

BIOGRAPHICAL SKETCH

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NAME: Gallo, Linda C.

eRA COMMONS USER NAME (credential, e.g., agency login): lgallo

POSITION TITLE: Professor

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	END DATE	FIELD OF STUDY
Southern Illinois University, Carbondale, IL	BS	05/1989	Psychology
University of Utah, Salt Lake City, UT	MS	05/1996	Clinical Psychology/Health Specialty
University of Utah, Salt Lake City, UT	PHD	05/1998	Clinical Psychology/Health Specialty
University of Pittsburgh, PA	Postdoctoral	08/2000	Cardiovascular Behavioral Medicine

A. Personal Statement

I am a Professor of Psychology with 20 years of postdoctoral research experience focused on understanding psychosocial and sociocultural factors in cardio-metabolic conditions [cardiovascular disease (CVD), diabetes] and developing and testing culturally appropriate interventions to reduce risk and improve outcomes for these conditions in Hispanics/Latinos. I have served as PI or Co-I for more than 20 NIH grants and have published more than 170 peer reviewed publications. I have been a Co-Investigator (Co-I) for the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) San Diego field center since its initiation, and Co-PI of the San Diego Field Center since 2018. I am Principal Investigator (PI) for the "SOL CASAS" Ancillary Study of neighborhood environments and cardiometabolic risk and I served as PI for the HCHS/SOL Sociocultural Ancillary Study. I am San Diego Consortium PI for SOL INCA, which is examining vascular and genetic risk determinants and cognitive aging and Alzheimer's Disease risk in the HCHS/SOL cohort, and for SOL INCA MRI, which is collecting MRI measures of brain structure in a subset of these participants. I am also PI on three NIH-funded randomized clinical trials testing behavioral/psychosocial interventions to improve patient care and outcomes in Hispanics/Latinos with chronic cardiometabolic conditions. I have substantial teaching and mentoring experience from the undergraduate to early career level.

B. Positions and Employment

2000 - 2001 Assistant Professor, Department of Psychology, Kent State University
 2001 - 2006 Assistant Professor, Department of Psychology, San Diego State University
 2006 - 2011 Associate Professor, Department of Psychology, San Diego State University
 2011 – Professor, Department of Psychology, San Diego State University
 2015 - Co-Director, South Bay Latino Research Center

Other Experience and Professional Memberships

2005 - Ad-Hoc Study Section Reviewer, NIH (Multiple)
 2008 - Editorial Board, Psychosomatic Medicine
 2009 - Editorial Board, Annals of Behavioral Medicine

Honors

2004 Outstanding Contribution to Health Psychology, American Psychological Association (APA), Division 38, Young Investigator Award
 2005 Early Career Honorary Recognition Award, Society of Behavioral Medicine
 2008 Distinguished Scientific Award for Early Career Contribution to (Health) Psychology, APA
 2009 Fellow, Society of Behavioral Medicine

2012 Fellow, APA and APA Division 38
2013 & 2015 Most Influential Professor, SDSU/UCSD Joint Doctoral Program in Clinical Psychology
2016 SDSU Alumni Award for Outstanding Faculty Contributions

