

KATHRYN WOUK, PhD

Pacific Institute for Research and Evaluation
101 Conner Drive
Suite 200
Chapel Hill, NC 27514-7038

Phone: (703) 340-7166
Fax: (919) 265-2659
kwouk@pire.org
<https://chapelhill.pire.org/person/katie-wouk/>

EDUCATION

- 2018 PhD University of North Carolina at Chapel Hill. Maternal and Child Health.
Minor: Epidemiology
- 2011 MS Tufts University. Friedman School of Nutrition Science and Policy.
Food Policy & Applied Nutrition
- 2005 BA University of Virginia. Foreign Affairs and Spanish.
Minor: History

RESEARCH AND PROFESSIONAL EXPERIENCE

Associate Research Scientist, Pacific Institute for Research and Evaluation, Chapel Hill, 2021-present.

Adjunct Assistant Professor, Maternal and Child Health Department, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, 2021-present.

Postdoctoral Research Fellow, Carolina Global Breastfeeding Institute, Maternal and Child Health Department, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, 2018-present.

Postdoctoral Affiliate, Women's Mood Disorders T32 Institutional Training Grant, Department of Psychiatry, University of North Carolina School of Medicine, 2018-present.

Graduate Research Assistant, Maternal and Child Health Department, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, 2017-2018.

International Board Certified Lactation Consultant, Mary Rose Tully Training Institute, Maternal and Child Health Department, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, credential earned in November 2016.

Predoctoral Trainee, Reproductive, Perinatal, and Pediatric Epidemiology T32 Institutional Training Grant, Epidemiology Department, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, 2015-2017.

Graduate Research Assistant, "Mood, Mother and Infant Study: The Psychobiology of Impaired Dyadic Development" (PI: Alison M Stuebe), University of North Carolina at Chapel Hill, 2013-2015.

Predoctoral Trainee, Maternal and Child Health Bureau Training Grant, Health Resources and Services Administration, Maternal and Child Health Department, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, 2013-2014.

Graduate Research Assistant, “USAID Title II Exit Strategies Study” (PIs: Beatrice Rogers and Jennifer Coates), Tufts University, 2009-2014.

Clinical Nutritionist, Tremont Community Health Center, Community Healthcare Network, 2011-2013.

Peace Corps Volunteer, Basic Sanitation, Bolivia, 2006-2008.

HONORS

- *Pilot Grant Awardee*, NIH-Translational and Clinical Science Award, 2019.
- *Alumna Member*, Delta Omega Theta Chapter. The Gillings School of Global Public Health, University of North Carolina at Chapel Hill, 2019.
- *Lead Author*, #1 Most-Read Peer-Reviewed Article of the Year, Journal of Human Lactation, 2017.
- *Awardee*, Carolina Global Breastfeeding Institute Scholarship, 2015.
- *Awardee*, AcademyHealth Alice S. Hersh Scholarship, 2015.

FUNDED RESEARCH

Current

A Landscape Analysis of Infant and Young Child Feeding practices in Child Care Settings in North Carolina

North Carolina Department of Health and Human Services

Division of Child Development and Early Education

PI: Huntley and Bridgman (20% FTE)

11/15/2021-11/14/2023

Maternity Care Access and Quality in Chatham County: Mixed Method evaluation of the UNC Chatham Hospital Maternity Care Project

The Duke Endowment

\$300,000

PI: Carlough (10% FTE)

01/01/21-12/31/23

Enrich Carolinas Expansion

The Duke Endowment

\$1,300,000

PI: Sullivan (20% FTE)

01/01/19 -06/30/23

Completed

Developing a Theoretical Framework to Understand the Perception of WIC Breastfeeding Recommendations

Old Dominion University Internal Research Proposal Fund
\$50,000
PI: Zhang and Wouk (15% FTE)
02/01/2022-05/01/2022

Reclaiming, Improving, and Sustaining Equity (RISE): Lactation Training Model

The W.K. Kellogg Foundation
\$5,200,000
PI: Sullivan (30% FTE)
03/13/18 -03/12/23

Predictors of postpartum health care utilization and receipt of recommended health services among underserved mothers in North Carolina

North Carolina Translational and Clinical Sciences Institute
\$2,000
PI: Wouk (Internal pilot award)
04/01/19 -03/31/20

