

Karen Yeary, Ph.D.

Professor, Health Behavior and Health Education at UAMS

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4301 West Markham #820, Little Rock AR 72205

Other presenters: Pastor Jerome Turner, Ms. Fannie Fields, Ms. Lucille Seals

Title: The WORD: A faith-based weight loss program for churches

Presentation: Oral

Category: Chronic disease, nutrition, health education and health promotion (if have to choose one, choose this one), Health disparity, health equity

Program description: Research

Learning Objectives: 1. Understand the serious problem of obesity; 2. Describe The WORD program; 3. Discuss how The WORD program can be used by churches to promote health

Travel reimbursement for Jerome Turner, Ms. Fields, and Ms. Seals

# Karen H. Kim Yeary, Ph.D.

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## ACADEMIC POSITIONS

### **Professor, July 2018-Present**

University of Arkansas for Medical Sciences, College of Public Health, Little Rock, AR  
Department of Health Behavior and Health Education

Areas of specialization: Community-based participatory research, Translational research, Public health nutrition, Health disparities

### **Associate Professor, July 2012-June 2018**

University of Arkansas for Medical Sciences, College of Public Health, Little Rock, AR  
Department of Health Behavior and Health Education

Areas of specialization: Community-based participatory research, Translational research, Public health nutrition, Health disparities

### **Assistant Professor, July 2005-June 2012**

University of Arkansas for Medical Sciences, College of Public Health, Little Rock, AR  
Department of Health Behavior and Health Education

## EDUCATION AND TRAINING

### **Postdoctoral Fellow, 2003-2005**

W.K. Kellogg Community Health Scholars Program  
University of North Carolina at Chapel Hill, School of Public Health, Chapel Hill, NC

### **Ph.D., Nutritional Sciences, 2003**

Cornell University, Division of Nutritional Sciences, Ithaca, NY

### **B.S. with Honors, Nutritional Sciences, 1999**

Cornell University, Division of Nutritional Sciences, Ithaca, NY

## AWARDS, FELLOWSHIPS, AND HONORS

2018-2019     Society for Behavioral Medicine (SBM) 2018-2019 Leadership Institute

2017           National Heart, Lung, and Blood Institute (NHLBI), Training the Next Generation of Implementation Researchers for Health Equity Workshop

2017           Faculty Excellence in Research Award, Fay W. Boozman College of Public Health, University of Arkansas for Medical Sciences

|                   |  |
|-------------------|--|
| 2016-2017         | American Academy of Health Behavior Research Scholars Program  |
| 2010              | National Center for Minority Health and Health Disparities (NCMHD) and the University of Pittsburgh Research Center, Health Equity Leadership Institute, University of Wisconsin Institute for Clinical and Translational Research |
| 2008-2010<br>2008 | Teaching Scholars Program, University of Arkansas for Medical Sciences<br>Bosscher-Hammond Prize Winner, Intervarsity Graduate and Faculty Ministry  |
| 2008              | National Cancer Institute (NCI), Office of Behavioral and Social Sciences Research (OBSSR), Advanced Training Institute in Health Behavior Theory Course   |
| 2007              | National Institute of Health (NIH), Office of Behavioral and Social Sciences Research (OBSSR), Summer Institute on Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions                             |
| 2006              | National Cancer Institute (NCI) 2nd Biennial Career Development Workshop to Increase Diversity in Research Funding Scholarship   |
| 2005-2006         | University of North Carolina at Chapel Hill Postdoctoral Award for Research Excellence   |
| 2005              | EXPORT Summer Research Career Development Institute in Minority and Health Disparities, University of Pittsburgh   |
| 2003              | Prescott Fellowship, Cornell University  |
| 2003              | Grace Steininger Fellowship, Cornell University  |
| 2002              | Hooker Huntington Fellow, Cornell University   |
| 2002              | Werly Fellow, Cornell University   |

## GRANTS

### **A. Grants Awarded**

1. University of Arkansas for Medical Sciences Winthrop P. Rockefeller Cancer Institute, Cancer Prevention and Populations Sciences. "Online survey on knowledge and attitude toward HPV vaccination among young adults in Arkansas Delta through social media promotion." Joseph Su, Principal Investigator. **Karen Yeary, Co-Investigator**. Project Period, 9/01/18-8/31/19. Total costs: \$10,000. A quantitative online survey will be conducted in young adults in the Arkansas Lower Mississippi Delta to assess barriers to HPV vaccination. Targeted Facebook advertisements will be used to recruit participants.

