

# LEE KUM SHEUNG CENTER FOR HEALTH AND HAPPINESS

ANNUAL REPORT 2022



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

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

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The mission of the Lee Kum Sheung Center for Health and Happiness is to build a rigorous and interdisciplinary science of positive health, happiness, and well-being with a focus on health equity, and to translate the science to influence practice and policy.



## Greetings from the co-directors

With generous support from the Lee Kum Kee family, the Lee Kum Sheung Center for Health and Happiness works to promote positive health, happiness, and well-being around the world. Our 2021–2022 annual report highlights an especially consequential year. In the face of the COVID-19 pandemic, the Center maintained a full portfolio of activities—releasing important and timely findings and research tools related to positive health as well as contributing to government and institutional initiatives designed to increase happiness and health both in the United States and internationally.

In 2021, the Center also underwent its first review by an external committee, which highlighted impressive growth and accomplishments over our first five years and provided constructive advice that will help us fine-tune our strategy for the future.

One of the Lee Kum Sheung Center's key contributions to the study of human well-being is shifting the paradigm from the treatment and management of disease to a focus on positive health outcomes and assets that promote them. Our research recognizes the importance of mental health in its own right, but also brings attention to its crucial and under-acknowledged role in physical health and longevity. Important public health efforts during the pandemic have focused not only on developing vaccines and reducing the spread of infection, but also on how pandemic-related psychosocial adversity is contributing to poor mental health. The Center's approach is powerful and complementary to these efforts: identifying factors that promote happiness and emotional well-being even in times of stress, examining the distribution of positive health across diverse populations, and evaluating the unique ways in which positive health assets may contribute to population health, including physical health.

The Center invests in and supports leading-edge research to advance our understanding of positive health, happiness, and well-being—and we are committed to making these research findings accessible to both academic researchers and practitioners. To assist researchers across multiple disciplines, we expanded our repository of tools for measuring psychological well-being, including recently developed measures for human flourishing. We also launched a repository of tools to help policymakers and practitioners measure well-being at a national level. For the workplace, Center researchers and collaborators created a toolkit with practical, evidence-based strategies employers can leverage to promote greater work satisfaction, emotional well-being, and physical health among employees.

Another critical component of our work involves translating science to influence policy and practice. This year, we have been particularly interested in health communications and the ways in which health messaging can lead to behavioral changes at the population level. Center Co-Director Vish Viswanath, Center Research Scientist Mesfin Bekalu, and colleagues received two major grants to support this translational research—including a National Institutes of Health U54 Partnership Grant Supplement, which aims to explore how the COVID-19 information environment affects health behaviors and well-being in the United States and India.

This past year has also given us the opportunity to contribute to national and international initiatives in positive health promotion. Center Co-Director Laura Kubzansky is advising an initiative of the Office of the United States Surgeon General focused on improving workplace well-being. Kubzansky is also a leader in an NIH-funded project to create a network of scholars that will advance the science of emotional well-being. Center Co-Director Vish Viswanath collaborated with the University of Hong Kong Schools of Public Health and Nursing to investigate social determinants and behavioral risk factors influencing personal and family well-being in Hong Kong. Viswanath's work in part examines the use of information communication technologies among family members, as well as the impact of the COVID-19 pandemic and "infodemic"—an excess of false or misleading pandemic-related information—on psychosocial well-being. Viswanath has also been working with the Salaam Bombay Foundation on interventions to improve youth well-being in India.

This report features just a sample of the publications and rigorous work Center scientists have produced. To see more, please visit our website: [www.hsph.harvard.edu/health-happiness](http://www.hsph.harvard.edu/health-happiness).

We continue our commitment to making health and happiness attainable for people and societies around the world while creating educational opportunities for scholars in the field of positive health. We sincerely thank the Lee Kum Kee family for the support that makes our work possible, and we appreciate the partners, collaborators, and community members who give purpose to our research.

**Laura Kubzansky**  
Co-Director, Lee Kum Sheung Center  
for Health and Happiness; Lee Kum Kee  
Professor of Social and Behavioral Sciences

**Kasisomayajula "Vish" Viswanath**  
Co-Director, Lee Kum Sheung Center  
for Health and Happiness; Lee Kum Kee  
Professor of Health Communication





# THIS YEAR'S PROGRESS IN POSITIVE HEALTH

Researchers at the Lee Kum Sheung Center work across multiple disciplines to identify and promote the factors that contribute to health and happiness. Our community is composed of students, scholars, and affiliate scientists at Harvard University with the shared goal of building a robust scientific understanding of positive health.