REFEREED ARTICLES, published

1. **Wouk K**, Parry KC, Bridgman J, Palmquist AEL, Perkins M, Smetana A, Woods-Barr A, and Sullivan CS. (2022). Evaluation of an evidence-based prenatal breastfeeding education curriculum adapted for the COVID-19 pandemic: Ready, Set, Baby Live COVID-19 Edition. *The Journal of Perinatal Education*.
2. **Wouk K**, Kinlaw A, Farahi N, Pfeifer H, Yeatts B, Paw MK, Robinson WR. (2022). Correlates of receiving guideline-concordant postpartum health services in the community health center setting. *Women's Health Reports*. Feb;3(1):180-193.
3. Shen M, Tzioumis E, Andersen E, **Wouk K**, Carlson R, Li W, Girdler S, Malloy E. (2022). Impact of Mentoring on Academic Career Success for Women in Medicine: A Systematic Review. *Academic Medicine*. Mar 1; 97(3):444-458.
4. Zhang Q, Lamichhane R, **Wouk K**, Guthrie J, Li K. (2021) Prenatal perception of breastfeeding recommendation predicts early breastfeeding outcomes of participants in the Supplemental Nutrition Program for Women, Infants, and Children (WIC). *The American Journal of Clinical Nutrition*. Jul 24;114(6):1949-59.
5. **Wouk K**, Morgan I, Johnson J, Tucker C, Carlson R, Berry DC, Stuebe AM. (2021). A systematic review of patient-, provider-, and health system-level predictors of postpartum healthcare use by people of color, low-income, and/or uninsured populations in the United States. *Journal of Women's Health*. Aug;30(8):1127-1159.
6. Palmquist AEL, Parry KC, **Wouk K**, Lawless GC, Smith JL, Smetana AR, Bourg JF, Hendricks MJ, and Sullivan CS. (2020) Ready, Set, BABY live! Virtual prenatal breastfeeding education for COVID-19. *Journal of Human Lactation*. Nov;36(4):614-618.
7. Whitley J, **Wouk K**,* Bauer AE, Grewen K, Gottfredson NC, Meltzer-Brody S, Propper C, Mills-Koonce R, Pearson B, Stuebe AM. (2020) Oxytocin during breastfeeding and maternal mood symptoms. *Psychoneuroendocrinology*. Mar; 113:104581. ***Co-first authorship**

8. **Wouk K**, Tucker C, Pence BW, Meltzer-Brody S, Zvara B, Grewen K, Stuebe AM (2020). Positive emotions during infant feeding and breastfeeding outcomes. *Journal of Human Lactation*. Feb;36(1):157-167.
9. Bauer A, Stuebe AM, Chetwynd E, **Wouk K**, Muddana A, Yourkavitch J, Bryant AG. (2019). The Lactational Effects of Contraceptive Hormones: an Evaluation (LECHE) study. *Contraception*. Jul;100(1):48-53.
10. **Wouk K**, Gottfredson NC, Tucker C, Pence BW, Meltzer-Brody S, Zvara B, Grewen K, Stuebe AM (2019). Positive emotions during infant feeding and postpartum mental health. *Journal of Women's Health*. Feb;28(2):194-202.
11. **Wouk K**, Bauer A, Gottfredson NC (2019). How to Implement Directed Acyclic Graphs to Reduce Bias in Addiction Research. *Addictive Behaviors*. Jul; 94: 109-116.
12. Liberty AL, **Wouk K**, Chetwynd E, Ringel-Kulka T (2019). A Geospatial Analysis of the Impact of the Baby-Friendly Hospital Initiative on Breastfeeding Initiation in North Carolina. *Journal of Human Lactation*. Feb;35(1):114-126.
13. Goulding AN, **Wouk K**, Stuebe AM (2018). Contraception and Breastfeeding at 4 Months Postpartum Among Women Intending to Breastfeed. *Breastfeeding Medicine*. Jan/Feb;13(1):75-80.
14. **Wouk K**, Tully KP, Labbok M (2017). Systematic Review of Evidence for Baby-Friendly Hospital Initiative Step 3. *Journal of Human Lactation*. Feb; 33(1): 50-82.
15. **Wouk K**, Chetwynd E, Vitaglione T, Sullivan C (2017). Improving Access to Medical Lactation Support and Counseling: Building the Case for Medicaid Reimbursement. *Maternal and Child Health Journal*. Apr; 21(4): 836-844.
16. **Wouk K**, Stuebe AM, Meltzer-Brody S (2017). Postpartum Mental Health and Breastfeeding Practices: An Analysis Using the 2010-2011 Pregnancy Risk Assessment Monitoring System. *Maternal and Child Health Journal*. Mar; 21(3): 636-647.
17. **Wouk K**, Mckenney K, Stuebe A, Poole C, Petrick J, Lara-Cinisomo S (2016). Clinical Interventions to Promote Breastfeeding by Latinas: A Meta-analysis. *Pediatrics*. Jan; 137(1):1-15.

