

**CURRICULUM VITAE**  
**DIANA C. PARRA, PT, MPH, PH.D., IMTA CMT-P**

**DATE:** June 2021  
**ADDRESS AND TELEPHONE:**

Personal: 8150 Whitburn Dr 2 W  
St. Louis, MO 63105  
Phone: 314-3499353  
Email: [parrad@wustl.edu](mailto:parrad@wustl.edu)

**PRESENT POSITION:** Research Assistant Professor, Washington University in St. Louis Brown School Prevention Research Center. Scholar Institute of Public Health. Mindfulness Facilitator Academy for Diversity, Equity and Inclusion

**EDUCATION:**

<u>Degree</u>	<u>Institution</u>	<u>Field</u>	<u>Dates</u>
Post-Doctoral Fellow	Universidade de Sao Paulo	Nutrition and Epidemiology	2014
Ph.D.	Washington University in St. Louis	Public Health/Social Work	2013
M.P.H.	Saint Louis University	Public Health	2008
SP	Universidad del Rosario	Physical Activity	2003
B.S.	Universidad del Rosario	Physical Therapy	2001

**PROFESSIONAL EXPERIENCE:**

<u>Position</u>	<u>Institution/Facility</u>	<u>Dates</u>
Research Assistant Professor	Brown School, Washington University in St. Louis	2020-Present
Mindfulness and yoga teacher	Life Wise	2016-Present
Assistant Professor	Program in Physical Therapy School of Medicine Washington University in St. Louis, St. Louis, MO USA	2014-2020
Post-Doctoral Research Fellow	Washington University in St. Louis, St. Louis, MO USA	2013-2014
Post-Doctoral Research Fellow	Universidade de Sao Paulo Sao Paulo, Brazil	2013-2014
Researcher/Project Manager	Prevention Research Center in St. Louis St. Louis, MO USA	2006-2013
Research Associate	Fundacion FES Social Bogota Colombia	2005-2010
Orise Fellow	Centers for Disease Control and Prevention Atlanta Georgia, USA	2004-2006
Partners of the Americas Fellow	Centers for Disease Control and Prevention Atlanta Georgia, USA	2004
Physical Activity Promoter	Institute for Sports and Recreation Bogota Colombia	2003-2004
Physical Therapist	Dr. John Duperly's Office Bogota Colombia	2001-2003

**LICENSURE/REGISTRATION:**

Colombian PT License No. 52507532

200 HR Registered Yoga Teacher – Yoga Alliance Registry ID: 326828  
 Mindfulness Teacher 300H - Certified Mindfulness Teacher - Professional Level, International  
 Mindfulness Teachers Association - CMTP-0267

**TEACHING EXPERIENCE:**

<i>Oxygen Project, St. Louis, MO, USA</i>	2020-Present
Yoga instructor for Middle School	
<i>LifeWise STL, St. Louis, MO, USA</i>	2016-Present
Yoga instructor - Mindfulness teacher	
<i>Washington University in St. Louis – School of Medicine, program in Physical Therapy - WUSTL</i>	
Guest lecturer in Health, Fitness and Prevention class	2014-present
<i>Washington University in St. Louis – Brown School of Social Work - WUSTL</i>	
Instructor, “Global Public Health,” WUSTL	2012
Teaching Assistant to Professor Carolyn Lesorogol in “Development Practice in	2010
Teaching Assistant to Professor Aaron Hipp in “Research Methods,” WUSTL	2009
International Settings,” WUSTL	
Online Instructor, “Evaluation and Promotion of Physical Activity Programs,” <i>GUIA</i>	2009-2012
Instructor, “Exercise Prescription Module,” <i>Universidad del Rosario</i>	2003-2004

**HONORS AND AWARDS:**

Executive Program Committee Member of the 2017 Active Living Research Conference	2016-2018
Visiting Professor, Faculty of Physical Therapy, School of Medicine, Universidad del Rosario, Bogotá Colombia	2015 - 2020
FAPESP (Fundação de Amparo à Pesquisa do Estado de São Paulo, Foundation for Research Support of the State of São Paulo, or FAPESP) post-doctoral scholarship process 2013/08129-2	2013-2014
WUSTL, Brown School Tuition Scholarship for completion of PhD	2008-2014
Saint Louis University Tuition Scholarship for completion of MPH	2006-2008
Fellowship: U.S. Department of State - Partners of the Americas – American Government Fellows Center for Disease Control and Prevention	2004

**SELECTED RESEARCH SUPPORT:**

**Active:**

Authorship/participation: Co-Investigator  
 Amount of funding awarded: \$1,000  
 Nature of project: “Mindfulness and Anti-Racism lecture”  
 Date and Source: 12/08/2020-12/08/2021 - Center for the Study of Race, Ethnicity & Equity

Authorship/participation: Co-Investigator  
 Amount of funding awarded: \$2,500  
 Nature of project: “Mindfulness and Anti-Racism Research Working Group”  
 Date and Source: 12/15/2020-12/15/2021 - Center for the Study of Race, Ethnicity & Equity

Authorship/participation: Principal Investigator  
 Amount of funding awarded: \$219,250

Nature of project: “Building Inclusive and Resilient Communities”

Date and Source: 01/01/2021 – 12/31/2021- National Association of Chronic Disease Directors (“NACDD”) 5-NU38OT000286-3

***Funded:***

Parra (PI) 01/23/2020-01/23/2021

Public Health Cubed (PH3) seed funding award

Institute of Public Health at Washington University in St. Louis

Amount: 15,000

Authorship/participation: Principal Investigator

Amount of funding awarded: \$7,000

Nature of project: “Juntos Se Puede: A Relational Teamwork Approach Toward Enhancing Well-Being”

