

## Heather P. Eastman-Mueller, Ph.D., CHES, CSE, FACHA

### EDUCATION

- Ph.D. May 2006 **University of Missouri.** Department of Educational, School and Counseling Psychology. Columbia, MO  
Major: Health Promotion and Wellness  
Minor: Educational Leadership and Policy Analysis  
Minor: College Teaching  
Dissertation: *Construction and Initial Validation of a Sexual Health Knowledge, Attitudes, and Behavior Survey of College Students.*  
Major Professors: Dr. Alex Waigandt, Dr. Deborah Carr
- M.S. July 1996 **Indiana University.** School of Public Health. Bloomington, IN.  
Major Area: Advanced Athletic Training and Kinesiology  
Thesis: *HIV-positive athletes: should they be mandated to disclose?*  
Major Professor: Dr. John W. Schrader, HSD, ATC, LAT
- B.S. May 1994 **University of Kansas.** Department of Health, Sport, and Exercise Science. Lawrence, KS.  
Major Area: Athletic Training/Exercise Science  
Minor: Pre-Physical Therapy

### PROFESSIONAL EXPERIENCE

- 8/16 to present **Faculty, Department of Public Health.** Indiana University, Bloomington, IN.  
Housed within the Department of Public Health and report between the Department of Public Health, IU Health Center and the Center for Sexual Health Promotion. This position is responsible for coordinating sexual health education, research and services between and within these campus entities.
- 1/05-8/16 **Director of Research, Student Health Center.** University of Missouri, Columbia, MO.  
Conduct and lead research projects for the Student Health Center. This research includes a variety of topics including stress reduction, health and academic performance, sexual health/violence, activity and college teaching.
- 8/04 -8/16 **Faculty Associate. Department of Women's and Gender Studies,** University of Missouri, Columbia, MO.
- 1/05-8/16 **Curriculum Coordinator/Director, Sexual Health Advocate Peer Education (SHAPE) program.** Student Health Center. University of Missouri, Columbia, MO.

Supervise daily operations of the University of Missouri SHAPE program. Develop and implement strategic planning and make budgetary decisions. Coordinate regularly with faculty and staff locally and nationally on a variety of sexual health topics. Supervise anywhere from 21 to 30 undergraduate peer educators and two graduate assistants.

- Summer 2011 **Instructor. School of Social Work**, Sexual Health Track, University of Missouri. Cape Town, South Africa.
- Fall 2004 **Co-instructor. Online Teaching Portfolio Revision Course. College of Education**, University of Missouri, Columbia, MO.
- August 2003- 2004 **Teaching Assistant. Inquiry into Learning I and II. College of Education**, University of Missouri, Columbia, MO.
- August 2001 -2004 **Lead Instructor. Elements of Health Education. Department of Curriculum and Instruction**, University of Missouri, Columbia, MO.
- Fall 2000-2003 **Certified Athletic Trainer**, University of Missouri, Columbia, MO. Supervised student athletic training students in a clinical setting. Taught and facilitated competency testing of approximately 30 undergraduate students. Managed the health care of a variety of university athletes. Provided medical coverage for university wrestling, sports camps, NCAA track and field and wrestling championships. \*\*Held ATC until 2007.
- Fall 1996-2000 **Certified Athletic Trainer, Hannibal Regional Hospital**, Hannibal, MO. Provided health care to collegiate, high school, middle school, and general population. Supervised student athletic trainers and job shadowing program. Taught and provided seminars for high school students regarding health care profession, exercise, health issues. Educated community companies on back care prevention, injury, health, nutrition, sports injury prevention and fitness. Developed proposal for strength and conditioning program. Facilitated and implemented a new documentation system for athletic trainers at the clinic.
- Summer 1999 **Certified Athletic Trainer, Olympic Training Center, Colorado Springs, CO.** Provided medical coverage to the United States men and women wrestling teams. Administered acute care, management, and rehabilitation of injuries sustained at the Olympic Training Center.
- Fall 1995-Su '96 **Athletic Training Graduate Assistant**, Athletic Department, Indiana University-Bloomington, Bloomington, IN. Provided medical coverage to university women's softball team. Supervised and educated student athletic trainers. Daily interaction and negotiation with coaches.

- 1994-1995      **Assistant Athletic Trainer and Head Camp Administrator**, Rochester Athletic Club, Rochester, MN.  
Responsibilities included program planning, evaluation, referral to other health professionals, childcare, consultant for children, adolescent, and parents, directing of personnel.
- 1992-1994      **Physical Therapy Assistant**, University of Kansas, Student Health Center, Lawrence, KS.  
Assisted Physical Therapist in care of children, college students and general population.  
Management, treatment, organization, and prevention of injuries.
- 1990- 1993      **Athletic Trainer Student**, University of Kansas, Athletic Department, Lawrence, KS  
Specific health care provided to varsity football, softball, volleyball, track and field, men's and women's swimming and diving teams.

