

CHRISTIAN T. GLORIA, PhD, CHES

Associate Professor, Department of Public Health, Hawaii Pacific University
Faculty Senator, College of Health & Society, Hawaii Pacific University
Past Vice President and President, Hawaii Public Health Association

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EDUCATIONAL BACKGROUND

- Doctor of Philosophy The University of Texas at Austin (2013)
Department of Kinesiology and Health Education
Specialization: Health Behavior and Health Education
Dissertation: The Multidimensional Influences of Positive Emotions
on Stress, Coping, Resilience, Wellness, and Work Engagement
- Master of Arts The University of Texas at Austin (2009)
Department of Kinesiology and Health Education
Specialization: Health Education
Thesis: Texas Nutrition Environment Assessment of Retail Food
Stores (TxNEA-S): Development and Evaluation
- Bachelor of Science The University of Texas at Austin (2005)
Department of Kinesiology and Health Education
Major: Kinesiology: Health Promotion and Fitness
Specialization: Exercise Science and Personal Training
Minor: Elementary Education

PROFESSIONAL INTERESTS

- Teaching/Training Theories of Health Behavior
Health Promotion and Health Education
Public Health Program Planning and Evaluation
Personal, Community, and Socio-ecological Health
Positive Psychology: Stress, Coping, and Resilience
Nutrition, Physical Activity, and Weight Management
Research Methods and Biostatistics
- Research/Scholarship Risk & Resilience of Filipinos in the Philippines and Hawaii
Psychosocial Determinants of Health
Stress, Coping, and Resilience
Emotions and Mental Health
Employee Burnout and Engagement
Built Environment, Nutrition Environment
Community and Corporate/Workplace Wellness
Nutrition, Physical Activity, and Weight Management

LANGUAGE SKILLS

Fluent in reading, writing, and speaking Filipino/Tagalog (Philippines) and English (USA).

PROFESSIONAL EXPERIENCE

2012 – Present **Associate Professor of Public Health, Career Status (2019-Present)**
Associate Professor of Public Health, Career-Track (2017-19)
Assistant Professor of Public Health, Career-Track (2012-17)
Hawaii Pacific University – Kaneohe and Honolulu, Hawaii
College of Health & Society, Department of Public Health

Course Developer and/or Instructor of:

- PH1000 Introduction to Personal and Community Health
- PH1100 Introduction to Human Sexuality
- PH1300 Public Health Ethics
- PH2060 Comparative Healthcare Systems
- PH3000 Community Health Theory and Practice
- PH3030 Health Behavior Theory & Program Planning
- PH3040 Health Education Planning, Theory, and Practice
- PH3090 Public Health Communication
- PH4040 Public Health Research Methods
- PH4600 Grant Writing in Public Health
- PH4900 Public Health Capstone Seminar
- PH4910 Public Health Practicum
- PH6120 Biostatistics (Graduate-Level)
- PH6220 Health Behavior Change Theory (Graduate-Level)
- PH6460 Public Health Program Planning (Graduate-Level)

Department Service

- BSPH & MPH Curriculum Committee Member/Chair (2013-Present)
- Admissions Committee Member (2018-Present)
- CEPH BSPH & MPH Accreditation Committee Member (2016-Present)
- Faculty Search Committee Member/Chair (2013-17)
- Public Health Club (Registered Student Org) Faculty Advisor (2012-17)
- National Public Health Week Events Coordinator (2014-Present)
- Department Chair Search Committee Chair (2016)
- Award & Pinning Ceremony Coordinator (2013-16)

College Service

- Curriculum Committee Chair (2018-Present)
- Interprofessional Education Committee Member (2017-2018)
- Associate Dean Search Committee Member (2017)
- Undergraduate Curriculum Committee Member (2015-16)
- Committee on Faculty Chair & Secretary (2014-15)
- Faculty Scholarship Committee Member (2014-15)
- Simulation Integration Taskforce Secretary (2014-15)
- CHS & CNCS Pre-Health Professions Taskforce Member (2014-15)
- College Name, Mission, & Vision Taskforce Member (2014)

University Service

- Student Conduct Hearing Board Member (2018)
- Employee Wellness Advisory Committee Member (2017-Present)
- Benefits Advisory Committee Member (2016-2019)
- Honors Advisory Committee Member (2016-Present)
- Faculty Senate, CHS Senator (2017-Present, 2nd Term)

- Faculty Senate, CHS Senator (2015-17, 1st Term)
- Senate Subcommittee on Faculty Prof Development & Review (2016-17)
- Global Brigades (Student Organization) Faculty Co-Advisor (2015-16)
- Academic Policies Committee Member (2014-15)
- University Chorale Member (2014-15)
- Ad Hoc Gen Ed Undergraduate Curriculum Committee Representative (2014)
- Undergraduate Curriculum Committee Member/Secretary (2013-14)
- NCAA CHOICES Advisory Committee Member (2015-Present)
- Student Activity Fee Allocation Committee Faculty Rep (2013-14)

Professional/Community Service

- Hawaii Tobacco Prevention & Control Trust Fund Advisory Board Member, appointed by the Director of the Hawaii Department of Health (2018-Present)
- Hawaii Public Health Association President (2018-Present)
- Hawaii Public Health Association Vice President (2015-17)
- Hawaii 5210 Advisory Committee Member (2014-Present)
- 2016 Hawaii Public Health Conference Planning Committee Chair (2015-16)
- Hawaii Public Health Association Board of Directors Member (2015-16)
- Blue Zones Project Hawaii Engagement Committee Member (2015-16)
- Planned Parenthood Community Info & Ed Committee Member (2015-16)
- Hawaii Filipino Junior Chamber of Commerce Member (2014-16)

2019 – Present

Adjunct Professor

Angeles University Foundation – Pampanga, Philippines
College of Arts and Sciences

2018 – Present

Consultant & Co-Researcher

Angeles University Foundation – Pampanga, Philippines
College of Arts and Sciences; Center for Research and Development
Project Title: “Mental Health Across Ages: Identifying Issues and Trends”
Funded by the Philippine Commission on Higher Education (CHED) and the Balik Scientist Program of the Department of Science & Technology (DOST), this project aims to study and establish baseline mental health data on the residents of Pampanga, Philippines, across all age groups. Findings will be used to develop mental health policies and programs of government agencies, private institutions, and non-governmental organizations.

