

## CURRICULUM VITAE

A. Personal Information:

Name in Full Selena T. Nguyen-Rodriguez  
 Business Address California State University, Long Beach  
 Department of Health Science  
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B. Education:

High School Santa Ana Valley High School, California, 1995  
 College or University California State University, San Diego, 1995-96  
 California State University, Long Beach, B.A.  
 (Psychology), 2001  
 Advanced Degree University of Southern California, M.P.H.  
 (Biostatistics & Epidemiology), 2004  
 University of Southern California, Ph.D.  
 (Preventive Medicine), 2006  
 Post-degree Training University of Southern California, Postdoctoral  
 Research Associate (Health Behavior Research),  
 2007-2010  
 Honors and Awards B.A. in Psychology received with high academic  
 honors (magna cum laude), 2001  
 CSULB NIMH COR Star, Washington, DC, 2009  
 Recognition for outstanding service, CSULB Eta  
 Sigma Gamma (Health Education Honor  
 Society), 2014  
 Early Academic Career Excellence Award,  
 California State University, Long Beach, 2015  
 Programs to Increase Diversity among Individuals  
 Engaged in Health-Related Research (PRIDE)  
 Scholar, 2015-2016  
 Additional Training Summer Institute in Behavioral and Sleep  
 Medicine. NHLBI PRIDE Summer Institute,  
 New York University (NYU), Langone Medical  
 Center, New York, New York, 2015-2016  
 Qualitative Research Methods in Education  
 (Educational Psychology [EDP] 595). Graduate  
 course at California State University, Long  
 Beach, Spring 2020

Mixed Methods Research: Combining Quantitative and Qualitative Data and Strategies (online).  
Inter-university Consortium for Political and Social Research (ICPSR)



Beatriz Sosa-Prado, "Acculturation and Dietary Intake Of Latina Mothers in Los Angeles County," Department of Health Science, California State University, Long Beach, 2011-2012 (committee member)

Jessica Beaudoin, "Fruit and Vegetable Intake among Latina Mothers and their Children in Relation to Maternal Self-Efficacy and Intention," Department of Family and Consumer Sciences - Nutrition and Dietetics, California State University, Long Beach, 2012-2013 (committee member)

Angela Gilmore, "Understanding the Nurse-Client Relationship in Home Visiting: Program Guidelines versus Nurse Autonomy," Department of Nursing, California Sta

Amanda Limon, "Acculturative Stress, Generalized Anxiety and Major Depressive Disorder among Latino Subgroups," Department of Health Science, California State University, Long Beach, 2015-2016 (Chair)  
Jazmin Martinez, "Patient-

Jill Vrastril, "A Comparison of Mineral Content in Organically and Conventionally Grown Almonds,"





## Reviewer

### Journals

American Journal of Preventive Medicine  
Appetite  
Californian Journal of Health Promotion  
Childhood Obesity  
Eating Behaviors  
Evaluation & the Health Professions  
International Journal of Eating Disorders  
International Journal of Pediatric Obesity  
Journal of Adolescent Health  
Journal of Early Adolescence  
Journal of Latinx Psychology  
Nicotine and Tobacco Research

Appended

Article listing available at: <https://www.ncbi.nlm.nih.gov/myncbi/1Xk7b-7JhpsA7/bibliography/public/>

#### Major Areas of Research

Psychological determinants (stress, anxiety, depression) of health behaviors (sleep, diet, physical activity) and outcomes (sleep health, obesity, metabolic health). Cultural influences on health behavior and outcomes

- 2014-2019, BUILD Leadership Team
6. Advancing Nutrition Development through Alliances for Leadership and Education (ANDALE) Scholars Program; Nguyen-Rodriguez (PI 2017-2018), Garcia (PI 2018-2020 2017-67033-26008, US Department of Agriculture 2017-2018, Principal Investigator & Mentor 2017-2020, Mentor
  7. Multilevel Antecedents of Sleep in Latino Youth Nguyen-Rodriguez (PI) 1K01HL140283-01A1, National Institutes of Health 2018-2023, Principal Investigator

