

Ana Laura Selzer Ninomiya, M.S.

Curriculum Vitae

Office Address:

University of Illinois at Urbana-Champaign
Department of Kinesiology & Community Health
906 S. Goodwin, Room 332
Urbana, IL, 61801

Contact Information:

217-689-8244
Email: als17@illinois.edu

Education

Doctor of Philosophy in Kinesiology (2022 – current)

University of Illinois at Urbana-Champaign

Emphasis: Exercise Psychology

Advisor: Susan Aguiñaga, Ph.D.

Master of Science in Kinesiology (2020 – 2022)

University of Illinois at Urbana-Champaign

Emphasis: Exercise Psychology

Advisor: Susan Aguiñaga, Ph.D.

Thesis: The relationship between physical activity, secondhand smoke exposure and cognitive performance in older adults: Findings from the national health and nutrition examination survey (NHANES 2011-2012)

Multiprofessional Residency Program (2017-2019)

São Lucas Hospital – Catholic University of Porto Alegre

Emphasis: Pediatrics, Physical Therapy

Advisor: Flavia Franz, M.Sc.

Thesis: The clinical profile, evolution and utilization of non-invasive mechanical ventilation in in-patients from a Pediatric Intensive Care Unit

Bachelor of Science in Physical Therapy (2012-2016)

Federal University of Health Sciences of Porto Alegre

Advisor: Janice Lukrafka Tartari, Ph.D.

Thesis: Evaluation of respiratory muscle strength, pulmonary capacity and handgrip strength in children and adolescents diagnosed with acute lymphoblastic leukemia

Research Experience

Graduate Research Assistant (2021 – current)

University of Illinois at Urbana-Champaign

Department of Kinesiology and Community Health

Health Equity and Aging Laboratory. *Director: Susan Aguiñaga, Ph.D.*

OCEAN: Optimizing Cognition via Exercise And Nutrition

Graduate Research Assistant (2021 – current)

University of Illinois at Urbana-Champaign Department of Kinesiology and Community Health
Aging and Diversity Laboratory. *Director: Andiara Schwingel, Ph.D.*

Maximizing access to health promotion programs: VAMOS Afro-Brazilians!

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

Graduate Research Assistant (2020 – 2021)

University of Illinois at Urbana-Champaign Department of Kinesiology and Community Health
Physical Activity and Neurocognitive Health Laboratory. *Director: Dominika Pindus, Ph.D.*

SITLess! Interrupting Prolonged Sitting with Brief Physical Activity Bouts to Improve Neurocognitive Functions in Adults

Undergraduate Research Assistant (Fall 2015)

Physical Therapy in Women's Health Federal University of Health Sciences of Porto Alegre

Helped graduate student in an intervention study with literature review, scheduling participants, collecting data (screening and intervention).

Teaching Experience

University of Illinois at Urbana-Champaign **Department of Kinesiology and Community Health**

Lead Instructor

CHLH469 Environmental Health (Fall 2023)

CHLH415 International Health (Fall 2022 – Spring 2023)

Graduate Teaching Assistant

KIN442 Body, Culture and Society (Fall 2022 - Spring 2024)

CHLH100 Contemporary Health (Spring 2022)

CHLH380 Orientation to Internship (Spring 2022)

KIN140 Social Sciences of Human Movement (Fall 2020, Spring 2021)

KIN247 Introduction to Sport Psychology (Fall 2020)

Federal University of Health Sciences of Porto Alegre **Department of Physical Therapy**

Undergraduate Teaching Assistant

Physical Therapy in Pediatrics and Neonatology (Fall 2015)

Helped students during activities in the hospital setting, such as practicing physical and respiratory therapy skills, and building treatment plans.

Kinesiotherapy

(Spring 2014)

Helped with general course maintenance such record keeping, student communication, and reviewing the course content.

Service Experience

Planning Committee; Lead Coordinator for volunteers – ILCHWA Summit (September 2023 - current)

Illinois Community Health Workers Association & University of Illinois Urbana Champaign

Helped with planning and organizing volunteers, and promotion of the Summit.

