *Psychosomatic Medicine*
- 2015-2020 Editorial Advisor, *BMC Cardiovascular Disorders*
- 2012-2015 Associate Editor, *BMC Cardiovascular Disorders*
- 2007 Academic Editor, *PLOS ONE*

Government Leadership

- 2014 - Member, Rhode Island Preventive Health and Health Services Centers for Disease Control (CDC) Block Grant Statewide Advisory Committee
- 2013-2017 Co-Chair, Rhode Island Public Health Academic Working Group, Brown University and Rhode Island Department of Health
- 2012-2015 Member, Rhode Island Stroke Task Force, Rhode Island Department of Health
- 2012-2015 Member, Heart Disease and Stroke Prevention Program Steering Committee, Rhode Island Department of Health

8. ACADEMIC HONORS

2024	Dean's Award for Excellence in Research Collaboration, Brown University School of Public Health
2018	Elected as Fellow, Academy of Behavioral Medicine Research
2014	Psych Central named the following article in "The Four Greatest Psychological Discoveries of 2014": Loucks EB, Britton WB, Howe CJ, Eaton CB, Buka SL. Positive associations of dispositional mindfulness with cardiovascular health: The New England Family Study. <i>Int J Behav Med.</i> 2015 Aug; 22(4): 540-550 PMID: 25339282.
2012	BioMed Central Public Health Award for the article Loucks EB <i>et al.</i> , <i>BMC Public Health.</i> 2011; 11(1):139, voted as the most ground-breaking public health research article published in all BioMed Central journals for 2011.
2011	Dean's Award for Excellence in Mentoring in Public Health, Brown University
2007-2012	Canadian Institutes of Health (CIHR) New Investigator Award (declined after 2008 due to moving to United States)
2007-2011	Fonds de la Recherche en Santé Québec (FRSQ) Chercheur-Boursier Junior 1 Salary Award (declined)
2008, 2009	Senior Teaching Excellence Award, McGill University, Epidemiology and Biostatistics Student Society
2007	Senior Teaching Excellence Award, Runner Up, McGill University, Epidemiology and Biostatistics Student Society
2002-2005	Harvard Center for Society and Health Fellowship
2002-2004	Heart and Stroke Foundation of Canada Research Fellowship
1999	W.B. and M.H. Chung Lectureship Award
1997-1999	Natural Sciences and Engineering Research Council of Canada (NSERC) Postgraduate Scholarship
1994-1995	Dean's Honor List, University of British Columbia
1991	Passport to Education Scholarship
1991	Provincial Scholarship, British Columbia, Canada

9. TEACHING

9.1 Courses (last 5 years)

"Meditation, Mindfulness and Health (PHP 1880)"

Brown University School of Public Health

3 credits; 30 h class time.

Years taught: 2015, 2016, 2018 -

Evaluations are available

"Mindfulness Epidemiology (PHP 1895)"

Brown University School of Public Health

3 credits; 30 h class time.

Years taught: 2021 -

Evaluations are available

"Ethos of Mindfulness-Based Programs (S-MBPE0101)"

Brown University School of Professional Studies

Online professional education course for mindfulness teacher training program.

Mixed teaching system of asynchronous lecture videos, reading assignments, group chats, live digital lectures, and live/asynchronous questions and answers.

Years taught: 2022 (twice), 2023 (twice), 2024 (once)

“Social Determinants of Health (PHP 1920)”

Brown University School of Public Health

3 credits; 30 h class time.

Years taught: 2010, 2012, 2014, 2015, 2017, 2018, 2020

Evaluations are available

“Public Health Senior Seminar (PHP 1910)”

Brown University School of Public Health

3 credits; 30 h class time.

Years taught: 2015, 2016, 2017, 2018

Evaluations are available

“Meditation and the Brain: Applications in Basic and Clinical Science (UNIV 0900)”

Brown University Pre-College Program

3 credits pre-college program: 30 h class time.

Years taught: 2015.

Co-instructor with Willoughby Britton, Jared Lindahl and Cathy Kerr

Evaluations are available

“Research Grant Writing: Developing a Successful Grant Proposal and Conducting Collaborative Research (PHP 2090)”

Brown University School of Public Health

3 credits; 30 h class time.

