



Sandra Ann Bellinghausen Smith, Ph.D. MPH

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www.healthliteracypromotion.com

Professional Experience

- Practice Development, Inc** (Fed Tax ID: 91 133 5220) 1984-Present
 dba **Beginnings Guides**, Seattle WA, President;
 dba **Center for Health Literacy Promotion**; Executive Director
- 1984. Incorporated Practice Development, Inc to provide consultation to healthcare providers and organizations regarding patient satisfaction, service delivery and marketing.
 - 1985. Published *Beginnings: A Practical Guide Through Your Pregnancy*
 - 1993. Published 2nd edition of *Beginnings: A Practical Guide Through Your Pregnancy*
 - 1994. Published *Beginnings: Una Guia Practica Para Su Embarazo*
 - 1997. Published 3rd edition of *Beginnings: A Practical Guide Through Your Pregnancy*
 - 2000. Published 4th edition of *Beginnings: A Practical Guide Through Your Pregnancy*; Published 2nd edition of *Beginnings Una Guia Practica Para Su Embarazo*
 - 2001. Published *Beginnings Parent's Guide*
 - 2002. Published *Beginnings Guia Para Padres*
 - 2003. Published 5th edition *Beginnings: A Practical Guide Through Your Pregnancy*; now titled *Beginnings Pregnancy Guide*
 - 2003. Developed and pilot tested curriculum-linked Reflective Questions, Reflective Coloring Conversations and Reflective Supervision in collaboration with Linda Wollesen under grants from ZERO TO THREE
 - 2003. Developed and piloted at National Healthy Start, Early Head Start and Parents as Teachers sites the *Beginnings Reflective Function Training*
 - 2004. Enhanced the Reflective Function Training with Health Literacy promotion module and renamed it *Beginnings Life Skills Development Training*. Piloted enhanced training at Enterprise Healthy Start, Medical College of Georgia. Trained CHIP of VA sites, California First Five Sites
 - 2005. Published *Beginnings Essential Pregnancy Guide* in English & Spanish for CareOregon
 - 2007. Published 7th Edition Pregnancy Guide and 4th Edition Parents Guide
 - 2009-2011 *Beginnings Guides Life Skills Development Curriculum* featured as a *Quality Innovation* on The Innovations Exchange, Agency for Healthcare Research & Quality and National Commission for Quality Assurance
 - 2010. Established **Center for Health Literacy Promotion**, a research organization dedicated to empowering adults to use health information and services in ways that enhance health.
 - 2010 -2011 Principal Investigator, "What Promotes Health Literacy", a study funded by the National Library of Medicine through a contract with University of Washington.
 - 2010 -2012 Consultant, Trainer. "Integrating Health Literacy Promotion into the Parents as Teachers Curriculum" a demonstration project funded by Health Literacy Missouri.
 - 2011. Published 8th edition of *Beginnings Pregnancy Guide*. Over 310,000 families served.
 - 2011-2013 Consultant, Trainer, Evaluator: WellPoint Health Literacy Promotion Project. Implementing health literacy promotion in home visitation programs serving Hoosier Health Plan (IN) members, Community

Connections Health Plan members (WI) and Unicare Health Plan members (TX).

- 2011-2012 Principal Investigator, “Maternal Health Literacy and Child Development”, a study funded by the National Library of Medicine through a contract with University of Washington
- 2012 Principal Investigator, “How Useful are National Library of Medicine Resources for Maternal and Child Health Home Visitation Programs?” a study funded by the National Network of Libraries of Medicine, Pacific Northwest Region
- 2012-2013 National Network of Libraries of Medicine sole source Contract 744730 Education and Outreach Regarding Understanding Maternal Health Literacy and Maternal Health Decisions.
- 2014 Published 9th edition of *Beginnings Pregnancy Guide*, 4th edition of *Beginnings Parents Guide* and 4th edition of *Beginnings Guia para Embarazo*
- 2016 Published updated editions of *Beginnings Guides*
- 2017 Introduced digital licensing of *Beginnings Guides*

ZERO TO THREE, National Center for Infants Toddlers and Families 2000 - Present
Leadership Development Institute, Washington DC

2000-01 Mid-Career Fellow

Funded by Robert Wood Johnson and Harris Foundations. Two-year fellowship enhances ability to advance current knowledge, promote beneficial practices and policies, communicate research and best practices, and provide leadership in programs and policies for infants, toddlers and families.

