

CLAIRE TOWNSEND ING, DrPH

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Curriculum Vitae

RESEARCH INTERESTS

- Community-based participatory research approach to address health disparities and promote community capacity in Native Hawaiians and Pacific Islander communities
- Identification of multilevel factors (e.g, behavioral, psychosocial, sociocultural, neighborhood, policy, and environmental) influencing hypertension and cardiovascular disease risk
- Development, testing, and dissemination of multilevel interventions to address cardiovascular health disparities.
- Systems Science theory and methods to understand and address health disparities.

EDUCATION

Dr.P.H., Community-based and Translational Research 9/2009 – 8/2014
Office of Public Health Studies, University of Hawai'i at Mānoa

- Chair: Joseph Keawe'aimoku Kaholokula, Ph.D
- Dissertation: Impacts of Hawaiian Language Loss and Promotion via the Linguistic Landscape

M.P.H., Department of Health Behavior Health Education 8/2003 – 5/2005
School of Public Health, University of North Carolina at Chapel Hill

- Global Health Certificate
- Master's Paper: Native Populations, Type 2 Diabetes, and Health care: A Comparison of the United States and New Zealand

B.A., Anthropology 8/1997 – 5/2001
Pomona College

- Pomona Scholar (2000-2001)
- Co-Author - "Homestead Size, Gender, and Aggression Among Gusii Children," *ETHOS*, 31, 2003

AWARDS/HONORS

Scholar, Health Disparities Research Institute – 2018, National Institute on Minority Health and Health Disparities

Scholar, Scholarship recipient, Saunders-Watkins Leadership Workshop – 2018 National Heart, Lung, and Blood Institute

Grantwriting Uncovered: Maximizing Strategies, Help, Opportunity, Experience' Program (GUMSHOE) – 2018 National Research Mentoring Network

Leading Emerging and Diverse Scientists to Success (LEADS) Scholar – 2017, University of Pittsburgh Institute for Clinical Research Education

Programs to Increase Diversity Among Individuals Engaged in Health- Related Research (PRIDE) – Advanced Health Disparities – 2016, University of Arizona Health Sciences and National Heart, Lung, and Blood Institute

Faculty Research Travel Award – 2016, University of Hawai‘i at Mānoa, Office of the Vice Chancellor for Research

Native Hawaiian Health Research Scholarship – 2013, University of Hawai‘i at Mānoa, Department of Native Hawaiian Health

Conference scholarship – 2012, Hawaii Public Health Association to attend the Pacific Global Health Conference

Travel scholarship – 2008, National Center on Minority Health and Health Disparities to attend the NIH Summit: The Science of Eliminating Health Disparities

Internship Award – 2004, University of North Carolina, University Center for International Studies

PROFESSIONAL EXPERIENCE

Assistant Professor – *University of Hawaii* 2/2015 - Present

Function as a faculty member of the Department of Native Hawaiian Health (DNHH) and assist the Chair and other faculty in developing a research program to address health issues related to cardio-metabolic disorders, behavioral health, and/or other chronic diseases deemed a priority by the department. Fully participate in department sponsored junior investigator trainings. Develop a community-based participatory research (CBPR) plan to address multilevel determinants of health for Native Hawaiians and other health disparate populations in Hawaii. Actively apply for extramural funds to support my research program. Provide service to the department, school, and university.

Clinical Studies Coordinator – *University of Hawaii* 6/2008 – Present

Plan, coordinate and monitor PILI ‘Ohana Project, a CBPR study focused addressing obesity disparities in Native Hawaiians and Pacific Peoples. Provide administrative oversight for tracking research activities, implementation, quality assurance, and data management. Supervise four research assistants, interns, and student assistants. Ensures completion of research aims and to ensures completion of tasks with community partners. Also serves as communication liaison to research partners and other off-site research staff such as community research partners, graphics developer, etc.

