

# Aarti C. Bhat

Human Development and Family Studies | Center for Healthy Aging  
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## Education

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### **PhD in Human Development and Family Studies and Demography (Expected 2025)**

Graduate Certificate in Translational Science (2023)

The Pennsylvania State University

Advisor: Dr. David M. Almeida

### **MS in Human Development and Family Studies and Demography (2021)**

The Pennsylvania State University

Thesis: Associations Between Housing Insecurity and Health in Midlife with Moderation by Social Support

Advisor: Dr. David M. Almeida

### **BS in Human Development and Family Sciences, BA in Plan II Honors, Summa Cum Laude (2018)**

Minor in Sociology

Certificates in Evidence & Inquiry and Global Business Foundations

The University of Texas at Austin

Thesis: Paternal and Maternal Relationship and C-Reactive Protein and Glucose Levels: Effects and Moderating Factors

Advisor: Dr. Aprile D. Benner

## Honors and Awards

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1. Pre-Doctoral Fellow, Psychosocial Determinants and Biological Pathways to Healthy Aging T32 Training Program, funded by NIA (2023-2024)
2. Pre-Doctoral Fellow, Translational Research TL1 Training Program, funded by NCATS (2022-2023)
3. Recipient of Center for Healthy Aging Travel Funding (2022) - \$600
4. Recipient of Population Research Institute Travel Award (2020, 2022, 2023) - \$800
5. Recipient of College of Health and Human Development Limited Endowment Funding for Dissertation Research and/or Professional Development (2021) - \$500
6. Social Research, Policy, and Practice Outstanding Student Poster Award Finalist: Gerontological Society of America (2021)

7. Pre-Doctoral Fellow, Social Environments and Population Health T32 Training Program, funded by NICHD (2020-2022)
8. Ford Foundation Predoctoral Fellowship Honorable Mention (2020)
9. Marjorie M. Knoll Distinguished Graduate Fellow in the College of Health and Human Development (2019-2020)
10. Plan II Distinguished Graduate—UT Austin (2018)
11. Recipient of Carolyn Frost Keenan Endowed Scholarship in Human Ecology—UT Austin (2017-2018)

## Grants

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1. Interdepartmental Graduate Student Grant (IGSG) in the College of Health and Human Development Recipient: Economic Strain, Gene Expression, and Inflammation in Midlife and Older Adults in the United States - \$1500 (2022-2023)

## Research Interests

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How socioeconomic factors, racial/ethnic discrimination and inequity, and environmental exposures and housing insecurity across the life course contribute to health disparities in adulthood

## Scholarly Publications

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### Peer-Reviewed Publications

1. **Bhat, A. C.**, Almeida, D. M., Fenelon, A., & Santos-Lozada, A. R. (2022). A longitudinal analysis of the relationship between housing insecurity and physical health among midlife and aging adults in the United States. *SSM-Population Health*, 101128.
2. Kang, S., Mondal, A., **Bhat, A. C.**, & Bhat, C. R. (2021). Pooled versus private ride-hailing: A joint revealed and stated preference analysis recognizing psycho-social factors. *Transportation Research Part C: Emerging Technologies*, 124, 102906.
3. Mondal, A., Bhat, C. R., Costey, M. C., **Bhat, A. C.**, Webb, T., Magassy, T. B., Pendyala, R. M., & Lam, W. H. K. (2021). How do people feel while walking? A multivariate analysis of emotional well-being for utilitarian and recreational walking episodes. *International Journal of Sustainable Transportation*, 15(6), 419-434.
4. Bhat, C. R., Mondal, A., Asmussen, K. E., & **Bhat, A. C.** (2020). A multiple discrete extreme value choice model with grouped consumption data and unobserved budgets. *Transportation Research Part B: Methodological*, 141, 196-222.
5. Long, K., Silva, D. C. D., Dias, F. F., Khoeini, S., **Bhat, A. C.**, Pendyala, R. M., & Bhat, C. R. (2019). Role of Childhood Context and Experience in Shaping Activity-Travel

Choices in Adulthood. *Transportation Research Record: Journal of the Transportation Research Board*, 2673(7), 575–585.

6. Bhat, C. R., Astroza, S., **Bhat, A. C.**, & Nagel, K. (2016). Incorporating a multiple discrete-continuous outcome in the generalized heterogeneous data model: Application to residential self-selection effects analysis in an activity time-use behavior model. *Transportation Research Part B: Methodological*, 91, 52-76.
7. Bhat, C. R., Astroza, S., & **Bhat, A. C.** (2016). On allowing a general form for unobserved heterogeneity in the multiple discrete–continuous probit model: Formulation and application to tourism travel. *Transportation Research Part B: Methodological*, 86, 223-249.