## 2021–2022 highlights

The Center's work was featured in **high-impact media outlets**, including: [Fast Company](#), [Harvard Business Review](#), [National Geographic](#), [NBC](#), [U.S. News](#), and [The Washington Post](#).

Center scholars and affiliates **published their work** in dozens of highly regarded, peer-reviewed journals, including the American Journal of Public Health, Health Communication, JAMA Network Open, and Proceedings of the National Academy of Sciences.

Center leadership **served in an advisory capacity** for several institutions and initiatives including the U.S. Centers for Disease Control and Prevention; the Harvard Global Flourishing Study; the National Academies of Sciences, Engineering and Medicine; and the Office of the U.S. Surgeon General.

Center internships provide students of different backgrounds with research experience in the field of positive health science. This year, we hosted **14 undergraduate and graduate student interns** through our summer and academic year internship programs.

**I am grateful that I had the rewarding opportunity this summer to join an experienced team of qualitative researchers and to meet fellow students interested in integrating positive health and well-being into their future clinical or research pursuits.**

**Caitlyn Leonard**

2021 Summer Intern, Lee Kum Sheung Center for Health and Happiness; MPH Candidate, Boston University School of Public Health

The Center's 2021–2022 seminar series includes nine seminars, which are publicly available on the Center's [YouTube channel](#). Seminar speakers come from a range of academic institutions and represent an array of different backgrounds and perspectives. For Harvard Chan School students, **five Positive Health Interest Group meetings** provided an opportunity to explore positive health topics in a smaller, discussion-based setting.

### EVENT SPOTLIGHT: SOCIAL MEDIA USE AND WELL-BEING

What do we know about the links between social media use, health, and well-being? Public interest in this area has continued to grow, including coverage of the Center's research on social media in outlets such as [Mashable](#) and [MarketWatch](#). In April 2022, the Center hosted "Social Media Use and Well-Being," a two-day workshop that convened stakeholders from academia, government, and industry, bringing expertise from various global contexts and backgrounds. Participants discussed public perceptions about social media's impact on health and well-being, while presenting on the state of the science, including ways to compile more rigorous evidence. The workshop opened a critical discussion, determining ways researchers and policymakers can work together to understand the impact of social media on positive health.

**Researchers are looking only for the dysfunctional side of social media, so that's what most studies are finding consistently. But there are also functional sides to it in terms of increasing sense of cohesion, neighborliness, and other positive effects.**

**Kasisomayajula "Vish" Viswanath**

Co-Director, Lee Kum Sheung Center for Health and Happiness; Lee Kum Kee Professor of Health Communication



## Notable research: 2021–2022

Center Co-Director Laura Kubzansky and Center affiliate scientists conducted a prospective study and found that **purpose in life was associated with lower risk of mortality** across all levels of socioeconomic status among older adults.

» [Learn more: doi.org/10.1016/j.amepre.2021.02.011](https://doi.org/10.1016/j.amepre.2021.02.011)

Center Affiliate Scientist Francine Grodstein and colleagues at Brigham and Women's Hospital found that vigorous physical activity was associated with **better cognitive trajectories** (maintaining better brain function for longer) in older women, particularly those with a genetic risk factor for brain aging.

» [Learn more: doi.org/10.1093/gerona/glab169](https://doi.org/10.1093/gerona/glab169)

Center Affiliate Scientists Christina Luberto, Giselle Perez, Elyse R. Park, and colleagues identified characteristics of frontline clinicians most likely to benefit from a **resiliency group intervention**.

» [Learn more: doi.org/10.1016/j.jad.2021.06.036](https://doi.org/10.1016/j.jad.2021.06.036)

Center Co-Director Vish Viswanath, Harvard Chan School Postdoctoral Research Fellow Edmund W. J. Lee, and Center Research Scientists Mesfin Bekalu and Rachel McCloud examined **social media trends** to build an extended “infodemiology” model for more effective cancer communication.

» [Learn more: doi: 10.1080/10410236.2021.1951957](https://doi.org/10.1080/10410236.2021.1951957)



Center Co-Director Kubzansky, Center scholars, and other colleagues found that among adults exposed to early adversity, those with **higher resilience** had lower odds of developing cardiometabolic conditions.

» [Learn more: doi: 10.1073/pnas.2102619118](https://doi.org/10.1073/pnas.2102619118)

Center Affiliate Scientist Lisa Berkman and colleagues conducted a prospective study and found that socioeconomic status—especially economic disadvantage—is a strong independent **predictor of which older adults will develop hypertension**.