Date and Source: 10/07/2019-10/07/2020 - The Center for Community Health Partnership and Research at the Institute for Public Health

Authorship/participation: Principal Investigator

Amount of funding awarded: \$15,000

Nature of project: “Public Access to enRiched Conditions (PARC) Initiative”

Date and source: 10/09/2017 – 12/01/2018 Public Health Cubed (PH3) seed funding award, Institute of Public Health, Washington University in St. Louis

Authorship/participation: Principal Investigator

Amount of funding awarded: \$5,000

Nature of project: Mobile-based weight loss intervention in obese Hispanic/Latino adult women. Just in time funds for diagnostic imaging, DXA Scan

Date and source: 9/19/2017 to 3/18/19 ICTS

Authorship/participation: Principal Investigator

Amount of funding awarded: \$20,000

Nature of project: “Efficacy of a culturally sensitive and linguistically appropriate Internet and mobile based weight loss therapy in obese Hispanic/Latino adult women”

Date and source: 07/01/2017–6/30/2018 NIH/NIDDK P30DK092950 Washington University Center for Diabetes Translation Research.

Authorship/participation: Principal Investigator

Amount of funding awarded: \$135,813

Nature of project: Research Supplements to Promote Diversity in Health-Related Research (Admin Supp). Washington University Institute of Clinical and Translational Sciences

“Design and test a culturally sensitive and linguistically appropriate mobile app that provides nutrition education and physical activity counseling in underserved Hispanic populations”

Date and source: 06/01/2016-05/31/2017 UL1TR000448-09 PA15-322

Authorship/participation: Principal Investigator

Amount of funding awarded: \$15,000

Nature of project: “Do citywide bicycle path networks differ by socio economic status in Bogota Colombia?”

Date and source: 11/01/2015 – 11/01/2016 Public Health Cubed (PH3) seed funding award, Institute of Public Health, Washington University in St. Louis

Authorship/participation: Researcher

Nature of project: “Consumption of Ultra-Processed Products and its Influence in Diet Quality and Obesity Among Brazilian, Canadian and United States Populations”

Date and source: 11/01/2014-11/30/2017 443477/2014-0 Conselho Nacional de Desenvolvimento Científico e Tecnológico-CNPq

Authorship/participation: Researcher

Nature of project: “The Use of Household Travel Surveys in the Study of Active Transportation”

Date and source: 07/01/2015–06/30/2017 2013/25624-7 Fundação de Amparo à Pesquisa do Estado de São Paulo-FAPESP

Authorship/participation: Post-Doctoral Research Fellow

Amount of funding awarded: \$35,400

Nature of project: “Consumption of ready-to-consume -products and its association with overweight and obesity in Colombia”

Date and source: 10/01/2013–07/30/2014 FAPESP 2013-08129-2 Fundação de Amparo à Pesquisa do Estado de São Paulo-FAPESP

Authorship/participation: Co-Principal Investigator

Amount of funding awarded: \$80,000

Nature of project: “The Built Environment and its association with walking and quality of life among older adults in Bogotá”

Date and source: 2008-2010 COLCIENCIAS 2007 Fundacion FES Social – Health Division

Authorship/participation: Researcher / Project Manager

Amount of funding awarded: \$500,000

Nature of project: “Applying Evidence–Physical Activity Recommendations in Brazil – Project GUIA (Guide for Useful Interventions for Activity in Brazil and Latin America)”

Date and source: 2006-2013 Centers for Disease Control and Prevention’s Prevention Research Centers Program (SIP U48/DP001903)

Authorship/participation: Research Assistant

Amount of funding awarded: \$100,000

Nature of project: “Influence of the built environment on physical activity and quality of life among Bogotá adults”

Date and source: 2005-2008 International Union for Health Promotion

## **TRAINEE ADVISEMENT:**

### **Member of PhD Dissertation Committee:**

Juliana Munoz “Yo Soy Paz: A Pilot Trauma-Informed, Mindfulness Bases Stress Reduction Program for Latino Immigrants”. 03/08/21

Ph.D. Candidate

University of Maryland, School of Public Health, Department of Behavioral and Community Health.

03/08/21

### Advisor, PhD thesis committee:

Sandra Piedad Medina Prada “Relationship between food labeling and prevention of overweight and obesity, and consumer’s perception about fat and sodium content: A Systematic Review”  
Universidad Nacional de Colombia, Bogota Colombia 2017

### Advisor, Master’s thesis committees:

Nancy Caro and Adriana Suarez “Use of concept mapping to validate and design a physical activity measurement tool” 2012  
Universidad del Rosario

Ana Gabriela Palos Rubio “Physical activity patterns of school age children and socioeconomic correlates related to migration” 2010  
Mexican Institute of Public Health

