

## CURRICULUM VITAE

### **Portia A. Jackson Preston, DrPH, MPH**

Department of Public Health  
California State University, Fullerton  
800 N. State College Blvd, KHS 121  
Fullerton, CA 92834

Office: (657) 278-3356  
Fax: (657) 278-5317  
Email: [pjacksonpreston@fullerton.edu](mailto:pjacksonpreston@fullerton.edu)

#### **EDUCATION**

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2007-2012	University of California, Los Angeles	DrPH Health Services
2002-2004	University of Michigan, Ann Arbor	MPH Health Behavior & Health Education
2002-2004	Stanford University Ann Arbor	BA Cultural & Social Anthropology With Honors Minor: Spanish

#### **AREAS OF INTEREST**

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Individual and organizational level approaches to self-care and holistic well-being, health equity, racism as a stressor and driver of health inequity, Black women's health, mixed methods research

#### **PROFESSIONAL ACADEMIC APPOINTMENTS**

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2019 – present	California State University, Fullerton (CSUF) Department of Public Health	Assistant Professor
2016-2019	California State University, Los Angeles (CSULA) Department of Public Health	Assistant Professor
2015-2016	California State University, Los Angeles Department of Public Health	Lecturer
2015-2016	University of California, Los Angeles Department of Psychology	Lecturer

## **PRIOR WORK AND RESEARCH EXPERIENCE**

2009 – present	Coaching and Consulting Services Sole proprietor	Owner
2015-2016	Susan G. Komen Orange County Circle of Promise	Consultant
2012-2014	Deloitte Consulting, LLP Strategy & Operations Life Sciences & Health Care Practice	Consultant
2007-2010	UCLA Anderson School of Management Johnson & Johnson Health Care Institute	Research Assistant
2006-2007	University of Southern California Keck School of Medicine Department of Preventive Medicine	Research Assistant
2004-2006	Centers for Disease Control & Prevention Emerging Leaders Program	Public Health Analyst
2002-2003	University of Michigan, Ann Arbor School of Public Health Allies Against Asthma	Research Assistant
1998-2002	Procter & Gamble Dist. Co. Consumer Business Development	Intern

## **I. TEACHING**

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### **COURSES TAUGHT**

2019-present:	CSUF Department of Public Health <i>Stress Management</i> (PUBH/KNES 342): Undergraduate course <i>Promoting Health in Diverse Populations</i> (PUBH 411): Undergraduate and graduate level course
2016-2019	CSULA Department of Public Health <i>Health Care Delivery Systems</i> (PH 3140): Undergraduate course. Quality Matters (QM) Certified <i>Health Policy</i> (PH 4150): Undergraduate Course <i>Health Administration Services</i> (PH 5150): Graduate course <i>Special Topics: Interdisciplinary Study Abroad in Columbia (SW 4540)</i> : Undergraduate and graduate course

2015-2016 CSULA Department of Public Health  
*Community Health Care Programs: Undergraduate Course*  
*Program Planning: Undergraduate Course*

2015-2016 UCLA Department of Psychology  
*Health Disparities: Undergraduate Course*

## **COURSE DEVELOPMENT**

2019 CSULA Center for Effective Teaching and Learning  
*Inclusive Pedagogy Series—Faculty Self-Care*

2016 CSULA Department of Public Health  
*Critical Issues in Urban Health: Graduate Course*  
*Health Administration Services: Graduate Course*

## **MENTORED STUDENTS (CSUF)**

### **Graduate Independent Studies and Research Internships**

2020-2021

Arielle Crook: *Mindful self-care and perceived stress during COVID-19.*  
Role: Subject Matter Expert (Minority Health Research Training Program)

2019-2020

Hannah Peterson: *Stress and self-care among undergraduate college students.*  
Role: Independent studies supervisor (PUBH 599)

### **Student Awards (CSULA)**

*Community Engagement Grant*, Allison Doolittle and Megha Tandel (Undergraduate PH Students), Cal State LA Center for Engagement, Service, & the Public Good, \$750 each, (Faculty Mentor)

### **Paid Student Research Positions (CSUF)**

Hannah Peterson, Graduate Assistant

Athena Corral Carlos, Graduate Assistant

Delia Sanchez, Research Assistant, funding provided by Chancellor's Office Basic Needs Initiative grant, Winter-Fall 2020 (Supervisor)