» [Learn more: doi: 10.1097/HJH.0000000000002959](https://doi.org/10.1097/HJH.0000000000002959)

Center Co-Director Viswanath and Center Research Scientists Rachel McCloud and Mesfin Bekalu wrote a chapter for the latest edition of the “Routledge Handbook of Health Communication” about **communication, health, and equity**.

» [Learn more: doi.org/10.4324/9781003043379](https://doi.org/10.4324/9781003043379)

Center Affiliate Scientist Tyler VanderWeele and Harvard Chan School Research Scientist Tim Lomas offered a **comprehensive overview of happiness research across disciplines** and discussed the multiple dimensions that contribute to the creation of happiness.

» [Learn more: doi.org/10.1080/17439760.2021.1991453](https://doi.org/10.1080/17439760.2021.1991453)





# HEALTH AND HAPPINESS RESEARCH IN ACTION

The Lee Kum Sheung Center strives to create conditions for happiness and health at the population level, and the impact of its research extends far beyond the publication of research findings. The Center brings a population health lens to bear on circumstances and conditions that affect the well-being of people around the world, and contributes to translating research into practical solutions.

## Work and well-being

**DISCUSSIONS ABOUT IMPROVING WORKER HEALTH** often center on employee wellness programs. While these programs can be useful in certain contexts, they generally focus on modifying an individual employee's behaviors and ignore the responsibility of the employer to create structural conditions that promote worker well-being. Meanwhile, the COVID-19 pandemic has brought about dramatic changes in how some people work, while simultaneously affecting emotional health across populations.

In recognition of the major workplace changes brought about by the COVID-19 pandemic, the Center hosted a two-part symposium in summer 2021 on **"Worker Well-Being During COVID,"** which focused on the themes of **"Lessons Learned"** and **"Return to the Workplace."** This symposium brought academic researchers and leaders in business together for thought-provoking discussions on workplace well-being and employee resilience. Guest speakers included Jonathan Isaacson, chairman and chief executive officer of The Gem Group, Inc., and Pamela Hymel, chief medical officer of Walt Disney Parks and Resorts.

**Trust is one of our core values. It is, in fact, the biggest core value that we have as an organization. It's how we get the most of people, both for themselves and for the company, because those two things are really linked.**

**Jonathan Isaacson**  
Chairman and Chief Executive Officer,  
The Gem Group, Inc.

To help employers create healthier workplaces, Center Co-Director Laura Kubzansky partnered with colleagues at the Work and Well-Being Initiative to create the **"Work Design for Health"** toolkit. Drawing on the team's review of the evidence base, including their [state-of-the-science article](#) published in the American Journal of Public Health, the toolkit provides an approach for creating work environments that foster greater emotional and physical health for workers. Key factors that promote better worker well-being include giving employees more control on the job, taming excessive job demands, and improving social relationships in the workplace. This research has been shared widely through media outlets such as Harvard Business Review and Fast Company.

**We were particularly struck by the fact that there are aspects of the environment and the workplace that make it possible for people to do well—that resilience and well-being are not necessarily personal attributes, but experiences that are fostered by what's happening in the environment.**

**Laura Kubzansky**  
Co-Director, Lee Kum Sheung Center for Health and Happiness; Lee Kum Kee Professor of Social and Behavioral Sciences

### » LEARN MORE

Lovejoy, M., Kelly, E. L., Kubzansky, L. D., & Berkman, L. F. (2021). Work Redesign for the 21st Century: Promising Strategies for Enhancing Worker Well-Being. *American Journal of Public Health*, 111(10), 1787-1795. [doi.org/10.2105/AJPH.2021.306283](https://doi.org/10.2105/AJPH.2021.306283)



## Boosting youth happiness



**THE COVID-19 PANDEMIC HAS DISRUPTED SCHOOLING** and social activities around the globe, and youth in low-income areas have been disproportionately impacted. Center Co-Director Vish Viswanath and colleagues at Harvard Chan School [evaluated the Happy Mind Calls](#), a multi-layered intervention implemented by the Salaam Bombay Foundation (SBF) to reduce isolation and promote social and psychological well-being of adolescents from low-income communities in Mumbai, India, during the pandemic.

About 12,000 students who are part of SBF received the Happy Mind Calls intervention—a phone call supplemented with other activities such as skill-building, playing games, or food relief. The evaluation found that the Happy Mind Calls boosted students' happiness and sense of connection. When supplemented with other activities, the calls engendered stronger feelings of social support and care. The evaluation suggests that the intervention has a positive impact on the well-being of adolescents.