### **CERTIFICATIONS**

- 2014      Certified HIV Preliminary Positive Results, Missouri Department of Health and Senior Services, Bureau of HIV, STD, and Hepatitis HIV Testing Program
- 2014      Certified Green Dot Trainer, Green Dot Training Institute
- 2014      Certified, CPR, American Heart Association
- 2012      Certified Sexuality Educator, American Association of Sexuality Educators, Counselors and Therapists
- 2010      Certified Health Education Specialist

### **TEACHING EXPERIENCE AND TRAINING**

**University of Missouri. Associate Faculty. Department of Women's and Gender Studies. Columbia, MO. (Fall 2004 to present).**

#### Courses Taught:

#### **WGST 2960. Sexual Health Advocacy and Service Learning.**

Introduction to investigating sexual and reproductive health from a socio-cultural perspective including sexual violence prevention. Students are challenged to critically reflect on themselves as sexual beings integrating concepts of intersectionality, peer education, and service learning. This course serves as a general education requirement, pre-requisite to entering the sexual health advocate peer education program and an elective for the Multicultural certificate.

#### **WGST 3960. Effective Strategies for Peer Education.**

Designed to apply the concepts presented in WGST 2960. Introduction to group facilitation, effective communication, presentation skills, and how to establish a safe learning environment. Behavior management and dealing with hot button issues will be presented with opportunities for application.

**University of Missouri. Grader. School of Health Professions, Athletic Training Program. Columbia, MO. (Fall 2015).**

Course: ATHTRN 4970- Seminar in Athletic Training.

**University of Missouri. Instructor. Department of Social Work. Columbia, MO. Cape Town, South Africa (Summer 2011).**

Courses Taught:

Social Work 4101/7101/ Critical Analysis of HIV/AIDS in South Africa: A Cross-Cultural Perspective. Section II: Sexual Health Track

Students critically analyze the impact of intersectionality (poverty, race/ethnicity, politics, and gender) as it relates to understanding the complexity of HIV/AIDS in Cape town, South Africa. Current public health strategies and policies will be explored, evaluated and compared to the strategies employed in the United States to prevent the spread of HIV/AIDS.

**University of Missouri. Graduate Teaching Instructor. Department of Curriculum and Instruction, Columbia, MO (Fall 2001 – 2004).**

Courses Taught:

**T85 Elements of Health Education.**

An overview of basic health education concepts including nutrition, fitness, sexual health, risk reduction, alcohol and other drug use. Research and pedagogical analysis are included. Course serves as a pre-requisite for pre-service teachers.

**University of Missouri. Graduate Teaching Assistant. Teacher Development Program. College of Education, Columbia, MO (Fall 2011 – 2003).**

Courses Taught:

**ED 100 Orientation, Teacher Development Program.**

Orientation and advisement of students in the pursuit of teacher education degree. Assisted in the development of course curriculum, evaluation, presentation of health education concepts and goal setting in relationship to teacher development.

**University of Missouri. Graduate Teaching Instructor. Teacher Development Program. College of Education, Columbia, MO (2003 - 2004).**

Courses Taught:

**Online Portfolio Revision.**

Assisted in the development of an online, supplemental teacher portfolio course. Curriculum development, led small group online discussions, and use of portfolios online assessment for advancement in Teach Certification state requirements.

**ED 200/201, Inquiry into Learning I & II.**

Small group instructor on teacher education concepts. Facilitated discussion, activities and assessment. Assisted in large lecture pedagogical techniques and lesson plans.

**CURRENT RESEARCH**

August 2016	National GYT data investigating uptake of STI testing among college and HS students.
July 2016	Ethical Dilemmas and Decision-making among Sexuality Educators
July 2016	ACHA Pap and STI results investigating trends chlamydia testing and EPT access among college health providers
September 2014	College Men and STI Testing: Barriers to access using a CBPR Public Health Approach to promote sexual safety. (PI). (n=50)
August 2013-present	Curriculum-integration of a LGBTQ Learning Module for School of Health Professional students. (PI). Coordination, implementation and reporting of results of the efficacy of an LGBTQ module into introductory pre-health professional course (HS 1000). (n=900).
November 2014	National College Health Assessment-II. (PI). Coordination of project with Family and Community Medicine and Student Health Center. Administration and analysis of data. Create and disseminate results to staff. Also, conducted study as PI during 2003, 2006, 2008, and 2010, 2012, 2014.

**RESEARCH AND SCHOLARLY ACTIVITIES –REFEREED PUBLICATIONS**

*\*\*indicates research articles with original data*

*Peer-reviewed Journal Articles*

**\*\*Eastman-Mueller, H.,** Gomez-Scott, J., Jung, A.K., Oswald, S. & Hagglund, K. (*In press*, 2016). Implementation and Evaluation of a Condom Availability Program on a College Campus: Lessons from the Field. *American Journal of Sexuality Education*.

**\*\*Habel, M.,** Becasen, J.S., Kahur, R., **Eastman-Mueller, H.,** and Dittus, P. (*In press*, 2016). Community Colleges: Rethinking STD prevention for the non-traditional college campus. *Community College Journal of Research and Practice*.