- Assists in the implementation of research and authoring of publications.
- Provides expertise in public health program planning and evaluation.
- Conducts seminar workshops in theory, research, and practice.

2012 – Present

President (2017-18)

Vice President & President-Elect (2016-17)

Chair, 2017 Annual Meeting Planning Committee (2017)

Chair, Hawaii Public Health Conference Planning Committee (2015-16)

Member, Board of Directors (2015-16)

Lifetime Member (2013-Present)

Member (2012-2013)

Hawaii Public Health Association (HPHA) – Honolulu, Hawaii

- Initiated and currently overseeing efforts to promote member engagement and new member recruitment and retention; enhance member benefits; streamline member and subscriber databases; revitalize marketing and public relations; increase offerings of programs and events; review and redesign websites and

- social media platforms; optimize budgeting; review and redraft policies and procedures manual; and strategic planning (internal and external).
 - With the Committee on Governance, led the review and major revision of HPHA's Constitution and Bylaws (2017), which were last revised in 2013.
 - Developed and conducted an online survey to better understand and more effectively serve the interests and needs of membership (n = 540, one of the largest affiliates of the American Public Health Association).
 - Planned and conducted the 2016 Hawaii Public Health Conference, a three-day statewide conference which earned a \$30,000 net income.

- 2018 **Visiting Professor**
 University of the Philippines Manila – Manila, Philippines
 College of Public Health, Department of Health Promotion and Education

- 2016 – 2017 **Research & Evaluation Director**
 Bright Smiles Hawaii – Honolulu, Hawaii
 Funded by DentaQuest Foundation, Oral Health 2020.
 Mission to improve oral health status in Hawaii by reducing disparities among at-risk populations by engaging all levels of the socioecological network and facilitating networks for systems change.
 - Co-authored the project's \$150,800 grant proposal which was fully awarded.
 - Developed the research methods, evaluation plans, and IRB applications.
 - Conducted primary and secondary research, including comprehensive literature review and focus group interviews with various stakeholders and target populations. Developed draft surveys for online and in-person data collection. Presented findings to advisory board and stakeholder meetings.
 - Trained and mentored student staff and interns.

- 2011 – 2012 **Graduate Research Assistant**
 The University of Texas at Austin – Austin, Texas
 Department of Kinesiology and Health Education
 NIH-Funded Diabetes Self-Management Education Project
 - Assisted in the organization and implementation of focus group qualitative interviews regarding Type II diabetes among African American patients, healthcare workers, and community leaders.
 - Conducted quantitative survey assessments of psychosocial variables among diabetic patients from a local health clinic.
 - Analyzed datasets, and prepared statistical as well as thematic reports.
 - Assisted in the development of intervention and curriculum materials.

- 2008 – 2012 **Graduate Teaching Assistant**
 The University of Texas at Austin – Austin, Texas
 Department of Kinesiology and Health Education
 - Child, Adolescent, and Adult Health; Techniques of Fitness Leadership; Fieldwork in Personal Training; Epidemiology of Health Promotion; Evaluation and Research Design
 - Teaching Assistant Evaluation (student rated): 4.9 / 5.0 points

- 2008 – 2011 **Program Coordinator**
 The University of Texas at Austin – Austin, Texas
 Division of Housing and Food Service
 Employee Wellness Program

- Managed and coordinated programs and services (e.g. educational workshops, personal training, group exercise classes, and health promotion fairs/events), trained and supervised undergraduate and graduate students, and developed program materials (e.g., brochures, lesson plans, presentations, and evaluation reports).
- Developed and implemented research projects, collected primary data, and co-authored peer-reviewed original research publications.

2007 – 2008

Graduate Research Assistant

Texas Department of State Health Services – Austin, Texas
 Nutrition, Physical Activity, and Obesity Prevention Program

- Performed a variety of administrative and clerical duties.
- Collected data via qualitative interviews and quantitative surveys.
- Planned, implemented, and evaluated events, programs, and research projects such as TexPlate, Farm-to-Work, and NEMS-S with Emory University.

2006 – 2007

Rehabilitation and Fitness Specialist (Intern)

St. David’s Georgetown Hospital – Georgetown, Texas
 Cardiac Rehabilitation Center and Employee Fitness Program

- Assisted the clinical exercise physiologist and staff in monitoring patient progress and completing administrative procedures.
- Provided personal training services for cardiac rehab patients and hospital staff to help them gain strength, endurance, and flexibility.
- Developed and conducted community health fairs during which free physiological assessments (e.g., blood pressure, glucose, cholesterol, BMI), wellness consultation, and educational materials were offered.

2005 – 2007

Personal Trainer

Certified by The American Council on Exercise (ACE) – Austin, Texas

- Individual and group programs for diverse clientele with various goals.
- Weight management, cardiorespiratory, strength, and flexibility training.
- Outdoor/indoor settings, body weight, free weight, and resistance machines.

