

Nelda Mier, Ph.D., M.A.

Texas A&M School of Public Health
Higher Education Center at McAllen

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PROFESSIONAL SUMMARY

Dr. Nelda Mier is an Instructional Associate Professor with TAMU School of Public Health, Department of Health Behavior. She holds a Doctorate in Health Education and two Master's degrees in Communication and Business. Dr. Mier has been teaching graduate and undergraduate courses in public health and communication for more than two decades at prestigious universities in the United States and Mexico. Currently, she teaches courses related to health promotion, data management, public health policy, and healthcare systems. Students in her classes learn public health concepts, practical applications, problem solving, and critical thinking. Her high-impact instructional methods include collaborative work, project-based learning, field-based experiential learning, culminating experiences, and development of professional portfolios.

Dr. Mier has extensive experience in community participatory research. Her work has addressed behavioral health among underserved populations living in the U.S.-Mexico border. By applying ecological and culturally sensitive approaches in the design and implementation of health programs, Dr. Mier has made significant scientific contributions in chronic disease prevention and behavioral health. She published 50 peer-review articles in international and national journals, and has been a presenter at international, national, and regional conferences. Additionally, she has held leadership positions in academic, community and mass media settings.

Dr. Mier's scholarly interests are high impact practices and active learning, public health policy, and health equity.

EDUCATION

PhD Health Education

2002

University of New Mexico

Albuquerque, NM

MA Communication

1999

University of New Mexico

Albuquerque, NM

Master's in organizational development

1989

Universidad de Monterrey

Monterrey, Mexico

BA Communication

1981

Universidad de Monterrey

Monterrey, Mexico

Certifications

Mindfulness Teacher Certification. Engaged Mindfulness Institute. 6/1/2018

2017 Supervisor Excellence Webinar Series & Leadership Certificate Program

Deer Oaks EAP Services. Certified 12/29/2017

Mindfulness-Based Stress Reduction (MBSR) program

University of Massachusetts Medical School, Center for Mindfulness in Medicine, Health Care, and Society. Certified 6/7/2017

Instructional Technology Certificate Program

Texas A&M University, Instructional Technology Services. First Course. Certified 3/17/2017

Virtual Instructor Certificate Program

Texas A&M University, The College of Education and Human Development. Certified 2/27/2017

Initiating and Planning Projects

University of California, Irvine Extension. Certified 10/26/2016

Graduate Certificate. International Journalism

University of Southern California. Los Angeles, CA. Certified 1993

ACADEMIC APPOINTMENTS

2017-Present	Instructional Associate Professor , Department of Health Behavior (formerly Department of Health Promotion and Community Health Sciences), School of Public Health, Texas A&M University. McAllen Distance Education Program.
2016-2017	Associate Professor , Department of Public Health Studies, School of Public Health, Texas A&M University. McAllen Distance Education Program.
2016 (Spring)	Adjunct Professor , Department of Health Promotion and Community Health Sciences (formerly Department Social and Behavioral Health), School of Public Health, Texas A&M University. McAllen Distance Education Program.
2008-2013	Tenured Associate Professor , Department of Social and Behavioral Health, School of Public Health, Texas A&M Health Science Center. McAllen Distance Education Program.
2002-2008	Assistant Professor , Department of Social and Behavioral Health, School of Public Health, Texas A&M Health Science Center. McAllen Distance Education Program.
2001 – 2002	Research Assistant , Center for Health Promotion and Disease Prevention, Department of Pediatrics, Health Science Center, University of New Mexico, Albuquerque, NM
2001 – 2001	Research Assistant , Office of Program Education Evaluation and Research, School of Medicine, University of New Mexico, Albuquerque, NM
2000 – 2001	Instructor , School of Communication, Humanities & Social Sciences. Central New Mexico Community College, Albuquerque, NM
1999 – 2000	Teaching Assistant , Health Education Program, University of New Mexico, Albuquerque, NM
1992 – 1994	Professor , Department of Communication, Universidad de Monterrey, Monterrey, Mexico.
1989	Professor , Department of Communication, Tecnologico de Monterrey, Monterrey, Mexico.

LEADERSHIP/MANGEMENT EXPERIENCE

2020-2021	Assistant Department Head for McAllen Academic Operations, Graduate and Undergraduate programs , Department of Health Promotion and Community Health Sciences, School of Public Health, Texas A&M University, McAllen, TX
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2016 – 2017	Assistant Department Head for McAllen Academic Operations, Graduate and Undergraduate programs , Department of Public Health Studies, School of Public Health, Texas A&M University, McAllen, TX
2017	Co-chair, SPH McAllen Academic Site Strategic Planning Process . Department of Public Health Studies, School of Public Health, Texas A&M University, McAllen Academic Site. McAllen, TX
2002-2017	Program Director of research projects , leading the design, implementation, and evaluation of research projects, and obtaining extramural support. School of Public Health, Texas A&M University, McAllen Academic Site. McAllen, TX
2016	Co-Chair, Education and Training Task Force, Healthy South Texas Initiative . School of Public Health, Texas A&M University. McAllen, TX
2007-2011	Chair, Lower Rio Grande Valley Community Partnership to Reduce the Diabetes Disparity affecting Hispanic Elders . This was part of the Hispanic Elders Project, a national USDHHS initiative. McAllen, TX
1995-1998	Editorial Manager/Senior Producer , Hispanic Radio Network. Santa Fe, NM
1994-1995	Assignment & Copy Editor , Los Angeles Times, Nuestro Tiempo (a weekly publication for Hispanics), Los Angeles, CA
1986-1991	Editor , El Porvenir, Monterrey, Mexico
1982-1986	Journalist , El Porvenir, Monterrey, Mexico
1978-1982	Journalist , Teleinformacion Periodistica, Monterrey, Mexico

COURSES TAUGHT

Texas A&M School of Public Health, McAllen Academic Site, Graduate and Undergraduate courses, 2002- To present

Required BSPH Curriculum

PHLT 303	Social Dynamics of Population Health	
PHLT 305	Epidemiology in Public Health	
PHLT 309	Population Health Promotion	
PHLT 313	Health Care and Public Health Systems	
PHLT 314	Public Health Data Management Assessment I	22
PHLT 315	Public Health Data Management Assessment II	
PHLT 412	Health Policy and Advocacy	
PHLT 445	Applications of Public Health	

Elective

PHLT 301	Public Health Concepts	
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PHLT 485 Directed Studies

Required MPH Curriculum

SBH 603 Social Determinants of Health
HPCH 605 Social and Behavioral Research Methods
HPCH 611 Program Planning
HPCH 613 Program Evaluation
HPCH 637 Principles of Health Program Management
SOPH 680 Capstone in Health Promotion & Community Health Sciences

University of New Mexico (Undergraduate courses), 1999-2000

HED 420 Fundamentals of Human Sexuality, Spring 02, Fall 99
HED 362 Theory and Skills for the Development of Adolescents, Fall 99
HED 247 Health Consumer, Fall 99

Central New Mexico Community College (Undergraduate courses), 2000-2001

COMM 221 Interpersonal Communication, Fall 01, Fall 00
COMM 130 Public Speaking, Fall 01

Universidad de Monterrey, Mexico (Undergraduate), 1992-1994

Political Communication, Summer 94, Fall 93
Mass Media, Summer 94, Fall 93, Spring 92
Public Opinion, Summer 94, Spring 92
Sociology of Mass Communication, Summer 94
Organizational Communication, Fall 93, Spring 92
Introduction to Journalism, Spring 92

Tecnologico de Monterrey, Mexico (undergraduate), 1989

Introduction to Journalism, Spring 89 & Fall 89

HONORS AND AWARDS

Fellow Scholar. Innovation and Design for Exploration and Analysis in Teaching Excellence (IDEATE) Faculty Fellows Community of Scholars (CoS). Texas A&M University, 2023

Scholar. PHLEEx Faculty Teaching and Professional Development Scholarship. Texas A&M School of Public Health. 2022

Member. Texas A&M School of Public Health Alpha Tau Chapter of Delta Omega. 2020

Fellow. National Institutes of Health-Office of Behavioral and Social Sciences Research. 2011

Honorable Mention. Excellence in Aging and Rural Health Research Award, 137th Annual Meeting of the American Public Health Association, November 7 -11, 2009, Philadelphia, PA (Authorship: Smith, Wade, Horel, Sharkey, Mier, Ory).

