

CURRICULUM VITAE

TANYA J. BENITEZ, PhD, MSW

PERSONAL INFORMATION

Business Address: **Brown University, School of Public Health**
Department of Behavioral and Social Sciences
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Providence, RI 02912

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EDUCATION

- 2000** **Bachelor of Science: Child and Family Studies**
University of New Hampshire, Durham, NH
- 2003** **Master of Social Work (MSW)**
State University of New York at Stony Brook, Stony Brook, NY
- 2014** **PhD Health Education and Promotion**
University of Alabama at Birmingham (UAB) and University of Alabama (UA)

POSTGRADUTE TRAINING

- 2014-2016** **Postdoctoral Fellow**
T32 Transdisciplinary Training in Health Disparities Science Grant
Arizona State University
College of Nursing and Health Innovation
- 2016-2017** **Postdoctoral Fellow**
University of California, San Diego
Department of Family Medicine and Public Health
- 2017-2018** **Postdoctoral Fellow**
T32 Integrated Cardiovascular Epidemiology Fellowship
University of California, San Diego
Department of Family Medicine and Public Health
Division of Preventive Medicine

ACADEMIC APPOINTMENTS

- 2018-Present** **Assistant Professor**
Brown University, School of Public Health
Department of Behavioral and Social Sciences
Center for Health Promotion and Health Equity

OTHER RESEARCH EXPERIENCE

- 2010-2013** **Graduate Research Assistant**
University of Alabama at Birmingham (UAB)
Project pHree, Douching Cessation with Biological Endpoints
National Institute of Health (NIH) funded R01 study to understand how douching practices affect young women's reproductive health.
- 2011** **Graduate Research Assistant, UAB**
Jefferson County Department of Health award from the CDC's Communities Putting Prevention to Work. Spanish-language radio drama *Promesas y Traiciones* focusing on health promotion and disease risk reduction behavior in Latinos. Data collection at community events and health fairs for Latinos.
- 2012-2014** **Project Director, UAB**
Using Interactive Internet Technology to Promote Physical Activity in Latinas
pilot study of a culturally adapted interactive web-based physical activity promotion intervention for Latinas in Alabama.

PROFESSIONAL POSITIONS

- 2002-2003** **Pederson Krag Partial Hospital**
Social Work Intern. Huntington, NY.
Conducted psychosocial assessments of adults with severe and persistent mental illness; provided group and individual counseling; crisis intervention; assessment of suicidality risk and emergency planning; and alcohol and substance abuse counseling. Participated in multidisciplinary team meetings.
- 2003-2006** **Suffolk County Department of Health Services**
Medical Social Worker. East Hampton and Southampton, NY.
Worked with a disadvantaged migrant Hispanic population. Provided health education to individuals and groups in the community; counseling and crisis intervention to individuals for mental health issues, substance abuse, violence, and related health issues; HIV testing and counseling.
- 2007-2009** **Suffolk County Department of Health Services**
Medical Social Worker-HIV/AIDS Case Manager. Amityville, NY
Managed a caseload of 60 low-income HIV positive English and Spanish speaking individuals at an ethnically and racially diverse health clinic in the New York metropolitan area. Provided health education and counseling; coordinated multidisciplinary case conferences; provided HIV/AIDS testing and counseling to adolescent and adult community members.

