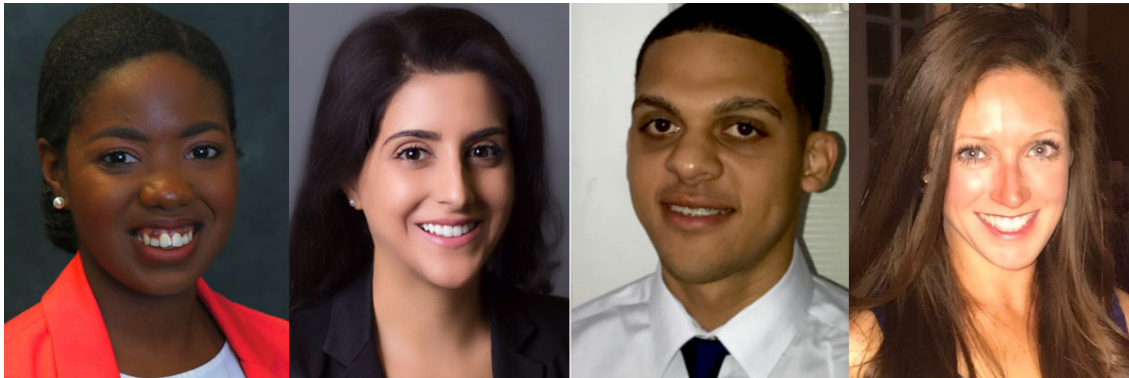


The UHAND Program is a long-term, collaborative partnership between the University of Houston and The University of Texas MD Anderson Cancer Center that supports and stimulates excellence in educational programming and innovation in research designed to affect health equity among racial/ethnic groups disproportionately affected by cancer disparities.

Our Scholars



Left to right: Krystal Christopher, Sahar Eshtehardi, Sean Reuven, and Ashley Taylor

Scholar Achievements

Krystal Christopher, a UHAND graduate Scholar, was accepted to the Introduction to Cancer Research Careers Program, a 10-week summer internship led by the National Cancer Institute (NCI) for highly qualified students. As part of this program, Krystal will conduct research with Dr. Paige Green, chief of the Basic Biobehavioral and Psychological Sciences Branch in the Behavioral Research Program at the NCI. Krystal, who also serves on the American Psychological Association Division 45 Mentorship Program Committee, recently co-led the implementation of the Virtual Mentorship Program, a mentorship program for students underrepresented in the sciences.

Sahar Eshtehardi, a UHAND graduate Scholar, was accepted for a summer internship funded by the NCI, which focuses on cancer prevention and research at the University of Texas MD Anderson Cancer Center. She was also awarded the Mylie E. and Charles A. Durham Scholarship for students who have exhibited leadership qualities. Alongside working on her research, Sahar has recently been appointed ambassador for the American Psychological Association's Society of Pediatric Psychology.

Our UHAND undergraduate Scholar, Sean Reuven, was accepted to the Summer Internship Program at Johns Hopkins where he will participate in their Pulmonary and Critical Care Medicine program. In this program, Sean will work on a research project under a mentor and attend seminar series in order to gain first-hand knowledge of research and academic medicine.

Ashley Taylor and Sahar Eshtehardi, UHAND graduate Scholars, were appointed as Student Representatives for the University of Houston's Institutional Review Board (RB1) where they work to review human subjects research protocols.

Education

[Dr. Robert Volk](#), Professor at MD Anderson, spoke to [UHAND](#) and [Komen Scholars](#) on "Interventions to Promote Shared Decision Making in Cancer." Most recently in April, [Dr. Adolfo Cuevas](#), Director of the [Psychosocial Determinants of Health Lab](#) at [Tufts University](#), spoke to Scholars on "Race/Ethnicity, Discrimination, and Health."

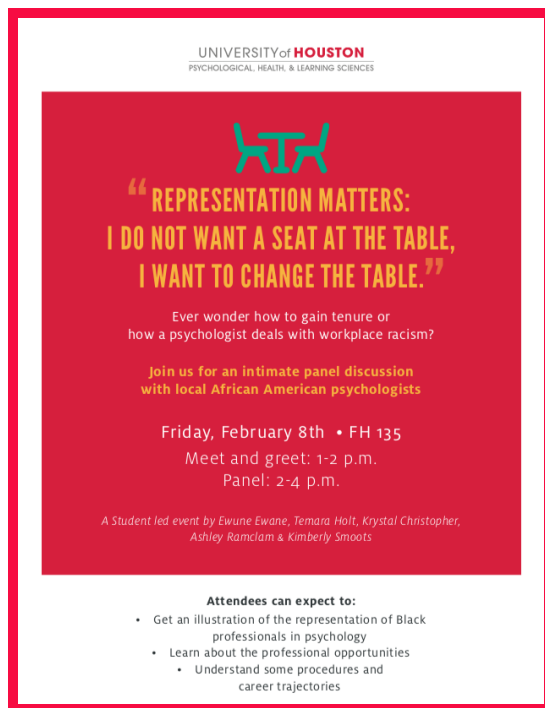


Dr. Adolfo Cuevas presents his research on "Race/Ethnicity, Discrimination, and Health" to UHAND and Komen Scholars at the University of Houston.

