

CURRICULUM VITAE (Abbreviated)

Ana Laura Dengo, PhD

Assistant Professor
Department of Health Professions - Dietetics
James Madison University

EDUCATION

- 2010 PhD Human Nutrition, Foods and Exercise, Virginia Polytechnic Institute and State University
Dissertation: Arterial Destiffening With Weight Loss in Overweight and Obese Middle-Aged and Older Adults
- 2005 MS Human Nutrition, Foods and Exercise, Virginia Polytechnic Institute and State University
Thesis: Intakes of Carbohydrates and Resistant Starch Food Sources Among Regular Exercisers in Blacksburg, VA and San José, Costa Rica
- 2002 BS Human Nutrition, University of Costa Rica

EMPLOYMENT

- 2017-Present Assistant Professor, Department of Health Professions - Dietetics, James Madison University
- 2013-2015 Research Associate, EARTH University
- 2010-2013 Research Associate, INCAP Comprehensive Center for the Prevention of Chronic Diseases, Institute of Nutrition of Central America and Panamá (INCAP), Guatemala and Costa Rica
- 2010-2013 Instructor, School of Nutrition, University of Costa Rica

COURSES TAUGHT AT JMU

- 2017 - Present Assistant Professor, Dept. Health Professions, James Madison University:
- Nutrition for Wellness – Nutr280
 - Global Nutrition – Nutr380
 - Sports Nutrition – Nutr382
 - Physical Activity and Wellness – Nutr545
 - Nutrition Assessment – Nutr652
 - Research Methods in Dietetics – Nutr660/605
 - Research Interpretation in Dietetics – Nutr695

PEER-REVIEWED ARTICLES

Mathien RG, Cochran B, Johnson AK, **Dengo AL**. Rationale for participation in university worksite wellness programs [published online ahead of print, 2023 Jan 3]. *J Am Coll Health*. 2023;1-9. doi:10.1080/07448481.2022.2155827

Bekelman TA, Santamaría-Ulloa C, Dufour DL, Marín-Arias L, **Dengo AL**. Using the Protein Leverage Hypothesis to understand socioeconomic variation in obesity. *Am J Hum Biol* 2017. doi:10.1002/ajhb.22953

Engelgau MM, Sampson UK, Rabadan-Diehl C, Smith R, Miranda J, Bloomfield GS, Belis D, Narayan KM; **NHLBI-UnitedHealth Global Health Centers of Excellence Collaborators**. Tackling NCD in LMIC: Achievements and Lessons Learned From the NHLBI-UnitedHealth Global Health Centers of Excellence Program. *Glob Heart* 2016; 11(1):5-15. doi: 10.1016/j.ghheart.2015.12.016.

Bekelman TA, Santamaría-Ulloa C, Dufour DL, **Dengo AL**. Perceptions of food availability and self-reported dietary intake in urban Costa Rican women: A Pilot Study. *Población y Salud en Mesoamérica (Population and Health in Mesoamerica)* 2016; Volume 13, number 2. <http://dx.doi.org/10.15517/psm.v13i2.22164>

Fort MP, Murillo S, Lopez E, **Dengo AL**, Alvarado-Molina N, de Beausset I, Castro M, Pena L, Ramirez-Zea M and Martinez H. Impact evaluation of a healthy lifestyle intervention to reduce cardiovascular disease risk in health centers in San Jose, Costa Rica and Chiapas, Mexico. *BMC Health Serv Res* 2015;15:577.

Fernandez-Campos, C, **Dengo AL**, Moncada-Jiménez J. Acute Consumption of an Energy Drink Does Not Improve Physical Performance of Female Volleyball Players. *Int J Sport Nutr Exerc Metab* 2015;25(3): 271-277

Dengo AL, Dennis EA, Orr JS, Marinik EL, Ehrlich E, Davy BM, Davy KP. Arterial Destiffening with Weight Loss in Overweight and Obese Middle-Aged and Older Adults. *Hypertension* 2010;55(4):855-61.

Dennis EA, **Dengo AL**, Comber DL, Flack KD, Davy KP, Davy BM. Water consumption increases weight loss during a hypocaloric diet intervention. *Obesity* 2010;18(2):300-7.

Orr JS, **Dengo AL**, Rivero JM, Davy KP. Arterial Destiffening with Atorvastatin in Overweight and Obese Middle-aged and Older Adults. *Hypertension* 2009;54(4):763-8.

Davy BM, Dennis EA, **Dengo AL**, Wilson KL, Davy KP. Water consumption reduces energy intake at a breakfast meal in obese older adults. *J Am Diet Assoc* 2008;108:1236-9.

PEER REVIEWED ABSTRACTS

Mathien, RG; Carson Sackett, S; Akers, JD; Wenos, DL; **Dengo, AL**. Cycling Workstation: Feasibility Of Breaking-up Sedentary Behavior And Promoting Physical Activity Guidelines: 716. *Medicine & Science in Sports & Exercise*: August 2021 - Volume 53 - Issue 8S - p 242 doi: 10.1249/01.mss.0000761860.43390.53

Shehu, AN; Davidson, BL; Mathien, RG; Robinson, C; Wenos, DL; Hargens, TA; Akers, JD; **Dengo, AL**. Impact Of 12-weeks Of Nordic Walking On Arterial Stiffness In Physically Inactive Overweight-obese Adults: 710. *Medicine & Science in Sports & Exercise*: August 2021 - Volume 53 - Issue 8S - p 240 doi: 10.1249/01.mss.0000761836.97899.6b

Damaj M, Afifi R, DeJong J, **Dengo AL**, Dumit EM, Singh BK. Creating change - a new master's program to promote sustainable human development. MENA Development Conference 2015 (Annual Research Conference of the American University in Cairo). New Cairo, Egypt, March 2015.