PROFESSIONAL LICENSE

New York State Licensed Master Social Worker

PUBLICATIONS

1. Larsen, B.A., Pekmezi, D., Marquez, B., **Benitez, T.J.** & Marcus, B.H. (2013). Physical activity in Latinas: Social and environmental influences. *Women's Health*, 9(2), 1-10.
2. Joseph, R.P., Royse, K.E., **Benitez, T.J.**, & Pekmezi, D.W. (2013). Physical activity and quality of life among university students: Exploring self-efficacy, self-esteem, and affect as potential mediators. *Quality of Life Research*, 22(6).
3. Joseph, R., Durant, N., **Benitez, T.**, & Pekmezi, D. (2013). Internet-based physical activity interventions. *American Journal of Lifestyle Medicine*, 8(1), 42-68.
4. Joseph, R.P., Daniel, C.L., Thind, H., **Benitez, T.J.**, Pekmezi, D.W. (2014) Applying psychological theories to promote long-term maintenance of health behaviors. *American Journal of Lifestyle Medicine*, 1559827614554594.
5. **Benitez, T.J.**, Cherrington, A., Joseph, R.P., Keller, C., Marcus, B.H., Meneses, K., Marquez, B., Pekmezi, D. (2015). Using web-based technology to promote physical activity in Latinas in Alabama: Results of a pilot study. *Computers, Informatics, Nursing*, 33(7), 315-324.
6. **Benitez, T.J.**, Dodgson, J.E.; Coe, K., & Keller, C. (2015). Utility of acculturation in physical activity research in Latina adults: An integrative review of literature. *Health Education & Behavior*, 1090198115601042.
7. **Benitez, T.**, Tasevska, N., Coe, K. & Keller, C. (2017). Cultural relevance of the Transtheoretical Model in physical activity promotion: Mexican-American women's use of the Processes of Change. *Journal of Health Disparities Research and Practice*, 10(1), 2.
8. Joseph, R.P., **Benitez, T.J.**, Ainsworth, B., Todd, M. & Keller, C. (2017). Acculturation and Physical Activity among Latinas enrolled in a 12-month Walking Intervention. *Western Journal of Nursing Research*, 0193945917692305.
9. **Benitez, T.**, Keller, C., Coe, K. & Tasevska, N. (2017). Investigation of the cultural context of sugars consumption behavior in low-income Mexican-American women. *Journal of Health Disparities Research and Practice*, 10(2), 6.
10. Coe, C, **Benitez, T.J.**, Tasevska, N., Arriola, A. & Keller, C. (2018). The Use of Family Rituals in Eating Behaviors in Hispanic Mothers. *Family and Community Health* 41(1), 28-36.
11. Pekmezi, D., Ainsworth, C., Holly, T., Williams, V., **Benitez, T.**, Simpson, C., Rogers, L., Marcus, B., Demark-Wahnefried, W. (2018). Rationale, design, and baseline findings from a pilot randomized trial of an IVR-Supported physical activity intervention for cancer prevention in the Deep South: The DIAL study. *Contemporary Clinical Trials Communications*, 8, 218-226.
12. Larsen, B., **Benitez, T.**, Cano, M., Dunsiger, S.S., Marcus, B.H., Mendoza-Vasquez, A., Sallis, J.F., Zive, M. (2018). Web-Based Physical Activity Intervention for Latina Adolescents: Feasibility, Acceptability, and Potential Efficacy of the Niñas Saludables Study. *Journal of Medical Internet Research*, 20(5)