**This is an innovative approach that can be done remotely; it is easily scalable and impactful. This approach offers an illuminating pathway for working with children not just during the pandemic but to engage them during other times, too.**

**Kasisomayajula “Vish” Viswanath**  
Co-Director, Lee Kum Sheung Center for Health and Happiness; Lee Kum Kee Professor of Health Communication

» **LEARN MORE:**

Salaam Bombay Foundation (2021). [Impact of Short Term Multi-Layered Salaam Bombay Foundation Interventions during the COVID-19 Pandemic on the Well-Being of Adolescents in Mumbai. salaambombay.org/pdf/happy\\_minds\\_research\\_report.pdf](https://salaambombay.org/pdf/happy_minds_research_report.pdf)



# TRAINING TOMORROW'S LEADERS

The field of positive health is rich with potential. The Lee Kum Sheung Center supports new scholars entering the field, while providing resources for seasoned scholars to incorporate a positive health framework into their research. This past year, the Center introduced new opportunities for scholars from diverse backgrounds. The Center's research continually strives to uncover the links between emotional well-being and physical health as well as factors that make experiencing emotional well-being more likely. It has also opened the door to many new questions. The Center hopes to provide the next generation of scholars with the necessary tools and training to tackle these questions with both innovative and effective approaches.





**EDUCATIONAL PROGRAM**

# Summer short course

**IN JULY 2021**, the Center partnered with University College London to launch an inaugural summer short course, “Exploring the Linkages between Mental Well-Being and Physical Health Outcomes.” Hosted online, this five-day course provided participants with an overview of cutting-edge science at the nexus of epidemiology, social science, psychology, and medicine.

Course participants learned about recent research and discourse on the interplay between emotional well-being and physical health, as well as strategies for incorporating this knowledge in their own education, research, and teaching. Participants built an interdisciplinary network of potential partners and collaborators with shared interests in the field. The course received overwhelmingly positive feedback, and the Center is pleased to offer it again in the coming year, with plans to meet in person in London in July 2022.

**It was such an intellectually stimulating week, and I am definitely inspired to apply all this new information to my research practices. I have already been involved in this research topic, but the course helped me to organize some ideas and to understand the complexities that involve working on psychological well-being in populations.**

**Summer Short Course Participant**

**BY THE NUMBERS:**

**2** lead faculty      **23** faculty instructors

**28** course participants, representing **10** countries

**14** early career researchers and faculty      **14** graduate students

**Disciplines represented among faculty:**

- economics
- public health
- epidemiology
- psychology
- biostatistics
- environmental health

**FUNDING PROGRAM**

# Early Career Seed Grant

In 2021–2022, the Center created the Early Career Seed Grant funding program to encourage scholars at Harvard University to explore research questions related to positive health. Similar to the Center's Innovations in Positive Health grant, this program supports pioneering, early-stage research focused on either positive health science or how communication and translation sciences may inform the dissemination, implementation, and translation of new knowledge to promote positive health.

The new program focuses on scholars who are at an earlier phase in their careers—including graduate students, postdoctoral fellows, and research associates. The Center's two inaugural award recipients are Pedro Antonio de la Rosa Fernández-Pacheco, postdoctoral fellow at the Human Flourishing Program, and Stephanie Taube, research fellow at the Malcolm Wiener Center for Social Policy at Harvard Kennedy School. More about each of their projects is below.

**HAPPINESS ONLINE**

Much of the existing literature on internet use and well-being focuses on poor mental health outcomes, but the picture may be more complicated than that. De la Rosa will assess the effect of different internet usage types on a wide set of outcomes among younger adults—including happiness, well-being, health, and lifestyle. In addition, de la Rosa will assess how these outcomes may differ between generational categories (millennials vs. centennials).

**Any benefits or risks related to internet usage that are detected in my study, even the smallest ones, will be of great relevance for promoting positive human development because most of the activities performed through the internet are common across the entire population.**

**Pedro Antonio de la Rosa Fernández-Pacheco**  
Early Career Seed Grant Recipient, Lee Kum Sheung Center for Health and Happiness; Postdoctoral Research Fellow, Department of Epidemiology, Harvard Chan School

**EDUCATION AND THE SCIENCE OF BELONGING**

Belonging and positive well-being are closely linked. Individuals with a strong sense of belonging are more likely to report themselves as healthy and satisfied with life. Despite diversity and inclusion initiatives, self-reported belonging in the workplace and classroom remains consistently lower among historically underrepresented groups. Taube's project, “Student Belongingness within the Complex Landscape of Higher Education,” will address the question of what it means to “belong” as a student, with a goal of helping two- and four-year colleges improve sense of belonging among their students. Data collection will include interviews with Harvard University and University of Massachusetts Boston students of differing backgrounds with regard to race and ethnicity, socioeconomic status, gender, and parental educational attainment.

