

ANDIARA SCHWINGEL

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EDUCATION

- 2008 **Post-Doctoral Training**
National University of Singapore, Singapore
Asia Research Institute
- 2007 **Doctor of Philosophy**
University of Tsukuba, Japan
Concentration: Sports Medicine
Dissertation: Japanese Brazilians - Examining the Health
Consequences of Immigration and Country of Residence
- 2004 **Master of Science**
University of Tsukuba, Japan
Concentration: Sports Medicine
- 2000 **Master of Science**
Universidade Federal de Santa Catarina, Brazil
Concentration: Engineering
- 1997 **Bachelor of Education**
Universidade Federal de Santa Catarina, Brazil
Physical Education

PROFESSIONAL EXPERIENCE

- 2009-present **Assistant Professor**
Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
- 2008-2009 **Visiting Scholar**
Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
- 2007-2008 **Post-Doctoral Fellow**
Asia Research Institute
National University of Singapore, Singapore

HONORS AND AWARDS

2012-2015	University of Illinois List of Teachers Ranked as Excellent
2013	College of Applied Health Sciences Phyllis J. Hill Faculty Award for Exemplary Mentoring (University of Illinois)
2010	University of Illinois List of Teachers Ranked as Excellent
2010	American College of Sports Medicine Foundation Award on Behavior Research
2007	Asian Meta Centre for Population and Sustainable Development Analysis Research Fellowship Award
2007	Distinguished Graduate Student Award (University of Tsukuba)
2001-2007	Graduate Studies Fellowship Award "Monbukagakusho" (Japanese Ministry of Education, Culture, Sports, Science and Technology)

REFEREED ARTICLES (selected)

Schwingel, A., Wiley, A., Teran-Garcia, M., McCaffrey, J., Gálvez, P., Hawn, R. (2016). More than help? Volunteerism in US Latino culture. *International Journal of Voluntary and Nonprofit Organizations*, 1-22, doi:10.1007/s11266-016-9731-2.

Bobitt J., **Schwingel A.** (2016). Factors impacting the implementation of evidence-based wellness programs in Illinois Senior Center. *Journal of Aging & Social Policy*, 1-17, doi:10.1080/08959420.2016.1186465.

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Sebastião, E., Gálvez, P. A. E., Bobitt, J., Adamson, B. C., & **Schwingel, A.** (2016). Visual and participatory research techniques: Photo-elicitation and its potential to better inform public health about physical activity and eating behavior in underserved populations. *Journal of Public Health*, 24, 3-7.

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Schwingel, A., Linares, D. E., Gálvez, P., Adamson, B., Aguayo, L., Bobitt, J., Marquez, D. X. (2015). Developing a culturally sensitive lifestyle behavior change program for older Latinas. *Qualitative Health Research*, 25(12), 1733–1746.

Galvez, P., Valencia, A., Palomino, A. M., Cataldo, M., & **Schwingel, A.** (2015). Communicating about eating behaviors. A qualitative study of Chilean women and

their health-care providers. *International Journal of Qualitative Studies on Health and Well-Being*, 10. Article ID 25979, 10 pages.

Schwingel, A., & Gálvez, P. (2015). Divine interventions: Faith-based approaches to health promotion programs for Latinos. *Journal of Religion and Health*, 5, 16 pages.

Sebastião, E., Chodzko-Zajko, W., & **Schwingel**, A. (2015). An in-depth examination of perceptions of physical activity in regularly active and insufficiently active older African American Women: A participatory approach. *PLoS ONE*, 10(11), 15 pages.

Sebastião, E., Chodzko-Zajko, W., & **Schwingel**, A. (2015). The need to modify physical activity messages to better speak to older African American women: A pilot study. *BMC Public Health*, 15(1), 962, 10 pages.

Balbale, S. N., **Schwingel**, A., Chodzko-Zajko, W., & Huhman, M. (2014). Visual and participatory research methods for the development of health messages for underserved populations. *Health Communication*, 29(7), 728–40.

Kim, K., Chodzko-Zajko, W., **Schwingel**, A., & McDonagh, D. C. (2014). Understanding older individuals' emotional responses to new technology associated with healthy lifestyle choice. *Journal of Physical Education and Sport*, 14(2), 138–147.

Sebastião, E., Ibe-Lamberts, K., Bobitt, J., **Schwingel**, A., & Chodzko-Zajko, W. (2014). Employing a participatory research approach to explore physical activity among older African American women. *Journal of Aging Research*, 2014. Article ID 941019, 8 pages.

