

Curriculum Vitae  
**Susan Aguiñaga, MS**

University of Illinois at Chicago  
Department of Kinesiology and Nutrition  
1919 W. Taylor St., Room 613, MC 994  
Chicago, IL 60612  
Phone: (312)413-0087  
E-mail: [saguina2@uic.edu](mailto:saguina2@uic.edu)  
Website: <http://www.uic.edu/labs/epl/>

**A. EDUCATION:**

**Enrolled in Doctor of Philosophy Program**

Fall 2012-present

*University of Illinois at Chicago*

*Major:* Kinesiology, Nutrition, and Rehabilitation Sciences

*Emphasis:* Exercise and Health Psychology

*Advisor:* Dr. David X. Marquez

**Master of Science**

May 2012

*University of Illinois at Chicago*

*Major:* Kinesiology

*Emphasis:* Exercise Physiology

*Advisor:* Dr. David X. Marquez

**Bachelor of Science**

May 2010

*University of Illinois at Chicago*

*Major:* Kinesiology

*Minor:* Nutrition

**B. RESEARCH EXPERIENCE:**

LUCID: Latinos Unique scenario, Cognitive Impairment addressed via Dance (Rush University Alzheimer's Disease Center and UIC Department of Kinesiology and Nutrition Funding, PI: David X. Marquez)

**Role: Co-Investigator**

Fall 2014-present

Assist with study design, IRB materials, translation of recruitment materials, screening, and data collection for a study that examines the feasibility of implementing the BAILAMOS© program in older Latinos with mild memory loss.

BAILA: Being Active, Increasing Latinos' Healthy Aging (1 R01 NR01315101 PI: David X. Marquez)

**Role: Project Coordinator/Research Assistant**

Fall 2011-present

Assist with training of personnel, translation of recruitment materials, recruitment, screening, testing, and data collection for a randomized-controlled trial that tests the impact of the revised BAILAMOS© program on lifestyle physical activity, self-efficacy, and health outcomes at 4 months and BAILAMOS© maintenance activities at 8 months.

Physical Activity and Health of Latinos (UIC Department of Kinesiology and Nutrition Funding)

**Role: Principal Investigator**

Fall 2011-present

Designed and conducted a cross-sectional study that examined the physical activity levels among middle-older aged Latino food service workers, and examined how physical activity and occupational physical activity relates to health outcomes.

BAILA-C: Bypassing Alzheimer's, Increasing Latinos' Activity and Cognition (Alzheimer's Association, New Investigator Research Grant to Promote Diversity, PI: David X. Marquez)

**Role: Research Assistant**

Fall 2011-Fall 2013

Assisted with translation of recruitment materials, recruitment, screening, testing, and data collection for a randomized-controlled trial that examined the impact of the revised BAILAMOS© program on quality of life, lifestyle physical activity, and physical and cognitive function of older Latino adults.

Translation of Fit & Strong! for Older Latinos (Midwest Roybal Center for Health Promotion Grant, PI: Susan Hughes)

**Role: Research Assistant**

Spring 2011

Assisted with translation of recruitment materials for a study that tested the implementation of the Fit and Strong! program among older Latino adults with arthritis.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Concept Paper: Examining Barriers to WIC Retention Among Children (United States Department of Agriculture (USDA) Grant, PI: Angela Odoms-Young)

**Role: Research Assistant**

Spring 2011

Assisted with IRB materials, translation of recruitment materials, and data collection for a study on the barriers and facilitators towards child participation in WIC.

Project WEL: Walking & Environment in Older Latinos (Midwest Roybal Center for Health Promotion and Translation Grant, PI: David X. Marquez)

Fall 2010

**Role: Research Assistant**

Assisted with recruitment of participants, translation of recruitment materials, data collection and manuscript preparation for a study that identified the barriers and facilitators to walking/physical activity among older Latinos.

BAILE, Boosting Activity in Latino Elderly (Midwest Roybal Center for Health Promotion and Translation Grant, PI: David X. Marquez)

**Role: Research Assistant**

Fall 2009-Spring 2010

Assisted with the translation of recruitment materials, recruitment, screening, and testing of participants, and data collection and entry for a randomized-controlled trial that tested the revised 4-month BAILAMOS© program in sedentary older Latinos who are overweight/obese.

BAILAMOS© Balance & Activity In Latinos: Addressing Mobility in Older adults (UIC Department of Kinesiology and Nutrition Funding, PI: David X. Marquez)

**Role: Undergraduate Research Assistant**

Fall 2009-Spring 2010

Assisted with translation of recruitment materials, recruitment, screening and testing of participants, data collection and entry, and manuscript preparation for a single group pilot examining the feasibility and impact of the BAILAMOS Latin dance program for older Latinos.