Years taught: 2011, 2013, 2014

Evaluations are available

9.2. Guest Lectures in University Courses (last 10 years)

University, Department	Title	Course	Years Taught
Massachusetts Institute of Technology, Sloane School of Management	<i>Meditation and Mindfulness: Practical Applications</i>	Pursuing Happiness and a Meaningful Life (15.S22)	2024, 2025
Brown University, Dept. Health Services, Policy & Practice	<i>Effects of Mindfulness on Pain and Physiology</i>	Pain and the Human Condition (PHP 0050)	2017, 2015
Brown University, School of Public Health	<i>Mindfulness and Cardiovascular Disease Risk: State of an Emerging Field</i>	Introduction to Public Health (PHP 0320)	2016
Brown University, Dept. Epidemiology	<i>Communicating Epidemiologic Research: Collaborating with the Media for Knowledge Dissemination</i>	Interpreting Epidemiologic Evidence (PHP 2180)	2016

9.3. Research Trainees Supervised

Post-Doctoral Fellow Advisor:

Jennifer Maccani, PhD. 2013-2014.

Vinicius Neves, MD, MSc. 2025-

PhD Students' Primary Advisor (Dissertation Chair):

Nicholas J. Everage, PhD Candidate, Dept. Community Health, Brown University. 2005-2011 (primary advisor from 2009-2011).

Megan Sands, PhD Candidate, Dept. Epidemiology, Brown University. 2008-2012.

Golarah Agha, PhD Candidate, Dept. Epidemiology, Brown University. 2009-2013.

Marcia Pescador Jimenez, PhD Candidate, Dept. Epidemiology, Brown University, 2014-2018.

PhD Students' Committee Member:

Robert B. Juster, PhD Candidate, Dept. Psychiatry, McGill University. 2007-2008

Sze Liu, PhD Candidate, Dept. Community Health, Brown University. 2005-2009.

Stella Aslibekyan, PhD Candidate, Dept. Community Health, Brown University. 2007-2011

Su Chu, PhD Candidate, Dept. Epidemiology, Brown University. 2014-2017.

PhD Students' Academic Advisor:

Marcia Pescador Jimenez, PhD Candidate, Dept. Epidemiology, Brown University, 2014-2018.

Anna Wentz, PhD Candidate, Dept. Epidemiology, Brown University, 2015-2021.

Jorge Ledesma, PhD Candidate, Dept. Epidemiology, Brown University, 2020-2024.

MSc Students' Primary Thesis Advisor:

Brendan Smith. Dept. Epidemiology, Biostatistics and Occupational Health, McGill University. 2007-2009.

Golareh Agha. Dept. Epidemiology, Biostatistics and Occupational Health, McGill University. 2007-2009.

ScM (Epidemiology) Students' Academic Advisor:

Xinmiao Tan, Dept. Epidemiology, Brown University. 2012-2014.

Cole Roberts, Dept. Epidemiology, Brown University. 2014-2016.

Sadia Sharmin, Dept. Epidemiology, Brown University. 2016-2018.

Kari Kusler, Dept. Epidemiology, Brown University. 2017-2019.

MPH Students' Primary Thesis Advisor:

Jonathan Abraham. Brown University Program in Public Health. 2009-2011.

Lynda Stinson. Brown University Program in Public Health. 2010-2012.

Joel Stewart. Brown University School of Public Health. 2014-2015.

Lauren Sager. Brown University School of Public Health. 2015-2017.

Hannah Kimmel. Brown University School of Public Health. 2015-2017.

Carin Northuis. Brown University School of Public Health. 2015-2017.

Emma Scarpa, Brown University School of Public Health. 2016-2018.

Surenmaa Suhkbaatar, Brown University School of Public Health. 2021-2023.

Virginia Cafferky, Brown University School of Public Health, 2022-2024.

Fan Wu, Brown University School of Public Health, 2023-2025

Cindy Lopez Sanchez, Brown University School of Public Health, 2024 –

ScM (Behavioral and Social Sciences) Students' Primary Thesis Advisor:

Pamela Acero, Dept. Behavioral and Social Sciences, Brown University. 2016-2018.

William Nardi, Dept. Behavioral and Social Sciences, Brown University. 2016-2019.

Julie Webb, Dept. Behavioral and Social Sciences, Brown University. 2017-2019.

ScM (Epidemiology) Students' Primary Thesis Advisor:

Cole Roberts, Dept. Epidemiology, Brown University. 2014-2016.