Sebastião, E., **Schwingel**, A., & Chodzko-Zajko, W. (2014). Brazilian physical activity guidelines as a strategy for health promotion. *Revista de Saúde Pública*, 48(4), 709–712.

Chodzko-Zajko, W. J., **Schwingel**, A., & Romo-Perez, V. (2013). Response to: Why are physical activity guidelines important?. *Gaceta Sanitaria*, 27(5), 471–472. *In Spanish*.

Benedetti, T. R. B., Dorsi, E., **Schwingel**, A., & Chodzko-Zajko, W. J. (2012). "Convivência" groups: Building active and healthy communities of older adults in Brazil. *Journal of Aging Research*, Article ID 612918, 7 pages.

Benedetti, T. R. B., **Schwingel**, A., Gomez, L. S. R., & Chodzko-Zajko, W. (2012). Program "VAMOS" (Active Living, Enhancing Health): From conception to initial findings. *Revista Brasileira de Cineantropometria & Desempenho Humano*. 14(6), 723-737

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Romo-Perez, V., **Schwingel**, A., & Chodzko-Zajko, W. (2012). Walking among older adults in Spain: Frequency and gender roles. *International SportMed Journal*, 13(4), 180–189.

Sebastião, E., Gobbi, S., Chodzko-Zajko, W., **Schwingel**, A., Papini, C. B., Nakamura, P. M., Kokubun, E. (2012). The International Physical Activity Questionnaire-long form

overestimates self-reported physical activity of Brazilian adults. *Public Health*, 126(11), 967–975.

Benedetti, T. R. B., **Schwingel**, A., & Torres, T. D. L. (2011). Physical activity acting as a resource for social support among older adults in Brazil. *Journal of Human Sport and Exercise*, 6(2), 452–461.

Romo-Pérez, V., **Schwingel**, A., & Chodzko-Zajko, W. (2011). International resistance training recommendations for older adults: Implications for the promotion of healthy aging in Spain. *Journal of Human Sport and Exercise*, 4(6), 639-648.

Chodzko-Zajko, W., & **Schwingel**, A. (2009). Transnational strategies for the promotion of physical activity and active aging: The world health organization model of consensus building in international public health. *Quest*, 61(1), 25–38.

Schwingel, A., Niti, M. M., Tang, C., & Ng, T. P. (2009). Continued work employment and volunteerism and mental well-being of older adults: Singapore longitudinal ageing studies. *Age and Ageing*, 38(5), 531–537.

Bertoldo Benedetti, T. R., Goncalves, L. H., Petroski, E., Nassar, S. M., **Schwingel**, A., & Chodzko-Zajko, W. (2008). Aging in Brazil: Physical activity, socioeconomic conditions, and diseases among older adults in southern Brazil. *Journal of Applied Gerontology*, 27(5), 631–640.

Chodzko-Zajko, W., & **Schwingel**, A. (2008). Successful aging: The role of physical activity. *American Journal of Lifestyle Medicine*, 3(1), 20–28.

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Schwingel, A., Nakata, Y., Ito, L. S., Chodzko-Zajko, W. J., Shigematsu, R., Erb, C. T., ... Tanaka, K. (2007). A comparison of the prevalence of the metabolic syndrome and its components among native Japanese and Japanese Brazilians residing in Japan and Brazil. *European Journal of Cardiovascular Prevention and Rehabilitation*, 14(4), 508–514.

Schwingel, A., Nakata, Y., Ito, L. S., Chodzko-Zajko, W. J., Erb, C. T., Shigematsu, R., ... Tanaka, K. (2007). Central obesity and health-related factors among middle-aged men: a comparison among native Japanese and Japanese-Brazilians residing in Brazil and Japan. *Journal of Physiological Anthropology*, 26(3), 339–347.

Schwingel, A., Nakata, Y., Ito, L. S., Chodzko-Zajko, W. J., Shigematsu, R., Erb, C. T., ... Tanaka, K. (2007). Lower HDL-cholesterol among healthy middle-aged Japanese-Brazilians in São Paulo compared to Natives and Japanese-Brazilians in Japan. *European Journal of Epidemiology*, 22(1), 33–42.

CHAPTERS IN BOOKS

Woods AM, Graber K, Carlson K, **Schwingel A**, & Motl R. Marianna Martinez: Moving toward health and wellness. In Armour (Ed.). *Pedagogical Cases in Sport, Exercise and Movement*. (in press)

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