

Suzanne Nobrega, PhD

Curriculum Vitae

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[Google Scholar Profile](#)

CURRENT POSITION

Associate Center Director and Outreach Director, Center for Promotion of Health in the New England Workplace, Biomedical Engineering Department, University of Massachusetts Lowell

- Lead and oversee the Total Worker Health outreach, communication, implementation and dissemination research activities. Manage project budget; oversee operations, internal and external partnerships, create workplans to ensure progress towards aims; progress reports.
- Hire, supervise, evaluate personnel (staff, students, consultants) associated with outreach activities.
- Assist center director with managing center leadership team; convene and provide overall direction to academic cross-project, cross-institutional teams, external advisory groups, liaising with funders, and center policy development.
- Design and manage center-level evaluation activities; develop research and evaluation data collection instruments, perform and/or guide data analysis as necessary; abstract results for publications, presentations, reports. Develop relevant regulatory paperwork for study administration (e.g., IRB application, informed consents).
- Develop research-to-practice tools: write program user guides, survey user manuals, employer survey report templates, website toolkit portal content; and coordinate user evaluation for quality improvement.
- Design continuing professional education eLearning programs and training materials; evaluate training effectiveness, assure quality.

EDUCATION

Ph.D. Research and Evaluation in Education, University of MA Lowell, Lowell, MA

M.S. Human Nutrition, Health Communications, Cornell University, Ithaca, NY

B.S. Nutritional Science, University of Delaware, Newark, DE

Non-degree graduate coursework (University of Massachusetts): Instructional Design of Online Courses, Introduction to Biostatistics and Epidemiology, Introduction to SAS, Intervention Research, Healthy Work Organization Design, Qualitative Research Methods, Introduction to Work Environment.

HIGHER EDUCATION EMPLOYMENT

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| 2018 – present | Associate Center Director and Outreach Director, Center for Promotion of Health in the New England Workplace, University of Massachusetts Lowell, Lowell MA |
| 2008 - 2018 | Outreach Director and Principal Investigator, Center for Promotion of Health in the New England Workplace, University of Massachusetts Lowell, Lowell MA |
| 2006 – 2008 | Research Project Manager, Center for Health Promotion in the New England Workplace, University of Massachusetts Lowell, Lowell MA |
| 2003 – 2006 | Health Communications Consultant, Harvard Prevention Research Center on Nutrition and Physical Activity, Harvard School of Public Health, Boston, MA |
| 2005 | Grant Writer Consultant, University of Massachusetts Medical School, Worcester, MA |

PUBLIC HEALTH EMPLOYMENT

- 2000 – 2003 Associate Director, State and Chapter Initiatives, March of Dimes Birth Defects Foundation, National Office, White Plains, NY
Developed local campaign objectives, activities, and evaluation strategy to assure consistency and alignment of chapter activities with national folic acid campaign goals. Assessed and communicated best practices. Managed state grant program to build education infrastructure.
- 1997 – 2003 Manager, Community Health Programs, March of Dimes Birth Defects Foundation, National Office, White Plains, NY
Oversaw program portfolio focused on preconception/prenatal health and teen pregnancy prevention implemented in chapter affiliates. Developed policy/practice guidelines, training.
- 1994 – 1997 Regional Program Director, March of Dimes Birth Defects Foundation, Northeast Regional Office, Westboro MA
Provided consulting and training services to chapter affiliates in 16 states on volunteer management, community needs assessment, program planning, and grants administration to help chapters meet quality standards for program delivery.
- 1991 – 1994 Health Education Coordinator, Massachusetts Chapter, March of Dimes Birth Defects Foundation Dedham MA

TEACHING EXPERIENCE

Higher Education

- 2023 – Guest Speaker, "Using NVivo for Qualitative Data Coding and Analysis," Qualitative Research, UML.
- 2022 – Adjunct Instructor, Public Health Capstone Course (PUBH.4100), University of MA Lowell.
- 2021 – Developer, Instructor, "Total Worker Health for Occupational Safety and Health Professionals" eLearning course (asynchronous online learning). University of MA Lowell (Brainshark.com).
- 2021 – Preceptor/student supervisor to 6 students 2013 - 2021, Public Health Practicum. University of MA Lowell.
- 2020 – Guest Lecturer, "Assessing Organizational Readiness for Total Worker Health" lecture for Public Health Program Planning course, University of North Carolina Chapel Hill.
- 2016, 2015 – Guest Lecturer, "Total Worker Health," "Job Stress," "Worksite Wellness" lectures for Introduction to Work Environment, Public Health Program Planning courses. University of Massachusetts Lowell
- 2008 to present – Supervisor to 16 master's and doctoral Graduate Research Assistants in Community Health, Public Health, Community Social Psychology, Ergonomics. University of Massachusetts Lowell.
- 1990 Teaching Assistant, Taught food science laboratory course (2 semesters). Cornell University.