## **PROFESSIONAL DEVELOPMENT AS A TEACHER**

2020 Teaching Remotely: Online Pedagogy for Diverse Titans, Beginner, CSUF

2020 Teaching Remotely: Online Pedagogy for Diverse Titans, Intermediate, CSUF

2020 Impact Certificate, Faculty Development Center (FDC), CSUF

2019 New Faculty Orientation, Faculty Development Center (FDC), CSUF

- 2018 Teaching Project, Center for Effective Teaching & Learning (CETL), Cal State LA  
2018 Technology Enhanced Certificate Holder (TECH), CETL, Cal State LA  
2018 Hybrid Course Development Program, CETL, Cal State LA  
2017 Association of College and University Educators (ACUE) Course Redesign for Student Success, CETL, Cal State LA

### **OTHER CONFERENCE ATTENDANCE**

*California Higher Education Basic Needs Alliance* (2020, February), Costa Mesa, CA  
*American Public Health Association Annual Meeting* (2019, November), Philadelphia, PA  
*Society for the Analysis of African-American Public Health Issues Annual Conference* (2019, November), Philadelphia PA  
*Society of Public Health Educators* (2019, March), Salt Lake City, Utah  
*American Public Health Association Annual Meeting* (2018), San Diego, CA

## **II. SCHOLARLY & CREATIVE ACTIVITY**

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### **PUBLICATIONS**

\* Denotes Students

#### **Peer-Reviewed Journal Articles (Completed)**

**Jackson Preston P** (2018). Addressing employee burnout through mitigation of workplace stressors. *Business Forum* 27(1): 17-23.

Herman A, **Jackson P** (2010). “Empowering low-income parents with skills to reduce excess pediatric emergency room and clinic visits through a tailored low literacy training intervention.” *Journal of Health Communication*; 15(8):895-910.

Yancey AK, Winfield D, Larsen J, Anderson M, **Jackson P**, Overton J, Wilson S, Rossum A, Kumanyika S (2009). “Live, Learn and Play”: Building strategic alliances between professional sports and public health. *Preventive Medicine*; 49(4):322-5.

**Jackson P**, Romo M, Castillo M, Castillo-Durán C. Las golosinas en la alimentación infantil (Junk Food Consumption and Child Nutrition in Chile) (2004). Análisis antropológico nutricional (Nutritional Anthropology Analysis). *Rev. Méd de Chile*; 132: 1235-1242. <http://www.scielo.cl/pdf/rmc/v132n10/art12.pdf>

#### **Invited Book Chapters (Completed)**

Yancey AK, **Jackson P**, Winfield D, Bullock SL, Lafleur M, Samuels S, Mowen A. “Professional Sports Venues as Opportunities for Physical Activity Breaks: The San Diego Padres’ FriarFit Instant Recess”. In Pate RR, Buchner D, Implementing Physical Activity Strategies. Human Kinetics, 2014.

**Jackson P**, Hopkins J, Yancey AK. "Individual and Environmental Interventions to Prevent Obesity in African American Children & Adolescents". In O'Dea JA, Erickson M, Childhood Obesity Prevention: International Research, Controversies, and Interventions. Oxford University Press: Oxford, 2010.

### **Books (Completed)**

**Jackson, P** (2015). *The Empowered Consumer's Guide to Choosing a Health Plan*. Los Angeles, CA: Amazon Digital Services LLC.

### **Unrefereed Reports (Completed)**

Sami M, **Jackson Preston P**, Koleilat M, Espinoza L, Nobari TZ (2020). Racism as a root cause of disease: beyond biomedical and behavioral health. Statement prepared for university and local community. California State University, Fullerton.

McEligot AJ, Sami M, **Jackson Preston P**, Nobari TZ (2020). Statement on COVID-19 and Health Equity. Statement prepared for university and local community. California State University, Fullerton.

**Jackson P**. A Primer on the Los Angeles County Department of Public Health for Cal State LA Faculty (2018). Primer prepared for Public Health faculty. California State University, Los Angeles.