Nominee. Betty J. Cleckley Minority Issues Research Award, 137th Annual Meeting of the American Public Health Association, November 7 -11, 2009, Philadelphia, PA (Authorship: Smith, Ory, Wade, Wade, Mier).

Award. The Mexican American and U.S. Latino Research Center. MALRC Grantsmanship Award. 2008

Award. The Mexican American and U.S. Latino Research Center. MALRC Grantsmanship Award. 2007

Fellow. The University of Texas at Austin CHPR Fellowship. 2005

Award. Head Start Hidalgo County. Recognition Award. 2005

Fellow. Stanford University Fellowship. 2005

Fellow. Stanford University School of Medicine Center of Excellence Fellowship. 2005

Fellow. The Texas A&M University System Junior Faculty Fellowship. 2005

Award. Tamaulipas State Department of Health and Reynosa General Hospital. Recognition Award. 2004

Award. Doctoral dissertation defense passed with distinction. 2002

Fellow. UNM Graduate Fellowship Gonzales Memorial Award. 2000

Fellow. American Heart Association Scholarship UNM Graduate Tuition Fellowship. 1999

Fellow. Ford Foundation Fellowship. 1992

STUDENT ADVISING/DISSERTATION AND THESES COMMITTEES

Mentor for students in the Bachelor of Science in Public Health at the Higher Education Center at McAllen, TX. 2018-Present

Academic Advisor in the Master Program of the Department of Health Behavior (formerly Health Promotion and Community Health Sciences (formerly Social and Behavioral Health), Texas A&M School of Public Health (formerly School of Rural Public Health) in McAllen, TX. 2002-2013, 2019

Member. Doctoral Dissertation Committee for Krystal Flores. Texas A&M School of Public Health, Department of Health Promotion and Community Health Sciences. 2017-2018.

Academic Advisor in the Master Program of the Department of Health Promotion and Community Health Sciences (formerly Social and Behavioral Health), Texas A&M School of Public Health (formerly School of Rural Public Health) in McAllen, TX. 2002-2013, 2019

Practicum Advisor for students in the master's program of the Department of Health Promotion and Community Health Sciences (formerly Social and Behavioral Health), Texas A&M School of Public Health (formerly School of Rural Public Health) in McAllen, TX. 2002-2013

Member. Doctoral Dissertation Committee for Octelina Castillo-Ruiz. Medical Sciences Program. Universidad Autonoma de Tamaulipas. 2004-2006. Dissertation topic: Nutritional patterns and assessment in preschoolers in Reynosa, Tamaulipas.

Member. Doctoral Dissertation Committee for Anabel Bocanegra-Alonso. Medical Sciences Program. Universidad de Guanajuato. Instituto de Investigaciones Medicas. 2003-2005. Dissertation topic: Nutritional assessment using anthropometric measurements, bioelectric impedance, and self-report instruments among preschoolers in Northern Mexico.

Member. Doctoral Dissertation Committee for Rosa Issel Acosta. Departamento de Analisis Clinicos. Universidad Autonoma de Tamaulipas. 2008-2010. Dissertation topic: Association between adiponectin and glucose resistance in persons with chronic diseases.

Member. Master's Thesis Committee for Maria Esther Alfaro Fernandez (BS Nutrition Program). Universidad Autonoma de Tamaulipas. 2003-2005. Thesis topic: Assessment of nutrition contents of food intake among children 3 to 6 years of age in Hidalgo County.

Member. Master's Thesis Committee for Gladys L. Villarreal Ruiz (BS Clinical Analyses Program). Universidad Autonoma de Tamaulipas. 2004-2006. Thesis topic: Diabetes clinical characteristics in patients from the Hospital General in Reynosa, Tamaulipas.

Member. Master's Thesis Committee for Marcelino Nino Rivera (BS Clinical Analyses Program). Universidad Autonoma de Tamaulipas. 2004-2006. Thesis topic: Exploring depression among diabetic patients and the influence of social support.

Member. Master's Thesis Committee for Jose Luis Gaytan Cabrera (BS Clinical Analyses Program). Universidad Autonoma de Tamaulipas. 2004-2006. Thesis topic: Quality of life inpatient assessment at the General Hospital in Reynosa, Tamaulipas.

PEER REVIEWED PRESENTATIONS

Mier N. (2023). Applying Theory through Practice: Constructionist Letter to a Legislator. Lilly Conference on Evidence-Based Teaching and Learning. Austin, TX. May 22-24, 2023

Mier N. (2023). One community event, one significant experiential learning project. 2023 Transformational Teaching & Learning Conference (TTLC). College Station, TX. May 3-4, 2023

Mier N. (2021). Gaining Knowledge and Experience in Real-World Settings Through Active Learning. Poster presentation at the Teaching Professor Virtual Conference. New Orleans, LA. June 6-10, 2021.

Mier N. (2019). Teaching Public Health Undergraduate Students about Migration: Lessons Learned. Poster presentation at the UTMB 3rd Annual Conference on Migration and Health. Galveston, TX. December 10, 2019.

Mier N. (2019). Applying the project-based learning approach in a capstone course: lessons learned. Oral presentation at the Transformational Teaching & Learning Conference. Texas A&M University Office of the Dean of Faculties. College Station, TX. May 1, 2019.

Mier N. (2018). Implementing non-traditional education using a student-centered approach. Oral presentation at the Transformational Teaching & Learning Conference. Texas A&M University Office of the Dean of Faculties. College Station, TX. April 17-18, 2018.

Mier N, Millard A, Passat, Y. (2018). Promoting Healthy Rural Communities. Oral presentation at the 2018 National Farmworker Conference. Albuquerque, NM. April 8-11, 2018.

Smith ML, Towne SD, Bergeron DC, Zhang D., McCord CE, Goltz HH, **Mier N** & Ory MG. (2018). Geographic disparities associated with travel to medical care and attendance in programs to prevent/manage chronic illness. Poster presentation at the Annual Meeting of the American Academy of Health Behavior, Portland, OR.

Mier N, Penarrieta, MI, Gutierrez-Gomez T, Ferre-Diego R, Cortes-Castell E, Ramirez M, Millard AV. (2017) Predictors of nutritional status among non-institutionalized older Mexican women. Poster presentation at the American Public Health Association Annual Meeting, Atlanta, Atlanta, GA, November 4-8, 2017.

Bocanegra-Alonso A, Torres-Nava KM, Leal-Ugarte E, **Mier N.** Efecto de una dieta hipercalórica sobre los niveles de adiponectina y parámetros metabólicos en adultos jóvenes obesos [Effects of a high-calories diet on adiponectin and

metabolic levels among young adults with obesity]. Oral presentation at the IX Conferencia Científica Anual sobre Síndrome Metabólico 2017. Ciudad de Mexico. August 19, 2017.

Millard AV, Morales J, Graham A, **Mier N**, Flores I. A Community-Based Diabetes Project: POD²ER at the Flea Market. Oral presentation at the Society for Applied Anthropology. 77th Annual Meeting. Santa Fe, NM. March 28-April, 2017.

Mier, N, Smith ML, Irizarry D, Carrillo-Zuniga G, Lee C, Trevino L, Ory, M. G. Bridging research and policy to address childhood obesity among border Hispanics. Poster and oral presentation at the Preventive Medicine 2013 Annual Conference. February 20-23, 2013.

Avila Rodriguez A, Avila Rodriguez EH, Araujo Contreras JM, Rivas Avila E, **Mier N**, Rodrigues Ortega LJ. Resistencia a la insulina y factores asociados en niños de la ciudad de Durango-MX [Correlates to insulin resistance among children in Durango, MX]. Poster presented at the 15th Public Health Research Conference, March 6-8, 2013, Cuernavaca, MX.

Smith ML, Wang X, **Mier N**, Carrillo-Zuniga G, Garza N & Ory MG. Personal and social determinants of diabetes self-care behaviors among aging Mexican Americans in the Texas-Mexico border region. Presentation at the Gerontological Society of America Annual Conference, November 14-18, 2012, San Diego, CA.