Project Coordinator – START program

(Fall 2021 – current)

University of Illinois at Urbana-Champaign

Project director: Andriana Schwingel, Ph.D.

Helped with coordinating the meetings, collaborating with guest speakers, mentoring undergraduate students and working on data management.

Professional Graduate Assistant – McKinley Health Education, Special Populations (Fall 2021)

University of Illinois at Urbana-Champaign

Director: Jerry Ogbudimkpa, Ph.D.

Primary responsibilities included communication between the McKinley Health Center with the Cultural Houses across the UIUC campus, Schools and Community centers, and producing the newsletter and publications. This multidisciplinary team develop and execute events for the students who are in historically underserved populations.

Professional Experience

Physical Therapist Resident in Pediatrics - Hospital Sao Lucas da PUCRS

(2017 -2019)

Reviewed medical history to build individualized physical and respiratory therapy plan for patients in the nursery and PICU. Worked as a part of a multidisciplinary team (nurse, physical therapist, psychologist, physician, dietitian and the social service). Participated in daily medical discussions and weekly meetings to protect children's and adolescent's rights.

Physical Therapist Intern - Santa Casa de Misericórdia de Porto Alegre

(2015 – 2016)

Review medical records and literature to build an individual physical activity plan, functional diagnosis and prognosis, in the nursery. Worked with elderly and adults with several conditions: post-transplant, cardiopulmonary conditions, chronic illness. Worked with children and adolescents with different conditions: chronic illness, respiratory care, cancer, post-transplant, cerebral palsy.

Publications:

Alam, R., Quintero Silva, L., Jahanb, N., Chodzko-Zajko, W., Ogunjesa, B., **Selzer Ninomiya, A.L.**, Schwingel, A. (2022). Relationships of Cognitive Impairment and Sleep Disorder with Functional Disability among Older Adults in the United States: Results from National Health and Nutrition Examination Survey (NHANES). *Journal of Aging and Health*.

Pindus, D. M., **Selzer Ninomiya, A.**, Nayak, A., Pionke, J. J., & Raine, L. B. (2022). Effects of reducing sedentary behaviour duration by increasing physical activity, on cognitive function, brain function and structure across the lifespan: a systematic review protocol. *BMJ open*, 12(10), e046077.

Selzer Ninomiya, A.L., Bombardi Barcellos, A., Netto Blattner, C., Franz, F., Foss, R. (2022). Ventilação mecânica não invasiva em pediatria. Tonin, L., Tatch Neves, E., Favero, L., Bigolin Jantsch, L. *Emergências Pediátricas: Implicações para a Enfermagem*. 615-634. Moria. 1a edição.

Oral and poster presentations:

Soto, Y., Morales, D., Guzman, J., **Selzer, A.**, Canton, I, Aguiñaga, S. *Changes in physical activity and mental health outcomes among Latinos receiving a dance and MIND diet program*. Poster to be presented at the Alzheimer's Association Latinos & Alzheimer's Symposium. San Diego, California, USA, April 2024.

Morales, D., Soto, Y., Guzman, J., Canton, I., **Selzer, A.**, Aguiñaga, S. *Physical activity programming among Adult Day Centers in Illinois: A mixed-methods approach*. Poster to be presented at the 45th Annual Meeting and Scientific Session for the Society of Behavioral Medicine. Philadelphia, Pennsylvania, USA, March 2024

Neto, F. T. P., **Selzer Ninomiya, A. L.**, d'Orsi, E., Rech, C. R., Schwingel, A. *Neighborhood walkability and physical activity choices of Brazilian older adults*. Poster to be presented at the American Public Health Association Annual Meeting and Expo. Atlanta, GA, USA, November 2023.

Canton, I., Guzman, J., **Selzer Ninomiya, A. L.**, Aguiñaga, S. *Depression completely mediates the relationship between social support and loneliness among ADRD caregivers*. Poster to be presented at the American Public Health Association Annual Meeting and Expo. Atlanta, GA, USA, November 2023.

