

Update: February, 2021

## ARA JO, PhD, MS

Department of Health Services Research, Management and Policy  
College of Public Health and Health Professions  
University of Florida

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### Office Contact Information

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### EDUCATION

- 2013-2017     **Ph.D. in Department of Health Services Research, Management and Policy**  
University of Florida, Florida, United States  
*Dissertation: Development of Cardiovascular Disease Risk Score by Adding Body Composition Assessment(s)*
- 2011 -2013     **M.S. in Department of Sport Management**  
Florida State University, Florida, United States  
*Thesis: Perceived Price Fairness of College Football Ticket Price for Sport Consumers*
- 2006-2011     **B.E. in Department of Economics**  
**B.S. in Department of Exercise Science**  
Ewha Womans University, Seoul, South Korea

### FACULTY AND ADMINISTRATIVE APPOINTMENTS

- University Florida, College of Public Health and Health Professions
- 1/05/2018 – present     Clinical Assistant Professor  
Department of Health Services Research, Management and Policy
- 7/01/2018-present     PHTTP Curriculum Committee
- 9/15/2019-present     MPH Concentration Coordinator  
Population Health Management Program
- 8/16/2019- present     UF Health Cancer Center Member  
Cancer Populations Sciences Research Program
- 9/2019-present     Department Representative for CEPH Accreditation Committee
- 2/17/2020-present     HSRMP Search Committee
- 7/14/2020-present     HSRMP Chair Search Committee
- 8/2020-present     HSRMP Curriculum Committee
- 11/2020-present     HSRMP Admission Committee

12/2020-present

Co-Faculty Advisor for UAB MHA Case Competition

### LANGUAGE CAPACITIES

Korean as native

Very good knowledge of English and Japanese

### PEER-REVIEWED PUBLICATIONS (\*denotes student)

1. Beau de Rochars, V, Keys, H, Samuels, SS, **Jo, A**, Noland, G, Gonzalez, M, Blount, S, Mainous, AG. Prevalence of diabetes, prediabetes, and associated risk factors among Batey residents in the Dominican Republic. *American Journal of Tropical Medicine & Hygiene*. 2021 (In-press)
2. Xie Z\*, Yadav S\*, **Jo, A**. The Association between Electronic Wearable Devices and Self-efficacy for Managing Health: A Cross sectional Study Using 2019 HINTS Data. *Health and Technology*. 2021. (In-Press)
3. **Jo, A**, Scarton L, O'Neal LJ, Larson S\*, Schafer N, George TJ, Munoz Pena JM. New onset of Type 2 Diabetes as a complication after Cancer Diagnosis: A Systematic Review. *Cancer Medicine*. 2020 Dec 23.
4. Turner, K., **Jo, A.**, Wei, G., Tabriz, A.A., Clary, A., Jim, H.S.L. Sharing patient-generated data with healthcare providers: Findings from a 2019 national survey. *Journal of the American Medical Informatics Association (JAMIA)*. 2020 Nov 12.
5. Xie Z\*, **Jo A**, Hong YR. Electronic wearable device and physical activity among US adults: An analysis of 2019 HINTS data. *International Journal of Medical Informatics*. 2020 Oct 7:104297.
6. Hong, YR\*. , Huo, JH., **Jo, A.**, Cardel, M., Mainous III, AG. Association of patient-provider teach-back communication with diabetic outcomes: a cohort study. *The Journal of the American Board of Family Medicine*. 2020 Nov 1;33(6):903-12.
7. Hong YR\*, **Jo A**, Cardel M, Huo J, Mainous AG III Patient-provider communication with teach-back, patient-centered diabetes care, and diabetes care education. *Patient Education and Counseling*. 2020 Dec 1;103(12):2443-50.
8. Turner K, Bjarnadottir R, **Jo A**, Repique RJ, Thomas J, Green JF, Staggs VS. Patient falls and injuries in US psychiatric care: incidence and trends. *Psychiatric services*. 2020 Sep 1;71(9):899-905.
9. Mansoor H\*, **Jo A**, Beau De Rochars VM, Pepine CJ, Mainous III AG. Novel Self-Report Tool for Cardiovascular Risk Assessment. *Journal of the American Heart Association*. 2019 Dec 17;8(24):e014123.
10. **Jo A**, Coronel BD, Coakes CE, Mainous III AG. Is there a benefit to patients using wearable devices such as Fitbit or Health Apps on Mobiles?: A systematic review. *The American journal of medicine*. 2019 Jul 11.