REFEREED ARTICLES, under review

1. **Wouk K**, Piggott J, Towner Wright S, Palmquist AEL, Knittel A. Lactation Support for People who are Incarcerated: A Systematic Review. Provisionally accepted at *Breastfeeding Medicine*.
2. Zhang Q, Li K, **Wouk K**, Lamichhane R, and Guthrie J. Prenatal Perception of WIC Breastfeeding Recommendation Affect Breastfeeding Outcomes in Infant's First Year.

BOOK CHAPTERS AND PUBLISHED ABSTRACTS (Maiden name is Houk)

Bauer AE, **Wouk K**, Grewen K, Gottfredson NC, Meltzer-Brody S, Propper C, Mills-Koonce R, Pearson B, Whitley J, Stuebe AM. Associations of postpartum depression symptoms and infant feeding with Hypothalamic Pituitary Adrenal (HPA) axis reactivity. *American Journal of Obstetrics and Gynecology*. 222(1) Supplement S114, January 1, 2020.

Houk K, Chetwynd E, Sullivan C (2017). Advocacy for IBCLC Care: A Toolkit for Action Based on a Cost/Benefit Analysis and GIS Mapping in North Carolina. In P.H. Smith, M. Labbok, and Chambers BD, Eds., *Breastfeeding, Social Justice, and Equity*. Praeclarus Press.

Bryant AG, Muddana A, Yourkavitch J, Chetwynd E, **Wouk K**, Stuebe AM. (2019). Abstracts from The Academy of Breastfeeding Medicine 21st Annual International Meeting, Washington, DC, October 13-16, 2016. *Breastfeeding Medicine*. 11 (S1), S-1-S-26.

Chetwynd E, Costello R, **Wouk K**. A7. The exclusion of women from the definition of exclusive breastfeeding. In Selected abstracts from the Breastfeeding and Feminism International Conference 2016. *International Breastfeeding Journal*. 2016; DOI: 10.1186/s13006-016-0082.

Goulding AN, **Wouk K**, Stuebe AM. Prenatal Breastfeeding Intention, Contraceptive Method, and Infant Feeding at Three Months Postpartum. *Breastfeeding Medicine*. September 2015, 10(S8). Presented at The Academy of Breastfeeding Medicine 20th Annual International Meeting, Los Angeles, California, October 2015.

Wouk K and McDaniel P (2015). Tools to Inform and Influence Policy and Programs. In M. Labbok, Ed. *Breastfeeding and Public Health: Program, Practice, and Policy Basics*. Taylor and Francis Publishers.

REFEREED ORAL PRESENTATIONS

Zhang Q, Li K, **Wouk K**, Lamichhane R, and Guthrie J. Prenatal Perception of WIC Breastfeeding Recommendation Affect Breastfeeding Outcomes in Infant's First Year. American Society for Nutrition Virtual Conference, June 14, 2022.

Morgan I, Johnson J, Conklin J, **Wouk K**, Mitchell N, Doyinsola Aina A, Tucker C. Maternal experiences and satisfaction with postpartum care in the United States: A scoping review. American Public Health Association Virtual Annual Meeting; October 26, 2020.

Bourg J, Lawless G, Sullivan C, Parry K, Huntley D, Bridgman J, Hendricks M, Smith J, Flower K, **Wouk K**, Palmquist A, Massie S. Improving maternity-care practices and breastfeeding support in underserved communities in the Carolinas: A comprehensive approach to improved breastfeeding outcomes. American Public Health Association Virtual Annual Meeting; October 26, 2020.

Wouk K, Bauer AE, Gottfredson N, Whitley J, Meltzer-Brody S, Grewen K, Stuebe AM. Psychobiology of Lactation: The association between depression symptoms, depression treatment, and oxytocin during breastfeeding. American Public Health Association Annual Meeting; Philadelphia, PA, November 3-6, 2019.

Wouk K, Tucker CM, Meltzer-Brody S, Pence BW, Zvara B, Stuebe AM. The relationship between positive emotions during infant feeding, maternal mental health, and breastfeeding outcomes. Breastfeeding and Feminism International Conference, Chapel Hill: March 21, 2019.

Sullivan C, Smetana A, Davis S, Huntley D, Palmquist A, **Wouk K**. RISE Lactation Training Model: Reclaiming, Improving, and Sustaining Equity. American Public Health Association Conference, San Diego: November 13, 2018.