PUBLICATIONS

Gloria, C. T., & Steinhardt, M. A. (2017). The direct and mediating roles of positive emotions on work engagement among postdoctoral fellows. *Studies in Higher Education*, 42(12), 2216-2228. doi:10.1080/03075079.2016.1138938

Lehrer, H. M., Janus, K. C., **Gloria, C. T.**, & Steinhardt, M. A. (2017). Too much of a good thing: Curvilinear effect of the positivity ratio on emotional dysfunction and perceived resources in adolescent females. *Journal of Depression and Anxiety*, 6(4), 1-6. doi:10.4172/2167-1044.1000286

Janus, K. C., Lehrer, H. M., **Gloria, C. T.**, & Steinhardt, M. A. (2017). Resilience moderates the effect of stress on depressive symptoms in adolescent girls. *Health Behavior and Policy Review*, 4(3), 235-244. doi:10.14485/HBPR.4.3.4

Lehrer, H. M., Janus, K. C., **Gloria, C. T.**, & Steinhardt, M. A. (2017). Personal and environmental resources mediate the positivity-emotional dysfunction relationship. *American Journal of Health Behavior*, 41(2), 186-193. doi:10.5993/AJHB.41.2.10

Gloria, C. T., & Steinhardt, M. A. (2016). Relationships among positive emotions, coping, resilience, and mental health. *Stress and Health*, 32(2), 145-156. doi:10.1002/smi.2589

Gloria, C. T. (2015). Approaches to healthcare in Thailand and Laos: Successes and challenges. [Non-peer reviewed]. *Study Abroad & International Exchange Programs, Hawaii Pacific University*. Available from <https://goo.gl/fcL6xE>

Gloria, C. T., & Steinhardt, M. A. (2014). Much more than just a happy thought: Can positive emotions affect anxiety and depression? [Invited article, non-peer reviewed]. *Anxiety.org*. Available from <https://www.anxiety.org/can-positive-emotions-affect-anxiety-depression>

Coffee, K., Raucci, C., **Gloria, C.**, Faulk, K. E., & Steinhardt, M. (2013). Perceptions of adolescent wellness at a single-sex school. *International Journal of Health Promotion and Education*, 51(6), 300-311. doi:10.1080/14635240.2013.829980

Gloria, C. T., & Steinhardt, M. A. (2013). Flourishing, languishing, and depressed postdoctoral fellows: Differences in stress, trait anxiety, and depressive symptoms. *Journal of Postdoctoral Affairs*, 3(1), 1-8.

Gloria, C. T. (2013). *The multidimensional influences of positive emotions on stress, coping, resilience, wellness, and work engagement*. [Doctoral dissertation]. The University of Texas at Austin. Available from <http://hdl.handle.net/2152/21915>

Faulk, K. E., **Gloria, C. T.**, & Steinhardt, M. A. (2013). Coping profiles characterize individual flourishing, languishing, and depression. *Anxiety, Stress, & Coping*, 26(4), 378-390. doi:10.1080/10615806.2012.708736

Gloria, C. T., Faulk, K. E., & Steinhardt, M. A. (2013). Positive affectivity predicts successful and unsuccessful adaptation to stress. *Motivation and Emotion*, 37(1), 185-193. doi:10.1007/s11031-012-9291-8

Faulk, K. E., **Gloria, C. T.**, Cance, J. D., & Steinhardt, M. A. (2012). Depressive symptoms among US military spouses during deployment: The protective effect of positive emotions. *Armed Forces & Society*, 38(3), 373-390. doi:10.1177/0095327X11428785

Stanforth, D., Steinhardt, M., Mackert, M., Stanforth, P. R., & **Gloria, C. T.** (2011). An investigation of exercise and the placebo effect. *American Journal of Health Behavior*, 35(3), 257-268. doi:10.5993/AJHB.35.3.1

Steinhardt, M. A., Smith Jaggars, S. E., Faulk, K. E., & **Gloria, C. T.** (2011). Chronic work stress and depressive symptoms: Assessing the mediating role of teacher burnout. *Stress and Health*, 27(5), 420-429. doi:10.1002/smi.1394

Gloria, C. T., & Steinhardt, M. A. (2010). Texas nutrition environment assessment of retail food stores (TxNEA-S): Development and evaluation. *Public Health Nutrition*, 13(11), 1764-1772. doi:10.1017/S1368980010001588

MANUSCRIPTS IN PROGRESS

Gloria, C. T. (In progress). Literature review of the risk, resilience, and the paradox among Filipino immigrants in the United States. *Hawaii Journal of Medicine & Public Health*.

Longkul, J., Promthet, S., & **Gloria, C. T.** (In progress; collaboration with epidemiology faculty and PhD candidate from Khon Kaen University in Thailand). Psychosocial factors and participation in voluntary confidential counseling and testing (VCCT) among men who have sex with men. *AIDS Education and Prevention*.

RESEARCH IN PROGRESS

Risk, resilience, and the paradox among Filipino immigrants in Hawaii, USA.

Mental Health Across Ages: Identifying Issues and Trends in Pampanga, Philippines.

MANUSCRIPTS PEER-REVIEWED

Manuscript # JOIH-D-18-00350 (2019). *Journal of Immigrant and Minority Health*.

Manuscript # HJMPH-2017-141 (2017). *Hawai'i Journal of Medicine & Public Health*.

Manuscript # PHN-RES-2015-0786 (2015). *Public Health Nutrition*.

Manuscript # RASM-2014-0036 (2014). *Advances in School Mental Health Promotion*.

Manuscript # HKMPH-2014-415 (2014). *Hawai'i Journal of Medicine & Public Health*.

Manuscript # JURH1298 (2011). *Journal of Urban Health*.

