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# MELISSA H. STIGLER, PhD MPH

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Division of Epidemiology and Disease Control  
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## BACKGROUND

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### EDUCATION AND TRAINING

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**B.S., Biological Sciences (1987 – 1991)**

College of William and Mary, Williamsburg VA

**M.P.H., Community Health Education (1997 – 1999)**

School of Public Health, University of Minnesota, Minneapolis MN

**Ph.D., Behavioral Epidemiology (1999 – 2003)**

School of Public Health, University of Minnesota, Minneapolis MN

### PROFESSIONAL EXPERIENCE

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**Research Assistant (1991 – 1992)**

*Divisions of Internal Medicine and Otolaryngology*  
University of Iowa Hospitals and Clinics, Iowa City IA

**Research Assistant (1993 – 1996)**

*Division of Experimental Pathology*  
Medical College of Virginia, Richmond VA

**Research Assistant (1996 – 1997)**

*Department of Internal Medicine*  
Medical College of Virginia, Richmond VA

**Research Assistant (1997 – 2001)**

*Project Northland: Community Action to Reduce Adolescent Alcohol Use*  
School of Public Health, University of Minnesota, Minneapolis MN

**Research Assistant (1998 – 2002)**

*The Minnesota D.A.R.E. Plus Project*  
School of Public Health, University of Minnesota, Minneapolis MN

**Research Assistant (1999 – 2000)**

*Institute for Best Practices in Adolescent Health*

School of Medicine, University of Minnesota, Minneapolis MN

**Teaching Assistant (2000)**

*Adolescent Health: Issues, Programs, and Policies*

School of Public Health, University of Minnesota, Minneapolis MN

**Research Assistant (2000 – 2001)**

*Center for Excellence in Health Statistics*

Minnesota Department of Health, Minneapolis MN

**Teaching Assistant (2001)**

*Epidemiology II: Analysis Methods*

School of Public Health, University of Minnesota, Minneapolis MN

**Statistical Consultant (2001 – 2007)**

*Tanzanian-Norwegian AIDS Project (Ngao, Afya Kwa Vijana)*

University of Oslo, Norway; University of Dar Es Salaam, Tanzania

**Statistical Consultant (2003 – 2006)**

*Project Northland: Chicago Action for Healthy Youth*

School of Public Health, University of Minnesota, Minneapolis MN

**Project Director (2003 – 2007)**

*Mobilising Youth for Tobacco-Related Initiatives in India*

School of Public Health, University of Minnesota, Minneapolis MN

**Assistant Professor (2005 – 2006)**

*Division of Epidemiology and Community Health*

School of Public Health, University of Minnesota, Minneapolis MN

**Assistant Professor (2006 – present)**

*Division of Epidemiology and Disease Control*

School of Public Health, University of Texas, Austin Regional Campus, Austin TX

## **HONORS AND AWARDS**

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**Fellow, Collaborative Evaluation Fellows Program (1999)**

American Cancer Society, Midwest Division, Edina MN

**Recipient, Lester Breslow Award for Excellent Scholarship (2001)**

School of Public Health, University of Minnesota, Minneapolis MN

**Co-Recipient, Douglas Leather Award for Best Publication (2002)**

Health Education Research: Theory and Practice, USA

**Invited Speaker, Impress the President Expo and Event (2003)**

Exposition on Scholarship, University of Minnesota, Minneapolis MN

**Invited Speaker, Meeting of the Early Career Preventionists Network (2005)**

Early Career Preventionists Network, Society for Prevention Research, Washington DC

**Recipient, Early Career Award for Outstanding Young Prevention Scientist (2005)**

Early Career Preventionists Network, Society for Prevention Research, Washington DC

**Finalist, Joseph E. Zins Purpose Award for Outstanding Young Researcher (2007)**

Collaborative for Academic, Social, and Emotional Learning, Chicago IL

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## RESEARCH

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### PUBLICATIONS

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#### Published peer-reviewed manuscripts

