

# Sandra H. Soto, PhD, MPH, BSN

Assistant Professor | School of Nursing | Thurston Arthritis Research Center | UNC at Chapel Hill

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## RESEARCH INTERESTS

- Social influences on health
- Physical activity
- Dietary intake and diet-related behaviors
- Hispanic/Latino health
- Intervention development and implementation

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## EDUCATION & TRAINING

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| 2019 | <b>Postdoctoral Fellow</b><br>School of Nursing & Thurston Arthritis Research Center, University of North Carolina at Chapel Hill, NC   |
| 2017 | <b>PhD, Public Health, Health Behavior</b><br>San Diego State University/University of California San Diego, Joint Doctoral Program<br><i>Dissertation: The role of children, families, and acculturation on Latina mothers' dietary intake and behaviors</i><br>Chair: Elva M. Arredondo |
| 2009 | <b>MPH, Health Promotion</b><br>Milken Institute School of Public Health, George Washington Univ., Washington, DC<br><i>Thesis: A Health Promotion Pilot Program for African American Middle School-Aged Boys</i>   |
| 2004 | <b>BS, Nursing</b><br>College of Nursing, University of South Florida, Tampa, FL  |

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## PROFESSIONAL EXPERIENCE

### *Academic Experience*

- 2020 – Present Adjunct Assistant Professor, in Health Behavior at the University of North Carolina at Chapel Hill Gillings School of Global Public Health
- 2019 – Present Assistant Professor, School of Nursing, University of North Carolina at Chapel Hill, NC

Faculty Affiliations: Thurston Arthritis Research Center, University of North Carolina at Chapel Hill, NC

- 2017 – 2019 Post-Doctoral Research Fellow, School of Nursing and Thurston Arthritis Research Center, University of North Carolina at Chapel Hill, NC
- 2012 – 2017 Doctoral Research Assistant, Institute for Behavioral and Community Health, San Diego State University Research Foundation, San Diego, CA
- 2010 – 2012 Project Researcher, Center for Child and Human Development, Department of Pediatrics, Georgetown University, Washington, DC
- 2009 – 2010 Research Associate, Epidemiology and Biostatistics Department, George Washington University, Washington, DC
- 2008 – 2009 Graduate Research Assistant, Coaching for College and the George Washington University (Masters Thesis), Washington, DC
- 2007 – 2009 Graduate Student Assistant, Health Promotion Department, George Washington University, Washington, DC

*Non-Academic Nursing Experience*

- 2005 – 2007 Clinical Nurse, Family Practice Clinic, 6<sup>th</sup> Medical Group, MacDill Air Force Base, Tampa, FL
- 2004 – 2005 Critical Care Nurse, Surgical/Trauma ICU, Bayfront Medical Center, St. Petersburg, FL

RESEARCH GRANTS & SUPPORT

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- 2020 – 2025 Career Development Award, NIH National Institute on Minority Health and Health Disparities (NIMHD K01MD015290)  
Role: PI  
*Optimizing a dyadic physical activity intervention for Hispanics with osteoarthritis and their physical activity supporter*
- 2018 – 2019 Pilot grant, NIH National Center for Advancing Translational Sciences (NCATS), North Carolina Translational and Clinical Sciences Institute (TraCS) (UL1TR002489)  
Role: PI  
*Exploring physical activity motivation between Latinas with osteoarthritis and their supportive person*
- 2018 – 2019 Matching grant award, Thurston Arthritis Research Center (P30 AR072520-01)  
Role: PI  
*Exploring physical activity motivation between Latinas with osteoarthritis and their supportive person*
- 2017 – 2019 Post-Doctoral Traineeship, NIH National Institute of Nursing Research (NINR) T32 Postdoctoral Training Fellow (2T32NR007091)  
Role: Post-Doctoral Research Fellow  
*Interventions for the prevention and management of chronic illness*