13. Meneses, K., Gisiger-Camata, S., Benz, R., Raju, D., Bail, J., **Benitez, T.J.**, Pekmezi, D. & McNeese, P. (2018). Feasibility of a Telehealth Intervention for Latina Breast Cancer Survivors. *Women's Health. Women's Health, 14*, 174550651877872
14. Mendoza-Vasconez, A., Marquez, B., **Benitez, T.J.**, Marcus, B.H. (2018). Psychometrics of the Self-Efficacy for Physical Activity Scale Among a Latina Sample. Psychometrics of the self-efficacy for physical activity scale among a Latina women sample. *BMC Public Health, 18*(1), 1097
15. Joseph, R.P., Royse, K.E., **Benitez, T.J.** (2019). A Systematic Review of Electronic and Mobile Health (e- and mHealth) Physical Activity Interventions for African American and Hispanic Women. *Journal of Physical Activity & Health, 16*(3), 230-239.
16. **Benitez, T.J.**, Cano, M., Marquez, B., Larsen, B. (2020). Assessing Maternal Support for Physical Activity in Latina Adolescents. *American Journal of Health Behavior, 44*(2), 146-158.
17. Larsen, B.A., **Benitez, T.J.**, Mendoza-Vasconez, A.S, Hartman, S.J., Linke, S.E., Pekmezi, D.J., Dunsiger, S.I., Nodora, J.N., Gans, K.M., Marcus, B.M. (2020). Randomized Trial of a Physical Activity Intervention for Latino Men: Activo. *American Journal of Preventive Medicine, 59*(2), 219-227.
18. **Benitez, T.J.**, Dunsiger, S.I., Pekmezi, D.J., Larsen, B.A., Mendoza-Vasconez, A.S., Linke, S.E., Bock, B.C., Gans, K.M., Hartman, S.J., Marcus, B.H. (2020). Design and rationale for a randomized trial of a theory- and technology- enhanced physical activity intervention for Latinas: The Seamos Activas II study. *Contemporary Clinical Trials, 96*, 106081
19. Gans, K.M., Dulin, A., Palomo, V., **Benitez, T.**, Dunsiger, S., Dionne, L., Champion, G., Edgar, R., Marcus, B. (2021). A Tailored Web and Text-based Intervention to Increase Physical Activity for Latino Men: Protocol for a Randomized Controlled Feasibility Trial. *JMIR Research Protocols, 10*(1), e23690.
20. **Benitez, T.J.**, Lopez, N., Haughton, J., Marcus, B., Sallis, J. F., Crespo, N., Perez, L.G., Arredondo, E. M. (2021). Psychosocial Correlates of Muscle-Strengthening Activities among Latina Women. *Health Education and Behavior, 10901981211005342*.
21. Marquez, B., **Benitez, T.**, Lister, Z. (2021). Acculturation, communication competence, and family functioning in Mexican-American mother-daughter dyads. *Journal of Immigrant and Minority Health, 1-8*.
22. Marcus, B.H., Dunsiger, S., Pekmezi, D., **Benitez, T.**, Larsen, B., & Meyer, D. (2021). Physical activity outcomes from a randomized trial of a theory-and technology-enhanced intervention for Latinas: the Seamos Activas II study. *Journal of Behavioral Medicine, 1-13*.
23. Marquez, B., **Benitez, T.** (2021). Individual and Family Factors in Disordered Eating Patterns of Mexican-American Women. *American Journal of Health Behavior, 45*(6), 1050-1058.
24. Marcus, B.H., Larsen, B., Linke, S., Hartman, S., Pekmezi, D., **Benitez, T.**, Sallis, J., Mendoza-Vasconez, A., Dunsiger, S. (2021). Long-Term Physical Activity Outcomes in the Seamos Activas II Trial. *Preventive Medicine Reports, 101628*.

25. **Benitez, T.**, Dunsiger, S., Larsen, B., Marquez, B., Pekmezi, D., Marcus, B. (2022) Increases in muscle-strengthening activities among Latinas in Seamos Saludables. *Health Education & Behavior*, 49(3), 446-454.
26. Mendoza-Vasconez, A.S.; **Benitez, T.**; Dunsiger, S.; Gans, K.M.; Hartman, S.J.; Linke, S.E.; Larsen, B.A.; Pekmezi, D.; Marcus, B.H. (2022) Pasos Hacia La Salud II: Study Protocol for a Randomized Controlled Trial of a Theory- and Technology-Enhanced Physical Activity Intervention for Latina Women, Compared to the Original Intervention. *Trials*, 23(1), 1-17.
27. **Benitez, T.J.**, Artigas, E., Larsen, B., Joseph, R.P., Pekmezi, D., Marquez, B., Marcus, B.H. (2023). Barriers and facilitators to muscle-strengthening activity among Latinas in the U.S.: Results from formative research assessments. *International Journal of Behavioral Medicine*, 1-13.
28. Larsen, B., Gilmer, T., Pekmezi, D., Hartman, S.J., **Benitez, T.**, Rabin, B., Marcus, B.H., Mendoza-Vasconez, A.S., Groessl, E.J. (2023). Cost effectiveness of a technology-enhanced physical activity intervention for Latinas. *Translational Behavioral Medicine*, p.ibad021.
29. Dulin, A., Dunsiger, S., **Benitez, T.**, Larsen, B., Marcus, B.H., Champion, G., Gans, K. (In Press). Results of the Hombres Saludables Physical Activity Web-Based and Mobile Phone Intervention: A Pilot Randomized Controlled Trial with Latino Men. *Journal of Medical Internet Research*.