1. Mahayosnand PP, Stigler MH. The need for mentoring in public health. *American Journal of Public Health*, 1999; 89(8): 1262-1263.
2. Perry CL, Komro KA, Dudovitz B, Veblen-Mortenson S, Jeddelloh R, Koele R, Gallanar I, Farbakhsh K, Stigler MH. An evaluation of a theater production to encourage non-smoking among elementary children: 2 Smart 2 Smoke. *Tobacco Control*, 1999; 8: 169-174.
3. Komro KA, Williams CL, Forster JL, Perry CL, Farbakhsh K, Stigler MH. The relationship between adolescent alcohol use and delinquent and violent behaviors. *Journal of Child and Adolescent Substance Abuse*, 1999; 9(2): 13-28.
4. Perry CL, Komro KA, Veblen-Mortenson S, Bosma L, Munson K, Stigler MH, Lytle L, Welles S. The Minnesota D.A.R.E. Plus Project: Creating community partnerships to prevent drug use and violence. *Journal of School Health*, 2000; 70(30): 84-88.
5. Komro KA, Perry CL, Williams CL, Stigler MH, Veblen-Mortenson S, Farbakhsh K. (2001). How did Project Northland reduce alcohol use among adolescents? Analysis of mediating variables. *Health Education Research: Theory & Practice*, 2001; 16(1): 59-70.
6. Stigler MH, Pirie P, Havlicek D, Birnbaum C, Fitz L. Doing Our Part So Kids Don't Start: An Evaluation of a Statewide Public Awareness Campaign. *Cancer Practice*, 2001; 9(1): S37-S42.
7. Perry CL, Komro KA, Veblen-Mortenson S, Bosma LM, Farbakhsh K, Munson KA, Stigler MH, Lytle LA. A randomized controlled trial of the junior high D.A.R.E. and D.A.R.E. PLUS programs. *Archives of Pediatrics Adolescent Medicine*, 2002; 17(1): 117-132.
8. Perry CL, Williams CL, Komro KA, Veblen-Mortenson S, Stigler MH, Munson KA, Farbakhsh K, Jones RM, Forster JL. Project Northland: Long-term outcomes of community action to reduce adolescent alcohol use. *Health Education Research: Theory and Practice*, 2002; 17(1): 117-132.

9. Reddy KS, Arora M, Perry CL, Nair B, Kohli A, Lytle LA, Stigler MH, Prabhakaran D. Tobacco and alcohol use outcomes of a school-based intervention in New Delhi. *American Journal of Health Behavior*, 2002; 26(3): 173-181.
10. Komro KA, Perry CL, Munson KA, Stigler MH, Farbakhsh K. Reliability and validity of self-report measures to evaluate drug and violence prevention programs. *Journal of Child & Adolescent Substance Abuse*, 2004; 13(3):17-51.
11. Komro KA, Perry CL, Veblen-Mortenson S, Stigler MH, Bosma LM, Munson KA, Farbakhsh K. Violence-related outcomes of the D.A.R.E. Plus Project. *Health Education and Behavior*, 2004; 31(3): 335-354.
12. Mishra A, Arora M, Stigler MH, Komro KA, Lytle L, Reddy KS, Perry CL. Indian youth speak about tobacco: Results of focus group discussions with school students. *Health Education and Behavior*, 2005; 32: 363-379.
13. Reddy KS, Perry CL, Stigler MH, Arora M. Differences in tobacco use among young people in urban India by sex, socioeconomic status, age and school grade: Assessment of baseline survey data. *The Lancet*, 2006; 367(9510): 589-594.
14. Stigler MH, Kugler K, Komro KA, Leshabari MT, & Klepp KI. AIDS education for Tanzanian youth: A mediation analysis. *Health Education Research: Theory and Practice*, 2006; 21(4): 441-451.
15. Stigler MH, Perry CL, Arora M, Reddy KS. Why are urban Indian 6th graders using more tobacco than 8th graders? Findings from Project MYTRI. *Tobacco Control*, 2006; 15(Supplement 1): i54-60.
16. Stigler MH, Perry CL, Komro KA, Cudeck R, & Williams CL. Teasing apart a multiple component approach to adolescent alcohol prevention: What worked in Project Northland? *Prevention Science*, 2006; 7(3): 269-280.
17. Perry CL, Stigler MH, Arora M & Reddy KS. Prevention in translation: Tobacco use prevention in India. *Health Promotion Practice*. First published on July 21 2006, doi: 10.1177/1524839906289222.
18. Stigler MH, Perry CL, Arora M, Shrivastav R, Mathur C, Reddy KS. Intermediate outcomes from Project MYTRI: Mobilising Youth for Tobacco-Related Initiatives in India. *Cancer Epidemiology, Biomarkers, and Prevention*. 2007; 16(6): 1050-6.
19. Mathur C, Stigler MH, Perry CL, Arora M, Reddy KS. Tobacco use among young people in urban India: The role of socioeconomic status. *Nicotine and Tobacco Research*. 2007; in press.
20. Kugler KC, Komro KA, Stigler MH, Mnyika KS, Masatu M, Aastrom AN, Klepp KI. The reliability and validity of self-report measures used to evaluate adolescent HIV/AIDS prevention programs in Sub-Saharan Africa. *AIDS Education and Prevention*. 2007; in press.
21. Arora M, Reddy KS, Stigler MH, Perry CL. Does receptivity and exposure to tobacco advertising and promotions influence tobacco use among young people in urban India? *American Journal of Health Promotion*. 2007; in press.