- 2016 – 2017      Predoctoral Fellowship, NIH National Institute of Nursing Research (NINR) F31, Ruth L. Kirschstein National Research Service Award (NRSA), Individual Predoctoral Fellowship to Promote Diversity in Health-Related Research (1F31NR015965-01A1)  
Role: Predoctoral Fellow  
*Parent/child acculturation and family dynamics: Impact on Latina mothers' diet*
- 2016              Research Mini-Grant Award  
Undergraduate Research Program, Division of Undergraduate Studies, San Diego State University  
Role: PI/Mentor for undergraduate student  
*Children's influence on their Latino mothers' dietary behaviors: A qualitative analysis*
- 2012 – 2015      Community Engagement Award  
Howell Foundation  
Role: Program Coordinator  
*Promoting physical activity among pregnant Latinas: For Our Health*

## PUBLICATIONS

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- Soto, S.H.**, Callahan, L.F., Bahorski, S., Altpeter, M., Hales, D., Phillips, A., Carthron, D., Rini, C. (2019). The role of cohabitating partner and relationship characteristics on physical activity among individuals with osteoarthritis. *International Journal of Behavioral Medicine*, 26(5), 522-530. DOI: 10.1007/s12529-019-09806-2. PMID: 31313250
- Troxel, M., Linas, K., Jacobstein, D., Biel, M., **Soto, S.H.**, Lorenzo-Hubert, I., Dos-Santos, S., Mendez R., Anthony, B.J. (2019). Implementing Autism Screening for Latino Children in Primary Care: Perspectives from Parents and Providers. *Journal of Health Disparities Research and Practice*, 12(2), 88-105. PMCID: N/A
- Soto, S.H.**, Arredondo, E.M., Shakya, H.B., Roesch, S., Marcus, B., Parada, H., Ayala, G.X. (2019). Family environment, children's acculturation and mothers' dietary intake and behaviors among Latinas: an autoregressive cross-lagged study. *Social Science & Medicine*. 228, 93-102. PMCID: PMC6632083
- Arredondo, E.M., Ayala, G.X., **Soto, S.H.**, Slymen, D., Horton, L.A., Parada, H., Campbell, N., Ibarra, L., Engelberg, M., Elder, J. (2018). Latina mothers as agents of change in children's eating habits: Findings from the randomized controlled trial Entre Familia: Reflejos de Salud. *International Journal of Behavioral Nutrition and Physical Activity*. 15(1). DOI: 10.1186/s12966-018-0714-0
- Soto, S.H.**, Arredondo, E.M., Ayala, G.X., Marcus, B., Shakya, H.B. (2018). Exploring how children influence their Latina mothers' dietary behaviors: qualitative interviews with mothers of bicultural and assimilated children. *Appetite*, 129, 217-227. DOI: 10.1016/j.appet.2018.06.040. PMCID: PMC6632078
- Soto, S.H.**, Sanz, S., Merchant, K.M., Nichols, J.M., Arredondo, E.M. (2018). Lessons learned from a feasibility study delivered in two WIC sites to promote physical activity among pregnant Latinas. *Journal of Nutrition Education and Behavior*. DOI: 10.1016/j.jneb.2018.04.004. PMCID: PMC6230480
- Soto, S.H.**, Arredondo, E.M., Marcus, B., Shakya, H.B., Roesch, S., Ayala, G. X. (2017). Effects of Latino children on their mothers' dietary intake and dietary behaviors: the role of children's acculturation and the mother-child acculturation gap. *Social Science & Medicine*, 191, 125-133. DOI: 10.1016/j.socscimed.2017.09.004. PMCID: PMC5623112

**Soto, S.H.**, Haughton, J., Arredondo, E.M., Shakya, H. (2017). Leisure-time physical activity and characteristics of social network support for exercise among Latinas. *American Journal of Health Promotion*, 32(2), 432-439. DOI: [org/10.1177/0890117117699927](https://doi.org/10.1177/0890117117699927). PMID: PMC5568499

Kowitt, S., Ayala, G. X., Cherrington, A., Horton, L.A., Safford, M. M., **Soto, S.C.**, Tang, T.S., Fisher, F., B. (2017). Examining the Support Peer Supporters Provide Using Structural Equation Modeling: Nondirective and Directive Support in Diabetes Management. *Annals of Behavioral Medicine*, 51(6), 810-821. DOI: [10.1007/s12160-017-9904-2](https://doi.org/10.1007/s12160-017-9904-2). PMID: 28417438