### **Non Peer-Reviewed Works**

1. Santos-Lozada, A. R., Perez-Rivera, D. T., & **Bhat, A. C.** (2020). How differential privacy will affect our understanding of population growth in the United States. <https://doi.org/10.31235/osf.io/pmux7>

### **Manuscripts in Preparation**

1. **Bhat, A. C.**, Diaz, J. A., Lee, S. A., Lee, S. & Almeida, D. M. (in preparation, *Journal of Psychosomatic Medicine*). Recession Events and Global and Daily Sleep among Midlife and Aging Adults.
2. Rush, J., **Bhat, A. C.**, Almeida, D. M., Karlamangla, A. S., Thomas, D., & Seeman, T. E. (in preparation, *Journal of Social Science and Medicine*). In the Shadow of the Great Recession: The Association between Recession Experiences and Indices of Well-Being.
3. Apsley, A. T., Lee, S. A., **Bhat, A. C.**, Rush, J., Almeida, D. M., & Shalev, I. (under review, *Journal of Brain, Behavior, and Immunity*). Affective Reactivity to Daily Stressors and Immune Cell Gene Expression in the MIDUS Study.

### **Research Presentations**

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#### **Oral Presentations**

1. **Bhat, A. C.**, Lee, S. A., Diaz, J. A., Almeida, D. M. (2023, November). Recession Experiences and Self-Reported Daily Sleep Quality in Midlife and Aging Adults. Symposium to be presented at the Gerontological Society of America Scientific Meeting, Tampa, FL.
2. **Bhat, A. C.** (2023, March). Housing Insecurity, Life Course Health, and Policy Implications. Talk presented at the William Schnaper Visiting Scientist (WSVS) Grand Rounds Program, UNC Chapel Hill.
3. **Bhat, A. C.** & Fenelon, A. (2022, December). Housing and Environmental Exposures: A Systematic Literature Review on Research and Policy Implications. Discussion presented at the William Schnaper Visiting Scientist (WSVS) TL1 Mini-Symposium.
4. **Bhat, A. C.**, Fronberg, K. M., & Almeida, D. M. (2022, November). Grandparent Caregiving and Subjective Health: Moderation by Partner and Family Support and Strain,

and Race and Gender. Symposium presented at the National Council on Family Relations Conference, Minneapolis, MN.

5. **Bhat, A. C.**, Diaz, J. A., Jr., & Almeida, A. M. (2022, November). Recession Events and Sleep Problems in Midlife and Aging Adults. Paper presented at the Gerontological Society of America Scientific Meeting, Indianapolis, IN.
6. Apsley, A. T., Lee, S. A., **Bhat, A. C.**, Shalev, I., & Almeida, D. M. (2022, November). Affective Reactivity to Daily Stressors and Immune Gene Expression in the MIDUS Study. Paper presented at the Gerontological Society of America Scientific Meeting, Indianapolis, IN.
7. **Bhat, A. C.**, Santos-Lozada, A. R., Fenelon, A., & Almeida, D. M. (2022, April). Housing Insecurity and Perceived Health Status. Flash talk presented at the Population Association of America Scientific Meeting, Atlanta, GA.
8. **Bhat, A. C.** (2021, October). Age and Race Differences in Housing Insecurity and Health. Talk presented at the MIDUS Meeting, Madison, WI.
9. **Bhat, A. C.** (2018, May). Paternal and Maternal Relationship and C-Reactive Protein and Glucose Levels: Effects and Moderating Factors. Thesis presented at the School of Human Ecology Honors, College of Natural Sciences Honors, and Plan II Honors Theses Symposiums, Austin, TX.