ScM (Epidemiology) Directed Studies Advisor:

Cole Roberts. Brown University School of Public Health. 2015.

MPH Students' Thesis Reader:

Brittany Dobosz, Dept. Community Health, Brown University. 2008-2010.
Madeline Montgomery, Brown University School of Public Health. 2013-2015.
Sarah Peters. Brown University School of Public Health. 2015-2017.
Elisa Kim, Brown University School of Public Health. 2024-2025.
Nick Xu, Brown University School of Public Health. 2025-

ScM (Behavioral and Social Sciences) Students' Thesis Reader:

Akash Radia, Dept. Behavioral and Social Sciences, Brown University. 2016-2018.

MPH Students' Academic Advisor:

Lynda Stinson. Public Health Program, Brown University. 2010-2012.
Paul Davis. Public Health Program, Brown University. 2010-2012.
Neeraja Krishnaswami. Public Health Program, Brown University. 2011-2013.
Elizabeth Piette. Public Health Program, Brown University. 2011-2013.

MPH Students' Internship Mentor:

Jonathan Abraham. Dept. Community Health, Brown University. 2009.
Hannah Kimmel. Brown University School of Public Health. 2016.
Lauren Sager. Brown University School of Public Health. 2016.

MPH Students' Core Advisor:

2025-2026: Alexandra Palmieri, Maya Yonas, Jordan Simpson, Kayla Hennigan, Benjamin Alford, Emily Demel, Naomi Raisman, Jade Ravare, Aneeqa Huq, Samuel Lederman, Shuyue Xu, Elsa Kinney.

MPH Directed Studies Advisor:

Joel Stewart. Brown University School of Public Health. 2015.

ScM (Behavioral and Social Sciences) Directed Studies Advisor:

Pamela Acero Brown University School of Public Health. 2017.

MSc Students' Thesis Reader:

Serena Luchenski, Dept. Epidemiology, Biostatistics and Occupational Health, McGill University, 2007.
Michel Vallée, Dept. Epidemiology, Biostatistics and Occupational Health, McGill University, 2008.

MSc Students' External Examiner for Thesis:

Ashley Naimi, Department of Social and Preventive Medicine, University of Montreal, 2008.

Undergraduate Students' Thesis Advisor:

Beth Anne George. Public Health. 2016-2017.
Anthony Mei. Human Biology. 2017-2018.
Jodi Scharf. Contemplative Studies. 2016-2019.
Brady Sedillos. Public Health. 2021-2022.

Undergraduate Students' Thesis Reader:

Lisa Rickey, Dept. Human Biology, Brown University. 2008-2011.
Susan (Scottie) Thompson, Dept. Community Health, Brown University. 2009-2012.
Luyu Zhang, 2011-2014.

Undergraduate Students' Academic Advisor:

Andrea Martinez (2010-2012), Janine Melvin (2010-2012), Katherine Kartheiser (2011-2012), Arianna Kazez (2011-2012), Bryan Mera (2011-present), Mallory Yant (2011-2012), Vannida Lorn (2012-2013), Anisha Lewis (2012-2014) Elliott Liebling (2012-2014), Emily Westgate (2012-2014), John Facey (2014-2016), Imani Herring (2014-2016), Zachary Neill (2014-2016), Clayton Sanford (2014-2016).

Undergraduate Contemplative Studies Science Track Advisor:

Andy Pham (2018), Samuel Fredericks (2018), Helen Ding (2018), Maria Martinez (2018), Jodi Scharf (2018), Maya Singh (2018), Hailey Fulkerson (2018), Nikisha Vaghjianai (2018), Genesis Barrera (2018).

Undergraduate Directed Studies Advisor:

Natalie Cutler (2015), Alexx Temena (2015), Ellise Sharpe (2016), Anthony Mei (2017, 2018)

10. KNOWLEDGE TRANSFER/TRANSLATION (KT)

10.1. Media Reports

Selected reports are shown below (more available upon request):