11. Marlow NM, Shenae SK, Mainous AG III, **Jo A**. Patient-Provider Communication Quality for Persons with Disabilities: A Cross-Sectional Analysis of the Health Information National Trends Survey. *Disability and Health Journal*. April 2019.
12. **Jo A**, Larson S\*, Carek PJ, Peabody MR, Peterson LE, Mainous AG III. Rare Diseases in Primary Care: Prevalence and Practice. *BMJ Open*. 2019;**9**:e027248. doi: 10.1136/bmjopen-2018-027248
13. Desai R\*, **Jo A**, Marlow NM. Risk for Medication Nonadherence Among Medicaid Enrollees With Fibromyalgia: Development of a Validated Risk Prediction Tool. *Pain Practice*. 2019 Jan 15.
14. Mainous III AG, Tanner RJ, Rahmanian KP, **Jo A**, Carek PJ. Effect of Sedentary Lifestyle on Cardiovascular Disease Risk Among Healthy Adults With Body Mass Indexes 18.5 to 29.9 kg/m<sup>2</sup>. *The American Journal of Cardiology*. 2018 Dec 4.
15. **Jo A**, Mainous AG, 3rd. Informational value of percent body fat with body mass index for the risk of abnormal blood glucose: a nationally representative cross-sectional study. *BMJ open*. 2018;**8**(4):e019200.
16. Mainous III AG, Tanner RJ, **Jo A**, Park K, De Rochars VM. Trends in Cardiovascular Disease Risk in the US, 1999–2014. *American journal of preventive medicine*. 2018 Sep 1;**55**(3):384-8.
17. Hong YR, **Jo A**, Mainous AG. Up-to-Date on Preventive Care Services Under Affordable Care Act. *Medical care*. 2017 Aug 1;**55**(8):771-80.
18. Marlow NM, Simpson KN, Vaughn IA, **Jo A**, Zoller JS, Baron Short E. Healthcare Costs and Medication Adherence Among Patients with Fibromyalgia: Combination Medication vs. Duloxetine, Milnacipran, Venlafaxine, and Pregabalin Initiators. *Pain Practice*. 2017 Apr 18.
19. Mainous AG, Tanner RJ, Anton SD, **Jo A**, Luetke MC. Physical Activity and Abnormal Blood Glucose Among Healthy Weight Adults. *American Journal of Preventive Medicine*. 2017 Jul; **53**(1):42-47.
20. Mainous AG III, Marlow NM, Tanner RJ, **Jo A**, Beau de Rochars VM, Malaty J, Carek PJ. Hearing Impairment and Undiagnosed Disease: The Potential Role of Clinical Recommendations. *Journal of Speech, Language, and Hearing Research*, 2017 Jan 1; **60**(1):231-237.
21. Mainous AG III, Tanner RJ, **Jo A**, Anton S. Prevalence of Prediabetes and Abdominal Obesity Among Healthy Weight Adults: 18 year Trend. *Annals of Family Medicine*, 2016 July;**14**(4):304-10.
22. Mainous AG III, Tanner RJ, Anton S, **Jo A**. Low Grip Strength and Prediabetes in Healthy Weight Adults. *Journal of the American Board of Family Medicine*, 2016 Mar;**29**(2):280-2.
23. Mainous AG III, Tanner RJ, Anton S, **Jo A**. Grip Strength as a Marker of Hypertension and Diabetes in Healthy Weight Adults. *American Journal of Preventive Medicine*, 2015 Dec; **49**(6):850-8.