CURRICULUM DEVELOPMENT

Professional Continuing Education

- Total Worker Health for Occupational Safety and Health Professionals continuing education. Co-developed and taught 18-module online curriculum in Brainshark. September 2021 (www.uml.edu/CPH-NEWCE)
- Ergonomics in Healthcare Continuing Education for Nurses. Produced 6-module online course. Sept 2018 (www.uml.edu/CPH-NEWCE)
- Job Stress Continuing Education Program for Nurses. Produced 5-module online course. Jan 2014 (www.uml.edu/CPH-NEWCE)

Dimensions of Wellbeing 8-day intensive conference course, American Association of Occupational Health Nurses, Boston, MA (March 2015)

Introduction to a Healthy Workplace Participatory Program 6-week program implementation training course (virtual) University of MA Lowell (May 2014)

K-12 and After School Childcare

Food and Fun After School Childcare Curriculum. Harvard School of Public Health, Boston, MA (2006) (2003)

Developed after school childcare nutrition and physical activity program guidelines, curriculum, parent communications, and data collection instruments for YMCA of the USA <http://www.ymca.org/foodandfun.org/>

Planet Health, 2nd Edition Curriculum Harvard School of Public Health, Boston, MA (2003)

Coauthored an interdisciplinary middle school curriculum on nutrition and physical activity. July 2007, Human Kinetics USA <http://www.planethealth.org/programOverview.cfm>

RESEARCH AND EVALUATION EXPERIENCE

2024–present Co-Director and Outreach PI. Total Worker Health Research to Practice Hub. University of Massachusetts Lowell

2018–2024 Associate Center Director and Outreach PI. Total Worker Health Research to Practice Hub. University of Massachusetts Lowell

2016–2018 Outreach Principal Investigator. Total Worker Health Dissemination and Implementation Hub. University of Massachusetts Lowell

2015–2018 Program Evaluator Massachusetts Department of Public Health Working on Wellness Program University of Massachusetts Lowell

2011–2016 Principal Investigator. Safety and Health Communication/Dissemination/Education project University of Massachusetts Lowell

2011–2013 Evaluation and Training National Healthy Worksite Program, University of Massachusetts Lowell

2008–2011 Co-Principal Investigator Outreach

of the 15th Conference of the European Academy of Occupational Health Psychology: Supporting Knowledge Comparison to Promote Good Practice in Occupational Health Psychology

Nobrega S, Ghaziri ME, Giacobbe L, Rice S, Punnett L, Edwards K. (2021) Feasibility of Virtual Focus Groups in Program Impact Evaluation. *International Journal of Qualitative Methods* 20(1)

Nobrega S, Morocho C, Robertson MM, Kurowski A, Rice S, Henning RA. (2021) mixed method approach to tailor implementation of a participatory Total Worker Health Program. *International Journal of Workplace Health Management* 14(4):409-425.

Robertson MM, Tubbs D, Henning RA, Nobrega S, Calvo A, Murphy LA. (2021) Assessment of Organizational Readiness for Participatory Occupational Safety, Health, and Wellbeing Programs. *Work* 69(4):1317-1342.

Punnett L, Nobrega S, Zhang Y, Rice S, Gore R, Kurowski A, & SHIFT Project Research Team. (2020) and Health through Integrated, Facilitated Teams (SHIFT) stepped protocol for prospective, mixed methods evaluation of the Healthy Workplace Participatory Program. *BMC Public Health* 20, 1463.

Punnett L, Cavallari M, Henning RA, Nobrega S, Dugar AG, Cherniack M. (2020) Defining integration for Total Worker Health: A new proposal. *Annals of Work Exposures and Health* 64(3):223-235

Ryan M, Erck L, McGovern L, McCabe K, Nobrega S, Li W, Lin WC, Punnett L. (2019) "Working on Wellness:" protocol for a worksite health promotion program for employees. *BMC Public Health* 19(1):111.

Nobrega S, Kernan L, Planklakbarova B, Robertson M, Warren N and Henning R. (2017) Field tests of a

Zhang Y, Flum N, Nobrega S, Blais L, Qamili S, Punnett L. Work organization and health issues in long care centers. *Gerontol Nurs*. 2011 May; 37(5):432.

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

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. *Workplace Behavioral Health*, 25(4), 296-319.

Books

2012 "Using Data and Assessment in Worksite Health Promotion" Centers for Disease Control and Prevention National Healthy Worksite Program webinar series for Employers

2009 "Beyond Breathing: Controlling workplace stressors as part of a comprehensive employee wellness program" Massachusetts Department of Public Health, Working on Wellness training program, June and July 30

CONFERENCES

Panels Organized

2024 Symposium Tailoring Wellbeing: Examining Transformations of the Healthy Workplace Participatory Programs to Address Air Stress (m) US (s) R (o) (g) (a) (m) Elizabeth (e) N (b) (r) (i) (g) (a) (m) E (t) (c) (e) (n) (c) (e) (t) (t) T/Artifact BMC 0 Eur

2013 Champagne, S., Abreu, M., Nobrega, S., Goldstein, M., Montano, I., Lopez, J., Arevalo, S., Bruce, L., & Punnett, L. Obesity/Overweight and the role of working conditions in lower-income workers participatory investigation. APA/NIOSH Work, Stress & Health Conference, Los Angeles, CA

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.

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.