Perez L.G., Chavez A., Marquez D.X., **Soto S.C.**, Haughton J., & Arredondo E.M. (2016). Associations of acculturation with self-report and objective physical activity and sedentary behaviors among Latinas. *Health Education & Behavior*, 51(6), 810-821. DOI: [10.1177/1090198116669802](https://doi.org/10.1177/1090198116669802). PMID: PMC5565158

**Soto, S.C.**, Arredondo, E.M., Villodas, M.T, Elder, J.P., Quintanar, E., Madanat, H. (2016). Depression and chronic health conditions among Latinos: the role of social networks. *Journal of Immigrant and Minority Health*, 18(6), 1292-1300. DOI: [10.1007/s10903-016-0378-2](https://doi.org/10.1007/s10903-016-0378-2). PMID: PMC5961662

**Soto, S.C.**, Arredondo, E.M., Horton, L.A., Ayala, G.X. (2016). Validation of the Modified Parenting Strategies for Eating and Physical Activity Scale-Diet (PEAS-Diet) in Latino Children. *Appetite*, 98, 55-62. DOI: [10.1016/j.appet.2015.12.003](https://doi.org/10.1016/j.appet.2015.12.003). PMID: N/A

**Soto, S.C.**, Louie, S., Cherrington, A., Parada, H., Horton, L.A., Ayala, G.X. (2015). An ecological perspective on diabetes self-care support, self-management behaviors, and hemoglobin A1C among Latinos. *The Diabetes Educator*, 41(2), 214-223. DOI: [0145721715569078](https://doi.org/10.1177/0145721715569078). PMID: N/A

Bronheim, S.M., **Soto, S.C.**, Anthony, B.J. (2015) Addressing disparities in access to information for Hispanic families of children with special health care needs. *Journal of Health Disparities and Practice*: 8(2), 29-46. PMID: N/A

**Soto, S.C.**, Linas, K., Malloy, M., Jacobstein, D.M., Biel, M.G., Migdal, T., Anthony, B. (2015). A review of cultural adaptations of screening tools for autism spectrum disorders. *Autism*, 19(6), 646-661. DOI: [10.1177/1362361314541012](https://doi.org/10.1177/1362361314541012). PMID: 25008216

#### *Book Chapters*

**Soto, S.C.**, Chavez, A., Haughton, J., Arredondo, E.M. (2018). Development of culturally appropriate strategies for promoting physical activity. Bopp, M. (Ed.), *Physical Activity and diverse populations: evidence and practice* (pp. 26-44). Routledge. PMID: N/A

#### *Manuscripts in Preparation*

**Soto, S.H.**, Callahan, L.F., Bahorski, S., Altpeter, M., Phillips, A., Carthron, D., Rini, C. (in preparation). Dyadic influences on spousal companionship support for physical activity among individuals with osteoarthritis. *Journal of Family Psychology*.

**Soto, S.H.**, Berry, D., Rini, C., Callahan, L.F. (in preparation). Physical activity support between Latinas with osteoarthritis and a supportive person: Perspectives from dyads. *Journal of Advanced Nursing*.

**Soto, S.H.**, Piepmier, A., Hirschey, R., Lekavich, C., Bryant, A., Conklin, J., Leckey, J., Chan, Y., Leeman, J. (in preparation). Mediators of Behavior Change Maintenance in Physical Activity Interventions for Adults with Chronic Illness: A Systematic Review. *Translational Behavioral Medicine*.

## SCIENTIFIC ORAL PRESENTATIONS

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Rini, C., Hales, D., Bahorski, S., Altpeter, M., Carthron, D., Phillips, A., Upchurch, J., Griesemer, I., Wasser, H., **Soto, S.H.**, Rimmler, S., Patel, B., Ellis, K., and Callahan, L.F. (2018). *Dyadic Study of Partner Social Support for Physical Activity and Its Role in the Initiation and Maintenance of Increased Physical Activity Among Insufficiently Active People with Hip/Knee Osteoarthritis*. Abstract presented at the American College of Rheumatology/Association of Rheumatology Professionals Annual Meeting, Chicago, IL.