Teaching Assistant – *University of Hawaii* 8/2010 – 12/2010

Developed teaching skills that included managing classroom climate, creating a supportive and productive learning environment, developed and implemented lesson plans, developed exam questions and assisted in grading.

Physical Activity and Nutrition Coalition Director – *University of Hawaii* 7/2007 – 3/2008

Planned, developed, implemented, and coordinated a statewide coalition to increase physical activity and nutrition among the people of Hawaii with a strong emphasis on policy and environmental change. Hired and oriented county coalition staff in the development of three neighbor island coalitions. Reviewed and advocate for relevant policies to support PAN. Recruited and retained coalition members.

Coordinator for School Based Student Health Services – *Kokua Kalihi Valley* 5/2006 – 5/2007

Compiled a comprehensive assessment of existing health services being provided to students at Farrington High School, and identified barriers to care and continuing unmet health needs of students. Developed a comprehensive, integrated and sustainable plan for an SBSHS program and piloted select components of said plan to improve preventative health education and the accessibility of health services to Farrington students.

Health Education Specialist – *Chatham County Public Health Department* 9/2005 – 3/2006
Develop, implement, and evaluate adolescent pregnancy and HIV/STI prevention efforts in Chatham County. Coordinate the Chatham Coalition for Adolescent Health, serve as a board member for the Chatham Social Health Council, and serve as an educational resource for pregnancy prevention and HIV. Delivered 40 HIV/STI prevention classes to approximately 200 middle and high school students, created media for peer education programs, and created avian influenza media.

Research Assistant - *Office of Educational Development, UNC School of Medicine* 1/2004 – 7/2005
Help evaluate the Complementary and Alternative Medicine grant, created of an evaluation work plan, developed faculty course evaluation survey, developed practitioner participation survey, coded and analyzed qualitative data, completed IRB applications, conducted curriculum survey of medical, dental, nursing, pharmacy and public health schools, and generated final report for NIH.

Research /Training Coordinator Assistant - *Te Wai o Rona Diabetes Prevention Strategy, Waikato District Health Board, Hamilton, New Zealand* 5/2004 – 8/2004
Helped develop and organize community health worker training. Developed, pre-tested, evaluated, and amended (in partnership with community health workers) a social ecological mapping tool used by the community health workers to evaluate local grocery and physical activity options.

Team Member - *Action Oriented Community Diagnosis, Arlington Park, NC* 11/2003 – 5/2004
I worked as part of a four-member team conducting a community diagnosis in Arlington Park. We worked with community members and service providers to determine the strengths, needs, assets, ideas, and health issues in the community. We analyzed our data using Atlas. I produced a comprehensive resource guide of services available to the community.

Assistant Language Teacher - *Nago City Board of Education, Okinawa, Japan* 8/2001 – 8/2003
Through the Japan Exchange and Teaching Program, planned, executed, and evaluated daily lesson plans with Japanese English teachers for junior high school students, elementary school students and adults, and participated in school life and activities. Accomplishments included conducting weekly conversation classes for interested students, training students for speech and story contests, and assisting in display lessons for board of education audiences of approximately 50.

COMMUNITY SERVICE

Volunteer Assistant Coach – *University of Hawaii*
Assisted in the training and coaching of the Women's Water Polo team for the 2007 and 2008 seasons.

English Teacher - *Akemio Gakkyu (school for learning disabled students), Nago City, Okinawa*
Planned, delivered, and evaluated weekly English classes for students who are unable to receive instruction in junior high schools.