**I am most interested in integrating theories and questions from public health, psychology, and sociology to explore the ways in which organizational and social structures can support members' abilities to lead meaningful, fulfilling, and healthy lives.**

**Stephanie Taube**  
Early Career Seed Grant Recipient, Lee Kum Sheung Center for Health and Happiness; Research Fellow, Harvard Kennedy School





# HEALTH AND HAPPINESS ACROSS DISCIPLINES

Because the study of happiness cannot be relegated to a single lab or research approach, the Lee Kum Sheung Center aims to forge collaborations with experts across disciplines. Through two collaborations begun this year, the Center is integrating its unique approach into existing health and happiness efforts, while taking positive health research in new creative directions.

## Health and the arts

**A LARGE BODY OF EVIDENCE** points to the effectiveness of art therapy for individual healing. Recent work suggests that arts interventions can also improve population health and well-being. This year, the Center made arts and health a topic area of its summer short course. In addition, the Center launched a working group led by Carla Dirlikov Canales, Harvard Advanced Leadership Initiative fellow and internationally renowned opera singer, that is investigating how arts may protect or promote positive health beyond simply enhancing healing for those who are already ill.

The working group is exploring strategies to bring researchers and arts practitioners together, with the aim of (1) forming a network to explore arts and health research using a public health lens and (2) building a more permanent platform for deeper collaboration. In the long term, they hope to expand these partnerships around the world, identify and evaluate community arts interventions that improve population health and well-being, and develop new knowledge in this field.

**The arts affect the social determinants of health. There's a wide literature on the role of the arts in enhancing social bonding and improving social cohesion."**

**Katey Warran**

Summer Short Course Faculty Instructor, Lee Kum Sheung Center for Health and Happiness; Research Fellow in Social Science, University College London

## Is kindness good for your health?

**COMPASSION FOR OTHERS** may promote societal health. Prosociality, defined as "acting in a way that benefits others without necessarily expecting anything in return," could influence physical health as well as lead to a more compassionate world. Emerging research has demonstrated correlations between prosocial attributes—such as

compassion, kindness, and empathy—and mental and physical well-being. However, there is limited research exploring the causes and consequences of these behaviors outside of self-compassion and medical caregiving contexts.

The Center is working to develop this field of research by exploring the links between prosocial behavior and population health. As part of this effort, the Center is conferring with researchers and practitioners from disciplines that may not often work together, including epidemiology, nursing, neuroscience, and sociology. In September 2021, the Center convened scholars and grant-makers in a half-day, virtual meeting to discuss a prosociality research agenda. Participants expressed interest in gaining a deeper understanding of how outward-facing prosocial attributes—such as treating others with kindness and compassion—influence mental and physical health outcomes at the individual and societal level. There was also interest in gaining greater insight into social and structural factors that encourage (or provide barriers to) prosocial behaviors, as well as a collective interest in identifying interventions that successfully promote these prosocial attributes and lead to downstream effects on population health.

The group identified key questions that researchers and public health practitioners must address—for example, what interventions and infrastructure should be prioritized to promote prosociality? Should we elevate prosociality to become a public health priority? These questions are particularly salient in a society that experiences high levels of injustice, division, and hardship, as highlighted by the COVID-19 pandemic and recent political and social unrest. Understanding prosociality may help uncover effective solutions to such large-scale problems. The Center is motivated by the vision of a kinder and healthier society, and its academic researchers plan to devote resources to support targeted research and collaboration on prosociality in the coming year.

**There has been a significant amount of work on prosociality in different disciplines, but I don't think it's really been a topic in public health ... What intrigues me is that prosociality has implications not just for one's own health, but for societal health, for community health."**

**Laura Kubzansky**

Co-Director, Lee Kum Sheung Center for Health and Happiness; Lee Kum Kee Professor of Social and Behavioral Sciences





# A HEALTHIER, HAPPIER TOMORROW

**AS THE CENTER LOOKS TO THE NEXT YEAR AND BEYOND**, its researchers and staff reaffirm their commitment to transforming approaches to public health and medicine. By shifting the paradigm to focus not just on healing disease, but also on creating the circumstances for human flourishing, the Lee Kum Sheung Center for Health and Happiness will contribute to the achievement of positive well-being, health, and happiness—globally and inclusively.