**Primary Author:**

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**Additional Presenter:**

Johnny Smith

**Title of Presentation:**

Engaging faith communities in mental health promotion and research: Lessons Learned from the REJOICE Project

**Abstract:**

African Americans who reside in rural areas suffer from a “double dose” of disadvantage in that they experience health disparities related to living in rural areas as well as health disparities related to their race or ethnicity. In Arkansas, and probably elsewhere as well, there are marked and significant disparities in mental health status between African Americans and whites; and approaches to reduce or eliminate these disparities are needed. Within the African American rural community, churches represent a key portal through which a large proportion (as much as 85%) of the African American community can be reached. Churches have been used to address physical health outcomes in those communities but few have focused primarily on addressing mental health outcomes. The REJOICE project is a Hybrid-2 pragmatic-effectiveness implementation trial that seeks to test the effectiveness of the culturally adapted evidence-based intervention and gather preliminary data on the strategies necessary to support successful implementation of this intervention in rural African American churches. The Project staff have spent a considerable building relationships with faith communities across the Arkansas Delta. This presentation will discuss lessons learned when engaging communities of faith in mental health promotion and research.

**Primary Presentation Type:** oral

**Abstract Category:** Faith and Health

**Presentation Description:** Research

**Learning Objectives:**

At the end of this presentation attendees will be able to:

1. Describe current mental health needs among rural African Americans.
2. Discuss barriers to engaging communities of faith in mental health promotion and research.
3. Describe strategies for overcoming barriers to engaging communities of faith in mental health promotion and research.

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2002-2006      **Xavier University of Louisiana**  
New Orleans, Louisiana  
Major: Psychology  
Degree: B.S., May 2006  
Summa Cum Laude with honors in English, History, and Psychology

## Grants

### *Ongoing Grants*

#### **FAITH Network Advocate Training**

01/01/2019-12/21/2021

Patient Centered Outcomes Research Institute (PCORI)

The Arkansas Faith-Academic Initiatives for Transforming Health (FAITH) Network collaboration between UAMS and faith organizations in Arkansas to provide an infrastructure that supports faith-based research as well as the delivery of health programs and health education within faith communities across the state. Previous grant activities developed a research training program, FAITH Network Research Advocate Training, for use with faith leaders in an effort to build the capacity of faith leaders to engage in health research. This project seeks to adapt the FAITH Network Research Advocate Training for use with Hispanic and Marshallese faith leaders.

**Role: Co-Investigator**

#### **Arkansas Center for Health Disparities (ARCHD)**

10/01/2017-9/30/2022

National Institute for Minority Health and Health Disparities (NIMHD)

2 U54 MD002329-11

This center grant focuses on developing multidisciplinary, multilevel research that reduces chronic disease risk factors for which there are significant health disparities among socially disadvantaged African American communities, with a goal of improving health and quality of life and ultimately eliminating health disparities.

**Role: Co-Investigator, Mixed Methods Expert**

#### **Reducing Depressive symptoms among Rural African Americans: REJOICE**

05/01/2016-12/31/2021

National Institute for Minority Health and Health Disparities (NIMHD)

1 U01 MD010644-01

This project is a Hybrid-2 pragmatic-effectiveness implementation trial that seeks to test the effectiveness of a culturally adapted evidence-based intervention while gathering preliminary data on the strategies necessary to support successful implementation of this intervention in rural African American churches. Specifically, this study aims to: 1) Refine a culturally appropriate, evidence-based depression intervention (REJOICE) based on results from our NIMHD-funded pilot study, 2) Determine whether REJOICE is superior to a usual-care control group at post treatment and a 3-month follow-up, 3) Collect pilot data regarding “real world” implementation strategies (i.e. face to face training and coaching calls) on the uptake and maintenance of REJOICE in rural African American churches.

**Role: Principal Investigator**

### *Completed Grants*

#### **FAITH Network**

12/01/2016-12/01/2018

Patient Centered Outcomes Research Institute (PCORI)

Contract #4026-UAMS

This project is designed to develop the Faith-Academic Initiatives for Transforming Health (FAITH) Network. The FAITH Network will be a collaboration between UAMS and faith organizations in Arkansas to provide an infrastructure that supports faith-based research as well as the delivery of health programs and health education within faith communities across the state. Perspectives from the faith community are needed to plan, develop, and implement the FAITH network. Therefore, the objectives of this project include: 1. the development of the Arkansas Faith-Academic Initiatives for Transforming Health (FAITH) Network. 2. To build the faith community’s capacity to engage in partnered comparative

effectiveness research and PCOR by providing continuous training opportunities specific to the needs of the faith community. This will also provide an opportunity for faith leaders to build upon the concept of “community-building-community”. This is when faith leaders with PCOR experience serve as mentors and advisors to those faith leaders who are new to PCOR, and 3. Document and disseminate the outcomes of the Arkansas FAITH network and training using both process and summative evaluation.

**Role on Project: Co-Investigator**

**FAITH in the Delta**

01/01/2013-12/31/2016

National Institute for Minority Health and Health Disparities (NIMHD)

1 R24MD007923-01

The goals of this project is to work with the faith community to 1) form a faith task force, 2) identify the health concerns of two rural communities and 3) develop a faith-based intervention to address a specific concern.