**Soto, S.H.**, Callahan, L.F., Bahorski, S., Altpeter, M., Phillips, A., Hales, D., Rini, C. (2018). *How does gender moderate the association between partner support for physical activity and physical activity among individuals with osteoarthritis?* Paper presentation at the 39<sup>th</sup> Annual Society of Behavioral Medicine Meeting, New Orleans, LA.

**Soto, S.C.**, Arredondo, E.M., Horton, L., Strong, D., Ayala, G.X. (2014). *Factor Analysis of a modified Parenting Strategies for Eating and Physical Activity Scale (PEAS) in Latino Children*. Short oral presentation at the International Society for Behavioral Nutrition and Physical Activity's Annual Meeting, San Diego, CA.

**Soto, S.C.**, Arredondo, E.M. (2013). *Motivational interviews in a physical activity intervention among Latinas*. Oral presentation at the San Diego State University Student Research Symposium, San Diego, CA.

**Soto, S.C.**, Thomas, M., Anthony, B. (2012). *Increasing access to information and support for families of children with special needs*. Oral presentation at the 25<sup>th</sup> Annual Children's Mental Health Research and Policy Conference, Tampa, FL.

Anthony, B., **Soto, S.C.**, Holland, C. (2012). *Using a Delphi study process to refine a model of technical assistance*. Oral presentation at the 25<sup>th</sup> Annual Children's Mental Health Research and Policy Conference, Tampa, FL.

## SCIENTIFIC POSTER PRESENTATIONS

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**Soto, S.H.**, Callahan, L.F., Rini, C. (2020, Apr 1-4). The role of couple relationships on physical activity change over 12 months among individuals with osteoarthritis. Poster presentation at the 41<sup>th</sup> Annual Society of Behavioral Medicine Meeting, San Francisco, CA (not presented due to COVID-19).

**Soto, S.H.**, Berry, D., Callahan, L.F. (2020, Apr 1-4). Exploring social motivation for PA among Latinas with osteoarthritis and a member of their social network. Poster presentation at the 41<sup>th</sup> Annual Society of Behavioral Medicine Meeting, San Francisco, CA (not presented due to COVID-19).

**Soto, S.H.**, Callahan, L.F., Bahorski, S., Altpeter, M., Carthron, D., Rini, C. (2019). Dyadic influences on spousal companionship support for physical activity among individuals with osteoarthritis. Poster presentation at the 40<sup>th</sup> Annual Society of Behavioral Medicine Meeting, Washington, DC.

**Soto, S.H.**, Arredondo, E.M., Ayala, G.X., Marcus, B., Shakya, H.B. (2018). *Exploring how bicultural and assimilated children influence their Latina mothers' diet*. Poster presentation at the 39<sup>th</sup> Annual Society of Behavioral Medicine Meeting, New Orleans, LA.

**Soto, S.H.**, Arredondo, E.M, Roesch, S., Marcus, B. Shakya, H., Ayala, G.X. (2017). *Family-level factors and dietary intake among Latinas: An autoregressive cross-lagged analysis*. Poster presentation at the International Society for Behavioral Nutrition and Physical Activity's Annual Meeting, Victoria, BC.

**Soto, S. H.**, Arredondo, E. M., Marcus, B., Shakya, H., Roesch, S., Ayala, G. X. (2017). *The role of Latino children's acculturation on their mothers' dietary intake and dietary behaviors*. Poster presentation at the 38<sup>th</sup> Annual Society of Behavioral Medicine Meeting, San Diego, CA.

Breton, J., **Soto, S.H.**, (2017). *Exploring why some traditional Latina mothers are more permissive with their children's dietary intake*. Poster presentation at the 4<sup>th</sup> Annual Conference for Research in the Arts, Social Sciences, and Humanities, San Diego, CA. (mentee presentation)

**Soto, S.C.**, Shakya, H., Haughton, J., Arredondo, E.M. (2016). *Leisure-time physical activity and social network support among Latinas*. Poster presentation at the 37<sup>th</sup> Annual Society of Behavioral Medicine Meeting, Washington, DC.