Perceptions of Dance among Latinos (UIC Department of Kinesiology and Nutrition Funding, PI: David X. Marquez)

**Role: Undergraduate Research Assistant**

Summer 2009

Assisted with focus group sessions, and analyzed transcribed data for a study on the perceptions of dance among older Latinos.

**C. TEACHING EXPERIENCE:**

**Teaching Assistant**

*University of Illinois at Chicago; Department of Kinesiology and Nutrition*

Fall 2011-Spring 2013

Assist with general course maintenance such as grading, attendance, record keeping, and student communication for KN 100 Kinesiology and Nutrition First-year Seminar, KN 335 Exercise Psychology, KN 372 Motor Control and Learning, and KN 472 Movement Neuroscience

**D. ARTICLES IN REFEREED JOURNALS**

Marquez, D. X., Bustamante, E. E., & **Aguiñaga, S.** & Hernandez, R. (In press). BAILAMOS<sup>®</sup>: Development, pilot testing, and future directions of a Latin dance program for Older Latinos. *Health Education & Behavior*.

Marquez, D. X., **Aguiñaga, S.**, Campa, J., Pinsker, E., & Bustamante, E. E., & Hernandez, R. (In press). A Qualitative Exploration of Factors Associated with Walking and Physical Activity in Community-Dwelling Older Latino Adults. *Journal of Applied Gerontology*.

**E. MANUSCRIPTS IN PREPARATION**

**Aguiñaga, S.**, Halloway, S., Wilbur, J., Hughes, S., Wilson, R.S., Fogg, L.F., & Marquez, D.X. (In preparation). Physical activity changes in older Latinos after participation in BAILAMOS.

**Aguiñaga, S.**, & Marquez, D.X. (In preparation). Physical activity and health of middle- and older-aged Latino food service workers.

Marquez, D.X., Wilson, R.S., **Aguiñaga, S.**, Wilbur, J., Hughes, S., & Fogg, L.F. (In preparation). Cognitive changes in older Latinos after participation in BAILAMOS.

Marquez, D.X., Wilcox, S., Griffith, M., Janicek, S.J., & **Aguiñaga, S.** (In preparation). Perceptions and beliefs about the role of physical activity and nutrition on brain health in older Latinos.

Marquez, D. X., Whitt-Glover, M. C., **Aguiñaga, S.**, Hughes, S., & Wilbur, J. (In preparation). Interventions with older Latinos: Challenges and a cultural paradigm to address the challenges

**F. REFEREED PRESENTATIONS:**

**Aguiñaga, S.**, Fogg, L.F., Wilbur, J., Hughes, S.L., Marquez, D.X. Influence of Latin Dance on Objectively Measured Physical Activity among Older Latinos. Symposium to be presented at the annual meeting of the American College of Sports Medicine (ACSM), Boston, Massachusetts, 2016.

- Aguiñaga, S.**, Vásquez, P., Logsdon, R., Marquez D.X. Sedentary Behavior, Depression, and Weight Status among older Latinos with Mild Cognitive Impairment. Poster to be presented at the Sedentary Behavior and Health Conference at the University of Illinois at Urbana-Champaign, October, 2015.
- Aguiñaga, S.** Vásquez, P., Wilson, R.S., Fogg, L.F., Wilbur, J., Hughes, S., & Marquez. Influence of Latin Dance on Mobility and Physical Activity among Older Latinos. Poster presented at the National Institute on Aging Resource Centers for Minority Research (RCMAR) Gerontological Society of America Preconference, Washington, DC, November, 2014.
- Aguiñaga, S.**, Wilson, R.S., Fogg, L.F., Wilbur, J., Hughes, S., & Marquez. Influence of Latin Dance on Mobility among Older Latinos. Poster presented the annual meeting of the Gerontological Society of America, Washington, DC, November, 2014 and presented at the Cells to Community graduate event at the University of Illinois at Chicago, September, 2014.
- Aguiñaga, S.**, Vásquez, P., Wilson, R.S., Fogg, L.F., Wilbur, J., Hughes, S., & Marquez. Latin Dance and Health Education: Influence on Cognitive Function. Poster presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA, April, 2014 and presented at the International Conference on Aging in the Americas, Boulder, CO, September, 2014.
- Aponte-Soto, L., Castillo, A., Hernandez, R. **Aguiñaga, S.** Improving Health of Latino Elders: Lessons Learned from Chicago-based Health Interventions. Panel discussion presented at seventh annual Health Disparities and Social Justice Conference, Chicago, IL, February 2014.
- Marquez, D. X., Whitt-Glover, M. C., & **Aguiñaga, S.** Interventions with older Latinos: Challenges and a cultural paradigm to address the challenges. Panel Discussion presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, March, 2013.
- Bustamante, E.E., **Aguiñaga, S.**, Bevan, J. Physical Activity Intervention in Older Latino Adults: Processes, Challenges, and Opportunities. Symposium presented at the Midwest American College of Sports Medicine (MWACSM) Regional Meeting, Oregon, OH. November, 2012
- Aguiñaga, S.** Campa, J., Pinsker, E., Bustamante, E.E., Marquez, D.X. Built Environment Influences on Walking in Older Latinos. Poster presented at the annual meeting of Society of Behavioral Medicine, New Orleans, LA, 2012.
- Marquez, D.X., Bustamante, E.E., **Aguiñaga, S.**, Wilbur, J., & Mendez, M. Feasibility and Impact of a Latin Dance Program on Self-Reported Physical Activity and Quality of Life among Older Latino Adults. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC, 2011.
- Marquez, D. X., Bustamante, E. E., **Aguiñaga, S.**, Wilbur, J., & Mendez, M. Creation and impact of a Latin dance program on self-reported physical activity and enjoyment among older Latino adults. Poster presented at the annual meeting of the Gerontological Society of America, New Orleans, LA, 2010.