- Jan 24, 2024 NBC 10 News. "Mindfulness training proves effective in reducing hypertension and improving diet." <https://turnto10.com/features/health-landing-page/mindfulness-training-proves-effective-reducing-hypertension-improving-diet-meditation-yoga-heart-dash-brown-university-january-24-2024>
- Dec 5, 2023 NIH Research Matters. "Mindfulness training can boost heart-healthy eating." <https://www.nih.gov/news-events/nih-research-matters/mindfulness-training-can-boost-heart-healthy-eating>
- May 31, 2023 Policygenius. "Mindfulness is trending — are insurance companies paying attention?" <https://www.policygenius.com/health-insurance/news/health-insurance-coverage-for-mindfulness/>
- Nov. 8, 2022 U.S. News & World Report. "Take the Mindful Way to Lower Blood Pressure." <https://www.usnews.com/news/health-news/articles/2022-11-08/take-the-mindful-way-to-lower-blood-pressure>
- Nov. 7, 2022 Good Morning America, ABC News. "New report looks at how mindfulness may lower blood pressure." <https://abcnews.go.com/GMA/Wellness/video/report-mindfulness-lower-blood-pressure-92788613>
- Nov. 6, 2022 American Heart Association Press Release. "Mindfulness shows promise as an effective intervention to lower blood pressure." <https://newsroom.heart.org/news/mindfulness-shows-promise-as-an-effective-intervention-to-lower-blood-pressure>
- May 11, 2022 The New York Times. "The Mundane Thrill of 'Romanticizing Your Life.'" <https://www.nytimes.com/2022/05/11/well/mind/romanticize-your-life-tiktok.html>
- June, 2021 NIH News in Health. "Mindfulness for Your Health: The Benefits of Living Moment by Moment." <https://newsinhealth.nih.gov/2021/06/mindfulness-your-health>
- Aug. 3, 2020 CNN. "Growing up in a violent environment is likely to lead to accelerated aging and disease risk, new review of studies shows." <https://www.cnn.com/2020/08/03/health/childhood-violence-trauma-aging-wellness/index.html>
- Jan. 22, 2020 The New York Times Magazine. "Can Mindfulness Evolve From Wellness Pursuit to Medical Treatment?" <https://www.nytimes.com/2020/01/22/magazine/can-mindfulness-evolve-from-wellness-pursuit-to-medical-treatment.html>
- Dec. 29, 2019 Medical News Today. Mindfulness Training May Lower Blood Pressure. <https://www.medicalnewstoday.com/articles/327310.php#1>

- Dec. 12, 2019 Medscape. "Meditation for Mental Health Worth Contemplating." <https://www.medscape.com/viewarticle/922559>
- Nov. 19, 2018 Providence Journal. "Stressed Brown students can take course to build healthier habits." <https://www.providencejournal.com/news/20181119/stressed-brown-students-can-take-course-to-build-healthier-habits>
- Oct. 11, 2017 FOX Television. Dan Yorke Show. Director of the Brown U. Mindfulness Center Talks the Science Behind the Quiet on State of Mind. <http://foxprovidence.com/2017/10/11/1011-director-of-the-brown-u-mindfulness-center-talks-the-science-behind-the-quiet-on-state-of-mind/>
- Oct. 11, 2017 Scientific American. "Where's the Proof that Mindfulness Meditation Works?" <https://www.scientificamerican.com/article/wheres-the-proof-that-mindfulness-meditation-works1/>
- Sept. 12, 2017 Brown University Press Release. "Brown to launch mindfulness center to improve, disseminate evidence." <https://news.brown.edu/articles/2017/09/mindfulness-center>
- Aug. 31, 2017 U.S. News & World Report. "Could you lower your blood sugar with your mind?" <https://health.usnews.com/health-care/patient-advice/articles/2017-08-31/could-you-lower-your-blood-sugar-with-your-mind>
- Mar. 1, 2016 The Huffington Post. "How mindfulness affects your blood sugar." http://www.huffingtonpost.com/entry/mindfulness-glucose-levels-blood-sugar_us_56d5d29be4b03260bf7835e7
- Feb. 22, 2016 TIME Magazine. "It's the little things: New Science shows that these daily choices can help you live better – and longer." pp. 80-86.
- Oct. 22, 2015 The Washington Post. "Mind over meal: Study reveals a weight loss strategy you may never have considered." <https://www.washingtonpost.com/news/inspired-life/wp/2015/10/22/could-practicing-mindfulness-reduce-belly-fat/>
- Oct. 21, 2015 CNBC. "Study links 'mindfulness' to lower body weight." <http://www.cnbc.com/2015/10/21/study-links-mindfulness-to-lower-body-weight.html>
- Oct. 21, 2015 U.S. News & World Report. "Being mindful may guard against belly fat." <http://health.usnews.com/health-news/articles/2015/10/21/being-mindful-may-guard-against-belly-fat>
- Oct. 20, 2015 TIME. "Mindful people have less belly fat." <http://time.com/4079494/mindfulness-weight-loss/>
- Sept. 20, 2015 Associated Press; NBC 10 News; ABC 6 News. "Researchers at Brown awarded \$4.7M for mindfulness study." <http://www.turnto10.com/story/30073684/researchers-at-brown-awarded-47m-for-mindfulness-study>
- Sept. 17, 2015 Rhode Island Public Radio interview. "Can Mindfulness Help Patients Stick To Lifestyle Changes." <http://ripr.org/post/can-mindfulness-help-patients-stick-lifestyle-changes>
- May 18, 2015 TIME Magazine, May 18, 2015 issue. "The Heart of Man. New Research Shows How Simple Moves Can Boost Men's Cardiac Health."
- Dec. 29, 2014 Psych Central. "The Four Greatest Psychological Discoveries of 2014."
- Nov. 3, 2014 Doctor Radio Sirius XM radio interview. "Mindfulness and heart disease risk."
- Oct. 26, 2014 Forbes. "Mindfulness isn't just mind medicine, it's also good for your heart." <http://www.forbes.com/sites/daviddisalvo/2014/10/26/mindfulness-isnt-just-mind-medicine-its-also-good-for-your-heart/>
- Oct. 24, 2014 The Huffington Post. "When it comes to matters of the heart, mindfulness can help." http://www.huffingtonpost.com/2014/10/24/mindfulness-better-heart-cardiovascular-health_n_6043554.html
- Oct. 23, 2014 TIME. "How mindfulness protects your heart." <http://time.com/3534531/mindfulness-protects-heart-health/>
- Jul. 31, 2014 Rhode Island Public Radio interview. "Health impacts of social isolation on elderly immigrants."