OTHER PUBLICATIONS FOR WHICH I WAS INTERVIEWED

Bernstein, R. (2014). Happy thoughts may help postdocs handle stress. *Science Careers*. Online publication. doi:10.1126/science.caredit.a1400184

Arnold, C. (2014). The stressed-out postdoc. *Science Careers*. Online publication. doi: 10.1126/science.caredit.a1400189

GRANT-FUNDED RESEARCH EXPERIENCE

(2019 March). Internal funding from Hawaii Pacific University, Department of Public Health, Faculty Development Grant; to support ongoing efforts in research projects and establishment of partnerships with Philippine-based higher education institutions and resource organizations.

(2019 – Present). *Mental health across ages: Identifying issues and trends in Pampanga*. Funding from Angeles University Foundation and the Balik Scientist Program of the Department of Science and Technology, Philippine Council for Health Research and Development.

(2018 – Present). *Mental health across ages: Identifying issues and trends in Pampanga*. Internal funding from Hawaii Pacific University, College of Health & Society, Committee on Faculty Success, Faculty Scholarship Program; to complement external funding from Angeles University Foundation and the Balik Scientist Program of the Department of Science and Technology, Philippine Council for Health Research and Development.

(2017 – 2018). *The assessment and promotion of the health and quality of life among various groups of the Filipino community in Hawaii and the Philippines*. Funded by Hawaii Pacific University, College of Health & Society, Committee on Faculty Success, Faculty Scholarship Program.

(2017 July). *Identification and establishment of opportunities for faculty scholarship and student study abroad: Development of partnerships between Hawaii Pacific University and Philippine-based Schools of Public Health*. Site visits and meetings with faculty, administrative staff, and students from six universities in Manila, Angeles, Baguio cities of the Philippines (viz., Angeles University Foundation, Ateneo De Manila University, De La Salle University, University of the Philippines Manila, Saint Louis University, and University of the East Ramon Magsaysay Memorial Medical Center). Funded by Hawaii Pacific University, College of Health & Society, Department of Public Health.

(2016 – 2017). *Bright Smiles Hawaii*. Mission to improve oral health status in Hawaii by reducing disparities among at-risk populations by engaging all levels of the socioecological network and facilitating networks for systems change. Program goals to strengthen the Hawaii oral health network support infrastructure; to broaden collaborative relationships with grassmiddle organizations, such as our state public health agencies and policymakers; as well as to expand and strengthen engagement with grassroots entities, particularly those who are knowledgeable about and represent our uniquely diverse Hawaii populations that experience oral health disparities in terms of access and outcomes. Funded by DentaQuest Foundation, Oral Health 2020.

(2015, June). *Approaches to healthcare in Thailand and Laos: Successes and Challenges*. Council on International Educational Exchange (CIEE) International Faculty Development Seminar (IFDS). Co-funded by the CIEE Scholarship and Hawaii Pacific University Faculty Development Grants.

(2015, March). *Asia Pacific Higher Education Research Partnership (APHERP), 2nd Emergent Scholar Seminar*. Bangkok, Thailand. Co-funded by APHERP and Hawaii Pacific University.

(2011 – 2012). *Resilience-based diabetes self-management education (RB-DSME) among African Americans*. Assisted in the collection of quantitative and qualitative data, audio transcription, statistical and thematic analyses, development of intervention methods, and designed the curriculum materials (e.g., participant/facilitator manuals and course tools). Principal Investigator: Mary A. Steinhardt, EdD, LPC, CHES. Department of Kinesiology and Health Education, The University of Texas at Austin. Funded by the National Institutes of Health (NIH).

TEACHING EXPERIENCE

(Spring 2019 – Present). *PH3090: Public Health Communication*. Upper-division undergraduate course in the Department of Public Health of Hawaii Pacific University. This course examines theory and promotes practice in communications issues and skills needed for the successful public health professional. Students in this course explore, practice, and produce different public health communications: a) scientific and professional written communication; b) social marketing and the use of social media; c) graphic displays of qualitative, descriptive and continuous data; and d) oral communication for a variety of public health audiences. Various communication theories, as they apply to public health issues and audiences, will be explored with special attention to cultural competency and health literacy among diverse communities.

(Fall 2017 – Present). *PH 6460: Public Health Program Planning*. Graduate-level online course in the Master of Public Health program of the Department of Public Health of Hawaii Pacific University. This course examines the models and methods used by health professionals, educators, and community leaders for planning, implementing, and evaluating various programs and interventions to address different types of public health problems. Being application-focused, this course will require students to identify a health problem and target population of their interest, then the majority of the course term will be dedicated to students planning their own public health programs with direct supervision and mentorship from the course instruction. Students will study the

theories and practices of leadership, workplace/community engagement, as well as the active ingredients of effective leadership and organizational success.

(Spring 2017 – Present). *PH 6220: Health Behavior Change Theory*. Graduate-level online course in the Master of Public Health program of the Department of Public Health of Hawaii Pacific University. This course explores behavior change theories as well as current theories and models for assessing, planning, implementing, and evaluating individual and community health programs. Students will design and analyze health education and health promotion programs.

(Fall 2016 – Present). *PH 6120: Biostatistics*. Graduate-level online course in the Master of Public Health program of the Department of Public Health of Hawaii Pacific University. This course provides an introduction to selected important topics in biostatistical concepts and reasoning essential for use in the understanding of epidemiology, research methods, and program evaluation. Students will analyze current statistical techniques, construct tables and figures, and interpret statistical results.