PUBLICATIONS

1. Townsend Ing, C., Antonio, M., Ahn, H.J., Cassel, K., Dillard, A., Kekauoha, B.P., and Kaholokula, J.K. (In Press) An Examination of the Relationship between Discrimination, Depression, and Hypertension in Native Hawaiians. *Asian American Journal of Psychology*

2. Yang, K.I., Chung-Do, J.J., Fujitani, L., Foster, A., Mark, S., Okada, Y., Saad-Jube, Z., Youkhana, F., Braun, K., Cassel, K., Helm, S., Ka'opua, L.S., Mataira, P., Nishita, C., Okamoto, S.K., Townsend Ing, C., Qureshi, K., and Umemoto, K. (In Press) Advancing Community-Based Participatory Research to Address Health Disparities in Hawai'i: Perspectives from Academic Researchers. *Hawai'i Journal of Medicine and Public Health*
3. Ing, C.T., Ahn, H.J., Kawakami, R., Grandinetti, A. Seto, T., and Kaholokula, J.K. Ethnic and Gender Differences in Cardiovascular Disease Risk. *SBM 39th Annual Meeting Abstract Supplement, Annals of Behavioral Medicine, Volume 52, Issue suppl_1, 11 April 2018, Pages S1–S838.*
4. Kaholokula, J.K., Ing, C.T., Sinclair, K., Look, M.K., and Delafield, R. (2018) Cultural responsive approaches to health promotion for Native Hawaiians and Pacific Islanders. *Annals of Human Biology.*
5. Townsend Ing, C., Miyamoto, R.E., Fang, R., Antonio, M., Paloma, D., Braun, K.L., Kaholokula, J.K. (2018) Comparing Weight loss–maintenance outcomes of a worksite-based lifestyle program delivered via DVD and face-to-face: A randomized trial. *Health Education and Behavior*
6. Townsend Ing, C., Delafield, R., Soong, S. Bringing community and research together in Hawai'i. (2017) In Mesiona Lee, W. K., and Look, M. A. (Eds.), *Ho'i Hou Ka Maui Ola: Pathways to Native Hawaiian Health. Vol. 5, Hawai'inuiākea. Honolulu: Hawai'inuiākea School of Hawaiian Knowledge and University of Hawai'i Press.*
7. Kaholokula, J. K., Antonio, M. C. K., Ing, C. K. T., Hermosura, A., Hall, K. E., Knight, R., & Wills, T. A. (2017) The effects of perceived racism on psychological distress mediated by venting and disengagement coping in Native Hawaiians. *BMC Psychology, 5, 2.*
8. Antonio, M.C. K., Hyeong, J. A., Townsend Ing, C., Dillard, A., Cassel, K., Kekauoha, B. P., Kaholokula, J. K. (2016) The effects of perceived discrimination on depression in Native Hawaiians. *Hawai'i Journal of Medicine & Public Health, 75(9) 266-272.*
9. Delafield, R., Hermosura, A.H., Townsend, C.K.M., Hughes, C.K., Palakiko, D.M.,..., Kaholokula, J.K. (2016) A community-based participatory research guided model for dissemination of evidence-based interventions. *Progress in Community Health Partnerships: Research, Education, & Action, 10(4), 585-595.*
10. Townsend Ing, C., Zhang, G., Dillard, A., Yoshimura, S.R., Hughes, C., Palakiko, D.M., Kekauoha, B.P., Sinclair, K.A., and Kaholokula, J.K. (2016) Effects of a semi-structured social support group on a diabetes self-care intervention. *Journal of Diabetes Research, Article ID 7913258, 8 pages.*
11. Townsend Ing C., Miyamoto, R., Paloma, D., Zhang, G., Basques, D., Antonio, M., Delafield, R., Braun, K. and Kaholokula, J.K. (2016) The PILI@Work Program: a translation of the diabetes prevention program to Native Hawaiian-serving worksites in Hawai'i. *Translational Behavioral Medicine, 1-12.*
12. Townsend, C.K.M., Dillard, A., Hosoda, K.K., Maskarinec, G., Maunakea, A., Raneses, S., Hughes, C., Palakiko, D.M., Kekauoha, B.P., and Kaholokula, J.K. (2016) Community-based participatory research integrates behavioral intervention and biological research to achieve health equity for Native Hawaiians. *Journal of Environmental Research and Public Health, 13(1), 4.*