2002 Awarded Collaboration Grant to develop Reflective Questions to promote key health messages in *Beginnings Guides*

2004. Awarded Collaboration Grant to develop *Early Beginnings* for parents and staff in NICU with University of CO Center for Infant-Family Communications

2008 Awarded grant to convene a Reflection Conference of the Home Visitors Research Network

2011 National Training Institute: Workshop on promoting health literacy in MCH programs

2014 Abstract Reviewer, National Training Institute

2015 Scientific Poster Presentation: Health Literacy & Home Visiting

University of Washington

1998-2017

2017 : Sponsored practicum for Maternal Child Health graduate student and served on her thesis committee.

2015 - 2017: - Sponsored practicum for MPH student which resulted in three published co-authored journal articles, conference presentations, and training materials.

2011- Present Worldwide Universities Network, Health Literacy Network

2014/15 Leading an international collaborative project to identify what mothers of young children consider effective support to manage personal and family health and healthcare.

1998 - 2017 School of Public Health and Community Medicine
Clinical Instructor, Department of Health Services, guest lecturing, supervising graduate students' practicum, Behavioral Health Research Affinity Group, Health Literacy Work Group

- 1998 – 2008 Center for Health Education and Research
 Health Education Specialist, Principle Investigator
In 2008, CHER officially closed to become the UW Department of Global Health
- 1998-1999 Project Director, “Developing Culturally & Linguistically Appropriate Materials with non-English Speakers”, a research project to test processes for working directly with non-English speakers to adapt proven English materials for their use This project produced the *Beginnings Guia Para de Embarrazo*.
- 2006-2008 Principal Investigator, “Does Home Visitation Promote Maternal Health Literacy?” A two-year, 7-site intervention trial funded by Agency for Healthcare Research and Quality and National Institute for Child Health and Human Development with the NIH office of Behavioral and Social Science Research
- 2006- Present Life Skills Progression Certified Trainer
- 2009- Present *Social Science and Medicine*: (International Journal, Elsevier) Reviewer
- 2011 -Present *Maternal and Child Health Journal* (Springer) Reviewer
- 2010- Present TED* The Empowerment Dynamic, Charter Practitioner
 Reviewer: *Ted & Diabetes, Health Empowerment Workbook*, (2011) Emerald
- 1998 - 2001 Lexant Corp, Rx Remedy, Atmedica, Salt Lake City UT
 Content provider
 DoHealth, Expectant Parents, New Parents, Women’s Health intra-net based information for employee health promotion
- 2000 - 2001 Pfizer, New York NY
 Consultant, concept development and design of HealthLiteracy.net, an online community of researchers, practitioners and advocates working together to advance health literacy
- 2001 - 2003 Pfizer, New York NY
 Health Literacy Speaker’s Bureau

Providence Medical Center 1979 - 1984
 Seattle WA
 Director of Public Relations and Marketing
 Responsible for community education programs, community relations, internal and external publications, graphic standards and identity, media relations, services marketing. Member Medical Morals (Ethics) Committee, Hospice Advocacy Task Force

Carolyn Hansen Fashion College 1976 - 1979
 Seattle WA
 Instructor
 Personal Development and Professional Modeling

Education

PhD, Interdisciplinary Studies (Social Policy, Leadership) 2009
 Union Institute & University
 Cincinnati, OH
 Marvin B Sussman Award for Excellence honoring the doctoral dissertation *Promoting Health Literacy: Concept, Measurement and Intervention* judged to be clearly outstanding in terms of originality, interdisciplinarity, social meaning, writing and overall presentation.

Master of Public Health 1997
Certified Health Education Specialist (#6097) 1997
 University of Washington
 School of Public Health and Community Medicine
 Health Services Department
 Seattle WA

Bachelor of Arts, Liberal Studies 1984
 Antioch University
 Seattle WA

Humanities Honors Program 1969-70
 Seattle University
 Seattle WA

Continuing Education

Course in The Protection of Human Research Subjects
 University of Washington Online Course completed April 2006

Early Child Development	Leadership	Adult Learning
Health Promotion	Health Literacy	eHealth
Health Benefits	Managed Care	Patient Education
Professional Liability	Ethics in Medicine	Labor Support
Domestic Violence	Nutrition	Cultural Competence
Minority Women's Health	Physician-Patient	Media Training
Communications in NICU	Communication	Reiki Master
Coaching & Empowerment		

Professional Presentations

The Empowerment Dynamic & Maternal-Child Health Promotion

Training webinar for Worldwide Universities Health Literacy
 Network, MPower project participants
 November 17, 2017

Health Literacy & Home Visitation

Scientific Poster Presentation
 Zero To Three National Training Institute
 Seattle WA December 5, 2015

Accessible & Effective Perinatal Care for Women with Low Health

Literacy: Intervention development, implementation and evaluation

Health Literacy Annual Research Conference Invited Panel Presentation
 Bethesda, MD. November 1-2, 2015