- \*\*Habel, MA., Haderxhanaj, L., Hogben, M., **Eastman-Mueller, H.**, Levine, S., Chesson, H. & Roberts, C. (*In press*, 2016). Does your campus GYT? Assessing the impact of the Get Yourself Tested campaign on ACHA campuses. *Cases in Public Health Communication and Marketing*.
- \*\***Eastman-Mueller, H.**, Gomez-Scott, J., Jung, AK., & Oswalt, SB. (2015). Psychometric Confirmation of the Sexual Health Survey as a Useful Tool for College Health Professionals. *Journal of American College Health*.
- \*\*Anderson, L., **Eastman-Mueller, H.**, Henderson, S., & Even, S. (2015). Man Up Monday: An Integrated Public Health Approach to Increase STI Testing Among Male Students at a Midwest University. *Journal of American College Health*.
- \*\*Oswalt, S., Wagner, L., **Eastman-Mueller, H.**, & Nevers, J. (2015). Pedagogy and Content in Sexuality Education Courses in U.S. Colleges and Universities. *Sex Education: Sexuality, Society and Learning*.
- \*\***Eastman-Mueller, H.**, Wilson, T., Jung, AK., Kimura, A., & Tarrant, J. (2013). The effects of iRest® (Yoga Nidra) on college students' level of stress, worry, depression and mindfulness. *The International Journal of Yoga Therapy*, 23(2).pp.15-24.
- \*\***Eastman-Mueller, H.**, Carr, D., & Osterlind, S. (2009). Sexual health survey. In T. Fisher, C. Davis, W. Yarber & S. Davis (Eds.), *Handbook of sexuality-related measures* (3rd ed). New York, NY: Routledge.
- \*\*Akiba, M., Chiu, YF., Zhuang, YL. & **Eastman-Mueller, H.** (2008). Standards-based mathematics reforms and mathematics achievement of American Indian/Alaska Native eighth graders. *Education Policy Analysis Archives*, 16 (20), 1-34.

#### *Refereed Book Chapter*

- \*\*Nevers, JM. & **Eastman-Mueller, H.** (2016). Sexual Health Decision-Making: Everyone's Doing it, Right? In Anderson, D.S., (Ed), *Wellness issues for higher education: a guide for student affairs and higher education professionals*. New York: London: Routledge Taylor & Francis Group.
- \*\*Noltensmeyer, C., Peters, SJ., Meisenbach, RJ., & **Eastman-Mueller, H.** (2014). Managing Sexual Health and Related Stigma through Electronic Learning Environments. In R. Ahmed & B. Bates, (Eds.), *Health Communication and mass media: An integrated approach to policy and practice*. Surrey, England: Gower Publishing.

#### *Journal Articles Under Review*

- \*\*Wagner, L.M., Eastman-Mueller, H.P., Oswalt, S. B., & Nevers, J.M. (revise-resubmit). Teaching Philosophies Guiding Sexuality Instruction in U.S. Colleges and universities. *Teaching in Higher Education*.

### **RESEARCH AND SCHOLARLY ACTIVITIES – NON-REFEREED PUBLICATIONS**

**Eastman-Mueller, H. and Gibbs, I.** (2016). Health Education Curriculum Analysis Tool for Parkway School District. Conducted adolescent and school health audit on Parkway School District on sexual health curriculum beginning with K-12. Mapped on the HECAT tool, made recommendations and revised curriculum including proposing lesson plans and resources for teachers, parents and children. St.Louis, MO.

**\*\*Eastman-Mueller, H.,** Zhang, T., & Roberts, C. (2015, 2014, 2013, 2012). American College Health Association Pap and STI Survey for Calendar Year. Survey Data Report. National Benchmarking Sexual Health Survey assessing services and programming in college health centers. Administration and coordination of nation-wide survey on STIs, cervical screening, and provision of contraceptive methods.

**\*\*Eastman-Mueller, H.** (2012 to present). **Primary Reviewer and Editor.** American College Health Association, National Sexual Health Brochures Published. Titles: *Safer Sex, Making Sex Safer, Know Your Status: Testing for HIV, Sexually Transmitted Infections, HIV, and Contraceptive Methods.*

**\*\*Eastman-Mueller, H.** (2012). **State of Missouri Sexual Health Education Curriculum Developer/Reviewer.** *STDs/STIs and HIV: Helping Youth Take Control* (Ch. 8) and *STDs/STIs and HIV: Medical Complications* (Chapter 9). In *An Ounce of Prevention Curriculum: Addressing Health Issues of Adolescents and Young Adults*. Included creation of associated texts, tests, handouts, powerpoints. Published for health educators of 6<sup>th</sup> and 8<sup>th</sup> grade health classes through the State of Missouri. Columbia, MO.

**\*\*Eastman-Mueller, H.** (July, August, September 2011). *University of Missouri Sexual Health Program Reduces STI Stigma on Campus.* *College Health in Action*, 51(1). The official newsletter of the American College Health Association.

#### *Invited*

**Eastman-Mueller, H.,** Nevers, JM. Bringing GYT to your Campus. ACHA News Blog, April 16, 2014.

**Eastman-Mueller, H.,** Nevers, JM, Habel, M., Savage, M., Rossow, TJ., & Cohen, MJ. Co-presented “Bringing GYT to Your Campus”, CDC webinar, 2013.

**Eastman-Mueller, H.** *Strength in Numbers.* Administrators Section Newsletter. American College Health Association, Fall 2013.

Nevers, JM., Melichar, A., Miller, K. & **Eastman-Mueller, H.** *On Campus: Factors to Consider in STD/STI Testing.* *The Peer Educator, The BACCHUS Network*, Volume 32, Number 4, May-July 2010.