Araujo-Contreras JM, Avila-Rodriguez EH, Avila-Rodriguez A, Rivas-Avila E, **Mier N**, Camacho-Luis A, Vargas-Chavez N. (2012) Leptin and its Association with Obesity among Mexican Adolescents. Presentation at the Texas Obesity Research Center Annual Meeting held in Houston, TX, November 5-6, 2012. Abstract published by the International Journal of Exercise Science, 6,2, article 7. Available at: <http://digitalcommons.wku.edu/ijesab/vol6/iss2/7>

Carrillo Zuniga G, Jiang L, **Mier N**, Hellsten J, Garza N, Rene A. Assessment of a Child Injury Prevention Intervention among Mexican Americans in the Texas-Mexico Border. Poster presented at the 140th APHA Annual Meeting, October 27-31, 2012, San Francisco, CA. Abstract 268208.

Mier N, Smith ML, Carrillo G, Wang X, Garza N, Trevino L, Ory MG. Personal and cultural influences on healthy behaviors among older Hispanics with diabetes born in the U.S. and Mexico. Presentation at the 2012 Annual Conference of the International Society for Behavioral Nutrition and Physical Activity, May 23-26, 2012, Austin, TX.

Mier N, Smith ML, Carrillo G, Wang X, Garza N, Trevino L, Ory MG. Social and health characteristics of aging Hispanics with diabetes at the Texas-Mexico border by country of origin. Presentation at the 54th Annual Conference of the Association for Borderlands Studies, April 11-14, 2012, Houston, TX.

Mier N, Ory MG, Smith ML, Wang X, Lee C, Irizarry D, Villarreal EK, Trevino L, Alen M. Efforts to promote healthy environments and physical activity among Latino children residing in Texas colonias: Implications for Policy. Poster presented at the Annual International Conference on the Health Risks of Youth, January 4-7, 2012, San Juan, Puerto Rico.

Mier N, Irizarry D, Smith ML, Lee C, Wang X, Avila-Rodriguez EH, Trevino L, Alen M, Ory MG. Promoting healthy environments for Latino children: community perspectives of needed policy actions. Poster presented at the 39th American Public Health Association Annual Meeting in Washington, DC. October 31, 2011.

Mier N, Trevino L, Wang X, Alen M, Ory M. Diabetes disparity at the border: health needs and access to care among older Hispanics. Presentation at the TM's 1st World Cardiovascular, Diabetes, and Obesity Online Conference. September 24, 2011.

Millard AV, Van Cleef T, **Mier N**, Flores I, Lopez A. Healthy Edinburg Schools: A rural childhood obesity intervention on the Texas-Mexico border. Texas Rural Health Forum in San Antonio, TX. September 13-14, 2011.

Mier N, Treviño L, Lee C, Wang X, Irizarry D, Smith ML, Avila-Rodriguez EH, Ory MG. Border Mexican American children's perceptions on environmental factors influencing physical activity. Poster presented at the National Rural Health Association's Annual Conference in Austin, TX. May 4, 2011.

Mier N, Lee C, Wang X, Smith ML, Irizarry D, Villarreal EK, Trevino L, Alen M, Ory MG. Does the built environment in US border neighborhoods support physical activity among Hispanic children? Presentation at the Association of Borderlands Studies 2011 Conference, Salt Lake City, Utah. April 14, 2011.

Mier N. Childhood Obesity Epidemic: An Update. Presented at the 2011 TRAPS Institute, in cooperation with Texas Parks and Wildlife and the NRPA Southwest Region. McAllen, TX. March 2, 2011.

Avila-Rodríguez EH, Araujo-Contreras JM, Camacho Luis A, Tellez Valencia A, **Mier N**, Rodríguez-Ortega LJ, Rivas Avila E, Avila Pérez M, Vargas Chavez N. Dislipidemias y características sociodemográficas en niños de la ciudad de Durango, MX [Dyslipidemia and demographic characteristics of children en Durango, MX]. Poster presented at the 14 Congreso de Investigación en Salud Pública [14th Public Health Research Congress], Cuernavaca, MX, March 1-4, 2011.

Avila-Rodríguez EH, Vargas Chavez N, Rivas Avila E, Avila Rodriguez A, Camacho Luis A, Sepulveda Chapa LA, **Mier N**, Tellez Valencia A. Factores de riesgo cardiovascular en adolescentes con sobrepeso y obesidad de la ciudad de Durango [Cardiovascular risk factors in overweight and obese adolescents in Durango]. Poster presented at the 14 Congreso de Investigación en Salud Pública [14th Public Health Research Congress], Cuernavaca, MX, March 1-4, 2011.

Mier N, Wang X, Smith M, Irizarri D, Villarreal EK, Alen M, Trevino L, Ory M. (2010). Correlates of healthcare utilization among border Mexican American seniors with diabetes. Presented at the Gerontological Society of America Annual Conference, November 19-23, New Orleans, LA.

Araujo-Contreras J, Avila-Rodriguez EH, Vargas-Chavez N, Rivas-Avila E, Avila-Rodriguez A, Camacho-Luis A, Sepulveda-Chapa LA, **Mier N**, Tellez-Valencia A. Insulin resistance and obesity in Mexican youth. Poster presented at the 2010 Texas Obesity Research Center: "Advancing Obesity Research in a New Decade." Houston, TX. November 18, 2010. Abstract published in the International Journal of Exercise Science: Conference Abstract Submissions, 2010, volume 6, issue 1.

Avila-Rodriguez EH, Avila-Rodriguez A, Araujo-Contreras JM, Camacho-Luis A, Tellez-Valencia A, **Mier N**, Rodríguez-Ortega LJ, Rivas-Avila E. Relationship between dyslipidemia and obesity in children. Poster presented at the 2010 Texas Obesity Research Center: "Advancing Obesity Research in a New Decade." Houston, TX. November 18, 2010. Abstract published in the International Journal of Exercise Science: Conference Abstract Submissions, 2010, volume 6, issue 1.

Ory MG, Ahn S, Smith ML, Herrera AP, Phillips K, **Mier N**. Volunteering as a major component of aging well: Examining minority participation. Oral presentation at the 138th American Public Health Association Scientific Meeting. November 6-8. Denver, CO.

Stoltz SM, Millard AV, Flores I, Tanguma J, **Mier N**, Sanchez E, Medina B, Carbajal E. (2010). A pilot study on nutrition advice in clinical settings and colonias to control weight & insulin resistance in the LRG. Food as Medicine conference. University of Texas Health Science Center at San Antonio. Harlingen, TX. October 29-30, 2010.

Wang X, **Mier N**, Smith ML, Villarreal EK, Trevino L, Alen M, Ory MG. Healthcare utilization among border Hispanic seniors with diabetes: frequencies and related factors. Accepted to be presented at Interface 2010: Computational Statistics and Human Behavior. June 16-19. Seattle, WA.

Graham M, Millard A, **Mier N**, Flores I, Wang X, Sanchez ER. (2010). Nutrition in the prevention of type 2 diabetes on the Texas-Mexico border. "This is what we need": Innovative methods and community collaboration and participation to promote wellness in traditionally underserved populations. Presented at the Society for Applied Anthropology and Society for Medical Anthropology. Merida, MX. March 24-27, 2010.

Smith ML, Ory MO, Wade CR, Wade AF, **Mier N**. Successful evidence-based programming for older ethnic minority participants: implications for program implementation & dissemination. Presented at the American Public Health Association 137th Annual Meeting. November 7-11, 2009. Philadelphia, PA.

Carrillo-Zuniga G, **Mier N**, Seol YH & Zuniga MA. Home Safety assessment among households with children in the Texas Rio Grande Valley. Presented at the American Public Health Association 137th Annual Meeting. November 7-11, 2009. Philadelphia, PA.

Millard A, Graham MA, **Mier N**, Flores I. Why health insurance reform? The example of type 2 diabetes on the Texas-Mexican border. Presented at the Latino/a Communities in the Midwest 20th Anniversary Celebration Conference. Julian Samora Research Institute. East Lansing, MI. November 5-7, 2009.

Mier N, Ory M, Millard AV, Graham M, Wang X, Villarreal EK, Alen M. Diabetes behaviors and healthcare needs of border Mexican American elders. Poster presented at the 69th Scientific Annual Meeting of the American Diabetes Association. New Orleans, LA. June 6, 2009. *Diabetes. Journal of the American Diabetes Association*. Abstract 888-P

Mier N, Tanguma J, Topolski T, Larsen R, Alen M, Villarreal EK, Ory M. Validation of an exercise instrument for U.S.-Mexico border Spanish Speakers. Poster presented at the 69th Scientific Annual Meeting of the American Diabetes Association. New Orleans, LA. June 8, 2009. *Diabetes. Journal of the American Diabetes Association*. Abstract 1087-P

Mier N, Carrillo-Zuniga G, Villarreal EK, Lawn-Day GA, Seol YH & Zuniga MA. Assessing home safety hazards among border older Mexican Americans. Presented at the United States-Mexico Border Health Association 67th Annual Meeting. June 3-5, 2009. El Paso, TX.

