



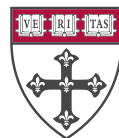
# Annual Report

## Spring 2019



“Health is more than  
just the absence of disease.”

—PROFESSOR LAURA KUBZANSKY



**LEE KUM SHEUNG**  
CENTER FOR  
HEALTH AND HAPPINESS

**HARVARD T.H. CHAN**  
SCHOOL OF PUBLIC HEALTH

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## Greetings from the Center Co-directors

We are delighted to share the third annual report on the activities and accomplishments of the Lee Kum Sheung Center for Health and Happiness at the Harvard T.H. Chan School of Public Health.

We are grateful to the Lee Kum Kee family for their generosity in establishing the Center and their continued support over the past three years. Since our launch in April 2016, we have made strong progress in advancing the interdisciplinary science of happiness and health and in translating the science to inform policy and practice.

The past year has been one of growth and achievement for the Center. We worked to more clearly define our twin research pillars: (1) Positive Health and (2) Translation and Communication. The goals for the Positive Health pillar are to develop a rigorous science examining the interplay between mental and physical health and to provide an evidence base for policy and organizations. The goal for the Translation and Communication pillar is to advance the science, practice, and policy of translation and communication as they relate to health and well-being globally. We continue to transform these pillars into action by advancing research, building a community of scholars and students within and outside Harvard, advancing science through curriculum design, collaborating with external organizations, convening meetings, and effectively communicating and translating research findings.

As we reflect on 2018, we are pleased to share some of the highlights of the Center's programming and learning. Over the past year, we have connected with faculty and scholars across disciplines, departments, and schools via monthly seminars and multiple working group meetings, workshops, and conferences that the Center has either hosted or co-sponsored. The Center has continued to advance research and learning in the field of health, happiness, communication, and translation by launching the Innovations in Positive Health pilot grant funding. We have supported the development of a pipeline by actively engaging with students, incorporating positive

health components into several existing courses, and supporting dissertation research activities at the School. Throughout all of these activities, the Center has continued to emphasize interdisciplinary connections and has convened, supported, and learned from faculty, researchers, postdoctoral fellows, and graduate students from Harvard and beyond.

As we look toward the future, we anticipate a year of further growth and learning as we continue to build a rigorous, interdisciplinary science to understand the interplay between psychological and social well-being and physical health and improve translation of this science for the benefit of individuals and communities around the globe.

**Dr. Laura Kubzansky**, *Co-director*  
*Lee Kum Kee Professor of Social and Behavioral Sciences*

**Dr. Kasisomayajula "Vish" Viswanath**, *Co-director*  
*Lee Kum Kee Professor of Health Communication*



Center Co-directors Vish Viswanath and Laura Kubzansky with members of the Lee Kum Kee family and delegation.

# Advancing Research: A Rigorous and Interdisciplinary Science of Health and Happiness



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Income per capita has more than doubled since 1972 in the U.S., while happiness has remained roughly unchanged or has even declined. (World Happiness Report, 2018)

## Research Updates

According to the World Health Organization (WHO), well-being is an integral component of health: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” (WHO, 1948). Well-being is a broad construct that encompasses multiple dimensions. A growing body of research suggests that various facets of psychological and social well-being—including optimism and sense of purpose in life—can positively influence health-relevant behaviors and physical health outcomes. However, the field is still new, and the linkages between physical health and happiness, and the means of translating these findings into policy, need further exploration. Researchers at the Lee Kum Sheung Center for Health and Happiness are actively working to further develop the rigorous scientific evidence needed to explain how physical, social, and emotional factors work together to promote good overall health.

The Center provides significant scientific leadership in this critical but historically neglected field of public health. Over the Center’s first three years, we have been conducting research in three independent, but mutually reinforcing, areas of focus: Positive Health, Health Communications, and Intervention Research.

## Positive Health Research

### Positive Psychological Well-Being and Cardiovascular Health

Since the inception of the Center, Professor Kubzansky has been leading research to examine the relationship between psychological well-being, health-related behaviors, and cardiovascular health. One project uses existing data to identify whether elements of well-being and happiness that emerge during adolescence might serve as health assets and contribute to maintaining cardiovascular health. A key goal of this project is to assess the extent to which enhanced psychological well-being in adolescence is associated with greater likelihood of maintaining favorable cardiovascular health in early adulthood, independent of known confounders, and to consider potential behavioral mediators of these effects. The team, including two doctoral students, one postdoctoral fellow, and one faculty collaborator, identified two longitudinal studies with which to investigate their questions: (1) the National Longitudinal Study of Adolescent to Adult Health (ADD Health) and (2) the Avon Longitudinal Study of Parents and Children (ALSPAC). ADD Health has followed

15,701 adolescents in the United States for 14 years, and includes a wide array of data on psychological functioning and cardiovascular health. ALSPAC has followed 14,500 families in South West England. The study was established to understand how genetic and environmental characteristics influence health and development in parents and children.

The ADD Health study has produced several key findings: Positive psychological well-being during adolescence is associated with more favorable cardiovascular health in early adulthood. This relationship, however, appears to be driven almost exclusively by cigarette-smoking status. Specifically, the research team found that teenagers with higher levels of positive psychological well-being are less likely to be regular cigarette smokers by the time they are about 30 years old. Moreover, among teenagers who do become smokers as adults, those with higher versus lower levels of psychological well-being start smoking later in life. Findings were similar across girls and boys and across diverse racial/ethnic groups. Early findings were presented at several professional meetings. Future work will assess if young adults with higher psychological well-being are also more likely to quit (and stay quit) smoking in later adulthood. Given that smoking increases risk of a host of major chronic diseases later in life, these findings are quite significant with regard to the role of psychological well-being in protecting health. Moreover, these findings are timely, as the promotion of e-cigarettes has led to a dramatic increase in the number of teenagers using nicotine products—which may in turn cause more teenagers to smoke cigarettes. This trend has the potential to set back decades of progress toward reducing teen smoking, thus making our research demonstrating the protective nature of positive psychological well-being particularly important in stemming this possible epidemic.

**“Associations between adverse psychological factors, such as depression and cardiovascular disease, are well established. However, accumulating evidence suggests that positive psychological well-being—which includes positive thoughts and feelings such as purpose in life, optimism, and happiness—has its own independent associations with lower risk of cardiovascular disease and may promote cardiovascular health.”**

**—PROFESSOR LAURA KUBZANSKY**

## **Positive Psychological Well-Being and Health Behaviors or Stress Response**

A second positive health project, this one carried out in Professor Kubzansky’s lab, uses experimental methods to evaluate whether optimism might lead to short-term alterations in health-related behaviors (e.g., food choice, willingness to exercise, and faster stress recovery). Previous studies have shown that there is a relationship between psychological well-being and healthy behaviors; however, the directionality of this relationship remains unknown. This experimental study seeks to determine causal directionality between psychological well-being and healthier behavior.

The goal of this project is to test the hypothesis that higher levels of psychological well-being motivate healthy behaviors (such as engaging in more physical activity or eating a healthier diet), which could result in improved physical health. Two experimental studies were completed at the end of 2018. Each protocol included four writing tasks, one phone call, and a lab visit. Participants were randomly assigned to an intervention or control group. The intervention was designed to induce optimism, while the control group engaged

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**In the 2018 World Happiness Report, the U.S. ranked 18 out of 156, down four places from 2017.**



in activities designed to induce a neutral mood. When participants came to the lab, in Study 1 (physical activity) they were invited to complete some exercise tasks; in Study 2 (stress recovery) they were asked to complete some stressful tasks in the lab, and their responses to stress were recorded.

Professor Kubzansky's lab successfully completed data collection from the two experiments. In total, 325 participants (208 female, 117 male) completed Study 1. The average age of the participants was 30 years (SD = 9.2). Participants were from different racial/ethnic backgrounds, with the majority being White (40%) or Asian (35%). Participants were randomly assigned to one of the two conditions: they either received the optimism manipulation (n = 161) or a neutral activity (n = 164). A total of 117 participants (66 female, 47 male, and 4 other) completed Study 2. The average age of the participants was 27. Participants were randomly assigned either to receive the intervention (n = 57) or to be in the control condition (n = 60). Now that data collection for both studies is complete, the team will assess whether participants who were induced to be optimistic were more likely than those in the neutral condition to engage in more exercise and enjoy a faster recovery from their stressful experience.



**“Individuals with higher levels of psychological well-being, including optimism and happiness, are more likely to engage in and maintain healthy lifestyle habits, such as physical activity, favorable diet, moderate alcohol consumption, not smoking, a healthy body weight, and adequate sleep. These behavioral factors could explain, at least in part, the role of psychological well-being in lowering the risk of chronic diseases and premature mortality over time.”**

**—DR. CLAUDIA TRUDEL-FITZGERALD**

## Health Communications Research

Professor Viswanath is examining the role of health communications on physical, psychological and social well-being, resilience, and happiness to inform effective communication interventions. Professor Viswanath's team has been engaged in two related themes of research: (1) foundational health communications and (2) translational communication research.

### Foundational Health Communications

Use of or exposure to mass media has long been linked to mental health and/or the overall social and psychological well-being of individuals. This dates back to the 1980s—the heyday of the television—when Cultivation Theory researchers such as George Gerbner argued that heavy viewers of television are exposed to more violence and therefore are affected by the mean world syndrome—the belief that the world is a far worse and more dangerous place than it actually is. Today, this concern has become equally, if not more, important in the context of the ever-increasing use of digital technologies in general and online social media platforms in particular. Professor Viswanath's team investigated some of the fundamental issues surrounding the link between social media use and health outcomes. One study that drew data from a nationally representative sample of 1,027 American adults recruited by Knowledge Networks (KN) examined the link between social media use and three health-related outcomes: social well-being, positive mental health, and self-rated health. The study

revealed the insufficiency of current measures of social media use to capture the effects of social media use on health-related outcomes. A second study in which Professor Viswanath has been involved investigated problematic smartphone use (PSU) and the associated socio-demographic factors and health behaviors among Chinese adults in Hong Kong. This study helped determine the validity and reliability of a scale for assessing PSU in Hong Kong adults, and also identified several sociodemographic and health behavioral factors associated with PSU among adults in Hong Kong.

Another health communication study in which Professor Viswanath has been involved is the Family Happiness Survey in Hong Kong. Family happiness is a major theme of family well-being in the Chinese culture, so much so that the team used the Self-reported Family Happiness Scale (SFHS-1) to investigate the link between well-being and the use of traditional and/or new technologies for family communication. In this survey, the team also examined the association between exposure to health messages from information and communication technologies and health behaviors such as smoking, alcohol consumption, and physical inactivity.