22. Perry CL, Lee S, Stigler MH, Farbakhsh K, Komro KA, Gewirtz A, Williams CL. The impact of Project Northland on other problem behaviors measured by the MMPI-A. *Journal of Primary Prevention*. 2007; in press.
23. Pasch KE, Perry CL, Stigler MH, Komro KA. Sixth grade students who use alcohol: Do we need primary prevention for “tweens”? *Health Education and Behavior*. 2007; in press.

### **Manuscripts submitted for review**

1. Kugler KC, Komro KA, Stigler MH, Mnyika KS, Masatu M, Aastrom AN, Klepp KI. Sexual development among adolescents in Tanzania: a latent class analysis. *AIDS and Behavior*. 2007; submitted.
2. Komro KA, Perry CL, Mortenson SV, Farbakhsh K, Toomey TL, Stigler MH, Jones-Webb R, Kugler KC, Pasch KE, Williams CL. Outcomes from a randomized controlled trial of a multi-component alcohol use preventive intervention for urban youth: Project Northland Chicago. *Addiction*. 2007; submitted.
3. Pasch KE, Perry CL, Stigler MH, Komro KA. Alcohol-specific parent-child communication and general parent-child communication: Do they differ and are they similarly related to early adolescent alcohol use? *Journal of Adolescent Health*. 2007; submitted.
4. Pasch KE, Perry CL, Stigler MH, Komro KA. The relationships between parental monitoring, parent-child communication, and early adolescent alcohol use over time. *Journal of Research on Adolescence*. 2007; submitted.

### **Book chapters, books, and technical reports**

1. Stigler MH. *An Evaluation of the “Doing Our Part So Kids Don’t Start” Toolkit*. Atlanta, GA: American Cancer Society; 1999.
2. Stigler MH, Jones RM, Bernhardt J. *A Guide to Developing Effective Mentoring Relationships*. Washington, DC: Public Health Student Caucus, American Public Health Association; 1999.
3. Komro KA, Stigler MH. *A Community Road Map to Healthy Youth Development: Vehicles for Success*. Minneapolis, MN: Konopka Institute for Best Practices in Adolescent Health, Department of General Pediatrics and Adolescent Health, Medical School, University of Minnesota; 2000.
4. Stigler MH. *Teasing apart a multi-component approach to adolescent alcohol prevention: What worked in Project Northland?* Ann Arbor, MI: Pro Quest Company; 2003.
5. Komro KA, Stigler MH, & Perry CL. Comprehensive approaches to adolescent drinking and related problems. In M. Galanter (Ed.), *Recent Advances in*

## GRANTS AND AWARDS

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### Current research support

#### **The Epidemiology and Etiology of Obesity among Youth in India (2006 – 2007)**

Principal Investigator – Obesity Prevention Center, University of Minnesota – \$10,000  
This study is a cross-sectional survey designed to (a) estimate the prevalence of obesity and overweight in Indian youth; (b) elucidate behavioral factors related to high BMI; and (c) examine the association between “westernization” and these factors (n>5000 students).