Carrillo-Zuniga G, **Mier N**, Seol YH, Villarreal EK, Lawn-Day GA & Zuniga MA. Use of home safety devices among Hispanic children in the Lower Rio Grande Valley. Poster presented at the United States-Mexico Border Health Association 67th Annual Meeting. June 3-5, 2009. El Paso, TX.

Mier N, Bolin J, Zhan D, Ory M. Ethnic and health correlates of diabetes-related amputations at the Texas-Mexico border. Presented at the 2009 National Rural Health Association Annual Meeting. Miami Beach, FL. May 7, 2009.

Bolin JN, Ory M, **Mier N**, Helduser J. Are Uninsured Border Minorities Most at Risk for Life-threatening Complications Associated with Type 2 Diabetes? Presented at the 2009 National Rural Health Association Annual Meeting. Miami Beach, FL. May 7, 2009.

Graham MA, Millard AV, Wang X, **Mier N**, Sanchez E, Flores I. DEEP in South Texas: A Participatory Health Promotion Project in Border Colonias. Oral presentation accepted for UTPA Pan American Days/Festiva/SBS Research Conference. Edinburg, TX March 25, 2009.

Graham MA, Millard AV, Wang X, **Mier N**, Sanchez E, Flores I. Health Promotion among Hispanics on the South Texas Border: A participatory approach. Presented at the Society for Applied Anthropology Annual Meeting. Santa Fe, New Mexico. March 21, 2009.

Millard AV, Graham MA, **Mier N**, Flores I. Approaches to type 2 diabetes on the Texas-Mexico border. Presented at the Society for Applied Anthropology Annual Meeting. Santa Fe, New Mexico. March 21, 2009.

Mier N, Ory MG, Millard AV, Graham M, Wang X, Villarreal EK, Gonzalez JL, Luna D, Ramirez L, Trevino L, Flores I, Alen M. Addressing the diabetes disparity among Hispanic elders through engaging critical community, medical and public sectors. Poster presented at the CDC 20th National Conference on Chronic Disease Prevention and Control Healthy Communities. National Harbor, MD. February 22-25, 2009.

Wehrly R, **Mier N**, Ory M, St John J, Prochaska J, Hora K, Wendel M. Confronting the diabetes disparity: a look at best practices in the Texas-Mexico border region. Presented at the 2008 American Public Health Association 136th Annual Meeting. October 2008. San Diego, CA.

Mier N, Ory MG, Medina AA & Villarreal EK. Components of culturally sensitive interventions promoting nutrition and exercise in Hispanics. Poster presented at the 2008 CDC Diabetes Translation Conference, May 2008. Orlando, FL.

Bolin J, **Mier N**, Ory MG. Examining ethnic and racial disparities associated with diabetes, hospitalization and amputation. Presented at the 2008 CDC Diabetes Translation Conference, May 2008. Orlando, FL.

Ceron-Saldana EC, Acosta-Gonzalez RI, Gonzalez R, **Mier N**, Bocanegra-Alonso A. Retinopathy, hypertension and microalbuminuria in patients with diabetes in the City of Reynosa, Tamaulipas. Presented at the XXXI Congreso de Bioquímica Clínica, May 2008. Chihuahua, MX.

Mier N, Bolin J, Zhan D, Ory MG. Health disparities in diabetes-related lower extremity amputations in the Texas-Mexico border region. Poster presented at the American Public Health Association 135th Annual Meeting, Minority Health Issues Section, November 2007. Washington, DC. Abstract 153076.

Mier N, Ory MG, Millard AV, Flores I, Sanchez ER, Medina B, Carbajal ES. Piloting a culturally sensitive walking intervention for low-income Hispanic women. Poster presented at the Society of Public Health Educators 58th Annual Meeting, October 2007. Washington, DC.

Castillo-Ruiz O, **Mier N**, Velazquez G, Ramirez JA. Food intake analysis and nutritional evaluation of five years-old children in Reynosa, Tamaulipas, Mexico. Poster presented at the Institutes of Food Technologists Annual Meeting. July 2007. Chicago, IL.

Cruz CA, **Mier N**, Velazquez G, Ramírez-de-Leon J, Castillo-Ruiz O. Nutritional assessment of beverage intake in preschool children in Reynosa and Hidalgo County. Poster presented at Golfo de Mexico Scientific and Technology Research 19th Annual Meeting, May 2007. Reynosa, Mexico.

Ory MG, Conklin M, Bolin JN, Prochaska J, Zhan D, Burdine JN, **Mier N**. Sociodemographic and health care characteristics of colonia residents: The role of life stage in predicting health risks and diabetes status in a disadvantaged Hispanic population. American Public Health Association 134th Annual Meeting. Betty J. Cleckley Minority Issues Research Award honorable mention from the Gerontological Health Section 2006, November 2006. Boston, MA.

Prochaska JD, Bolin JN, Hora KL, **Mier N**, Clark, H, Ory MG. A community-based participatory approach to improve clinical and community diabetes management and prevention in Central Texas. Poster presented at the American Public Health Association 134th Annual Meeting, Community Health Planning and Policy Development Section, November 2006. Boston, MA.

Sharkey JR, Ory MG, **Mier N**, Burdine JN. Challenge of diabetes and obesity among Hispanic adults in colonias in Lower Rio Grande Valley (LRGV) of Texas. CDC Diabetes Translation and Obesity Conference, May 2006. Denver, CO.

Piziak V, **Mier N**, Johnson D, Denison K. Identification of the prevalence of children at high risk for diabetes in the Hidalgo County Head Start Program. CDC Diabetes Translation and Obesity Conference, May 2006. Denver, CO.

Mier N, Chatterjee N, Hernandez M, Chorne Navia R. Levels and correlates of physical activity in a binational population of Mexican origin. International Congress on Physical Activity and Public Health. Poster. April 2006. Atlanta, GA

Mier N, Mendoza R, Sanchez E, Medina AA, Bocanegra-Alonso A, Castillo-Ruiz, Villarreal G, Niño M, Ramirez-de-Leon, JA. Recruitment Issues in Border Health Research. Lineae Terrarum. International Borders Conference. March 2006. Las Cruces, NM, El Paso, TX, Cd. Juarez, MX.

Mier N, Ory MG, Medina A. (2006). Physical activity factors and culturally sensitive programs for Mexican Americans with type 2 diabetes on the Texas-Mexico border. *Annals of Behavioral Medicine*, Volume 31, Supplement, S052, B-74.

Mier N, Ory MG, Barron KL, Burdine JN. The epidemiology and socioecological determinants of physical activity among Mexican Americans. Society of Behavioral Medicine Annual Meeting. April 13-16, 2005. Abstract No. 150239. Boston, MA.

Gaytan Cabrera JL, Acosta-Gonzalez RI., Bocanegra-Alonso A, Zuniga M, Piziak V, **Mier N**. Depression and its association to family support among patients with type 2 diabetes. Golfo de Mexico Scientific and Technology Research 17th Annual Meeting. 2005. Altamira, MX.

Alfaro ME, **Mier N**, Velazquez G, Ramirez de Leon JA, Castillo-Ruiz, O. (2005) Dietary intake evaluation among Hispanic children 3 to 6 years of age in Hidalgo County. Golfo de Mexico Scientific and Technology Research 17th Annual Meeting. 2005. Altamira, MX.

Niño Rivera M, Bocanegra-Alonso A, Acosta-Gonzalez RI, Zuniga M, Piziak V, **Mier N**. (2004). Evaluating quality of life among patients with type 2 diabetes. First Diabetes International Congress. Abstract. 2004. Reynosa, MX.

Mier N, Hernandez E, Denison K. (2004). Needs and barriers to developing an academic program for Hispanic promoters at the U.S.-Mexico border. American Public Health Association 132 Annual Meeting. Abstract No. 76902. Washington, DC.