(Fall 2014 – Present). *PH3001: Public Health Research Methods*. Upper-division undergraduate course in the Department of Public Health of Hawaii Pacific University. Evidence-based research in the public health. Students will develop and apply the basic skills in scientific reasoning, research methodologies, evaluation and planning for their application to public health practices, critically assess research in the public health literature, develop appropriate research questions, apply theoretical frameworks, employ qualitative and experimental research methodologies for evidence based practice, consider ethics questions, and construct an evidence-based research protocol for practice.

(Fall 2014). *PH4600: Grant Writing in the Health Professions*. Upper-division undergraduate course in the Department of Public Health of Hawaii Pacific University. This course covers the foundations for grant writing in the health professions, and covers assessment, planning, implementation, and evaluation of the grant writing process. It also examines skill development in matching community and school need with grant-funding sources.

(Spring 2014 – Fall 2015). *PH1100: Introduction to Human Sexuality*. Lower-division undergraduate course in the Department of Public Health of Hawaii Pacific University. This course will introduce students to the subject of human sexuality from a broad perspective with particular attention to the multiple dimensions of sexual health: physical, psychological, developmental, and interpersonal. Topics include reproductive anatomy/physiology, gender identity, love and intimacy, pregnancy and birth, sexually transmitted infections, and sexuality across the lifespan. Course goals are to present factual information, emphasize healthy behaviors, and promote scholarly examination of personal, social, and ethical factors in sexual expression. Sex is an appropriate and important topic of study, and our understanding will be enhanced by reading about, thinking about, and discussing many aspects of human sexuality.

(Fall 2015). *PH4910: Practicum II*. Upper-division undergraduate practicum/internship course in the Department of Public Health of Hawaii Pacific University. This is the second of three required practicum courses. A minimum of 200 hours (3 credits) of nonpaid work experience in a pre-professional, managerial, supervisory, or technical setting in a career related area under supervised conditions. This course is the clinical component for PH 4010 and PH 4600. Comprehensive written reports are required by an assigned HPU instructor.

(Spring 2014 – Fall 2015). *PH4910: Practicum III*. Upper-division undergraduate practicum/internship course in the Department of Public Health of Hawaii Pacific University. This is the final of three required practicum courses designed for students to apply theory and to master skills necessary for entry-level positions in health education and health promotion. A minimum of 200

hours (3 credits) of nonpaid work experience in a pre-professional, managerial, supervisory, or technical setting in a career related area under supervised conditions. Students will focus on the last three Areas of the Certified Health Education Specialist Responsibilities and Competencies (Area V: Administer and Manage Health Education; Area VI: Serve as a Health Education Resource Person; Area VII: Communicate and Advocate for Health and Health Education).

(Summer 2013 – Fall 2015). *PH4920: Public Health Capstone Seminar*. Upper-division undergraduate capstone course in the Department of Public Health of Hawaii Pacific University. This capstone course for Health Science majors is designed to provide a framework for the student to integrate health related topics and issues into a culminating experience. The student will analyze and reflect on individual and sociocultural health issues and problems involving the promotion and maintenance of psychological, social, and physical states of health and well-being based on relevant physical and social sciences, skills and knowledge of health education as they apply to diverse and vulnerable populations. Critical thinking, project planning and management, communication and analytic skills are integrated.

(Fall 2012 – Present). *PH1000: Introduction to Personal and Community Health*. General education lower-division undergraduate course in the Department of Public Health of Hawaii Pacific University. This is an introductory course in the study of health science content areas that familiarizes majors to the study of health and wellness involving mental and emotional, family/social, spiritual, physical, and environmental health. Key components of the course emphasize personal responsibility and healthy behaviors. Students will also examine how Hawaiian culture relates to health promotion, disease and disability prevention, treatment and control.

(Fall 2013). *PH3000: Community Health Theory and Practice*. Upper-division undergraduate course in the Department of Public Health of Hawaii Pacific University. This community health course examines research and practice areas within community health, such as epidemiology, community organization, program planning, health education, health promotion, minority health, health care, mental health, environmental health, drugs, safety, and occupational health. Best practices are highlight through case studies.

(Spring 2013 – Present). *PH3030: Health Behavior Theory & Program Planning*. Upper-division undergraduate course in the Department of Public Health of Hawaii Pacific University. The study of the major ideologies and theories which serve to underpin health promotion and wellness management. The course will highlight the analysis and application of these theories on management programs for multicultural, special, and vulnerable populations. The importance of using evidence to support all aspects of health promotion and wellness management will be emphasized throughout the course.

(Fall 2012 – Fall 2017). *PH3040: Health Education Planning, Theory, and Practice*. Upper-division undergraduate course in the Department of Public Health of Hawaii Pacific University. The analysis and application of teaching and learning with a health care context. Theories and principles of health education, integrating sociocultural, physical, psychological, and developmental dimensions across the lifespan will be examined. Through a variety of activities, students will learn how to assess learning needs, develop teaching plans, apply specific teaching strategies and evaluate the effectiveness of health education for individuals and groups in various settings. Students will apply teaching and learning concepts and principles through completion of a community service-learning educational program.

(2011 & 2012, January – May). *Ethical considerations in research; Retrieving and reviewing electronic literature; Experimental designs; Statistical methods & analyses*. Guest lectures presented

in Dr. Mary Steinhardt's *Evaluation and Research Design* undergraduate course in the Department of Kinesiology and Health Education of The University of Texas at Austin.

(2011, November). *Social and behavioral epidemiology*. Guest lecture presented in Dr. Keryn Pasch's *Epidemiology of Health Promotion* undergraduate course in the Department of Kinesiology and Health Education of The University of Texas at Austin.

(2010, April & November; 2011, November). *Nutrition and health*. Guest lectures presented in Dr. Fred Peterson's *Child, Adolescent, and Adult Health* undergraduate course in the Department of Kinesiology and Health Education of The University of Texas at Austin.

