

Susan Aguiñaga, Ph.D.

Curriculum Vitae

Office Address:

University of Illinois at Urbana-Champaign
Department of Kinesiology & Community Health
906 S. Goodwin, Room 334
Urbana, Illinois 61801

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Education

- 2016-2018 **Illinois Distinguished Postdoctoral Research Associate**
University of Illinois at Urbana-Champaign
Advisor: Edward McAuley, Ph.D.
- 2012-2016 **Doctor of Philosophy in Kinesiology, Nutrition, and Rehabilitation Sciences**
University of Illinois at Chicago
Emphasis: Exercise Psychology
Advisor: David X. Marquez, Ph.D.
- 2010-2012 **Master of Science in Kinesiology**
University of Illinois at Chicago
Emphasis: Exercise Physiology
Advisor: David X. Marquez, Ph.D.
- 2005-2010 **Bachelor of Science in Kinesiology**
University of Illinois at Chicago
Minor: Nutrition

Professional Experience

- 2018- **Assistant Professor**
Director of the Health Equity and Aging Laboratory
University of Illinois at Urbana-Champaign
Department of Kinesiology & Community Health
- OCEAN: Optimizing Cognition via Exercise and Nutrition*
Funding: NIH Midwest Roybal Center for Health Promotion and Translation (5P30AG022849-18)
PI: Susan Aguiñaga
- STAND UP: Sitting Time, Activity, and Dementia in Underserved Populations*
Funding: Alzheimer's Association, AARFD-17-531338
PI: Susan Aguiñaga
- iCAN: Investigating Caregivers' Activity and Nutrition: A multi-domain intervention of physical activity and the MIND diet for Latina caregivers of people with ADRD*

PI: Susan Aguiñaga

iCARE: Identifying Caregivers' Alzheimer's disease and Related dementias Experiences

PI: Susan Aguiñaga

ADVANCE: Addressing Disparities Via the Assessment of Nutrition, Cognition, and Exercise.

PI: Susan Aguiñaga

¡RESPIRA!: Relajamiento y EstiramientoS Para IniciaR Actividad [Breathe!: Relaxation and Stretches to Initiate Activity]

PI: Susan Aguiñaga

2016-2018

Postdoctoral Research Associate

University of Illinois at Urbana-Champaign

Department of Kinesiology & Community Health

ReFLECT+!: Relationships among Cognitive Function, Lifestyle, and Exercise after Cancer Treatment Plus

Funding: Shahid and Ann Carlson Khan (UIUC)

PI: Edward McAuley

ReFLECT: Relationships among Cognitive Function, Lifestyle, and Exercise after Cancer Treatment

Funding: American Cancer Society, PF 16 021 01 CPPB

PI: Diane Ehlers

FAST: Fit and Active Seniors Trial

Funding: National Institute on Aging R37 AG025667

PI: Edward McAuley

2010-2016

Graduate Research Assistant

University of Illinois at Chicago

Department of Kinesiology and Nutrition

LUCID: Latinos Unique scenario, Cognitive Impairment addressed via Dance

Funding: Rush University Alzheimer's Disease Center and UIC Department of Kinesiology and Nutrition

PI: David X. Marquez

BAILA: Being Active, Increasing Latinos' Healthy Aging

Funding: National Institute for Nursing Research, 1 R01 NR01315101

PI: David X. Marquez

Physical Activity and Health of Latinos

Funding: UIC Department of Kinesiology and Nutrition

PI: David X. Marquez

BAILA-C: Bypassing Alzheimer's, Increasing Latinos' Activity and Cognition

Funding: Alzheimer's Association, New Investigator Research Grant to Promote Diversity

PI: David X. Marquez

Translation of Fit & Strong! for Older Latinos

Funding: Midwest Roybal Center for Health Promotion and Translation Grant

PI: Susan Hughes

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Concept Paper: Examining Barriers to WIC Retention Among Children

Funding: United States Department of Agriculture (USDA) Grant

PI: Angela Odoms-Young

Project WEL: Walking & Environment in Older Latinos

Funding: Midwest Roybal Center for Health Promotion and Translation Grant

PI: David X. Marquez

BAILLE: Boosting Activity in Latino Elderly

Funding: Midwest Roybal Center for Health Promotion and Translation Grant

PI: David X. Marquez

Grants

Funded

2021

Aguiñaga, S. (PI)

Study: OCEAN: Optimizing Cognition via Exercise and Nutrition.

Amount: \$75,371

Funding: NIH Midwest Roybal Center for Health Promotion and Translation (06/01/2021- 05/31/2022)

Schwingel, A., Hernandez-Gordon, W., **Aguiñaga, S.**, Mendenhall, R., Prince, L.B., McCaffrey, J., and Barnes, B.

Role: Co-investigator

Study: Online Certificate Programs for Community Health Workers: From Overlooked and Under-Researched Employees to Well-equipped Frontline Agents in the Fight to Reduce Health Disparities in Communities of Color.

