

**Lourdes M. Olivas**  
New Mexico State University  
(575) 646-5763  
Email: loumunoz@nmsu.edu

## **Professional Experience**

### **New Mexico State University Extension Family and Consumer Sciences, Extension Associate II, December 2005 – Present**

- ♣ Review and development of curricula for programs in exercise, nutrition, and diabetes.
- ♣ Train community health workers, para professionals, peer leaders, and county agents in programs with a focus in exercise, diabetes management, diabetes prevention, and nutrition for dissemination throughout the state.
- ♣ Writing and submission of grant proposal for implementation of programs and research through local, private, and federal sources.
- ♣ Assist with translations of program forms/surveys and curricula that are used for community programs and distributed throughout the states to para-professionals and Spanish speaking participants.
- ♣ Assist with Fit Families Program as Bilingual Coordinator: translation of curriculum, forms, and surveys, train community health workers, students, and volunteers to help disseminate the program in rural communities, and collect viable data.
- ♣ Preceptor for Dietetic Internship program, mentor interns through their community nutrition rotation, assign tasks and presentations, observe & evaluate presentations and assignments.
- ♣ Chronic Disease Self-Management Program (CDSMP), Master Trainer, assist as a co-facilitator for trainings for facilitating leaders in CDSMP, Diabetes Self-Management, and Tomando workshops.
- ♣ Strong Women Strong Bones leader, delivered the exercise program in Dona Ana County. Trained county agents to conduct senior assessments for data collection. Purchased equipment for all counties delivering the program. (2009 – 2014)
- ♣ Co-coordinated Club Fit program at elementary schools, recruited students for the afterschool program, trained the afterschool staff, and delivered various activities to the students to promote being physically active and healthy. (2007-2009).

## **Education**

Masters, New Mexico State University, 2012.  
Major: Education/ Curriculum and Instruction

Bachelors of Science, New Mexico State University, 2005.  
Major: Kinesiology

## **Licensures and Certifications**

Master Trainer certification for Chronic Disease Self-Management Program, Stanford Patient Education Research Center. (November 6, 2017 - Present).

Prevent T2 Lifestyle coach certification via Solara. (August 2018 - Present).

### **Professional Memberships**

- ♣ National Physical Activity Society. (November 2017 - Present).
- ♣ American Diabetes Association. (March 2014 - Present).
- ♣ Society for Nutrition Education and Behavior. (January 2007 – December 2017).
- ♣ National Extension Association Family Consumer Sciences. (January 2017 - December 2017).

### **Development Activities Attended**

Conference Attendance, "2017 Annual Conference Honor the Past Embrace the Present Define the Future," Society for Nutrition Education and Behavior, Washington, DC, US. (July 20, 2017 - July 24, 2017).

Conference Attendance, "American Diabetes Association (ADA) 77th Scientific Sessions," American Diabetes Association, San Diego, California, USA. (June 9, 2017 - June 13, 2017).

Seminar/Workshop, "Tomando Control de Su Salud leader/master cross training," DOH, Las Cruces, New Mexico, US. (June 3, 2017).

Seminar/Workshop, "Chronic Disease Self-Management - Master Training," Stanford Patient Education Research Center, Palo Alto, California, USA. (May 22, 2017 - May 26, 2017).

Conference Attendance, "4th annual Plant-based Prevention of Disease Conference," Plant-based Prevention of Disease, Albuquerque, New Mexico, US. (May 18, 2017 - May 20, 2017).

Conference Attendance, "Navigating the World of Health," University of Maryland Extension and National Health Outreach Conference, Annapolis, Maryland, USA. (May 2, 2017 - May 4, 2017).

Conference Attendance, "Chronic Diseases: Borderless," Amnet-BCOM and Burrell Institute/Burrell College, Las Cruces, NM, USA. (November 9, 2016 - November 11, 2016).

Conference Attendance, "Society of Nutrition Education and Behaviors," San Diego, CA, USA. (July 29, 2016 - August 3, 2016).

Seminar/Workshop, "Diabetes Self-Management Program MyCD," NMSU Cooperative Extension Services, NMDOH, NM Aging & Long-Term Services, Las Cruces, NM, USA. (July 1, 2016).

Seminar/Workshop, "Chronic Disease Self-Management Program," NMSU Cooperative Extension Services, NMDOH, NM Aging & Long-Term Services, Las Cruces, NM, USA. (June 27, 2016 - June 30, 2016).