Impact of Home Visits on Oral Health Literacy

Health Literacy Annual Research Conference
Bethesda, MD. November 3-4, 2014

Health Literacy is Everybody's Job

All-Staff Workshop
Ravalli County Head Start
Stevensville MT March 14, 2014

Health Literacy in Context: A non-clinical framework for research & intervention

Research and national webinar commissioned by the National Network of
Libraries of Medicine.
University of Washington January 22, 2014

Promoting Health Literacy & Empowerment in Parents: Group Prenatal Care

Invited long oral presentation
Worldwide Universities Health Literacy Network Meeting
University of Sydney Nov 27, 2013

Centering Health Literacy

Workshop on integrating health literacy promotion, measurement into
Centering Pregnancy programs
Centering Health Care Institute Fourth National Conference
Washington, DC October 27, 2013

Parents as Teachers Health Literacy Demonstration Project: Integrating an empowerment model of health literacy promotion into home-based parent education

Scientific poster presentation
Health Literacy Annual Research Conference
Washington, DC October 28, 2013

Health Literacy and Health Empowerment in Families

Keynote address
First Conference of the Montana Parent Education & Family Care Coalition
Helena MT August 20, 2013

The Life Skills Progression Health Literacy Scales: model for chronic disease self management

Key Speaker
International Roundtables on Health Literacy Measurement
The Health Literacy Knowledge Hub, University of British Columbia
Vancouver, BC, Canada May 1-4, 2013

***Health Empowerment for Children's Caregivers:
The role of mothers of hospitalized children***

Keynote Address
Building Children's Nursing for Africa
Child Nurse Practice Development Initiative, University of Cape Town,
Cape Town, South Africa April 17-19, 2013

Promoting Health Literacy, Reducing Disparities

Plenary Lecture
13th RCMI* International Symposium on Health Disparities

San Juan, Puerto Rico
 December 13, 2012
 *Research Centers in Minority Institutions

Health Literacy in Medical Practice

Medical Grand Rounds, Crozer Chester Medical Center (Temple University)
 Upland, PA November 2, 2012

Health Literacy, Child Developmental Outcomes & Modern Lifestyle Diseases

Health Literacy Annual Research Conference
 October 16, 2012

Promoting Maternal Health Literacy

Global Public Health Challenge
 Worldwide Universities Network
 Health Literacy Network
 Southampton, England
 May 20, 2012

Promoting Maternal Health Literacy as an Asset

US Department of Social & Health Services
 Coalition for a Healthier Community Grantee's Webinar
 Online May 15, 2012

Promoting Health Literacy through Reflective Practice

Annual Conference of Certified Nephrology Social Workers
 Seattle, WA April 26, 2012

Health Literacy: Beyond Better Information

Children's Environmental Work Group
 Seattle, WA February 9, 2012

Parental Health Literacy & Home Visitation: Lessons from the Research

ZERO TO THREE National Training Institute
 December 10, 2011 Washington, DC

Integrating Health Literacy and Reflective Practice into Parent Education

Parents as Teachers Annual Conference
 November 7, 2011 St Louis, MO

Health Literacy and Depression in the Context of Home Visitation

Health Literacy Annual Research Conference
 October 18, 2011 Chicago, IL

Promoting health literacy and reflective function in pregnant women

Aspiranet, California First Five Early Child Care and Education Programs
 Contra Costa County, June 27, 2011

Health Literacy Improves with Home Visitation, Especially in Depressed Mothers

Scientific poster presentation
 University of Washington Department of Health Services Annual Research Meeting
 June 15, 2011 Seattle WA

Health Literacy: Beyond Better Information

National Network of Libraries of Medicine
 Webinar sponsored by National Network of Library of Medicine, PNW Region

University of Washington
April 13, 2011 Seattle WA

Promoting health literacy and diabetes self-management

The World of Diabetes Conference Update 2011
University of Washington School of Nursing/Shoreline Conference Center
January 27, 2011 Seattle WA

Evaluation of a Health Promotion Model Health Literacy Intervention

Health Literacy Annual Research Conference
November 19, 2010 Bethesda, MD

Beginning with the Ends in Mind: Consumer Health Informatics to Improve Functional Health Literacy

Panel Presentation with Rob Logan, PhD & Qing Zeng, PhD
American Medical Informatics Association Conference
May 25, 2010 Phoenix, AZ

Theoretical Framework for Promoting & Measuring Health Literacy as an Asset

Scientific poster presentation
Health Literacy Annual Research Conference
Washington, DC November 19, 2009