Amount: \$100,000

Funding: Call to Action to Address Racism & Social Injustice Research Program (2021-2022)

Mullen, S., Larrison, C., Ruedas-Gracia, N., **Aguiñaga, S.**, & Okunoren, O.

Role: Consultant

Study: A New Start to 'TIPSTART' with a Diversified Stride

Amount: \$5,000

Funding: OVCDEI Broadening Inclusion Grant (08/16/2021 – 08/16/2022)

2017

Aguiñaga, S. (PI)

Study: STAND UP: Sitting Time, Activity, and Dementia in Underserved Populations

Amount: \$136,915

Funding: Alzheimer's Association Research Fellowship to Promote Diversity (AARF-D) Program (11/01/2017-04/30/2022)

Scholarly Activity

In Press

Marquez, D.X., Wilbur, J., Hughes, S., Wilson, R., Buchner, D. M., Berbaum, M.L., McAuley, E., **Aguiñaga, S.**, Vásquez, P., Marques, I.G., Balbim, G.M., Wang, T., & Kaushal, N. B.A.I.L.A. – Latin Dancing to increase Physical Activity in Spanish-speaking older Latinos. *Annals of Behavioral Medicine*.

Articles in Refereed Journals

- 2022 **Aguiñaga, S.** Kaushal, N., Balbim, G., Wilson, R., Wilbur, J., Hughes, S., Buchner, D.M., Berbaum, M., McAuley, E., Vásquez, P.M., Marques, I.G., Wang, T., & Marquez, D. X. Latin dance and Working Memory: The mediating effects of physical activity among middle-aged and older Latinos. *Frontiers in Aging Neuroscience*. <https://doi.org/10.3389/fnagi.2022.755154>.
- Aguiñaga, S.** Guzman, J., Soto, Y., Marquez, D.X. Self-rated health as a predictor of cognition among middle-aged and older Latinos. *Aging, Neuropsychology and Cognition*. <https://doi.org/10.1080/13825585.2022.2038070>.
- Alam, R., Singleton, C., **Aguiñaga, S.**, Chodzko-Zajko, W., Jahan, N.A., Oke, A., Schwingel, A. Is Acculturation Associated with the Cognitive Performance of Older Hispanics? *Journal of Alzheimer's Disease*. <https://doi.org/10.3233/JAD-210502>.
- 2021 Marquez, D.X., **Aguiñaga, S.**, Vásquez, P., Guzman, J., Marques, I.G., Balbim, G. & Jaldin, M. Dancing among older Latinos: Interweaving health and culture. *Latino Studies*. <https://doi.org/10.1057/s41276-021-00344>.
- Aguiñaga, S.**, Marques, I.G., Kitsiou, S., Balbim, G. M, Gerber, B.S., Buchholz, S.W., Bustamante, E.E., & Marquez, D.X. BAILAMOS™ with mhealth technology! Improving physical activity and well-being in middle-aged and older Latinxs. *Health Education & Behavior*. <https://doi.org/10.1177/10901981211027517>.
- Balbim, G. M., **Aguiñaga, S.**, Ajilore, O.A., Bustamante, E.E., Erickson, K., Lamar, M., & Marquez, D.X. The effects of the BAILAMOS™ dance program on physical activity levels and cognition of older Latino adults: A pilot study. *Journal of Aging and Health*. <https://doi.org/10.1177/08982643211020996>.
- Balbim, G. M., Ajilore, O.A, Erickson, K., Lamar, M., **Aguiñaga, S.**, Bustamante, E.E., & Marquez, D.X. Association of Physical Activity Levels and Brain White Matter in Older Latino Adults. *Ethnicity & Health*. DOI: <https://doi.org/10.1080/13557858.2021.1913484>.