Robbins C, **Jackson P**, Dimperio D, Hackney M, Harker B, Johnson-Cornett B, Thompson D (2006). "Women's Health Data Report." Report prepared for stakeholders and local community. Florida Department of Health.

### **Conference Proceedings**

Cuffee, Y., **Preston, P. J.**, & Allison, J. (2019). Examining self-reported discrimination, beliefs about healthcare, and emotional well-being among African-American women. In *Annals Of Behavioral Medicine* (Vol. 53, Pp. S120-S120). Journals Dept, 2001 Evans Rd, Cary, Nc 27513 USA: Oxford Univ Press Inc.

### **Manuscripts Under Review (Peer-Reviewed Journals)**

**Jackson Preston P**, Peterson H\*, Sanchez D\*, Corral Carlos A\*, Reed A\*. Health implications of secondary trauma, burnout, and self-care for student services professionals. Under Review. Manuscript submitted for publication.

Adkins-Jackson P, **Jackson Preston P**, Hairston T. "'The Only Way Out': A Conceptual Framework for Self-Care for Black Women". Manuscript submitted for publication.

### **Manuscripts with Accepted Revisions (Peer-Reviewed Book Chapters)**

**Jackson Preston P**, Bronner L, Bronner Y. “Stress and Black Women’s Health: Origins, Coping Strategies and Implications for Policy and Practice.” In Evans, S, *Black Women’s Wellness*, SUNY Press: Albany. Revisions accepted, book is awaiting final review

### **Manuscripts in Preparation (Peer-Reviewed Journals)**

**Jackson Preston P**, Sanchez D\*, Preston K. Exploring the mediating effects of mindful self-care between compassion satisfaction and compassion fatigue among student services professionals. Manuscript in preparation.

Cuffee Y, **Jackson Preston P**, Allison J, Pearson S. “Examining the Impact of Self-Reported Discrimination on Physical and Mental Health Outcomes among African-American Women”. Manuscript in preparation.

### **PRESENTATIONS AND LECTURES**

\* Denotes Students

### **Peer-Reviewed Conference Presentations (Completed)**

**Jackson Preston, P** (2020). Advancing self-care for staff to support student success. Oral Presentation. California Higher Education Basic Needs Alliance (CHEBNA) 2020 Summit: Advancing Student Success. Costa Mesa, CA. February 7, 2020.

**Jackson Preston P**, Cuffee Y (2019). “Establishing a Culture of Self-Care for Health Educators.” Oral Presentation. Society of Public Health Educators. Salt Lake City, UT. March 28, 2019.

Cuffee, Y., **Preston, P. J.**, & Allison, J. (2019). Examining self-reported discrimination, beliefs about healthcare, and emotional well-being among African-American women. Poster presentation. Society of Behavioral Medicine. Washington, DC. March 6, 2019.

**Jackson Preston, P**; Doolittle, A\*; Penate, V\*; Tandel, M\*; Gonzalez, B; Rax, D; Delgado, A; Reed, K (2018). A classroom-community partnership applying course concepts to address local community needs. Poster presentation. Annual Meeting of the American Public Health Association. San Diego, CA. November 11, 2018.

**Jackson Preston, P**; Penate, V\*; Doolittle, A\*; Tandel, M\*. (2018). Use of Videoconferencing Technology to Facilitate Interaction with Health Care Professionals. Oral presentation. CSU Symposium on University Teaching/Polytech. California State University, Pomona. Pomona, CA. April 14, 2018.

**Jackson Preston, P** (2017). Active learning approaches to teaching health policy to first-generation college students. Oral presentation. Society of Public Health Educators Health Advocacy Summit. Washington DC. October 22, 2017.

**Jackson P.** “Assessment of a Public Private Partnership to Address Childhood Obesity in Southern California”. Physical Activity Special Interest Group. Poster Presentation. American Public Health Association, 139th Annual Meeting. Washington, DC. October 31, 2011.

**Jackson P,** Hopkins J. Developing opportunities for effective mentorship in academia and other public health settings. Poster Presentation. American Public Health Association, 139th Annual Meeting. Washington, DC. October 31, 2011.