**Role on project: Co-Investigator**

**Addressing Mental Health Needs of Rural African Americans**

08/01/2015 – 12/31/2015

Patient-Centered Outcomes Research Institute (PCORI)

PCORI EAIN-2291

The major goal of this project is to disseminate results from our PCORI funded pilot project, Addressing the Mental Health Needs of Rural African Americans, to relevant stakeholders within the Arkansas Delta.

**Role on Project: Principal Investigator**

**MIRECC Clergy Partnership Program**

10/01/2014-9/30/2015

Veterans Administration-Office of Rural Health

C00863

The major goal of this project is to address low utilization of mental health services among Veterans returning to rural areas by building the capacity of rural communities to support Veterans living with mental illnesses.

**Role of Project: Co- Investigator**

**Addressing Mental Health Needs of Rural African Americans**

6/01/2012 – 12/31/2014

Patient Centered Outcomes Research Institute (PCORI) Pilot Award

Patient Centered Outcomes Research Institute

The aim of this project is to gather information that can inform culturally congruent mental health delivery approaches and to identify community assets that can be engaged in support of mental health of a rural African American community in the Arkansas Delta. As there is often a considerable gap between the perspectives of “experts” and those of “ordinary” citizens, we will compare and combine two methodologies of gathering data: (a) “traditional” focus groups with key expert stakeholders (clergy, college students/administrators, and providers) and (b) deliberative democracy forums with ordinary citizens. The project will bring together participants from Tri-County Rural Health, the University of Arkansas for Medical Science, the Clinton School of Public Service, Southeast Arkansas College, University of Arkansas at Pine Bluff, Kettering Foundation, local ministerial alliances, policy makers, and citizens of Jefferson County, Arkansas.

**Role on project: Co-Investigator**

**Partnering with churches to address the mental health needs of rural African Americans**

KL2 Career Development Award

8/01/2012-08/31/2014

KL2TR000063

University of Arkansas for Medical Sciences (UAMS) Translational Research Institute (TRI)

## Improving Rural Mental Health Service Use through African American Churches

The goal of this project is to examine the relationship between religious beliefs and attitudes about mental health service with the goal of developing multifaceted intervention which provides education, stigma reduction, and linkage to appropriate services.

**Role on project: Principal Investigator**

## Teaching Experience:

### Graduate Courses:

|                     |   |
|---------------------|---|
| Spring 2015-Present | <p>University of Arkansas for Medical Sciences, Little Rock, AR<br/><b>Department of Health Behavior and Health Education</b><br/><b>Theories of Health and Health Behavior</b></p> <ul style="list-style-type: none"><li>○ Developed course syllabus</li><li>○ Taught weekly course on social determinants of health and application of health education theories to develop health promotion interventions</li><li>○ Set criteria for and graded papers, assignments</li><li>○ Provided educational guidance for 14 graduate students</li></ul> |
| Fall 2015-Present   | <p>University of Arkansas for Medical Sciences, Little Rock, AR<br/><b>Department of Health Behavior and Health Education</b><br/><b>Stress and Health</b></p> <ul style="list-style-type: none"><li>○ Developed course syllabus</li><li>○ Teach weekly course on understanding the relationship between stress and health conditions</li></ul>   |
| Winter 2012         | <p>Philander Smith College, Little Rock, AR<br/><b>Department of Psychology, Instructor; Experimental Psychology</b></p> <ul style="list-style-type: none"><li>○ Taught course weekly on topics and controversies in psychological research</li><li>○ Set criteria for and graded papers, assignments</li><li>○ Provided educational guidance for 15 undergraduate students</li></ul>   |
| Winter 2009- 2010   | <p>University of Michigan, Ann Arbor, MI<br/><b>Department of Psychology, Guest Lecturer, Project Outreach: Preschool Children</b></p> <ul style="list-style-type: none"><li>○ Prepared and presented a 2 hour lecture on the effects of domestic violence on the mental health of preschool children</li></ul>   |
| Winter 2009         | <p>University of Michigan, Ann Arbor, MI<br/><b>Department of Psychology Graduate Student Instructor, Introduction to Psychopathology</b></p> <ul style="list-style-type: none"><li>○ Taught two-hour sections twice weekly on topics and controversies in abnormal psychology</li><li>○ Worked with Dr. Joseph Gone and fellow graduate students to develop in-class activities</li></ul>  |



Psi Chi, National Honor Society in Psychology  
American Psychological Association  
American Psychological Society  
Arkansas Association of Psychologists  
Arkansas Association of Black Psychology Professionals  
Association of Black Psychologists  
American Public Health Association  
AcademyHealth