### Internal Funding

1. Psychological and behavioral correlates of sleep related to obesity in Latino children; Nguyen-Rodriguez (PI) California State University, Long Beach, College of Health and Human Services Research and Scholarly Activity Reassigned Time and Small Faculty Grants Program Spring 2017, Principal Investigator
2. Adiposity in Latino youth: Psychological and behavioral correlates of sleep; Nguyen-Rodriguez (PI) 5UL1GM118979-03, CSULB Building Biomedical Research Initiative (NIH) Collaborative Research Stimulation Grants Program 2016-2017, Principal Investigator
3. Objective Assessment of Sleep in Minority Youth; Nguyen-Rodriguez (PI) CSULB Building Biomedical Research Initiative (NIH) Small Equipment and Computers Grant Program Spring 2018, Principal Investigator
4. Ecological Momentary Assessment of Antecedents of Sleep in Latinx Youth; Nguyen-Rodriguez (PI) California State University, Long Beach, College of Health and Human Services Research and Scholarly Activity Reassigned Time and Small Faculty Grants Program Spring 2020, Principal Investigator

### Scholarship/Stipend/Incentives

1. Health Disparities Research Loan Repayment Program NIH NCHMD, 2007-2009.
2. Health Disparities Research Loan Repayment Program NIH NCHMD, 2009-2011.
3. Health Disparities Research Loan Repayment Program NIH NCHMD, 2011-2012.

4. CSULB College of Health and Human Services (CHHS)  
“Grant Ready” Incentive Program, Spring 2020.
5. CSU Social Science Research and Instructional Council (SSRIC)  
Stipend for the 2020 Summer Program presented by the Inter-  
University Consortium for Political and Social Research (ICPSR),  
Summer 2020.

## BIBLIOGRAPHY

\*Undergraduate student mentee author

\*\*Graduate student mentee author

### PEER REVIEW

1. Nezami E, Unger J, Tan S, Mahaffey C, Ritt-Olson A, Sussman S, **Nguyen-Michel S**, Baezconde-Garbanati L, Azen S, Johnson CA.



18. Belcher B, Chou C-P, **Nguyen-Rodriguez S**, Hsu Y-W, Byrd-Williams C, McClain A, Weigensberg M, Spruijt-Metz D.  
Leptin predicts a decline in moderate to vigorous physical activity in minority female children at risk for obesity.  
*Pediatr Obes* 8: 70-77, 2012.
19. Schembre SM, Wen F, Davis JN, **Nguyen-Rodriguez ST**, Belcher BR, Hsu Y-W, Shen E, Weigensberg MJ, Goran MI, Spruijt-Metz D.  
Eating breakfast more frequently is cross-sectionally associated with greater physical activity and lower levels of adiposity in overweight Latina and African American girls.  
*Amer J Clin Nutr* 98: 275-28, 2013.
20. Spruijt-Metz D, Belcher BR, Hsu Y-W, McClain AD, Chou CP, **Nguyen-Rodriguez S**, Weigensberg MJ, Goran MI  
Temporal relationship between insulin sensitivity and the pubertal decline in physical activity in peri-pubertal Hispanic and African American females.  
*Diab Care* 36: 3739-3745, 2013.
21. Hsu Y-W, Chou C-P, Belcher BR, **Nguyen-Rodriguez ST**, Weigensberg MJ, McClain AD, Spruijt-Metz D.  
Double jeopardy: Metabolic syndrome leads to increased sedentary behavior in peri-pubertal minority females.  
*Pediatr Exer Sci* 26: 266-273, 2014.
22. Rios-Ellis B, **Nguyen-Rodriguez ST**, Espinoza L, Galvez G, Garcia-Vega M.  
Engaging community with promotores de salud to support infant nutrition and breastfeeding among Latinas residing in Los Angeles county: Salud con Hyland's.  
*Health Care Women Int* 36: 711-729, 2015.
23. **Nguyen-Rodriguez ST**, Lisha NE, Spruijt-Metz D, Sun P, Rohrbach LA, Sussman S.  
Coping mediates the effects of depressive symptoms on sleep problems.  
*Amer J Health Behav* 39: 183-190, 2015.
24. Rios-Ellis B, Becker D, Espinoza L, **Nguyen-Rodriguez S**, Diaz G, Carricchi A, Galvez G, Garcia M.  
Evaluation of a community health worker intervention to reduce HIV/AIDS stigma and to increase motivation for HIV testing among underserved Latinos in three communities in the Southwestern United States.  
*Public Health Reports* 130: 458-467, 2015.
25. McDonough M, Vargas M, **Nguyen-Rodriguez S**, Garcia M, Galvez G, Kabore C,