Dengo AL, Singh BK, Damaj M, Dumit EM, DeJong J. Building human capacity in sustainable development for global health. Third Latin American and the Caribbean Conference on Global Health; Organized by the School of Public Health (University of Costa Rica) and the Latin American Alliance for Global Health (ALASAG). San José, Costa Rica, November 2014.

Dengo AL, Damaj M, Dumit EM, Afifi R, DeJong J, Singh BK. Global south perspective to “building” ethical change agents to move the sustainable development agenda forward in the global health field. Second Annual International Conference On Sustainable Development Practice (ICSDP), Columbia University, September 2014.

Singh BK, Damaj M, **Dengo AL**, Dumit EM, Afifi R, DeJong J. Transformative learning model and its application to a global masters program in health and sustainable development. 5th Annual CUGH Conference, May 2014.

Singh BK, Damaj M, **Dengo AL**, Dumit EM, Afifi R, DeJong J. Social Entrepreneurship: concept, teachings & relevance for a global masters in health & sustainable development. 5th Annual CUGH Conference, May 2014.

Damaj M, Singh BK, **Dengo AL**, Dumit EM, Afifi R, DeJong J. Creating change - a new master’s program to move global health and sustainable development forward and foster linkages between them. 5th Annual CUGH, May 2014.

Damaj M, Dumit EM, **Dengo AL**, Afifi R, DeJong J, Singh BK. If global health is local health, then where is the south in ‘Global Health’? Elsevier-Health Systems Reform Asia: Equity, Governance and Social Impact. Singapore 2013.

Alvarado N, **Dengo AL**, López E, Castro M, Peña L, deBeausset I, Martínez H, Murillo S. Perceptions of diabetic/hypertensive patients and primary healthcare providers regarding disease management (San José, Costa Rica - Chiapas, México). Experimental Biology 2012, April 2012.

CONFERENCE PRESENTATIONS

Mathien RG, Carson Sackett S, Akers JD, Wenos DL, **Dengo AL**. Cycling Workstation: Feasibility Of Breaking-up Sedentary Behavior And Promoting Physical Activity Guidelines. American College of Sports Medicine 68th Annual Meeting (virtual). June 1-5, 2021. (**Poster presentation**)

Shehu AN, Davidson BL, Mathien RG, Robinson C, Wenos DL, Hargens TA, Akers JD, **Dengo AL**. Impact of 12-weeks of Nordic Walking on Arterial Stiffness in Physically Inactive Overweight-obese Adults. American College of Sports Medicine 68th Annual Meeting (virtual). June 1-5, 2021. (**Poster presentation**)

Prince Mahidol Award Conference 2015 “Global Health Post-2015: Accelerating Equity”. Bangkok, Thailand, January 2015. (**Organized a side meeting**)

Third Latin American and the Caribbean Conference on Global Health: "Global Health Post-2015 development Agenda: Challenges from the Americas"; Organized by the School of Public Health (University of Costa Rica) and the Latin American Alliance for Global Health (ALASAG). San José, Costa Rica, November 2014. (**Oral presentation**)

Second Annual International Conference On Sustainable Development Practice (ICSDP); Organized by the Global Association of Master’s in Development Practice Programs and the Sustainable Development Solutions Network; Columbia University, New York, September 2014. (**Oral presentation**)

Fifth Annual Global Health Conference: Universities 2.0 – Advancing Global Health in the Post-MDG Era; Consortium of Universities for Global Health; Washington DC, May 2014. (**Poster presentation**)

62nd Annual High Blood Pressure Conference, AHA, Atlanta, Georgia, Sept. 2008. (**Poster presentation**)

SERVICE AT JMU

2022-Present Employee Health and Well-Being sub-committee, President’s Council on Health and Well-being

- 2022-Present madiSTEM Advisory Team member, JMU
- 2020-Present JMU Institutional Review Board, Department of Health Professions representative
- 2019 Valley Scholars Program, JMU (December 7, 2019)
- 2019-2020 Athletic Training Faculty Search Committee, Dept. Health Professions, JMU
- 2019 Hypertension management station at JMU F/S Wellness Fair (October 2019)
- 2018-2020 Interprofessional Education Committee, Dept. Health Professions, JMU
- 2018 Valley Scholars Program, JMU (December 2018)
- 2018-2019 Chair, Dietetics Faculty Search Committee (Clinical Nutrition), Dept. Health Professions, JMU
- 2018-2019 Dietetics Faculty Search Committee (Food Science), Dept. Health Professions, JMU
- 2018 JMU Talent Development Session "Color Your Plate" (June 5, 2018)
- 2018 Co-leader of workshop in Expanding your Horizons-STEM Conference for girls (6th-9th grade) at JMU (March 17, 2018)
- 2017-2018 Admissions and Progression Committee, Dept. Health Professions, JMU
- 2017-2018 Dietetics Program Director Search Committee, Dept. Health Professions, JMU
- 2017 Open House, College of Health and Behavioral Studies, JMU (Nov. 11, 2017)
- 2017 Valley Scholars Program, James Madison University - JMU (December 2, 2017)