Herman A, **Jackson P,** Teutsch C. “Empowering low-income parents to reduce excess pediatric emergency room and clinic visits through health literacy.” Received 1<sup>st</sup> Annual Sabra Woolley Memorial Award for highest rated abstract. Poster presentation. Boston University Medical Campus Health Literacy Annual Research Conference. National Academy of Science. Washington, DC. October 19, 2009.

Herman A, **Jackson P,** Teutsch C. “A coordinated multilevel organizational intervention to improve nutrition and physical activity habits among Head Start parents, staff, and children.” Poster presentation. Boston University Medical Campus Health Literacy Annual Research Conference. National Academy of Science. Washington, DC. October 19, 2009.

#### **Peer-Reviewed Conference Presentations (Accepted)**

**Jackson Preston P,** Sanchez D\*. Exploring mindful self-care as a potential mediator between compassion satisfaction and compassion fatigue among student services professionals. Poster presentation. American Public Health Association. Virtual Annual Meeting. October 27, 2020.

Cuffee, Y, **Jackson Preston, P.** Examining medication adherence, health literacy, and use of technology among blacks and latinos with hypertension. Oral presentation. American Public Health Association. Virtual Annual Meeting. October 26, 2020.

**Jackson Preston, P** (2020). The self-care syllabus: Stress-alleviating strategies for faculty working to promote student success. CSU Symposium on Teaching and Learning. California State University, Fullerton. Fullerton, CA. September, 2020. Conference Canceled due to COVID-19.

#### **Abstracts under review (Peer-Reviewed)**

Jackson Preston, P, Sanders, S. (2020). No more martyrs: the case for self-care in student affairs. American College Personnel Association, College Student Educators International, Annual Convention, March 2021. Virtual. Under Review.

### **GRANTS AND CONTRACTS**

#### **INTRAMURAL (FUNDED)**

2020 Faculty Enhancement and Instructional Development Award, CSUF Faculty

- Development Center (**PI: Jackson Preston**), \$5,000 (Awarded) July 2020-December 2021
- 2018 Center for Engagement, Service, & the Public Good, Community Engagement Grant, California State University, Los Angeles (**PI: Jackson Preston**) \$1,500
- 2018 Cal State LA Center for Engagement, Service, & the Public Good, Materials and Equipment Grant, California State University, Los Angeles (**PI: Jackson Preston**) \$500

### **EXTRAMURAL (FUNDED)**

- 2019 Faculty Led Well-Being and Basic Needs, California State University Chancellor's Office (**PI: Jackson Preston**) \$30,000 (Awarded), August 6, 2019-December 1, 2020

### **RELEVANT HONORS**

- 2018 Quality Matters Certification for PH 3140 Hybrid Course, CSULA
- 2017 Honorary Member, Golden Key Honor Society, CSULA
- 2013 Meritorious Woman of Honor, NAACP Youth Council

### **PROFESSIONAL DEVELOPMENT AS A RESEARCHER**

- 2020 Qualitative Research Summer Intensive, ResearchTalk, Inc. and UNC Odum Institute for Research in Social Science
- 2020 Qualitative Data Analysis Bootcamp, ResearchTalk, Inc.
- 2020 Productive Online Writing with Accountability (POWWA), Winter and Summer Challenges, CSUF
- 2020 Writing an Article in 12 Weeks, CSUF
- 2018 Mindfulness Based Stress Reduction, Long Beach Meditation, Long Beach, CA
- 2018 Mindful Self Compassion, Mindfulness Northwest, Seattle, WA
- 2017-2018 Program to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE), SUNY Downstate
- 2017 Faculty Success Program, National Center for Faculty Development and Diversity

## **III. SERVICE**

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### **DEPARTMENT**

#### **Department Leadership/Organizer (CSUF)**

Course Coordinator (Interim), PUBH 411, Spring 2020

#### **Department Leadership/Organizer (Cal State LA)**

Organizer, Keep Your Coverage Summit, 2018

Faculty Liaison, Cal State LA delegation to CSU Health Policy Conference, 2017-2019

Organizer, Grad School 101, 2017

#### **Department Committee Work (CSUF)**

Member, Undergraduate Program Committee, 2019-2020

Member, MPH Program Committee (Standing), 2020  
Member, MPH Comprehensive Exam Committee, 2020  
Advisor, Eta Gamma Sigma Honor Society, 2020