In the next year, we look forward to publishing a special issue of the scientific journal *Affective Science*, co-edited by Center Co-Director Laura Kubzansky; Eric Kim, Center affiliate scientist; and Judy Moskowitz, professor of medical social sciences at Northwestern University. This special issue will bring together new empirical evidence examining interventions that can improve psychological well-being—particularly those with the potential to influence population health—and will build on rich discussions generated at the Center’s April 2021 workshop, “Interventions to Modify Psychological Well-Being.” In addition, Center Co-Director Vish Viswanath plans to publish a new case study focused on the ways in which private companies can promote well-being within their organizations as well as throughout their communities.

More broadly, the Center aims to reinforce its position as a hub for knowledge production and facilitating the translation of the science of well-being. Academic researchers and staff will continue to conduct and support meaningful, innovative research at Harvard University focused on the mechanisms of health and happiness, with specific interest in several other emerging areas, including:

- The intersection of equity, health, and positive well-being.
- Social media and its impact on health and well-being.
- Worker health and well-being.

In addition, the Center will stay attuned to emerging research areas and leverage its unique position at Harvard University to support pioneering, early-stage research. We will ensure that key research findings are accessible outside the boundaries of the University.

Communicating and translating the Center’s research and activities for a wider audience is a vital part of its strategic plan. Faculty and staff will achieve increased translational reach through:

- Expanding educational opportunities at Harvard University and beyond.
- Initiating and strengthening partnerships within and outside Harvard University to disseminate research and recommendations more widely.
- Developing knowledge briefs, policy briefs, and case studies to reach a wider audience.

Finally, the Center remains committed to fostering networks of scholars who apply a positive health lens to their research, as well as increasing diversity and inclusiveness in the field. Sustaining the Center’s summer and academic year internship programs, engaging with and supporting Harvard University graduate students, mentoring postdoctoral scholars at Harvard Chan School, and inviting visiting scientists to join the Center are fundamental to maintaining a pipeline of growth. The Center looks forward to another year of leading-edge research that unlocks potential for improving the health, happiness, and well-being of people around the world.





# CENTER LEADERSHIP

For a full list of Center personnel, visit  
[hsph.harvard.edu/health-happiness/people](https://hsph.harvard.edu/health-happiness/people).



## Laura Kubzansky

*Co-Director, Lee Kum Sheung Center for Health and Happiness; Lee Kum Kee Professor of Social and Behavioral Sciences*

*Director, Society and Health Laboratory, Harvard Chan School; Co-Director, JPB Environmental Health Fellows Program*

Laura 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 among 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.

Kubzansky has worked with numerous graduate students and postdoctoral research 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. Kubzansky has served as senior advisor to the Robert Wood Johnson Foundation-funded Positive Health Research program, a member of the Centers for Disease Control and Prevention Healthy People 2020 Health-Related Quality of Life and Well-Being Workgroup, and 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

*Co-Director, Lee Kum Sheung Center for Health and Happiness; Lee Kum Kee Professor of Health Communication*

*Professor of Health Communication, McGraw-Patterson Center for Population Sciences, Dana-Farber Cancer Institute (DFCI); Director, Center for Translational Health Communication Science, Harvard Chan School and DFCI; Director, India Research Center, Harvard Chan School; Faculty Director, Health Communication Core, Dana-Farber/Harvard Cancer Center (DF/HCC); Founding Director, Enhancing Communication for Health Outcomes (ECHO) Laboratory, DF/HCC*

The work of Kasisomayajula "Vish" Viswanath draws from literature in communication science, social epidemiology, and social and health behavior sciences and focuses on translational communication science to influence public health policy and practice. His primary research is in documenting the relationship among communication inequalities, poverty, and health disparities, and knowledge translation to address health disparities. Viswanath has published extensively on communication inequalities and health disparities, knowledge translation, public health communication campaigns, e-health and the digital divide, public health preparedness, and the delivery of health communication interventions to underserved populations. In recognition of his academic and professional achievements, Viswanath has received several awards, including the Postdoctoral Mentor of the Year Award from the DFCI; the Joseph W. Cullen Memorial Award for excellence in tobacco research from the American Society of Preventive Oncology; the Dale E. Brashers Distinguished Mentor Award from the National Communication Association; the 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.





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