PRESENTATIONS

1. **Benitez, T.**, Hall, M., & Griffin, K. (2011). Project pHree: Douching cessation with biological endpoints and a novel internet-based questionnaire and intervention method. Presented at the University of Alabama at Birmingham, School of Public Health. Birmingham, AL.
2. Joseph, R., **Benitez, T.**, Geiger, B., & Daniel C. (2011). Assessing playground safety: A collaborative community approach. Presented at American Public Health Association (APHA) Annual Meeting November 2011. Washington, D.C.
3. **Benitez, T.**, Daniel, C., Geiger, B., & Joseph, R. (2011). Promoting healthy minds and bodies through safer playgrounds: A comprehensive approach using MAP-IT. Presented at American Public Health Association (APHA) annual meeting November 2011. Washington, D.C.
4. Davies, S., Lewis, T., Thind, H., Griffin, K., **Benitez T.**, Kilpatrick, C., Simpson, T., Hook, N., Schwebke, J., Grimley, D. (2012). An Ecological Approach to Understand Depression in Women. Poster presentation at the 12th Annual American Academy of Health Behavior Meeting. Austin, TX.
5. **Benitez, T.**, Kohler, C., Pekmezi, D. (2012). Feasibility and acceptability of an Internet-based intervention for promoting physical activity among Latinas. Poster presentation at UAB 7th Annual Health Disparities Research Symposium.
6. **Benitez, T.**, Kohler, C., Pekmezi, D. (2012). Feasibility and acceptability of an Internet-based intervention for promoting physical activity among Latinas. Poster presentation at UAB Public Health Research Day. Birmingham, AL.

7. Griffin, K., Thind, H., **Benitez, T.**, Simpson, T., Grimley, D., Davies, S. (2012). Association and increased risk of dual sexually concurrent partnerships among a population of low SES women in the Southeast. Poster presentation at the 33rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. New Orleans, LA.
8. Griffin, K., Thind, H., **Benitez, T.**, Simpson, T., Grimley, D., Davies, S. (2012). Association of male sexual partner's incarceration status and female partner's history of sexually transmitted infections. Poster presentation at UAB 7th Annual Health Disparities Research Symposium.
9. **Benitez, T.**, Griffin, K., Thind, H. (2012). A theory-based, Internet-delivered reproductive health intervention. Invited guest lecturer in HB 600: Introduction to Health Behavior. UAB School of Public Health, Department of Health Behavior.
10. **Benitez, T.**, Cherrington, A., Davies, S., Robinson, C., Joseph, R., Pekmezi, D. (2014). Muévete Alabama: A culturally adapted Web-based intervention to promote physical activity in Latina adults. Poster presentation at UAB 9th Annual Health Disparities Research Symposium.
11. **Benitez, T.** & Joseph, R. (2014). Ethical Issues in Health Disparities Research. Oral presentation at the Arizona State University, College of Nursing and Health Innovation, T32 Colloquium.
12. **Benitez, T.**, Cherrington, A., Joseph, R., Keller, C., Marquez, B., Marcus, B., Pekmezi, D. (2015). Using web-based technology to promote physical activity in Latinas in Alabama: Results of a pilot study. Oral presentation at the 36th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Antonio, Texas.
13. Zemek, K., Keller, C., **Benitez, T.**, Tasevska, N. (2015). Socio-cultural factors to decreasing added sugars intake in low-income Mexican-American women: A focus group study. Poster presentation at the Obesity Society Annual Meeting, Obesity Week 2015. Los Angeles, California.
14. **Benitez, T.** & Korinek, E. (2016). Ethical issues in research publication and digital data collection. Oral presentation at the Arizona State University, College of Nursing and Health Innovation, T32 Colloquium.
15. **Benitez, T.**, Tasevska, N., Coe, K., Keller, C. (2016). Cultural Relevance of the Transtheoretical Model in physical activity promotion: Latinas' use of the Processes of Change. Poster presentation at the Southwest Interdisciplinary Research Center's 13th Annual Research Conference, Phoenix, Arizona.
16. **Benitez, T.**, Tasevska, N., Coe, K., Keller, C. (2016). Cultural Relevance of the Transtheoretical Model in physical activity promotion: Latinas' use of the Processes of Change. Poster presentation at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington D.C.