**Department Committee Work (Cal State LA)**

Member, MPH Program Committee, 2017-2019  
Member, Curriculum Committee, 2017-2019  
Member, Student Awards Committee, 2017-2019

**COLLEGE**

**College Service (CSUF)**

Faculty Representative, HHD Student Success Team, 2020-

**College Service (Cal State LA)**

Teaching Observations, Intro to Higher Ed in Health and Human Services, 2018  
Guest Lecturer, "Introduction to the Public Health Major," Intro to Higher Ed in Health and Human Services, 2018  
University Banner Carrier, HHS Commencement Exercises, 2018  
Faculty Marshal, HHS Commencement Exercises, 2017

**UNIVERSITY**

**University Service (CSUF)**

Eta Sigma Gamma (Public Health Honorary Society), Faculty Advisor, 2020-  
Workshop, Self-Care for Faculty and Staff, Faculty Development Center, 2020  
Workshop, Holistic Approaches to Student Success, Faculty Development Center, 2020  
Workshop, Developing a Self-Care Action Plan, Faculty of Color Learning Community, 2020  
Guest Lecturer, Graduate Seminar on Mixed Methods, Dr. Lucia Alcalá, 2020  
Guest Lecturer, Self-Care for Student Researchers, Dr. Lucia Alcalá Psychology Lab, 2019  
Panelist, Black Student Welcome, African American Resource Center, 2020  
Panelist, ...While Black, African American Resource Center, 2020  
Panelist, Black Mental Health Matters, African American Resource Center, 2019  
Panelist, Experiences of Women of Color in Graduate School, Women's and Adult Reentry Center and Career Center, 2019  
Panelist, Becoming the Boss: Black Women in the Professional World, Sistertalk, 2019

**University Service (Cal State LA)**

Faculty Fellow, Associate Vice-Provost for Diversity and Engaged Learning and Center for Effective Teaching and Learning, Inclusive Pedagogy Series, 2017-2019  
Faculty Fellow, Center for Engagement, Service & the Public Good, Cal State LA, 2017-2018  
Faculty Advisor, Global Brigades, 2017-2018  
Volunteer Faculty, Study Abroad Trip to Colombia, 2017

## **PROFESSIONAL**

### **Professional Service**

Advisory Board President, Dr. Antronette (Toni) K. Yancey and Darlene Edgley Fellowship for Health Promotion, Physical Fitness and Community Health Education, 2016-Present

Panelist and Co-Facilitator, Women of Color in Higher Education Virtual Roundtable (Monthly Webinar Series), 2020

Member, American Public Health Association, 2018-Present

Member, Society for the Analysis of African-American Public Health Issues, 2019-Present

Member, Society of Public Health Educators, 2018-2019

Advisory Board, Instant Recess, 2013-2015

Member, National Speaker's Association, Greater Los Angeles Chapter, 2015

Member, Academy Health, UCLA Chapter, 2010-2012

Member, Association of Black Women in Higher Education, 2009-2012

### **Peer Review**

Abstract reviewer, American Public Health Association (APHA) Annual Meeting, Integrated Complementary and Traditional Health Practices group, 2020

Facilitated review process for Methodology Panels, Patient Centered Outcomes Research Institute, 2011-2012

Reviewer, Office of Women's Health, Office of Public Health and Science, 2010

Reviewer, Office of Women's Health, Office of Public Health and Science, 2009

Reviewer, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, 2005

Reviewer, Centers for Disease Control and Prevention, Coordinating Office of Global Health, 2005

### **Peer Review Of Manuscripts**

2018, *Californian Journal of Health Promotion*

2018, *Business Forum*

### **Other Professional Activities**

2017, Faculty Advisor, Minority Training Program in Cancer Control Prevention

## **COMMUNITY**

### **Community Service**

2012-2014 Posse Foundation, Corporate Partner

2011-2012 Riordan Saturday Business Academy, Coach

## **Community Workshops and Trainings Conducted- Face To Face or Virtually**

**Jackson Preston, P** (2020). Self-Care Workshops for Faculty, Staff, and Management at San Joaquin Delta College. June-August, 2020.