Professor Viswanath's team has also called into question some of the long-entrenched propositions of the fear-appeal approach to changing and/or modifying health behaviors. Specifically, using existing data from his lab, the team examined the role of emotional reactions to graphic tobacco health warnings in influencing quit-related behaviors. The researchers found that not only emotional valence (negative vs. positive) but also emotional intensity (high vs. low arousal) play important roles in influencing health behaviors. Interestingly, these findings suggest an important departure from the major assumption of the fear-appeal hypothesis, which ascribes prominence to emotional valence (negative emotions alone) to the need for considering other aspects of emotional experiences.

Finally, Professor Viswanath's team has recently completed a survey that involved a sample of 1,511 Massachusetts residents, with a special focus on underserved and low-socioeconomic population groups. The survey, organized and administered in two modules—technology and well-being—has enabled the team to gather a wealth of data on a range of variables assessing technology use, communication behaviors, and social and psychological well-being, as well as the various psychosocial and structural factors associated with them.

## Translational Communications Research

Professor Viswanath's team has been engaged in several translational research projects. These projects aim to assess and promote evidence-based practices in public health and allied professions such as health journalism and education. One project has assessed the existing skills and training needs of health journalists in India and, based on that assessment, developed a comprehensive training program of public health reporting. Another project, a consortium of M&C Saatchi World Services, the Harvard Chan School, and the digital health specialist Dimagi, investigated the development and optimization of a responsive feedback mechanism in the health care sector. A third project, whose cohort has been set up and pilot data have just been gathered, addresses the role of community and social assets in fostering happiness, social well-being, and resilience among a group of children from low socioeconomic positions (SEP) in India. Conducted in collaboration with the Salaam Bombay Foundation, this feasibility study collected data that will serve as a foundation to describe the longitudinal developmental trajectories of the complex interplay between community/social assets and social well-being/resilience in low SEP children.

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**In 2016, the top two chronic health conditions driving health-related costs for employers were depression and obesity. (U.S. Chamber of Commerce, 2016)**



## Intervention Research

Center-supported intervention research has focused on strategies that can enhance health across the life course considering the unique needs of both children and older individuals. Some of this work has focused on translation—identifying ways to bring interventions previously identified as effective to a larger population and consider factors that may increase the likelihood that the intervention is accepted. Other work has sought to test the effectiveness of specific interventions in improving psychological well-being.

### Improving Health to Increase Happiness Among Children with Mental Health Challenges: Understanding and Changing Community, School, and Family Health Contexts

Together with her research team, Center Affiliate Scientist Professor Kirsten Davison is leading two separate projects with the goal to better understand contextual factors impacting broad dissemination and implementation of evidence-based lifestyle interventions aimed at improving mental and physical health among children and adolescents with special needs. The team's research identifies factors that can encourage or impede the successful implementation of these types of interventions. The researchers have focused on two main settings—families and schools—in which the vast majority of childhood and early adolescent health behaviors develop and take place. Dr. Davison's team has completed the data collection for both projects and is currently preparing the final publications.



Project 1, a qualitative study with 24 parents of children (8–15 years) with mental health disabilities, examined parents' perceived barriers and facilitators to promoting healthy lifestyle behaviors (diet, physical activity, sleep) in their children. The study found that dysregulated eating such as pickiness, binging, hoarding, medication-induced overeating, and inconsistent dietary expectations across children's environments (e.g., school, other parent's household) was a key barrier to parents' ability to support healthy dietary behaviors in children. Parents also reported that building on intrinsic child motivations, positive role modeling (e.g., regular meals, gardening, exercise), and offering flexibility/agency to improve adoption of healthy behaviors helped them to overcome such barriers and promote healthy child nutrition. Findings from the study highlight a lack of supportive physical activity programming in communities for children with mental health disabilities and the benefits of specialized therapeutic options provided by specialized schools.

In Project 2, Professor Davison's research team (including Center Affiliate Scientist Dr. Shoba Ramanadhan), in collaboration with Worcester Public Schools, developed and pilot-tested a university–public school partnership aimed at effective dissemination of evidence-based therapeutic exercise programming for children with mental health challenges. The exercise program, previously developed and tested by Dr. Davison's research team, was implemented with 35 students at one Worcester school. The researchers compiled data on program utilization and the implementation context. In addition, the team interviewed seven staff and administrators at the school in spring 2019 to compile information on the major facilitators of and barriers to sustained implementation of the program. Preliminary results highlight the importance of having an on-site link between the academic and



implementing teams as a support, particularly to promote adaptation that balances the expertise and constraints of academic and implementing partners. These results also point to the sustainability and maintenance challenges related to using an intervention that relies on technology beyond what a school typically uses and supports. Collectively, results from these projects inform our understanding of how to support healthy lifestyle behaviors and psychological well-being in children at risk of mental health challenges through the provision of tailored therapeutic opportunities in partnership with schools.

## Positive Psychological Well-being to Improve Healthy Aging

In collaboration with UnitedHealth Group and AARP, Center Affiliate Scientist Dr. Eric S. Kim has been assessing the feasibility of translating the most promising psychological well-being interventions into a suite of engaging exercises that can be easily delivered to and scaled up for an older population. The goals of the interventions are to lower physical and psychological morbidity, lower health care expenditures, and promote a more positive prognosis if illness does strike. The research team first identified and evaluated a range of interventions that target facets of positive psychosocial well-being. Subsequently, the researchers ran focus groups and conducted qualitative interviews with older adult populations to gain greater insight into the likely effectiveness of different interventions. In addition, the team has begun piloting several of the interventions in older adult populations. The researchers are evaluating the results of these pilot tests considering several factors, including efficacy, cost-effectiveness, and usability.

**“How might we re-engineer core societal institutions so that they generate new roles and responsibilities for older adults and help foster a sense of purpose, a sense of optimism, and meaningful connections with others?”**

**—DR. ERIC S. KIM**

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**“America’s subjective well-being is being systematically undermined by three interrelated epidemic diseases, notably obesity, substance abuse (especially opioid addiction), and depression.”**  
**(Jeffrey Sachs, World Happiness Report, 2018)**



## Seed Grant Funding – Supporting New Research

In early 2019, the Center announced the first-ever Innovations in Positive Health pilot grant funding. The grant supports pioneering research at early stages of development that focuses on basic research in positive health science or communication and translation sciences related to positive health science. The initiative specifically aims to encourage research that supports the Center’s mission and also (1) integrates the theories, questions, and methods of two or more disciplines; (2) involves high payoff in terms of opening new areas of inquiry or providing crucial preliminary data for preparing larger grant proposals; and (3) explicitly connects faculty and scholars across departments and schools. Awards are granted for amounts between \$5,000 and \$20,000 to eligible Harvard University faculty, research scientists, and postdoctoral research scholars.

### 2019 Innovations in Positive Health Grant Recipients

The Center announced the three inaugural recipients of the Innovations in Positive Health Grant in April 2019. The Center is excited to support the following research projects:

#### **Developing an Adaptive Text Message Intervention to Promote Health Behavior Adherence in Type 2 Diabetes**

**Christopher M. Celano**, MD, Associate Director, Cardiac Psychiatry Research Program (CPRP), Massachusetts General Hospital (MGH), Assistant Professor, Harvard Medical School (HMS)

**Jeff C. Huffman**, MD, Director, CPRP, Department of Psychiatry, MGH/Associate Professor, HMS

**Susan Murphy**, PhD, Professor of Statistics, Radcliffe Alumnae Professor at the Radcliffe Institute, Harvard University

#### **Development and Validation of a Measure of Work-Related Well-being in the U.S. Workforce**

**Susan E. Peters**, PhD, Postdoctoral Fellow, Harvard Center for Health and Wellbeing, Harvard T.H. Chan School of Public Health

**Gregory R. Wagner**, MD, Adjunct Professor, Environmental Health, Harvard T.H. Chan School of Public Health

**Glorian Sorensen**, PhD, MPH, Professor, Social and Behavioral Sciences, Harvard T.H. Chan School of Public Health

#### **A Comparative Analysis of Resilient Phenotypes Among Bereaved Youth**

**Christy A. Denckla**, PhD, Postdoctoral Fellow, Department of Epidemiology, Harvard T.H. Chan School of Public Health

**Karestan C. Koenen**, PhD, Professor of Psychiatric Epidemiology, Department of Epidemiology, Harvard T.H. Chan School of Public Health

**Henning Teimeier**, MD, PhD, Sumner and Esther Feldberg Professor of Maternal and Child Health, Department of Epidemiology, Harvard T.H. Chan School of Public Health

**Ananda Amstadter**, PhD, Associate Professor, Department of Psychiatry, Virginia Commonwealth University

**Katie McLaughlin**, PhD, Assistant Professor, Department of Psychology, Harvard University

Five major variables other than per-capita income that help to account for happiness in the U.S.:

- Population health
- The strength of social support networks
- Personal freedom
  - Social trust
  - Generosity

(John Helliwell, World Happiness Report, 2018)

## Center Working Groups

As part of its effort to identify gaps in the current research and literature on positive health and well-being, the Center supports working groups designed to bring scholars together from across the University to conduct critical early-stage thinking. The goal of these working groups is to meet and engage in activities to advance the science of health and happiness, with the objective of producing white papers, review articles, and grant proposals.

For the past two years, the Center has supported a working group on the measurement of well-being, led by Dr. Tyler VanderWeele, John L. Loeb and Frances Lehman Loeb Professor of Epidemiology at the Harvard Chan School, and Dr. Claudia Trudel-Fitzgerald, a research scientist at the Center. The group meets quarterly to explore the challenges related to well-being measurement and research and to investigate the difference between various dimensions of well-being. Specifically, the group seeks to answer questions such as “Are there differences in the ways that various dimensions of psychological well-being are related to physical health, risk of chronic diseases, and mortality?” and “Are certain measures of well-being useful for different purposes (e.g., research, public opinion surveillance, in the workplace)?” The group, made up of seven faculty/scientists and one research assistant, has achieved substantial progress on a project targeting the role of different psychological well-being dimensions in relation to mortality risk, and how this knowledge should guide interventions and public health policies. Members of the working group have drafted a manuscript that presents their findings, which will be submitted to a scientific journal in 2019. The group has also initiated an in-depth overview of how well-being is measured across diverse countries (via polls/surveys) and plans to produce a white paper/ editorial for publication.