#### **Journal Articles in Progress**

**\*\*Wagner, LM., Eastman-Mueller, H.,** Oswalt, SB, & Nevers, .M. Who is Teaching Sexuality Courses in US Colleges and Universities. *Sex Education: Sexuality, Society and Learning.*

## Books

**Eastman-Mueller, H.** (book proposal in progress, outline completed). *Reclaiming Intimacy*.

### Invited Presentations/Lectures

**Eastman-Mueller, H.** (2016, 2015, 2014). *LGBTQ Issues in Healthcare*. School of Health Professions (HS 1000). Columbia, MO.

**Eastman-Mueller, H.** (2016, April). Navigating Health care for LGBTQIA Identities. Pride Month speaker. LGBTQ Resource Center. Columbia, MO.

**Eastman-Mueller, H.** (2016, 2015, 2014). *Introduction to the Health Professions: Professional Panel* (HS 1000). School of Health Professions. Columbia, MO.

**Eastman-Mueller, H.** (2014, August). *Student Learning Outcomes*. Director's Meeting. Student Affairs Assessment Committee. Columbia, MO.

**Eastman-Mueller, H.** & John, SZ. (2013, March). *Bringing GYT to Your Campus: Impacts and Lessons Learned*. Central College Health Association Annual Meeting. Columbia, MO.

Hicks, E., Meyer, S., & **Eastman-Mueller, H.** (2013, September). *Man Up Mizzou: Public Health Approach to Men and STI testing*. Missouri Public Health Association annual conference (poster session).

**Eastman-Mueller, H.** (2013, April). Department of Health Professions. *16 and Pregnant course*. University of Missouri. Columbia, MO.

**Eastman-Mueller, H.** (2013, July). Rethinking Gender in the Workplace. Workplace Diversity Series. Chancellor's Diversity Initiative. University of Missouri, Columbia, MO.

**Eastman-Mueller, H.** (2012, October). *TRANSforming Health Care: Our Experience*. Panelist. Chancellor's Diversity Summit. University of Missouri, Columbia, MO.

**Eastman-Mueller, H.** (2012, December). *TRANSforming our Health Center*. Invited Lecturer/panel presenter, Department of Public Health and Human Services, Columbia, MO.

**Eastman-Mueller, H.** (2012, October). *Sexual Health Forum*. Invited Panelist. Student Health Center Week. University of Missouri.

**Eastman-Mueller, H.** (2012, September). *Gender Identity and Expression: What You Should Know*. Enrollment Management Clusters, Invited Presenter. University of Missouri.

**Eastman-Mueller, H.** (2012, September). *Sexual Health Among the LGBTQ Population*. Invited Panelist. KCOU Radio Show. University of Missouri.

**Eastman-Mueller, H.** (2012, September). *Body Talk Series: Sexual Health and Women*. Invited Panelist. Women's Center. University of Missouri.



- Eastman-Mueller, H.** (2012, November). *Non-Clinical Health Professionals in the Workforce*, School of Health Professions. Invited Panelist. University of Missouri.
- Eastman-Mueller, H.** (2012, January). *GYT: A Case Study, Making it Work on Your Campus*. Invited Speaker. National Chlamydia Coalition Meeting. Washington, D.C.
- Eastman-Mueller, H.,** Patterson, E., & Tager, D. (2012, March and April). *All staff training on transgender issues in healthcare*. MU Student Health Center. Columbia, MO.
- Eastman-Mueller, H.** (2012, July). *Gender Identity and Expression: What You Should Know*. Undergraduate Dean Meeting. Invited Presenter. University of Missouri.
- Eastman-Mueller, H.,** & Koonce, D. (2011, August and September). *Gender Identity and Expression*. Invited Presenter at Academic Advisors Forum. University of Missouri, Columbia, MO.
- Eastman-Mueller, H.** (2011, August 8-12). *TRIGs/FIGs training*. Invited Faculty Panelist and Co-facilitator. Department of Residential Life. Columbia, MO.
- Eastman-Mueller, H.,** Patterson, E., & Tager, D. (2011, October). All staff training on transgender issues in healthcare. MU Student Health Center. Columbia, MO.
- Eastman-Mueller, H.,** & Koonce, D. (2011, Summer). *Gender Identity and Expression Training*. Invited Developer and Trainer. Department of Residential Life. University of Missouri, Columbia, MO.
- Eastman-Mueller, H.** (2011, December). *Gender Identity and Expression: Transitioning in the Work Place*. Invited Panelist. T.E. Adkins Health Promotion Staff for MU Faculty. University of Missouri.
- Eastman-Mueller, H.** (2011 and 2012, November). *STIs: The Silent Epidemic and Contraception: Choosing Your Method*. Department of Psychology, Human Sexuality Course. University of Missouri.
- Eastman-Mueller, H.** (2010). *Hot Topic Nights- Bringing More Comprehensive Sex Education to young Teens*. Invited Lecturer/panel presenter for the 18<sup>th</sup> Annual Missouri Coordinated School Health Conference. Columbia, MO.
- Eastman-Mueller, H.** (2010, April). *MU Symposium – Pornography in Modern Society*. Invited Panelist. University of Missouri.
- Eastman-Mueller, H.** (2010, October). *Health Promotion as a Career Choice*. Invited Guest Speaker. Health Sciences FIG Class. University of Missouri.
- Eastman-Mueller, H.** (2010, October). *Empowering Sexual Health at MU*. Invited Guest Speaker. Community Scholars. WGST Department. University of Missouri.
- Eastman-Mueller, H.** (2010, October). *Phenomenal Women Series*. Invited Panelist. AAUW Board meeting.