(2009, January – August). Course laboratory. Provided instructions and demonstrations regarding proper exercise movement, and evaluated students' personal training skills/performance in Dr. Dixie Stanforth's *Techniques of Fitness Leadership* and *Fieldwork in Personal Training* undergraduate courses in the Department of Kinesiology and Health Education of The University of Texas at Austin.

(2008 – 2010). *Fitness for your body and brain*. Developed lesson plans and led weekly lectures regarding health/wellness topics such as nutrition, physical activity, weight management, financial stability, and stress management for employees of the Division of Housing and Food Service of The University of Texas at Austin.

(2007 – 2008). *Texas nutrition environment assessment of retail food stores and restaurants*. Instructed, trained, and supervised undergraduate nutrition students who served as data collectors for a research project designed to assess the availability, price, and quality of healthy and unhealthy food items from grocery/convenience stores and restaurants. A collaborative project involving the Department of Kinesiology and Health Education and the Department of Nutritional Sciences of The University of Texas at Austin, as well as the Nutrition, Physical Activity, and Obesity Prevention Program of the Texas Department of State Health Services.

PRESENTATIONS

Gloria, C. T. (2019, January). *The Good, the bad, and the ugly of workplace wellness: How individuals and organizations can succeed against stressful work-life conditions*. Invited keynote speaker for the Employee Wellness Program Kickoff Event of the AUF Wellness, Assessment and Research Center, Angeles University Foundation – Angeles City, Pampanga, Philippines.

Gloria, C. T. (2019, January). *Flourishing through adversity: How can stress and emotional experiences make us stronger?* Invited guest speaker for the School of Arts and Sciences, University of the Assumption – City of San Fernando, Pampanga, Philippines.

Gloria, C. T. (2019, January). *The Good, the bad, and the ugly of workplace wellness: How individuals and organizations can succeed against stressful work-life conditions*. Invited guest speaker for the Department of Behavior Sciences, College of Liberal Arts, De La Salle University – Malate, Manila, Philippines.

Gloria, C. T. (2019, January). *Self-care: Mind and Body Health*. Invited guest speaker for the Annual Psychology Days Celebration with the theme “Self-Compassion: Come, Fill Your Cup” to help promote the value of self-care. College of Arts and Sciences, Angeles University Foundation – Angeles City, Pampanga, Philippines.

Gloria, C. T. (2018, November). *Risk and resilience of Filipino immigrants in Hawaii, USA*. Invited guest speaker for the Department of Public Health, College of Health & Society, Hawaii Pacific University – Kaneohe, Hawaii, USA.

Gloria, C. T. (2018, November). *Risk and resilience of Filipino immigrants in Hawaii, USA*. Invited guest speaker for the Health Sciences Program, School of Science & Engineering, Ateneo de Manila University – Quezon City, Manila, Philippines.

Gloria, C. T. (2018, November). *Flourishing through adversity: How can stress and emotional experiences make us stronger?* Invited guest speaker for Angeles University Foundation – Angeles City, Pampanga, Philippines.

Gloria, C. T. (2018, November). *Risk and resilience of Filipino immigrants in Hawaii, USA*. Invited guest speaker for the Department of Behavior Sciences, College of Liberal Arts, De La Salle University – Malate, Manila, Philippines.

Gloria, C. T. (2018, November). *Risk and resilience of Filipino immigrants in Hawaii, USA*. Invited guest speaker for the Department of Health Promotion & Education, College of Public Health, University of Philippines Manila – Ermita, Manila, Philippines.

Gloria, C. T. (2018, September). *Flourishing through adversity: How can stress and emotional experiences make us stronger?* Invited guest speaker for visiting Social Work faculty and students from Osaka Prefecture University, Japan – Honolulu, Hawaii, USA.

Gloria, C. T. (2018, September). *The good, the engaged, and the meaningful college life?* Invited guest speaker for the new student orientation of Hawaii Pacific University – Honolulu, Hawaii, USA.

Gloria, C. T. (2018, March). *Risk and resilience of street children in Hawaii and the Philippines*. Invited guest speaker for the Notre Dame Seishin Girls' High School Hawaii Study Tour, Theme: "Women's Empowerment in Global Society" – Kaneohe, Hawaii, USA.

Gloria, C. T. (2018, March). *Risk and resilience of street children in Hawaii and the Philippines*. Invited guest speaker for the Joint Symposium Day of Hawaii Pacific University and Shubun University – Honolulu, Hawaii, USA.

Gloria, C. T. (2018, March). *Flourishing through adversity: How can stress and emotional experiences make us stronger?* Invited guest speaker for the Department of Health Promotion & Education, College of Public Health, University of Philippines Manila – Ermita, Manila, Philippines.

Gloria, C. T. (2018, March). *Risk and resilience among disadvantaged Filipino street children and adolescents*. Invited guest speaker for the Notre Dame Seishin High School Hawaii Study Tour, "Women's Empowerment in Global Society" – Kaneohe, Hawaii, USA.

Gloria, C. T. (2017, October). *Flourishing through adversity: How can stress and emotional experiences make us stronger?* Invited guest speaker for a seminar on resilience and mental health at the Graduate School of Public Health of Angeles University Foundation – Angeles City, Pampanga, Philippines.

Gloria, C. T. (2017, July). *The value of education in the advancement of the Filipino communities in the Philippines, the United States, and abroad*. Invited guest speaker at the Annual Convention of the United Filipino Council of Hawaii (UFCH) – Honolulu, Hawaii, USA.