In 2019–2020, the Center for Health and Happiness looks forward to inviting applications for new working groups that will further advance the science of health and happiness.

*Left:* Dr. Richard Davidson, founder and director of the Center for Healthy Minds at the University of Wisconsin–Madison, presented the talk “Well-Being Is a Skill” as part of the Center’s Seminar Series.

*Right:* Following the seminar, Dr. Davidson met with Harvard Chan students to further discuss his research.



## Seminar Series

The Center launched a seminar series in February 2017 to bring Harvard and non-Harvard faculty and researchers to the Center to discuss relevant topics related to its mission. Seminars are presented monthly to enhance collaboration and partnerships across the many investigators in the research community at Harvard. Seminars are generally attended by Harvard students, faculty, staff, and postdoctoral fellows. Attendance at seminar series events has continually been very strong, with standing-room-only crowds of 60 to 80 attendees at most events. These seminars are recorded and made available to the public on the Center's website.

The 2018–2019 Seminar Series, which featured a diverse group of speakers covering a wide range of topics, was organized around two themes:

- The biological underpinnings of positive health and pathways linking psychological well-being to health and longevity
- Understanding how evidence from research may be translated to inform practice and policies promoting health

Selected seminars from the past year include:

**Well-Being Is a Skill**, led by Richard J. Davidson, PhD

*William James and Vilas Research Professor of Psychology and Psychiatry*

*Founder and Director, Center for Healthy Minds, University of Wisconsin–Madison*

Dr. Davidson is well known for his groundbreaking work studying emotion and the brain, and in 2006 was named one of *Time* magazine's "100 Most Influential People in the World." This seminar highlighted the four components of well-being: awareness, connection, insight, and purpose. Dr. Davidson shared recent research findings considering the science of emotions, contemplative practices, and qualities of mind that affect well-being.

**"Why is it that certain people are more vulnerable to life's slings and arrows, and others are more resilient? And how can you nudge people along whatever these continua are to promote more resilience and well-being?"**

—DR. RICHARD DAVIDSON

**Translating Research for Policy and Practice: The CHOICES Project and Implications for Happiness**, led by Steve Gortmaker, PhD

*Professor of the Practice of Health Sociology, Department of Social and Behavioral Sciences*

*Harvard T.H. Chan School of Public Health*

Professor Gortmaker directs the Harvard Prevention Research Center on Nutrition and Physical Activity. The center works with communities, state and local governments, and other partners to develop, implement, and evaluate the effectiveness and cost-effectiveness of strategies to reduce obesity and chronic disease risk among children, youth, and their families and to translate and disseminate this work broadly. Professor Gortmaker's talk considered how cost-effectiveness models of interventions in obesity prevention can serve as a model for translation to inform policies designed to improve well-being.

A list of the 2018–2019 Seminar Series talks appears in the appendix of this report. In the 2019–2020 school year, the Seminar Series will focus on resilience, bringing together experts in this field of study to discuss how resilience is currently measured and tracked and how these findings can help inform policy and practice related to well-being.

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**"Through the Center's efforts in the field of health and happiness, we hope more people can increase their awareness, take more preventive measures, and eventually become healthier and happier."**

**(Sammy Lee, Chairman and Managing Director, Lee Kum Kee Health Products Group)**

# Developing a Pipeline

To advance rigorous and interdisciplinary research on health and happiness, the Center is committed to growing the field of the science of positive health and well-being by investing in students and early-stage investigators. This includes teaching and dissemination of core concepts in positive health science and related efforts in communication and translation, as well as supporting research in these areas.

## Dissertation Research Awards

The Center established the Dissertation Research Award program to support full-time doctoral students at the Harvard Chan School who are conducting research in the field of positive health science or another closely related field. The goal of the program is to incentivize a focus on positive health in keeping with the Center's mission. Financial awards of up to \$2,500 provide support for research costs associated with completing recipients' dissertations.

### 2019–2020 Dissertation Research Award Recipients



**Ruijia Chen** is a doctor of science candidate in the Department of Social and Behavioral Sciences at the Harvard Chan School. Chen's dissertation research is entitled "Childhood Socioeconomic Status, Race, and Cognitive Function: The Role of Psychosocial Stressors and Resources Across the Life Span." Her research uses causal mediation and longitudinal analyses to examine how psychosocial resources and stressors contribute to racial disparities in cognitive function. Findings from the research will inform the development of interventions that can address disparities in cognitive function and increase the likelihood of healthy aging across diverse populations.



**Ayesha McAdams-Mahmoud** is a doctor of science candidate in the Department of Social and Behavioral Sciences at the Harvard Chan School. McAdams-Mahmoud recently defended her dissertation, "The Trade Project: Promoting Community Health Through Story Exchanges." It explores prosocial predictors of trust and empathy in the interpersonal relationships of police and youth in low-resource settings that are undergoing system-level policing reforms to eliminate bias. Specifically, the research focuses on ways a prosocial, evidence-based intervention might boost positive psychological factors—cognitive and affective empathy, hope, and self-concept—to impact trust between police and youth over time. This work expands our understanding of the individual-level contributors to trust and of the broader social and contextual conditions that may affect levels of trust among youth and in the police who serve them.



**Kristen Nishimi** is a doctor of philosophy candidate in the Department of Social and Behavioral Sciences at the Harvard Chan School. Her dissertation research, titled "Psychological Resilience from Early Adversity and Cardiometabolic Health," investigates the associations between psychological resilience to adversity in childhood and its effects on cardiometabolic health and related biobehavioral processes. Using data from large community-based cohorts, Nishimi will examine the relationship between resilience, health behaviors, and disease outcomes. This work will identify whether psychological

resilience confers protection beyond the psychological domain, namely to physical health, and may illuminate resilience as a psychological asset that could be an early-life target for the prevention of cardiometabolic conditions.

## Updates on Past Dissertation Research Award Recipients

In March, the 2018–2019 Dissertation Research Award recipients presented research progress updates at the Harvard Chan School. The presentations provided an opportunity for the past Dissertation Research Award recipients to provide updates to the Harvard community on the findings of their research and to receive feedback and comments to help strengthen their work.



**Scott Delaney**, a doctor of science candidate in the Department of Social and Behavioral Sciences, spoke about his research examining the connection between elements of a positive social environment and healthy neurodevelopment in children. His research is assessing the impact of positive family functioning on markers of favorable brain development, including measures of cortical gray matter thickness and global white matter integrity.



**Alina Schnake-Mahl** earned her doctor of science degree in social and behavioral sciences from the Harvard Chan School in December 2018 and is now working as an evaluation specialist at Cityblock Health in New York City. She presented her research on the effects of residential population movement and neighborhood on health. Her work identified positive health-protective factors that exist in low-income, racially segregated neighborhoods.



**Farah Qureshi**, who earned her doctor of science degree in social and behavioral sciences, was a 2017–2018 (inaugural) recipient of the Center’s Dissertation Research Award. Qureshi’s dissertation research was published in the article “Childhood Assets and Cardiometabolic Health in Adolescence” in *Pediatrics* in February 2019. The article received significant attention from the scientific community. According to an editorial by two investigators at the University of California–San Francisco, the study “findings reinforce the importance of investigation into the links between mental health and physical health (particularly as they develop early in life), and they suggest the continued need for studies of positive psychological assets to develop alongside those of early-childhood adversity.”<sup>1</sup>

<sup>1</sup> Bush, N.R. and Bibbins-Domingo, K. (2019). “Power of the Positive: Childhood Assets and Future Cardiometabolic Health.” *Pediatrics* 143(3).

## Teaching

Over the past year, Center faculty and affiliates have contributed to several courses at Harvard on topics related to the interplay between mental and physical health and positive health science.

Center Research Scientist Dr. Claudia Trudel-Fitzgerald taught the session “Well-being, Happiness, Mental Health, and Mental Disorder” as part of the joint Harvard Medical School/Harvard Chan School course Foundations of Mental Health and Sustainable Development. The course goals included exploring how genes and environments interact across the life course to shape and determine mental health and mental disorder, and consideration of actions that might promote mental health using policies and leveraging real-world practice. Dr. Trudel-Fitzgerald’s session focused on the relationship between well-being and mental health and examined the role of psychological well-being on physical health outcomes from a public health perspective.

Other courses supported by the Center for Health and Happiness include:

- Center Affiliate Scientist Dr. Eric S. Kim and Dr. Trudel-Fitzgerald co-lectured for The Surprising Science of Happiness seminar as part of an undergraduate course led by Center Affiliate Scientist Dr. Nancy Etcoff at Harvard College.
- Dr. Claudia Trudel-Fitzgerald led a session on “Positive Emotions in Chronic Disease: Beyond Psychological Distress” as part of the undergraduate Health Psychology course at Harvard College. The course, led by Dr. Ellen J. Langer, looks at psychological and physical health from the perspective of positive psychology. The major focus of the course is on mindfulness theory and its relationship to stress/coping, illness/wellness, decision making, and placebos.

## Student Engagement

The Center continues its partnership with the Mental Health Student Alliance (MHSA), an active, interdisciplinary, cross-departmental student group at the Harvard T.H. Chan School of Public Health. The mission of the MHSA is to create an academic forum for all students to engage with relevant and current issues in public mental health research, practice, and policy and to promote a positive and inclusive environment for student mental health at the School.

In partnership with the MHSA, the Center supports a journal club for Harvard postdoctoral fellows, research associates, and master’s and doctoral students to engage in thoughtful discussion around academic journal articles in the field of positive health and well-being. The club meets monthly during the fall and spring semesters.

*Left:* Dr. Claudia Trudel-Fitzgerald and other attendees listen to a presentation at a Center-sponsored workshop in 2018.

*Right:* Harvard faculty, researchers, students, and staff attend a Seminar Series event featuring Professor Gina McCarthy in 2018.



# Collaboration Across Harvard

The Center collaborates with and convenes faculty, researchers, postdoctoral fellows, and graduate students from across Harvard University through research collaborations, roundtables, working groups, seminars, and workshops to leverage their expertise in various disciplines and help identify and prioritize key areas of research for the Center.

## Affiliate Scientist Program

The Center established the Affiliate Scientist Program in an effort to further advance rigorous, interdisciplinary science to explain how physical, social, and emotional factors work together to promote human flourishing. Affiliate scientists support the mission and contribute to the goals of the Center. Affiliates are active members of and ambassadors for the Center, participating in Center-sponsored programming and collaborative research efforts. The Affiliate Scientist Program engenders collaboration across departments and schools within Harvard, as well as with Harvard-affiliated hospitals in Boston, helping to further move forward the Center's agenda and research. A full list of current Affiliate Scientists appears at the end of this report.