26. \*\*Campbell JA, Farmer GC, **Nguyen-Rodriguez S**, Walker R, Egede L.  
Using path analysis to examine the relationship between sexual abuse in childhood and diabetes in adulthood in a sample of US adults.  
Prev Med 108: 1-7; 2017. doi: 10.1016/j.ypmed.2017.12.013
27. \*\*Campbell JA, Farmer GC, **Nguyen-Rodriguez S**, Walker R, Egede L.  
Relationship between individual categories of adverse childhood experience and diabetes in adulthood in a sample of us adults: Does it differ by gender?  
J Diab Complications 32: 139-143; 2018. doi: 10.1016/j.jdiacomp.2017.11.005
28. \*\*Chamberlin A, **Nguyen-Rodriguez S**, Gray V, Reiboldt W, Peterson C, Spruijt-Metz D.  
Academic-related factors and emotional eating in adolescents.  
J School Health 88: 493-499; 2018. doi: 10.1111/josh.12638
29. \*Rafferty A, Gray VB, Nguyen J, **Nguyen-Rodriguez S**, Barrack M, \*Lin S.  
Parents report competing priorities influence snack choice in youth sports.  
J Nutr Edu Behav 50: 1032-1039; 2018. doi: 10.1016/j.jneb.2018.04.275
30. \*\*Cordola Hsu A, **Nguyen-Rodriguez ST**, Spruijt-Metz D.  
Age, physical activity motivation and perceived stress in minority girls

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4. **Nguyen-Rodriguez ST**, Arevalo SP, Falcon LM, Tucker KL.  
Perceived stress predicts sleep problems among older Puerto Rican adults.
5. Arevalo SP, **Nguyen-Rodriguez ST**, Falcon LM, Tucker KL.  
Sleep and cognition: Results from a longitudinal cohort of older Puerto Rican adults.
6. **Nguyen-Rodriguez ST**, Buxton OM.  
Psychological and behavioral correlates of sleep in youth: A review

#### PEER REVIEWED ABSTRACTS AND PRESENTATIONS

1. **Nguyen-Michel S**, Gallaher P, Unger JB, Johnson CA.  
Bonding to neighborhood, school, and parents among adolescent self-identified peer groups as protective against smoking.  
Poster, Tobacco-Related Disease Research Program Annual Investigators' Meeting San Francisco, CA, December 2002.
2. Unger JB, Shakib S, Gallaher P, Wu-Weiss J, Ritt-Olson A, Mouttapa M, **Nguyen-Michel S**, Palmer PH, Johnson CA.  
Biculturalism in protective against psychosocial risk factors for adolescent smoking.  
Poster, Tobacco-Related Disease Research Program Annual Investigators' Meeting San Francisco, CA, December 2002.
3. Ritt-Olson A, Nezami E, Tan S, **Nguyen-Michel S**, Unger JB, Hanna J, Romero A, Johnson CA.  
The influence of depressive symptoms of smoking behavior and intention to smoke









Poster, 140th APHA Annual Meeting  
San Francisco, CA, October 27 - October 31, 2012.