Promoting Health Literacy through Case Management

Live national webcast with Sandra Mobley, PhD
Maternal & Child Health Bureau
Rockville, MD October 20, 2009
Archived at www.MCHBcom.com

Measuring the Function in Functional Health Literacy

Institute of Medicine Round Table on Health Literacy
Workshop on Health Literacy Measurement
Washington, DC February 19, 2009

Focus on Function in Health Literacy

Plenary Session
American College of Physicians & Institute of Medicine
National Conference New Directions in Health Literacy
Washington, DC November 26, 2008

Health Literacy & Home Visitation

Association of Maternal Child Health Programs
Washington, DC February, 2008

Promoting Parents' Literacy & Health Literacy

Head Start Region X Training Call
Seattle WA April 25, 2007

Universal Healthcare for New Mexico - Discussant

Union Institute & University
Cincinnati, OH Jan 12, 2007

Promoting Parents' Literacy & Health Literacy

WA Head Start Conference
Olympia WA Nov 13, 2006

Health Literacy Promotion Strategies for Medical Practitioners

Plenary Address, Ass'n for Behavioral Sciences & Medical Education
San Diego, CA Oct 2005

Promoting Parents' Literacy & Health Literacy

Healthy Child Care Washington- E-CAP Annual Conference
Wenatchee WA, March 30, 2005

Teaching Reflective Practice & Reflective Supervision

Zero To Three All Fellows Meeting
San Francisco, CA August 7, 2004

Beginnings Life Skills Development Trainings (2004-2013)**Evaluation for Sustainability and Advocacy:****Using the Life Skills Progression to Show Program Effectiveness**

National Healthy Start Annual Spring Education Conference
April 19, 2004 Washington DC

Emerging Best Practices in Home Visitation:**Promoting Mothers' Reflective Function**

National Early Head Start Birth to Three Institute
February 10, 2004 Baltimore MD

Beginnings Guides Reflective Function Training

Scientific Poster Presentation
ZERO TO THREE National Training Institute
December 3-5, 2003 Washington DC

Emerging Best Practices in Home Visitation

Early Head Start Region X Conference
July 24, 2003 Seattle WA

Health Literacy: Does the information fit the learner?

Pfizer National Health Care Operations
June 12, 2003 San Diego California

Developing Written Communication for Vulnerable Patients Having Limited Literacy Skills

Association for the Behavioral Sciences and Medical Education
Tahoe, CA October 12, 2002

Literacy, Health Literacy and Health Services Part II

Pfizer Local Market Customer Council
Park Hyatt, Los Angeles, CA September 6, 2002

Rx for Health Literacy

Pfizer National Health Care Operations
August 29, 2002 San Diego CA

Literacy, Health Literacy and Health Services Part 1

Pfizer Local Market Customer Council
Park Hyatt, Los Angeles, CA May 8, 2002

CLAMs: Developing Culturally and Linguistically Appropriate Materials for Diverse Managed Care Populations

Social and Behavior Health Seminars
University of Washington
Seattle WA April 22, 2001

CLAMs: Developing Culturally and Linguistically Appropriate Materials for Diverse Managed Care Populations

Rated in Top 10 Presentations at 22nd Annual Conference on Patient Education, American Academy of Family Physicians and Society for Teachers of Family Medicine, Albuquerque NM November 13-16, 2000

Information Giving: Effects on Outcomes and Patient Satisfaction

Outstanding Innovative Program Award
Association of Women's Health, Obstetric & Neonatal Nurses 2000 Convention
Seattle WA June 4-7, 2000

Finding Quality: How to Evaluate Patient Education Materials

Pacific Northwest Ambulatory Nursing Conference
Seattle WA April 26-27, 2000

CLAMs: Developing Culturally and Linguistically Appropriate Materials for Diverse Managed Care Populations

Keynote Address at Women's Health 2000
Health Education Research Institute
Sacramento CA January 21-23, 2000

Finding Quality: How to Evaluate Patient Education Materials

21st Annual Conference on Patient Education
American Academy of Family Physicians & Soc. For Teachers of Family Medicine
Austin TX November 11-14, 1999

Teach & Educate for Adherence, Compliance & Health

Workshop for medical and healthcare professionals
Southwest Washington Medical Centers, Vancouver, WA
September 17 & 21, 1999

Direct Mail Information Giving:

Effects on Satisfaction & Outcomes, Poster Presentation

8th Annual Conference on Care Management
University of Washington and Harborview Medical Centers
Seattle WA June 3-4, 1999