## Workshops and Convenings

### Exploratory Workshop on Workplace Change and Worker Well-Being in the Context of Economic Insecurity

Professor Laura Kubzansky co-led an exploratory workshop, "Workplace Change and Worker Well-Being in the Context of Economic Insecurity," at the Harvard Center for Population Health and Development Studies in Cambridge, Massachusetts, in June 2018. The workshop facilitators are developing work-redesign strategies for health promotion and productivity that emphasize reshaping work rather than simply equipping workers to manage their health more effectively. With this organizing principle, the workshop identified organizational strategies that improve well-being in a diverse workforce. A key goal for the workshop was to identify approaches and ideas that may not yet be well tested but have promise and to consider a range of interventions beyond those that are currently in the published literature.

Participants included an interdisciplinary group of scholars and professionals who were interested in exploring (a) aspects of and ways to assess positive well-being and optimal health, going beyond the absence of disease; (b) the vital role of job stability and economic security in well-being; and (c) work-redesign approaches to promoting health and productivity. Professor Kubzansky led a session on "Measuring Worker Well-Being in the Changing Workplace," which focused on the different aspects of well-being and discussed various tools for measuring subjective well-being in the workplace.



## Harvard Alumni Weekend

Professors Laura Kubzansky and Vish Viswanath spoke as part of the Harvard Chan School's Alumni Weekend Programming. Their presentation, "Beyond the Absence of Disease: A New Approach to Health," was a plenary session on September 21, 2018. Professors Kubzansky and Viswanath shared information about the work of the Center and how this innovative and interdisciplinary approach may change future approaches to public health and well-being.

## Meaning of Life Conference

In April 2019, the Center for Health and Happiness co-sponsored an interdisciplinary conference on the meaning of life that was organized and hosted by the Human Flourishing Program at Harvard University. This meeting brought together an international gathering of distinguished philosophers and psychologists at the forefront of scholarship regarding the nature of having meaning in life and what we know about the sources, prevalence, and perception of meaning in human life. The two-day event was open to the public and aimed to advance an interdisciplinary dialogue to promote insights from the humanities and social sciences on this important topic.

## Interdisciplinary Workshop on the Translation of Well-Being Research into Policy and Practice

In April 2019, the Center organized and hosted a workshop entitled "Health and Happiness in Policy and Practice Across the Globe: The Role of Science and Evidence," whose overarching aim was to review policy activities that promote happiness and well-being across the globe by the public, private, and nonprofit sectors. The workshop sought to develop a landscape of how happiness is being promoted through policies and practices around the world and to examine the place of health in policies and practices to promote happiness. Participants discussed the extent to which these policies and practices are informed by evidence and how the evidence, if any, is being translated to inform policies and practices, and identified next steps to address gaps in research and translation in health and happiness.

The workshop took place at the Harvard Chan School and brought together a multidisciplinary group of researchers, policymakers, and practitioners with backgrounds in public policy, social sciences, academia, and politics both in the U.S. and internationally. Among the speakers were policymakers from Bhutan, the United Arab Emirates, Massachusetts, and California, who provided examples from their own experiences of how happiness can be tracked and how policies that promote happiness can be implemented on a large scale. The diverse group of practitioners and scholars are working to develop next steps for action. A white paper that reviewed the landscape of well-being policies informed the deliberations of the workshop and will be published and made available to a wide academic and professional audience.



## **From Bhutan to Harvard Divinity School: Reimagining Happiness for a Better World Conference**

The Center's April workshop "Health and Happiness in Policy and Practice Across the Globe: The Role of Science and Evidence" was planned to coincide with the "From Bhutan to Harvard Divinity School: Reimagining Happiness for a Better World" conference, which was hosted the following day by Harvard Divinity School. The Center co-sponsored the event, along with the Center for International Development at Harvard University, Institute of Happiness, Lakshmi Mittal South Asia Institute at Harvard University, Happiness Alliance, and Saul O Sidore Memorial Foundation. With the participation of experts from academia, business, politics, and religion, the conference created awareness and developed an action plan to achieve the goal of mainstreaming universal happiness and exploring how various stakeholders can both learn from and contribute to this objective, using the example of Bhutan's Gross National Happiness as a starting point for discussion. Professor Viswanath spoke at the conference about the linkages between happiness and health and the importance of using this research to inform policy.

## **Partnering with Centers and Programs Across Harvard**

### **Osher Center for Integrative Medicine**

The Osher Center for Integrative Medicine is a collaboration between Harvard Medical School and Brigham and Women's Hospital that focuses on enhancing human health, resilience, and quality of life through research and education. The Osher Center often co-sponsors seminars organized by the Center, and several members of the Osher Center are Center affiliate scientists, including Dr. Peter Wayne, the interim director and research director of the Osher Center.

### **Harvard Center for Population and Development Studies**

The Harvard Center for Population and Development Studies is a University-wide initiative to produce population-based evidence that will inform policies needed to create resilient and vital societies and improve well-being around the world. The goal is a better understanding of the interaction of demographic changes with social and economic development. The Harvard Center for Population and Development Studies conducts research, dissemination, and public engagement that will enable societies to be more responsive to demographic transitions in terms of policies and culture change. The Harvard Center for Population and Development Studies has co-sponsored past Center for Health and Happiness seminars, and its faculty collaborate with Center co-directors on joint research projects.

### **Mind Brain Behavior Faculty Interest Group: Emotion and Decision Processes in Health**

Center faculty participated in this interest group to promote collaboration among experts in the fields of emotion, decision making, and health. The primary goals for the interest group were to (1) discuss topics, issues, and methods, and develop research ideas on emotion, decision making, and health; (2) connect behavioral scientists and health practitioners; (3) co-author commentary pieces on key topics; and (4) collaborate on research and/or grant proposals.

## GlobalMentalHealth@Harvard

The goal of this initiative is to foster a collaborative and multidisciplinary community at Harvard dedicated to transforming mental health of the world's population through education, research, innovation, and engagement. The overarching objective is to energize a community of students and faculty within Harvard who are passionate about promoting a broad perspective on mental health as a fundamental public good and a universal human right. The group seeks to build the capacity of future generations of scholars in this field. The Center participated in the initiative's showcase as part of Worldwide Week at Harvard. The event highlighted the various centers and activities working in mental health across the University, with the aim of encouraging new collaborations, introducing students and trainees to the diverse global mental health work at Harvard, and showcasing the interdisciplinary work being carried out throughout the community.

## The Human Flourishing Program at Harvard University

The Human Flourishing Program was established in 2016 as part of Harvard's Institute for Quantitative Social Science. It works to contribute, gather, and disseminate knowledge from various academic fields on topics fundamental to human flourishing and to develop systematic approaches to the synthesis of knowledge across disciplines. Professor Tyler VanderWeele, the program director, and Dr. Ying Chen, research associate and data scientist, are both Center affiliate scientists who have collaborated significantly with the Center on various programmatic and research activities.

## The Harvard T.H. Chan School of Public Health India Research Center

The Harvard T.H. Chan School of Public Health India Research Center opened in December 2015. With the goal of improving public health, the India Research Center is designed to broaden and coordinate the School's existing collaborations and create new relationships with organizations and agencies across India. Professor Viswanath serves as director of the India Research Center, and several of the research projects that he oversees in India focus on evidence-based public policy and practice and share common foci with Center for Health and Happiness-related research.

Center leadership will continue to explore future opportunities for partnership in research and programming, which may include co-sponsoring seminars, workshops, and research and developing curriculum and courses.



# Reach Beyond Harvard

The Center has worked to expand its reach beyond Harvard University over the past year, thus increasing the capacity of the Center to contribute to scientific research in the field of health and happiness. The Center has been represented at multiple national and international symposiums, events, and conferences. Through these interactions, the Center has shared findings from research taking place at Harvard and built new relationships with other institutions and partners.

## Selected Participation in Meetings and Convenings Around the World

### Measurement and Tracking of Subjective Well-Being for Aging Research Conference, Cambridge, Mass.

In July 2018, the National Bureau of Economic Research sponsored a conference bringing together distinguished scholars, faculty, and students to discuss topics including whether and how happiness might be a policy goal, if subjective well-being might be a leading indicator in the crisis of premature mortality in the U.S., and eudaimonic well-being and aging. Professor Kubzansky was an invited participant for this meeting, and, as a result of the discussion and interactions, Center investigators have begun collaborating with several economists on both research and training in developing and evaluating subjective well-being measures for use in policy.

### Pathways to Happiness: A New Approach to Positive Health and Longevity, Hong Kong

In December 2018, Center Co-directors Laura Kubzansky and Vish Viswanath participated in the Asia Society Luncheon in Hong Kong. Approximately 400 people attended the event, “Pathways to Happiness: A New Approach to Positive Health and Longevity.” The discussion was moderated by Ronnie Chan, chairman of Hang Lung Group Ltd. and its subsidiary Hang Lung Properties Ltd. Professors Kubzansky and Viswanath discussed questions related to the linkages between mental health well-being and physical health outcomes, looking specifically at how findings in this field can help inform interventions and public policy related to longevity. The event was co-sponsored by the Lee Kum Kee Family Foundation, whose generous donation established the Lee Kum Sheung Center for Health and Happiness in 2016.

### Global Dialogue for Happiness and Well-being, Dubai

Center Co-director Vish Viswanath and Center Affiliate Scientist Eric S. Kim attended the 3rd Global Dialogue for Happiness and Well-being as part of the 7th annual gathering of the World Government Summit in February 2019 in Dubai, United Arab Emirates. The Global Dialogue for Happiness and Well-being brought together more than 500 participants from around the world to discuss the crucial role of governments in promoting and enhancing happiness and well-being in societies. International experts and decision-makers discussed the main themes influencing happiness and well-being, including governance and policies, practical applications in cities, and behaviors and choices.

## Reinhart Butter Design Affair, Ohio State University Department of Design

In April 2019, Center Research Scientist Claudia Trudel-Fitzgerald was the keynote speaker at the Reinhart Butter Design Affair at the Ohio State University Department of Design. This annual two-day design workshop focuses on social issues that are of great importance to the local community. The Department of Design was particularly interested in the mental health of students, who often struggle with depression and anxiety. The aim of the workshop was to understand more about what constitutes and cultivates happiness so that institutions such as universities can tackle mental health support from a fresh perspective. Dr. Trudel-Fitzgerald's talk provided valuable insight on resilience and the creation of positive conditions to promote greater psychological well-being.