C. Contributions to Science. (*Mentees shown in italics*)

1. **Developing innovative models to understand health disparities.** Social and psychological factors are fundamental to understanding socioeconomic and ethnic/racial disparities in health. Much of the work in this area has lacked the theoretical grounding necessary to drive scientific advances. Early in my career, I developed the *Reserve Capacity Model* as a framework for elucidating psychosocial factors in socioeconomic status (SES) health disparities. I later modified this framework to emphasize sociocultural variables in ethnic/racial disparities, with a specific focus on Latino/Hispanic health. Publications describing these models and associated studies and reviews have guided my work and that of numerous researchers in the area, have been published in top-tiered journals, and are widely cited.
 - a. **Gallo LC**, Carlson JA, Sotres-Alvarez D, Sallis JF, Jankowska MM, Roesch SC, Gonzalez F 2nd, Geremia CM, Talavera GA, Rodriguez TM, Castañeda SF, Allison MA. The Hispanic Community Health Study/Study of Latinos Community and Surrounding Areas Study: sample, design, and procedures. *Ann Epidemiol.* 2019 Feb;30:57-65. PMID: [30551973](#); PMCID: [PMC6415666](#).
 - b. **Gallo LC**, Penedo FJ, Carnethon M, Isasi CR, Sotres-Alvarez D, Malcarne VL, Roesch SC, Youngblood ME, Daviglius ML, Gonzalez P, Talavera GT. The Hispanic Community Health Study/Study of Latinos Sociocultural Ancillary Study: Sample, design, and procedures. *Ethn Dis.* 2014 Winter;24(1):77-83. PMID: [24620452](#); PMCID: [PMC3986116](#).
 - c. Matthews KA, **Gallo LC**. Psychological perspectives on pathways linking socioeconomic status and physical health. *Annu Rev Psychol.* 2011;62:501-30. PMID: [20636127](#); PMCID: [PMC3121154](#).
 - d. **Gallo LC**, Matthews KA. Understanding the association between socioeconomic status and physical health: Do negative emotions play a role?. *Psychol Bull.* 2003 Jan;129(1):10-51. PMID: [12555793](#). ([1200+ Google Scholar citations](#)).
2. **Understanding sociocultural factors cardiometabolic risk.** Sociocultural factors relate to cardiometabolic disorders with effects of similar magnitude to traditional risk factors such as smoking and hypertension. Until recently, little research had examined these associations in Hispanics/Latinos, who are vulnerable to social adversities (e.g., discrimination, low SES), while also benefitting from unique cultural resources (e.g., strong social networks, family cohesion). My research has advanced science in this area through observational trials identifying central sociocultural factors in cardiometabolic health of San Diego area Latinas (R01HL081604 & R56 HL081604, Gallo), and Hispanic/Latino adults nationally [HCHS/SOL ancillary study (AS); RC2HL101649, Gallo & Penedo]. I have extended this work to examine multi-level sociocultural factors in Hispanic/Latino youth health (SOL AS; R01HL10213020, Isasi & Ayala) and neighborhood environments in cardiometabolic risk (SOL AS; R01DK106209-04 Gallo & Allison). This body of work highlights the roles of adversity and chronic stress, and protective factors such as social support, in Hispanic/Latino cardiometabolic health. The studies also point to the relevance of behavioral pathways, including physical activity and sleep, that underlie these associations.
 - a. **Gallo LC**, Roesch SC, Bravin JI, Savin KL, Perreira KM, Carnethon MR, Delamater AM, Salazar CR, Lopez-Gurrola M, Isasi CR. Socioeconomic adversity, social resources, and allostatic load among Hispanic/Latino Youth: The Study of Latino Youth. *Psychosom Med.* 2019 Apr;81(3):305-312. PMID: [30633066](#); PMCID: [PMC6443433](#).
 - a. *McCurley JL*, Penedo F, Roesch SC, Isasi CR, Carnethon M, Sotres-Alvarez D, Schneiderman N, Gonzalez P, Chirinos DA, Camacho A, Teng Y, **Gallo LC**. Psychosocial factors in the relationship between socioeconomic status and cardiometabolic risk: The HCHS/SOL Sociocultural Ancillary Study. *Ann Behav Med.* 2017 Aug;51(4):477-488. PMID: [28130624](#); PMCID: [PMC5529279](#).
 - b. **Gallo LC**, *Fortmann AL*, *McCurley JL*, Isasi CR, Penedo FJ, Daviglius ML, Roesch SC, Talavera GA, Gouskova N, Gonzalez F 2nd, Schneiderman N, Carnethon MR. Associations of structural and functional social support with diabetes prevalence in U.S. Hispanics/Latinos: Results from the HCHS/SOL Sociocultural Ancillary Study. *J Behav Med.* 2015 Feb;38(1):160-70. PMID: [25107504](#); PMCID: [PMC4349398](#).
 - c. **Gallo LC**, Roesch SC, *Fortmann AL*, Carnethon MR, Penedo FJ, Perreira K, Birnbaum-Weitzman O, Wassertheil-Smoller S, Castañeda SF, Talavera GA, Sotres-Alvarez D, Daviglius ML, Schneiderman

N, Isasi CR. Associations of chronic stress burden, perceived stress, and traumatic stress with cardiovascular disease prevalence and risk factors in the Hispanic Community Health Study/Study of Latinos Sociocultural Ancillary Study. *Psychosom Med*. 2014 Jul-Aug;76(6):468-75. PMID: [24979579](#); PMID: [PMC4349387](#).