### PUBLICATIONS:

1. GÁMEZ, R., **PARRA, D.**, PRATT, M. & SCHMID, T. L. 2006. Muévete Bogotá: promoting physical activity with a network of partner companies. *Promot Educ*, 13, 138-143, 164-169.
2. LOBELO, F., PATE, R., **PARRA, D.**, DUPERLY, J. & PRATT, M. 2006. [Burden of mortality associated to physical inactivity in Bogota, Colombia]. *Rev Salud Publica (Bogota)*, 8 Suppl 2, 28-41.
3. GOMEZ, L. F., **PARRA, D. C.**, LOBELO, F., SAMPER, B., MORENO, J., JACOBY, E., LUCUMI, D. I., MATSUDO, S. & BORDA, C. 2007. Television viewing and its association with overweight in Colombian children: results from the 2005 National Nutrition Survey: a cross sectional study. *Int J Behav Nutr Phys Act*, 4, 41.
4. **PARRA, D.**, GOMEZ, L., PRATT, M., SARMIENTO, O. L., MOSQUERA, J. & TRICHE, E. 2007. Policy and Built Environment Changes in Bogotá and their Importance in Health Promotion. *Indoor and Built Environment*, 16, 344-348.
5. GÓMEZ, L. F., LUCUMÍ, D. I., **PARRA, D. C.** & LOBELO, F. 2008. [Possible public health implications regarding associations between the degree of urbanisation and electronic media exposure amongst Colombian children]. *Rev Salud Publica (Bogota)*, 10, 505-516.
6. **PARRA, D. C.**, LOBELO, F., GÓMEZ, L. F., RUTT, C., SCHMID, T., BROWNSON, R. C. & PRATT, M. 2009. Household motor vehicle use and weight status among Colombian adults: are we driving our way towards obesity? *Prev Med*, 49, 179-183.
7. SIMOES, E. J., HALLAL, P., PRATT, M., RAMOS, L., MUNK, M., DAMASCENA, W., **PEREZ, D. P.**, HOEHNER, C. M., GILBERTZ, D., MALTA, D. C. & BROWNSON, R. C. 2009. Effects of a community-based, professionally supervised intervention on physical activity levels among residents of Recife, Brazil. *Am J Public Health*, 99, 68-75.
8. BROWNSON, R. C., **PARRA, D. C.**, DAUTI, M., HARRIS, J. K., HALLAL, P. C., HOEHNER, C., MALTA, D. C., REIS, R. S., RAMOS, L. R., RIBEIRO, I. C., SOARES, J. & PRATT, M. 2010. Assembling the puzzle for promoting physical activity in Brazil: a social network analysis. *J Phys Act Health*, 7 Suppl 2, S242-252.
9. GOMEZ, L. F., SARMIENTO, O. L., **PARRA, D. C.**, SCHMID, T. L., PRATT, M., JACOBY, E., NEIMAN, A., CERVERO, R., MOSQUERA, J., RUTT, C., ARDILA, M. & PINZÓN, J. D. 2010. Characteristics of the built environment associated with leisure-time physical activity among adults in Bogotá, Colombia: a multilevel study. *J Phys Act Health*, 7 Suppl 2, S196-203.

10. GÓMEZ, L. F., **PARRA, D. C.**, BUCHNER, D., BROWNSON, R. C., SARMIENTO, O. L., PINZÓN, J. D., ARDILA, M., MORENO, J., SERRATO, M. & LOBELO, F. 2010. Built environment attributes and walking patterns among the elderly population in Bogotá. *Am J Prev Med*, 38, 592-599.
11. HALLAL, P. C., GOMEZ, L. F., **PARRA, D. C.**, LOBELO, F., MOSQUERA, J., FLORINDO, A. A., REIS, R. S., PRATT, M. & SARMIENTO, O. L. 2010a. Lessons learned after 10 years of IPAQ use in Brazil and Colombia. *J Phys Act Health*, 7 Suppl 2, S259-264.
12. HALLAL, P. C., **PARRA, D. C.**, AZEVEDO, M. R., PRATT, M. & BROWNSON, R. C. 2010b. Research on physical activity and health: where is Latin America? *J Phys Act Health*, 7 Suppl 2, S129-130.
13. HALLAL, P. C., REIS, R. S., **PARRA, D. C.**, HOEHNER, C., BROWNSON, R. C. & SIMÕES, E. J. 2010c. Association between perceived environmental attributes and physical activity among adults in Recife, Brazil. *J Phys Act Health*, 7 Suppl 2, S213-222.
- 14.\* HERNÁNDEZ, A., GÓMEZ, L. F. & **PARRA, D. C.** 2010. [The relevance of urban environments and physical activity in older adults for Latin-America]. *Rev Salud Publica (Bogota)*, 12, 327-335.
15. HINO A A, F., REIS, R. S., RIBEIRO, I. C., **PARRA, D. C.**, BROWNSON, R. C. & FERMINO, R. C. 2010. Using observational methods to evaluate public open spaces and physical activity in Brazil. *J Phys Act Health*, 7 Suppl 2, S146-154.
16. **PARRA, D. C.**, GOMEZ, L. F., FLEISCHER, N. L. & DAVID PINZON, J. 2010a. Built environment characteristics and perceived active park use among older adults: results from a multilevel study in Bogotá. *Health Place*, 16, 1174-1181.
17. **PARRA, D. C.**, GOMEZ, L. F., SARMIENTO, O. L., BUCHNER, D., BROWNSON, R., SCHIMD, T., GOMEZ, V. & LOBELO, F. 2010b. Perceived and objective neighborhood environment attributes and health related quality of life among the elderly in Bogotá, Colombia. *Soc Sci Med*, 70, 1070-1076.
18. **PARRA, D. C.**, MCKENZIE, T. L., RIBEIRO, I. C., FERREIRA HINO, A. A., DREISINGER, M., CONIGLIO, K., MUNK, M., BROWNSON, R. C., PRATT, M., HOEHNER, C. M. & SIMOES, E. J. 2010c. Assessing physical activity in public parks in Brazil using systematic observation. *Am J Public Health*, 100, 1420-1426.
19. PRATT, M., BROWNSON, R. C., RAMOS, L. R., MALTA, D. C., HALLAL, P. C., REIS, R. S., **PARRA, D. C.** & SIMÕES, E. J. 2010. Project GUIA: A model for understanding and promoting physical activity in Brazil and Latin America. *J Phys Act Health*, 7 Suppl 2, S131-134.
20. REIS, R. S., HALLAL, P. C., **PARRA, D. C.**, RIBEIRO, I. C., BROWNSON, R. C., PRATT, M., HOEHNER, C. M. & RAMOS, L. 2010. Promoting physical activity through community-wide policies and planning: findings from Curitiba, Brazil. *J Phys Act Health*, 7 Suppl 2, S137-145.
21. RIBEIRO, I. C., **PARRA, D. C.**, HOEHNER, C. M., SOARES, J., TORRES, A., PRATT, M., LEGETIC, B., MALTA, D. C., MATSUDO, V., RAMOS, L. R., SIMOES, E. J. & BROWNSON, R. C. 2010a. School-based physical education programs: evidence-based physical activity interventions for youth in Latin America. *Glob Health Promot*, 17, 5-15.
22. RIBEIRO, I. C., TORRES, A., **PARRA, D. C.**, REIS, R., HOEHNER, C., SCHMID, T. L., PRATT, M., RAMOS, L. R., SIMÕES, E. J. & BROWNSON, R. C. 2010b. Using logic models as iterative tools for planning and evaluating physical activity promotion programs in Curitiba, Brazil. *J Phys Act Health*, 7 Suppl 2, S155-162.
23. SARMIENTO, O. L., SCHMID, T. L., **PARRA, D. C.**, DÍAZ-DEL-CASTILLO, A., GÓMEZ, L. F., PRATT, M., JACOBY, E., PINZÓN, J. D. & DUPERLY, J. 2010. Quality of life, physical activity, and built environment characteristics among colombian adults. *J Phys Act Health*, 7 Suppl 2, S181-195.