## Symposium on Family Well-being in a Changing Society, Hong Kong

In May 2019, Professors Laura Kubzansky and Vish Viswanath presented at the Hong Kong Family Welfare Society's 70th Anniversary Symposium, "Family Well-being in a Changing Society." The symposium, which facilitated dialogue for cross-sector collaborations, aimed to raise awareness of the importance of family well-being in Hong Kong and advocate for developments of a Hong Kong Family Well-being index. Professor Viswanath presented on the sharing of family life information through information and communication technologies and family well-being, as well as how family well-being is influenced by new information and communication technologies. Professor Kubzansky gave the symposium's keynote speech, focusing on how family functioning might affect health and well-being of both adults and children. She specifically discussed how factors such as parental warmth or effective problem solving affect family functioning.

Professors Vish Viswanath and Laura Kubzansky participate in a discussion with Ronnie Chan at the Pathways to Happiness event in Hong Kong.



## Social Media Presence

Starting in fall 2018, the Center increased its newsletter frequency from biannually to quarterly, in a concerted effort to establish the Center as a recognized hub of innovative and multidisciplinary research. The newsletter provides regular updates on the Center's research, activities, accomplishments, and initiatives to a wide academic and professional audience. Past editions of the newsletter are archived on the Center's website. The newsletter is distributed to more than 250 students, faculty, and researchers both within the Harvard community and beyond who have subscribed to the Center's email distribution list. The newsletter is open access, and individuals are welcome to subscribe to receive future editions.

The goals of the Center's online presence are to share the innovative and multidisciplinary research in the field as well as to provide evidence-based information about well-being to researchers, practitioners, and policymakers. In spring 2019, the Center launched a revamped version of its website in an effort to increase the Center's online reach.

The Center launched a Twitter account in 2017, with the goal of sharing information relevant to the mission of the Center with the general public in an approachable and accessible way. The Center also uses social media to establish and foster relationships among faculty and researchers across Harvard and other colleges and universities.

Center research is frequently covered in the popular press. Outlets such as the *New York Times*, *Washington Post*, NPR, *U.S. News & World Report*, the *Today* show online, and *Harvard Magazine* have published articles reporting on Center findings. For example, Center Co-director Professor Kubzansky was recently interviewed for *BBC Science Focus*. In addition, research published by Dr. Farah Qureshi, a 2018–2019 Dissertation Research Award recipient, was featured in the *Journal of Pediatrics* blog and commentary section.

### CENTER-RELATED STATS

Number of  
dissertation  
research awardees  
since 2016

7

Number  
of Center  
Affiliate  
Scientists

29

Number of seminar  
series events in  
2018–2019  
school year

8

Number of attendees at  
seminar series events in  
2018–2019

APPROXIMATELY

560

Number of  
people receiving  
the Center  
newsletter

250

# Future Directions

As the Center embarks on another year of leadership in the field of positive health science, it is making plans to engage in new activities and collaborations to expand the scope of the Center and its mission. Future initiatives focus specifically on training new generations of scholars in the field, encouraging scientists and leaders to build a science of positive health and resilience, and effectively disseminating research findings to a broad community of stakeholders and members of the public.



# Center Governance

The Center's scientific advisory board provides guidance on critical Center activities, goals, research priorities, and programming. Members of the board convene annually to evaluate relevant science in the field and suggest areas of investment for the Center, such as recruitment, research funding, and other activities.



## **Jo Ivey Boufford, MD**

*Clinical Professor of Global Health, New York University College of Global Public Health*

Jo Ivey Boufford is president of the New York Academy of Medicine; professor emeritus of public service, health policy, and management at the Robert F. Wagner Graduate School of Public Service; and clinical professor of pediatrics at New York University School of Medicine. She is co-director of the National Program Office of the Robert Wood Johnson Foundation Health and Society Scholars Program. Previously, she served as dean of the Robert F. Wagner Graduate School of Public Service at New York University from June 1997 to November 2002. She also served in many other leadership positions with the World Health Organization, U.S. Department of Health and Human Services, New York City Health and Hospitals Corporation, and New York State Public Health and Health Planning Council, among others. Dr. Boufford was elected to membership in the Institute of Medicine (now National Academy of Medicine) in 1992 and as a fellow of the National Academy of Public Administration in 2005. She has received numerous honorary doctorate of science degrees.



## **Steven Gortmaker, PhD**

*Professor of the Practice of Health Sociology, Department of Social and Behavioral Sciences, Harvard T.H. Chan School of Public Health*

Steven Gortmaker's research is focused on the health of children and adolescents, particularly households living in poverty and minority populations. The major goal of this research has been to identify modifiable risks for morbidity and mortality in the young, and to both initiate and evaluate interventions to improve these outcomes. He has focused on a broad variety of risks, ranging from income poverty, social stress, and social networks to behaviors such as smoking, physical activity, television and other screen time, and diet. His interventions include national and state policy, and programs at the regional, county, school, hospital, clinic, and individual level. Professor Gortmaker directs the School's Prevention Research Center, funded by the Centers for Disease Control and Prevention. Its mission is to work with community partners to design, implement, and evaluate programs that improve nutrition and physical activity, while reducing obesity and chronic disease risk among children and youth. Professor Gortmaker also leads the Childhood Obesity Intervention Cost-Effectiveness Study (CHOICES) project, focused on producing recommendations for cost-effective childhood obesity intervention strategies for local, state, and national governments; businesses; communities; and schools.





**Howard Koh, MD, MPH**

*Harvey V. Fineberg Professor of the Practice of Public Health Leadership, Harvard T.H. Chan School of Public Health and Harvard Kennedy School; Co-chair, Harvard Advanced Leadership Initiative*

Howard K. Koh advances leadership education and training at schools across Harvard University. As commissioner of public health for the Commonwealth of Massachusetts from 1997 to 2003, Dr. Koh led the Massachusetts Department of Public Health, which included a wide range of health services, four hospitals, and a staff of more than 3,000 professionals. In this capacity, he emphasized the power of prevention and strengthened the state's commitment to eliminating health disparities. From 2009 to 2014, Dr. Koh served as the 14th Assistant Secretary for Health in the U.S. Department of Health and Human Services, after being nominated by President Barack Obama and being confirmed by the U.S. Senate. He also led interdisciplinary implementation of Healthy People 2020 and the National HIV/AIDS Strategy, as well as initiatives in a multitude of other areas.



**Suzanne Segerstrom, PhD**

*Professor of Psychology, University of Kentucky*

Suzanne Segerstrom's research primarily addresses the influence of individual differences in personality, cognition, and emotion on psychological health and physiological functions. She is particularly interested in understanding how aspects of self-regulation, including personality, behavior, and executive cognitive function, affect well-being and health. She has worked on the questions of how personality factors (e.g., optimism) affect the way that people approach and pursue their goals, what the costs and benefits of goal pursuit are, and especially how acts of self-regulation affect cardiovascular, neuroendocrine, metabolic, and immune functions. She currently has several active studies funded by the National Institutes of Health (NIH). One study examines the health consequences of motivation and goal pursuit in older women in a longitudinal "burst" design. Another is a longitudinal study of the effects of self-regulation and especially self-regulatory capacity on psychological and physical health and physiology in older adults. In addition to funding from the NIH, Professor Segerstrom's work has also been funded by the Norman Cousins Program and Dana Foundation. She has also been awarded the prestigious Templeton Positive Psychology Prize, in recognition of her work on optimism. Dr. Segerstrom is the past president of the American Psychosomatic Society.



**Andrew Steptoe, PhD**

*British Heart Foundation Professor of Psychology, Behavioural Science and Health, University College London*

Andrew Steptoe is director of the Institute of Epidemiology and Health Care in the Faculty of Population Health Sciences, and British Heart Foundation Professor of Psychology at University College London (UCL). He was appointed to UCL in 2000, became deputy head of the Department of Epidemiology and Public Health in 2005 and subsequently head of department, and was appointed director of the Institute in 2011. He is a past president of the International Society of Behavioral Medicine and is a fellow of the Academy of Medical Sciences, British Psychological Society, Academia Europaea, and Academy of Social Sciences. He was founding editor of the *British Journal of Health Psychology*; an associate editor at numerous journals, including the *Annals of Behavioral Medicine* and the *British Journal of Clinical Psychology*, among others; and is on the editorial boards of seven other journals. Professor Steptoe directs the Psychobiology Group and the English Longitudinal Study of Ageing research group at UCL.

# Center Faculty, Staff, and Affiliate Scientists

## Faculty

The generous gift from the Lee Kum Kee family that created the Center for Health and Happiness also established two professorships within the Department of Social and Behavioral Sciences at the Harvard Chan School. Endowed professorships have been a Harvard tradition for nearly 300 years, and they are the highest honor bestowed upon current faculty members at the University. These professorships establish a permanent legacy and are an essential means of attracting and retaining faculty talent.

Throughout the past three years, the Center for Health and Happiness has continued to expand its capacity by further developing its human capital. In 2018 and 2019, the Center welcomed a new Center administrator and created new positions for a Center research scientist and staff assistant. In addition, the team of researchers working on Center-related projects has expanded, with three active postdoctoral fellows and numerous research assistants.



### **Laura Kubzansky, PhD, MPH**

*Lee Kum Kee Professor of Social and Behavioral Science and Co-director, Lee Kum Sheung Center for Health and Happiness, Harvard T.H. Chan School of Public Health*

In addition to her roles at the Center, Laura Kubzansky is director of the Society and Health Laboratory at the Harvard Chan School and serves as co-director of the JPB Environmental Health Fellowship Program. Professor Kubzansky has published extensively on the role of psychological and social factors in health, with a focus on stress and positive psychological assets in relation to cardiovascular disease. She also conducts research on whether stress, emotion, and other psychological factors help to explain the relationship between social status and health. Other research projects and interests include (a) biological mechanisms linking emotions, social relationships, and health; (b) relationships between early childhood environments, resilience, and healthy aging; and (c) how psychosocial stress or assets may interact with toxic environmental exposures (e.g., lead, air pollution) to influence health.

