

**SUZANNE NOBREGA, M.S.**  
*Suzanne\_Nobrega@uml.edu*

## EDUCATION

M.S. Human Nutrition, Health Communications Minor, Cornell University, Ithaca, NY, 1990  
B.S. Nutritional Science, University of Delaware, Newark, DE, 1985

## ADDITIONAL GRADUATE COURSEWORK

University of Massachusetts Lowell

Introduction to Work Environment	Qualitative Research Methods
Intervention Research	Healthy Work Organization Design
Introduction to SAS	Introduction to Biostatistics and Epidemiology

## PROFESSIONAL EXPERIENCE

UNIVERSITY OF MASSACHUSETTS, LOWELL Lowell, MA  
*Center for Health Promotion in the New England Workplace (CPH-NEW), Department of Public Health*

### 2006 – 2018 Outreach Director and Principal Investigator, Center Outreach Core

Conceptualize and lead the Center's outreach, communication, and translation and dissemination research activities to advance research-to-practice initiatives in Total Worker Health. Manage annual project budget of \$250K. Lead teams of research faculty and health/safety practitioner advisors to develop cross project research products for dissemination. Develop public health partnerships to advance worksite practice in safety, health, and well-being. Write/manage website content and marketing communications, speak at professional and scientific conferences, train professionals to implement the CPH-NEW Healthy Workplace Participatory Program ([www.uml.edu/cphnewtoolkit](http://www.uml.edu/cphnewtoolkit)). Supervise graduate research assistants and undergraduates in public health practicum.

Other projects concurrent with NIOSH Center grant

- **MDPH Prevention and Wellness Trust (2015-18):** Program evaluator for MA Working on Wellness training program for employers. Evaluation design, instruments and reporting.
- **CDC National Healthy Worksite Program (2011-13)** –design of survey instruments and program content for a CDC national workplace health improvement program.
- **Obesity/overweight and the role of working conditions (2010-2012):** A qualitative, participatory investigation with low wage workers in Massachusetts.

### 2006 – 2011 Project Manager and Co-PI, Stress@Work Outreach/Communication/Dissemination

- **Stress@Work Outreach/Communication/Dissemination Project (2007-2011)**--an education and dissemination initiative to raise awareness among health and wellness professionals about the association between job stress and cardiovascular disease and other chronic health conditions.
- **Research to Practice Toolkit Study (2009-2011)** --a mixed-method, participatory action research study to develop and field test program tools for a workplace health protection/health promotion program for employees.
- **Project Manager, Pro-Care Study (2006-2009)**--an intervention study to evaluate the health effects of a mechanical lift program, with and without a supplemental employee wellness program, on nurses working in the long-term care industry.

SELF-EMPLOYED, INDEPENDENT CONSULTANT

2003 – 2006

**Health communications consultant** for Harvard School of Public Health, Prevention Research Center on Nutrition and Physical Activity, Boston, MA.

Harvard/YMCA of the USA after school initiative – Developed childcare nutrition/physical activity guidelines, created educational materials, data collection instruments, and site communications for a national intervention study focusing on improving nutrition and physical activity in after school settings.

Planet Health curriculum -- Co-authored 2<sup>nd</sup> edition of Planet Health, an interdisciplinary middle school curriculum on nutrition and physical activity. Publish date July 2007, Human Kinetics USA.

**Evaluator:** Northeast Center for Healthy Communities, Lawrence, MA. Designed and conducted evaluation of Lowell Police Department youth violence prevention program.

**Grant writer:** University of Massachusetts Medical Center, Pediatrics Department, Worcester, MA. NIH research grant proposal, “Uncovering factors leading to black infant mortality.”

MARCH OF DIMES BIRTH DEFECTS FOUNDATION, NATIONAL OFFICE, White Plains, NY

**Associate Director, Chapter Programs, National Prematurity Campaign** 2002 - 2003

**Manager, State and Chapter Initiatives, National Folic Acid Campaign.** 2000 - 2002

- Developed local campaign objectives, activities and evaluation to assure consistency and alignment of chapter activities with national campaign goals.
- Wrote community organizing and education tools for staff and lay volunteers.
- Organized data collection methods, wrote reports to communicate best practices in communities.
- Developed and managed grants program of \$750,000 to build folic acid education infrastructure in states; 44 states have ongoing State Folic Acid Councils that educate consumers and professionals.