24. ARANGO, C. M., **PARRA, D. C.**, EYLER, A., SARMIENTO, O., MANTILLA, S. C., GOMEZ, L. F. & LOBELO, F. 2011. Walking or bicycling to school and weight status among adolescents from Montería, Colombia. *J Phys Act Health*, 8 Suppl 2, S171-177.
25. GOMES, G. A., REIS, R. S., **PARRA, D. C.**, RIBEIRO, I., HINO, A. A., HALLAL, P. C., MALTA, D. C. & BROWNSON, R. C. 2011. Walking for leisure among adults from three Brazilian cities and its association with perceived environment attributes and personal factors. *Int J Behav Nutr Phys Act*, 8, 111.
26. GÓMEZ, L., JACOBY, E., IBARRA, L., LUCUMÍ, D., HERNANDEZ, A., **PARRA, D.**, FLORINDO, A. & HALLAL, P. 2011. Sponsorship of physical activity programs by the sweetened beverages industry: public health or public relations? *Rev Saude Publica*, 45, 423-427.
27. HINO, A. A., REIS, R. S., SARMIENTO, O. L., **PARRA, D. C.** & BROWNSON, R. C. 2011. The built environment and recreational physical activity among adults in Curitiba, Brazil. *Prev Med*, 52, 419-422.
28. **PARRA, D. C.**, DAUTI, M., HARRIS, J. K., REYES, L., MALTA, D. C., BROWNSON, R. C., QUINTERO, M. A. & PRATT, M. 2011a. How does network structure affect partnerships for promoting physical activity? Evidence from Brazil and Colombia. *Soc Sci Med*, 73, 1365-1370.
29. **PARRA, D. C.**, HOEHNER, C. M., HALLAL, P. C., RIBEIRO, I. C., REIS, R., BROWNSON, R. C., PRATT, M. & SIMOES, E. J. 2011b. Perceived environmental correlates of physical activity for leisure and transportation in Curitiba, Brazil. *Prev Med*, 52, 234-238.
30. FLÓREZ PREGONERO, A., GÓMEZ, L. F., **PARRA, D. C.**, COHEN, D. D., ARANGO PATERNINA, C. M. & LOBELO, F. 2012. Time spent traveling in motor vehicles and its association with overweight and abdominal obesity in Colombian adults who do not own a car. *Prev Med*, 54, 402-404.
31. \* GÓMEZ, L. F., IBARRA, M. L., LUCUMÍ, D. I., ARANGO, C. M., PARRA, A., CADENA, Y., ERAZO, V. & **PARRA, D. C.** 2012. [Unhealthy eating, physical inactivity and childhood obesity in Colombia: an urgent call for the state and civil society to undertake effective action]. *Glob Health Promot*, 19, 87-92.
32. HEATH, G. W., **PARRA, D. C.**, SARMIENTO, O. L., ANDERSEN, L. B., OWEN, N., GOENKA, S., MONTES, F., BROWNSON, R. C. & GROUP, L. P. A. S. W. 2012. Evidence-based intervention in physical activity: lessons from around the world. *Lancet*, 380, 272-781.
33. MOSQUERA, J., **PARRA, D. C.**, GOMEZ, L. F., SARMIENTO, O., SCHMID, T. & JACOBY, E. 2012. An inside look at active transportation in Bogotá: a qualitative study. *J Phys Act Health*, 9, 776-785.
34. REIS, R. S., KELLY, C. M., **PARRA, D. C.**, BARROS, M., GOMES, G., MALTA, D., SCHMID, T. & BROWNSON, R. C. 2012. Developing a research agenda for promoting physical activity in Brazil through environmental and policy change. *Rev Panam Salud Publica*, 32, 93-100.
35. FLORINDO, A. A., MIELKE, G. I., GOMES, G. A., RAMOS, L. R., BRACCO, M. M., **PARRA, D. C.**, SIMOES, E. J., LOBELO, F. & HALLAL, P. C. 2013. Physical activity counseling in primary health care in Brazil: a national study on prevalence and associated factors. *BMC Public Health*, 13, 794.
36. \* GÓMEZ, L. F., MORENO, J., GÓMEZ, O. L., CARVAJAL, R. & **PARRA, D. C.** 2013. Physical activity and health-related quality of life among adult women in Cali, Colombia: a cross-sectional study. *Qual Life Res*, 22, 2351-2358.
37. \* HARRIS, J. K., LECY, J., HIPPI, J. A., BROWNSON, R. C. & **PARRA, D. C.** 2013. Mapping the development of research on physical activity and the built environment. *Prev Med*, 57, 533-540.
38. HOEHNER, C. M., RIBEIRO, I. C., **PARRA, D. C.**, REIS, R. S., AZEVEDO, M. R., HINO, A. A., SOARES, J., HALLAL, P. C., SIMÕES, E. J. & BROWNSON, R. C. 2013. Physical activity interventions in Latin America: expanding and classifying the evidence. *Am J Prev Med*, 44, e31-40.