Gloria, C. T. (2017, July). *Current issues in international public health: From the Pacific islands to the world*. Invited guest speaker at the Research Colloquium of the Graduate School of the University of the East Ramon Magsaysay Memorial Medical Center. Audience members included faculty and graduate students in nursing, health science education, public health, and tropical medicine, as well as hospital and academic staff – Quezon City, Manila, Philippines.

Lehrer, H. M., Janus, K. C., **Gloria, C. T.**, & Steinhardt, M. A. (2017, March). *Perceived personal and environmental resources mediate the relationship between positivity and emotional dysfunction in adolescent females*. Poster session presented at the 2017 Annual Scientific Meeting of the American Academy of Health Behavior – Tucson, Arizona, USA.

Steinhardt, M. A., Lehrer, H. M., Janus, K. C., & **Gloria, C. T.** (2017, March). *Too much of a good thing? Curvilinear relationship between positivity and emotional functioning in adolescent females*. Poster session presented at the 2017 Annual Scientific Meeting of the American Academy of Health Behavior – Tucson, Arizona, USA.

Gloria, C. T. (2017, February). *Preliminary focus group findings of at-risk populations and stakeholders and next steps*. Report and presentation to the advisory board of the Bright Smiles Hawaii project – Honolulu, Hawaii, USA.

Gloria, C. T. (2016, December). *Logic model, PRECEDE-PROCEED model, and research methods*. Report and presentation to the advisory board of the Bright Smiles Hawaii project – Honolulu, Hawaii, USA.

Gloria, C. T. (2016, October). *What is public health? How to save the world in 8 steps*. PowerPoint lecture at the Health Academy of Farrington High School – Kalihi, Hawaii, USA.

Gloria, C. T. (2016, April). *What is public health? How to save the world in 8 steps*. PowerPoint lecture at the annual Public Health Week event at Hawaii Pacific University – Kaneohe, Hawaii, USA.

Gloria, C. T. (2015, March). *Post-secondary public health education: Its meaning and value beyond the walls of the academic institution*. Seminar session presented at the Asia Pacific Higher Education Research Partnership (APHERP), 2nd Emergent Scholar Seminar – Bangkok, Thailand.

Gloria, C. T. & Steinhardt, M. A. (2014, March). *Determinants of work engagement among postdoctoral fellows: The impacts of work meaningfulness, supervisor support, stress, and positive emotions*. Poster session presented at the 14th Annual Meeting of the American Academy of Health Behavior – Charleston, South Carolina, USA.

Gloria, C. T. (2013, March). *Is your cup half-full? Enhancing individual positivity, well-being, and work engagement*. Invited guest lectures and participant assessments conducted at Hawaii Pacific University, College of Nursing and Health Sciences, two sections of nursing courses (NUR 3900: Leadership and Management in Nursing) – Kaneohe, Hawaii, USA.

Gloria, C. T. & Steinhardt, M. A. (2013, March). *Positive emotions enhance coping, fuel resilience, and protect postdocs from the harmful effects of stress: Implications of the Broaden-and-Build Theory*. Poster session presented at the 13th Annual Meeting of the American Academy of Health Behavior – Santa Fe, New Mexico, USA.

Gloria, C. T. (2013, January). *Is your cup half-full? Enhancing individual positivity, well-being, and work engagement*. PowerPoint lecture and participant assessments conducted at Hawaii Pacific University's Faculty Scholarship Day workshop – Kaneohe, Hawaii, USA.

Gloria, C. T., Faulk, K. E., & Steinhardt, M. A. (2012, March). *Positivity and coping strategy: Characteristics of human flourishing, languishing, and depression*. Poster session presented at the 12th Annual Meeting of the American Academy of Health Behavior – Austin, Texas, USA.

Faulk, K. E., **Gloria, C. T.**, & Steinhardt, M. A. (2012, March). *Depressive symptoms among US military spouses during deployment: The protective effects of positive emotions*. Poster session presented at the 12th Annual Meeting of the American Academy of Health Behavior – Austin, Texas, USA.

Steinhardt M. A., Brown S. A., Dubois S. K., Faulk K. E., **Gloria C. T.**, & Harrison L. (2012, March). *Does Positivity Fuel Resilience and Lower Depressive Symptoms and HbA1c in African American Adults with Type 2 Diabetes?* Poster session presented at the 12th Annual Meeting of the American Academy of Health Behavior – Austin, Texas, USA.

Gloria, C. T. (2011, October). *Is your cup half full?* Invited guest lecture, regarding how to raise individual positivity, improve health, and enhance workplace satisfaction, presented at the Big XII Directors and Housing Operations Conference – Austin, Texas, USA.

Gloria, C. T., Faulk, K. E., & Steinhardt, M. A. (2011, March). *Chronic work stress, resilience, and burnout among public school teachers: The importance of positivity*. Poster session presented at the 11th Annual Meeting of the American Academy of Health Behavior – Hilton Head, South Carolina, USA.

Coffee, K. L., Raucci, C. M., **Gloria, C. T.**, & Steinhardt, M. A. (2011, March). *A pilot study identifying student, parent, and faculty perceptions of health and wellness at an economically disadvantaged and minority single-sex school*. Poster session presented at the 22nd Annual National Youth-At-Risk Conference – Savannah, Georgia, USA.

Steinhardt, M. A., Smith Jaggars, S. E., Faulk, K. E., & **Gloria, C. T.** (2010, February). *Chronic work stress and depressive symptoms: Assessing the mediating role of teacher burnout*. Poster session presented at the 10th Annual Meeting of the American Academy of Health Behavior – Clearwater, Florida, USA.