13. Townsend, C., Takishima-Lacasa, J., Latner, J., Grandinetti, A., and Kaholokula, J.K. (2014) Ethnic and gender differences in ideal body size and related attitudes among Asians, Native Hawaiians, and Whites. *Hawaii Journal of Medicine and Public Health*. Aug 2014; 73(8): 236–243.
14. Kaholokula, J.K., Wilson, R.E., Townsend, C.K.M., Zhang, G., Chen, J.J., Yoshimura, S., Dillard, A., Yokota, J.W., Palakiko, D.M., Gamiao, S., Hughes, C.K., Kekauoha, B.P., & Mau, M.K. (2014) Translating the Diabetes Prevention Program in Native Hawaiian and Pacific Islander communities: The PILI ‘Ohana Project. *Translational Behavioral Medicine*, 4(2), 149-159.
15. Kaholokula, J. K., Kekauoha, P., Dillard, A., Yoshimura, S., Palakiko, D.-M., Hughes, C., & Townsend, C. K. (2014) The PILI ‘Ohana Project: A community-academic partnership to achieve metabolic health equity in Hawai‘i. *Hawai‘i Journal of Medicine & Public Health*, 73(12 Suppl 3), 29–33.
16. Kaholokula J.K., Townsend C., Sinclair K., Palakiko D., Makahi E., Yoshimura S., Wang J., Kekauoha B.P., Dillard A., Solatorio C., Hughes C., Gamio S., Mau M.K. (2014) The PILI ‘Ohana Project: A Community-academic partnership to eliminate obesity disparities in Native Hawaiian and Pacific Islander communities. In Brennan, V.M., Kumanyika, S.K., & Zambrana, E. (Eds.), *Obesity interventions in underserved US communities: evidence and directions*. Johns Hopkins University Press.
17. Kaholokula, J.K., Townsend, C.K.M., Ige, A., Sinclair, K.A., Mau, M.K., Leake, A., Palakiko, D-M, Yoshimura, S.R., Kekauoha, P., & Hughes, C. (2013) Socio-demographic, behavioral, and biological variables related to weight loss in Native Hawaiians and other Pacific Islanders. *Obesity*. [NIHMS400541]
18. Sinclair, K.A., Makahi, E.K., Solatorio, C.S., Yoshimura, S.R., Townsend, C.K.M., & Kaholokula, J.K. (2012) Outcomes from a diabetes self-management intervention for Native Hawaiians and Pacific Peoples: Partners in Care. *Annals of Behavioral Medicine*. [NIHMS408506]

MANUSCRIPTS IN PREPARATION

1. Townsend Ing, C., Ahn, H.J., Kawakami, R., Grandinetti, A. Seto, T., and Kaholokula, J.K. Ethnic and Gender Differences in Cardiovascular Disease Risk. *BMC*
2. Townsend Ing, C., Park, M.L., Look, M., Kaholokula, J.K. Impact of Neighborhood Characteristics on Healthy Lifestyles: A Native Hawaiian Perspective. *Qualitative Health Research*
3. Delafield, R., Hermosura, A., Townsend Ing, C., Fang, R., Dillard, A., Kekauoha, B.P., Hughes, C., Palakiko, D.M., Yoshimura, S., Gamiao, S., and Kaholokula, J.K. Dissemination and Implementation of an Evidence-Based, Healthy Lifestyle Intervention Using Community-Based Participatory Research. *Translational Behavioral Medicine*

CONFERENCE PRESENTATIONS

1. Townsend Ing, C., Delafield, R., Hermosura, A., Dillard, A., Kekauoha, B.P., Hughes, C., Palakiko, D.M., Yoshimura, S., Kaholokula, J.K. Dissemination and Implementation of a Culturally Adapted, Evidence-Based Intervention. Pacific Regional Indigenous Doctors Congress, Hilo, Hawai‘i July 2018.
2. Townsend Ing, C. Look, M., Kaholokula, J.K. Impact of Neighborhood Characteristics on Healthy Lifestyles: A Native Hawaiian Perspective. Saunders-Watkins Leadership Workshop, National Heart, Lung, and Blood Institute, May 2018.