- Eastman-Mueller, H.** (January 2009). *Making your Peer Education More Diverse*. Invited Presenter at the annual Bacchus and Gamma Peer Education Certification training, University of Missouri. Columbia, MO.
- Eastman-Mueller, H.** (February 2009). *Embracing your Sexuality: Improving your Erotic Intelligence*. Invited Keynote Speaker, Sexual Responsibility Week, University of Missouri.
- Eastman-Mueller, H.** (2009, April and 2007, November). *Sexually Transmitted Infections: The Silent Epidemic and Contraception: Exploring your Options*. Invited Lecturer, Department of Psychology, Human Sexuality, University of Missouri.
- Eastman-Mueller, H.** (2009, April). *Greek to Greek, Train the Trainers*. Invited Lecturer/panel presenter, Greek Life, University of Missouri.
- Eastman-Mueller, H.** (2009, March and 2007, September and October). *HPV and Vaccine Jeopardy*. Invited Lecturer, Elements of Health Education, Teacher Development Program, University of Missouri.
- Eastman-Mueller, H.** (2008, November). *Staying Sexually Healthy: STIs and Contraception*. Invited Lecturer, Naval Reserve Officers' Training Corp. (NROTC), University of Missouri.
- Eastman-Mueller, H.** (2008, December ). *Safety Products Olympics*. Invited Lecturer, Department of Black Studies, University of Missouri.
- Eastman-Mueller, H.** (2008, September). *Let's Talk About Sex- Embracing your Sexuality and Disability*. Invited Guest Lecture for the Empowering Women – Focus on Abilities Conference, Services for Independent Living: Empowering People with Disabilities, Columbia, MO.
- Eastman-Mueller, H.** (2007, March). *Sex Matters! A Journey to the Heart and Soul of the Sexual Attitudes, Behaviors and Knowledge of College Students*. Invited Presenter at the Central College Health Association Annual Conference, Columbia, MO.
- Eastman-Mueller, H.** (2007). *Sexually Transmitted Infections/Diseases and Contraception*. Invited Lecturer. Department of Biology, University of Missouri.
- Eastman-Mueller, H.** (2003, August). *Leading Discussions: Getting Students to Talk*. Invited presenter, College Teaching Seminar, University of Missouri.
- Eastman-Mueller, H.** (2002, December). Invited Panelist. *What I wish I would have known...* McNairs Scholars Program, University of Missouri.

#### REFEREED CONFERENCE PRESENTATIONS –NATIONAL

- Nevers, JM., Oswalt, SB., & **Eastman-Mueller, H.** (May 26, 2015). *Ethics in Health Promotion: The Sequel*. American College Health Association Annual Conference, Orlando, FL. (Pre-conference).

- Habel, M. **Eastman-Mueller, H.**, & Nevers, JM. (May 27, 2015). *The Evolution of a Public Health Social Marketing Approach to STI Prevention: What is Your Role?* American College Health Association Annual Conference, Orlando, FL.
- Lederer, A., **Eastman-Mueller, H.**, & Oswalt, SB. (May 28, 2015). *An Evaluation Toolkit: How to Measure the Success of Your College Health Program.* American College Health Association Annual Conference, Orlando, FL.
- Dismer, H., Swanson, H., & **Eastman-Mueller, H.** (June 4, 2015). *Living Outside the Lines: Moving Away from Binary Systems.* American Association for Sexuality Educators, Counselors, and Therapists. Minneapolis, MN. (poster session).
- Eastman-Mueller, H.**, Nevers, JM., & Oswalt, S. (June 5, 2015). *Ethics in Sexual Health: Strategies for Application in Education.* American Association for Sexuality Educators, Counselors, and Therapists. Minneapolis, MN.
- Oswalt, SB., **Eastman-Mueller, H.**, Nevers, JM & Wagner, L. (June 6, 2014). *Education on Today's Colleges and Universities: Lessons Learned.* American Association for Sexuality Educators, Counselors and Therapists Annual Conference, Monterey, CA. (poster session).
- Wagner, L., Nevers, JM, **Eastman-Mueller, H.**, & Oswalt, SB. (June 6, 2014). *Sex Ed on the College Campus: United States Benchmarking.* American Association for Sexuality Educators, Counselors and Therapists Annual Meeting, Monterey, CA. (poster session).
- Eastman-Mueller, H.**, Nevers, JM, & Oswalt, SB. (June 7, 2014). *Answering Difficult Questions through an Ethical Framework.* American Association for Sexuality Educators, Counselors and Therapists Annual Conference, Monterey, CA.
- Oswalt, SB, **Eastman-Mueller, H.**, & Nevers, JM. (May 31, 2014). *Helping Health Promotion Practitioners Respond to Difficult Questions Using an Ethical Framework.* American College Health Association Annual Conference, San Antonio, TX.
- Eastman-Mueller, H.** , Jung, AK., Flynn-Peters, K., Teti, M., Cheak-Zamora, N., Crozier, R., Struble, S., Orbann, C., & Hogan, R. (2014, April). *Can an LGBTQ Educational Module Increase Self Efficacy among Future Health Professionals?* Innovation and Improvement Sharing Days, University of Missouri Health System. Columbia, MO.
- Eastman-Mueller, H.**, Even, S., Henderson, S., Hicks, E., Mitchell, C., Palermo, K., Hahn, R., Elwood, C., & Chisholm, J. (2014, April). *Man Up Mizzou: An Integrated Public Health Approach to Improve Access to STI Testing.* Innovation and Improvement Sharing Days, University of Missouri Health System. Columbia, MO.
- Eastman-Mueller, H.**, Nevers, JM. & Tims, Scott. (June 7, 2013). *GYT: A National Phenomenon, Making it Happen.* American Association for Sexuality Educators, Counselors and Therapists, Miami, FL. (poster session).
- Tarrant, J. M., **Eastman-Mueller, H.**, Jung, A. Sinquefield, L., Woods, B., & Cross, C. (2012, September). *The Impact of an 8-Week Heart Rate Variability Biofeedback (HRV)*