- Feb. 15, 2013 CBS News. "Happy childhood homes may lead to healthier heart as adult."
http://www.cbsnews.com/8301-204_162-57569502/happy-childhood-homes-may-lead-to-healthier-heart-as-adult/
- June 28, 2011 Harvard Business Review. Turning stress into an asset.
<https://hbr.org/2011/06/turning-stress-into-an-asset.html>
- Feb. 28, 2011 U.S. News & World Report. "Could higher education protect against high blood pressure?" <http://health.usnews.com/health-news/family-health/living-well/articles/2011/02/28/health-buzz-could-higher-education-protect-against-high-blood-pressure>
- Feb. 28, 2011 BBC News Report. "Education reduces blood pressure."
<http://www.bbc.co.uk/news/health-12577353>
- Mar. 27, 2009 Reuters. "Lifelong poverty increases heart disease risks."
<http://www.reuters.com/article/healthNews/idUSTRE52Q3S520090327>
- Mar. 13, 2007 The Washington Post, pg. HE05. "The Masculine Singular: Social Isolation Is Hazardous to Men's Health, but Many Find It Hard to Open Up."
<http://www.washingtonpost.com/wp-dyn/content/article/2007/03/09/AR2007030901897.html>
- May 5, 2005 The Daily Telegraph. "A Lonely Life Can Be Bad for the Heart."
www.telegraph.co.uk/health/main.jhtml?xml=/health/2005/05/05/wheart02.xml
- May 2, 2005 BBC News Report. "Lonely Men Have High Heart Risk".
<http://news.bbc.co.uk/go/pr/fr/-/2/hi/health/4498559.stm>
- Dec. 2003 NBC Television News Interview and Report on Social Integration and Risk for Heart Disease.
- Nov. 24, 2003 TIME Magazine, pg. 83. "Why Men Should Make More Friends."

10.2. Social Media

>1,000 followers across all social media platforms. Example platforms are below.

