

MICHELLE DEL RIO

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Objective

To eliminate health disparities and improve the quality of life of the US-Mexico Border region with surveillance, research, program development, evaluation, and policymaking.

Education

Master's in Public Health (MPH)

University of Texas at El Paso (UTEP)

Concentration: Hispanic and Border Health

Date Degree Awarded: May 2015

Bachelor of Science

University of Texas at El Paso

Major: Biology-Biomedical Sciences **Minors:** Psychology/Spanish/Chemistry

Date Degree Awarded: May 2010

Honors

- *Outstanding Graduate Thesis Award, 2015*, UTEP Graduate School.
- *Outstanding Academic Achievement*, GPA 4.0, MPH Class of Spring 2015, College of Health Sciences, UTEP.
- *The Paso Del Norte Foundation Fellowship Awardee*, to support MPH thesis project in assessing health impact of water quality in Vinton, Texas 2013-2014.
- *Acknowledgment from Beto O'Rourke*, House of Representatives, for my initiatives and support to promote women in STEM, March 26, 2013.
- *Paula Ford Endowment Scholarship*, UTEP, Fall 2012, & Spring 2013.
- *Association for Women in Sciences (AWIS) White House guest speaker*, introduced National Science Foundation Work-Family Friendly Policy, and First Lady Michelle Obama, Fall 2011.
- *Dean's List*, UTEP, Biology Department, Fall 2006, Fall 2008, Spring 2009, & Fall 2009.
- *Alpha Epsilon Delta*, UTEP, Medical Profession Organization, 2007-2010.
- *The National Society of Collegiate Scholars*, UTEP, member, 2007-2010.
- *Sigma Alpha Lambda Honor Society*, UTEP, member, 2007-2010.

Teaching and Research Experience

- *Part-time Instructor*, College of Health Sciences, UTEP, El Paso, TX, Summer I & II, 2016. Developed, implemented, graded, and assisted in evaluation of the first Health Impact Assessment (HIA) course offered by the university with the guidance of Dr. William Hargrove and Dr. Maria Duarte-Gardea. Course was two summer semesters long, composed of 11 undergrad students most from the health promotion and social work majors. Course incorporated mock HIA projects for students, online activities, peer review article reading assignments, quizzes, in-class activities, discussion, and lectures, and group assignments. Obtained positive reviews from students and college. Syllabus available upon request.
- *Program Manager/Coordinator*, Center for Environmental Resource Management (CERM), UTEP, El Paso, TX, Nov. 2015-Present. Supervisor, Director, and Principal Investigator: Dr.

William Hargrove. Manager for the Health Impact Assessment (HIA) projects, two in which were conducted between 2015-2016, involving the proposal of extending public transportation services to rural communities south of Doña Ana County, NM, and in introducing municipal water to a colonia outside Presidio, TX city limits. Current project is in analyzing health impacts from water and sewage infrastructure in lower valley colonias located east of El Paso County. The work involves community based research techniques such as key informant and focus group interviews, individual community surveying, coordination and engagement with community stakeholders, but also involved collecting water samples, health data from databases, and conducting a comprehensive literature review. In charged of data collection, organization, analysis, and presentations. Supervised and coordinated research with 4 undergrad and graduate students from civil engineering, social, and environmental sciences study concentrations.

- **Thesis Research**, MPH Program, UTEP, *Summer 2013-Spring 2015*. Principal Investigator(s): Michelle Del Rio and Dr. Christina Sobin. A pilot project assessing the relationship between child health and behavior, and heavy metal exposure from groundwater sources in a US-Mexico border community. Led a team with 3 other MPH students, in charge of the coordination of the project's preparation of materials and information, participant recruitment, surveying, child blood testing, data analysis, dissemination of results, and community education.
- **Lead Technician**, Histology Core, Biomedical Sciences Department, Texas Tech University Health Sciences Center (TTUHSC) Paul L. Foster School of Medicine, El Paso, TX, *Nov. 2010-Oct. 2014*. Supervisor(s): Dr. Daniel Tererros and Dolores Diaz. Assisted histology core's manager with the preparation, processing, record keeping, protocol writing, and project completion of histo-pathological services requested by institution's research principal investigators. Managed and conducted necropsy services offered through the histology core. Taught medical students and volunteers about histology procedures. Supervised lab operations to optimize for quality control and assurance, and safety. Core focused on research and development for biomedical research.
- **Undergraduate Research Assistant**, Physics Department, UTEP, *Feb.-May 2009, and March-May 2010*. Supervisor: Dr. Christian Botez. Conducted literature research on fuel cell materials, and learned about analyzing chemical properties and structures using X-ray crystallography.