Professor Kubzansky has worked with numerous graduate students and postdoctoral fellows as a mentor, academic advisor, and dissertation committee member. She is a fellow in the American Psychological Association and the Academy of Behavioral Medicine Research. She has served as senior advisor to the Robert Wood Johnson Foundation–funded Positive Health Research program, as a member of the Centers for Disease Control and Prevention Healthy People 2020 Health-Related Quality of Life and Well-Being Workgroup, and as a member of the American Heart Association Science of Well-Being Expert Panel. She is a principal investigator or co-investigator on a wide variety of grants funded through the Veterans Administration, Robert Wood Johnson Foundation, Environmental Protection Agency, and National Institutes of Health, among others.



### **Kasisomayajula “Vish” Viswanath, PhD**

*Lee Kum Kee Professor of Health Communication and Co-director, Lee Kum Sheung Center for Health and Happiness, Harvard T.H. Chan School of Public Health*

In addition to his roles at the Center, K. “Vish” Viswanath holds a joint appointment at the MacGraw-Patterson Center for Population Sciences at the Dana-Farber Cancer Institute and is the director of the Center for Translational Health Communication Science at Harvard Chan and Dana-Farber Cancer Institute. He is also the faculty director of the Health Communication Core of the Dana-Farber/Harvard Cancer Center (DF/HCC); director of the Center for Translational Communication Science, DFCI/Harvard Chan; director of the Harvard Chan India Research Center, Mumbai, India; and founding director of DF/HCC’s Enhancing Communications for Health Outcomes (ECHO) Laboratory. Professor Viswanath’s work, drawing from literature in communication science, social epidemiology, and social and health behavior sciences, focuses on translational communication science to influence public health policy and practice. His primary research is in documenting the relationship between communication inequalities, poverty and health disparities, and knowledge translation to address health disparities. He has published extensively on communication inequalities and health disparities, knowledge translation, public health communication campaigns, e-health and digital divide, public health preparedness, and the delivery of health communication interventions to underserved populations.

In recognition of his academic and professional achievements, Professor Viswanath has received several awards, including the Postdoctoral Mentor of the Year Award from the DFCI; Joseph W. Cullen Memorial Award for Excellence in Tobacco Research, American Society for Preventive Oncology; Dale E. Brashers Distinguished Mentor Award, National Communication Association; Outstanding Health Communication Scholar Award, jointly given out by the International Communication Association and the National Communication Association; the J. Mayhew Derryberry Award from the American Public Health Association for his contribution to health education research and theory; and the CLA Alumni of Notable Achievement Award from the University of Minnesota. He delivered the 23rd Annual Aubrey Fisher Lecture at University of Utah in 2009 and was elected a fellow of the International Communication Association (2011), Society for Behavioral Medicine (2008), and Midwest Association for Public Opinion Research (2006).

## **Staff**



### **Mesfin Bekalu, PhD**

*Postdoctoral Research Fellow, Department of Social and Behavioral Sciences*

Mesfin Bekalu’s research interests are centered on health communication, with a specific focus on investigating the intended and unintended effects of media and messages on health-related attitudes, beliefs, and behaviors. This research involves studying the effects of campaign materials designed and produced for strategic communication purposes and delivered through different media (print, broadcast, and the internet), as well as the unintended harmful and/or beneficial effects of media and messages on health-related outcomes in secular communication contexts. Dr. Bekalu earned a PhD in social sciences from the University of Leuven in Belgium.



**Ruijia Chen**

*Head Research Assistant*

Ruijia Chen has worked as head research assistant since 2017 and is a ScD candidate in the Department of Social and Behavioral Sciences at the Harvard Chan School. She is particularly interested in experimental research on positive psychological well-being and health.



**Eric Coles**

*Research Assistant*

Eric Coles is a doctor of public health candidate at the Harvard Chan School. Eric was previously a Peace Corps volunteer in Morocco and a policy analyst at the National Institutes of Health. He is currently researching happiness and well-being policies.



**Melia Dunbar**

*Administrative Assistant*

Melia Dunbar provides administrative support to the Lee Kum Kee Professor of Social and Behavioral Sciences and to the Center overall. She is responsible for supporting the Center's communications and outreach. Melia holds a BA in English from the University of Iowa. Prior to joining the Center, she was a program assistant at the Harvard Graduate School of Education. She also worked as a research assistant at Stanford University and interned for McSweeney's Publishing.



**Alee Lockman**

*Research Assistant*

Alee Lockman is a PhD student in health policy and political analysis at Harvard University. She is interested in the intersection of health communications, mental health, and policy development. She holds an MPH in health and social behavior from the Harvard Chan School and a BA in government and health policy from Harvard College. She has worked as a research assistant for the Center's experimental study on optimism and physical activity since 2017.



**Rachel Faulkenberry McCloud, ScD, MPH**

*Postdoctoral Research Fellow, Dana-Farber Cancer Institute*

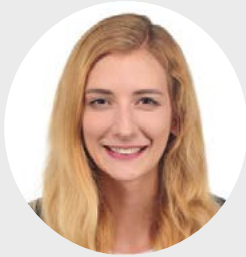
Rachel McCloud's research focuses on the impact of smartphones and other devices in data gathering and disease prevention. She is studying how connectivity and technology issues impact the ability of individuals from lower socioeconomic backgrounds to use their smartphones for internet access and public health research. Dr. McCloud received her ScD in social and behavioral sciences from the Harvard Chan School, where she focused on health communication in community-based settings. She earned an MPH in behavioral science and health education from the Emory University Rollins School of Public Health and a BA in sociology and an ABJ in magazine journalism from the University of Georgia.



**Jaime Mchunu, MA**

*Center Administrator*

Jaime Mchunu oversees day-to-day operations and provides strategic and managerial support for the administrative, financial, and research activities of both the Center and the co-directors. Prior to joining Harvard in 2015, Jaime worked for several years in international development in southern Africa. Jaime holds an MA in international development from the University of KwaZulu-Natal in South Africa and a BA in English from Villanova University.



**Alicia Nelson**

*Social and Digital Media Program Assistant*

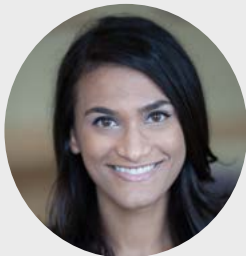
Alicia Nelson manages the Center's social media platforms and assists with other administrative tasks. She is a first-year MPH student in the Department of Health Policy at the Harvard T.H. Chan School of Public Health.



**Urvashi Pandya**

*Research Assistant*

Urvashi Pandya is currently pursuing her MPH in social and behavioral sciences at the Harvard T.H. Chan School of Public Health. She holds bachelors degrees in health promotion and Spanish. Before coming to Harvard, she worked at the Centers for Disease Control and Prevention Office of Minority Health and Health Equity.



**Farah Qureshi, ScD**

*Postdoctoral Research Fellow*

Farah Qureshi received an inaugural Lee Kum Sheung Dissertation Research Award in the 2017–2018 academic year. Her research will contribute to a growing body of work exploring the interplay between social environments, children's emotional functioning, and cardiometabolic risk, and the ways in which positive assets may buffer children against poor health over the life course. Dr. Qureshi earned a BA in writing from Johns Hopkins University, a master of health science in child health and development from the Johns Hopkins Bloomberg School of Public Health, and an ScD in social and behavioral sciences from the Harvard T.H. Chan School of Public Health.



**Annie Taylor**

*Research Assistant*

Annie Taylor has worked as a research assistant for the Center's experimental study on optimism and physical activity since 2018 and is a second-year master's student in the Department of Social and Behavioral Sciences at the Harvard Chan School. Prior to attending Harvard, she worked at a health foundation focusing on early childhood and mental health. She is interested in program evaluation and applied research within the frame of social determinants of health.

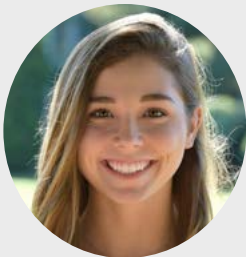


**Claudia Trudel-Fitzgerald, PhD**

*Research Scientist*

Claudia Trudel-Fitzgerald joined the Lee Kum Sheung Center for Health and Happiness as a research scientist in November 2018. A French-Canadian health psychologist, Dr. Trudel-Fitzgerald completed her PhD in clinical psychology at Laval University in Quebec City, followed by three years of postdoctoral research training in social epidemiology at the Harvard Chan School.

Dr. Trudel-Fitzgerald worked as a research associate at the Harvard Chan School from 2017 to 2018. Her research projects target the role of positive and negative emotions in the maintenance and decline of physical health as well as longevity. Her scientific efforts have been supported by grants from the Canadian government and Harvard and recognized by various awards, including from the American Psychosomatic Society and the International Positive Psychology Association. In her role as Center research scientist, she focuses more specifically on whether and how the capacity to adequately regulate emotions may foster greater psychological well-being and prevent the development of chronic diseases. Recognized as an affiliate scientist in 2017, Dr. Trudel-Fitzgerald has been highly involved in the Center since its inception. She has taken a lead role in the Measurement Project and the creation of an online repository of psychological well-being scales, which she oversees. She also co-leads the Measurement Working Group with Affiliate Scientist Professor Tyler VanderWeele, composed of faculty from across Harvard University.



**Caitlyn Wilson**

*Research Assistant*

Caitlyn Wilson joined the Center as a research assistant in January 2019 and recently received her BS in psychology at the University of Massachusetts–Amherst. Her research interests include positive psychological well-being, with a focus on gratitude and optimism. She worked as a summer intern for the Center’s experimental study on optimism and physical activities in 2018.

## Affiliate Scientists



**Lisa Berkman, PhD**

*Director, Harvard Center for Population and Development Studies*

*Director, PhD Program in Population Health Sciences, and Thomas D. Cabot Professor of Public Policy, Epidemiology, and Global Health and Population, Harvard T.H. Chan School of Public Health*



**Sara Bleich, PhD**

*Professor of Public Health Policy, Department of Health Policy and Management, Harvard T.H. Chan School of Public Health*

*Carol K. Pforzheimer Professor, Radcliffe Institute for Advanced Study*



**Justin Chen, MD, MPH**

*Psychiatrist, Department of Psychiatry, Massachusetts General Hospital*

*Assistant Professor of Psychiatry, Harvard Medical School*



**Ying Chen, ScD**

*Research Scientist, Human Flourishing Program at Harvard University*



**Kirsten Davison, PhD**

*Donald and Sue Pritzker Associate Professor of Nutrition, Department of Social and Behavioral Sciences, Harvard T.H. Chan School of Public Health*



**Dawn DeMeo, MD, MPH**

*Assistant Professor, Harvard Medical School*

*Associate Physician, Brigham and Women's Hospital*



**Nancy Etcoff, PhD**

*Assistant Clinical Professor, Department of Psychology, Harvard Medical School*

*Faculty Member, Harvard University Mind Brain Behavior Interfaculty Initiative*

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**Leslie John, PhD**

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Co-Founder, Harvard Decision Science Laboratory*



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*Senior Scientist, Center for Community-Based Research, Dana-Farber Cancer Institute*

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# Appendix:

## Selected Publications, Presentations, and Awards

### Selected Peer-reviewed Publications and Book Chapters

\*Those listed in bold are Center scholars and affiliates.