Direct Mail Information Giving: Effects on Satisfaction & Outcomes

Poster Presentation at Building Bridges V: Using Research to Bridge the Perception and Reality Gap ~ American Association of Health Plans, Agency for Health Care Policy and Research, Centers for Disease Control and Prevention
Chicago IL April 11-13, 1999

WRITE: Write Readable Information To Educate

Workshop for medical and healthcare professionals
Southwest Washington Medical Centers
Vancouver WA September 29, 1998

Printed Materials: Tool for Health Promotion in Maternity Case Management

7th Annual Conference on Care Management: 'Tools, Systems & Outcomes'
University of Washington and Harborview Medical Centers
Seattle WA June 18-19, 1998

Direct Mail Information Giving: Effects on Satisfaction & Outcomes

Poster Presentation at 9th Annual Regional Case Management Conference
Washington Medical Case Management Association
Seattle WA May 13-15, 1998

Health Promotion Planning in an Integrated System

University of Washington, School of Public Health
June 1997, February 1998

Health information: How to write it so they will act on it

University of Washington, School of Public Health
April 1997

Peer Reviewed Publications

Smith SA, Akparibo R. Laar A. Carbone, E. Improving Maternal Health Literacy and Empowerment in the United States and Ghana: A Scoping Review. Sage Open (under review)

Smith, SA & Carroll, L.(2017) Data Driven Maternal Health Literacy Promotion and a Post Script on Its Implications in *Health Literacy: New Directions in Research, Theory and Practice*. R.A. Logan, E.R. Siegel (eds). Amsterdam, Washington, DC IOS Press;144-165. doi:10.3233/978-1-61499-790-0-144

Smith, SA & Carroll, L.(2017) Data Driven Maternal Health Literacy Promotion and a Post Script on Its Implications. *Information Services & Use* 37; 235–252 DOI 10.3233/ISU-170832.

Carroll L, Smith SA & Thomson N. (2014). Parents as Teachers Health Literacy Demonstration Project: Integrating an empowerment model of health literacy promotion into home-based parent education. *Health Promotion Practice*

Smith, Sandra & Moore Elizabeth (2012). Health Literacy and Depression in the Context of Home Visitation. *Maternal and Child Health Journal* 16;1500-1508 *Open Access Full text online* <http://www.springer.com/home?SGWID=0-0-1003-0-0&aqId=2111233&download=1&checkval=ffd392d488b3752bf1d2e6a3e258b189>

Calderon, J.L., Smith S. A. (2012). Health Literacy. In: Sahler OJZ, Carr JE (eds.) *The Behavioral Sciences and Health Care* (3rd edition). Cambridge, MA: Hogrefe & Huber; 269-275.

Smith, Sandra (2011) Enhanced Home Visitation Promotes Parents' Health Literacy. *Northwest Bulletin: Family and Child Health*.

Smith, Sandra (2011) Health Literacy and Social Service Delivery. In Estrine, S. A., Arthur, H.G., Hettenbach, R.T., & Messina, M.G. (Eds.) (2011). *New Directions in*

Behavioral Health: Service Delivery Strategies for Vulnerable Populations. New York: Springer Publishing.

Smith, SA. (2009). Measuring the Function in Functional Health Literacy. In Institute of Medicine. *Measures of Health Literacy Workshop Summary*. Washington, DC: National Academies Press.

Smith, SA. (2009) *Promoting Health Literacy: Concept, Measurement, Intervention*. Doctoral dissertation. Union Institute & University, Cincinnati

Calderon, J.L., Smith, S.A., Baker, R.S. (2007) FONBAYS: A simple method for enhancing readability of patient information. *Behavioral Science and Medical Education*, 13:1;20-24

Calderon, J.L., Smith S. A. (2007). Health Literacy. In: Sahler OJZ, Carr JE (eds.) *The Behavioral Sciences and Health Care* (2nd edition). Cambridge, MA: Hogrefe & Huber; 269-275.

Smith, Sandra A and Gonzales, Virginia (December 2005). Developing Culturally and Linguistically Appropriate Materials. *Studies in Communication Science*: 5 (2) 111-128.

Smith S. (2005) *Beginnings Essential Pregnancy Guide* (English & Spanish), Practice Development, Inc. Seattle WA. Commissioned by CareOregon

Smith S. (2005) *Beginnings Guides Users Manual*, Practice Development, Inc. Seattle WA.

Smith S, Wollesen L (2004) *Beginnings Life Skills Development Curriculum Home Visitors Handbook*, Practice Development, Inc. Seattle WA.