## G. AWARDS AND HONORS

**Level 2 Participant in ACSM Leadership and Diversity Program**

2012-2015

*American College of Sports Medicine***Chancellor's Student Service Award**

Spring 2010 &amp; Spring 2015

*University of Illinois at Chicago***Diversifying Higher Education Faculty in Illinois Fellowship Program**

2013-2014

*Illinois Board of Higher Education*

Program that aids students to complete graduate degrees leading to a faculty or staff position at Illinois higher education institutions

**Department of Kinesiology and Nutrition Funding**

Spring 2013 &amp; Spring 2014

*University of Illinois at Chicago*

Funding to assist graduate students presenting research at national conferences in meeting travel-related expenses

**Travel Award**

Spring 2011, Spring 2014, Fall 2014

*University of Illinois at Chicago Graduate Student Council*

Award to assist graduate students presenting research at national conferences in meeting travel-related expenses

**HCOE Pre-Medical Health Disparities Summer Research Program**

Summer 2011

*University of Illinois at Chicago*

A ten week paid fellowship that provides skill sets to prove a hypothesis, understand preliminary data and findings, and understand the outcomes of research, application and its importance in the medical field

**Department of Kinesiology and Nutrition Funding**

Fall 2011

*University of Illinois at Chicago*

Funding to conduct master's project

**Level 2 Participant in Midwest ACSM Mentoring and Leadership Program**

October 2010-October 2011

*Midwest American College of Sports Medicine***Medicina Scholars Program Award**

Spring 2008

*Hispanic Center of Excellence at the University of Illinois at Chicago*

Award given to students who complete a three year program designed to introduce Latino scholars to the medical profession

**H. CERTIFICATIONS****American Heart Association/Emergency Care & Safety Institute**

November 2011-present

*University of Illinois at Chicago*

Certified in CPR, AED, and First Aid

**Certificate of Completion as a Medical Interpreter**

December 2004-present

*Waubonsee Community College*

**I. LANGUAGES**

English (native)  
 Spanish (excellent reading, writing and conversational)

**J. PROFESSIONAL SOCIETIES**

Gerontological Society of America (GSA) Fall 2013-present  
 American College of Sports Medicine (ACSM) Fall 2010-present  
 Society of Behavioral Medicine (SBM) March 2011-present

**K. PROFESSIONAL SERVICE**

Board Member May 2013-present  
*University of Illinois at Chicago, Latina/o Graduate Student Association*

Member December 2012  
*University of Illinois at Chicago, Search Committee of Visiting Research Specialist*

Student Representative Summer 2011-present  
*University of Illinois at Chicago, Diversity Strategic Thinking and Planning Initiative*  
 Campus-wide effort to make diversity foundational to all of the colleges and campus units

**L. CONFERENCES ATTENDED**

International Conference on Aging in the Americas September 2014

Alzheimer's disease: Translating Research into Care June 2014

DePaul Health Disparities and Social Justice Conference February 2014

Gerontological Society of America October 2013-2014

Pan American Health Organization and Healthy Aging Network Meeting October 2011

Reshaping Chicago Together: A Citywide Summit July 2011

American College of Sports Medicine June 2011-2014

Society of Behavioral Medicine April 2011-2014

UIC Minority Health in the Midwest Conference February 2011-2013

Midwest ACSM Annual Meeting October 2010-2013

IOM- UIC Midwest Conference on Diabetes and Obesity September 2010