- 39.\* MALLARINO, C., GÓMEZ, L. F., GONZÁLEZ-ZAPATA, L., CADENA, Y. & **PARRA, D. C.** 2013. Advertising of ultra-processed foods and beverages: children as a vulnerable population. *Rev Saude Publica*, 47, 1006-1010.
- 40.**PARRA, D. C.**, HOEHNER, C. M., HALLAL, P. C., REIS, R. S., SIMOES, E. J., MALTA, D. C., PRATT, M. & BROWNSON, R. C. 2013. Scaling up of physical activity interventions in Brazil: how partnerships and research evidence contributed to policy action. *Glob Health Promot*, 20, 5-12.
- 41.REIS, R. S., HINO, A. A., **PARRA, D. C.**, HALLAL, P. C. & BROWNSON, R. C. 2013. Bicycling and walking for transportation in three Brazilian cities. *Am J Prev Med*, 44, e9-17.
- 42.ARANGO, C. M., **PARRA, D. C.**, GÓMEZ, L. F., LEMA, L., LOBELO, F. & EKELUND, U. 2014a. Screen time, cardiorespiratory fitness and adiposity among school-age children from Monteria, Colombia. *J Sci Med Sport*, 17, 491-495.
- 43.\* ARANGO, C. M., PÁEZ, D. C., LEMA, L., SARMIENTO, O. L. & **PARRA, D. C.** 2014b. Television viewing and its association with health-related quality of life in school-age children from Montería, Colombia. *Journal of Exercise Science & Fitness*, 12, 68-72.
- 44.GOMES, G. A., KOKUBUN, E., MIEKE, G. I., RAMOS, L. R., PRATT, M., **PARRA, D. C.**, SIMÕES, E., FLORINDO, A. A., BRACCO, M., CRUZ, D., MALTA, D., LOBELO, F. & HALLAL, P. C. 2014. Characteristics of physical activity programs in the Brazilian primary health care system. *Cad Saude Publica*, 30, 2155-2168.
- 45.HINO, A. A., REIS, R. S., SARMIENTO, O. L., **PARRA, D. C.** & BROWNSON, R. C. 2014. Built environment and physical activity for transportation in adults from Curitiba, Brazil. *J Urban Health*, 91, 446-462.
- 46.\* PAEZ, D. C., GOMEZ, L. F., MALLARINO, C., ARANGO, C. M., FLÓREZ, A., NYLANDER, A. & **PARRA, D. C.** 2014. Associations between time spent traveling in motor vehicles and physical activity in Colombian adults from urban areas. *Cad Saude Publica*, 30, 2320-2330.
- 47.RAMOS, L. R., MALTA, D. C., GOMES, G. A., BRACCO, M. M., FLORINDO, A. A., MIELKE, G. I., **PARRA, D. C.**, LOBELO, F., SIMOES, E. J. & HALLAL, P. C. 2014. Prevalence of health promotion programs in primary health care units in Brazil. *Rev Saude Publica*, 48, 837-844.
- 48.REIS, R. S., YAN, Y., **PARRA, D. C.** & BROWNSON, R. C. 2014. Assessing participation in community-based physical activity programs in Brazil. *Med Sci Sports Exerc*, 46, 92-98.
- 49.SARMIENTO, O. L., **PARRA, D. C.**, GONZÁLEZ, S. A., GONZÁLEZ-CASANOVA, I., FORERO, A. Y. & GARCIA, J. 2014. The dual burden of malnutrition in Colombia. *Am J Clin Nutr*, 100,1628S-35S.
- 50.BURDICK, L., MIELKE, G. I., **PARRA, D. C.**, GOMES, G., FLORINDO, A., BRACCO, M., LOBELO, F., SIMOES, E. J., PRATT, M., RAMOS, L. R., MOURA, L., BROWNSON, R. C. & HALLAL, P. C. 2015. Physicians', nurses' and community health workers' knowledge about physical activity in Brazil: A cross-sectional study. *Prev Med Rep*, 2, 467-472.
- 51.DE SÁ, T. H., **PARRA, D. C.** & MONTEIRO, C. A. 2015. Impact of travel mode shift and trip distance on active and non-active transportation in the São Paulo Metropolitan Area in Brazil. *Prev Med Rep*, 2, 183-188.
- 52.FLORINDO, A. A., BROWNSON, R. C., MIELKE, G. I., GOMES, G. A., **PARRA, D. C.**, SIQUEIRA, F. V., LOBELO, F., SIMOES, E. J., RAMOS, L. R., BRACCO, M. M. & HALLAL, P. C. 2015. Association of knowledge, preventive counseling and personal health behaviors on physical activity and consumption of fruits or vegetables in community health workers. *BMC Public Health*, 15, 344.
- 53.GOMEZ, L. F., SARMIENTO, R., ORDOÑEZ, M. F., PARDO, C. F., DE SÁ, T. H., MALLARINO, C. H., MIRANDA, J. J., MOSQUERA, J., **PARRA, D. C.**, REIS, R. & QUISTBERG, D. A. 2015. Urban environment interventions linked to the promotion of physical activity: a mixed methods study applied to the urban context of Latin America. *Soc Sci Med*, 131, 18-30.