Mier N, Piziak, V. Development of a nutrition demonstration program for Hispanic preschool children living along the United States-Mexico border. United States-Mexico. Border Health Association 62nd Annual Meeting. Abstract No. 12. May 2004. Juarez, MX.

Millard A, **Mier N**, Gabriel O, Flores S. Improving healthcare access, quality, and efficiency for low-income children: Pilot study findings. United States-Mexico Border Health Association 62nd Annual Meeting. Abstract No. 83. May 2004. Juarez, MX.

Mier N. Ethnicity, depression, and social support among Hispanic and White dementia caregivers. American Public Health Association 131st Annual Meeting. Abstract No. 56397. November 2003. San Francisco, CA.

Mier N. The dementia caregiving experience among Hispanics: A review. The National Association for Hispanic and Latino Studies National Conference. February 2002. Houston, TX.

REFEREED JOURNAL PUBLICATIONS

Smith, M., Towne, SD Jr, Bergeron, CD, Zhan, D, McCord, C, **Mier N**, & Goltz, HH. (2019). Geographic disparities associated with travel to medical care and attendance in programs to prevent/manage chronic illness among middle-aged and older adults in Texas. *Rural and Remote Health*, 19,4, 5147. doi: 10.22605/RRH5147. Epub 2019 Nov 9.

Mier N, Ory MG, Towne SD Jr., & Smith ML. (2017). Relative association of multi-level supportive environments on poor health among older adults. *International Journal of Environmental Research and Public Health*, 6;14(4). pii: E387. doi: 10.3390/ijerph14040387.

Millard AV, Graham MA, **Mier N**, Moralez J, Perez-Patron MJ, Wickwire B, May ML, Ory MG. (2017). Diabetes screening and prevention in a high-risk, medically isolated border community. *Frontiers Public Health*. 2017 Jun 12; 5:135. doi: 10.3389/fpubh.2017.00135. eCollection 2017.

Peñarrieta I, Leon R, Gutierrez T, **Mier N**, Banda O, Delabra M. (2017). Effectiveness of a chronic disease self-management program in Mexico: A randomized controlled study. *Journal of Nursing Education and Practice*, 7 (7), e-Version First TM. DOI: <https://doi.org/10.5430/jnep.v7n7p87>

Carrillo, G. Perez-Patron, MJ, Lucio RL, Cabrera L, Trevino A, Xu X, **Mier N**. (2017). The benefits and challenges of managing asthma in Hispanic families in South Texas: A mixed-method study. *Frontiers Public Health*. Jun 30; 5:150. doi: 10.3389/fpubh.2017.00150. eCollection 2017.

Bergeron CD, Ory MG, Goltz HH, Towne SD, Ahn S, **Mier N**, Smith ML. (2017) Preferred health information sources: An examination of vulnerable middle-aged and older women. *Journal of Family Strengths*. 2017, 17, 1. URL <http://digitalcommons.library.tmc.edu/jfs/vol17/iss1/8/>

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Mier N, Medina B, Carbajal ES. (2007). Vamos a Caminar! Applying CBPR to a Physical Activity Pilot Program in South Texas. *Texas Public Health Association Journal*, 59, 2, 25-28.

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Ory MG, **Mier N, Sharkey J, Anderson L. (2007)** Translating science into public health practice: Lessons from physical activity interventions. *Alzheimer's and Dementia*, 3(2), X52-S57M.

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Mier N, Millard AV, Flores I. (2005.) U.S./Mexico Border Binational Health Week. *Health Education and Behavior*, 32, 2, 148-149.

Quintero GA, Young KJ, **Mier N, Jenks S. (2005).** Perceptions of drinking among Hispanic college students: How qualitative research can inform the development of collegiate alcohol abuse prevention programs. *Journal of Drug Education*, 35, 4, 291 – 304.

INVITED PRESENTATIONS

Mier, N. (2020). Toward a New Public Health Paradigm. Speaker during National Public Health Week. TAMU Higher Education at McAllen. McAllen, TX. April 8, 2020.

Mier, N. (2020). Coronavirus from a Public Health Perspective. Presenter at the Multidisciplinary COVID-19 Seminar TAMU Higher Education at McAllen. McAllen, TX. March 5, 2020.

Mier N. (2018). Becoming Resilient through Mindfulness. Workshop conducted with community health workers at the 4th Annual Community Health Worker Conference, Weslaco, TX. October 31, 2018

Mier N. (2018). Mindfulness Program. A series of six-monthly presentations addressing community health workers. Texas A&M CHUD Colonias Program. Weslaco, TX. February-August 2018.

Mier N. (2012) Obesity prevention programs: An evidence-based storytelling. Keynote speaker at the 2012 United States-Mexico Border Binational Obesity Prevention Regional Forum. McAllen, TX. December 6, 2012.

Mier N, Lee C, Ory MG, Trevino L, Smith ML, Wang X, Alen M. (2012) The role of research in policy to promote physical activity among border Mexican American children. HIDA-REY Conference Binational Health Week in McAllen, TX. October 4, 2012.

Ory MG, **Mier N**. (2011) Making health promotion programs for seniors more culturally sensitive: The US case. 9th Asia/Oceania Congress of Geriatrics and Gerontology in Melbourne, Australia. October 23-27, 2011.

Ory MG, **Mier N**. (2011) 9th Asia/Oceania Congress of Geriatrics and Gerontology in Melbourne, Australia Initiatives to strengthen primary care & public health approaches to healthy aging: The US. October 23-27, 2011.

Ory MG, **Mier N**. (2011) Conceptual frameworks and approaches to translational science: bringing research to practice communities. Latin American meeting organized by Pan American Health Organization, Centro Interamericano de Estudios de la Seguridad Social, Proyecto de Consorcio Universitario de Salud Publica y Envejecimiento, Centers for Disease Control and Prevention-Healthy Aging Research Network. Mexico City. October 10-12, 2011.

Mier N, Trevino L, Lee C, Wang X, Irizarry D, Alen M, Ory MG. (2011) The built environment, physical activity, and colonia children. 3rd Annual Salud America! Scientific Meeting. San Antonio, TX. September 15, 2011.

Mier N, Lee C, Wang X, Irizarry D, Alen M, Ory MG. (2011) Border colonia children: obesity, the environment, and physical activity. Regional Forum to Identify Best Practices in the Prevention of Childhood Obesity as part of the 8th Annual Border Binational Health Week in Eagle Pass, TX. October 5, 2011.

Villarreal EL, Millard AV, Villarreal EK, Flores I, **Mier N**, Lopez A, Estrada R. (2011) Healthy Edinburg schools: childhood obesity prevention. Texas Medical Association. San Antonio, TX. April 20, 2011.

Millard AV, **Mier N**, Irizarry D, Flores I. (2011) Childhood obesity: our challenge. Edinburg Consolidated Independent School District. Board Meeting. Edinburg, TX. April 15, 2011.

Mier N, Irizarry D. (2011) The built environment's influence on the physical activity of colonia children. First Annual Public Health Week Celebration. Texas A&M School of Public Health, McAllen Campus, TX. April 6-8, 2011.

Mier N, Wang X, Lee C, Villarreal E, Trevino L, Alen M, Ory M. (2010) Preliminary Results: Assessing the built environment in colonias to influence policy promoting physical activity in Mexican American children and families. The Salud America Robert Wood Johnson Foundation Initiative. San Antonio, TX. September 24, 2010.

Wang X, **Mier N**, Smith M, Ory M. (2010). Healthcare utilization among border Hispanic seniors with diabetes: frequencies and related factors/ Interface 2010 Computational Statistics and Human Behavior conference. June 16-19. Seattle, WA.

Mier N, Villarreal EK. (2010). Retos de salud para el migrante de la frontera noreste [Health challenges faced by migrants in the Northeastern Mexican border region]. International Migrant Forum. May 17-20. Zacatecas, MX.

Mier N. (2010). Convincing people to get the vaccine... Can we? Conference: A briefing on H1N1 and vaccination. New America Media. March 16. McAllen, TX.

Mier N. Diabetes disparity issues and policy recommendations. (2010) Panel on Community Projects. Rio Grande Valley Diabetes Health Disparities Roundtable. Texas Diabetes Council, Office for the Elimination of Health Disparities, Texas Health Disparities Taskforce, American Diabetes Association, and Texas Health Institute. Harlingen, TX, January 12, 2010.