**Jackson Preston, P** (2020). Student Affairs Division Day. Cal State Long Beach. August 13, 2020.

**Jackson Preston, P** (2020). Presentation of Study Findings. CSU Basic Needs Consortium (Virtual). June 2, 2020

**Jackson Preston, P** (2020). Black Faculty and Staff Retreat. Cal State LA. February 14, 2020.

**Jackson Preston, P** (2019). Maintaining Your Self-Care Practice. Cal State LA Educational Community Health Outreach. November 8, 2019.

**Jackson Preston, P** (2019). The Missing Ingredient in Self-Care. TEDxCrenshaw. October 5, 2019.

**Jackson Preston, P** (2019). Self-Care for Community Health Workers. Cal State LA Educational Community Health Outreach. August 14, 2019.

**Jackson Preston, P** (2019). Keeping the Spark Alive: Developing a Self-Care Action Plan. KIPP SoCal, SPARK 2019. August 1, 2019.

**Jackson Preston, P** (2019). Self-care for Educators. Black Youth Guidance Forum. California State University, Northridge. March 30, 2019.

**Jackson Preston, P** (2019). Careers in Policy and Advocacy. Public Health Career Advisement Project. California State University, Los Angeles. Los Angeles, CA. November 27, 2018.

**Jackson Preston, P** (2018). Establishing a Self-Care Practice. Presentation to Chief Administrators. Long Beach Veteran's Administration. Long Beach, CA. August 14, 2018.

**Jackson Preston, P** (2018). Faculty Fellows Project Overview. Cal State LA New Faculty Orientation. Video Presentation. August 14, 2018.

**Jackson Preston, P** (2018). Center for Effective Teaching and Learning Inclusive Pedagogy Series. Establishing a Self-Care Practice. California State University, Los Angeles. Los Angeles, CA. April 19 and May 9, 2018.

**Jackson Preston, P** (2018). Use of Zoom for Collaboration: Students, Researchers, and Community Partners. California State University ID CIG Panel on Using Zoom in the Classroom. Online Panel. March 27, 2018.

**Jackson Preston, P** (2017). Active learning approaches to teaching public health to first-generation college students. Society of Public Health Educators. Online Webinar. December 4, 2017.

**Jackson Preston P** (2017). Job Stress and Health. Presentation to Administrative Officers' Academy. Long Beach Veteran's Administration. Long Beach, CA. November 8, 2017.

**Jackson Preston, P** (2017). Scaffolding Assignments Cal State LA CETL Faculty Reception and Showcase for CSU Chancellor's Office. California State University, Los Angeles. Los Angeles, CA. October 19, 2017.

**Jackson Preston, P** (2017). Beyond the Mask: Health Disparities in Communities of Color (Keynote). Black Youth Guidance Forum. California State University, Northridge. Northridge, CA. February 4, 2017.

**Jackson Preston, P** (2017). Success Without Burnout for Minority Professionals: Pathways to Self-Care and Resilience (Workshop). Black Youth Guidance Forum. California State University, Northridge. Northridge, CA. February 4, 2017.

**Jackson, P** (2015). Lead with Authenticity in your Personal and Professional Life. G3-Gather, Grow, and Go! -Women's Conference. Sonoma, CA. March 12, 2015.

**Jackson, P** (2014). Balance in the Real World. San Diego State University School of Public Health. September 19, 2014.

**Jackson, P** (2013). Balance in the Real World (Keynote). National Black Women's Life Balance and Wellness Conference, Atlanta, GA, September 2013.

**Jackson, P** (2013). Alumni Keynote. Young Black Scholars Celebration of Achievement, Los Angeles, CA. June 2013

**Jackson, P** (2008-2017). Annual Speaker. Minority Training Program in Cancer Control Research. University of California, Los Angeles. June 2008-June 2017.

## **ADDITIONAL PROFESSIONAL EXPERIENCE**

2015 – Strategy & Implementation Consultant

2016 Susan G. Komen, Circle of Promise  
Orange County, CA

2012 – Strategy & Operations Consultant, Life Sciences & Health Care Practice

2014 Deloitte Consulting, LLP  
Los Angeles, CA

2004 – Emerging Leaders Program

2006 Centers for Disease Control & Prevention  
Atlanta, GA