

ANDIARA SCHWINGEL

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

- 2017-present Associate Professor
Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign
- 2009-2016 Assistant Professor
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

RESEARCH & SCHOLARSHIP

Alam, R. B., Ashrafi, S. A., Pionke, J. J., & **Schwingel, A.** (2021). Role of Community Health Workers in Addressing Dementia: A Scoping Review and Global Perspective. *Journal of Applied Gerontology*. <https://doi.org/10.1177/07334648211001190>

Aguayo, L., Ogolsky, B., Teran-Garcia, M., Pinerros-Leano, M., Wiley, A., Lin, J., Aguirre-Pereyra, R., & **Schwingel, A.** (2021). From culture to chromosomes: A mother-child dyadic study of acculturation, telomere lengths and body fat. *Comprehensive Psychoneuroendocrinology*, 5, [100029]. <https://doi.org/10.1016/j.cpniec.2021.100029>

Benedetti, T. R. B., Rech, C. R., Konrad, L. M., Almeida, F. A., Brito, F. A., Chodzko-Zajko, W., & **Schwingel, A.** (2020). Re-thinking Physical Activity Programs for Older Brazilians and the Role of Public Health Centers: A Randomized Controlled Trial Using the RE-AIM Model. *Frontiers in Public Health*, 8, [48]. <https://doi.org/10.3389/fpubh.2020.561811>

Yu, H., & **Schwingel, A.** (2019). Associations between sedentary behavior, physical activity, and out-of-pocket health care expenditure: Evidence from Chinese older adults. *Journal of Aging and Physical Activity*, 27(1), 108-115. <https://doi.org/10.1123/japa.2017-0206>

Jansen, T., Aguayo, L., Whitacre, J., Bobitt, J., Payne, L., & **Schwingel, A.** (2019). Diabetes disparities in Illinois. *Preventing Chronic Disease*, 16(2), [180154]. <https://doi.org/10.5888/pcd16.180154>

Bobitt, J., Aguayo, L., Payne, L., Jansen, T., & **Schwingel, A.** (2019). Geographic and social factors associated with chronic disease Self-Management Program participation:

Going the "extra-mile" for disease prevention. *Preventing Chronic Disease*, 16(3), [180385]. <https://doi.org/10.5888/pcd16.180385>

Santos, A. P., Machado, D. R. L., **Schwingel, A.** Chodzko-Zajko, W. J., Alves, T. C., Abdalla, P. P., Venturini, A. C. R., Bollela, V. R., & Navarro, A. M. (2019). Puntos de corte antropométricos para identificar las características de la lipodistrofia en personas que viven con vih/sida: Un estudio observacional. *Nutricion Hospitalaria*, 36(6), 1315-1323. <https://doi.org/10.20960/nh.02715>

Borges, R. A., Tomicki, C., Almeida, F. A., **Schwingel, A.**, Chodzko-Zajko, W., & Benedetti, T. R. B. (2019). Reach of "VAMOS" program in basic healthcare - organizational barriers and facilitators. *Revista Brasileira de Geriatria e Gerontologia*, 22(3). <https://doi.org/10.1590/1981-22562019022.180225>

Schwingel, A., & Chodzko-Zajko, W. J. (2019). Role of Physical Activity in the Health and Wellbeing of Older Adults. In J. M. Rippe (Ed.), *Lifestyle Medicine* (3 ed., pp. 1157-1166). CRC Press. <https://doi.org/10.1201/9781315201108-101>

Aguayo, L., Khan, M., De Leon, R., & **Schwingel, A.** (2019). Use of Geographic Information Systems in Physical Activity Interventions: a Systematic Review. *Progress in Preventive Medicine*, 4(2), e0022. <https://doi.org/10.1097/pp9.0000000000000022>

Vizcarra, M., Palomino, A. M., Iglesias, L., Valencia, A., Gálvez Espinoza, P., & **Schwingel, A.** (2019). Weight Matters—Factors Influencing Eating Behaviors of Vulnerable Women. *Nutrients*, 11(8), [1809]. <https://doi.org/10.3390/nu11081809>

Sebastião, E., Chodzko-Zajko, W., & **Schwingel, A.** (2018). A Snapshot on the Daily Sedentary Behavior of Community Dwelling Older African American Women. *Journal of Black Studies*, 49(2), 114-133. <https://doi.org/10.1177/0021934717741899>