17. Linke, S., Dunsiger, S., Gans, K., Hartman, S., Pekmezi, D., Benitez, T., Marcus B. (2017). Association between Physical Activity (PA) Intervention Website Use and PA Levels among Spanish-speaking Latinas. Oral presentation at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, California.
18. Joseph, R.P. & **Benitez, T.J.** A Systematic Review of Electronic and Mobile Health (e- and mHealth) Physical Activity Interventions for African American and Hispanic Women in the United States: Evidence from 2000 to 2017 (2018). Poster presentation for the International Society of Behavioral Nutrition and Physical Activity 2018 Annual Meeting, Hong Kong.
19. **Benitez, T.**, Lopez, N., Haughton, J., Marcus, B., Sallis, J., Crespo, N., Perez, L., Arredondo, E. Correlates of Muscle-Strengthening Activities among Latinas Enrolled in a Faith-Based Physical Activity Intervention. Poster presentation at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, Louisiana. April 2018.
20. **Benitez, T.** & Larsen, B. Assessing multiple domains of parental support for physical activity in Latina adolescents. Poster presentation at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC. March 2019.
21. Marcus, B., Hartman, S., Linke, S., Dunsiger, S., Marquez, B., Mendozavasconez, A., **Benitez, T.** Examination & Comparison of Baseline Characteristics of Latinas Enrolled In a Physical Activity Intervention in Two US Regions. Poster presentation at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC. March 2019.
22. **Benitez, T.**, Dunsiger, S., Pekmezi, D., Marcus, B. Increases in muscle-strengthening exercise among Latinas in Seamos Saludables. Poster presentation at the 2019 American Public Health Association Annual Meeting and Expo, Philadelphia, PA. November 2019.
23. **Benitez, T.**, Pekmezi, D., Dunsiger, S., Hartman, S. J., Mendoza-Vasconez, A. S., Larsen, B., & Marcus, B. H. (2020, May). Reaching physical activity guidelines through Seamos Activas, a theory and technology enhanced intervention for Latinas. Accepted for Poster presentation at the 41st Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. In *Annals of Behavioral Medicine* (Vol. 54, pp. S800-S800). Journals Dept, 2001 Evan Rd, Cary, NC 27513 USA: Oxford Univ Press Inc.
24. **Benitez, T.**, Williams, D., Pekmezi, D., Artigas, D., Marcus, B. Barriers and Facilitators to Resistance Training in Latinas. Online poster presentation at the New England Chapter of the American College of Sports Medicine (NEACSM) 2020 Fall Virtual Conference, October 2020.
25. **Benitez, T.** Promoting Strength Activity in Latinas. Invited Guest Lecture for HB 605 Physical Activity and Public Health, November 2020. University of Alabama at Birmingham, School of Public Health.
26. **Benitez, T.**, Williams, D., Pekmezi, D., Marcus, B. Barriers and Facilitators to resistance training in Latinas. Research Spotlight presented at the Society of Behavioral Medicine 42nd Annual Meeting and Scientific Sessions, April 2021.

27. Pekmezi, D., **Benitez, T.**, Dunsiger, S., Marcus, B. Reducing stress in Latinas via a theory- and technology-enhanced physical activity intervention. Research Talk presented at the Society of Behavioral Medicine 42nd Annual Meeting and Scientific Sessions, April 2021.