Public Health and Research Skills

- **Relevant Courses:**
 - Biostatistics in public health
 - Epidemiology for public health professionals
 - Social and behavioral approaches to public health
 - Health services administration and health policy
 - Environmental health
 - Public health evaluation and research
 - Organizational management
 - Responding to chronic & infectious diseases in Hispanic and border communities
 - Social entrepreneurship for non-profit and profit organizations
- **Software Programs:**
 - Microsoft Word, Excel, & PowerPoint
 - Familiar with IBM SPSS, and Qualtrics
 - Learning Tableau, and ArcMap (GIS software)
 - Familiar with Mexico SINAIS, US Census Bureau, Data.gov, and CDC Wonder Databases, and integration of data with TIGER/LINE® shape files
- **Laboratory Skills:**
 - Paraffin and frozen tissue processing for histological and immunohistochemical techniques

- Operation of light and confocal microscope
 - Sample collection: tissue grossing and cutting, finger-stick blood collection, home water collection, and saliva collection
 - Chemical handling, storage, and solution making
 - Proficient in locating resources through journal publications, vital statistics, CDC, & US Census Bureau
 - Compliant with universal precautions using Proper Personal Equipment for BSL-1 & 2 laboratory
 - Familiar with IRB, IACUC, FEMA, & HIPPA
- **Other Skills:**
 - Health Impact Assessment Practitioner
 - Proficient in English and Spanish
 - Knowledgeable in program organization, monitoring, and evaluation: Needs Assessment, Program Logic Models, Policy Briefs, Pre-post tests with collection of qualitative and quantitative data
 - Knowledgeable in conducting home interviews, or surveys
 - Advocate to policy change
 - Able to create and conduct trainings
 - Excellent intrapersonal skills
 - Able to operate basic health indicator equipment such as blood pressure, glucometer, cholesterol meter, pH balance, weight balance, finger-stick blood collection, and body thermometer.
 - Proficient in Microsoft and Apple operating software devices

Professional Experience

- **HIA Program Manager/Coordinator**, CERM, UTEP, TX, *Oct. 2016-March 2017*. Under the direction of Dr. William Hargrove, managed data collection, and analysis of a retrospective HIA project funded by Border Environmental Cooperation Commission (BECC). In collaboration with Lower Valley Water District, this project aims to identify and quantify quality of life impacts from water and wastewater management in *colonias*.
- **Part-Time Instructor**, College of Health Sciences, UTEP, TX, *May-July 2016*. With the guidance of Dr. William Hargrove and Dr. Maria Duarte-Gardea, developed and implemented the first HIA course offered by the university. Course was open to both undergrad and graduate students of any study concentration.
- **HIA Program Manager/Coordinator**, CERM, UTEP, TX, *Nov.2014-Sept. 2016*. Under the direction of Dr. William Hargrove, led in data collection and organization for two HIA projects funded by the Human Impact Project (funding collaboration between the Pew Charitable Trust Foundation, and The Robert Wood Johnson Foundation), on public transportation and water service infrastructure themes. Duties include IRB application, literature review, key informant and focus group interviews, individual community surveying, health data analysis, home water quality assessment, coordinate presentations and meetings with stakeholders, and supervise research student employees.
- **Lead Technician**, Histology Core Facility, TTUHSC, Paul L. Foster School of Medicine, El Paso, TX, *Nov.2010-Oct. 2014*. Under the supervision of Dr. Daniel Terreros, Director/Pathologist, and Dolores Diaz, ASCP Histotechnician, performed histological techniques to serve TTUHSC biomedical research, assisted in protocol writing and implementation for histological techniques and in a public health project 1115 Waiver, assisted in setting up human and animal biological specimen biobank along with establishing types of services offered by the core.
- **External Consultant**, World Health Organization-Pan American Health Organization (WHO-PAHO), US-Mexico Border Office, El Paso, TX, *May-July, & August 2013*. Under the

mentorship of Dr. Enrique Perez-Flores, created a database with qualitative data; compared, and analyzed data from interviews with promotoras/community health workers from US-Mexico Border communities which assessed the scope of work, intervention methods, and perceptions about community service effectiveness of promotoras.

- ***Standardized Patient***, Medical Education Department, TTUHSC Paul L. Foster School of Medicine, El Paso, TX, *Sept.-Oct. 2010*. Performed clinical symptoms to aid medical students practice and learn clinical and diagnosis skills. Evaluated and provided feedback to medical students on their performances.
- ***Sales Associate, Ross Stores***, El Paso, TX, *Feb. 2007-June 2010*. Recover and organize sales floor with team department of 5-6 members. Assisted customers in the customer service desk, fitting rooms, restrooms, fragrances, cashier, and jewelry. Assisted in training new employees in sales floor recovery for the 6 different departments and cashier.