Gálvez-Espinoza, P., Iglesias-Vejar, L., Vizcarra-Catalán, M., Palomino, A. M., Valencia, A., & **Schwingel, A.** (2018). "comemos así porque...". Entendiendo las conductas alimentarias de mujeres chilenas de bajos recursos. *Revista Medica de Chile*, 146(8), 882-889. <https://doi.org/10.4067/s0034-98872018000800882>

Ibe-Lamberts, K., Tshiswaka, D. I., Onyenekwu, I., **Schwingel, A.**, & Iwelunmor, J. (2018). Dance and Hometown Associations are Promising Strategies to Improve Physical Activity Participation Among US Nigerian Transnational Immigrants. *Journal of Racial and Ethnic Health Disparities*, 5(2), 253-260. <https://doi.org/10.1007/s40615-017-0365-x>

Santos, A. P., Navarro, A. M., **Schwingel, A.**, Alves, T. C., Abdalla, P. P., Venturini, A. C. R., De Santana, R. C., & Machado, D. R. L. (2018). Lipodystrophy diagnosis in people living with HIV/AIDS: Prediction and validation of sex-specific anthropometric models. *BMC public health*, 18(1), [806]. <https://doi.org/10.1186/s12889-018-5707-z>

Bobitt, J., & **Schwingel, A.** (2017). Evidence-Based Programs for Older Adults: A Disconnect Between U.S. National Strategy and Local Senior Center Implementation. *Journal of Aging and Social Policy*, 29(1), 3-19. <https://doi.org/10.1080/08959420.2016.1186465>

Schwingel, A., Wiley, A., Teran-Garcia, M., McCaffrey, J., Gálvez, P., & Hawn, R. (2017). More Than Help? Volunteerism in US Latino Culture. *Voluntas*, 28(1), 162-183. <https://doi.org/10.1007/s11266-016-9731-2>

Schwingel, A., Wiley, A. R., Teran-Garcia, M. D. L., McCaffrey, J., Gálvez, P., & Vizcarra, M. (2017). Promotoras and the Semantic Gap Between Latino Community Health Researchers and Latino Communities. *Health Promotion Practice*, 18(3), 444-453. <https://doi.org/10.1177/1524839916670576>

Patricia, G. E., Vizcarra, M., Palomino, A. M., 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. <https://doi.org/10.1016/j.appet.2016.12.040>

Ibe-Lamberts, K., Tshiswaka, D. I., Osideko, A., & **Schwingel, A.** (2017). Understanding Transnational African Migrants' Perspectives of Dietary Behavior. *Journal of Racial and Ethnic Health Disparities*, 4(5), 976-982. <https://doi.org/10.1007/s40615-016-0301-5>

Schwingel, A., Gálvez, P., Linares, D., & Sebastião, E. (2017). Using a Mixed-Methods RE-AIM Framework to Evaluate Community Health Programs for Older Latinas. *Journal of Aging and Health*, 29(4), 551-593. <https://doi.org/10.1177/0898264316641075>

Schwingel, A., & Gálvez, P. (2016). Divine Interventions: Faith-Based Approaches to Health Promotion Programs for Latinos. *Journal of Religion and Health*, 55(6), 1891-1906. <https://doi.org/10.1007/s10943-015-0156-9>

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. <https://doi.org/10.1891/0198-8794.36.33>

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 (Germany)*, 24(1), 1-7. <https://doi.org/10.1007/s10389-015-0698-z>

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), [e0142703].
<https://doi.org/10.1371/journal.pone.0142703>

Gálvez, 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, [25979]. <https://doi.org/10.3402/qhw.v10.25979>

Schwingel, A., Linares, D. E., Gálvez, P., Adamson, B., Aguayo, L., Bobitt, J., Castañeda, Y., Sebastião, E., & Marquez, D. X. (2015). Developing a culturally sensitive lifestyle behavior change program for older latinas. *Qualitative Health Research*, 25(12), 1733-1746. <https://doi.org/10.1177/1049732314568323>

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]. <https://doi.org/10.1186/s12889-015-2317-x>

Sebastiao, E., **Schwingel, A.**, & Chodzko-Zajko, W. (2014). Brazilian physical activity guidelines as a strategy for health promotion. *Revista de saude publica*, 48(4), 709-712. <https://doi.org/10.1590/S0034-8910.2014048005338>

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, [941019]. <https://doi.org/10.1155/2014/941019>

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. <https://doi.org/10.7752/jpes.2014.02022>

Najib Balbale, S., **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), 728-740. <https://doi.org/10.1080/10410236.2013.800442>