#### **Mobilizing Youth for Action Against Tobacco in India (MYTRI) (2002 – 2007)**

Project Director (Cheryl Perry, PI) – Fogarty International Center, NIH – \$1,297,820  
This study is a randomized controlled trial to develop and test the efficacy of MYTRI, a school-based, multiple-component intervention to prevent and reduce tobacco use among 6<sup>th</sup>-9<sup>th</sup> grade students in Delhi and Chennai, India (n=32 schools and n>15,000 students). As a combined research and training grant, this study is also designed to build capacity among research staff in India and US to conduct sound prevention science in this setting.

#### **Measures of Dietary Intake and Physical Activity for Indian Youth (2007 - 2008)**

Co-Investigator (Shreela Sharma, PI) – Office of International Programs, UTHSC – \$5000

This study supports the development of new measures (i.e., surveys) of dietary intake and physical activity for secondary school students in India (n=2 schools and n=200 students). These surveys will be used to evaluate subsequent obesity prevention programs for youth.

#### **Advancing Cessation of Tobacco In Vulnerable Indian Youth (ACTIVITY) (2007 - 2012)**

Project Director (K. Srinath Reddy, PI) – Fogarty International Center, NIH – \$1,486,000

This study is a randomized controlled trial to develop and test the efficacy of a tobacco cessation/control intervention (ACTIVITY) for primarily out-of-school youth living in slums and resettlement colonies in Delhi (n=20 slum communities and n=5000 students). This study is also designed to build capacity among research staff in India and the US, as well as support the development of new schools of public health in India ([www.phfi.org](http://www.phfi.org)).

### Submitted grants

#### **Obesity Prevention Among Youth in Urban India (2007 – 2010)**

Principal Investigator – Centers for Disease Control and Prevention (K-award) – \$447,210

This study supports the development of a social marketing intervention to promote healthy eating and physical activity behaviors among youth in Private schools in Delhi. As a K, or career development, award, the grant is designed to support the candidate's professional development, as she extends her research portfolio into obesity prevention.

**A Social Marketing Approach to Obesity Prevention in India (2007 – 2009)**

Principal Investigator – School of Public Health, University of Texas (PRIME) – \$49,982

This study also supports the development of a social marketing intervention to promote healthy eating and physical activity behaviors among youth in Private schools in Delhi. Like the K-award, above, this grant is a mentored award to support career development.

## **Completed research support**

**Project Northland II: Partnerships for Community Action (1995 – 1999)**

Research Assistant – National Institute of Alcohol Abuse and Alcoholism – \$1,510,430

This study is a randomized controlled trial to extend and test the efficacy of Project Northland, a multiple-component community- and school-based intervention to reduce alcohol use among 10th-12th graders in rural Minnesota (n=24 schools, n>2500 students).

**The Minnesota D.A.R.E. Plus Project (1998 – 2003)**

Research Assistant – National Institute of Drug Abuse – \$2,694,217

This study is a randomized controlled trial to develop and test the efficacy of the junior high D.A.R.E. program supplemented with other intervention components, to reduce multiple drug use and violence among 6th-8th graders (n=24 schools, n>3000 students).

**An Adaptation of Project Northland for Urban Youth (2001 – 2007)**

Research Assistant – National Institute of Alcohol Abuse and Alcoholism – \$7,611,150

This study is a randomized controlled trial to adapt and then test the efficacy of Project Northland, a community- and school-based intervention to prevent and reduce alcohol use among 6th-8th graders in low income Chicago schools (n=60 schools, n>5000 students).