 LinkedIn: <https://www.linkedin.com/in/loucks-eric-655b34b3/>

Psychology Today blog: <https://www.psychologytoday.com/us/blog/find-your-path-thriving-life>

10.3 Podcast Guest

Selected example podcasts are below:

- 2025 Mindfulness Voyage Podcast. "Insurance Reimbursement for Mindfulness."
<https://podcasts.apple.com/us/podcast/insurance-reimbursement-for-mindfulness/id1733681730?i=1000711189219>
- 2023 Humans in Public Health Podcast. Brown University School of Public Health. "Moving the needle with mindfulness." <https://podcasts.apple.com/us/podcast/humans-in-public-health/id1561779028>
- 2023 College Parent Central Podcast. "Mindfulness for College Students."
<https://www.collegeparentcentral.com/2023/02/082-mindfulness-for-college-students-an-interview-with-dr-eric-loucks/>
- 2022 The Contemplative Science Podcast. "The Mindful College Student."
<https://www.thecontemplativescientists.com/episodes/episode-27-the-mindful-college-student>
- 2022 Dropping In Podcast. "Develop Mindful Skills to Thrive in College."
<https://www.eomega.org/audio/develop-mindful-skills-thrive-college>

10.4. Community Teaching

- 2023- *The Science and Practice of Mindfulness*, provided to the Japanese public through the Japan Mindfulness Collaborative using different formats, including self-paced digital lectures, and live instruction, translated into Japanese.
- 2024- *Mindfulness-Based Blood Pressure Reduction*, provided to the public through Brown University's School of Professional Studies.
- 2026 Providence, RI. Rhode Island Community of Mindfulness. "Transforming Health: With the Seven Factors of Awakening and Four Brahmavihārās" One-day retreat for the Rhode Island Community of Mindfulness. January 30, 2026.
- 2022-2025 *The Mindful College Student* self-paced digital course for young adult well-being, hosted by The Omega Institute (eomega.org/mindful). Dr. Loucks developed the self-paced digital curriculum.
- 2019 Instructor, MBSR Insight Meditation Retreat (7 days), Omega Institute, Rhinebeck, NY
- 2017-2019 Mindfulness instructor for the BWell Health Promotion program serving Brown University staff.
- 2016-2017 Mindfulness-Based Stress Reduction Instructor, Miriam Hospital. Evidence-based intervention designed to improve patients' overall well-being in health care settings. Course consists of 9 weekly 2.5 hour sessions, and one all-day mindfulness retreat.

10.5. Mindfulness Teacher Training

- 2019-present Director, Mindfulness Center at Brown University. Through the Brown University School of Professional Studies, we provide a certificate in Mindfulness-Based Stress Reduction (MBSR) teacher training, which has served thousands trainees since 2019. Dr. Loucks developed and teaches the science curriculum, including digital asynchronous and synchronous teaching.

10.6. Dissemination to Governmental Organizations (International, National, State and Province)

Professional appointments:

- 2012-2015 Epidemiologist & Rhode Island Department of Health, Division of
Evaluator Community, Family Health & Equity

Presentations:

- 2025 Scientific Co-Chair, National Institutes of Health Workshop: The Complex Science of Adapting Mind and Body Interventions. February 12-13, 2025 [delayed due to federal government shifts in NIH workshops]
- May 14, 2019 London, United Kingdom. Parliament of the United Kingdom. United Kingdom All-Party Parliamentary Hearing on Mindfulness, Ageing Well and Older People. "Impacts of Mindfulness on Age-Related Disease."
- Feb. 1, 2017 Bethesda, MD, USA. National Institutes of Health- and United Kingdom Economic and Social Research Council-Sponsored Workshop: Pathways and Mechanisms Linking Early Life Adversity and Adult Health Outcomes. "Is it Causal? Methodological Approaches to Strengthen Causal Inference in Early Life Adversity Research."
- Jan. 31, 2017 Bethesda, MD, USA. National Institutes of Health- and United Kingdom Economic and Social Research Council-Sponsored Workshop: Pathways and Mechanisms Linking Early Life Adversity and Adult Health Outcomes. "Possible Cardiometabolic Mechanisms of Early Life Adversity."