*Training on Quantitative EEG and LORETA Following a Cognitive Stressor.* Presented at the International Society for Neurofeedback and Research Annual Conference, Orlando, FL.

**Eastman-Mueller, H.** (2012, May). *TRANSforming Health Care: Making Your Student Health Center More Inclusive for Transgender Students.* Panel Presenter, American College Health Association Annual Conference. Chicago, IL.

**Eastman-Mueller, H.** (2012, May). *Promoting Sexual Health on College Campuses: Implementation and Evaluation of a Sexual Health and Safety Products Initiative.* Poster presentation at the annual American College Health Association conference. Chicago, IL.

**Eastman-Mueller, H.** (2012, May). *Bringing GYT to Your Campus: 2011 Campaign Results, 2012 Campaign Update, and the Logistics of Hosting a STD/HIV Testing Events on Campus.* Panel Presenter at the annual American College Health Association conference. Chicago, IL.

**Eastman-Mueller, H.** (2012, June). *Evidence-Based Sexual Health Education in a University Setting with Peer Educators.* Poster presentation at the annual American Association for Sexuality Educators, Counselors and Therapists. Austin, TX.

Nevers, JM. & **Eastman-Mueller, H.** (2012, June). *Evidence-Based Sexual Health Programs in Higher Education.* Co-Presenter at the annual American Association for Sexuality Educators, Counselors and Therapists. Austin, TX.

**Eastman-Mueller, H.** (2011, June). *Virtual Sexual Health Education: Using Technology to Move Past the Stigma towards a more Sexual Healthy Population.* Presentation at the annual conference of the American Association for Sexuality Educators, Counselors and Therapists. San Diego, CA.

**Eastman-Mueller, H.** (2011, June). *Evidence-based Sexual Health Education and Peer Education in a University Setting.* Poster presentation at the annual conference of the American Association for Sexuality Educators, Counselors and Therapists. San Diego, CA.

Nevers, JM, & **Eastman-Mueller, H.** (2011, June). *Evidence-based Sexual Health Programs in Higher Education.* Presentation at the annual conference of the American Association for Sexuality Educators, Counselors and Therapists. San Diego, CA.

**Eastman-Mueller, H.** (2011, May). *What is the T about? Transgender Healthcare and Advocacy in College Health.* Pre-conference presenter at the annual American College Health Association. Phoenix, AZ.

**Eastman-Mueller, H.** (2011, May). *Transgender Health: Tools to Providing Healthcare and Advocacy on College Campuses.* Presentation at the annual American College Health Association conference. Phoenix, AZ.

Tarrant, J., **Eastman-Mueller, H.,** & Jung, AK. (2011, May). *The Effects of Heart Rate Variability Biofeedback on College Student Anxiety, Stress, and Coping: A Preliminary*

- Examination*. Poster presented at the annual American College Health Association conference. Phoenix, AZ.
- Eastman-Mueller, H., & Wilson, T.** (2011, May). *The Impact of iRest (Yoga Nidra) on college students*. Poster presented at annual American College Health Association conference. Phoenix, AZ.
- Nevers, JM. & **Eastman-Mueller, H.** (2010, June). *Evidence-based Sexual Health Programs*. Co-Presenter at the annual American Association for Sexuality Educators, Counselors and Therapists. Pittsburgh, PA.
- Eastman-Mueller, H.** (2009, May). *Getting it Right the First Time: Evidence-based Sexual Health Programming in the College Setting*. Panel presenter at the annual American College Health Association conference. San Francisco, CA.
- Eastman-Mueller, H.** (2007, June). *Sexual Health Trends and Perceptions Among College Students*. Presenter at the annual American College Health Association conference. San Antonio, TX.
- Wilson, T., & **Eastman-Mueller, H.** (2007). *Using Mindfulness-based Stress Reduction to Reduce Psychological Distress in College Students*. Poster presentation at the 5<sup>th</sup> annual conference for Clinicians, Researchers, and Educators- Integrating Mindfulness-based Interventions into Medicine, Healthcare, and Society. Worcester, MA.
- Eastman-Mueller, H., & Wilson, T.** (2006, June). *Introduction to Mindfulness: A Model for Stress Reduction*. Presentation at the annual American College Health Association conference. New York, NY.
- Even, S., & **Eastman-Mueller, H.** (2006, June). *Impact of the University of Missouri's Targeted TB Testing Program on Knowledge and Attitudes*. Poster presented at the annual American College Health Association conference. New York, NY.
- Eastman-Mueller, H.** (2006, June). *Investigation of College Student's Body Image and its' Influence on Sexual Health Decision-Making*. Poster presented at the annual American College Health Association conference. New York, NY.
- Eastman-Mueller, H.** (2005, June). *Initial Validation of a Sexual Knowledge, Attitudes, and Behaviors Survey*. Presentation at the annual American College Health Association conference. San Diego, CA.

