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**Research Interests**

My research examines the structural determinants of health and well-being. I am particularly interested in how U.S. state policy contexts shape health and mental health outcomes for their residents, and how these outcomes vary across gender, income, and education. In my research, I primarily use demographic and statistical methods to analyze data from large national surveys.

**Research Experience**

My doctoral training in social welfare, demographic methods, and statistics coupled with diverse research experiences have provided me with a strong set of theoretical and methodological skills to employ rigorous analyses to understand health disparities.

In the summer of 2020, I was selected as a Population Health Applied Research Fellow through the UW Center for Studies in Demography and Ecology (CSDE) and UW Population Health Initiative. Our multidisciplinary team of students and faculty developed a novel forecasting method to conduct small area population projections through 2045 for Public Health Services King County (PHSKC) and provided insights to local policymakers and government stakeholders on how to use these tools to promote equity, reduce health disparities, and improve access to public resources such as healthcare facilities and transit sites. This work yielded two conference presentations and an academic paper titled *"A multistage smoothing method for detailed small area projections: An application and validation to King County, Washington"* that is currently under review.

From 2019 to 2021, I worked as a research assistant on the Promoting Recovery through Advanced Clinical Training and Integrated Continuing Education (PRACTICE) Project, a 2-year pilot study examining the feasibility of an enhanced training program for dyads of Master of Social Work (MSW) students and behavioral health providers (Field Supervisors) who supervise students in their practicum placements within King County's public behavioral health system. On this project, our team examined strategies for training students and providers in evidence-based practices to enhance clinical outcomes for clients seeking mental health services. Our work resulted in an improved training protocol for behavioral health providers and an academic paper titled *"Integrating Classroom Curriculum into Continuing Education for Field Instructors to Improve Supervision"* that is currently under review.

I was awarded the National Institutes of Health, Institute for Translational Health Science TL1 Interdisciplinary Translational Research Fellowship for 2021-2022 and participated in a research training program that allowed me to engage with a cross-disciplinary community of emerging researchers and develop specific training in dissemination and team science skills.

With the support of this award, I completed an independent research project examining the association between welfare stigma and self-reported health among female public assistance participants with children, and the moderating role of uneven state TANF policies, income inequality, and negative public welfare attitudes. This led to a first-author publication titled *"The Intersection of Welfare Stigma, State Contexts, and Health Among Mothers Receiving Public Assistance Benefits"* in the journal *Social Science and Medicine – Population Health*, and an oral presentation, and poster presentation at two national conferences.

Over the past 4 years, I have been actively engaged in numerous research collaborations with my mentor Dr. Melissa Martinson. We published a study titled *"Generational Shifts in Young Adult Cardiovascular Health? Millennials and Generation X in the United States and England"* in the *Journal of Gerontology: Social Sciences*. This study examined differences in cardiovascular health among millennials and generation X in young adulthood in the United States and England. Currently, we are working on a study to assess the impact of the COVID-19 pandemic on delayed or missed medical care among individuals with chronic conditions.

In my dissertation research, I explore whether variations, dimensions, and consequences of state labor preemption laws impart health harming consequences for low-income workers across the United States using two nationally representative health datasets (Add Health and the Behavioral Risk Factor Surveillance System Survey) merged with state-level measures of labor preemptive legislation. Examining these consequences has important implications for the health and mental health of the U.S. workforce. I have received the Warren G. Magnuson Health Science Fellowship, a competitive research award to support the development of this work, and I currently have three academic papers in progress.

**Future Research Directions**

Looking ahead, I will continue to develop an evidence base that explores the impact of state policy contexts on the health and well-being of their residents to advance program and policy solutions for eliminating health inequities. In the short term, I anticipate building upon my dissertation research to examine potential mechanisms underlying the relationship between state labor preemption laws and various health outcomes, and to investigate how these policies are shaping population health outcomes over time. Additionally, I intend to apply for an ancillary study with The National Longitudinal Study of Adolescent to Adult Health (Add Health) to examine how geographic factors intersect with working conditions and worker's cardiovascular health.