34. Garcia-Vega M, Rios-Ellis B, Frank GC, **Nguyen-Rodriguez ST**.  
Sanos y Fuertes (Healthy and Strong) childhood obesity prevention through culturally relevant curriculum development and health education with Latino families.  
Oral presentation, 140th APHA Annual Meeting  
San Francisco, CA, October 27 - October 31, 2012.
  
35. McDonough M, **Nguyen-Rodriguez S**, Garcia M, Gatdula N, Rios-Ellis B.  
Evaluation results of a *promotores de salud* approach to prevent obesity among Latinos.  
Poster, 140th APHA Annual Meeting and Exposition  
San Francisco, CA, October 27 – October 31, 2012.
  
36. Cardoza V, Pompa D, Gepp AJ, McDonough M, Kabore C, Rios-Ellis B, **Nguyen-Rodriguez ST**, Velasquez C, Wilson A.  
Mujer Sana, Familia Fuerte: A promotoras-led culturally competent and linguistically appropriate cervical cancer prevention project for Latina women in the United States.  
Oral presentation, 140th APHA Annual Meeting and Exposition  
San Francisco, CA, October 27 – October 31, 2012.
  
37. Bonilla E, Garcia-Vega M, **Nguyen-Rodriguez ST**, Cardoza VJ, McDonough M.  
Culturally relevant cervical cancer prevention: Assessing the correlation between motherhood and likelihood to seek preventive care.  
Poster, National Conference on Health Disparities  
Little Rock, AR, November 28 – December 1, 2012.
  
38. **\*\*Cordola A, Nguyen-Rodriguez ST, Ortega E, Garcia M, Rios-Ellis B.**  
Does country of origin impact Alzheimer’s-related knowledge among Latinos?  
Poster , National Conference on Health Disparities  
Little Rock, AR, November 28 – December 1, 2012.
  
39. **\*\*Sok J, Nguyen-Rodriguez ST, Gepp AJ, Rios-Ellis B.**  
Gender differences in discussion of family health history among Latinos.  
Poster, National Conference on Health Disparities  
Little Rock, AR, November 28 – December 1, 2012.
  
40. **\*\*Rosell P, Nguyen-Rodriguez ST, Garcia M, Frank G, Rios-Ellis B.**  
Education is not related to healthy dietary intake and activity levels among Latino adults.  
Poster, National Conference on Health Disparities  
Little Rock, AR, November 28 – December 1, 2012.



Boston, MA, November 2- November 6, 2013.

49. Rios-Ellis B, Frank G, **Nguyen-Rodriguez ST**, Garcia-Vega M, Rascon M.  
Creating culturally relevant programs for the university and community.  
Poster, Society for Nutrition Education Conference  
Portland, OR, August 9 – August 12, 2013.

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57. \*\*Avila V, **Nguyen-Rodriguez ST**, Galvez G, Garcia M, Rios-Ellis B.  
Breakfast and sugary beverage intake affect physical activity.  
Poster, Eighth Annual National Conference on Health Disparities  
Long Beach, CA, November 5-8, 2014.
58. \*\*Álvarez L, **Nguyen-Rodriguez S**, Spruijt-Metz D.  
Pubertal differences in psychosocial determinants of physical activity in minority  
middle school girls.  
Poster, Eighth Annual National Conference on Health Disparities  
Long Beach, CA, November 5-8, 2014.
59. \*\*Gonzalez E, **Nguyen-Rodriguez ST**, Bird M, Rios-Ellis B.  
Is there a relationship between technology use and Latino youth weight status?  
Poster, Eighth Annual National Conference on Health Disparities  
Long Beach, CA, November 5-8, 2014.
60. Bird M, Rios-Ellis B, Frank G, **Nguyen-Rodriguez S**, Gatdula N, Bonilla E.  
A family-based interve(l)-2 ( C)30 Tc 0 69nai1 (c)-1(oni)-2 (t)-2hoo (n)5 ob3 (e)-1 (e)-1 (i)- C4