**Soto, S.C.**, Shakya, H., Haughton, J., Arredondo, E.M. (2016). *Leisure time moderate-to-physical activity and the role of social network support for physical activity among adult Latinas*. Poster presentation at the Active Living Research Conference, Clearwater, FL.

**Soto, S.C.**, Arredondo, E.A., Elder, J., Quintanar, E., Madanat, H. (2015). *Depression and chronic health conditions among Latinos: the role of social networks*. Poster presentation at the American Public Health Association's Annual Meeting, Chicago, IL.

**Soto, S.C.**, Sanz, S., Montanez, J., Merchant, K., Nichols, J., Arredondo, E.A. (2015). *A pilot study to promote physical activity among pregnant women enrolled in the Women, Infants, and Children (WIC) program*. Poster presentation at the Hispanic-Serving Health Professions Schools' Professional Development Workshop, Bethesda, MD.

**Soto, S.C.**, Louie, L., Cherrington, A., Ayala, G.X. (2014). *An ecological perspective on perceived social support and diabetes self-care behaviors*. Poster presentation at the Society of Behavioral Medicine's Annual Meeting, Philadelphia, PA.

**Soto, S.C.**, Arredondo, E., Horton, L., Strong, D., Ayala, G.X. (2014). *Validation of a modified Parenting Strategies for Eating and Physical Activity Questionnaire in Latino Children*. Poster presentation at the San Diego State University 2013 Student Research Symposium, San Diego, CA.

Bronheim, S., **Soto, S.C.**, Thomas, J., Anthony, B. (2013). *Addressing disparities in access to information for Hispanic families of children with special health care needs: Increasing use of family-to-family centers*. Poster presented at the 141<sup>st</sup> American Public Health Association Annual Meeting, Boston, MA.

**Soto, S.C.**, Arredondo, E., Holub, C., Ayala, G.X., Elder, J., Chanson, D., Burke, K., Haughton, J. (2013). *Social support for physical activity among Latinas living in San Diego County*. Poster presented at the 34<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.

#### INVITED PRESENTATIONS

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Aug 2017      *"Leisure-Time Physical Activity Among Latinas,"* Invited presentation at the Osteoarthritis Action Alliance Lunch & Learn series webinar

- Mar 2017 Panelist for “Grant Writing Workshop for Students: Everything You Need to Know about NIH F-Awards,” 38<sup>th</sup> Annual Society of Behavioral Medicine Meeting, San Diego, CA
- 2016 *Feasibility of a physical activity intervention among pregnant WIC recipients.* Invited presentation at the WIC Research Round Table hosted by San Diego State University Research Foundation Women, Infants, & Children program, San Diego, CA
- Apr 2016 *Higher Ed in Public Health: Perspectives from a Former Nurse and Future PhD.* Invited workshop presentation for the Behavioral Student Success Symposium hosted by the San Diego State University Psychology Mentoring, Outreach, and Education (PsyMORE) program, San Diego, CA
- Nov 2015 *Para Nuestra Salud/ For Our Health: Promoting Physical Activity among Pregnant Latinas.* Oral presentation at the 20<sup>th</sup> Anniversary of the Howell Foundation, La Jolla, CA

#### TEACHING EXPERIENCE

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- 2020 Section Leader  
NURS779: Synthesis and Translation of Evidence: From evidence to practice  
School of Nursing, University of North Carolina at Chapel Hill
- 2019 Section Leader  
NURS778: Interpreting Research Reports  
School of Nursing, University of North Carolina at Chapel Hill
- 2016 Session Leader  
PubH 6054: Community Engagement and Advocacy  
Milken Institute School of Public Health, George Washington University
- 2016 Guest Lecturer  
PH 662: Motivating Health Behavior, *Interpersonal Relationships in Health Behaviors & Interventions*  
Division of Health Promotion and Behavioral Sciences, San Diego State University  
Evaluation score: 4.6/5.0
- 2016 Guest Lecturer  
PH 490C: Public Health Program Evaluation, *Faith in Action RCT* College of Health and Human Services, San Diego State University
- 2015 Guest Lecturer  
PH 603: Behavioral and Social Science in Public Health, *Assessing Needs and Setting Priorities & Problem Statements, Goals, and Objectives*  
Division of Health Promotion and Behavioral Sciences, San Diego State University  
Evaluation score: 4.8/5
- 2015 Teaching Assistant  
PH 664: Health, Society and Human Behavior  
Division of Health Promotion and Behavioral Sciences, San Diego State University
- 2013 Guest Lecturer  
PH 700F: Seminar in Women’s Health, *HIV and African American Women*