- Guzman, J., **Aguiñaga, S.**, Balbim, G.M., Lamar, M., Marques, I.G., Marquez, D.X. The Effects of the BAILAMOS™ Dance Program on Hippocampal Volume in Older Latinos. *Translational Behavioral Medicine*.
<https://doi.org/10.1093/tbm/ibab009>.
- 2020 Balbim, G. M., Ajilore, O.A, Erickson, K., Lamar, M., **Aguiñaga, S.**, Bustamante, E.E., & Marquez, D.X. The Impact of the BAILAMOS™ Dance Program on Brain Functional Connectivity Cognition in Older Latino Adults. *Journal of Cognitive Enhancement*. <https://doi.org/10.1093/geroni/igaa057.1629>.
- Marquez, D.X., **Aguiñaga, S.**, Vásquez, P.M., Conroy, D.E., Erickson, K.I., Hillman, C., Stillman, C.M., Ballard, R.M., Bloodgood Sheppard, B., Petruzzello, S.J., King, A.C., & Powell, K.E. A Systematic Review of Physical Activity and Quality of Life and Well-Being. *Translational Behavioral Medicine*.
<https://doi.org/10.1093/tbm/ibz198>.
- Kaushal, N., Keith, N., **Aguiñaga, S.**, Hagger, M. Social Cognition and Socioecological Predictors of Home-Based Physical Activity Intentions, Planning, and Habits During the COVID-19 Pandemic. *Behavioral Sciences*.
<https://doi.org/10.3390/bs10090133>.
- Burrows, B., Andrade, F., Piedra, L., **Aguiñaga, S.**, Aguayo, L., Steinberg, N., Xu, S., Sarkisian, C., & Hernandez, R. The effects of exercise on physical function in Hispanic/Latino older adults: Results from the “¡Caminemos!” study. *Journal of Applied Gerontology*. <https://doi.org/10.1177/0733464820927171>.
- 2019 Marquez, D. X., **Aguiñaga, S.**, Castillo, A., Hughes, S.L. Der Ananian, C., & Whitt-Glover, M. ¡Ojo! What to expect in recruiting/retaining older Latinos in physical activity programs. *Translational Behavioral Medicine*.
<https://doi.org/10.1093/tbm/ibz127>.
- Balbim, G.M, Magallanes, M., Marques, I.G., Ciruelas, K., **Aguiñaga, S.**, Guzman, J., & Marquez, D.X. Sources of Caregiving Burden in Middle-Aged and Older Latino Caregivers. *Journal of Geriatric Psychiatry and Neurology*.
<https://doi.org/10.1177/0891988719874119>.
- Welch-Morelli, W.A., Ehlers, D. Gavin, K., **Aguiñaga, S.**, Cottrell, A., Nielsen, A., Solk, P., McAuley, E., & Phillips, S.M. Effects of reallocating sedentary time with physical activity on quality of life indicators in breast cancer survivors. *Psycho-Oncology*. <https://doi.org/10.1002/pon.5091>.
- 2018 **Aguiñaga, S.** Ehlers, D.K., Awick, E.A., Fanning, J., Motl, R.W., & McAuley, E. Home-based Physical Activity Program Improves Depression and Anxiety in Older Adults. *Journal of Physical Activity and Health*.
<https://doi.org/10.1123/jpah.2017-0390>.
- Aguiñaga, S.**, Ehlers, D.K., Cosman, J., Severson, J., Kramer, A.F., & McAuley, E. Effects of physical activity on psychological well-being outcomes in breast cancer survivors from pre-diagnosis to post-treatment survivorship. *Psycho-Oncology*. <https://doi.org/10.1002/pon.4755>.
- Ehlers, D.K, Fanning, J., Salerno, E.A., **Aguiñaga, S.**, Cosman, J., Severson, J., Kramer, A.F., & McAuley, E. Replacing sedentary time with physical activity

- or sleep: effects on cancer-related cognitive impairment in breast cancer survivors. *BMC Cancer*. <https://doi.org/10.1186/s12885-018-4603-3>.
- Baniqued, P.L., Gallen, C.L., Voss, M.W., Burynska, A.Z., Wong, C.N., Cooke, G.E., Duffy, K., Fanning, J., Ehlers, D.K., Awick, E.A., **Aguiñaga, S.**, McAuley, E., Kramer, A.F., D'Esposito, M. Brain network modularity predicts exercise-related executive function gains in older adults. *Frontiers in Aging Neuroscience*. <https://doi.org/10.3389/fnagi.2017.00426>.
- 2017 **Aguiñaga, S.** & Marquez, D.X. Impact of Latin Dance on Physical Activity, Cardiorespiratory Fitness, and Sedentary Behavior among Latinos attending an Adult Day Center. *Journal of Aging and Health*. <https://doi.org/10.1177/0898264317733206>.
- Aguiñaga, S.** & Marquez, D.X. Feasibility of a Latin Dance Program for Older Latinos with Mild Cognitive Impairment. *American Journal of Alzheimer's Disease & Other Dementias*. <https://doi.org/10.1177/1533317517719500>.
- Ehlers, D.K., **Aguiñaga, S.**, Cosman, J., Severson, J., Kramer, A.F., & McAuley, E. The effects of physical activity and fatigue on cognitive performance in breast cancer survivors. *Breast Cancer Research and Treatment*. 165(3), 699-707. <https://doi.org/10.1007/s10549-017-4363-9>.
- Awick, E.A.; Ehlers, D.K.; **Aguiñaga, S.**; Daugherty, A.M.; Kramer, A.F.; & McAuley, E. Effects of a randomized exercise trial on physical activity, psychological distress and quality of life in older adults. <https://doi.org/10.1016/j.genhosppsy.2017.06.005>.
- 2016 Marquez, D.X., Wilson, R.S., **Aguiñaga, S.**, Vasquez, P., Fogg, L.F., Yang, Z., Wilbur, J., Hughes, S., & Spanbauer, C. Regular Latin dancing and health education may improve cognition of late middle-aged and older Latinos. *Journal of Aging and Physical Activity*. <http://dx.doi.org/10.1123/japa.2016-0049>.
- 2015 Marquez, D. X., Bustamante, E. E., & **Aguiñaga, S.** & Hernandez, R. BAILAMOS[®]: Development, pilot testing, and future directions of a Latin dance program for Older Latinos. *Health Education & Behavior*. <https://doi.org/10.1177/1090198114543006>.
- 2014 Marquez, D. X., **Aguiñaga, S.**, Campa, J., Pinsker, E., & Bustamante, E. E., & Hernandez, R. A Qualitative Exploration of Factors Associated with Walking and Physical Activity in Community-Dwelling Older Latino Adults. *Journal of Applied Gerontology*. <https://doi.org/10.1177/0733464814533819>.