Sebastião, E., Chodzko-zajko, W., **Schwingel, A.**, Gobbi, L. T. B., Papini, C. B., Nakamura, P. M., Netto, A. V., Kokubun, E., & Gobbi, S. (2013). Perceived barriers to leisure time physical activity: What Brazilians have to say? *Open Journal of Preventive Medicine*, 03(08), 491-499. <https://doi.org/10.4236/ojpm.2013.38066>

Chodzko-Zajko, W. J., **Schwingel, A.**, & Romo-Pérez, V. (2013). Réplica a: ¿Por qué son importantes las recomendaciones sobre actividad física? *Gaceta Sanitaria*, 27(5), 471-472. <https://doi.org/10.1016/j.gaceta.2012.12.002>

Schwingel, A. (2013). Understanding Human Aging. In W. Chodzko-Zajko (Ed.), *ACSM's Exercise for Older Adults* (pp. 1-14). Wolters Kluwer Health Adis (ESP).

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*, 2012, [612918]. <https://doi.org/10.1155/2012/612918>

Chodzko-Zajko, W., **Schwingel, A.**, & Park, C-H. (2012). Physical Activity and Exercise for Older Adults. In J. M. Rippe (Ed.), *Encyclopedia of Lifestyle Medicine & Health* [16] SAGE Publications Inc.. <https://doi.org/10.4135/9781412994149.n278>

Benedetti, T. R. B., **Schwingel, A.**, Gomez, L. S. R., & Chodzko-Zajko, W. (2012). Programa "VAMOS" (Vida Ativa Melhorando a Saúde): Da concepção aos primeiros resultados. *Revista Brasileira de Cineantropometria e Desempenho Humano*, 14(6), 723-737. <https://doi.org/10.5007/1980-0037.2012v14n6p723>

Sebastião, E., Gobbi, S., Chodzko-Zajko, W., **Schwingel, A.**, Papini, C. B., Nakamura, P. M., Netto, A. V., & Kokubun, E. (2012). The International Physical Activity Questionnaire-long form overestimates self-reported physical activity of Brazilian adults. *Public Health*, 126(11), 967-975. <https://doi.org/10.1016/j.puhe.2012.07.004>

Chodzko-Zajko, W. J., **Schwingel, A.**, & Romo-Pérez, V. (2012). Un análisis crítico sobre las recomendaciones de actividad física en España. *Gaceta Sanitaria*, 26(6), 525-533. <https://doi.org/10.1016/j.gaceta.2011.10.019>

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.

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

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*, 6(4), 639-648. <https://doi.org/10.4100/jhse.2010.64.07>

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. <https://doi.org/10.4100/jhse.2011.62.26>

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. <https://doi.org/10.1093/ageing/afp089>

Chodzko-Zajko, W., **Schwingel, A.**, & Chae Hee Park, H. P. (2009). Successful Aging: The Role of Physical Activity. *American Journal of Lifestyle Medicine*, 3(1), 20-28. <https://doi.org/10.1177/1559827608325456>

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. <https://doi.org/10.1080/00336297.2009.10483598>

Benedetti, T. R., Takase Gonçalves, 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. <https://doi.org/10.1177/0733464808319710>

Schwingel, A., Nakata, Y., Ito, L. S., Chodzko-Zajko, W. J., Shigematsu, R., Erb, C. T., Oba-Shinjo, S. M., Matsuo, T., Shinjo, S. K., Uno, M., Marie, S. K. N., & 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. <https://doi.org/10.1097/HJR.0b013e3280117244>

Schwingel, A., Nakata, Y., Ito, L. S., Chodzko-Zajko, W. J., Erb, C. T., Shigematsu, R., Oba-Shinjo, S. M., Matsuo, T., Shinjo, S. K., Uno, M., Marie, S. K. N., & 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. <https://doi.org/10.2114/jpa2.26.339>

Schwingel, A., Nakata, Y., Ito, L. S., Chodzko-Zajko, W. J., Shigematsu, R., Erb, C. T., Souza, S. M., Oba-Shinjo, S. M., Matsuo, T., Marie, S. K. N., & 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. <https://doi.org/10.1007/s10654-006-9093-y>

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

Schwingel, A., Nakata, Y., Katayama, Y., Erb, C. T., Chodzko-Zajko, W. J., & 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 e Desempenho Humano*, 8(3), 5-10. <https://doi.org/10.1590/%25x>

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