## **PRESENTATIONS**

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**Major colloquia, presentations, and conferences**

**Co-presenter, Public Health Student Caucus (1999 – 2001)**

*National mentoring program in public health: Welcome and orientation*

**Invited Speaker, Presidential Expo, University of Minnesota (2003)**

*Teasing apart a multiple component approach to adolescent alcohol prevention*

**Invited Speaker, All India Institute of Medical Sciences, India (2003)**

*Conducting mediation analyses to investigate how interventions actually work*

**Invited Speaker, HRIDAY and Project MYTRI, India (2003 – 2006)**

*Measurement: How to develop and test valid and reliable survey instruments*

*Intervention development: How to design effective intervention programs*

*Conducting statistical analyses with SAS statistical software: An introduction*

**Co-presenter, University of Dar Es Salaam, Tanzania (2005)**

*Mediation analysis: HIV/AIDS education programs for Tanzanian youth*

*Self-reported measures to evaluate HIV/AIDS programs for Tanzanian youth*

**Invited Speaker, Early Career Preventionists Network Meeting (2005)**

*Will Western models of intervention work in India? Testing Project MYTRI*

**Co-presenter, Division of Epidemiology and Community Health (2006)**

*Outsourcing an epidemic: obesity and tobacco use among youth in urban India*

**Co-presenter, Global Youth Meet on Health, Agra India (2006)**

*Assertiveness skills training for young health advocates: A skill building workshop*

*Developing home-based interventions to improve nutrition: A skill building workshop*

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## SERVICE

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### INSTITUTIONAL SERVICE

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**School of Public Health, University of Minnesota (1998 – 2006)**

Co-Founder, Global Health Forum Annual Meeting

Co-Chair, Global Health Forum First Annual Meeting

Member, Global Health Working Group (Concentration)

Member, Graduate Faculty: Global Health (Concentration)

Member, Graduate Faculty: Behavioral Epidemiology (PhD)

Member, Graduate Faculty: Community Health Education (MPH)

Member, Behavioral Track Committee: Epidemiology (PhD)

Member, Curriculum Committee: Epidemiology (MPH/PhD)

Member, Admissions Committee: Community Health Education (MPH)

**School of Public Health, University of Texas (2006 – present)**

Member, Faculty Advisory Committee, Austin Regional Campus

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### OTHER PROFESSIONAL SERVICE

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### **American Public Health Association (1999 – 2002)**

Member, National Mentoring Program Committee (1998)  
Co-Chair, National Mentoring Program Committee (1999)  
President-Elect, Public Health Student Caucus (2000)  
President, Public Health Student Caucus (2001)  
Immediate Past President, Public Health Student Caucus (2002)

### **Society for Research on Nicotine and Tobacco (2005 – 2006)**

Member, Program Planning Committee, Global Tobacco Research Meeting  
Chair, Abstract Review Committee, Global Tobacco Research Meeting

### **Society for Prevention Research, Early Career Network (2006 – 2007)**

Member, Executive Committee, Early Career Preventionist Network

### **Health Related Information Dissemination Amongst Youth (2006 –)**

Member, Technical Advisory Committee, Global Youth Meet (GYM) on Health  
Member, Ongoing Advisory Committee, Youth for Health (Y4H) Movement

### **Children's Optimal Health Network of Austin, Texas (2007 –)**

Member, Steering Committee and Research and Development Sub-Committee

### **World Conference on Tobacco or Health in Mumbai, India (2007 –)**

Co-Chair, Youth Committee, 14<sup>th</sup> World Conference to be held in February, 2009

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## **TEACHING**

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### **CLASSES**

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#### **School of Public Health, University of Minnesota (2003 – 2006)**

PubH 5051: Community Health Theory and Practice; Guest lecturer  
PubH 5070: Alcohol: Epidemiology and Prevention; Guest lecturer  
PubH 5334: Human Behavior II (a doctoral seminar); Guest lecturer  
PubH 5607: Adolescent Health: Issues and Intervention; Guest lecturer  
PubH 6000: Alcohol Use and Tobacco Use Prevention; Guest lecturer

#### **School of Public Health, University of Texas (2006 – present)**

PH 1620: Introduction to Biostatistics (Austin Campus); Guest lecturer  
PH 1111: Health Promotion Theory and Methods I; Guest lecturer  
PH XXXX: Program Evaluation; Assisted with development of new course