Wouk K, Sullivan C, Smetana A. Preparing IBLCE Exam Candidates for Success: Lessons Learned From the First CAAHEP-Accredited Pathway 2 Program. International Lactation Consultant Association Conference, Portland: July 19, 2018.

Wouk K, Zvara B, Tucker CM, Meltzer-Brody S, Pence BW, Stuebe AM. "The role of positive emotions in infant feeding and perinatal mental health." Nutrition and Nurture in Infancy and Childhood: Bio-cultural Perspectives, Cumbria, England: June 2017.

Bryant AG, Stuebe AM, Chetwynd E, **Wouk K**, Muddana A, Yourkavitch J. Lactational Effects of Contraceptive Hormones: an Evaluation (LECHE). Academy of Breastfeeding Medicine, Washington, D.C.: Oct 2016.

Chetwynd E, **Wouk K**, Costello R. The Exclusion of Women from the Definition of Exclusive Breastfeeding. Breastfeeding and Feminism Conference; Chapel Hill, NC: Mar 20, 2016.

Wouk K. Postpartum Depression and Breastfeeding: An Analysis Using the 2010-2011 Pregnancy Risk Assessment Monitoring System. Second Biennial Perinatal Mental Health Conference; Chicago, IL: Nov 6, 2015.

Sullivan C, **Houk K**, Smetana A. Developing a Pathway 2 Lactation Training Program to Meet Community Needs. American Public Health Association Conference, Chicago: November 3, 2015.

Houk K, Chetwynd E, Sullivan C. *Advocacy for IBCLC care: A toolkit for action based on cost benefit analysis and GIS mapping in North Carolina*. Panel discussion at Breastfeeding and Feminism International Conference; Chapel Hill, NC, March 20, 2015.

REFEREED POSTER PRESENTATIONS

Wouk K, Kinlaw A, Farahi N, Robinson WR. Predictors of receiving guideline-concordant postpartum health services in the community health center setting. American Public Health Association Virtual Annual Meeting; 2021.

Wouk K, Tzioumis E, Alexander M. Bada** researchers with children (BARWCH): An initiative by early-career professionals to plug the leaky pipeline and improve faculty well-being. American Public Health Association Virtual Annual Meeting; 2020.

Huntley D, Bridgman J, **Wouk K**. Enhancing the early care and education (ECE) technical assistance framework through quality improvement tools and community engagement to support breastfeeding. American Public Health Association Virtual Annual Meeting; 2020.

Erickson K, **Wouk K**, Sullivan C. *Infant feeding characteristics of patients with Amyotrophic Lateral Sclerosis (ALS)*. North Carolina Lactation Consultant Association Breastfeeding Summit; Wilmington, NC, June 21, 2019.

Stuebe AM, Meltzer-Brody S, Pearson B, **Wouk K**, Grewen K. Disordered eating symptoms and maternal emotional experience of breastfeeding." Breastfeeding and Feminism International Conference, March 2019.

Wouk K, Tucker CM, Meltzer-Brody S, Pence BW, Zvara B, Stuebe AM. “Maternal positive emotions in infant feeding and breastfeeding outcomes.” Breastfeeding and Feminism International Conference, March 2018.

Houk K, Stuebe AM, Chetwynd E, Bryant AG, Muddana A, Yourkavitch J. “*The association between hormonal contraception and breastfeeding duration.*” Society for Pediatric and Perinatal Epidemiologic Research annual conference; Denver, CO, June 2015.

Houk K and Sullivan C. *IBCLCs in North Carolina: The Impact of the Mary Rose Tully Training Initiative (MRT-TI) and Future Training Program Priorities.* Triangle Breastfeeding Alliance; Raleigh, NC, April 16, 2015.

Sturza M, Scott P, Grewen KM, Meltzer-Brody SE, Zerwas SC, Frederickson BL, **Houk K**, Stuebe AM. *Perinatal Eating Disorder Symptoms, Parenting Stress, and Infant Feeding.* Reproductive Sciences. 2015: The 62nd Annual Meeting of the Society for Reproductive Investigation; San Francisco, CA, March 25-28, 2015.

Houk K, Sullivan C, Chetwynd E. *Professional Lactation Services and Breastfeeding Rates in NC: A GIS Case for Medicaid Reimbursement of IBCLCs.* American Public Health Association Annual Meeting; New Orleans, LA, November 2-5, 2014.

Klaman S and **Houk K**. *On the Map! Doulas and Childbirth Education: Spatial Variation across North Carolina.* International Childbirth Education Association Conference; Asheville, NC, September 10-13, 2014.