65. Bird M, Frank G, **Nguyen-Rodriguez ST**, Gatdula N, Bonilla E.  
**Sanos y Fuertes**A creative Latino family-oriented approach to childhood obesity prevention.  
Poster, Society for Nutrition Education and Behavior Annual Conference  
Pittsburgh, PA, July 25 – 28, 2015.
66. Bird M, Gatdula N, **Nguyen-Rodriguez ST**, Frank G, Bonilla E, Garcia-Vega M.  
An obesity prevention intervention for Latino families.  
Poster, Society for Nutrition Education and Behavior Annual Conference  
Pittsburgh, PA, July 25 – 28, 2015.
67. \*Lopez S, Hantanachaikul W, Rogala BE, Nguyen-Rodriguez S, Romo K.  
Mental health problems of women in a substance abuse outpatient program.  
Poster, Latino Health Equity Conference  
Long Beach, CA, March 18, 2016.
68. \*Atencio, A. Frank G, **Nguyen-Rodriguez S**, Bird M, Gatdula N, Bonilla E.  
Assessing the correlation between nutrition knowledge and the use of nutrition guidelines.  
Poster, Latino Health Equity Conference  
Long Beach, CA, March 18, 2016.
69. \*\*Ayala ST, **Nguyen-Rodriguez ST**, Bird M, Frank G, Bonilla E, Gatdula N.  
Parental intentions to improve children’s health behaviors do not predict role modeling.  
Poster, Latino Health Equity Conference  
Long Beach, CA, March 18, 2016.
70. \*\*Carr A-A, Bavarian N, **Nguyen-Rodriguez S**, Andres Taylor C.  
Examining differences in gestational diabetes mellitus correlates between Latina and Non-Hispanic White women: An ecological approach.  
Poster, Latino Health Equity Conference  
Long Beach, CA, March 18, 2016.
71. \*\*Carvajal, J. Frank G, **Nguyen-Rodriguez S**, Bird M, Gatdula N, Bonilla E.  
Is age and number of children associated with parent intentions to engage in healthy eating behaviors?  
Poster, Latino Health Equity Conference  
Long Beach, CA, March 18, 2016.
72. \*\*González C, **Nguyen-Rodriguez ST**, Frank GC, Bird M, Gatdula N, Bonilla E.  
Parental intentions are associated with child dietary intake in Latino families.  
Poster, Latino Health Equity Conference  
Long Beach, CA, March 18, 2016.



Community Forums: An Innovative Approach to Engage Community in Research Planning and Dissemination.

Oral presentation, American Public Health Association Annual Meeting and Expo  
San Diego, CA, November 10-14, 2018.

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104. Chun C-A, Chin Goosby K, Streicker N, Carrada Zuniga N, Dillon J, Mendoza R, **Nguyen-Rodriguez S**.  
 Holding ourselves accountable to racial justice: The evolution of the diversity, equity and inclusion work within an undergraduate research training program.  
 Panel session, 2021 CUR Conference, Council on Undergraduate Research  
 Online meeting, June 23-25, 2021.