Smith S, Browne-Clark, J. (July 2003) From Program Evaluation to Persuasive Reports, *ZERO TO THREE Journal*, ZERO TO THREE, Washington, DC

Smith, Sandra (2001) Patient Education and Literacy in Labus and Lauber, Editors, *Preventive Medicine and Patient Education*, WB Saunders, Philadelphia PA

Smith S, Gonzales V. (Sept-Oct 2000) All Health Plans Need CLAMs: Culturally and Linguistically Appropriate Materials for Diverse Populations Can Overcome Language Barriers *HealthPlan Journal of the American Association of Health Plans*

Psychiatric Patient Information Series (May 2000) (Editor) Southwest Washington Medical Center, Vancouver, WA

Smith S, Carey B. (July 1999) Prenatal Education: Quality Materials Empower Patients to Improve Outcomes *Inside Case Management* 6(4)

Smith, S. (July 1 1998) Information Giving: Effects on Birth Outcomes and Patient Satisfaction *International Electronic Journal of Health Education* 3, 135-145. <http://www.aahperd.org/aahe/publications/iejhe/loader.cfm?csModule=security/getfile&pageid=39331>

Smith, S (May/June 1998) Watch Your Language. *The Nations Health*, American Public Health Association, Washington DC p 25.

Smith S, Editor (1994-2014) *Beginnings Guia Para Embarazo* Practice Development, Inc. Seattle, WA

Fourth Edition 2008. Developed and tested in cooperation with CareOregon and Hartford, CT Health Department, Perinatal Outreach Program. Certified by the American Academy of Family Physicians Foundation Health Education Program. Testing funded by US Public Health Service Agency for Healthcare Research and Quality

Smith S (2001-14) *Beginnings Parent's Guide* Practice Development, Inc. Seattle, WA
Developed and tested in cooperation with New Mexico Department of Health, Families FIRST.

Smith S (2002 -11) *Beginnings Guia Para Padres* Practice Development, Inc. Seattle, WA
Developed in cooperation with New Mexico Department of Health, Families FIRST.

Gaps in Women's Health Research: Education & Alternative Health Practices Testimony presented to the Office of Research on Women's Health, National Institutes of Health, "Beyond Hunt Valley: Research on Women's Health for the 21st Century" July 21, 1997 Submitted by the National Association of Women's Health Professionals

Recommended Maternity Benefits for Washington Uniform Benefits Package
White paper prepared for the WA Health Services Commission Effectiveness Committee June 1994

Smith, Sandra (1995) Pregnancy is Not a Disease. *FOCUS*, Journal of the National Association of Women's Health Professionals, Vol. 8 (4):1-2

Patient information and consumer health information on surgical procedures, cardiology, sports medicine, radiology, urology, menopause, wellness, smoking cessation, cocaine, chronic fatigue syndrome, hospice, sleep disorders, arthritis, childbirth, preterm labor, bed rest, dementia, psychiatric disorders, and more.

Professional Memberships

<i>Worldwide Universities Health Literacy Network</i>	<i>2011 -Present</i>
<i>America's Health Insurance Plans, Individual Member</i>	<i>2012-Present</i>
<i>Health Literacy Group UK</i>	<i>2012- Present</i>
<i>Child Nurse Practice Development Initiative, U of Cape Town</i>	<i>2012 -Present</i>
Association of Maternal Child Health Programs	2005 - Present
Association for Behavioral Science in Medical Education	2004- 2007
Friend of National Healthy Start Association	2002 - 2010
American Public Health Association	1997 - 2007
Seattle Area Network of Health Educators	1998 - 2000

Washington Public Health Association	1995 - 1998
Society for Public Health Education, Puget Sound Chapter	1992 - 1997
Society for Public Health Education	1998 - 1999
National Association of Women's Health Professionals Advocacy Committee	1990 - 1996
Women for Healthcare Education, Reform & Equity (WHERE) Director of Education 1995 – 1996 Advisory Board 1997 - 1999	1995 - 1999
Women in Communications Puget Sound Chapter, vice-president 1983	1979 - 1984
Public Relations Society of America	1979 - 1984
Seattle Area Hospital Council Task Force on Advertising in Health care	1979 - 1984

Professional Committee Involvement

2018- Present Reviewer, *Health Literacy Research and Practice*

2018 -Present Review, *International Journal of Environmental Research and Public Health*

2013 -Present Reviewer, *Maternal Child Health Journal*

2012- Present

Curationis (South African nursing journal) Guest Editor, special edition on building children's nursing for Africa, October 2014

University of Washington Health Literacy Interest Group, Lead, 2012-2014

Health Literacy Annual Research Conference Abstract Reviewer, 2012, 2013

National Academies of Science

Commentator on National Academies Health Literacy Workshop, 2010

Innovations in Health Literacy

Zero to Three Leadership Development Institute

Summer 2004 Convener of Washington State Graduate Fellows

August 2003 Responder to Fellows presentation of fellowship projects

Advisory Board, Contributing Author and Internet Host

International Health Literacy Month and Health Literacy Toolbox. Celebrated for the first time in October 2000, Health Literacy Month is a grassroots, worldwide effort to promote the need for health information that its intended audience can understand. Health Literacy Toolbox is a Web site that provides tools to raise awareness about the importance of health literacy.