Articles in Review

- Singleton, C.R., Winata, F., Adeyemi, O.S., Parab, K.V., & **Aguiñaga, S.**
Violent Crime, Physical Inactivity, and Obesity: Examining Differences in Spatial Relationships by Racial/Ethnic Composition of Community Residents.
- Soto, Y., Guzman, J., & **Aguiñaga, S.** Perspectives of Yoga and Adolescent Depression of among Catholic Latina Mothers.

Book Chapters

- 2018 Marquez, D.X., Carrion, I. V., **Aguiñaga, S.**, & Lamar, M “Integration of Consortiums and Search for International Financing.” In *Aging Research - Methodological Issues*, Second edition (Carmen Garcia Pena, Luis Miguel Gutierrez, Mario Ulises Pérez Zepeda, Editors). Springer Publishing.
- Ehlers, D.E., Awick, E.A., **Aguiñaga, S.**, McAuley, E. “Physical activity interventions: Effects on well-being outcomes.” In: Diener, E., Oishi, S., & Tay, L. (eds). *The Handbook of Well-being*.
- Marquez, D.X., **Aguiñaga, S.**, Vásquez, P., Marques, I., & Martínez, M. “Physical activity interventions in Latino populations.” In *Physical activity in diverse populations: Evidence and practice*. (Melissa Bopp, Editor). Taylor and Francis, London. ISBN-10: 1138674575.

Invited Presentations

- 2022 **Aguiñaga, S.** MIND diet adherence in a Mexican population from the Encuesta Nacional de Salud y Nutrición (ENSANUT) survey. To be presented at the International Conference on Aging in the Americas, Chicago, IL, September.
- Aguiñaga, S.** Actividad física y cognición a través del baile. To be presented at the Colegio de Nutriólogos de León, Guanajuato, México, May, Online.
- Aguiñaga, S.** Cumbia, Salsa, y Merengue. Mejorando la cognición a través del baile. American College of Sports Medicine & Physical Activity Network of the Americas, April, Online.
- 2019 **Aguiñaga, S.** Seeding Equity in Brain Health: A New Framework for Brain Health Interventions in Disadvantaged Communities. Panelist at the 2019 UsAgainstAlzheimer's National Alzheimer's Summit, Washington, DC.
- 2018 **Aguiñaga, S.** Using a social justice lens to target physical activity inequities in Latinx communities. La Casa Cultural Latina at the University of Illinois at Urbana-Champaign, December.
- Aguiñaga, S.** Impact of a Latin Dance Program on Cognitive Function among Latinos with Cognitive Impairment. La Casa Cultural Latina at the University of Illinois at Urbana-Champaign, March.
- Aguiñaga, S.** Physical activity and Latinos. La Casa Cultural Latina at the University of Illinois at Urbana-Champaign, February.
- 2017 **Aguiñaga, S.** Impact of dance of physical activity and sedentary behavior in an adult day center. Annual Meeting of the Illinois Adult Day Service Association, June.
- Aguiñaga, S.** Design and Implementation of Community-based Physical Activity and Sedentary Behavior Interventions in Older Latinos. La Casa Cultural Latina at the University of Illinois at Urbana-Champaign, April.
- 2016 **Aguiñaga, S.** LUCID: Latinos Unique scenario, Addressing Cognitive Impairment via Dance. Adult Wellness Center at Casa Central, December 2016.