### BOOK REVIEW/ REPORT

1. Beau De Rochars M, Mainous AG III, Samuels S, **Jo A**, Tanner RJ. *Updated Health Care Report: Diabetes Estimates among Migrant Farmers Living in Bateyes in the Dominican Republic*. March, 2017
2. Beau De Rochars M, Mainous AG III, Samuels S, **Jo A**, Tanner RJ. *Health Care Report: Diabetes Estimates among Migrant Farmers Living in Bateyes in the Dominican Republic*. November, 2016

### MANUSCRIPTS SUBMITTED FOR PUBLICATION

1. Marlow NM, Xie Z, Tanner R, **Jo A**, Kirby A., Association between disability and suicidal behaviors among U.S. adults: A cross-sectional analysis of the National Survey on Drug Use and Health. *American Journal of Preventive Medicine*.
2. O'Neal LJ, **Jo A**, Scarton L, Marino. Association of comorbidity with food security in comorbidity patients with depression: NHANES 2013-2016.

### POSTER & ORAL PRESENTATION

1. Ming D, **Jo A**, Peterson L, Mainous AG. Family Physicians Maintaining Geriatric Medicine Certificate: Trends and Practice Patterns. NAPCRG Annual Meeting 2020, Virtual, November 2020
2. **Jo A**. Health policy and insurance plan for mental health and substance use disorder. Seminar at the Department of Clinical Psychology and Practice, University of Florida, Florida, February 7, 2020
3. **Jo A**, Coronel BD, Coakes CE, Mainous AG III. Is there a benefit to patients using wearable devices such as Fitbit or Health Apps on Mobiles? : A systematic review. NAPCRG Annual Meeting 2019, Toronto, Canada, November 2019
4. Jimenez E, Samantha L, Fleischman SR, **Jo A**. 5-Year Trends of Length of Stay at ED and Characteristics in Patients Diagnosed with Ambulatory Care Sensitive Conditions (ACSCs): The National Hospital Ambulatory Medical Condition Survey (NHAMCS), 2011-2015. Presented at the AcademyHealth Annual Meeting 2019, Washington DC, June 2019
5. **Jo A**, Mainous AG III, Larson S, Carek PJ, Peabody M, Peterson L. Rare Disease in Primary Care: Prevalence and Practice. Presented at the 46<sup>th</sup> North American Primary Care Research Group Annual Meeting (NAPCRG), Chicago, US, November, 2018
6. **Jo A**, Mainous AG III, Marlow NM. Identify an Optimal Non-Invasive Body Composition Assessment to Develop Cardiovascular Disease Risk Score. Presented at the AcademyHealth Annual Meeting 2018, Seattle, WA, June, 2018.