3. **Interventions to reduce chronic disease disparities among Hispanics/Latinos.** In recent research, I have applied findings from these conceptual and epidemiological studies to inform and test culturally appropriate, “real world” prevention and intervention programs to improve Hispanic/Latino cardiometabolic health and reduce disparities. Our trials have shown preliminary effectiveness of a peer educator led diabetes prevention intervention for Latinas with gestational diabetes history in improving physiological indicators of diabetes risk (Philis-Tsimikas et al, 2014), and have demonstrated that an efficient text-based intervention, versus usual care, improves glycemic control in Hispanics/Latinos with poorly controlled diabetes (Fortmann et al., 2017). I am now serving as mPI for 3 ongoing randomized trials (R18 DK104250-04; NR015754-04; R01DK112322-03; Gallo & Philis-Tsimikas, mPIs) in this area. Unique features of the interventions we are testing include delivery by low-cost personnel working at top of license, technological advances to improve patient adherence and provider-patient communication, and integrated models that address both behavioral and physical healthcare needs of underserved patients of San Diego federally qualified health centers, and a local safety net hospital.
 - a. *McCurley JL, Fortmann AL, Gutierrez AP, Gonzalez P, Aamad A, Philis-Tsimikas A, & Gallo LC.* (2017). Pilot test of a culturally appropriate tailored diabetes prevention intervention for at-risk Latina women. *Diabetes Educ*. 2017 Dec;42(6):631-640. PMID: [29059040](#); PMID: [PMC5849058](#).
 - b. *Fortmann AL, Gallo LC, Garcia MI, Taleb M, Euyoque JA, Clark T, Skidmore J, Ruiz M, Dharkar-Surber S, Schultz J, Philis-Tsimikas A.* Dulce Digital: An mHealth SMS-based intervention improves glycemic control in Hispanics with type 2 diabetes. *Diabetes Care*, 2017; Oct;40(10):1349-1355. PMID: [28600309](#); PMID [PMC5606313](#).
 - c. *McCurley JL, Gutierrez AP, Gallo LC.* Diabetes prevention in U.S. Hispanic adults: A systematic review of culturally tailored interventions. *Am J Prev Med*. 2017 Apr;52(4):519-529. PMID: [27989451](#); PMID: [PMC5362335](#).
 - d. *Philis-Tsimikas A, Fortmann AL, Dharkar-Surber S, Euyoque JA, Ruiz M, Schultz J, Gallo LC.* Dulce Mothers: An intervention to reduce diabetes and cardiovascular risk in Latinas after gestational diabetes. *Transl Behav Med*. 2014 Mar;4(1):18-25. PMID: [24653773](#); PMID: [PMC3958598](#).
4. **Training and workforce development.** I am strongly invested in training to enhance diversity in the scientific and healthcare workforce, as a means of accelerating efforts to reduce health disparities. As Professor of Psychology at SDSU, a Hispanic Serving Institution, I have been principal research advisor for more than 150 undergraduate trainees, more than 20 masters or doctoral students, four post-doctoral trainees, and have mentored numerous early stage investigators. The vast majority of these trainees have been from racial/ethnic groups that are historically underrepresented in science. I have served as a Co-I and mentor on training programs designed to foster scientific diversity, particularly among Hispanics/Latino trainees (e.g., R25 MD006853; R25 HL105430). I have also mentored and co-mentored trainees who have obtained NIH-funded diversity supplements or other individual (e.g., F31, K23) or institutional (e.g. T32) funding to support their research and training. Many of my former pre- and post-doctoral trainees have gone on to positions as independent scientists, and many undergraduate trainees have successfully pursued medical or doctoral graduate training. Representative publications highlighting the recent work of my trainees and mentees are shown below.
 - a. *Bravin JJ, Gutierrez AP, McCurley JL, Roesch SC, Isasi CR, Delamater AM, Perreira KM, Van Horn L, Castañeda SF, Pulgaron ER, Talavera GA, Daviglius ML, Lopez-Class M, Zeng D, Gallo LC.* Extra-familial social factors and obesity in the Hispanic Community Children's Health Study/Study of Latino Youth. *J Behav Med*. 2019 Mar 25;PubMed PMID: [30911873](#).
 - b. *López-Cevallos DF, Gonzalez P, Bethel JW, Castañeda SF, Isasi CR, Penedo FJ, Ojeda L, Davis SM, Chirinos DA, Molina KM, Teng Y, Bekteshi V, Gallo LC.* Is there a link between wealth and cardiovascular disease risk factors among Hispanic/Latinos? Results from the HCHS/SOL sociocultural ancillary study. *Ethn Health*. 2018 Nov;23(8):902-913. PubMed PMID: [28385069](#); PubMed Central PMID: [PMC5796865](#).