Membership and Professional Societies

- ***Society of Practitioners of Health Impact Assessment (SOPHIA)***, member, work stream committee member, *2015-present*.
- ***American Society for Public Health Professions***, member, *2015-present*.
- ***Association for Women in Sciences***, member, *2010-present*.
- ***Medical Profession Institute (MPI)***, Ambassador, *2007-2010*. Organized campus tours for upcoming pre-med students. Outreach to local high school students to pursue a career in science.
- ***Medical Profession Organization (MPO)***, member, *2006-2011*. Volunteer and member: Participated in Toy for Tots drive, health fairs, science fairs, and school assemblies, promoting health in the community. Under the training and sponsorship of Del Sol Medical Center, conducted glucose and cholesterol screenings and education in health fairs Nov. 2007.
- ***MPO Physician Assistant Representative***, *Fall 2008-Spring 2009*. Office position in MPO advised and mentored students who were pursuing careers as Physician's Assistant.

Membership and Community Organizations

- ***Hispanic Women Network of Texas (HWNT)***, El Paso, TX, *Dec. 2015-Present*. Professional development committee and member. We provide opportunities for the promotion of the advancement of Hispanic women in public, corporate, and civic life through education, personal and professional development. In the process of being staff appointed member for a student organization branch at UTEP.
- ***Association for Women in Sciences (AWIS)***, El Paso, TX, *April 2010-Present*. Former AWIS President, Mentoring Committee Leader, and current member. Encouraging and advocating for equal education and employment for women in the fields of sciences, technology, engineering, and mathematics (STEM) sectors. Organized, developed, trained, and conducted a high school girls mentoring program to mentor them in career and professional development in STEM fields.
- ***Latinitas***, El Paso, TX, *August 2010-Present*. Supporter. Featured in professional panels, Q&A session with girls ages 10-18, organized and performed STEM activities with girls using PBS SciGirl material. Latinitas empowers young Latinas using media and technology.
- ***Rotaract Organization***, El Paso, TX, *2010-2011*. Member. Participated in volunteering events benefiting local community organizations such as The Child Crisis Center, Ronald McDonald House, and with Ms. Maria Ruiz (CNN Hero 2008) cooking food for Juarez, Mexico orphanages.
- ***University Medical Center of El Paso***, El Paso, TX, *2010*. Patient Advocate. Consulted patients with their overall experience visit in the hospital. Addressed and reported patient concerns while facilitating communication between physicians, staff, patient, and family members. Also participated in health fairs measuring and educating BMI significance in relation to patients health, as being an indicator to prevent poor health outcomes.

- ***The First Baptist Clinic***, El Paso, TX, *Summer 2008*. Pharmacy. Verified that proper medications and dosages were correctly bottled for each patient. Read and explained patients about their medication dosages, purposes, and effects in English or Spanish.
- ***Mariachi Orgullo de El Paso***, El Paso, TX, *2004-2007*. Violin. Non-profit organization, played for local events, and organizations including Da Vita Mesa Vista Dialysis Center, and Horizon Health Care Center. Attended 9th & 10th *Encuentro Internacional del Mariachi y Charrería*, 2005 & 2006.
- ***YMCA Tutoring Engagement and Mentoring***, Hacienda Heights Elementary, El Paso, TX, *2006*. Tutor. Helped students (kinder-6th grade) with understanding their homework, organized and played activities with children, and promoted a positive learning environment to children.

Trainings

- ***Community Emergency Response Team (CERT)***, 2015. A FEMA certified course to assist in natural, terrorist, or other type of emergency community disasters. Trained on patient triaging and stabilizing, damage/disaster evaluation, and in providing assistance/information to primary emergency responders. Team member for UTEP CERT.
- ***Basic Life Support Training***, 2015. CPR and AED professional certification from infants to adults.
- ***Health Impact Assessment Training***, 2013. The Health Impact Project is a two-day training (a partnership of The Robert Wood Johnson Foundation and The Pew Charitable Trust) along with the UTEP, WHO-PAHO, and the Border Environment Cooperation Commission (BECC). Learned to conduct a Health Impact Assessment which is a tool to use in informing leaders and decision-makers about the potential health impacts of any planned program, policy, or intervention. Training was aimed to help a US-Mexico border community in a water and waste management system.
- ***Measuring Health Disparities***, 2013. Michigan Public Health Training Center, computer based course completed. Learned to compare data, identify gaps in data sources, apply principles of collection, maintenance, use, and dissemination of data, make relevant inferences from quantitative and qualitative data, and apply basic public health sciences.
- ***Directors of Health Promotion and Education (DHPE) Shaping Policy for Health: Health Policy and Environmental Change Workshop***, 2011. Completed worked shop and learned different organizational approaches and resources to implement policy change.
- ***The Health Insurance Portability Accountability Act (HIPAA)***, 2010-2014. Training about the rules in handling identifiable health information, and rights granted to individuals to report to the US Office of Civil Rights.
- ***Federal Emergency Management Agency (FEMA), Introduction to Incident Command System ICS-100 and Initial Action Incident ICS-200 training***, 2010. Basic online training to respond to national, state, or local emergency and disaster state.
- ***Collaborative Institutional Training Initiative (CITI)***, 2010. *Expires 2017*. Institutional Review Board (IRB) training about research ethnics with human and animal subjects.
- ***AWIS Mentoring Program Orientation***, 2010-2011. Created agenda, documents, presentation, information packets, sign-in sheets, certificates of completion, speeches, interactive group sessions, booked speakers and special guests, and trained others to conduct orientation.
- ***AWIS Work-Life Satisfaction Workshops***, 2010. Attended national training to be able to train other AWIS members to conduct workshops.