Mier N, Wang X, Lee C, Villarreal E, Trevino L, Alen M, Ory M (2009) Assessing the built environment in colonias to influence policy promoting physical activity in Mexican American children and families. The Salud America Robert Wood Johnson Foundation Initiative. San Antonio, TX. September 11, 2009. Rio Grande Valley Stakeholders Meeting, Texas A&M School of Public Health, South Texas Center, McAllen, TX, October 15, 2009. Healthy Kids, Healthy Nation: Reversing the Childhood Obesity Epidemic by 2015, RWJF, Atlanta, GA, November 17, 2009.

- Millard A, Graham M, **Mier N**, Flores I. (2009) Economic and experiential views of type 2 Diabetes. Diabetes Prevention in the Texas Borderlands. University of Texas Pan American International Week. Edinburg, TX. November 16, 2009.
- Mier N**, Villarreal EK. (2009) Teaming up against childhood obesity! (2009) Presented in English and Spanish at the Harvest of Health Conference. South Texas College. McAllen, TX. October 24, 2009.
- Mier N**. (2009) Las nuevas reglas del juego en contra de la obesidad infantil (New rules against childhood obesity). Third Congress on Nutrition organized by Universidad Autonoma de Tamaulipas. Reynosa, MX. October 13, 2009.
- Mier N**. (2009) Diabetes en el adulto mayor: una perspectiva social fronteriza (Diabetes among the elderly: A social border perspective). First Clinical Analyses Annual Congress organized by Universidad Autonoma de Tamaulipas. Reynosa, MX. September 30, 2009.
- Luna D, Gonzalez J, **Mier N**, Trevino L, Ramirez L, Alen M. (2009) Building a partnership in the Rio Grande Valley to address the diabetes disparity. Monthly session. Department of State Health Services. Austin, TX. August 26, 2009.
- Mier N**. Culturally speaking! (2009) 10th Grantee Meeting of the Health Maintenance Consortium. Washington, DC. March 3, 2009.
- Stoltz SM, Millard AV, Flores I, **Mier N**, Sanchez E, Medina B, Carbajal E. (2008) Enhancing Nutrition Education – Translational Approaches for lower Rio Grande Valley Patients. Switching Tracks: Diabetes Studies in South Texas, conference organized by Daniel E. Hale. Regional Academic Health Center of the University of Texas Health Science Center, San Antonio; Harlingen, Texas, October 31, 2008.
- Gonzalez J, **Mier N**, Alen M, Luna D, Ramirez L & Trevino L. (2008). Solutions to Reduce Health Disparities in Hispanic Elders 25th Aging Protective Services Conference. November 2008. San Antonio, TX.
- Mier N** & Villarreal EK. (2008). Psychosocial factors of depression in patients with diabetes. (Presented in Spanish). Universidad Juarez del Estado de Durango. May 2008. Durango, MX.
- Gonzalez J & **Mier N**. (2008). Lower Rio Grande Valley Community Partnership. Update. Texas Council of Aging. April 2008. College Station, TX.
- Mier N**. (2008). Addressing the diabetes disparity among elders in South Texas. Healthy Aging Network. Centers for Disease Control and Prevention, Prevention Research Center, Healthy Aging Network. Semi-Annual Meeting. March 2008. College Station, TX.
- Misra R, Valdes-Ramos R, Castillo L, Kaufer-Horwitz M, Vizcarra-Bordi I; **Mier N**, Lee S. (2008). Influence of clinical and non-clinical factors on diabetes outcomes: A bi-national comparison of Mexicans and Mexican Americans. Poster presented at the TAMU-CONACYT Symposium. College Station, TX.
- Mier N**. (2007). The Lower Rio Grande Community Partnership. Addressing diabetes among Hispanic elderly. Panel “Using local partnerships and evidence-based strategies to reduce health disparities among Hispanic elders. 2007 National Prevention & Health Promotion Summit. U.S. Department of Health and Human Services. Washington, DC.
- Mier N**. (2007). The elderly and healthcare issues. Panel organized by AARP. McAllen, TX.
- Mier N**, Bocanegra-Alonso A, Zuniga MA, Zhan D, Acosta-Gonzalez RI, Ramirez-de-Leon JA. (2007). Quality of life and diabetes. Second Symposium in Diabetes and Obesity. U.S.-Mexico Binational Health Council. Universidad Autonoma de Tamaulipas. October 15, 2007. Reynosa, MX.
- Mier N**, Bocanegra-Alonso A, Zuniga MA, Wang S, Zhan D, Acosta-Gonzalez RI. (2007). Depression and diabetes. First Binational Medicine Congress “Salud Sin Fronteras.” Starr County, Miguel Aleman, and Camargo Binational Committee; Centro Asistencial de Salud Miguel Aleman; Texas Department of Human and Health Services; Miguel Aleman Municipality; and Tamaulipas State Health Department. (October 29, 2007) Miguel Aleman, MX.

- Mier N.** (2007). Updated Texas-Mexico border information and profile. Texas Affiliate American Heart Association Cultural Health Initiative. October 2007. Austin, TX.
- Mier N.** (2007). Promoting healthy eating behaviors among young children. Family style training on obesity prevention issues. Laredo Independent School District. August 2007. Laredo, TX.
- Mier N.** (2007). Childhood obesity: A growing but controllable problem. National Rural Health Association's (NRHA). Reducing Health Disparities in Rural Minority and Multicultural Communities – A Five-part Teleconference/Webinar Series. August 2007.
- Mier N.** (2007). The environment and physical activity. Third Annual Summer Environmental Health Conference. The Center of Excellence for Health Professions Development of the Nursing and Allied Health Division of South Texas College. August 2007. McAllen, TX.
- Mier N.** (May 2007). Fighting back childhood obesity. Special Guest Speaker at the Child Nutrition Program Employee Awards. Laredo Independent School District. May 2007. Laredo, TX.
- Mier N.** (2007). Binational health research projects: Lessons and accomplishments. United States-Mexico Border Health Association 65th Annual Meeting. May 2007. Padre Island, TX.
- Mier N.** (2007). Conducting binational and border research and establishing successful research networks. Autonomous University of Tamaulipas, School of Nursing. January 2007, Tampico, MX.
- Mier N.** (2006). The U.S./Mexico border, the Valley, and colonias. Improving the Health and Wellbeing of Hispanic Elders: An Expert Meeting. The Administration on Aging and The Agency for Healthcare Research and Quality U.S. Department of Health and Human Services, December 2006, Washington, D.C.
- Mier N.** (2005). Diabetes prevalence in the U.S.-Mexico border and lifestyle influences. First Diabetes International Congress. November 2005. Reynosa, MX.
- Mier N.** (2005). Breaking the barriers to physical activity. American Diabetes Association. May 2005. McAllen, TX.
- Mier N.** (2005). Child nutrition contents and parental feeding behaviors. Preliminary data. Hidalgo County Head Start Health Advisory Meeting. May 2005. Edinburg, TX.
- Mier N.** (2005). Use of anthropometric measurements at the community level. A follow-up. AVANCE-Lower Rio Grande Valley. October 2005. McAllen, TX.
- Mier N.** (2004). The childhood epidemic of obesity and eating patterns. Binational Border Health Week. October 2004. McAllen, TX.
- Mier N.** (2004). Childhood obesity prevalence data in Hidalgo County. Preliminary data. Hidalgo County Head Start Health Advisory Meeting. May 2004 Edinburg, TX.
- Mier N & Castillo-Ruiz, O.** (2004). Use of anthropometric measurements at the community level. McAllen, TX. September 2004.
- Mier N.** (2003). Community Health Workers and Cultural Competence. Fourth Annual December Promotores Training. December 2003. Weslaco, TX.
- Mier N.** (2003). Health Education and Children's Obesity. First Binational Health Conference. Universidad Mexico Americana del Norte. November 2003. Reynosa, Mexico.
- Mier N.** (2003). South Texas Valley promotoras cultural perspectives. Promotoras Binational Symposium. McAllen, TX. July 22 (2003)
- Mier N.** (2002). The Caregiving Experience. El Colegio de la Frontera Norte en Matamoros, Mexico. August 15, 2002.