- 54.\* GÓMEZ, L. F., MOSQUERA, J., GÓMEZ, O. L., MORENO, J., PINZON, J. D., JACOBY, E., CEPEDA, M. & **PARRA, D. C.** 2015. Social conditions and urban environment associated with participation in the Ciclovía program among adults from Cali, Colombia. *Cad Saude Publica*, 31 Suppl 1, 257-266.
- 55.\* LUCUMÍ, D. I., GOMEZ, L. F., BROWNSON, R. C. & **PARRA, D. C.** 2015. Social capital, socioeconomic status, and health-related quality of life among older adults in Bogotá (Colombia). *J Aging Health*, 27, 730-750.
56. PAEZ, D. C., REIS, R. S., **PARRA, D. C.**, HOEHNER, C. M., SARMIENTO, O. L., BARROS, M. & BROWNSON, R. C. 2015. Bridging the gap between research and practice: an assessment of external validity of community-based physical activity programs in Bogotá, Colombia, and Recife, Brazil. *Transl Behav Med*, 5, 1-11.
57. **PARRA, D. C.**, IANNOTTI, L., GOMEZ, L. F., PACHÓN, H., HAIRE-JOSHU, D., SARMIENTO, O. L., KUHLMANN, A. S. & BROWNSON, R. C. 2015. The nutrition transition in Colombia over a decade: a novel household classification system of anthropometric measures. *Arch Public Health*, 73, 12.
58. PERIN, D. M., SARAIYA, M., THOMPSON, T. D., DE MOURA, L., SIMOES, E. J., **PARRA, D. C.** & BROWNSON, R. C. 2015. Providers' knowledge, attitudes, and practices related to colorectal cancer control in Brazil. *Prev Med*, 81, 373-379.
59. HIDALGO, K. D., MIELKE, G. I., **PARRA, D. C.**, LOBELO, F., SIMÕES, E. J., GOMES, G. O., FLORINDO, A. A., BRACCO, M., MOURA, L., BROWNSON, R. C., PRATT, M., RAMOS, L. R. & HALLAL, P. C. 2016. Health promoting practices and personal lifestyle behaviors of Brazilian health professionals. *BMC Public Health*, 16, 1114.
60. BORGES, M. C., LOUZADA, M. L., DE SÁ, T. H., LAVERTY, A. A., **PARRA, D. C.**, GARZILLO, J. M., MONTEIRO, C. A. & MILLETT, C. 2017. Artificially Sweetened Beverages and the Response to the Global Obesity Crisis. *PLoS Med*, 14, e1002195.
- 61.\* DEL CAMPO VEGA, C., TUTTE, V., BERMUDEZ, G. & **PARRA, D. C.** 2017. Impact on Area-Level Physical Activity Following the Implementation of a Fitness Zone in Montevideo, Uruguay. *J Phys Act Health*, 14, 883-887.
62. **PARRA, D. C.**, BRADFORD, E. C. H., CLARK, B. R., RACETTE, S. B. & DEUSINGER, S. S. 2017a. Population and Community-Based Promotion of Physical Activity: A Priority for Physical Therapy. *Phys Ther*, 97, 159-160.
63. **PARRA, D. C.**, VORKOPER, S., KOHL, H. W., CABALLERO, B., BATAIS, C., JAUREGUI, A., MASON, J. & PRATT, M. 2017b. Research capacity for childhood obesity prevention in Latin America: an area for growth. *Obes Rev*, 18 Suppl 2, 39-46.
64. **PARRA, D. C.**, DE SÁ, T. H., MONTEIRO, C. A. & FREUDENBERG, N. 2018a. Automobile, construction and entertainment business sector influences on sedentary lifestyles. *Health Promot Int*, 33, 239-249.
65. **PARRA, D. C.**, GOMEZ, L. F., IANNOTTI, L., HAIRE-JOSHU, D., SEBERT KUHLMANN, A. K. & BROWNSON, R. C. 2018b. Maternal and familial correlates of anthropometric typologies in the nutrition transition of Colombia, 2000-2010. *Public Health Nutr*, 21, 2584-2594.
66. **PARRA, D. C.**, GOMEZ, L. F., IANNOTTI, L., HAIRE-JOSHU, D., SEBERT KUHLMANN, A. K. & BROWNSON, R. C. 2018c. Multilevel correlates of household anthropometric typologies in Colombian mothers and their infants. *Glob Health Epidemiol Genom*, 3, e6.
67. **PARRA, D. C.**, GOMEZ, L. F., PINZON, J. D., BROWNSON, R. C. & MILLETT, C. 2018d. Equity in cycle lane networks: examination of the distribution of the cycle lane network by socioeconomic index in Bogotá, Colombia. *Cities & Health*, 2, 60-68.
- 68.\* ANDRADE, D.R., GARCIA, L.M.T., **PEREZ, D.C.P.** 2018 Local collaborations for physical activity promotion: a network analysis. , 11;34(10)

