

ANDIARA SCHWINGEL

1206 South Fourth Street, Champaign, IL 61820 || (217) 333 5443 ||
andiara@illinois.edu || <http://adl.kch.illinois.edu>

EDUCATION

- 2008 Post-Doctoral Training
Asia Research Institute, National University of Singapore
- 2007 Doctor of Philosophy
Sports Medicine, University of Tsukuba
- 2004 Master of Science
Sports Medicine, University of Tsukuba
- 2000 Master of Science
Engineering, Universidade Federal de Santa Catarina
- 1997 Bachelor of Education
Physical Education, Universidade Federal de Santa Catarina

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

Ibe-Lamberts, K., Schwingel, A. Dance and hometown associations are promising strategies to improve physical activity participation among of US Nigerian transnational immigrants. *Journal of Racial and Ethnic Health Disparities* (accepted)

Galvez, P., Vizcarra, M., Palomino, A., Valencia, A., Iglesias, L., Schwingel, A. (2017). The photo-elicitation of food worlds: A study on the eating behaviors of low socioeconomic Chilean women. *Appetite*, 111, 96-104.

Ibe-Lamberts, K., Tshiswaka, D., Osideko, A., Schwingel, A. (2016). Understanding transnational African migrants' perspectives of dietary behavior. *Journal of Racial and Ethnic Health Disparities*. DOI 10.1007/s40615-016-0301-5.

Schwingel, A., Wiley, A., Teran-Garcia, M., McCaffrey, J., Gálvez, P., Vizcarra, M. (2016). "Promotoras" and the Semantic Gap between Latino Community Health Researchers and Latino Communities. *Health Promotion and Practice*. DOI: 10.1177/1524839916670576

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.

Schwingel, A., Gálvez, P., Linares, D. E., Sebastião, E. (2016). Using a mixed methods RE-AIM framework to evaluate community health programs for older Latinas. *Journal of Aging and Health*, 1-43.

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.

Schwingel, A., Sebastião, E., & Chodzko-Zajko, W. (2016). Promoting physical activity in later life: How to respond to frequently asked questions and concerns about physical activity. *Annual Review of Gerontology and Geriatrics, 36*(1), 33-52.

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., 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

Chodzko-Zajko, W. J., Schwingel, A., & Romo-Perez, V. (2012). A critical analysis of physical activity recommendations in Spain. *Gaceta Sanitaria*, 26(6), 525–533. *In Spanish*.

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.

Benedetti, T., Goncalves, L., Petroski, E., Nassar, S., 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.

Schwingel, A., & Chodzko-Zajko, W. (2007). Quality of life and physical activity for old age in Japan. *Revista Brasileira de Cineantropometria & Desempenho Humano*, 9(1) s34-s37. *In Portuguese*.

Schwingel, A., Nakata, Y., Ito, L., Chodzko-Zajko, W., Shigematsu, R., Erb, C., 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., Chodzko-Zajko, W., Erb, C., 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.

Schwingel, A., Filho, D. W., Torres, M., & Petroski, E. (2006). Exercise session promotes antioxidant changes in Brazilian soccer players. *Biology of Sport*, 23(3), 255–265.

Schwingel, A., Nakata, Y., Katayama, Y., Erb, C., Chodzko-Zajko, W., & Tanaka, K. (2006). Effects of protein supplementation on fat-free mass in response to

different weight loss programs in obese women. *Revista Brasileira de Cineantropometria & Desempenho Humano*, 8(3), 5–10.

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)

Schwingel, A (2014). Understanding human aging. In Chodzko-Zajko (Ed.), *The American College of Sports Medicine's Exercise for Older Adults*, LLW, Philadelphia. (pages 1-14)

Chodzko-Zajko W, Schwingel, A & Park, C (2012). Physical activity and exercise in older adults. In Rippe (Ed.), *Encyclopedia of Lifestyle Medicine*, Sage Publications, Thousand Oaks, CA. (pages (2) 901-904)

Chodzko-Zajko, W & Schwingel, A (2011). Fitness and health for every age: Older adults ages 65 and older. In Bushman (Ed.), *American College of Sports Medicine's Complete Guide to Fitness and Health*, LLW, Philadelphia. (pages 223-246)