Selzer Ninomiya, A. L., Mendes Felix, D., Aguiñaga, S., Hallal, P., Schwingel, A. *Community Health Workers as leaders in promotion and maintenance of healthy habits: perspectives from a rural area in Brazil*. Illinois Community Health Association Summit. Champaign, IL, USA, September 2023.

Selzer Ninomiya, A. L., Benedetti, T., Christofoletti, M., Sebastião, E., Guigma, T., Schramm, C., Schwingel, A. *Opportunities and challenges promoting MVPA in Brazil: Findings from a large behavioral change program*. Poster to be presented at the 44th Annual Meeting for the Society of Behavioral Medicine. Phoenix, AZ. USA, April 2023.

Morales, D., **Selzer Ninomiya, A. L.**, Aguiñaga, S., Schwingel, A. *Student Aging Researchers in Training (START): Promoting diversity in aging research among college undergraduate students*. Poster to be presented at the 44th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Phoenix, AZ, April 2023.

Canton, I., **Selzer Ninomiya, A. L.**, Morales., D., Guzman, J., Soto, Y., Salgado Bonilla, H., Aguiñaga, S. *An examination of perceived stress and sleep quality on informal caregivers' strain*. Poster to be presented at the 44th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Phoenix, AZ, April 2023.

Guzman, J., Salgado Bonilla, H., Soto, Y., Morales., D., Canton, I., **Selzer Ninomiya, A. L.**, Aguiñaga, S. *Self-efficacy, Barriers, and facilitators to the MIND diet among ADRD caregivers*. Poster to be presented at the 44th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Phoenix, AZ, April 2023.

Selzer Ninomiya, A. L., Chodzko-Zajko, W., Hallal, P., Fossati Reichert, F., Umpierre, D., Galliano, L., Schwingel, A. (November 2022). *Empowering Community Health Workers to prevent and control chronic*

diseases in Brazil: Qualitative findings from the Dona Francisca Health Study. Oral presentation at the American Public Health Association Annual Meeting & Expo. Boston, MA. USA.

Morales, D., Guzman, J., Soto, Y., **Selzer Ninomiya, A. L.**, Canton, I. J., Aguiñaga, S. (July 2022). The Mediterranean and Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diets: Associations with Executive Function and Psychological Distress Among Latinos. Oral presentation at the Illinois Summer Research Symposium, Champaign, IL. USA.

Selzer Ninomiya, A. L., Canton, I., Soto, Y., Guzman, J., & Aguiñaga, S. (April 2022). The effect of physical activity on secondhand smoke exposure and cognitive function among older adults. Poster presented at the 43rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD, USA.

Canton, I., Soto, Y., Guzman, J., **Selzer Ninomiya, A. L.**, Aguiñaga, S. (April 2022). Replacing Sedentary Time with Light Physical Activity: Effect on Episodic Memory in Middle-Aged and Older Latinos. Poster presented at the 43rd Annual Meeting for the Society of Behavioral Medicine. Baltimore, MD. USA.

Morales, D., Guzman, J., Soto, Y., **Selzer Ninomiya, A. L.**, Canton, I. J., Aguiñaga, S. (April 2022). The Mediterranean and Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diets: Associations with Working Memory and Psychological Distress Among Latinos. Poster presented at the Undergraduate Research Symposium, Champaign, IL. USA.

Awards:

2023 Graduate Summer Research Fellowship: Tinker Field Collaborative Fellowship

Summer Graduate Fellowship: Lemann Center for Brazilian Studies

Pam and Betty Milchrist Scholarship Award

Society of Behavioral Medicine; Aging Special Interest Group: Promoting Equity in Aging Award

(Nominated) American Public Health Association; Physical Activity Session; Student Poster

Presentation Award

Fall 2023 UIUC Graduate College Travel Award

2022 Fall 2022 UIUC Graduate College Travel Award

Spring 2022 UIUC Graduate College Travel Award

Spring 2022 List of Teachers Ranked as Excellent

Professional Societies:

Society of Behavioral Medicine (SBM)

American Public Health Association (APHA)

Languages: Portuguese (native), English (fluent), Spanish (intermediate reading and listening, basic writing and speaking)