#### INVITED PRESENTATIONS

1. **Nguyen-Rodriguez ST**.  
 Stress, eating and physical activity.  
 Invited lecture, Continuing Medical Education (CME) Program Evaluation, Olympia Medical Center  
 Los Angeles, California, September 5, 2007.
2. **Nguyen-Rodriguez ST**.  
 Emotional eating in minority youth: Paths to obesity and avenues for prevention.  
 Invited lecture, California State University, Long Beach NIMH COR Colloquium Series  
 Long Beach, CA, November 4, 2009.
3. **Nguyen-Rodriguez ST**.  
 Diabetes risk and prevention.  
 Invited lecture, St. Cyril of Jerusalem School, Health Education Presentation  
 Encino, CA, February 3, 2010.
4. **Nguyen-Rodriguez ST**, Ventura EE.  
 Nutrition and diabetes prevention: Strategies for Latino youth.  
 Oral presentation, Sembrando y Cosechando Una Comunidad Saludable, Foro Obesidad Infantil [Planting and Sowing a Healthy Community, Pediatric Obesity Conference]  
 Calexico, CA, March 31, 2010.
5. **Nguyen-Rodriguez ST**, Ventura EE, Baezconde-Garbanati L.  
 Obesity and diabetes in Latinos: Background and prevention strategies.  
 Invited lecture, Worker Education Resource Center (WERC) LA County Employee Training  
 Los Angeles, CA, November 3, 2010 & May 16, 2011.
6. **Nguyen-Rodriguez ST**, Rios-Ellis B, Frank G.  
 Transdisciplinary graduate education and training to prevent Latino childhood obesity.  
 Oral presentation, Harbor-UCLA LABioMed Obesity Symposium  
 Torrance, CA, November 22 – November 23, 2013.

7. **Nguyen-Rodriguez ST**, Rios-Ellis B, Frank G, Bird M, Gatdula N, Garcia M, Bonilla E.  
Transdisciplinary Graduate Education and Training to Prevent Latino Childhood Obesity: A transdisciplinary approach for an underserved, disproportionately, high-risk pediatric population.  
Oral presentation, BUILD Research Symposium  
Long Beach, CA, April 16, 2016.
8. **Nguyen-Rodriguez ST**.  
Latino health equity via childhood obesity prevention research.  
Keynote speaker, California State University, Monterey Bay, College of Health Sciences and Human Services Diversity Celebration Series, Hispanic Heritage Month Event  
Seaside, CA, September 26, 2018.
9. **Nguyen-Rodriguez ST**.  
Exploring sleep as a novel strategy for obesity intervention in minority youth.  
Oral presentation, California State University, Long Beach, Center for Latino Community Health, Evaluation and Leadership Training, Research Brown Bag Series  
Long Beach, CA (virtual), December 9, 2020.
10. **Nguyen-Rodriguez ST**, Baezconde-Garbanati L.  
Lessons Learned: Experience with the Research Career Development (K) Award.  
Invited panel presentation, The CHER Institute (virtual)  
Long Beach, CA, June 8, 2021.

## BOOK CHAPTERS

1. Spruijt-Metz D, Belcher B, **Michel ST**.  
Prevention.  
In: Diseases and Disorders (Vol. 3) (A Hildyard and J Goddard, Eds.)  
Marshall Cavendish: Tarrytown, NY; 2008, pp. 691-698.
2. Spruijt-Metz D, Berrigan D, Kelly LA, McConnell R, Dueker D, Lindsey G, Atienza AA, **Nguyen-Rodriguez ST**, Irwin ML, Wolch J, Jerrett J, Tatalovich T, Redline S, Berhane K.  
Measures of physical activity and exercise  
In: Handbook of Assessment Methods for Eating Behaviors and Weight Related Problems: Measures, Theory and Research, 2nd ed. (DB Allison and ML Baskin, Eds.)  
Sage Publications, Inc: Los Angeles, London, New Delhi; 2009, pp. 187-254.
3. Spruijt-Metz D, **Nguyen-Rodriguez ST**, Davis JN  
Behavior, Energy Balance and Cancer

In: Cancer and Energy Balance, Epidemiology and Overview (N Berger, Ed.)  
Springer: New York; 2010, pp.233-266.

4. Spruijt-Metz D, Cook L, Wen CK F, Garcia R, O'Reilly GA, Hsu Y-W, Unger JB, **Nguyen-Rodriguez ST**.  
Behavioral differences leading to disparities in energy balance and cancer.  
In: Energy Balance and Cancer, Volume 9: Impact of Energy Balance on Cancer Disparities (DJ Bowen, GV Denis, NA Berger, Eds)  
Springer: New York; 2014, pp.37-61.