Albanese, A. M., **Huffman, J. C.**, Celano, C. M., Malloy, L. M., Wexler, D. J., Freedman, M. E., & **Millstein, R. A.** (2019). The role of spousal support for dietary adherence among type 2 diabetes patients: a narrative review. *Social Work in Health Care*, 58(3), 304-323.

Alvarez, H. A. O., Appleton, A. A., Fuller, C. H., Belcourt, A., & **Kubzansky, L. D.** (2018). An Integrated socio-environmental model of health and well-being: a conceptual framework exploring the joint contribution of environmental and social exposures to health and disease over the life span. *Current Environmental Health Reports*, 5(2), 233-243.

**Blunden, H., Logg, J., Brooks, A.W., John, L.K., & Gino, F. (2018).** Seeker beware: the relational costs of ignoring advice, organizational behavior and human decision processes. Harvard Business School Working Paper, No. 18-084.

Boehm, J. K., **Chen, Y.**, Koga, H., Mathur, M. B., Vie, L. L., & **Kubzansky, L. D.** (2018). Is optimism associated with healthier cardiovascular-related behavior? Meta-analyses of 3 health behaviors. *Circulation Research*, 122(8), 1119-1134.

Boehm, J. K., **Kim, E. S., & Kubzansky, L. D.** Positive psychological well-being and health. In M. Kivimäki, D. Batty, I. Kawachi, & A. Steptoe (Eds.), *International Handbook of Psychosocial Epidemiology* (pp. 156-169). London: Routledge.

Boehm, J. K., Soo, J., Zevon, E. S., **Chen, Y., Kim, E. S., & Kubzansky, L. D.** (2018). Longitudinal associations between psychological well-being and the consumption of fruits and vegetables. *Health Psychology*, 37(10), 959-967.

Burroughs-Pena, M. S., Mbassa, R. S., Slopen, N. B., **Williams, D. R.**, Buring, J., & Albert, M. A. (2019). Cumulative psychosocial stress and ideal cardiovascular health in older women: data by race/ethnicity. *Circulation*, In press.

Celano, C. M., Albanese, A. M., **Millstein, R. A.**, Mastromauro, C. A., Chung, W. J., Campbell, K. A., ... & Januzzi, J. L. (2018). Optimizing a positive psychology intervention to promote health behaviors after an acute coronary syndrome: the positive emotions after acute coronary events III (PEACE-III) randomized factorial trial. *Psychosomatic Medicine*, 80(6), 526-534.

Celano, C. M., Gianangelo, T. A., **Millstein, R. A.**, Chung, W. J., Wexler, D. J., Park, E. R., & **Huffman, J. C.** (2019). A positive psychology–motivational interviewing intervention for patients with type 2 diabetes: Proof-of-concept trial. *The International Journal of Psychiatry in Medicine*, 54(2), 97-114.

**Chen Y., Kawachi I., Berkman L. F., Trudel-Fitzgerald C., & Kubzansky L. D.** (2018). A prospective study of marital quality and body weight in midlife. *Health Psychology*, 37(3), 247-256.

**Chen, Y., Haines, J. Charlton, B., and VanderWeele, T. J.** (2018). *Positive parenting practices and offspring health and well-being in later life: an outcome-wide analysis*. Technical Report.

**Chen, Y., Harris, S. K., Worthington Jr, E. L., & VanderWeele, T. J.** (2018). Religiously or spiritually motivated forgiveness and subsequent health and well-being among young adults: An outcome-wide analysis. *The Journal of Positive Psychology*, 1-10.

**Chen, Y., Kim, E. S., Koh, H. K., Frazier, A. L., & VanderWeele, T. J.** (2019). Sense of mission and subsequent health and well-being among young adults: An outcome-wide analysis. *American Journal of Epidemiology*. In press.

**Chen, Y., Kubzansky, L. D., & VanderWeele, T. J.** (2019). Parental warmth and flourishing in mid-life. *Social Science & Medicine*, 220, 65-72.

Courtin, E., Nafilyan, V., Glymour, M., Goldberg, M., Berr, C., **Berkman, L. F.**, ... & Avendano, M. (2019). Long-term effects of compulsory schooling on physical, mental and cognitive ageing: a natural experiment. *Journal of Epidemiology & Community Health*. doi: 10.1136/jech-2018-211746

Gomez-Bernal, F., Madva, E. N., Puckett, J., Amonoo, H. L., **Millstein, R. A.**, & **Huffman, J. C.** (2018). Relationships between life stressors, health behaviors, and chronic medical conditions in mid-life adults: A narrative review. *Psychosomatics*. doi:10.1016/j.psych.2018.12.007

Gotink, R.A., Vernooij, M.W., Ikram, M.A., Niessen, W.J., Krestin, G.P., Hofman, A., Tiemeier H, & **Hunink, M.G.M.** (2018). Meditation and yoga practice are associated with smaller right amygdala volume: the Rotterdam study. *Brain Imaging Behav.* 12(6), 1631-1639.

Greenberg, J., Datta, T., Shapero, B. G., Sevinc, G., Mischoulon, D., & **Lazar, S. W.** (2018). Compassionate hearts protect against wandering minds: Self-compassion moderates the effect of mind-wandering on depression. *Spirituality in Clinical Practice*, 5(3), 155-169.

Hayashi, H., Tan, A., **Kawachi, I.**, Minsky, S., & **Viswanath, K.** (2018). Does segmentation really work? Effectiveness of matched graphic health warnings on cigarette packaging by race, gender and chronic disease conditions on cognitive outcomes among vulnerable populations. *Journal of Health Communication*, 23(6), 523-533.

Hernandez, R., Vu, T.-H. T., Kershaw, K. N., Boehm, J. K., **Kubzansky, L. D.**, Carnethon, M., **Trudel-Fitzgerald, C.**, Knutson, K. L., Colangelo, L. A., & Liu, K. (2019). The association of optimism with sleep duration and quality: Findings from the Coronary Artery Risk and Development in Young Adults (CARDIA) study. *Behavioral Medicine*, In press.

- Huffman, J. C.**, Legler, S., **Millstein, R. A.**, Gomez-Bernal, F., Celano, C. M., Chung, W. J., & Healy, B. C. (2019). Does timeframe adjustment of the Life Orientation Test-Revised assess optimism as a state? *The Journal of Positive Psychology*, 1-8.
- James, P.**, **Kim, E. S.**, **Kubzansky, L. D.**, Zevon, E., **Trudel-Fitzgerald, C.**, & **Grodstein, F.** (2019). Optimism and healthy aging in women. *American Journal of Preventive Medicine*, 56(1), 116-124.
- Kang, Y., Strecher, V. J., **Kim, E. S.**, & Falk, E. B. (2019). Purpose in life and conflict-related neural responses during health decision making. *Health Psychology*. In press.
- Kim, E. S.**, & **VanderWeele, T. J.** (2018). Mediators of the association between religious service attendance and mortality. *American Journal of Epidemiology*, 188(1), 96-101.
- Kubzansky, L. D.**, **Huffman, J. C.**, Boehm, J. K., Hernandez, R., **Kim, E. S.**, **Koga, H. K.**...& Labarthe, D. (2018). Positive psychological well-being and cardiovascular health promotion. *Journal of the American College of Cardiology*, 72(23), 3012-3026.
- Lee, M. A., & **Kawachi, I.** (2019). The keys to happiness: Associations between personal values regarding core life domains and happiness in South Korea. *PLOS ONE*, 14(1).
- Li, S., Hagan, K., **Grodstein, F.**, & **VanderWeele, T. J.** (2018). Social integration and healthy aging among US women. *Preventive Medicine Reports*, 9, 144-148.
- Li, S., **Kubzansky, L. D.**, & **VanderWeele, T. J.** (2018). Religious service attendance, divorce, and remarriage among US nurses in mid and late life. *PLOS ONE*, 13(12).
- Olvera, H. A., Appleton, A. A., Fuller, C. H., Belcourt, A., & **Kubzansky L. D.** (2018). An Integrated socio-environmental model of health and well-being: A conceptual framework exploring the joint contribution of environmental and social exposures to health and disease over the life span. *Current Environmental Health Reports*, 5(2), 233-243.
- Qureshi, F.**, Koenen, K. C., Tiemeier, H., Williams, M. A., Misra, S., & **Kubzansky, L. D.** (2019). Childhood assets and cardiometabolic health in adolescence. *Pediatrics*, 143(3).
- Ramanadhan, S.**, Nagler, R. H., Alexander-Molloy, J. M., & **Viswanath, K.** (2018). Local organizations supporting implementation of graphic health warnings for tobacco in underserved communities: A qualitative inquiry. *Frontiers in Public Health*, 6, 332.
- Shen, C., Wang, M. P., Wan, A., **Viswanath, K.**, Chan, S. S. C., & Lam, T. H. (2018). Health information exposure from information and communication technologies and its associations with health behaviors: Population-based survey. *Preventive Medicine*, 113, 140-146.
- Shinde, S., Weiss, H. A., Varghese, B., Khandeparkar, P., Pereira, B., Sharma, A., ... & **Patel, V.** (2018). Promoting school climate and health outcomes with the SEHER multi-component secondary school intervention in Bihar, India: a cluster-randomised controlled trial. *The Lancet*, 392(10163), 2465-2477.
- Soo, J., **Kubzansky, L. D.**, **Chen, Y.**, Zevon, E. S., & Boehm, J. K. (2018). Psychological well-being and restorative biological processes: HDL-C in older English adults. *Social Science & Medicine*, 209, 59-66.

Van der Heijden, M.J.E., Jeekel, J., Rode, H., Cox, S., van Rosmalen, J., **Hunink, M.G.M.**, & van Dijk, M. (2018). Can live music therapy reduce distress and pain in children with burns after wound care procedures? A randomized controlled trial. *Burns*. 44(4), 823-33.

**VanderWeele, T. J.** (2018). Is forgiveness a public health issue? *American Journal of Public Health*, 108(2), 189-190.