**Manager, Community Health Programs** 1997 - 2000

Oversaw implementation of programs focused on preconception/prenatal health and teen pregnancy prevention through March of Dimes chapter affiliates in 50 states. Developed policy/practice guidelines, delivered training.

MARCH OF DIMES, NORTHERN REGIONAL OFFICE

Westborough, MA

**Regional Program Director** 1993 - 1997

Provided consulting services to 34 chapter affiliates in 16 states on volunteer management, community needs assessment, program planning, and grants administration. Developed performance improvement plans, and provided training and technical assistance to help chapters meet quality standards for program delivery.

MARCH OF DIMES, MASSACHUSETTS CHAPTER OFFICE

Dedham, MA

**Health Education Coordinator** 1991 - 1993

Coordinated educational programs for the public and health professionals aimed at improving preconception, prenatal and infant care practices. Recruited and trained health professional volunteers to deliver worksite and community education on preconception and prenatal health.

CHILDREN'S HOSPITAL OF PHILADELPHIA

Philadelphia, PA

**Laboratory Research Assistant, Nutrition and Metabolic Diseases**

1985 - 1987

## PROFESSIONAL ACTIVITIES

Member, Society of Occupational Health Psychology, 2011-2013, 2015-18  
Member, American Public Health Association, 1998-2018 (Sections: Health Communications Working Group (active), Public Health Education and Health Promotion, Occupational Health and Safety, Food and Nutrition)  
Board Member, Worksite Wellness Council of MA (Annual Event Committee Chair 2012/13)  
Board Member, Partnership for a Heart Healthy Stroke Free MA 2008-2012 (Chair 2011/12)  
Member, Massachusetts Public Health Association, 2003-2008  
National Cancer Institute, Wellworks Study, Nutrition Consultant, 1993

## EXTRACURRICULAR LEADERSHIP ACTIVITIES

Troop Leader, Girl Scouts of Eastern MA Council (2007 – 2018)  
Nashaway Girl Scouts Service Unit Leader (at Large), (2015 - 2018); Volunteer of Excellence Award (2018)  
President, Groton Community School Board of Directors (2004-2007)  
Nutrition Advisory Committee, Groton Dunstable Regional School District (2005, 2006)

## PEER REVIEWED PUBLICATIONS

**Nobrega S**, Kernan L, Plaku-Alakbarova B, Robertson M, Warren N and Henning R. Field tests of a participatory ergonomics toolkit for Total Worker Health, *Applied Ergonomics*, April 2017, 60:366-379.

**Nobrega S**, Champagne N, Abreu M, Goldstein-Gelb M, Montano M, Lopez I, Arevalo J, Bruce S, Punnett L, Obesity/overweight and the role of working conditions: A qualitative, participatory investigation. *Health Promotion Practice*, January 2016 17(1) 127-136.

Robertson MM, Tubbs D, **Nobrega S**, Calvo A, Murphy L. Development of an organizational readiness instrument based on the Total Worker Health® approach. Proceedings of the 48th Annual Conference of the Association of Canadian Ergonomists and the 12th International Symposium on Human Factors in Organizational Design and Management. 2017 July; [https://ace-ergocanada.ca/files/ACE\\_2017/ACE-ODAM%202017%20eProceedings\\_sm.pdf](https://ace-ergocanada.ca/files/ACE_2017/ACE-ODAM%202017%20eProceedings_sm.pdf).

Henning RA, Robertson MM, **Nobrega S**, Warren N, Bizarro A. Iterative design of a participatory ergonomics toolkit for Total Worker Health. Proceedings of the 48th Annual Conference of the Association of Canadian Ergonomists and the 12th International Symposium on Human Factors in Organizational Design and Management. 2017 July; [https://ace-ergocanada.ca/files/ACE\\_2017/ACE-ODAM%202017%20eProceedings\\_sm.pdf](https://ace-ergocanada.ca/files/ACE_2017/ACE-ODAM%202017%20eProceedings_sm.pdf).

Henning RA, **Nobrega S**, Punnett L, Robertson MM. A participatory approach to Total Worker Health® developed by the Center For The Promotion Of Health in the New England Workplace. Proceedings of the 48th Annual Conference of the Association of Canadian Ergonomists and the 12th International Symposium on Human Factors in Organizational Design and Management. 2017 July; [https://ace-ergocanada.ca/files/ACE\\_2017/ACE-ODAM%202017%20eProceedings\\_sm.pdf](https://ace-ergocanada.ca/files/ACE_2017/ACE-ODAM%202017%20eProceedings_sm.pdf).