Internships/Practicums

- ***US-Mexico Basic Health Indicators***, Pan American Health Organization (PAHO), El Paso, TX, *June 2012-March 2013*. Dr. Enrique Perez, Epidemiology. Organize and analyze mortality

statistics obtained from CDC Wonder database for the States of Texas, Arizona, New Mexico, and California in ICD-10 mortality coding system. Helped CDC Wonder identify and solve a glitch in the CDC Wonder database system. Attended and participated in the *Binational Meeting to Improve Public Health in the United States-Mexico Border*, 2012.

- **UTEP/TTUHSC PLSOM Pre-Med Enrichment Program, Summer 2010.** Conducted literature reviews, presentation on geriatrics healthcare, and completed rotations in pediatrics, NICU, and radiology.

Presentations

- **“Health Impact Assessment (HIA) Program: A Model for Addressing Public Health Issues in Rural US/Mexico Border Communities”** by: *Michelle Del Rio* (presenter), and Bill Hargrove. 41st National Institute Conference on Social Work and Human Services in Rural Areas 2016, at UTEP, El Paso, Texas.
- **“A Health Impact Assessment (HIA) Study of the South Central Regional Transit District (SCRTD)”** by: David Armijo, Executive Director, SCRTD, and **Michelle Del Rio**. NM Public Health Association 2016, at Las Cruces, New Mexico.
- **“A Pilot Study of Arsenic in Young Children from Two Rural West Texas Communities: Blood Levels, Household Water Levels, and Behavioral Outcomes”** by: **Michelle Del Rio**. MPH Thesis Defense 2015, at UTEP College of Health Sciences, El Paso, Texas.
- **“Computer Assisted Planimetric Methodology for Determination of Mucosal Thickness”** by: Jaime Rios, Ricardo Espinoza, T. Collins, Dolores Diaz, **Michelle Del Rio**, Irene Sarosiek, Jerzy Sarosiek, Richard McCallum, and Daniel Tererros. Scholarly Activity Research Program (SARP) 2011, at TTUHSC PLFSOM El Paso, Texas.
- **“Association for Women In Sciences: An Initiative for Success”** by: **Michelle Del Rio**, Stacey Moreno, Mildred Olivas, Josefina Lujan, and Ralista Akins. National Girls Collaborative Project 2010, at Washington DC, and Scholarly Activity Research Program 2010, at TTUHSC PLFSOM El Paso, Texas.
- **“Structural Phase Transitions of KH_2PO_4 ,”** by: Sandeep Peddamaila, **Michelle Del Rio**, Angela Guerra, Ronald J. Tacket, & Christian E. Botez. **National Science Foundation Grand Challenges Workshop 2009**, at The University of Texas El Paso.

Publications

- W.L. Hargrove, and **Michelle Del Rio** “Health Impact Assessment (HIA) Program Grant: Building Capacity for HIA on the U.S./Mexico Border” (November, 2016). Center for Environmental Resource Management. *University of Texas, El Paso*. Final Report.
- Michelle Del Rio, "A pilot study of arsenic in young children from two rural west Texas communities: Blood levels, household water levels, and behavioral outcomes" (January 1, 2015). *ETD Collection for University of Texas, El Paso*. Paper AAI1592954. <http://digitalcommons.utep.edu/dissertations/AAI1592954>

Research Interest

- Health Impact Assessment
- Environmental Health: heavy metal exposure effects on human health
- Child Health: cognitive and behavior
- Epidemiology of chronic and infectious diseases
- Binational collaboration: i.e. protocols, & policies
- Geriatric chronic diseases

- Program evaluation
- US-Mexico border health

Professional References

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