RESEARCH SUPPORT

3R01CA159954-06S1, NCI (Marcus, PI) 09/01/2018-8/31/2020
09/01/2020-08/31/2021 (CE)

Research Supplement to Promote Diversity in Health-Related Research. "Promoting Physical Activity in Latinas via Interactive Web-based Technology." Dr. Benitez's supplement involved formative research to identify Latinas' barriers and facilitators to engaging in muscle-strengthening physical activity (PA) and development of a questionnaire assessing the use of cognitive and behavioral strategies for muscle-strengthening PA.

2019 New Investigator Award (Benitez, PI) 11/08/2019
New England Chapter of the American College of Sports Medicine (NEACSM). "Developing culturally relevant intervention content for increasing muscle-strengthening activities in Latinas." The purpose of this study was to develop culturally-relevant Spanish-language intervention materials promoting muscle-strengthening PA that will support a pilot trial of a web-based intervention for Latinas.

L60MD015664, NIMHD (Benitez, PI) 09/01/2020-08/31/22
NIH Loan Repayment Award, Health Disparities Research. "Promoting Physical Activity and Healthy Eating in Latinas via Interactive Web-Based Technology."

R03CA252500, NCI (Benitez, PI) 07/01/2021-06/30/2023
"Increasing aerobic and muscle-strengthening physical activity in Latinas via interactive web-based technology." The goal of this study is to test the preliminary efficacy of a culturally and linguistically relevant, web-based aerobic plus muscle-strengthening PA intervention in Latina women.

K01HL159044, NHLBI (Benitez, PI) 08/25/2022-08/24/2027
"Promoting Physical Activity and Healthy Eating in Latinas via Interactive Web-Based Technology." This study focuses on the development of a novel, low-cost and high reach web-based multiple-behavior intervention to increase physical activity and promote healthy eating in Latina women.

Mentored Research Award, Advance-CTR (Benitez, PI) Declined 08/2022 due to
overlap in funding with K01HL159044. "Promoting physical activity and healthy eating in Latinas: A web-based lifestyle Intervention."

HONORS AND AWARDS

University of Alabama at Birmingham, School of Public Health: Health Behavior Training Fellowship August 2009-August 2011.

NIH/NCI Cancer Prevention and Control Training Program Graduate Assistanceship (R25 CA047888). University of Alabama at Birmingham. January-April 2014.

Centers for Disease Control and Prevention (CDC) and the University of South Carolina Prevention Research Center: Physical Activity and Public Health Postgraduate Course on Research Directions and Strategies. September 13-21, 2016.

New England Chapter of the American College of Sports Medicine (NEACSM) 2019 New Investigator Award.

Advance Clinical and Translational Research (CTR) Advance-K Scholar Career Development Program September 2020- August 2021.

2022 Alumni Award for Research. University of Alabama at Birmingham, School of Public Health.

TEACHING

PHP 2071: Applied Public Health: Systems and Practice. Spring 2022

PHP 2072: Applied Public Health: Policy, Leadership and Communication. Fall 2021

SERVICE

Culturally and Linguistically Appropriate Services (CLAS) Implementation Team Committee Member (2008-2009). Suffolk County Department of Health Services, Office of Minority Health.

Program Planner (2010). Collaborated with Jefferson County Commission for Economic Opportunity to develop a bilingual playground safety/injury prevention program for Head Start staff and parents.

Academic Excellence through Diversity Program Member Organizing Committee (2014-2015)
Arizona State University

Journal Peer Reviewer: Journal of Health Disparities Research and Practice; American Journal of Preventive Medicine Health Promotion and Practice; International Journal of Behavioral Medicine; Psycho-Oncology; International Journal of Environmental Research and Public Health.

Diversity and Inclusion Planning Advisory Committee Member (2019-2022). Brown University School of Public Health.

Society of Behavioral Medicine, Champions Program Member (2020-2022).

Abstract Reviewer (2021) for the American Public Health Association Annual Meeting and Expo.

Abstract reviewer (2022) for the Society of Behavioral Medicine 2023 Annual Meeting & Scientific Sessions.

Guest Editor (2022-2023) for *Nutrients* Special Issue "The Role of Diet and Physical Activity on Cancer Prevention and Control."