Division of Health Promotion and Behavioral Sciences, San Diego State University

2010 – 2012 Session Leader  
PubH 6006: Management Approaches to Public Health  
School of Public Health and Health Services, George Washington University

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#### STUDENT MENTORING

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2019 – Present Mary Killela, PhD student University of North Carolina at Chapel Hill School of Nursing, Dissertation Committee Member

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2014 – 2018 Stephanie Sanz, San Diego State University, undergraduate student  
Research experience recruiting, screening, collecting anthropometric and survey data, and contributing to a published manuscript

2016 – 2017 Jordana Breton, San Diego State University, undergraduate student  
Research experience recruiting, screening, conducting qualitative interviews, and preparing a poster presentation

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#### HONORS & AWARDS

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2020 – 2021 Society of Behavioral Medicine's Diversity Institute for Emerging Leaders selected member

2018 Meritorious Student Abstract Award  
Society of Behavioral Medicine's (SBM) Annual Conference  
*How does gender moderate the association between partner support for physical activity and physical activity among individuals with osteoarthritis?*

2016 GMaP Travel Award  
Geographical Management of Cancer Health Disparities

2016 Underrepresented Student Workshop Travel Award  
The Society of Multivariate Experimental Psychology

2016 Meritorious Student Abstract Award  
Society of Behavioral Medicine's (SBM) Annual Conference  
*Leisure-time physical activity and social network support among Latinas*

2015 – 2016 Transdisciplinary Research in Energetics and Cancer (TREC) scholarship  
Moore's Cancer Center, University of California San Diego

2014 Student Travel Fund Award  
San Diego State University Division of Research Affairs

2013 Meritorious Student Abstract Award  
Society of Behavioral Medicine's (SBM) Annual Conference  
*Social support for physical activity among Latinas living in San Diego County*

2012 Annual Conference Scholarship  
Society for Public Health Education, San Diego Chapter



## PROFESSIONAL MEMBERSHIPS

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- National Association of Hispanic Nurses
- American College of Rheumatology
- National Council on Family Relations
- International Society of Behavioral Nutrition and Physical Activity
- Society of Behavioral Medicine

## PROFESSIONAL SERVICE

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### *Conference Abstract Referee/Reviewer*

- American Public Health Association: Food & Nutrition program and Latino Caucus
- National Council for Family Relations: Family and Health Section
- Society of Behavioral Medicine: Student Interest Group and Cardiovascular Disease Topic

### *Grant Reviewer*

2010 – 2013            Children and Youth Investment Trust Corporation  
                              DC Department of Health, Community Health Administration  
                              Office of the State Superintendent of Education, District of Columbia (OSSE)

### *Committees*

2019 – Present        Society of Behavioral Medicine (SBM) Health Equity Special Interest Group  
                              Role: Planning Committee member

2016 – 2017           Society of Behavioral Medicine (SBM) Student Special Interest Group  
                              Role: Annual Meeting Coordinator

2011 – 2012           Delta Omega, Honorary Public Health Society  
                              Role: Secretary

2010 – 2011           Metropolitan Washington Public Health Association (MWPHA)  
                              Role: Annual Program Committee member

### *Journal Reviewer*

- Appetite
- Health Promotion Practice
- International Journal of Behavioral Medicine
- International Journal of Mental Health Systems
- Journal of Depression & Anxiety

- Journal of Immigrant and Minority Health
- Osteoarthritis and Cartilage
- Preventing Chronic Disease
- World Journal of Diabetes

#### UNIVERSITY SERVICE

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##### *School of Nursing Committees*

3/2020 – Present      PhD Executive Committee Ad Hoc PhD Student Awards subcommittee Member