Abstract Reviewer

1998 Joint Conference on Health, Washington State Public Health Association

Editorial Board

Perspectives: Death & Dying (1998) Hunter, K. Editor, CourseWise Publishing:
Cross Plains, WI

Advocacy Committee

National Association of Women's Health Professionals
Led group of women's health professionals on visits to national delegations in
Washington DC. Personally presented to Senators Bill Bradley and Patty Murray
perspectives on early postpartum discharge.

Author, Women's Health Issue Investigation Group
of the WA Health Services Commission Effectiveness Committee Task Force on
Uniform Maternity Benefits. Authored white paper on task force's
recommendations

Director of Education, Chair Education Committee

Women for Healthcare Education, Reform & Equity 1995-96. Advisory Board
1997

Current Grants & Contracts

Maternal Health Literacy Context Project

Professional Service Agreement #20140-16 with National Library of Medicine.
This research project produced "Health Literacy in Everyday Life: Web of
Interaction Informs Intervention" under review for publication by *Health
Promotion International*

Centering Health Literacy Pilot

Integrating health literacy promotion into CenteringPregnancy, group prenatal
care. Research questions: Does CenteringPregnancy promote maternal health
literacy? Does CenteringPregnancy augmented by *Beginnings Pregnancy Guide*
promote health literacy more? Is the Maternal Health Literacy Self-Assessment
instrument a valid measure of health literacy? Funded by WellPoint through the
Center for Health Literacy Promotion. 2013-15

Volunteer Community Service

Article Reviewer: *Social Science and Medicine, Maternal and Child Health Journal,*
Health Education and Behavior, Health Literacy Research and Practice, International
Journal of Environmental Research and Public Health, Maternal Child Health Journal,
Health Literacy Annual Research Conference

Curationis (South African nursing journal) Guest Editor, special edition on building
children's nursing for Africa, October 2014

Martin Luther King Day Volunteers, University of Washington , 2009-14

Prenatal Care Training in Albania, 2001

Donated to US Army nurses serving in Kosovo curriculum and materials for
training local Serb and Albanian prenatal care providers and health educators

Leadership Tomorrow , Class of 1996

Leadership Tomorrow promotes informed and committed civic volunteerism. Through the nine-month training program, I acquired a fuller sense of issues affecting the region and the leadership skills to motivate and engage others in collaborative efforts to resolve them.

Leadership Tomorrow - Washington Arboretum Community Education Workshop
Leader of a project team that converted an unused greenhouse at the Arboretum's Graham Visitors' Center into a hands-on workshop for environmental education programs. Collaborated with Seattle Street Smart Art, Seattle Police Department, Seafirst Bank, City of Seattle, Garfield Elementary School and Yesler Community Center to accomplish the project on time and under budget. Workshop opened June 1996.

Northwest International Women's Conference: A Forum for Global Leadership
Media Committee. Newsletter editor for conference attended by 2000 Women in February 1995

Washington Physicians for Social Responsibility	1988 - 1992
The Hunger Project	1977 - Present
Mount Rainier Hunger Project Climb Fundraiser 1980, 1981	
Global Investor	2005- Present
World Runners	1985 - 2010
Reviewer, <i>Social Science and Medicine, Maternal and Child Health Journal</i> <i>Education and Behavior</i>	Health Current

Professional Development Activities

Spanish Language Learning World Languages, Seattle	2011 - 2012
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Health Literacy Annual Research Conference
Washington, DC 2009, 2010, 2011, 2012, 2013, 2014, 2015

Association of Maternal Child Health Programs Annual Conference
Washington, DC 2008, 2010

Leadership Training Conference
University of Indiana, Indianapolis
March 2009

Annual Zero to Three National Training Institute
Zero to Three, National Center for Infants, Toddlers and Families
Albuquerque, NM Dec 2006; Washington DC 2001- 2011, 2013, 2015

Course in The Protection of Human Research Subjects
University of Washington Online Course completed April 2006

Association for Behavioral Science in Medicine Annual Conference

Invited Plenary Speaker
San Diego CA, October 2005

Healthy Child Care Washington with EHS
2005 Annual Conference
Wenatchee WA March 2005