- Conference Attendance, "ADA 76th Scientific Sessions," New Orleans, LA, USA. (June 10, 2016 - June 14, 2016).
- Conference Attendance, "National Health Outreach Conference," Virginia Polytechnic Institute & State University and Outreach and International Affairs. (April 6, 2016 - April 8, 2016).
- Conference Attendance, "Southwest Institute for Health Disparities Research," SWIHDR, Las Cruces, NM, USA. (September 11, 2015).
- Seminar/Workshop, "Guidelines for Conducting Health Research with Latino Border Communities and Promotoras de Salud," NM Cares and SWIHDR, Las Cruces, NM, USA. (September 11, 2015).
- Seminar/Workshop, "Million Hearts Training," Chronic Disease Prevention Council and NMDOH, Albuquerque, NM, USA. (June 22, 2015).
- Conference Attendance, "ADA - 75th Scientific Sessions," Boston, MA, USA. (June 4, 2015 - June 9, 2015).
- Seminar/Workshop, "Publish and Flourish," Teaching Academy, Las Cruces, NM, USA. (February 4, 2015 - April 8, 2015).
- Seminar/Workshop, "The Great Conversation," Southern Area Health Education Center, Las Cruces, NM. (August 26, 2014).
- Seminar/Workshop, "Grant Writing & Evaluation," Las Cruces, NM. (August 22, 2014).
- Seminar/Workshop, "Cultural Competency," Southern Area Health Education Center, Las Cruces, NM. (August 7, 2014).
- Seminar/Workshop, "Board Development," Southern Area Health Education Center, Las Cruces, NM. (August 1, 2014).
- Conference Attendance, "Annual Conference - Nutrition Education Impact: Local to Global," SNEB, Milwaukee, Wisconsin, USA. (June 28, 2014 - July 1, 2014).
- Conference Attendance, "Annual Conference - 74th Scientific Sessions," ADA, San Francisco, California, USA. (June 13, 2014 - June 17, 2014).
- Seminar/Workshop, "Master the Art of Working with People," Las Cruces, NM. (January 10, 2014).

## **RESEARCH**

### **Published Intellectual Contributions**

#### **Conference Proceedings**

- Turner, C. W., Olivas, L. M. (2011). *Keep Moving Keep Healthy: An increase in days of exercise shows improvement in systolic blood pressure among individuals with diabetes or at risk for diabetes* (ed., vol. 43, pp. P45). Indianapolis, IN: Society for Nutrition and

Education.

## **Presentations Given**

Olivas, L. M., Head Start Parent Education meetings, Head Start, Anthony, NM. (December 7, 2017).

Banegas-Carreon, L. C., Olivas, L. M., Burrell College of Osteopathic Medicine, "CES History & Philosophy of Extension, Recruitment & Retention in Extension Programming, Extensions Role in the Health of New Mexicans," Burrell College of Osteopathic Medicine, Burrell College of Osteopathic Medicine. (October 2017).

Olivas, L. M., New Mexico Academy of Nutrition and Dietetics, "The Utilization of Community Health Workers Delivering Diabetes Education via On the Road curriculum." Academy of Nutrition and Dietetics, Santa Fe. (April 20, 2017).

Vanderpool, C. (Presenter), Olivas, L. M. (Presenter), 2016 National Health Outreach Conference, "Kitchen Creations: A Cooking School for People with Diabetes," Roanoke, VA. (April 7, 2016).

Olivas, L. M., National Health Outreach Conference, "Can Promotoras Reconnect Individuals to the Healthcare System?" Roanoke, VA. (April 7, 2016).

Turner, C. W., Olivas, L., SNEB Annual Conference, "Promotora impact on participation in community nutrition programs in New Mexico," Society for Nutrition Education and Behavior, Milwaukee, WI. (June 29, 2014).

Olivas, L., Turner, C. W., 74th Scientific Session, "Can promotoras reconnect individuals to the healthcare system?" American Diabetes Association, San Francisco, CA. (June 15, 2014).

Turner, C. W., Olivas, L. M., CDC Diabetes Translation Conference, "Community exercise program improves blood pressure and activity level for those with and at-risk for diabetes," Centers for Disease Control, Minneapolis, MN. (April 2011).

Turner, C. W., Olivas, L. M., Experimental Biology 2011 Annual Meeting, "Community exercise program improves blood pressure and activity level for those with and at-risk for diabetes," Experimental Biology, Washington, DC. (April 2011).

## **Contracts, Grants and Sponsored Research**

### **Sponsored Research**

Garzon, R. (Co-Principal), Olivas, L. M. (Principal), "Fruved / Thrive: Empowering NMSU Students with Necessary Skills in the Areas of Nutrition, Exercise, Stress, Management Social Interactions and Financial Literacy," Sponsored by University of Tennessee - Knoxville, Other, \$3,000.00. (August 1, 2017 - July 31, 2019).

Olivas, L. M. (Co-Principal), Vanderpool, C. (Principal), "Kitchen Creations," Sponsored by NM Department of Health, Local, \$132,500.00. (August 29, 2017 - June 30, 2018).

Turner, C. W. (Principal), Olivas, L. M. (Principal), "Pathways to Better Health through a New Healthcare Workforce and Community Engagement," Sponsored by Joslin Diabetes Center, Private, \$487,726.00. (July 1, 2012 - June 30, 2018).

Olivas, L. M. (Co-Principal), Vanderpool, C. (Principal), "Kitchen Creations," Sponsored by NM Department of Health, Local, \$130,000.00. (July 1, 2016 - June 30, 2017).

### **Grant Proposals**

Banegas-Carreon, L. (Co-Principal), Olivas, L.M. (Co-Principal), "Fit Families," Sponsored by United Way, Local, \$10,000. (Submitted in May 2017, not awarded).

Garzon, R (Principal), Olivas, L.M. (Co-Principal), "Addressing Diabetes Disparities in an Aging Rural Latino Population through Multi-Level Intersectoral Interventions," Sponsored by Merck Foundation, Private, \$500,000. (Submitted February 2017, not awarded).

Banegas-Carreon, L. (Co-Principal), Olivas, L.M. (Co-Principal), "Fit Families," Sponsored by Blue Cross, Blue Shield, Private, \$20,000. (Submitted May 2018, pending).