Helena M, Gore R, Boyer J, **Nobrega S**, and Punnett L, Health Behaviors and Overweight in Nursing Home Employees: Contribution of Workplace Stressors and Implications for Worksite Health Promotion, *The Scientific World Journal*, 15 March, 2015, Article ID 915359

Robertson M; Henning R, Warren N, **Nobrega S**, Dove-Steinkamp M, Tibiriçá L, and Bizarro A. Participatory design of integrated safety and health interventions in the workplace: a case study using the Intervention Design and Analysis Scorecard (IDEAS) Tool, *Int. J. of Human Factors and Ergonomics*, 2015 3: (3/4), 303 – 326.

Robertson M, Henning R, Warren N, **Nobrega S**, Dove-Steinkamp M, Tibirica L, Bizarro A; CPH-NEW Research Team. The Intervention Design and Analysis Scorecard: a planning tool for participatory design of integrated health and safety interventions in the workplace. *J Occup Env. Med.* 2013 Dec;55 (12 Suppl):S86-8.

Punnett L, Warren N, Henning R, **Nobrega S**, Cherniack M; CPH-NEW Research Team. Participatory ergonomics as a model for integrated programs to prevent chronic disease. *J Occup Environ Med* 2013 Dec;55 (12 Suppl):S19-24.

Henning RA, **Nobrega S**, Flum M, Punnett L, CPH-NEW Research Team. Engaging workers in health promotion and health protection efforts: A participatory approach for innovation and sustainability at two worksites. In: P.A. Lapointe and J. Pelletier (Eds), Different perspectives on work changes, Proceedings of Second international workshop on work and intervention practices, Quebec, August 2009, Les Presses de l'Université Laval, pp. 199-208.

Tremblay PA, **Nobrega S**, Davis L, Erck L, Punnett L. Healthy workplaces? A survey of Massachusetts employers. *American Journal of Health Promotion* 2013 Jul-Aug; 27(6):390-400.

Zhang Y, Flum M, **Nobrega S**, Blais L, Qamili S, Punnett L. Work organization and health issues in long-term care centers. *J Gerontol Nurs.* 2011 May; 37(5):32-40.

Azaroff LS, Champagne NJ, **Nobrega S**, Shetty K, and Punnett L. (2010) Getting to Know You: Occupational Health Researchers Investigate Employee Assistance Professionals' Approaches to Workplace Stress, *Journal of Workplace Behavioral Health*, 25: 4, 296-319.

**Nobrega S**, Champagne NJ, Azaroff LS, Shetty K and Punnett L. (2010) Barriers to Workplace Stress Interventions in Employee Assistance Practice: EAP Perspectives, *Journal of Workplace Behavioral Health*, 25: 4, 282 — 295.

### **Other Publications**

Jill Carter, Jean L. Wiecha, Karen E. Peterson, **Suzanne Nobrega**, Steven L. Gortmaker, *Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity*, 2<sup>nd</sup> edition. Champagne, IL. Human Kinetics, 2007.

### **SELECTED REFEREED PRESENTATIONS**

- May 2018                    **Nobrega, S** and Robertson, M. *Getting started with participatory Total Worker Health*  
**Nobrega, S** *Assessing work organization to develop Total Worker Health interventions: sharing our field experience*  
NIOSH 2<sup>nd</sup> International Symposium to Advance Total Worker Health, Bethesda MD.
- November 2017            **Nobrega S**, Juergens M, Kane K, Myers K, Torres S, Li W, Punnett L. *Employer based stress interventions in a public health worksite wellness capacity building program.*  
American Public Health Association Annual Meeting, Atlanta GA.
- August 2017                **Nobrega S**, Kernan L, Plaku-Alakbarova B, Robertson MM, Warren N, Henning R  
*Field tests of a participatory ergonomics toolkit for Total Worker Health*, and  
Henning R, **Nobrega S**, Robertson MM, Warren N. *Iterative design of a participatory ergonomics toolkit for Total Worker Health*, ACE-ODAM 2017 (Association of Canadian Ergonomists & Organizational Design and Management) July 31-Aug 3, 2017 Banff, Alberta CA.