BOOK CHAPTERS

- Millard AV, Graham MA, **Mier N**, Flores I, Carrillo-Zuniga G, & Sánchez ER. (2009). Addressing health disparities: The Hispanic perspective. In Addressing Health Disparities: The Hispanic Perspective. S. Kosoko-Lasaki, C.T. Cook & R.L. O'Brien [Eds.]. *Cultural Proficiency in Addressing Health Disparities*. Pp. 183-224. Boston: Jones & Bartlett Publishers.
- Niño-Rivera M, Acosta Gonzalez RI, Bocanegra Alonso A, Zuniga M, Piziak V, **Mier N**. (2008). Evaluación de la calidad de vida en pacientes con diabetes mellitus tipo 2 del Hospital General de Reynosa, Tamaulipas. In: Eds. Bocanegra-Alonso A, Acosta-Gonzalez RI, Flores-Gutierrez GH. In: *Diabetes, Temas Relevantes y Trabajos de Investigacion*. Mexico City: Plaza y Valdes.
- Mier N**, Flores I, Robinson JRC, Millard A. (2004) Cultural, demographic, educational, and economic characteristics. In: R. Sue Day, ed., *Nourishing the Future: The case for community-based nutrition research in the lower Rio Grande Valley*. Pp. 15-24. Houston: University of Texas School of Public Health.
- Faraji B, Sanderson M, Flores I, **Mier N**, Millard, A. (2004) Food and Nutrient Intake and How It Is Affected by Health Knowledge, Attitudes, and Practices. In: R. Sue Day, ed., *Nourishing the Future: The case for community-based nutrition research in the lower Rio Grande Valley*. Pp. 39-51. Houston: University of Texas School of Public Health.

PROFESSIONAL SERVICE

INTERNATIONAL

- Steering Committee member. United States-Mexico Border Center of Excellence for the Prevention of Chronic Diseases. The Pan American Health Organization, Regional Office of the World Health Organization. 2010-2013
- Research Member. Health Research Academic Group. Consejo Nacional de Ciencias y Tecnología and Universidad Autonoma de Tamaulipas. Mexico. 2003-2013.
- Research Advisor. Ventanilla de Salud (Health and outreach program serving the Lower Rio Grande Valley border residents of Mexican origin). Mexican Consulate in McAllen, TX. 2007-2009

NATIONAL

- Reviewer. SciOPS (Scientist Opinion Panel Survey). Arizona State University. 2023
- Reviewer. American Public Health Association. Human Rights Forum. 2023
- Member. Hispanic Elders National Network. Academy Health. Washington, DC. 2008-2010.

STATE AND REGIONAL

- Member. Organizing Committee for Walk to End Alzheimer's Disease. Alzheimer's Association. Rio Grande Valley, TX. 2022
- Advisor. Campaign for Kidney Health Coalition. TMF Health Quality Institute. Austin, TX. 2009-2012
- Board member. El Milagro community health clinic. 2008-2009

Community Advisory Board Member. Hispanic Health Research Center. The University of Texas Health Science Center at Houston. Regional Campus of Brownsville, TX, 2003- 2009

Outreach Task Force Member in McAllen, TX. American Heart Association. 2005-2008

State Advisory Committee Member. Cultural Health Initiative. American Heart Association. 2005-2008

Board Member. Lower Rio Grande Valley Border Health Council. 2003-2006

Member. Lower Rio Grande Valley Nutrition Intervention Research Initiative. 2004- 2008

Advisory Committee Member. Summer Annual Conference, 2007. Center of Excellence for Health Professions Development and Nursing & Allied Health, South Texas College, Texas A&M Health Science Center, South Texas Center. 2007

External Advisory Board Member. Willacy County Community Health Action Group.

Health Data Analysis and Monitoring Workgroup. Willacy, TX, 2003-2004

Steering Committee Member. Racial and Ethnic Approaches to Community Health (REACH Coalition). Migrant Health Promotion Office. Progreso, TX, 2002-2004

Health Advisory Board Member. Head Start Program. Hidalgo County, TX, 2003-2004

Advisory Committee Member. Rapid Assessment, Response, and Evaluation Project (RARE). Valley Aids Council. McAllen, TX, 2002-2003

Advisory Committee Member. Youth Initiative Project. Proyecto Vida y Salud. Valley AIDS Council and Mana de Hidalgo County. McAllen, TX, 2002-2003

Planning and Evaluation Committee Member. Celebrando la Mujer, Women's Leadership Conference. MANA de Hidalgo County in partnership with other educational and community organizations and institutions. McAllen, TX, 2002-2003

Self-Management Instructor. Service, Empowerment, and Transformation (SET) for New Mexico. Albuquerque and Belen, NM, 1999-2000

Member. Turning Point Health Initiative. New Mexico Department of Health. Glorieta, NM, 1999.

Mediator. New Mexico Victim/Offender Program, Albuquerque, NM, 1999.

Facilitator. ASAP (Adolescent Social Action Program, University of New Mexico), Substance Abuse Prevention Program for Adolescents, Albuquerque, NM, 1999.

Presenter. New Mexico Department of Health Diabetes Control Program Albuquerque, NM, 1999.

Health Educator. WHO Program, Prevent Child Abuse, Santa Fe, NM, 1996-1997.

TEXAS A&M UNIVERSITY

School of Public Health Curriculum Committee. Vice Chair. Texas A&M School of Public Health. 2021-2023

Transformational Teaching & Learning Conference (TTLC) Steering Committee. Member. Texas A&M University. 2021-2023

APT Faculty Search Committee. Chair. Department of Health Promotion and Community Health Sciences. Texas A&M School of Public Health. 2021

Department Head Search. Member. Department of Health Promotion and Community Health Sciences. Texas A&M School of Public Health. 2021

School of Public Health Curriculum Committee. Member. Texas A&M School of Public Health. 2017- 2021

TAMU School of Public Health McAllen Program Committee. Co-Chair. 2020.

Faculty Peer Review Committee for the TAMU Higher Education at McAllen. Chair. 2019-2020.

School of Public Health Dean Search Committee. Member. Texas A&M University. 2019

APT Faculty Search Committee. Chair. Department of Health Promotion and Community Health Sciences. Texas A&M School of Public Health. 2018-2019

Curriculum Committee. Member. Department of Health Promotion and Community Health Sciences. Texas A&M School of Public Health. 2018

Global Health Initiative. School of Public Health. Committee member. 2016-2017.

SPH McAllen Academic Site Strategic Planning Process. Co-chair. 2017

External Advisory Board Member. Texas Healthy Aging Research Network Center. 2005 to 2013

External Advisory Board Member. Health Maintenance Consortium. 2004-2010

External Advisory Board Member. Texas A&M Health Science Center Consortium on Aging. 2005-2008

Responsible for establishing a Binational Academic Collaboration Agreement between Texas A&M School of Rural Public Health and Universidad Autonoma de Tamaulipas. 2004

External Advisory Board Member. Community Outreach and Education Program Center for Environment and Rural Health, Texas A&M University. College Station, TX, 2003-2005

New Master's Program in Public Health Committee. McAllen Academic Site. Department of Social and Behavioral Health. Texas A&M School of Rural Public Health. McAllen, TX, 2003-2005

Member. Teaching Methods/Distance Education Task Group. Department of Social and Behavioral Health. Texas A&M School of Rural Public Health. McAllen Academic Site. 2003

Representative of the South Texas Center for Rural Public Health, Texas A&M Health Sciences Center, at the Texas Latino Health Summit. Texas LULAC Health Initiative 2002. San Antonio, TX. 2003

Faculty Representative during the Mexican Health Ministry officials visit to South Texas Center. 2002

FUNDED GRANTS AND CONTRACTS EXPERIENCE

2016-2017 Healthy South Texas. State of Texas. Role: Co-Chair of the Education and Training Task Force. HSC Designee: Dr. Marcia G. Ory. (\$10,000,000)

2012-2013 Policies, Programs, and Partners for Fall Prevention. Special Initiative Project of the CDC Prevention Research Centers. Role: Co-Investigator. PI: Dr. Marcia Ory. (\$799,982)

2010-2011 Enhancing Infrastructure Supporting Walking Capacity Building with Some Implementation to Improve the Health of School Children. Texas Department of State Health Services. Role: Co-Investigator. PI: Dr. Ann Millard. (\$150,000)