**VanderWeele, T. J.** (2018). Religious communities, health, and well-being - Address to the US Air Force Chaplain Corps Summit. *Military Medicine*, 5-6, 105-109.

**VanderWeele, T. J.**, Balboni, M. J., & Balboni, T. A. (2018). The Initiative on Health, Religion and Spirituality at Harvard: from research to education. In Oman, D. (ed.). *Why Religion and Spirituality Matter for Public Health: Evidence, Implications, and Resources*. Springer-Verlag.

**Williams, D. R.**, Lawrence, J. A., & Davis, B. A. (2019). Racism and Health: Evidence and Needed Research. *Annual Review of Public Health*. 40, 14.1–14.21

## Selected Talks and Presentations

**Kim, E. S.** (2018, September). Emerging trends in psychological well-being. *Samsung*. San Francisco, Calif.

**Kim, E. S.** (2018, June). Sense of purpose in life and health. *Massachusetts Institute of Technology, MIT Media Lab*. Cambridge, Mass.

**Kim, E. S.**, **DeMeo, D.**, Fong, K. C., Lee, L. O., **Grodstein, F.**, & **Kubzansky, L. D.** (2018, November). Optimism and biological aging. *Gerontological Society of America Annual Conference*. Boston.

**Kim, E. S.**, Ryan, D., Supra N., Weisman, R., & Yeh, C. (2018, October). Inspired ideas: Aging & technology (invited panel discussion). *Connected Health Conference*. Boston.

**Kim, E. S.**, **James, P.**, **Kubzansky, L. D.**, Zevon, E., **Trudel-Fitzgerald, C.**, & **Grodstein, F.** (2018, March). Optimism and healthy aging in older women. *American Psychosomatic Society Meeting*. Louisville, Ky.

**Kubzansky, L. D.**, Boehm, J. K., Allen, A. R., Vie, L. L., Ho, T. E., **Trudel-Fitzgerald, C.**, Koga, H., Scheier, L. M., & Seligman, M. E. P. (2019, March). A health asset for primordial prevention: Optimism and risk of hypertension. *American Psychosomatic Society Meeting*. Vancouver, B.C., Canada.

**Kubzansky, L. D.** (2018, December). Positive psychological functioning: An enduring asset for healthy aging. *Broad Institute Annual Scientific Retreat*. Boston.

**Trudel-Fitzgerald, C.**, Huang, T., Tworoger, S. S., & **Kubzansky, L. D.** (2018, November). From head to toe: Associations of emotional functioning with age-related biological processes. *Gerontological Society of America Annual Conference*. Boston.

**Trudel-Fitzgerald, C.** (2019, April). What if “happiness” was good for the mind...and the body? *Ohio State University, Reinhart Butter Design Affair workshop*. Columbus, Ohio.

**Trudel-Fitzgerald, C.** (2019, February). Psychological well-being: why it may matter for physical health. *Harvard University, Integrative Medicine Lecture Series*. Boston.

**Qureshi, F., Koenen, K. C., Tiemeier, H., Williams, M. A., & Kubzansky, L. D.** (2019, March). Early childhood mental health and changes in cardiometabolic dysregulation: A prospective cohort study. *American Psychosomatic Society Annual Meeting*. Vancouver, B.C., Canada

**Qureshi, F., Delaney, S., & Kubzansky, L. D.** (2018, June). Comparing the impact of positive psychosocial resources on favorable cardiovascular health in young adulthood. *Society for Epidemiologic Research Annual Meeting*. Baltimore, Md.

**VanderWeele, T. J.** (2019, March) Religious communities and human flourishing. Keynote Address. *Global Meeting on Spirituality and Mental Health*. Florianopolis, Brazil.

**VanderWeele, T. J.** (2018, November). Religion and mental health. *Armand Nicholi, Jr. and Ingrid Nicholi Endowed Lecture*. Massachusetts General Hospital, Department of Psychiatry. Boston.

**Viswanath, K.** (2018, October/December). Scale and skills: Translational communication to address health inequities. *Annual Cancer Symposium, University of Massachusetts, Boston-Dana-Farber Harvard Cancer Center*. Boston, MA & Keynote Address, International Congress of Behavioral Medicine, Santiago, Chile.

## Center Seminar Series 2018–2019

September 26, 2018. Steven Gortmaker (Harvard T.H. Chan School of Public Health). Translating Research for Policy and Practice: The CHOICES Project and Implication for Happiness.

October 17, 2018. Gina McCarthy (Harvard T.H. Chan School of Public Health). Translating Science to Policy: Lessons from Climate Change.

October 25, 2018. Richard J. Davidson (University of Wisconsin–Madison). Well-Being Is a Skill.

November 28, 2018. David Silbersweig (Brigham and Women's Hospital). Brain Systems for Resilience.

January 23, 2019. Eric Loucks (Brown University). Population Health Impacts of Mindfulness: Opportunities, Evidence, and Pitfalls.

February 27, 2019. Winnie Yip (Harvard T.H. Chan School of Public Health). From Social Experiments to Policy Decisions: China's Health Care Reform.

March 27, 2019. Karen Emmons (Harvard T.H. Chan School of Public Health). Building an Evidence Base That Is Useful for Population Health.

April 24, 2019. Suzanne Segerstrom (University of Kentucky). Well-being, Immunosenescence, and the Brain.



## Selected Grants and Awards

**Delaney, S.** 1. NIH F31 Predoctoral National Research Service Award for research investigating the neurodevelopmental effects of various childhood social exposures.

**Delaney, S.** Harvard University Mind Brain Behavior Interfaculty Initiative Graduate Student Award to investigate questions related to research on how family functioning affects white matter brain development in late childhood.

**Delaney, S.** Doris Duke Foundation Research to Action Award for research on how early-life poverty-related experiences change brain structural and functional connectivity in late childhood.

**Kim, E.S.** Characterizing Mechanisms Behind the Association Between Purpose in Life and Health. *National Institutes of Health, National Institute on Aging.*

**Trudel-Fitzgerald, C.** Unraveling health disparities: Relationships between emotional factors and biomarkers involved in age-related diseases. *Harvard Catalyst Health Disparities Research Program.*

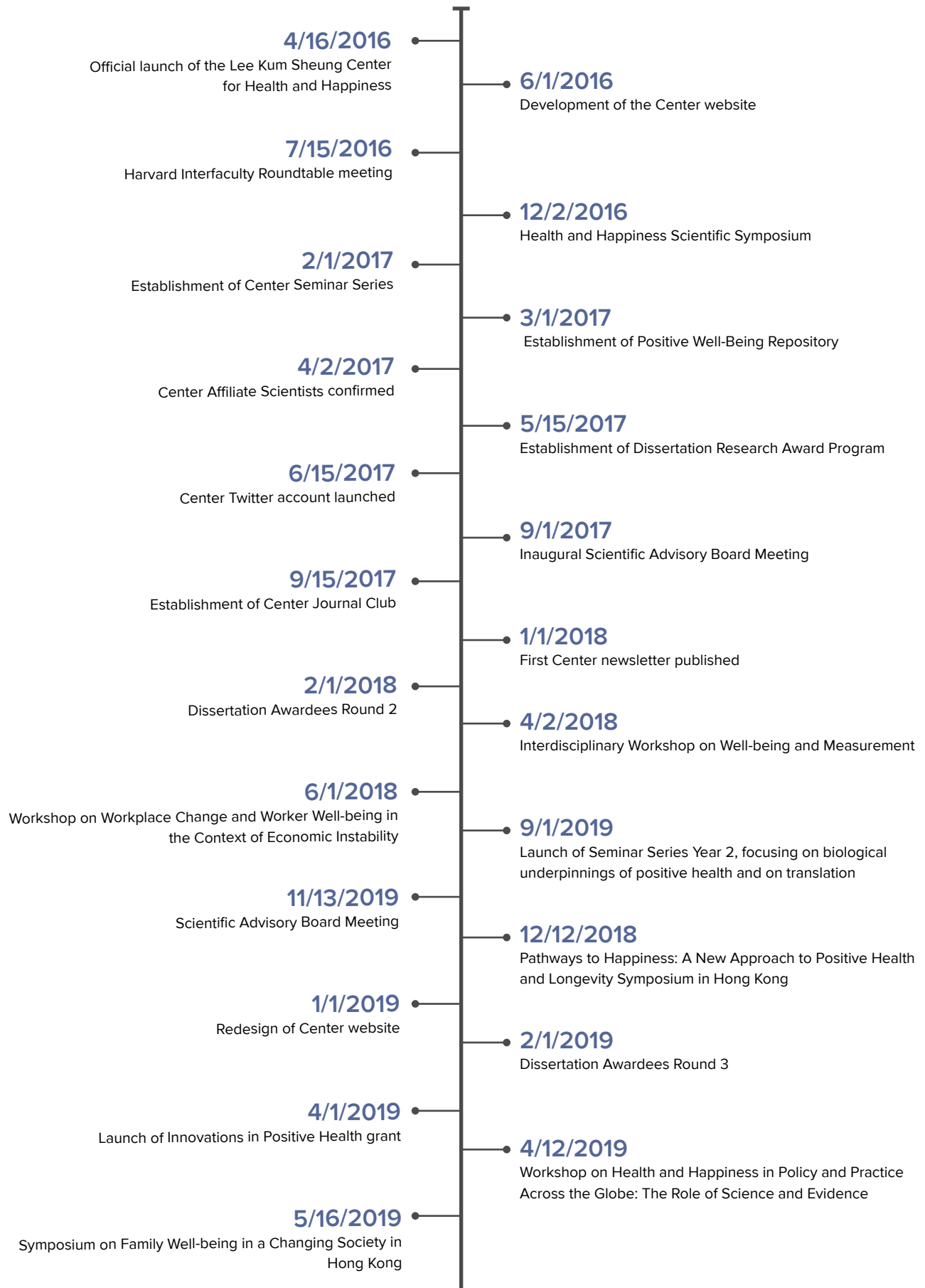
**VanderWeele, T.J.** Religion and Human Flourishing – New Empirical Approaches. *John Templeton Foundation Grant 61075*

“People are increasingly discovering that health is tied to a variety of social conditions—unemployment, recession, the great revolution in communication.”

—Professor Vish Viswanath



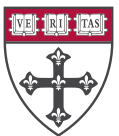
# Center Timeline - Major Events





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**HARVARD T.H. CHAN**  
SCHOOL OF PUBLIC HEALTH