Gray C, Keefe E, Patterson K, Sullivan C, **Houk K**. *An Assessment of the Impact of the Mary Rose Tully Training Initiative Upon Alumnae Satisfaction and Career Development.* Region VI Breastfeeding Symposium; Greenville, NC, August 2014.

Houk K, Sullivan C, Chetwynd E. *Building the Case for Medicaid Reimbursement of IBCLCs: A Toolkit for States.* Fifth National Breastfeeding Coalitions Conference; Arlington, VA, January 2014.

INVITED PRESENTATIONS

Wouk K, Smith J. *Interconception care for the pandemic and beyond.* Presentation to the North Carolina Mountain Area Health Education Center, April 7, 2021.

Wouk K. *Lactancia y el Cuidado del Bebé en Tiempos de COVID-19.* Presentation hosted by North Carolina Mexican Consulate for the Semana Binacional de Salud 2020, October 8, 2020.

Wouk K. *Lactancia Materna y COVID-19.* Presentation hosted by North Carolina Mexican Consulate and El Centro Hispano, July 30, 2020.

Houk K. *Analysis Approaches using Directed Acyclic Graphs.* Epidemiology and Evaluation group, North Carolina Division of Public Health, Raleigh, NC, March 2015.

TEACHING EXPERIENCE

Teaching Assistant, *Clinical Support for Breastfeeding* (Fall and Spring 3-credit Courses), Mary Rose Tully Training Institute, Maternal and Child Health Department, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, 2017-present.

Teaching Assistant, *Analytic Methods in Observational Epidemiology*, Epidemiology Department, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, Fall 2016.

Teaching Assistant, *Foundations of Maternal and Child Health*, Maternal and Child Health Department, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, Fall 2014.

Lecturer, “Using Directed Acyclic Graphs”, Advanced Research Methods, Department of Health Behavior, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, annually 2018-present.

SERVICE

- Board Member, El Vínculo Hispano, 2021-present.
- Co-Chair, Curriculum Committee, Diversity, Equity, and Inclusion Workgroup, Maternal and Child Health Department, University of North Carolina at Chapel Hill, 2020-present.
- Advisory Board Member, Mary Rose Tully Training Institute, 2017-present.
- Board Member, Global Health Foundation, Denver, Colorado, 2013-present.
- Treasurer, North Carolina Breastfeeding Coalition, 2015-present.
- Co-founder, Breastfeeding Umbrella Study Team (BUST), University of North Carolina at Chapel Hill, 2014-present.
- Student Representative, Tenure Track Faculty Search Committee, Carolina Global Breastfeeding Institute, University of North Carolina at Chapel Hill, 2016-2017.
- Student Family Advocate, Graduate and Professional Student Federation, University of North Carolina at Chapel Hill, 2016-2017.
- Student Representative, Maternal and Child Health Department Doctoral Applicant Committee, University of North Carolina at Chapel Hill, 2014-2017.
- Co-Chair, Maternal and Child Health Department Doctoral Student Committee, University of North Carolina at Chapel Hill, 2015-2016.
- Secretary, Breastfeeding Forum, American Public Health Association, 2013-2016.
- Board Member, North Carolina Chapter of Partners of the Americas, 2013-2014.
- DONA-trained doula, Birth Partners Volunteer Doula Program, University of North Carolina at Chapel Hill, 2013-2015.

ADDITIONAL SKILLS

- *Proficient in SAS, NVivo, Qualtrics, and REDCap*
- *Basic knowledge of R, Tableau, ArcGIS, and STATA*
- *Proficient in Spanish*
- *CITI and HIPAA certified*
- *REI and Safe Zone trained*

PROFESSIONAL AFFILIATIONS (Current)

- American Public Health Association
- International Lactation Consultant Association

- Marcé of North America
- Society of Perinatal and Pediatric Epidemiologic Research
- Postpartum Support International
- North Carolina Breastfeeding Coalition
- North Carolina Lactation Consultant Association

EDITORIAL ACTIVITIES (Ad Hoc)

- *Journal of Health Care for the Poor and Underserved*
- *North Carolina Medical Journal*
- *Maternal and Child Health Journal*
- *Journal of Human Lactation*
- *Breastfeeding Medicine*
- *International Breastfeeding Journal*
- *SAGE Open*
- *PLOS One*
- *Progress in Community Health Partnerships: Research, Education, and Action*
- *Paediatric and Perinatal Epidemiology*
- *BMC Pregnancy and Childbirth*