7. Mainous AG III, Tanner RJ, **Jo A**, Park K, Beau De Rochars V. Trends in Cardiovascular Disease Risk in the United States, 1999-2014: Implications for Health Disparities. Presented at the Annual Spring Conference of the Society of Teachers of Family Medicine, Washington, DC, May, 2018.
8. **Jo A**, Mainous AG III. Utility of Body Fat Percentage Integrating Body Mass Index on Abnormal Blood Glucose. Presented at the 45<sup>th</sup> North American Primary Care Research Group Annual Meeting, Montreal, Quebec, Canada, November, 2017
9. Samuels SK, **Jo A**, Beau De Rochars V, Keys H, Blount S, Noland G, Gonzales M, Mainous AG III. Diabetes among Residents Living in Bateyes in the Dominican Republic: A Hidden Epidemic in a Middle-Income Country. Presented at the 45<sup>th</sup> North American Primary Care Research Group Annual Meeting, Montreal, Quebec, Canada, November, 2017
10. **Jo A**, Samuels SK, Mainous AG III. Impact of Weight Loss to Normal BMI Target on Abnormal Glucose. Presented at the AcademyHealth Annual Meeting 2017, New Orleans, NA, June, 2017
11. **Jo A**, Mainous AG III. Impact of Body Fat Percentage Integrating Body Mass Index on Abnormal Blood Glucose: the Informational Value of Body Fat. Presented at the Family Medicine Research Day, Gainesville, FL, June 1, 2017
12. **Jo A**, Samuels SK, Mainous AG III. Weight Loss to Healthy BMI Target and Prediabetes/Undiagnosed Diabetes. Presented at the 1<sup>st</sup> GatorCare Forum, University of Florida, Gainesville, FL, November, 2016
13. Mainous AG III, Tanner RJ, Anton S, **Jo A**. Prevalence of Prediabetes and Abdominal Obesity Among Healthy Weight Adults: 18 year Trend. Presented at the 49th annual meeting of the Society of Teachers of Family Medicine, Minneapolis, MN, May, 2016
14. Zayas CE, Lyon JA, **Jo A**, Yoon S, Harle CA. The effect of U.S. school-based health centers on care quality, health outcomes, hospital and emergency department use, cost and economic benefits: A systematic review. Poster presented at the Research Day, University of Florida, Gainesville, FL, April, 2015
15. Lee J, **Jo A**, Lee J. Do Social Networking Sites (SNSs) Help Health Information Seeking Behaviors in Adults? : A Systematic Review. Poster presented at the AcademyHealth Annual Meeting, Minneapolis, MN, June, 2015
16. Nelson R, Lee J, Lee J, & **Jo A**. Does voluntary activity affect depression for older adults? Poster presented at the 20th International Association of Gerontology and Geriatrics (IAGG), Seoul, Korea, June, 2013
17. Lee J, Lee J, **Jo A**, Ryu H, & Cho K. Re-tweeting about the “end-of-life”: Information sharing on Twitter. Poster presented at the 20th International Association of Gerontology and Geriatrics (IAGG), Seoul, Korea, June, 2013

18. **Jo A.** Perceived Price Fairness for Sport Consumers. Presented at the Sport Marketing Association (SMA), Orlando, FL, 2012

### **FUNDED RESEARCH**

1. Nursing-led Intervention for Newly Diagnosed Type 2 Diabetes Patients with Cancer (Co-I)  
PI: Lisa Scarton, PhD, RN  
6/9/2020-present
2. Healthcare Utilization Outcomes Research in Florida  
Research collaboration with Edward Jimenez, MBA, CEO of UF Shands  
1/1/18 – present
3. Patient Characteristics and Their Influence on Referrals  
PI: Arch G. Mainous III, PhD  
1/1/18 - 6/30-18

### **EDITORIAL EXPERIENCE**

#### **Manuscript Reviewer**

2020-	Journal of Diabetes International Journal of Environmental Research and Public Health International Journal of Obesity American Journal of Human Biology Journal of Medical Internet Research BMC Health Services Research
2019-	Cancer Medicine Asia Pacific Journal of Social Work and Development Journal of Health Care for the Poor and Underserved
2018-	Family Medicine Plos ONE

### **ADVISOR OF ACADEMIC THESIS/DISSERTATION RESEARCH**

Name	Degree Program	Role	Period
Patrick Guyer	MPH	Advisor	June-August 2018
Omari Richins	MPH	Advisor	August 2018-May 2019
Andrew Cristola	MPH	Advisor	August 2018- April 2020
Acadia Jacob	MPH	Advisor	August 2018-April 2020
Andrew Borelli	MPH	Advisor	September 2019-Dec 2019
Emma Crawly	MPH	Advisor	September 2019- April 2020
Zachary Sandoval	MPH	Advisor	September 2019-

Melissa Amundsen	MPH	Advisor	September 2019- April 2020
Matthew Taddeo	MPH	Advisor	August 2019-
Gianna Guitierrez	MPH	Advisor	August 2019-
Shiyuan Huang	MPH	Advisor	August 2019-
Pamela McFarlane	MPH	Advisor	August 2019-
Sarah Fleischman	Undergrad	Honors Program Thesis Advisor	January 2018-May 2019
Kevin To	Undergrad	Honors Program Thesis Advisor	May 2019- April 2020
Samantha Schwartz	Undergrad	Honors Program Thesis Advisor	May 2020-
Hend Mansmoor	PhD	Dissertation Committee Member	September, 2018-August 2019
Young-Rock Hong	PhD	Dissertation Committee Member	April, 2019-Dec 2019
Janet Lopez	PhD	Dissertation Committee Member- External	August 2020-