69. **PARRA, D. C.**, DA COSTA-LOUZADA, M. L., MOUBARAC, J. C., BERTAZZI-LEVY, R., KHANDPUR, N., CEDIEL, G. & MONTEIRO, C. A. 2019. Association between ultra-processed food consumption and the nutrient profile of the Colombian diet in 2005. *Salud Publica Mex*, 61:2, 147-154.
70. DEAN, E., SKINNER, M., MYEZWAZA, H., MKUMBUZI, V., MOSTERT, K., **PARRA, D.C.**, SHIRLEY, D., SÖDERLUND, A., DORNELAS DE ANDRADE, A., ABARAOGU, O., BRUNO, S., CLARK, D., GYLFADÓTTIR, S., JONES, A., VELUSWAMY, S.D., LOMI, C., MOFFAT, M., MORRIS, D., STENSDOTTER, A-K., PONG WONG, W., Global Health Working Group. 2019. Health Competency Standards in Physical Therapist Practice, *Physical Therapy*, , pzz087, *In press*
71. \* KHANDPUR, N., CEDIEL, G., AYALA, D., CONSTANTE, P.J., **PARRA, D. C.** 2020. "Factores sociodemográficos asociados al consumo de alimentos ultra-procesados en Colombia" *Revista de Saúde Pública*. 54 (19)
72. MORA-PLAZAS M, GÓMEZ LF, MILES DR, **PARRA DC**, TAILLIE LS. 2019. Nutrition Quality of Packaged Foods in Bogotá, Colombia: A Comparison of Two Nutrient Profile Models. *Nutrients*; 11(5).
73. \***PARRA DC**, VAN ZANDT A, WANG P, GOODMAN M, ABHISHEK J, HAIRE-JOSHU D, BROWNSON RC. Evaluating Park Use and Satisfaction: The Case of Trojan Park in St. Louis Missouri. 2019. *Int J Environ Res Public Health*. 16(15).
74. \***PARRA DC**, WETHERELL JL, VAN ZANDT A, BROWNSON RC, ABHISHEK J, LENZE EJ. 2019. A qualitative study of older adults' perspectives on initiating exercise and mindfulness practice. *BMC Geriatr*; 19(1):354. doi: 10.1186/s12877-019-1375-9. PMID: 31865906
75. PACA-PALAO A, HUAYANAY-ESPINOZA CA, **PARRA DC**, VELASQUEZ-MELENDEZ G, MIRANDA JJ. 2019. Association between exclusive breastfeeding and obesity in children: a cross-sectional study of three Latin American countries. *Gac Sanit*. Nov 28.
76. JIWANI SS, CARRILLO-LARCO RM, HERNÁNDEZ-VÁSQUEZ A, BARRIENTOS-GUTIÉRREZ T, BASTO-ABREU A, GUTIERREZ L, IRAZOLA V, NIETO-MARTÍNEZ R, NUNES BP, **PARRA DC**, MIRANDA JJ. 2019. The shift of obesity burden by socioeconomic status between 1998 and 2017 in Latin America and the Caribbean: a cross-sectional series study. *Lancet Glob Health*; 7(12)
77. \*CHEMAS-VELEZ MM, GOMEZ LF, VELASQUEZ A, MORA-PLAZAS M, **PARRA DC**. Scoping review of studies on food marketing in Latin America: Summary of existing evidence and research gaps. *Revista de saude publica*. 2020;53:107.
78. ADLAKHA D, **PARRA DC**. Mind the gap: Gender differences in walkability, transportation and physical activity in urban India. *Journal of Transport & Health*. 2020;18:100875
79. **PARRA DC**, ADLAKHA D, PINZON JD, VAN ZANDT A, BROWNSON RC, GOMEZ LF. Geographic Distribution of the Ciclovia and Recreovia Programs by Neighborhood SES in Bogota: How Unequal is the Geographic Access Assessed Via Distance-based Measures? *J Urban Health*. 2021;98(1):101-110.
80. SALVO D, **PARRA DC**, JÁUREGUI A, RESÉNDIZ E, GARCIA-OLVERA A, VELAZQUEZ D, AGUILAR-FARIAS N, COLÓN-RAMOS U, HINO AA, KOHL HWB 3RD, PRATT M, RAMIREZ VARELA A, RAMIREZ-ZEA M, RIVERA JA. Capacity for childhood obesity research in latin american and us latino populations: state of the field, challenges, opportunities, and future directions. *Obes Rev*. 2021 apr 6:e13244. doi: 10.1111/obr.13244. online ahead of print. pmid: 33825321

81. SARMIENTO OL, RUBIO MA, KING AC, SERRANO N, HINO AAF, HUNTER RF, AGUILAR-FARIAS N, **PARRA DC**, SALVO D, JÁUREGUI A, LEE RE, KOHL B. Built environment in programs to promote physical activity among latino children and youth living in the united states and in latin america. *Obes Rev.* 2021 apr 6:e13236. doi: 10.1111/obr.13236. online ahead of print. pmid: 33825294