3. Townsend Ing, C., Ahn, H.J., Kawakami, R., Grandinetti, A. Seto, T., and Kaholokula, J.K. Ethnic and Gender Differences in Cardiovascular Disease Risk. Society of Behavioral Medicine Annual Meeting, New Orleans, Louisiana April 2018.
4. Townsend Ing, C., Hermosura, A., Ahn, H., Dillard, A., Cassel, K., Kekauoha, B. P., Antonio, M.C.K., and Kaholokula, J.K. Psychosocial determinants of hypertension in Native Hawaiians. American Psychological Association, Washington DC, August 3-6. 2017.
5. Townsend Ing, C. Multilevel Determinants of Hypertension in Native Hawaiians: K01 Proposal Development. PRIDE - University of Arizona, June 2017.
6. Delafield, R., Hermosura, A., Townsend Ing, C., Hughes, C., Palakiko, D.M., Dillard, A., Kekauoha, B.P., Yoshimura, S., Gamiao, S., and Kaholokula, J.K. Outcomes and Lessons from Disseminating an Evidence-Based Lifestyle Intervention in Partnership with our Native Hawaiian and Pacific Islander Communities. Gathering for Pacific Islander Health, University of Arkansas Medical Sciences. Fayetteville, Arkansas May 24-26, 2016.
7. Townsend Ing, C., Considerations for Community-Based Participatory Implementation and Dissemination Research. Gathering for Pacific Islander Health, University of Arkansas Medical Sciences. Fayetteville, Arkansas May 24-26, 2016.
8. Townsend Ing, C., Hoke, T., Ahn, H.J., Dillard, A., Antonio, M., Kekauoha, B.P., Cassel, K., Kaholokula, J.K. The Relationship Between Historical Trauma on Mental Health and Health Behaviors in Native Hawaiians. Network of Minority Health Research Investigators Workshop, National Institute of Diabetes and Digestive and Kidney Diseases. Bethesda, MD April 20 to 22, 2016.
9. Hong, S., Townend Ing, C., Mokuau, N., and Kaholokula, J.K. Exploring perceptions and preferences of internet-based weight-loss interventions for Native Hawaiians and Pacific Islanders. International Society for Research on Internet Interventions, Seattle, Washington, April 7-9. 2016
10. Townsend Ing, C., Fang, R., Antonio, M., Miyamoto, R.E., Paloma, D., Braun, K.L., Kaholokula, J.K. Weight loss Maintenance in Native Hawaiian-Serving Organizations: the PILI @ Work Program. Society of Behavioral Medicine, Washington, DC. March 31 to April 2, 2016.
11. Townsend, C.K.M. Community-Academic Partnerships to Address Obesity Disparities in Hawaii. 16th Annual Guam Diabetes Association Conference. Guam, November 15, 2015.
12. Townsend, C., Zhang, G., Miyamoto, R., Paloma, D., Robinson, K., Braun, K., and Kaholokula, J.K. Individual Factors, Not Organizational, Predict Weight Loss in a Worksite Wellness Program. Association's 75th Scientific Sessions Abstract Book, June 2015 supplement to Diabetes
13. Townsend, C.K.M. Impacts of Hawaiian Language Decline and Ideas for Promotion. Accepted for presentation at the International Symposium on Minority Health and Health Disparities. National Harbor, MD December 1-3, 2014
14. Townsend, C.K.M., Hosoda K.K., Maunakea, A., and Kaholokula J.K. Community-Based Participatory and Epigenetic Research in Diabetes. Accepted for presentation at the International Symposium on Minority Health and Health Disparities. National Harbor, MD December 1-3, 2014
15. Townsend, C.K.M., Kaholokula, J.K., Braun, K., Miyamoto, R., Paloma, D. Pre-Intervention Eating Self-Efficacy Predicts Weight Loss in Asian and Pacific Islanders. International Congress for Behavioral Medicine. August 2014