Refereed Presentations

- 2022
- Holthaus, T.A., Kashi, M., Cannavale, C.N., Edwards, C., **Aguiñaga, S.**, Walk, A.D.M., Burd, N.A., Holscher, H.D., Khan, N.A. The MIND dietary pattern is selectively related to cognitive processing speed. To be presented at: Nutrition 2022 Live Online. 24th Annual Conference of the American Society of Nutrition; Jun 14-16.
- Soto, Y., Guzman, J., **Aguiñaga, S.** Perspectives of Catholic mothers on depression among. Latina youth, yoga and meditation. Poster presented at the 43rd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD, April.
- Canton, I., Soto, Y., Guzman, J., Selzer Ninomiya, A. L., **Aguiñaga, S.** Replacing Sedentary Time with Light Physical Activity: Effect on Episodic Memory in Middle-Aged and Older Latinos. Poster presented at the 43rd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD, April.
- Selzer Ninomiya, A. L., Canton, I., Soto, Y., Guzman, J., & **Aguiñaga, S.** The effect of physical activity on secondhand smoke exposure and cognitive function among older adults. Poster presented at 43rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD, April.
- 2021
- Aguiñaga, S.**, Kaushal, N., Wilson, R., & Marquez, D.X. Effects of Dancing on Cognition and Mobility in Spanish-speaking Older Latinos: Findings from the BAILA trial. Paper presented at the Alzheimer's Association International Conference, Denver, July.
- Guzman J., Rocha, J.S., Soto, Y., **Aguiñaga, S.** The preliminary efficacy of Caring of Caregivers Organically (CoCO) health education program on the health of Latina caregivers of persons with Alzheimer's disease and related dementias. Poster presented at The Alzheimer's Association International Conference, Denver, July.
- Soto, Y., Guzman, J., **Aguiñaga, S.** Cross-sectional comparison of psychosocial and executive function outcomes between low and high adherers of the MIND diet in a sample of middle-aged Latinos. Poster presented at the Alzheimer's Association International, Denver, July.
- Guzman J., Soto, Y., **Aguiñaga, S.** MIND Diet and Physical Activity Levels among Middle-Aged Latinos. Poster to be presented at the 2nd Latinos & Alzheimer's Symposium, May, Online.
- Singleton, C.R., Winata, F., Adeyemi, O.S., Parab, K.V., & **Aguiñaga, S.** Violent Crime, Physical Inactivity, and Obesity: Examining Differences in Spatial Relationships by Racial/Ethnic Composition of Community Residents. Paper presented at the American Heart Association EPI Lifestyle Scientific Sessions, Meeting Online, May.

- Jaldin, M.A., Wilbur, J., Hughes, S., Buchner, D., McAuley, E., **Aguiñaga, S.**, Balbim, G.M., Vasquez, P.M., Marques, I.G., Kaushal, N., Marquez, D.X. B.A.I.L.A. – A Randomized Controlled Trial of Latin Dancing to increase Physical Activity in Spanish-speaking older Latinos. Paper presented at the Society of Behavioral Medicine's 2021 Annual Meeting & Scientific Sessions, April.
- Foggia, N., **Aguiñaga, S.**, Severson, J., Kramer, A.F., McAuley, E., & Ehlers D.K. Associations among race, physical activity, and cognitive function in breast cancer survivors. Paper presented at the Society of Behavioral Medicine Annual Meeting, Virtual, April.
- 2020 Balbim, G.M., Ajilore, O.A., Erickson, K.I., Lamar, M., **Aguiñaga, S.**, Bustamante, E.E., Marquez, D.X. The effects of BAILAMOS™ dance program on brain functional connectivity of older Latinos: An exploratory study. On-demand paper presented at The Gerontological Society of America's 2020 Annual Scientific Meeting Online, November.
- Guzman J., Soto Y., Marquez D.X., **Aguiñaga S.** Self-rated health status as a predictor of executive function in older Latinos. Poster presented at The Gerontological Society of America's Annual Scientific Virtual Meeting, November.
- Soto, Y., Guzman, J., **Aguiñaga, S.** Physical Activity Programming and Physical Function of Older Adults in Adult Day Centers: A Mixed-Methods Approach. Poster presented online at The Gerontological Society of America's Annual Scientific Virtual Meeting, November.
- Balbim, G.M., Garcia, M., **Aguiñaga, S.**, Vásquez, P.M., Marques, I.G., Guzman, J., Marquez, D. X. Senior Center Directors' Perceptions of the Sustainability of BAILAMOS™ Dance Program. Poster presented at 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA, April.
- 2019 **Aguiñaga, S.**, Guzman, J., Aguilar-Lopez, M., & Marquez, D.X. Can participation in a Latin dance program lead to secondary behavioral changes in adherence to the MIND diet? Poster presented at the annual meeting of the International Society of Behavioral Nutrition and Physical Activity, Prague, Czech Republic, June 2019.
- Aguiñaga, S.** & Marquez, D.X. Effects of a Latin dance intervention on episodic memory in older Latinos with cognitive impairment at 4-months and 8-month follow-up. Paper presented at the Latinos and Alzheimer's Disease Symposium, Universidad de Puerto Rico, Recinto de Ciencias Medicas, San Juan, Puerto Rico, April.
- Marquez, D.X. & **Aguiñaga, S.** Can Older Latinos with Cognitive Impairment Dance Their Way to Better Physical Function? Poster presented at the Latinos and Alzheimer's Disease Symposium, Universidad de Puerto Rico, Recinto de Ciencias Medicas, San Juan, Puerto Rico, April.

Aguñaga, S., Ehlers, D., Severson, J., & McAuley, E. Socioeconomic Status and Differences in Health Outcomes in a National Sample of Breast Cancer Survivors. Poster presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC, March.

Ehlers, D.K., **Aguñaga, S.**, Severson, J., Kramer A.F., & McAuley, E. Obesity and weight gain after breast cancer: Effects on survivor behaviors and psychosocial health. Paper submitted as part of the symposium *Identifying Factors Influencing Physical Activity Participation in Cancer Survivors: From Cross-Sectional to Intervention Studies* (Ehlers, D.K., Leach, H.J., Mama, S.K., Trinh, L., & Phillips, S.M.). Society of Behavioral Medicine Annual Meeting, Washington, DC, March.