- March 2017 Pike E, Fredricks T, Torres S, Santarelli S, Ryan M, Erck L, McGovern L, McCabe K, Myers M, Punnett L, Li W, Lin WC, **Nobrega S**, *Working on Wellness: Building Capacity through Community Partnerships*, Poster UMass Center for Clinical and Translational Science, Community Engagement Research Annual Conference, University of Massachusetts Medical School, Worcester MA
- October 2016 **Nobrega S**, Li W, Kane K, Sefton L, Lin WC, McCabe K, Santarelli C, Punnett L. *Massachusetts Working on Wellness: Evaluation of a statewide public health initiative to advance workforce health* American Public Health Association Annual Meeting, Denver CO.
- May 2015 **Nobrega S.**, Dugan, A., Kollin, R., and the CPH-NEW Research Team *Total Worker Health in action: A community hospital case study*. APA/NIOSH Work, Stress, and Health Conference, Atlanta GA.
- October 2014 Dugan A, **Nobrega S**, Champagne N, Gianino M, Henning R, & Punnett L. Measuring implementation predictors of a new healthy worksite participatory program. Presented at First International Symposium to Advance Total Worker Health™, Bethesda, MD.
- October 2014 **Nobrega S**, Robertson M, Kernan L, Plaku-Alakbarova B, Warren N, & Henning R. Field tests of a program toolkit for participatory integrated health protection and health promotion. First International Symposium to Advance Total Worker Health™ Bethesda, MD.
- November 2013 **Nobrega, S.**, Kernan, L., Plaku-Alakbarova, B., Bizarro, A., Calabrese, C., Robertson, M., Warren, N., & Henning, R. Field tests of a toolkit for participatory healthy workplace programs. 141st American Public Health Association Annual Meeting, Boston, MA.
- May 2013 Champagne, S., Abreu, M., **Nobrega, S.**, Goldstein-Gelb, M., Montano, I., Lopez, J., Arevalo, S., Bruce, L., & Punnett, L. Obesity/Overweight and the role of working conditions in lower income workers- A qualitative, participatory investigation. Paper presented at Work, Stress & Health 2013, Biannual International Conference: Protecting and Promoting Total Worker Health, Los Angeles, CA.
- October 2011 **Nobrega S**, Tremblay P, Davis L, Erck L, Punnett L. Healthy workplaces: Are employers offering coordinated health promotion and occupational health programs in Massachusetts? American Public Health Association Annual Meeting, Washington D.C., October 31, 2011.
- November 2009 **Nobrega S**, Champagne N, Azaroff L, Shetty K, Punnett L. Perceived barriers among health professionals to addressing job stress through work organization interventions. APA/NIOSH Work, Stress, and Health, November 2009.

#### **SELECTED INVITATIONAL TALKS**

- April 2017 **Nobrega, S** *Organizational Approaches to Stress Management*, American Association of Occupational Health Nurses Annual Conference, Preconference ½ day workshop, New Orleans, LA.
- October 2014, 2015 **Suzanne Nobrega**, *Participatory approaches for health and wellness*. Harvard School of Public Health Institute for Continuing Professional Education: Ergonomics and Human Factors. HSPH, Boston MA

- April 2015      **Suzanne Nobrega**– *Assessing Organizational Readiness: Is the Healthy Workplace Participatory Program Right for Your Organization?* Jamil, Inc. Conference, Bedford Village Inn, Bedford, NH
- October 2015      **Nobrega, S** *Metabolic syndrome and workplace wellness: A TWH approach to designing healthy workplaces*. Western Occupational and Environmental Medical Association (Webinar series), University of MA Lowell
- March 2015      **Nobrega, S** *Dynamics of Wellness*, American Association of Occupational Health Nurses Annual Conference, 2.5 day preconference workshop, Boston MA.
- December 2014      **Nobrega, S** *Understanding and Counteracting the Obesogenic Work Environment*. 2014 New England College of Occupational and Environmental Medicine /MaAOHN Annual Conference, Newton, MA.
- May 2013      Laura Punnett ScD and **Suzanne Nobrega** MS *What is Total Worker Health™? How to integrate safety, ergonomics, and wellness to improve health and performance in your organization*, Atlantic Charter Insurance Seminar, May 21, 2013, Framingham, MA.
- September 2012      **Suzanne Nobrega** — *Using Data and Assessment in Worksite Health Promotion* <http://www.cdc.gov/nationalhealthyworksite/webinar/registration.html> CDC National Healthy Worksite Program (NHWP) national webinar series for employers
- July 2009      **Nobrega, S** and Champagne N. *Beyond Breathing: Controlling workplace stressors as part of a comprehensive employee wellness program*. Massachusetts Department of Public Health, Working on Wellness training program, June 11 and July 30, 2009.