- c. *Gutierrez AP, Fortmann AL, Savin K, Clark TL, Gallo LC.* Effectiveness of diabetes self-management education programs for US Latinos at improving emotional distress: A systematic review. *Diabetes Educ.* 2019 Feb;45(1):13-33. PMID: [30569831](#); PMCID: [PMC6391176](#).
- d. *González P, Nuñez A, Merz E, Brintz C, Weitzman O, Navas EL, Camacho A, Buelna C, Penedo FJ, Wassertheil-Smoller S, Perreira K, Isasi CR, Choca J, Talavera GA, Gallo LC.* Measurement properties of the Center for Epidemiologic Studies Depression Scale (CES-D 10): Findings from HCHS/SOL. *Psychol Assess.* 2017 Apr;29(4):372-381. PMID: [27295022](#); PMCID: [PMC5154787](#).

<https://www.ncbi.nlm.nih.gov/sites/myncbi/linda.gallo.1/bibliography/47617036/public/?sort=date&direction=descending> (For full bibliography)

D. Additional Information: Research Support

Current Research Support (Most Relevant First)

NIH/NHLBI 1 75N92019D00014-01 Talavera, Gregory A (PI) 11/30/18-11/29/24
Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Field Center

The scientific aims of the renewal of the HCHS/SOL are to: (1) Further investigate the relationship between baseline health profile and future fatal and non-fatal cardiovascular pulmonary disease events in the whole cohort, and by Hispanic/Latino heritage group; (2) Identify putative causes for diseases and conditions highly prevalent among all or some Hispanic/Latino heritage groups [e.g., diabetes mellitus, asthma, chronic obstructive pulmonary disease, left ventricular hypertrophy]; and (3) Assess the impact of changes in socioeconomic factors, acculturation, and access to medical care on the health of the cohort.

Role: Co-PI

NIH/NIDDK 5 R01 DK106209-04 Gallo, Linda C (PI) & Allison, Matthew (PI) 07/01/15-06/30/19
Neighborhood Environments and Cardiometabolic Disorders in Hispanic/Latinos ("SOL CASAS")

The major goal of this project is to test an innovative, comprehensive, socio-ecological model of built and social neighborhood influences on cardiometabolic health in Hispanics/Latinos from the San Diego HCHS/SOL cohort.

Role: PI

NIH/NIA 7 R01 AG048642-05 Gonzalez, Hector (PI) 09/01/15-04/30/20
Study Latinos-Investigation of Neurocognitive Aging/ SOL Neurocognitive Ancillary Study (SOL INCA)

This study is examining the prevalence and progression of cognitive impairment in participants (45 years and older) from the HCHS/SOL, and associations among cognitive function, genetic predisposing factors, and cardiovascular disease risk factors over time.