Soto, Y. Guzman, J., **Aguñaga, S.**, Ehlers, D., Severson, J., & McAuley, E. Physical activity and psychological well-being outcomes among diverse and age-matched Caucasian breast cancer survivors. Poster presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC, March.

Guzman, J., Marques, I.G., Balbim, G.M., M., **Aguñaga, S.**, Lamar, M., Marquez, D.X. The effects of the BAILAMOS™ Latin dance program on self-reported physical activity and hippocampal volume in older Latinos. Poster presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC, March.

Marques, I.G., Kitsiou, S., **Aguñaga, S.**, Balbim, G.M., Gerber, B., Buchholz, S. W., Bustamante, E.E., Marquez, D. X. Impact of an mHealth Latin Dance Intervention on Physical Activity and Health Outcomes on Middle-Aged and Older Latinos. Poster presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC, March.

2018 **Aguñaga, S.**, Marques. I.G., Garcia, M., Marquez, D.X. Impact of a Mobile Health-Infused Latin Dance Program on Physical Activity, Fitness, and Executive Function in Older Latinos. Poster presented at the Alzheimer's Association International Conference, Chicago, IL, July.

Balbim, G.M., Marques, I.G., Guzman, J., **Aguñaga, S.**, Vazquez, P.M., Marquez, D. X. Impact of BAILAMOS® Dance Program on Self-reported Physical Activity in Older Latinos. Poster presented at the Annual Meeting and World Congress on Exercise is Medicine® of the American College of Sports Medicine, Minneapolis, MI, May.

Aguñaga, S. & Marquez, D.X. Impact of Latin dance on episodic memory and executive function among Latinos with cognitive impairment. Poster presented at the 39th Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA, April.

Ehlers, D.K., **Aguñaga, S.**, Severson, J., Kramer, A.F., & McAuley, E. (Accepted). Effects of sedentary behavior and sleep disturbance on memory impairments in breast cancer survivors. Poster presented at the American Psychosocial Oncology Society Annual Conference, Tucson, AZ, February.

- Ehlers, D.K., **Aguñaga, S.**, Cosman, J., Severson, J., Kramer, A.F., & McAuley, E. Effects of physical activity on quality of life in younger vs older breast cancer survivors: Roles of cognition and mental health. Paper presented at the 39th Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA, April.
- 2017 **Aguñaga, S.** Perceptions of Physical Activity and Sedentary Behavior on Brain Health among older Latinos with Mild Cognitive Impairment. Symposium presented at the 45th Midwest American College of Sports Medicine Annual Meeting, Grand Rapids, MI, November.
- Aguñaga, S.**, Ehlers, D.K., Cosman, J., Severson, J., Kramer, A.F., & McAuley, E. Associations among physical activity, fatigue, and executive function in breast cancer survivors. Paper presented at the World Congress of Psycho-Oncology, Berlin, Germany, August.
- Ehlers, D.K., **Aguñaga, S.**, Severson, J., Kramer, A.F., & McAuley, E. Mental health and quality of life during cancer survivorship: The effects of physical activity levels pre-cancer to post-treatment. Paper presented at the World Congress of Psycho-Oncology, Berlin, Germany, August 2017.
- Aguñaga, S.** & Marquez, D.X. Can a Latin Dance Program Impact Physical Activity and Sedentary Behavior among Older Latinos? Poster presented at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA 2017.
- Aguñaga, S.** Impact of a Latin Dance Program on Physical Activity and Physical Function in Older Latinos. Symposium presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA, March.
- Ehlers, D., Fanning, J., Awick, E., **Aguñaga, S.**, Cosman, J., Severson, J., Kramer, A., McAuley, E. Replacing Sedentary Time with Physical Activity: Effects on Cancer-related cognitive impairment. Symposium presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA,.
- 2016 Marquez, D.X., **Aguñaga, S.**, Marques, I.G., Aguirre, K., Wilcox, S., Perceptions of Physical Activity on Brain Health among Older Latinos. Symposium presented at the annual meeting of the Gerontological Society of America (GSA), New Orleans, LA, November.
- Aguñaga, 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 presented at the annual meeting of the American College of Sports Medicine (ACSM), Boston, Massachusetts, May.
- Aguñaga, S.**, & Marquez, D.X. Impact of a Latin dance program on sedentary behavior among Older Latinos with mild cognitive impairment. Poster presented at the annual Recognition for Achievement, Research & Excellence (RARE) event at the University of Illinois at Chicago, April.
- Aguñaga, S.**, Marques, I.G., Griffith, M., Janicek, S.J., Wilcox, S., Marquez, D.X. Older Latinos' Perceptions of Cognitive Health and the Role of Physical

Activity and Nutrition. Symposium presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC, March.

Vasquez, P., **Aguiñaga, S.**, Wilson, R.S., Fogg, L.F., Wilbur, J., Hughes, S., & Marquez, D.X. Influence of Latin Dance on Physical Activity Among Community Dwelling Older Latino Adults. Poster to be presented at American Heart Association | American Stroke Association- EPI Lifestyle 2016, Phoenix, Arizona, March.