## FUNDING AND AWARDS

### **Federal Research Grants- Funded**

Principal Investigator (PI), Columbia/Boone County Department of Public Health and Human Services – HIV and STD Prevention Efforts (Renewal). North Central Region HIV/STD Prevention Advisory Group. (\$2,800 total direct costs).

[University of Missouri Sub-Contract, PI: Heather Eastman-Mueller. (\$1,800. 08/11-08/12]

[University of Missouri Sub-Contract, PI: Heather Eastman-Mueller. (\$1,000. 08/08-08/09]

- Project Description: Develop, design, evaluate, and disseminate culturally appropriate sexual health and safety devices and messaging to prevention STIs/HIV on University of Missouri campus. Supplemented the Residence Hall and Sexual Health and Safety Products Initiative.
- Role: Primary administrator, project leader, coordinator of multiple sites and delivery of products and educational dissemination.

### **National Research Grants- Funded**

Principal Investigator, Centers for Disease Control and Prevention. Academy for Educational Development. Assistance to Support National GYT Implementation through Local Sexual Health and Chlamydia/STD Screening Social Marketing Program Grant. (\$15,005.00 direct costs for one month).

[University of Missouri Sub-Contract, PI: Heather Eastman-Mueller. \$19,506.82. 04/11]

- Project Description: Promote the *Get Yourself Tested, Get Yourself Talking* National Partnership Campaign to increase knowledge and access to STI screening services. We accomplished this through developing a comprehensive social marketing campaign that included an interactive web site, a mobile phone app, bus wraps and various print media.
- Role: Project Leader.

Co-Investigator, U.S. Department of Justice, Office of Violence Against Women. Grants to Reduce Dating Violence, Sexual Assault, and Stalking on College Campuses. (\$300,000 for three years).

[University of Missouri Sub-Contract, PI: Laura Hacquard. \$300,000. 08/08-08/11].

- Project Description: Create educational programming and social marketing campaigns to reduce dating violence, stalking and sexual assault on our campus.
- Role: Assist in research and programming.

Co-Investigator, National Institutes of Health (NIH). Grant to pilot test an online health education model on tobacco and other drugs.

[University of Missouri, Student Health Center, Co-PI: Heather Eastman-Mueller. Amount undetermined. 10/04].

- Project Description: One of seven universities selected to participate as a testing site for a tobacco and other drugs interactive, online health education website. Coordinated, facilitated, and recruited study participants. (n=262).
- Role: Assist in research and implementation of the study.

### **Internal Research Grants -Funded**

Primary Investigator, Greater Kansas City Community Foundation. The Mondays Campaign. (\$5,000 direct costs for one semester, Fall 2014).

-Project Description: Piloted an extension of a national STI testing campaign specifically targeting men. Designed and implemented a social marketing/media campaign and testing events on 5 consecutive Mondays for college males at University of Missouri. Enlisted cooperation with MU Student Health Center, Rain of Central MO, MO State Health and Senior Services and University Hospital Pharmacies.

Primary Investigator, North Central Region HIV/STD Prevention Advisory Group. Columbia/Boone County Department of Public Health and Human Services. 2010-2015. (\$3,000 each year).

Co-investigator, Interdisciplinary Innovations Fund Grant. Sexual Health Stigma and Technology Project. University of Missouri. (\$24,990 direct costs for one year, 06/10-06/11).

- Project Description: Refinement and pilot-testing of a web-based interactive database designed to encourage sexual health and safety while testing a stigma identity management strategy model among undergraduate students at the University of Missouri.

Co-investigator, Interdisciplinary Innovations Fund Grant. Sexual Health Stigma and Technology Project. University of Missouri. (\$24, 980 direct costs for one year, 06/09-06/10).

- Project Description: Development and implement a sexual health knowledge and stigma attitudes web-based interactive learning website focusing on college students.

Primary Investigator, Residence Hall Association Congress Grant, University of Missouri. (\$1,500 direct costs, 08/09-08/10).

- Project Description: Funding used to supplement the Residence Hall Sexual Health and Safety Products Initiative.

### **Honors and Awards**

April 2016                    **Honor Tap**, Mystical Seven, University of Missouri

December 2015            **Mentor**, Honors Convocation College of Education. University of Missouri.