## REVIEWS

1. HOEHNER, C. M., SOARES, J., **PARRA PEREZ, D.**, RIBEIRO, I. C., JOSHU, C. E., PRATT, M., LEGETIC, B. D., MALTA, D. C., MATSUDO, V. R., RAMOS, L. R., SIMÕES, E. J. & BROWNSON, R. C. 2008. Physical activity interventions in Latin America: a systematic review. *Am J Prev Med*, 34, 224-233.
2. HOEHNER, C., SOARES, J., **PARRA, D. C.**, RIBEIRO, I. C., PRATT, M., BRACCO, M., HALLAL, P. C. & BROWNSON, R. C. 2010. Physical activity interventions in Latin America: what value might be added by including conference abstracts in a literature review? *J Phys Act Health*, 7 Suppl 2, S265-278.
3. ARANGO, C. M., PÁEZ, D. C., REIS, R. S., BROWNSON, R. C. & **PARRA, D. C.** 2013. Association between the perceived environment and physical activity among adults in Latin America: a systematic review. *Int J Behav Nutr Phys Act*, 10, 122.
4. MOUBARAC, J. C., **PARRA, D. C.**, CANNON, G. & MONTEIRO, C. A. 2014. Food Classification Systems Based on Food Processing: Significance and Implications for Policies and Actions: A Systematic Literature Review and Assessment. *Curr Obes Rep*, 3, 256-272.
5. \*CHEMAS-VELEZ MM, GÓMEZ LF, VELASQUEZ A, MORA-PLAZAS M, **PARRA DC**. 2020. Scoping review of studies on food marketing in Latin America: Summary of existing evidence and research gaps. *Rev Saude Publica*; 53:107.
6. EYLER AA, GACHUPIN FC, JOHNSTON SL, KAPP JM, **PARRA DC**, POPESCU M. Disparities in Text Messaging Interventions to Improve Diabetes Management in the United States. *Diabetes Spectr.* 2021 Jan;34(1):34-41. doi: 10.2337/ds19-0071. PMID: 33627992

## BOOK CHAPTERS

1. **PARRA, D. C.**, LEMOINE, P.D. , (2017), Walking for Transportation and TransMilenio in Bogotá: Strengths and Shortcomings, in Corinne Mulley , Klaus Gebel , Ding Ding (ed.) *Walking (Transport and Sustainability, Volume 9)* Emerald Publishing Limited, pp.347 – 363

## CONTINUING EDUCATION:

Currently Enrolled Yoga Instructor, 300 Advanced YTT Yoga Buzz, St. Louis	2021
Mindfulness Facilitator, 300 H, Engaged Mindfulness Institute	2020
Yoga Instructor, 200 YTT Urban Breath Yoga	2016
Post-Doctoral Research Fellow, Department of Nutrition, School of Public Health, University of Sao Paulo	2014
International Course on Epidemiology, International Epidemiology Association, Universidad San Cayetano de Heredia, Lima Perú	2011
Graduate Certificate in New Institutional Social Sciences, Center for New Institutional Social Sciences (CNISS), WUSTL	2010
Physical Activity and Public Health Practitioner Course, Arnold School of Public Health, Prevention Research Center University of South Carolina, CDC	2004

## **UNIVERSITY AND PUBLIC SERVICE**

Member of the Physical Therapy Diversity and Inclusion Committee, Washington University in St. Louis, 2016 – June 2020 - Contributed to various activities, initiatives and ideas to increase the diversity and inclusion at WASHU PT. Provided feedback and ideas on how to incorporate a population and community health-based lens towards the promotion of health equity in the development of the new PT curriculum.

Member of the Physical Therapy Admissions Committee, Washington University in St. Louis, 2017 – June 2020 – Worked on analyzing current trends and data from the program and propose ideas and strategies to increase the diversity pool of WASHU PT applicants.

Member of the Prevention Research Center – Equity, Diversity and Inclusion Committee, June 2020 – Present. Serving of the Research Equity Committee as well as the Learning and Mentoring Committee.

Board member for the Oxygen Project 2018 – 2020. The mission of The Oxygen Project: Yoga for Youth is to give children the agency to manage everyday stress and significant life challenges with resilience and calm. By integrating yoga and mindfulness into schools and youth organizations, The Oxygen Project can teach children the life skills to manage anxiety and self-regulate stress, thus improving school performance, as well as relationships with self, peers, and family.

Chair of the Board for the Oxygen Project. 2021 - Present (two-year service). Lead fundraising efforts collecting over 4,000 from various donors.

Mindfulness Facilitator for the Faculty at Southern Illinois University Edwardsville – School of Social Work. 2020 – Present

## **CONTRIBUTIONS TO DIVERSITY**

Panelist “Race in Health & Medicine” organized by the Women & Nonbinary Multicultural Association (WNMA) at Washington University in St. Louis, October 22, 2020

Panelist “The Intersection of Racism, Discrimination and Mental Health in Communities of Color” organized by National Hispanic and Latino Mental Health Technology Transfer Center Network, July 23, 2020

Co-Creator of the Affinity Group “SOMOS WashU” for Latino Faculty and Staff at Washington University in St. Louis, June 2020 – Present

Mindfulness Facilitator for the Academy for Diversity and Inclusion, leading sessions and trainings to increase inclusion at the workplace through Mindfulness. June 2020 – Present

Mentor of the Program Nuestra Familia from the Brown School at Washington University in St. Louis to support students from Underrepresented backgrounds. June 2020 - Present

Service throughout my career as informal mentor for various students from underrepresented backgrounds seeking career advice in the areas of Medicine, Public Health and Physical Therapy both at the national and international level.

Graduate of the Hispanic Leadership Institute (HLI) Training (2019) which is sponsored by Centene Corporation and the Hispanic Chamber of Commerce of St. Louis. The HLI is a skills-based leadership training program targeted at Hispanic professionals in St. Louis to develop leadership skills and greater involvement with the Hispanic Community.

**LANGUAGES:**

- Spanish – native language
- English – speak fluently and read/write with high proficiency
- Portuguese – speak, read, and write with medium competence
- French – speak, read and write with beginner competence