Community

In celebration of Black History Month, our UHAND graduate Scholar, [Krystal Christopher](#) hosted a meet and greet at the [University of Houston](#). The event hosted local African American psychologists on a panel discussion to address how to gain tenure as well as how psychologists navigate workplace racism.

During [University of Houston's Day at the Capitol](#), our UHAND undergraduate Scholar, [Christine Smith](#), shared her story with legislative aides. She talked about the benefits of having a state scholarship and the real-world experience she gets through the University of Houston's partnership with MD Anderson.



Flyer for Krystal Christopher's meet and greet event.

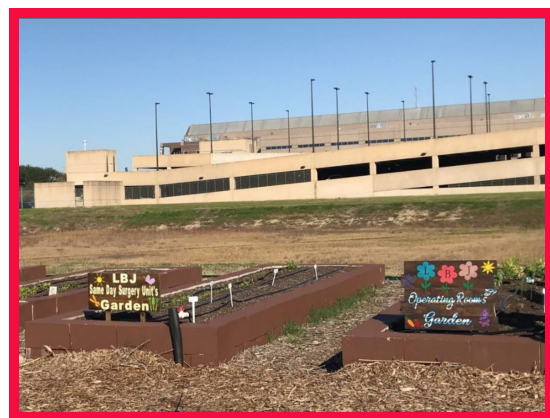


Christine Smith (left), UHAND Scholar, discusses UHAND at the Texas Capitol.

In February 2019, our Scholars visited [Lyndon B. Johnson's](#) hospital garden. Led by [Dr. Hilary Ma](#), this project seeks to address food insecurity faced by patients that the hospital often serves and envisions serving as a health hub for those in the community. Our Scholars were able to learn more about the project and observe community health interventions in action!



From left to right: Basant Gamal (UHAND Scholar), Ashley Taylor (UHAND Scholar), Kathy Le (UHAND Staff), and Imarogbe Stokes (UHAND Staff) visit Lyndon B. Johnson's hospital garden.



Lyndon B. Johnson's hospital garden beds.

Our Scholars also recently engaged with [Brittany Jewell](#), the University of Texas Student Regent, to discuss the UHAND program.



Krystal Christopher (front left), Sara Flores (second from left), Shreya Desai (second from right), and Paulina Linares Abrego (right) – our UHAND Scholars – with Brittany Jewell (third from left), student regent.

Research

Our Scholars presented their research at the [American Academy of Health Behavior](#) conference, a national conference where [Dr. Daphne Hernandez](#), a UHAND Early Stage Investigator, served as the Research Review Chair. Additionally, our graduate students, [Ashley Taylor](#) and [Sahar Eshtehardi](#), competed in the [3-minute Thesis \(3MT\)](#) during the conference. The 3MT competition challenges presenters to communicate their research and its significance in under 3 minutes using a single slide.

Each year the [University of Houston](#) hosts the [Graduate Research Showcase](#) for graduate students to exhibit their work. This year, our UHAND Scholar, [Ashley Taylor](#) was among those students. There, she presented her research "Physical Activity and Sleep Inadequacy in an Adult Homeless Sample," which was also her candidacy project for her doctoral program.



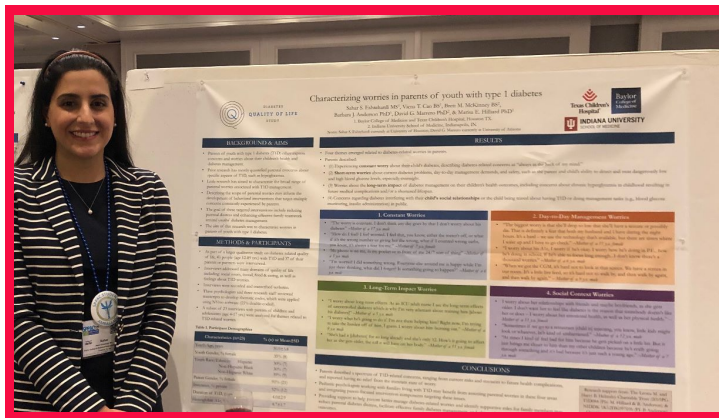
UHAND affiliates and members of Dr. Reitzel's lab team attend the American Academy of Health Behavior conference. From left to right: Dr. Daphne Hernandez (UHAND Early Stage Investigator), Nadia Garcia (Dr. Hernandez's mentee), Valentina Maza (UHAND affiliate), Ashley Taylor (UHAND Scholar), Dr. Lorraine Reitzel (and son), Sahar Eshtehardi (UHAND Scholar), Layne Reesor (Dr. Hernandez's mentee), Pooja Agrawal (Dr. Reitzel's mentee), Dr. Chisom Odoh (UHAND postdoctoral fellow).