Challenging Issues with Families in NICU
20th Annual Developmental Interventions in Neonatal Care
Seattle WA November 7, 2004

Reiki Master Training, March 2004

Zimbate' Level 1 April 2004

University of Washington, Center for Health Education & Research
Curriculum Design Workshop
Seattle WA February 2003

Zero to Three Leadership Development Institute
Assessment of School Readiness
Chicago IL October 5-7, 2002

Zero to Three Scientific Meeting – Framing Early Child Development
Strategic Frame Analysis with Frank Gilliam, MD, PhD
Washington DC May 17, 2002

Media Training
Leadership Development Institute
Washington DC May 18, 2002

Presentation Training
Leadership Development Institute
San Diego CA December 1, 2001

23rd Annual Conference on Patient Education
American Academy of Family Physicians & Soc. for Teachers of Family Medicine
Seattle WA November 16-18, 2001

Monterey Life Skills Progression Trainer Training
Monterey County Department of Health
Monterey CA October 19, 2001

Second National Conference on Quality Health Care for Culturally Diverse Populations:
Strategy and Action for Communities and Providers
Diversity RX
Los Angeles CA October 11-14, 2000

22nd Annual Conference on Patient Education
American Academy of Family Physicians & Society for Teachers of Family Medicine
Albuquerque NM November 13-16, 2000

Women's Health 2000
Health Education Research Institute
Sacramento CA January 21-23, 2000

21st Annual Conference on Patient Education
American Academy of Family Physicians & Society for Teachers of Family Medicine

Austin TX November 11-14 1999

8th Annual Conference on Care Management
University of Washington and Harborview Medical Centers
Seattle WA June 3-4, 1999

Building Bridges V:
Using Research to Bridge the Gap Between Perception and Reality
American Association of Health Plans, Agency for Health Care Policy and Research
Centers for Disease Control and Prevention
Chicago IL April 11-13, 1999

7th Annual Care Management Conference:
Tools, Systems and Outcomes
University of Washington & Harborview Medical Centers
Seattle WA June 18-19, 1998

9th Annual Regional Case Management Conference
Washington Medical Case Management Association
Seattle WA May 13-15, 1998

Northwest Health Policy Research Conference
University of Washington Health Sciences Schools
Agency for Health Care Policy & Research
Seattle WA May 14, 1998

Society of Public Health Education
Health Program Evaluation
Seattle WA April 28, 1998

Research Administration Management Systems
Fedix Opportunity Alert Seminars
Applying for Federal, Foundation, and Corporate Grants
Seattle WA March 23, 1998

American Public Health Association Annual Meeting
Health Care Issues of Immigrant Populations
Indianapolis IN November 9 -13, 1997

PNW SOPHE Fall 1997 Program
Health Education Materials that Work
Tacoma WA October 24, 1997

Northwest Health Policy Research Conference
Agency for Health Care Policy and Research, Group Health Cooperative of Puget Sound,
University of Washington Health Sciences Schools
Seattle WA June 23, 1997

Putting the Public Back in Public Health
University of Washington School of Public Health
Barry Levy, President, American Public Health Association, Seattle WA March 12, 1997

American Association for the Advancement of Science
1997 Annual Meeting
Managing Risks, Managing Care
Seattle WA February 14-18, 1997

1996 Washington Health Legislative Conference
Transforming the Health System: What is Government's Role?
Washington Health, Health Policy Analysis Program UW School of Public Health and
Community Medicine
Seattle WA December 12, 1996

Health Care: Putting the Pieces Together
Association of Washington Business, Health Care Forum for Business, Coalition for
Health Care Choice
SeaTac WA December 5, 1996

UN Conference on Women: One Year Later
President's Interagency Council on Women
Developing a National Agenda for the Advancement of Girls & Women
Seattle WA September 28, 1996

US Office of Public Health and Science Tri-Regional Invitational Leadership Forum: An
Action Agenda for Women's Health: Fostering Community Partnerships
US Public Health Service Regions VII, IX, X, W.H.E.R.E., Blue Cross
Community Partnerships for Health: How to Impact Public Policy
Seattle WA September 26-27 1996

Women's Health Managed Care
The Managed Care Advisory Council
Perinatal Health Education/Case Management Programs
Philadelphia PA July 22-24 1996

Women's Health in Medicaid Managed Care
The Managed Care Advisory Council
Philadelphia PA July 24-25 1996

African American Women's Health Care Summit:
Impact of Health Care Reform
US Public Health Service Region X
Seattle WA Sept. 26-27 1994

Certified Health Plans Workshop
Office of the Insurance Commissioner, Washington State
Seattle WA February 23, 1994

References on request