2009-2012 Assessing the Built Environment in Colonias to Influence Policy Promoting Physical Activity in Mexican American Children and Families. Funded by Salud America! The Robert Wood Johnson Foundation Research Network to Prevent Obesity Among Latino Children. Role: Principal Investigator. (&75,000)

2008-2011 Home Safety Assessment in The Lower Rio Grande Valley: A Pilot Study. Texas A&M Health Science Center South Texas Center. Role: Co-Investigator. PI: Dr. Genny Carrillo. (\$2,613)

2007-2011 Lower Rio Grande Valley Community Partnership to Reduce the Diabetes Disparity affecting Hispanic Elders. Texas A&M Health Science Center and the U.S. Department of Health and Human Services. PI: Dr. Nelda Mier (\$15,000)

2005-2007 Influence of Clinical and Non-clinical Factors on Diabetes Outcomes: A Bi-National Comparison of Mexican Migrants and Mexican American Immigrants. PIMSA (Programa de Investigacion de Migracion y Salud, the California-Mexico Health Initiative, California Program on Access to Care, California Policy Research. Role: Co-Investigator. PIs: Dr. Ranjita Misra, Dr. Valdes-Ramos. (39,000)

2005-2007 Influence of Clinical and Non-clinical Factors on Diabetes Outcomes: A Bi-National Comparison of Mexican Migrants and Mexican American Immigrants. Role: Co-Investigator.

2005-2006 Physical Activity Determinants for Hispanics at High Risk of CVD. Texas A&M Health Science Center Research Development & Enhancement Awards Program. PI: Dr. Nelda Mier. (\$14,865)

2004-2011 Health Maintenance Consortium Resource Center (HMCRC). National Institutes of Health. Role: Consultant. PI: Dr. Marcia Ory. (\$1,410,641)

2004-2009 CDC-PRC Award—Core Research Project Investigating Sustainable Best Practices in Disease Management. CDC-Prevention Research Center. Role: Co-Investigator. PI: Dr. Ken McLeroy. (\$2,253,177)

2004-2006 Diabetes and Depression: Improving Health Outcomes in a US-Mexico Border Population. Health Services Research. PI: Dr. Nelda Mier. (\$19,257)

2004-2005 Identification of Children at High Risk for Diabetes in a Mexican Population. Faculty Development Program. Universidad Autonoma de Tamaulipas. PI: Dr. Nelda Mier (\$10,000)

2004 Childhood Obesity Forum/Binational Border Health Week. United States Mexico Border Health Commission and School of Rural Public Health. Co-PI: Dr. Nelda Mier (\$3,000)

2003-2005 Head Start Initiative Hidalgo County: Identification of Children at High Risk for Diabetes. Health Services Research Grant. Role: Co-Investigator. PI: Dr. Veronica Piziak. (\$29,000)

2003-2004

Diabetes and Depression in a U.S.-Mexico Border Population. Texas Department of Health. PI: Dr. Nelda Mier (\$4,000)

PROFESSIONAL ASSOCIATIONS SERVICE

American Public Health Association. Abstract reviewer. 2005 to Present.

Centers for Disease Control and Prevention. 20th Cultivating Healthy Communities. Annual Meeting. Abstract reviewer. 2008.

National Health Education Conference & Society for Public Health Education, Midyear Scientific Conference. Abstract Reviewer. 2006.

Texas Public Health Association. Awards Committee Member. 2005.

Association of Schools of Public Health, ASPH/CDC Round I and II Fellowships. Reviewer, 2003-2006.

Texas Public Health Association. Awards committee. 2005

JOURNAL ACTIVITIES

Co-editor

Frontiers in Public Health. Special issue supplement on the US-Mexico border Health region: The US-Mexico Border: A Unique Tapestry of Health. In collaboration with the Binational Border Health Network. 2016-2018.

Co-editor

American Journal of Health Behavior –Special Issue Supplement, The Health Maintenance Consortium: Behavior Maintenance Program Successes, Collaborations, & Future Directions, 3 4(6). 2010

Manuscript reviewer

International Journal of Environmental Research and Public Health

American Journal of Public Health

Journal of Diabetes and its Complications

Journal of Aging and Physical Activity

Archives of Medical Research

Diabetes Care

Health Promotion Practice

Journal of Health Care for the Poor and Underserved

Preventing Chronic Disease

Pan American Journal of Public Health

Journal of Research Practice

Family Relations

American Journal of Health Behavior (Review Board Member)

Book proposal reviewer

Jossey-Bass/Wiley.

GRANT REVIEW ACTIVITIES

AAUW Educational Foundation. Career Development Grant 2009-2010. Grant reviewer. March 2007.

USAID and Higher Education Development. U.S.-Mexico Training, Internships, Exchanges, and Scholarships (TIES) Partnership Initiative. Border Health Emphasis. Grant reviewer. April 2007.

Mexican American & U.S. Latino Research Center. Grant reviewer. September 2007.

The University of Texas. Health Science Center at Houston. School of Public Health. Brownsville Regional Campus. Grant reviewer. 2005 - 2006.

EVALUATION CONSULTING ACTIVITIES

Evaluator. Oregon Center for Applied Science. Project Senior Exercise 2. Evaluated content cultural sensitivity of scripts related to physical activity 2005.

Evaluator. Oregon Center for Applied Science. Living with Serious Illness Project. Conducted a program review and provided feedback on web homepage and contents. 2005

Curriculum Evaluator. The Milagros Center of Excellence in Migrant Health and Professional Development. South Texas College. 2005

Survey Evaluator. Consultant for PATH (Participation and Training in Health Sciences Project). Evaluated content validity of impact survey evaluation of PATHS. 2005

Outcome evaluator. Rio Grande Valley Hospital. Assessed physical activity goals and outcomes for the Diabetes Management Center. 2005

Program Evaluator for Children's Defense Fund-LRGV. City of Mission Project funded by RGK Foundation. Conducted survey assessments, data analysis, preparation and publication of manuscripts and reports. 2002-04

TECHNICAL REPORTS

Mier N. (2011). Research Brief: Built environment policy for physical activity in Mexican American children. Salud America! The Robert Wood Johnson Foundation Research Network to Prevent Obesity among Latino Children. December 2011. Available at: <http://www.salud-america.org/sites/www.salud-america.org/files/upload/Mier.pdf>

Mier N, Trevino L, Lee C, Wang X, Irizarri D, Alen M, Ory MG. (2010). Research brief: The built environment's influence on the physical activity of colonia children. (English and Spanish versions). Texas A&M School of Public Health.

Mier N, Trevino L, Lee C, Wang X, Villarreal EK, Alen M, Ory MG. (2010). Assessing the built environment in colonias to influence policy promoting physical activity in Mexican American children and families. Technical report prepared for the Robert Wood Johnson Foundation. September 22.

Millard A, Stoltz, SM, **Mier N**, Flores I, Sanchez ER. (2009). A pilot study on nutrition advice in clinical settings and colonias to control weight and insulin resistance in the Lower Rio Grande Valley. Final Report to the U.S. Hispanic Nutrition Research and Education Center, University of Texas Health Science Center at San Antonio, Regional Academic Health Center in Harlingen.

- Mier N, Villarreal EK, Alen M.** (2008). Hispanic Elders Project. Lower Rio Grande Valley Community Partnership. Health Assessment. Final Report. Texas A&M Health Science Center School of Public Health and South Texas Center.
- Millard AV, **Mier N**, Gabriel O, Flores S. (2004). CHIP Utilization in South Texas. A Prospective Longitudinal Study of the Children's Health Insurance Program. JSRI. Michigan State University. Research Report No. 33. <http://www.jsri.msu.edu/RandS/research/irr/rr33abs.html>
- Millard AV, **Mier N**, Gabriel O, Flores S. (2004). City of Mission Project. Final Report for the RGK Foundation (January 2002-June 2004).
- Mier N.** (2003). *Training and Certification of Promotores*. Texas A&M Health Science Center School of Public Health South Texas Center.
- Mier N.** (2002). *Stress and Social Support among Informal Caregivers of Dementia Patients*. Report to the Alzheimer's Association, New Mexico Chapter, Share Your Care Adult Day Services, and Open Hands Adult Day Care Services.
- Mier N.** (2000). Diffusion of Contraceptives among Hispanic Female Adolescents. *2000 Health Issues Monograph Series*. National Association of Hispanic & Latino Studies, 83-108.

OTHER LANGUAGES

Fluent in Spanish (written and oral)