Ashley Taylor, UHAND graduate Scholar, presents her research at the Graduate Research Showcase.

[Sahar Eshtehardi](#) attended the [Society of Pediatric Psychology Annual Conference](#) in New Orleans, Louisiana. There, she presented her research “Characterizing Worries in Parents of Youth with Type 1 Diabetes” as well as introduced one of the international plenary speakers, [Dr. Rikard Wicksell](#) from [Karolinska University Hospital](#).

[Dr. Chisom Odoh](#), a UHAND postdoctoral fellow, was selected as a finalist for her research “Sex as a Predictor of Overnight and Emergency Treatment Among Homeless Adults” at the [Early Career 3-Minute Rapid Fire Oral Abstract Competition at the EPI Lifestyle 2019 Scientific Sessions](#) hosted by the [American Heart Association](#).



Sahar Eshtehardi, UHAND Scholar, presents her research at the Society of Pediatric Psychology Annual Conference.



Dr. Chisom Odoh (second from right), UHAND postdoctoral fellow, at the EPI Lifestyle conference.

Our Early Stage Investigators

ESI Achievements

[Dr. Daphne Hernandez](#), our UHAND Early Stage Investigator, received the Peer Mentor Award from the [Robert Wood Johnson Foundation](#).

Professional Development

Throughout 2019, UHAND is hosting a Professional Development Series, a seminar series geared towards Early Stage Investigators and affiliates at the [HEALTH Research Institute](#) that discusses “Women in Leadership.” In March 2019, [Ms. Janice Simon](#) who is a Leadership Practitioner in the Leadership Institute at [MD Anderson Cancer Center](#), spoke on “Productivity and Leadership.” In April 2019, [Dr. Holly Hutchins](#) who is the co-Investigator of the [Center for ADVANCING UH Faculty Success](#) program, gave a talk on “Imposter Phenomenon: Overcoming Your Inner Critic.”



Dr. Daphne Hernandez's Peer Mentor Award, recognizing her impactful work as a mentor.



Dr. Holly Hutchins discusses the "imposter phenomenon" with UHAND Early Stage Investigators and HEALTH Research Institute affiliates.

Research

[Dr. Rosenda Murillo](#) is working to recruit additional participants for her funded administrative supplement project "[The Role of Perceptions and Barriers to Physical Activity in Cancer Risk Among Mexican Immigrants](#)." Dr. Murillo conducted focus groups in the fall and has completed the qualitative data collection portion of her administrative supplement.

UHAND has solicited applications for its third pilot project and has benefitted from collaboration with [MD Anderson's Duncan Family Institute](#) to provide a combined \$100,000 [seed funding opportunity](#). UHAND Principal Investigators, [Dr. Lorraine Reitzel](#) and [Dr. Lorna McNeill](#), have been working with the Duncan Family Institute to review applications. Announcement coming soon!

Select UHAND Publications

Brightwell C., **Markofski M.**, Moro T., Fry C., Porter C., Volpi E., Rasmussen B. (2019). Moderate Intensity Aerobic Exercise Improves Skeletal Muscle Quality in Older Adults. *Transnational Sports Medicine*.

Cho, D., Nguyen, T. N., Strong, L. L., Wu, H. C. I., John, C. J., **Escoto, K. H.**, Wetter, W. D., & **McNeill, L. H.** (In press). Multiple Health Behaviors Engagement in an African American Cohort: Clustering Patterns and Correlates. *Health Education & Behavior*.

Florez, K., Katic, B., Lopez-Cevallos, D., **Murillo, R.**, Cancel-Tirado, D., Aponte-Soto, L., Echeverria, S. (in press). The Double Burden of Food Insecurity and Obesity Among Latino Youth: Understanding the Role of Generational Status. *Pediatric Obesity*.

Hilliard, M.E., **Eshtehardi, S.S.**, Minard, C., Wheat, S., Klenk, R., Sanders, C., Gunn, S., & Anderson, B.J. (2019). Strengths-based, Clinic-Integrated Pilot Intervention to Promote Type 1 Diabetes Adherence and Well-being. *Journal of Pediatric Psychology*, 44, 5-15. doi:10.1093/jpepsy/jsy051

Murillo, R., Katic, B., Gonzalez, T., Vasquez, E., Echeverria, S. (2019). The Association of Diabetes and Prediabetes Risk Perception with Leisure-time Physical Activity and Weight Loss. *American Journal of Health Promotion*.

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A partnership to address cancer disparities

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