AWARDS & RECOGNITIONS

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| 2019 | Award of Appreciation
Invited keynote speaker for the Employee Wellness Program Kickoff Event of the AUF Wellness, Assessment and Research Center, Angeles University Foundation – Angeles City, Pampanga, Philippines |
| 2019 | Certificate of Appreciation
Guest lecture on “The Good, the Bad, and the Ugly of Workplace Wellness: How Individuals and Organizations can Succeed against Stressful Work-Life Conditions.” De La Salle University, College of Liberal Arts – Malate, Manila, Philippines |

- 2019 Certificate of Appreciation
Guest lecture on “Flourishing through Adversity: How can Stress and Emotional Experiences Make Us Stronger.” University of the Assumption – City of San Fernando, Pampanga, Philippines
- 2019 Certificate of Appreciation
Guest lecture on “Self-Compassion and Self-Care: Mind and Body Health” Angeles University Foundation, College of Arts and Sciences, Department of Psychology – Angeles City, Pampanga, Philippines
- 2018 Certificate of Appreciation
Guest lecture on “Risk & Resilience of Filipino Immigrants in Hawaii, USA” Ateneo de Manila University, School of Science & Engineering, Health Sciences Program – Quezon City, Manila, Philippines
- 2018 Certificate of Appreciation
Guest lecture on “Risk & Resilience of Filipino Immigrants in Hawaii, USA” University of the Philippines Manila, College of Public Health, Department of Health Promotion & Education – Manila, Philippines
- 2018 The Kimona Ball Appreciation Award
2018 Kimona Ball Costume Contest Judge
Filipino Business Women’s Association Foundation – Honolulu, HI
- 2018 Certificate of Appreciation
Maria Clara Ball 2018 Costume Contest Judge
Filipino Women’s Civic Club Foundation – Honolulu, HI
- 2018 Certificate of Recognition
Volunteering for the “Economic Inequality Experiential Education” Simulation
Hawaii Pacific University, College of Health & Society – Honolulu, HI
- 2018 Friend of Social Work Award
National Association of Social Workers (NASW)
Hawaii Chapter – Honolulu, HI
- 2018 Certificate of Appreciation
Rotary Club of Davao – Davao, Philippines
- 2017 Certificate of Appreciation
Guest Speaker for the Graduate School and Graduate School Student Council of Angeles University Foundation – Angeles City, Philippines
- 2017 Progress Award for Education
2017 UFCH Progress Awards Banquet
United Filipino Council of Hawaii – Honolulu, HI
- 2017 Certificate of Appreciation
Guest Speaker for the Research Colloquium of the Graduate School of the University of the East Ramon Magsaysay Memorial Medical Center – Quezon City, Philippines

- 2017 Certificate of Recognition
Served as a Judge for the Mrs. Hawaii Filipina 2017 Scholarship Pageant
United Filipino Council of Hawaii – Honolulu, HI
- 2014 Collaborative Event of the Year – Sea Warrior Challenge
Health Promotion & Wellness Association (Faculty Advisor)
Hawaii Pacific University – Kaneohe, HI
- 2014 Certificate of Appreciation
Kaneohe Community Family Center
Parents and Children Together – Kaneohe, HI
- 2013 The Inaugural National Herff Jones Teacher Shout Out Award
Ten recipients, and I was one of two university professors awarded.
<http://www.teachershoutout.com>
- 2012 – 2013 University Continuing Fellowship
Department of Kinesiology and Health Education
The University of Texas – Austin, TX
- 2011 – 2012 Ellis Graduate Scholarship
Department of Kinesiology and Health Education
The University of Texas – Austin, TX
- 2011 – 2012 Professor & Mrs. Karl K. Klein Endowed Graduate Scholarship
Texas Exes Scholarship Foundation
The University of Texas – Austin, TX
- 2010 – 2011 George I. Sánchez Endowed Presidential Fellowship
Department of Kinesiology and Health Education
The University of Texas – Austin, TX
- 2010 Floyd B. Hoelting Team Player Award
Director of the Division of Housing and Food Service
The University of Texas – Austin, TX

PROFESSIONAL MEMBERSHIPS

- 2018 – Present Kasaping Propesyonal, Pambansang Samahan sa Sikolohiyang Pilipino
(Professional Member, National Association of Filipino Psychology)
- 2012 – Present Lifetime Member
Hawaii Public Health Association (HPHA)
- 2014 – 2019 Member
American Public Health Association (APHA)
- 2014 – 2015 Member
Society for Public Health Education (SOPHE)
- 2011 – 2014 Affiliate Member
American Academy of Health Behavior (AAHB)

- 2014 – 2016 Member
Hawaii Filipino Junior Chamber of Commerce
- 2008 – 2013 Member
Health Education Student Association (HESA)
The University of Texas at Austin

PROFESSIONAL TRAINING & CERTIFICATIONS

- 2018 May – Nov Grantwriting Uncovered: Maximizing Strategies, Help, Opportunities, and Experiences (GUMSHOE) Program. This NIH-funded National Research Mentoring Network (NRMN) was created to address the unmet need for greater diversity in the biomedical and biobehavioral research workforce. GUMSHOE is a professional development-training program that is committed to increasing the number of people from diverse backgrounds successfully obtaining NIH grants.
- 2010 – Present Certified Health Education Specialist (CHES)
The National Commission for Health Education Credentialing (NCHEC)
- 2012 – 2016 Certified Basic Life Support for Healthcare Provider
American Heart Association (AHA)
- 2014 Certificate of Completion
Strategic Grant Proposal Writing, Program Planning, and Grant Research
Institute for Strategic Funding Development
- 2007 – 2013 Certified Nutrition Environment Measures Survey (NEMS) Trainer
Rollins School of Public Health
Emory University
- 2005 – 2007 Certified Personal Trainer
The American Council on Exercise (ACE)