2015 **Aguiñaga, S.**, Vásquez, P., Logsdon, R., Marquez D.X. Sedentary Behavior, Depression, and Weight Status among older Latinos with Mild Cognitive Impairment. Poster presented at the Sedentary Behavior and Health Conference at the University of Illinois at Urbana-Champaign, October.

2014 Marquez, D.X., Caceres, M., **Aguiñaga, S.**, Vasquez, P., & Janicek, S.J. Lessons learned in conducting health-related randomized controlled trials with older Latinos. Symposium presented at the annual meeting of the Gerontological Society of America, Washington, DC, November 2014.

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.

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.

Aguiñaga, S., Vásquez, P., Wilson, R.S., Fogg, L.F., Wilbur, J., Hughes, S., & Marquez, D.X.. 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.

Vasquez, P., **Aguiñaga, S.**, Wilson, R.S., Fogg, L.F., Wilbur, J., Hughes, S., & Marquez, D.X. Increasing Physical Activity among Older Latino Adults. Poster presented at the International Conference on Aging in the Americas, Boulder, Colorado, September.

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.

2013 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.

- 2012 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.
- 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.
- 2011 Marquez, D. X., Bustamante, E. E., & **Aguiñaga, S.** Development and pilot testing of the BAILAMOS[®] dance program and its impact on physical and cognitive function in older Latinos. Paper presented as part of symposium at the annual meeting of the Gerontological Society of America, Boston, MA, November.
- 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.
- Bustamante, E. E., **Aguiñaga, S.**, Mendez, M., & Marquez, D. X. (2011). Comparison of Physical Activity Characteristics between Four Styles of Latin Dance among Low-Active Older Latinos. Poster presented at the annual meeting of the American College of Sports Medicine, Denver, CO.
- 2010 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.

Teaching Experience

Instructor of Record at University of Illinois at Urbana-Champaign

*graduate level, **hybrid graduate-undergraduate level

Cultural Competence in Public Health*
 Physical Activity and Diverse Populations**
 Social Science of Human Movement
 Physical Activity & Chronic Disease**

Guest Lecturer at the University of Illinois at Urbana-Champaign

Physical Activity Research Methods
 Clinical and Applied Exercise Physiology**
 Physical Activity & Cognition*
 Cultural Competence in Public Health*
 Latina/o Mental Health Topics

Teaching Assistant at the University of Illinois at Chicago

Exercise Psychology
 Movement Neuroscience*

Mentoring Experience

Supervision of Graduate Students

Doctoral Students (Advisor)

Jacqueline Guzman, MS | ABD, Kinesiology and Community Health, In Progress
Imani Canton, MS | 4th year, Kinesiology and Community Health, In Progress
Yuliana Soto, MS | 2nd year, Kinesiology and Community Health, In Progress

Doctoral Committee Membership

Shelby Keye | 2nd year, Kinesiology and Community Health, In Progress
Guilherme Moraes Balbim, PhD | 2020
Thesis: Brain Health in Older Latino: Associations with Physical Activity
(University of Illinois at Chicago)
Placement: Postdoctoral Fellow at University of British Columbia-Vancouver

Master's Students (Advisor)

Ana Laura Selzer Ninomiya | 2nd year, Kinesiology and Community Health, In Progress
Yuliana Soto, M.S. | 2020
Thesis: Perspectives of Catholic Latina Mothers on Female Adolescent Depression: A Qualitative Approach, Kinesiology and Community Health

Supervision of Undergraduate Students (UIUC)

Kinesiology and Community Health Honors Thesis

Diana Morales | 2022

Community Academic Scholars Program

Leslie Villareal | 2019-2021

Student Aging Researchers in Training

Ivette Camacho | 2021-2022
Anya Bhagwakar | 2020-2021
Diana Morales | 2019-present

SPARK Program

Amber Bou | 2021-present

McNair Scholars

Brenda Munguia | Spring 2020

Independent Study

Jessica Guachichulca | Spring 2022

James Scholar Honors Students

Brenda Bravo | Spring 2022
Rachel Brokenshire | Spring 2021
Matthew Beyer | Spring 2021

Halle Wanless | Spring 2020
Emily Ob | Fall 2020
Gaby Inawat | Fall 2020-present
Jobnee Schulte | Spring 2020

Community Health Undergraduate Student Internship

Rocio Guadalupe Gonzalez Silva | Spring 2022
Jazmine España Hernandez | Spring 2022
Armando Mendoza | Spring 2022