- Jan. 31, 2017 Bethesda, MD, USA. National Institutes of Health- and United Kingdom Economic and Social Research Council-Sponsored Workshop: Pathways and Mechanisms Linking Early Life Adversity and Adult Health Outcomes. “Epigenetic Mediators of the Relation Between Early Life SES and Adiposity.”
- Dec. 15, 2016 Providence, RI, USA. Rhode Island Department of Health. Chronic Disease Webinar. “Mindfulness Interventions for Blood Pressure Reduction: State of the Evidence, and Rhode Island Patient Resources.”
- Jun. 11-12, 2015 Washington, DC, USA. National Academy of Sciences, National Research Council. Workshop on Understanding Pathways to Successful Aging: How Social and Behavioral Factors Affect Health at Older Ages. “Experimental Approaches to Evaluating How Social and Behavioral Factors Affect Health.”
- May 20, 2015 Providence, RI, USA. Rhode Island Stroke Task Force Meeting. “Temporal Trends in Stroke Treatment in Rhode Island Compared with Other US Regions.”
- May 7, 2015 Providence, RI, USA. Health Equity Summit. Rhode Island Department of Health, Brown Alpert Medical School. “Social Determinants of Health.”
- May 20, 2014 Rhode Island Department of Health Executive Committee Meeting. “Heart Disease and Stroke Trends in Rhode Island vs. the United States: Possible Reasons for Rhode Island’s High Performance.”
- Dec. 5, 2012 Rhode Island Department of Health. Heart and Stroke Disease Prevention Advisory Council Meeting. “Population Approaches to Improve Diet, Physical Activity, and Smoking Habits.”
- Nov. 14, 2012 Rhode Island Department of Health. Stroke Task Force Meeting. “Temporal Trends in Stroke Outcomes in Rhode Island Compared with Other US Regions.”
- May 18, 2009 Rhode Island Department of Health, Community Health Policy Group. “Education and Health: Potential Health Benefits of a Knowledge-Based Economy.”
- Dec. 6, 2006 Montréal Public Health Agency. Montreal, QC, Canada.
Role: Provided seminar to public health practitioners on “Educational Attainment is Associated with Biomarkers for Cardiovascular Disease – What is the Public Health Relevance?”
- April, 2006 Social Determinants of Health 3 day course. Ulaanbataar, Mongolia.
Role: Taught for Mongolian Ministry of Health and Mongolian Public Health Professionals’ Association.
- 2000-2001 Health Promotion in Motion Seminar Series. Vancouver, BC, Canada
Role: Co-director of seminar series designed to teach members of the Vancouver community (public and health professionals) about the impact of factors such as nutrition, physical activity, media, and poverty on health, and to design plans to implement healthy lifestyle choices in our communities. Incepted seminar series, created production team and organized series. Seminars were filmed for the Ministry of Health of British Columbia, for dissemination to remote provincial communities.

Policy- and Health Insurance-Relevant Grants:

1R01AT011745-01 Loucks, Johnson (PIs; contact PI: Loucks)

05/01/2022-02/28/2027

NCCIH

Mindfulness-Based Stress Reduction: An Implementation Science-Informed Systematic Review and Meta-Analysis

At this time, policy makers and health insurers are actively exploring covering Mindfulness-Based Stress Reduction, but are not equipped with recent evidence syntheses to aid those decisions. These systematic reviews and meta-analyses, done in partnership with knowledge users, will provide the needed evidence for sound decisions and demonstrate knowledge gaps for researchers to fill.

Role: Principal Investigator

1R24AT012845-01 Sun, Loucks, Goldberg (PIs; contact PI: Sun)

04/01/2024-03/31/2029

NCCIH

Advancing Resources for Systematic Reviews and Meta-Analyses of Complementary and Integrative Health Interventions

Clinical trials of complementary and integrative health (CIH) interventions have grown exponentially and there is an urgent need for rigorously conducted systematic reviews and meta-analyses to synthesize evidence to guide stakeholders and inform policy and decision making. This Mindfulness and Integrative Health Data Network (MINDNET) will create a highly usable and accessible data repository, with advanced web interface and R programming for data analysis, as well as pilot awards and asynchronous and synchronous education and training. MINDNET will generate high quality systematic reviews, meta-analyses, and methodology papers, and pilot awards, to provide clear synthesis of evidence for stakeholder use, as well as training and education to foster skills, collaboration, and innovation within the CIH scientific community.

Role: Principal Investigator

10.7. Trade Book(s)

1. **Loucks, EB.** *The Mindful College Student: How to Succeed, Boost Well-Being, and Build the Life You Want at University and Beyond.* New Harbinger Publications, Oakland, CA. April 1, 2022.
2. **Loucks EB.** *Transform Your Heart: Nine Mindful Steps to Better Blood Pressure, Cardiovascular Health and Mental Fitness (tentative title).* Mayo Clinic Press, Rochester, MN. *Accepted.* Expected publication date: April 2027.