Role: SDSU Consortium PI

NIH/NIA 5 R01 AG054548-02 DeCarli, Charles (PI) 07/15/17-06/30/22
Study of Latinos: SOL INCA MRI

The SOL-INCA-MRI ancillary study conducting comprehensive MRI quantification in 2800 HCHS/SOL participants (ages 18 to 74 when enrolled) with normal and impaired cognition. Indicators of vascular brain injury, and measures of cortical volume, cortical thickness and hippocampal volume will be used to estimate Alzheimer's related patterns of cerebral atrophy. In addition, fine-scale population structure will be used to identify novel genetic loci for MRI-defined cardiovascular and structural endophenotypes and their neurocognitive outcomes in the subset of participants also enrolled in "SOL-INCA".

Role: SDSU Consortium PI

NIH/NIDDK 1 R01 DK116028-01A1 Siega-Riz, AM (PI) & Sotres-Alvarez, D (PI) 09/18/18-06/30/23
Preconceptional health of Latinas and its association with child adiposity – Ancillary Study (SOL FLOR)

The goals of this ancillary study to the HCHS/SOL are to identify early modifiable determinants of child's weight and adiposity status. The study aims to: 1) Examine the association between preconception maternal cardiometabolic markers and diet with child's body fat patterning among Hispanic/Latino children; 2) Identify early childhood predictors of body fat patterning among Hispanic/Latino children; and 3) Examine the

association between preconception cardiometabolic markers and diet with birth outcomes among all women who became pregnant following the HCHS/SOL baseline exam.

Role: Co-Investigator

NIH/NIDDK 5 R01 DK112322-03 Gallo, Linda C (PI) & Philis-Tsimikas, Athena (PI) 09/20/16-11/30/21
An Adaptive mHealth Intervention for Underserved Hispanics with Diabetes (Dulce Digital-ME)

The major goals of this project are to conduct a comparative effectiveness trial of two mHealth, primary-care based intervention approaches designed to improve patient engagement and clinical control in 414 underserved Hispanic/ Latino adults with poorly controlled type 2 diabetes.

Role: PI

NIH/NIDDK 5 R18 DK104250-04 Gallo, Linda C (PI) & Philis-Tsimikas, Athena (PI) 08/1/15-07/31/20
Medical Assistant Health Coaching for Diabetes in Diverse Primary Care Settings (MAC)

The major goal of this project is to evaluate the Medical Assistant Health Coaching (MAC) program, a brief, primary care-based, self-management support intervention that seeks to improve clinical control, self-care and psychosocial outcomes in individuals with poorly controlled type 2 diabetes from two primary care settings.

Role: PI

NIH/NINR 5 R01 NR015754-04 Gallo, Linda C (PI) & Philis-Tsimikas, Athena (PI) 09/29/15-07/31/20
My Bridge to Better Cardio-Metabolic Health and Well-Being (Mi Puente)

The major goal of this project is to conduct a community-based randomized controlled trial to test the effectiveness of "Mi Puente" (my bridge), a nurse and volunteer community patient mentor, care transitions, bridging program for Hispanics/Latinos hospitalized with multiple chronic conditions, who are at high risk for readmissions due in part to corollary behavioral health issues.

Role: PI

NIH/NCCR 5 U54 TR002550-01 Topol, Eric (PI) 05/01/18-04/30/23
Scripps Research Translational Institute (SRTI)

The goal of the SRTI Clinical and Translational Science Award is to create a center that will develop infrastructure for, and pursue research in, translational biomedical science. Dr. Gallo is involved in community engagement efforts designed to link laboratory science discoveries with community-based diabetes risk reduction and care management programs.

Role: SDSU Consortium PI

NIH/NIDDK 5 P30 DK111022-03 Walker, Elizabeth (PI) & Gonzalez, Jeffrey S (PI) 09/20/16-07/30/21
New York Regional Center for Diabetes Translation Research (CDTR)

The major goals of this project are to: 1) Develop a national research network to promote diabetes translational research in Hispanic/ Latinos; 2) Provide consultation and leverage existing resources to support the development of type II translational research with the HCHS/SOL cohort, and newly recruited samples of Hispanic/Latinos; and 3) Develop a national resource bank for psychological, behavioral and socio-cultural assessment instruments.

Role: Co-Investigator