Awards & Honors

- Teachers Ranked as Excellent at the University of Illinois at Urbana- Champaign**
SP 19, SP 20, FA 20, SP 21, FA 21
- 2016 **FASEB MARC Program Poster/Oral Presentation Travel Award**
Federation of American Societies for Experimental Biology (FASEB)/ Maximizing Access to Research Careers (MARC) Program
- 2012-2015 **Level 2 Participant in ACSM Leadership and Diversity Program**
American College of Sports Medicine
- 2010 & 2015 **Chancellor's Student Service and Leadership Award**
University of Illinois at Chicago
- 2013-2014 **Diversifying Higher Education Faculty in Illinois Fellowship Program**
Illinois Board of Higher Education
- 2013-2014 & 2016 **Department of Kinesiology and Nutrition Funding**
University of Illinois at Chicago
- 2011, 2014 & 2015 **Travel Award**
University of Illinois at Chicago Graduate Student Council
- 2012 **HCOE Pre-Medical Health Disparities Summer Research Fellowship**
University of Illinois at Chicago
- 2011 **Department of Kinesiology and Nutrition Funding**
University of Illinois at Chicago
- 2010-2011 **Level 2 Participant in Midwest ACSM Mentoring and Leadership Program**
Midwest American College of Sports Medicine
- 2008 **Medicina Scholars Program Award**
Hispanic Center of Excellence at the University of Illinois at Chicago

Service

Public Engagement

2022-present **ConnectCareHero** | Research Science Advisor

Start-up company that uses a digital health platform to develop culturally relevant content to keep older adults socially connected and significantly improve their health outcomes.

2016- present **La BROCHA** | Co-founder

Organization provides free art programming to older, Spanish-speaking Latinos. LA BROCHA has received funding and awards from the American Association of Retired Persons, Healthy Communities Foundation, Acting Up Award, Chicago CityArts Grant, and Health Medicine & Research Policy Group Emerging Leader Award (2019).

2019-2020 **Healthy Champaign County Board**, Champaign-Urbana, IL

2019-2020 **Mueve Tu Cuerpo**

Led free Spanish-language exercise program for Champaign-Urbana community members

Community Volunteering

2008-2009 **Big Brothers Big Sisters of Metropolitan Chicago**

One to one mentoring program in which mentors work with a child from St. Anne School to tutor, share fun activities, and play the role of an older sibling.

2008 **Jatun Sacha Biological Station** | Quito, Ecuador

Volunteer program focused on the reforestation of endemic trees, agroforestry, organic farming, English teaching, and local community activities.

2005-2006 **Rush-Copley Medical Center** | Aurora, IL

Interpret for patients and doctors and translate documents in English and Spanish.

Service to Disciplinary and Professional Societies or Associations

Professional Committee Service

2022 Level 2 Coordinator for the Leadership and Diversity Training Program for the American College of Sports Medicine

2020-2021 Task Force on Fellowship, American College of Sports Medicine

2020-2021 Translation of Exercise is Medicine RX for Health Series, American College of Sports Medicine

2016-2017 Program Committee Member, Society of Behavioral Medicine

Journal Editorial Board Memberships

2016-2019 Editorial Board Member for The Gerontologist

Journal Reviewing

The Gerontologist, Western Journal of Nursing Research, Canadian Journal on Aging, European Health Psychology Society, Health Education and Behavior, Nutritional Neuroscience, BMC Public Health, PLOS One, Health & Social Care in

the Community, Journal of Aging and Health, American Journal of Health Promotion, Contemporary Clinical Trials

Grant Reviewing

2021 Alzheimer's Association Research Grant Program, Alzheimer's Association

Conference Reviewing

2020-2021 Peer Reviewer, Society of Behavioral Medicine Annual Meeting.

University Service (UIUC)

2022 Faculty Advisor, Latino Medical Student Association

2016-2020 Faculty Advisor, Lambda Theta Alpha, Beta Phi Chapter

Department-Level Service (UIUC)

2022-Present Search Committee Member, Open Rank Biomechanics Professor

2021-Present Educational Policy Committee, Department of Kinesiology and Community Health

2021-Present Alleged Capricious Grading Committee

2021-Present Graduate Student Committee

2021 Website Committee

2020-2021 Diversity and Inclusion Committee

2019-2020 Grievance Committee

2019-2020 Graduate College Conference Travel Award Committee

2019 Educational Policy Committee

Certifications & Trainings

2020 **International Conference on Aging in the Americas-Grant Workshop**
The Texas Resource Center on Minority Aging Research

12th ACES Research Academy
University of Illinois at Urbana-Champaign

2017 **NIH Toolbox® Training Workshop**
Northwestern University, Chicago, IL

2015 **Advanced Research Course on Physical Activity and Public Health**
National Institute of Public Health of Mexico, Cuernavaca, Morelos, Mexico

2015 **HSP 105 HIPPA On-line Training**
University of Illinois at Chicago

2011 - **American Heart Association/Emergency Care & Safety Institute**
University of Illinois at Chicago
Certified in CPR, AED, and First Aid

2009 **Collaborative Institutional Training Initiative Program**
University of Illinois at Chicago

2004 **Certificate of Completion as a Medical Interpreter**
Waubensee Community College

Languages

English (native)

Spanish (native)

Professional Societies

2013 - Gerontological Society of America (GSA)

2011 - Society of Behavioral Medicine (SBM)

2010 - American College of Sports Medicine (ACSM)