

**Laura Kernan**  
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Promotes health and improves quality of life through research into and application of science based initiatives. Uses a combination of proficiencies in critical review of scientific evidence and research expertise combined with an ability to simplify and communicate complex subjects. Possesses a firm belief that all people deserve to live healthy lives.

## **Experience:**

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**Health Data Specialist** January 2016-present  
*DMA Health Strategies*

Manage all aspects of data collection, including designing protocol, training, and subject interviews for a mental and physical health integration project funded by SAMHSA (Substance Abuse and Mental Health Services Administration) and located at the Massachusetts Mental Health Center. Manage entry of study data into TRAC, a data tracking program used by the Center for Mental Health Services. Responsible for data analysis, progress reports to study team, and quarterly and annual reports to SAMHSA.

**Project Manager** June 2013-January 2016  
*Center for the Promotion of Health in the New England Workplace, University of Massachusetts Lowell*

Management of field research and training of field researchers; mentoring of research assistants; chair project meetings; data analysis and communication of interim results and project needs to study partners, identification of results for publication and assistance with manuscript preparation; preparation of annual reports to NIOSH (National Institute of Occupational Safety & Health); literature search for varied topics.

**Intern** Feb. 2013-May 2013  
*NH Department of Health and Human Services, Occupational Health Department*

Investigate occupational health indicators for annual report to NIOSH.  
Investigate and prepare data for WISDOM, a NH online public health database.

**Research Assistant** Jan-Dec. 2012  
*Center for the Promotion of Health in the New England Workplace, University of Massachusetts Lowell*

Implementation and qualitative evaluation of participatory health, safety and wellness interventions in workplaces.

**Research Assistant** Sept.-Dec. 2011  
*University of Massachusetts Lowell*

Research exposure assessments and engineering solutions for construction workers exposed to silica.

**Staff** 2009-2011  
*Lowell Center for Sustainable Production, University of Massachusetts Lowell*

Research and reporting on chemical management systems, research of proposed state chemical policies and database management, research of chemical alternative assessments.

**Fitness Staff** 2007-2008  
*Comprehensive Club Management*

Taught sports conditioning classes, assessment of client fitness, research and dissemination of health and fitness information.

## **Snowboard Department Associate**

1995-2006

*Salomon North America*

Creation and management of sales and marketing budgets, marketing and salesman sample management, athlete and event contract management, tradeshow booth planning and management, creation and dissemination of marketing materials.

## **Education:**

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MSc., Work Environment, University of Massachusetts Lowell, 2013

Concentration: Epidemiology

Capstone: Depression and anxiety as an outcome of job strain in the Chilean workforce

B.S., Music Education, Ithaca College, 1992

Recital: April 1992

## **Skills and Qualifications:**

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- Competent in critical assessment of epidemiological literature and meta-analysis.
- Competent in statistical modeling for epidemiological studies.
- Competent in SPSS analysis software, some experience in SAS. Experience in NVIVO qualitative analysis software.
- Experience administering surveys and conducting focus groups and interviews.
- Evaluation of policy based on strength of scientific evidence
- Quantitative data and statistical analysis skills
- Qualitative analysis skills
- Data collection and fieldwork
- Excellent written and verbal presentation skills
- Proficient in Microsoft Word, Excel, Outlook and PowerPoint

## **Presentations:**

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Laura Kernan, Junhee Cho, Devan Hawkins, Manuel Cifuentes, Bongkyoo Choi, Ruben Alvarado (2014) Anxiety and depression as an outcome of job strain in the Chilean workforce, Poster presented at EPICOH, Chicago

Laura Kernan (2014) Job Strain and Physical Activity: a Meta-analysis, Paper presented at UConn/UMass Lowell Bi-Annual "Sturbridge Symposium", Sturbridge, MA

Suzanne Nobrega, Laura Kernan, Bora Plaku-Alakbarova, Andrea Bizarro, Clark Calabrese, Michelle Robertson, Nicholas Warren, Robert Henning (2013). Field tests of a toolkit for participatory healthy workplace programs. Poster presented at the 141<sup>st</sup> APHA annual meeting, Boston

## **Honors and Awards:**

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NIOSH Scholar, 2012

## **Interests:**

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I am interested in issues surrounding: health research, quality of life, occupational health, public health, environmental health, women's health, building healthy communities, the effects of stress on health, benefits of physical activity, social and environmental justice, food safety and accessibility.

Hobbies include: cycling, swimming, snowboarding, fitness, reading and playing the trombone.