

# CHRISTIAN T. GLORIA, PHD, CHES

Associate Professor of the Department of Public Health, Hawaii Pacific University  
Faculty Senator of the College of Health & Society, Hawaii Pacific University  
President of the 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                    Theories of Health Behavior  
Health Education and Health Promotion  
Personal, Community, and Ecological Health  
Stress, Coping, and Resilience  
Nutrition, Physical Activity, and Weight Management  
Research Methods and Biostatistics  
Program Planning and Evaluation
- Research/Scholarship      Asia-Pacific Populations  
Psychosocial Determinants of Health  
Stress, Coping, and Resilience  
Holism: Mind and Body Health  
Employee Burnout and Engagement  
Needs Assessment and Intervention Design  
Built Environment, Nutrition Environment  
Community and Corporate/Workplace Wellness  
Nutrition, Physical Activity, and Weight Management

## PROFESSIONAL EXPERIENCE

2012 – Present

### **Associate Professor of Public Health (2017-Present)**

### **Assistant Professor of Public Health (2012-17)**

Hawaii Pacific University – Kaneohe & 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
- PH3001 Research Methods for Public Health
- PH3030 Health Promotion and Wellness Management
- PH3040 Health Education Planning, Theory, and Practice
- 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 and Leadership (Graduate-Level)

#### ***Department Service***

- Undergraduate Curriculum Committee Member/Chair (2013-Present)
- Graduate Curriculum Committee Member (2015-Present)
- Faculty Search Committee Member/Chair (2013-Present)
- Public Health Club (Registered Student Org) Faculty Advisor (2012-Present)
- National Public Health Week Events Coordinator (2014-Present)
- Department Chair Search Committee Chair (2016)
- Award & Pinning Ceremony Coordinator (2013-16)

#### ***College Service***

- Associate Dean Search Committee Member (2017)
- Interprofessional Education Committee (IPEC) Member (2017-Present)
- 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***

- Employee Wellness Advisory Committee Member (2017-Present)
- Benefits Advisory Committee Member (2016-Present)
- Honors Advisory Committee Member (2016-Present)
- Faculty Senate, CHS Senator (2017-Present, 2<sup>nd</sup> Term)
- Faculty Senate, CHS Senator (2015-17, 1<sup>st</sup> 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 Public Health Association President (2018-Present)
- Hawaii Public Health Association Vice President (2015-2017)
- 2018 Pacific Global Health Conference Planning Committee (2016-Present)
- 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)
- Planned Parenthood Community Participation Committee Member (2015-16)
- Hawaii Filipino Junior Chamber of Commerce Member (2014-16)

2012 – Present

**President (2018-Present)**

**Vice President & President-Elect (2016-2017)**

**Chair, 2017 Annual Meeting Planning Committee (2017)**

**Chair, Hawaii Public Health Conference Planning Committee (2015-2016)**

**Member, Board of Directors (2015-16)**

**Member (2012-Present)**

Hawaii Public Health Association – Honolulu, Hawaii

- With the Committee on Governance, led the review and major revision of the 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 – Present

**Project Collaborator & Consultant**

Mental Health across Ages: Identifying Issues & Trends – Pampanga, Philippines  
Funded by the Philippine Commission on Higher Education (CHED)

The 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 development and implementation of research methods.
- Serves as the project team’s expert in public health program planning, implementation, and evaluation. Other team members are experts in psychology, counseling, education nursing, information technology, medicine, and psychiatry.

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 web surveys.
- Coordinated events, programs, and research projects such as TexPlate, Farm-to-Work, and NEMS-S with Emory University.

2006

**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**

<http://www.researcherid.com/rid/G-1335-2010>

**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**

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*.

**Gloria, C. T.** (In progress). Post-secondary public health education: Its meaning and value beyond the walls of the academic institution [Invited book chapter]. In C. S. Collins (Ed.), *Academic Public Good: Eight Perspectives on University-Community Engagement in the Asia Pacific*. London, England: Palgrave Macmillan.

### **RESEARCH IN PROGRESS**

Burrell, P. M., **Gloria, C. T.**, Bachlet, A., Watson, S., & Nishimoto, P. (In progress). Cultural competency in faculty and students in health care.

### **MANUSCRIPTS PEER-REVIEWED**

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**

(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), 2<sup>nd</sup> 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**

(Fall 2017). *PH 6460: Public Health Program Planning and Leadership*. 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 & 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 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). *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: Research Methods, Planning, & Evaluation*. 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 Promotion and Wellness Management*. 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 – Present). *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 – Austin, TX.

## PRESENTATIONS

**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, HI.

**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 – Quezon City, Philippines. Audience members included faculty and graduate students in nursing, health science education, public health, and tropical medicine, as well as hospital and academic staff.

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, AZ.

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, AZ.

**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, HI.

**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, HI.

**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, HI.

**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, HI.

**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), 2<sup>nd</sup> 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 14<sup>th</sup> Annual Meeting of the American Academy of Health Behavior – Charleston, SC.

**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, HI.

**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 13<sup>th</sup> Annual Meeting of the American Academy of Health Behavior – Santa Fe, NM.

**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, HI.

**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 12<sup>th</sup> Annual Meeting of the American Academy of Health Behavior – Austin, TX.

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 12<sup>th</sup> Annual Meeting of the American Academy of Health Behavior – Austin, TX.

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 12<sup>th</sup> Annual Meeting of the American Academy of Health Behavior – Austin, TX.

**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, TX.

**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 11<sup>th</sup> Annual Meeting of the American Academy of Health Behavior – Hilton Head, SC.

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 22<sup>nd</sup> Annual National Youth-At-Risk Conference – Savannah, GA.

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 10<sup>th</sup> Annual Meeting of the American Academy of Health Behavior – Clearwater, FL.

#### **AWARDS & SCHOLARSHIPS**

- |      |   |
|------|---|
| 2017 | Certificate of Appreciation<br>Guest Speaker for the Graduate School and Graduate School Student<br>Council of Angeles University Foundation – Angeles City, Philippines                              |
| 2017 | Progress Award for Education<br>2017 UFCH Progress Awards Banquet<br>United Filipino Council of Hawaii – Honolulu, HI   |
| 2017 | Certificate of Appreciation<br>Guest Speaker at the Research Colloquium of the Graduate School of the<br>University of the East Ramon Magsaysay Memorial Medical Center – Quezon<br>City, Philippines |
| 2017 | Certificate of Recognition<br>Served as a Judge for the Mrs. Hawaii Filipina 2017 Scholarship Pageant<br>United Filipino Council of Hawaii – Honolulu, HI   |
| 2014 | Collaborative Event of the Year – Sea Warrior Challenge<br>Health Promotion & Wellness Association (Faculty Advisor)<br>Hawaii Pacific University – Kaneohe, HI                                       |
| 2014 | Certificate of Appreciation<br>Kaneohe Community Family Center<br>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**

- 2012 – Present        Lifetime Member  
 Hawaii Public Health Association (HPHA)
- 2014 – Present        Member  
 American Public Health Association (APHA)
- 2014 – Present        Member  
 Society for Public Health Education (SOPHE)
- 2011 – Present        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**

- 2010 – Present        Certified Health Education Specialist (CHES)  
 The National Commission for Health Education Credentialing (NCHEC)
- 2012 – Present        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)

**LANGUAGE SKILLS**

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