### Poster Presentations

1. **Bhat, A. C.** & Fenelon, A. (2023, April). Housing and Environmental Exposures: A Systematic Literature Review on Research and Policy Implications. Poster presented at the Association for Clinical and Translational Science Meeting, Washington, DC.
2. **Bhat, A. C.**, Fenelon, A., Chu, M. T., Adamkiewicz, G., & Zota, A. R. (2023, April). Housing Policy as a Means to Reduce Population Health Disparities in Hazardous Environmental Exposures: Federal Housing Assistance and Residential PFAS Exposure. Poster presented at the Population Association of America Scientific Meeting, New Orleans, LA.
3. **Bhat, A. C.**, Santos-Lozada, A. R., Fenelon, A., & Almeida, D. M. (2023, January). Housing Insecurity and Perceived Health Status. Poster presented at the Penn State Clinical and Translational Science Institute External Advisory Board Meeting, Hershey, PA.
4. Rush, J., **Bhat, A. C.**, Almeida, D. M., Karlamangla, A. S., Thomas, D., & Seeman, T. E. (2022, November). In the Shadow of the Great Recession: The Association between Recession Experiences and Daily Indices of Well-Being. Poster presented at the Gerontological Society of America Scientific Meeting, Indianapolis, IN.
5. **Bhat, A. C.**, Almeida, D. M., & Santos-Lozada, A. R. (2021, November). Post-Recession Housing Insecurity and Physical and Mental Health of Midlife and Aging Adults. Poster presented at the Gerontological Society of America Scientific Meeting.
6. **Bhat, A. C.** & Santos-Lozada, A. R. (2021, May). Anomaly in the Education-Health Gradient in Gestational Outcomes in the United States. Poster presented at the Population Association of America Scientific Meeting.
7. **Bhat, A. C.**, Jenkins, A. I. C., & Almeida, D. M. (2020, November). Housing Insecurity and the Emotional and Physical Health of African Americans. Poster presented at the Gerontological Society of America Scientific Meeting.

8. **Bhat, A. C.** (2017, April). Paternal and Maternal Relationship and C-Reactive Protein and Glucose Levels: Effects and Moderating Factors. Poster presented at the University of Texas Undergraduate Research Forum, Austin, Texas.

### **Chaired Presentations**

1. **Environmental Influences on Morbidity and Mortality** (2023, April). Oral session chair at the Population Association of America Scientific Meeting.
2. **Covid-19 Related Mortality** (2022, April). Oral session chair at the Population Association of America Scientific Meeting.
3. **Expanded Questions in Migration-Climate Research** (2021, May). Oral session chair at the Population Association of America Scientific Meeting.

### **Teaching Experience**

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#### **7-8 Grade Science and Engineering Teacher at Education for Change Public Schools:**

- Taught summer school science in Oakland
- Responsible for middle school science teaching at a TK-8 school in Fruitvale; responsible for designing engaging curriculum; obtaining materials for student projects; communicating with staff and parents; grading assignments; designing and administering assessments; creating and teaching/facilitating daily lesson plans, projects, and class discussions; supporting students with academic, behavioral, and socio-emotional needs and goals; attending and contributing to staff culture meetings; differentiating assignments for English Language Learners and students with learning needs; attending IEP meetings; recommending steps for students; collecting and analyzing student data; administering surveys; organizing field trips; holding advisory period; teaching responsibility four 80 minute classes per day

#### **Penn State Schreyer Institute:**

- Completed New Instructor Orientation
- Completed Instructional Foundations Series
- Completed Graduate Student Online Teaching Certificate
- Completed Course in College Teaching

### **Research Positions**

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- Graduate research assistant, MIDUS-NSDE (Midlife in the United States-National Study of Daily Experiences) Lab, Center for Healthy Aging, The Pennsylvania State University (2019-present)
- Graduate research assistant, SAFE Lab, The Pennsylvania State University (2020)

- Research assistant, Center for Transportation Research, Austin (2019)

## **Workshops**

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- Genomics for Social Scientists – Epigenetics (2023, June). University of Michigan. Funded by NIA.
- Social Genomics – Gene Expression Workshop (2022, September). UCLA.
- Center Stat Introduction to Structural Equation Modeling (2022, May).
- MIDUS Gene Expression Workshop (2021, August). University of Wisconsin-Madison.

## **Professional Development**

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- California Secondary Science Teaching Certification
- Adult Mental Health First Aid Certification

## ***Ad Hoc* Reviewer**

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- Poster abstract and presentation reviewer for Association for Clinical and Translational Science Conference (2022, December; 2023, April)
- *Social Science & Medicine-Population Health* (2022, November; 2023, March)
- *Aging and Mental Health* (2022, June)
- *Developmental Psychology* (co-reviewer under the mentorship of Dr. Douglas M. Teti; 2022, March)

## **Service to the Department, College, and University**

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- Admissions committee student representative, HDFS Graduate Steering Committee (2022-2023)
- Co-chair, HDFS Graduate Steering Committee (2021-2022)
- Community service co-chair, HDFS Graduate Steering Committee (2020-2021)

## **Service to the Community**

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- Volunteer and Fundraising Intern, *Girls Empowerment Network*, a nonprofit organization in Texas dedicated to igniting the power in girls by teaching them skills to thrive and believe in their ability and promise (2012-2018)

## **Professional Affiliations**

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- Association for Clinical and Translational Science (2022-2023)
- National Council on Family Relations Mentee (2022-2023)
- Gerontological Society of America (2019-present)
- Population Association of America (2019-present)