16. Kaholokula, J.K., Townsend, C.K., Zhang, G., Miyamoto, R., Paloma, D., Akana, M., Kauka, I., Miller, J., Palakiko, D.M., Puhi, D., Niimi, L., Mau, M.L., and Braun, K.L. Comparing a DVD to a Face-to-Face Delivered Worksite Lifestyle Intervention. Association's 74th Scientific Sessions Abstract Book, June 2014 supplement to Diabetes
17. Townsend, C. Impact of Hawaiian Language Loss and Promotion via a Bilingual Linguistic Landscape. Te Whare Kura: Indigenous Knowledges, Peoples and Identities Symposium. Auckland, New Zealand, June 27-29, 2013
18. Wilson, R., Townsend, C. Kaholokula, J.K., Braun, K., Miyamoto, R., Paloma, D. A Culturally Tailored, Worksite Wellness Program: Preliminary Analysis from PILI @ Work Advancing Native Health and Wellness. American Psychological Association Annual Convention, July 31, 2013.
19. Kaholokula, J.K., Wilson, R., Townsend, C.K., Braun, K.L., Mau, M.L., Zhang, G., Palakiko, D.M., Paloma, D., Miyamoto, R., Kauka, I., Puhi, D., Akana, M., and Miller, J. Translating the Diabetes Prevention Program into Worksites for Native Hawaiians and Pacific Peoples: The PILI@Work Project. Association's 73th Scientific Sessions Abstract Book, June 2013 supplement to Diabetes
20. Townsend, C.K.M, Palakiko, D.M., Yoshimura, S., Kekauoha, P., Hughes, C., and Kaholokula, J. PILI 'Ohana Partnership: Translating, Testing and Refining the Diabetes Prevention Program for Native Hawaiians and Pacific Islanders. American Public Health Association, San Francisco, CA. November 2012.
21. Townsend, C. Cultural Trauma in Indigenous People: A Review of the Empirical Literature. Pacific Global Health Conference. 10/08/12
22. Townsend, C. Wilson R., Kaholokula JK., Braun K., Miyamoto R., Paloma D. A Culturally Tailored, Worksite Wellness Program: Preliminary Analysis from PILI @ Work Advancing Native Health and Wellness. 08/05/12
23. Townsend, C. Hughes, C., Kekauoha, P., Palakiko, D., Yoshimura, S., Kaholokula, J., Promising Practice: The PILI `Ohana Project. Presentation at Chronic Disease Summit 2011, Part II: Community Planning & Action on September 13, 2011.
24. Townsend, C., Takishima, Y., Kaholokula, J., and Grandinetti, A. Personal Attitudes Regarding Perceived Ethno-Culture Ideal Body Type in Native Hawaiians. Presentation at Cross-Cultural Health Care Conference: Collaborative and Multidisciplinary Interventions. 10/08/11
25. Kaholokula, J., Palakiko, D.M., Yoshimura, S., Kekauoha, P., Rose, C., and Townsend, C. PILI 'Ohana Project: A CBPR Approach to Eliminate Obesity Disparities in Hawai'i. APHA Roundtable presentation, 11/08/10.
26. Townsend, C., Hermosura, A., Kaholokula, J.K., Palakiko, D-M., Rose, C., Kekauoha, P., & Yoshimura, S. (2009, November). The PILI 'Ohana Project: A CBPR approach to eliminate to obesity disparities. Faces of Healthy Future: National Conferences to End Health Disparities II, Winston-Salem, NC.
27. Townsend, C. (2008, October 23). Association of Hawaiian Civic Clubs Annual Convention, Kaua'i, HI.

REVIEWING ACTIVITIES

American Public Health Association, conference abstract review (2018)
Mock Scientific Review Committee, PRIDE Annual Meeting (April, 2017)
Qualitative Health Research
Translational Behavioral Medicine
Journal of Health Care for the Poor and Underserved
Progress in Community Health Partnerships
Social Science and Medicine