### TEACHING ACTIVITY

2018 Summer-present	HSA6114: Health Care System and Policy
2018 Fall-present	HSA6115: Introduction to Management of Healthcare Services Organizations
2019 Spring-present	HSA6126: US Health Insurance
2016 Fall	Lecture: Managed care Case Studies: Current US Healthcare Issues HSA 6114: Introduction to US Health Care System University of Florida
2015 Spring	Lecture: Strategic Planning with Electronic Health Records in Health services PHC 4117: Public Health Management and Leadership University of Florida
2015 Fall	Lectures: Case Study about E-cigarette in Public Health Lecture: Continuous Quality Improvement (CQI) Measurement Lecture: Case Study about Leadership in Health Services Organizations HSA 6115 Introduction to management of Health Services Organizations University of Florida
2014 Spring	Lecture: Ethics in Public Health PHC 4117: Public Health Management and Leadership University of Florida
2014 Fall	Lectures: Case Study about E-cigarette in Public Health

HSA 6115 Introduction to management of Health Services  
Organizations

*Florida State University*

2012-2013 Instructor in Lifetime Activity  
Stretching and Relaxation, and Tennis

**EMPLOYMENT EXPERIENCE**

2017 Research Assistant to CEO Edward Jimenez  
University of Florida Shands Hospital

2015-2017 Research Assistant  
Department of Health Services Research, Management and Policy  
University of Florida

2013-2017 Teaching Assistant  
Department of Health Services Research, Management and Policy  
University of Florida

2012-2013 Graduate Assistant  
Lifetime Activity Program Instructor  
Florida State University

2009 International Teaching Assistant in Basic Statistics and Algebra  
Department of Global Business, Akita International University

**HONORS & AWARDS**

2020 Fall Selected as a Dean's Citation Paper Award, "Is there a benefit to patients using wearable devices such as Fitbit or Health Apps on Mobiles?: A systematic review".

2019 Fall Selected as a Dean's Citation Paper Award, "Informational value of percent body fat with body mass index for the risk of abnormal blood glucose: a nationally representative cross-sectional study".

2019 Spring Selected as a Featured Article, "Informational value of percent body fat with body mass index for the risk of abnormal blood glucose: a nationally representative cross-sectional study". *Year in Review 2018. UF Diabetes Institute*

2016 Spring Distinguished Paper, "Prevalence of Prediabetes and Abdominal Obesity Among Healthy Weight Adults: 18-Year Trend". *Society of Teachers of Family Medicine (STFM.org)*.

2014-2017 Dean's Award  
University of Florida

2012 Fall Southern Scholarship Foundation  
Florida State University

2012 Graduate Teaching Assistantship Scholarship  
Florida State University



## **MEMBERSHIP**

2020-present Association of University Programs in Health Administration  
 2019-present UF Health Cancer Center, Cancer Population Science Workgroup  
 2017-present North American Primary Care Research Group (NAPCRG)  
 2014-present AcademyHealth  
 2012-2012 Sport Marketing Association (SMA)  
 2012-2012 North American Society for Sport Management (NASSM)

## **NONACADEMIC EXPERIENCE.**

2009 Spring English tutor in Community Middle School  
 Akita International University  
 Fall English tutor in Hapcho Program  
 Akita International University  
 2008 Summer Volunteer as an Event Administrator  
 2008 Summer Special Olympics in Korea  
 2007 Summer Volunteer as Translator worked at the Exchange seminar with Tokyo  
 Metropolitan University  
 Ewha Womans University  
 2007 Spring Student Association at Department of Economics  
 Ewha Womans University

## **CERTIFICATIONS & PROFESSIONAL SKILLS**

1. Program for Instructional Excellence (PIE) Certificate, Florida State University, 2013
2. Knowledge of SAS, SUDAAN and STATA