May 2014                    **Fellow, American College Health Association.** For those who preserve the history and perpetuate the best traditions of college health and ACHA. Because of my experience and achievements, serve as a resource to others and help to establish exceptional standards in college health.

May 2012                    **Catalyst Award** Recipient for those who “*Speak up, Speak out, and Speak Often*” for LGBTQ rights. LGBTQ Resource Center, University of Missouri. In recognition for my work on campus related to gender identity and expression, specifically co-founding the TransAction Team.

- May 2011-2012      **Award for Outstanding Faculty Mentor of a Mizzou '39 student**  
University of Missouri.
- May 2009-2010      **Award for Outstanding Faculty Mentor of a Mizzou '39 student**  
University of Missouri.
- July 2010            **National Featured Partner.** National Prevention Information Network,  
Centers for Disease Control and Prevention. NPIN recognition for GYT.  
Nominated by the CDC to highlight the work of CDC' prevention partners  
and encourage each other to share information and strategies.  
[http://www.cdcpin.org/scripts/partnerforum/Featured\\_SHAPE.asp/](http://www.cdcpin.org/scripts/partnerforum/Featured_SHAPE.asp/)
- August 2010        **Community Scholars Faculty Position,** Women's and Gender Studies  
Department, University of Missouri, \$5,000. In recognition for  
contribution to excellent scholarship and coordination with community at  
large.
- Fall 2009-2010     **Faculty Fellow, Deliberate Dialogues Program.** Chancellor's Diversity  
Initiative, University of Missouri. Focus on teaching and reinforcing  
knowledge, skills, and awareness of diversity issues in higher education  
related to race, gender, sexual orientation, religious literacy that  
encourages difficult dialogues on challenging, yet important topics.
- November 2008     **Chancellor's Excellence Award for Most Outstanding Small  
Organization for Leadership, Multicultural, and Involvement  
Recipient,** \$500, University of Missouri.
- May 2007            **Catalyst Award** Recipient for those who "*Speak up, Speak out, and Speak  
Often*" for LGTBQ Rights. LGBTQ Resource Center. University of  
Missouri. In recognition of promoting LGBTQ rights and issues in  
research, teaching and service.
- August 2002-2005   **High Flyer Awards** for Excellence in Teaching, College of Education,  
University of Missouri.
- Fall 2002-03        **Preparing Future Faculty Fellow.** College of Education, University of  
Missouri. Departmentally elected position for those who demonstrate  
exemplar teaching potential.

## SERVICE

### *Disciplinary Service*

Chair. Sexual Health Education and Clinical Care Coalition. American College Health Association. (Fall 2011 to 2016).

Chair, Health Promotion Section. American College Health Association. (Summer 2016).

Member, ACHA Health Promotion Section Research Subcommittee. (Summer 2014 to present).



Executive Committee Member. Health Promotion Section. American College Health Association. (Fall 2010 to present).

Committee Member. National Coalition for Sexual Health. Partners in Prevention. Centers for Disease Control and Prevention. Washington, D.C. (November 2012 to present).

Reviewer. *Journal of American College Health*. (August 2010 to present).

Reviewer. *American Journal of Sexuality Education*. (June 2016 to present).

Content Expert. Sexual Health Review Board. *The Answer* website visited by 15,000 individuals daily. Rutgers University. (2011 to present).

Member. National Chlamydia Coalition. (April 2009 to present).

Member, National Coalition for Sexual Health. (2013 to present).

Board Member and Head Coach. Heart of Missouri Girls on the Run. Columbia, MO. (July 2014 to present).

Board Member. Teen Pregnancy and Prevention Partnership. St. Louis, MO. (2010 to present).

Board Member. HPV State-wide Coalition. Jefferson City, MO. (Fall 2006 – 2009).

### ***University Service***

#### **University of Missouri, Columbia, MO**

Diversity Collaborative Trainer. Chancellor's Diversity Initiative. (Fall 2012 to present).

Council Member. MU Violence Against Women Committee. (Fall 2008 to present).

Council Member. Chancellor's Status of Women Committee. (Fall 2009 to present).

Co-Chair, Task Force. Residence Hall Sexual Health and Safety Products Initiative. (Fall 2006 to present).

Co-Founder, Chair, Member. TransAction Team. (Spring 2008 to present).

Council Member. Student Affairs Assessment Committee. (Fall 2009 to present).

Sexual Health Expert. Healthy Campus 2010. (Fall 2008 to Spring 2009).

Human Subjects Review Board Committee. (August 2003 to 2007). Board Member.

### **ADVISING**

#### **Service on Ph.D. Committees**

Kimberly Hart, School of Nursing, Outside Member (expected Fall 2016)

Jessica Gomez-Scott, Department of Human Development and Family Studies, Outside Member (Completed Spring 2014)

Ti Zhang, Education, Counseling Psychology, Outside Member (Expected Spring 2017)

**M.S. Advisees-Completed**

Ashley Price, School of Public Health (graduated December 2012)

Danielle Koonce, School of Public Health (graduated May 2013)

Megan Simmons, School of Public Health (graduated May 2013)

Elizabeth Hicks, School of Public Health (graduated Summer 2014)