

# Kristina “Tina” Garcia, Ph.D., C.H.E.S.

---

P.O. Box 118210, 1864 Stadium Road #16, Gainesville, FL 32611

Email: t.garcia@ufl.edu

Phone: 352-294-1817

## EDUCATION

Texas A&M University, College Station, TX.

Ph.D. 2011

*Major: Health Education*

**Dissertation Title:** The Impact of College Students’ Life Experiences on the Various Dimensions of Wellness: A Qualitative Study

**Co-Chairs:** Dr. Patricia Goodson, Professor, Department of Health and Kinesiology, Texas A&M University

Dr. James Eddy, Professor, Department of Public Health Education, University of North Carolina – Greensboro

**Committee Members:** Dr. Danny Ballard, Professor, Department of Health and Kinesiology, Texas A&M University

Dr. Tom Tai-Seale, Associate Professor, School of Rural Public Health, Texas A&M University

Florida State University, Tallahassee, FL

M.S. 2001

*Major: Health Education*

*Advisor: Dr. Mary Sutherland*

University of Florida, Gainesville, FL

B.S. 1999

*Major: Health Science Education*

## CERTIFICATIONS

Certified Health Education Specialist

2004

## PROFESSIONAL EXPERIENCE

- 2014 - Present    **Lecturer**, University of Florida, Department of Health Education and Behavior. Responsibilities include but are not limited to structuring, implementing, and evaluating health education and health promotion lesson plans, and participating in various university and community health service and learning opportunities. Courses Taught: Foundations of Health Education (HSC 3032), Community/Environmental Health (HSC 3201), and Women's Health (HSC 4579).
- 2011 – 2014    **Assistant Professor**, Buffalo State College (SUNY), Department of Health and Wellness. Responsibilities include but are not limited (1) structuring, implementing, and evaluating health education and health promotion lesson plans, (2) providing advisement and mentorship to students majoring in health education, and (3) participating in various university and community health service and learning opportunities. Courses Taught: Community Health (HEW 305), Women's Health (HEW 308), Methods & Materials in Health Education (HEW 312w – Writing Intensive) and Assessment & Evaluation in Health & Wellness (HEW 401).
- 2005 - 2010    **Graduate Research Assistant**, Office of Health Informatics (OHI) at Texas A&M University, College Station, TX. OHI assistantship obligations are attending to the needs of students enrolled in the online health courses by: (1) utilizing the latest technological programs and equipment to manage and maintain the course website, (2) developing and producing video lectures for diverse health topics, (3) provide prompt correspondence to students' email inquiries involving course content, and (4) construct appropriate chapter quizzes, midterms and final exams.
- 2006 – 2008    **Graduate Teaching Assistant**, Department of Health and Kinesiology at Texas A&M University, College Station, TX. Teaching responsibilities included the development and implementation of two health education courses: Women's Health (HLTH 334) and Health Programs in the Workplace (HLTH 410). Each class included health major and non-major undergraduate and graduate students. Upon completion of each semester, course evaluations completed by the students were examined to improve the courses for future semesters.

- 2002 – 2005      **Coordinator, Community Health Education**, Gulfcoast North Area Health Education Center (GNAHEC), Land O' Lakes, FL. Developed, implemented, and evaluated various health education and health promotion programs and health fairs for students, worksites, hospitals, community groups and service organizations, within the GNAHEC service area. (Florida Counties: Citrus, Pasco, Pinellas, Hernando, and Hillsborough)
- 2002 – 2004      **Coordinator, Pasco-Hillsborough Health Education Training Center (HETC) Program**, University of South Florida, Tampa, FL. Provided training, supervision, and leadership for Community Health Worker/Promotora Program. Coordinated the planning and budgeting for funded projects of the HETC Program.
- 2003 – 2004      **Internship Supervisor**, Gulfcoast North Area Health Education Center (GNAHEC), Land O' Lakes, FL. Provided leadership and skill development for health education and health promotion programs with a health education undergraduate intern each fall and spring academic semester.
- 2003 – 2004      **Chair, Physical Fitness Committee, Citrus County Community Health Council**, Lecanto, FL. Selected specific goals related to Healthy People 2010 to develop, implement, and evaluate a Chronic Disease Awareness and Prevention grant received from the Centers of Disease Control and Prevention awarded for 3 years.
- 2003 – 2004      **Chair, Cardiovascular Disease Prevention Committee, Heart Healthy Hernando Program**, Hernando County Health Department, Brooksville, FL. Provided leadership for health promotion program focused on the policy and environmental changes contributed to prevention of CVD for Hernando County residents.
- 2001 – 2002      **Health Education Instructor**, Fairview Middle School, Tallahassee, FL. Provided health education to students including but not limited to nutrition, obesity prevention, substance abuse and physical, social, and mental health issues.
- 1999 – 2000      **Health Information and Member Retention Specialist**, Gainesville Health and Fitness Center, Gainesville, FL. Developed and evaluated health needs assessments to provide members specific information regarding their wellness concerns. Initiated group wellness clinics and seminars for members.

- 1998 – 2000      **Supervisor**, Gainesville Health and Fitness Center, Gainesville, FL.  
Provided leadership and supervision of employees at the health center.
- 1998 – 2000      **Mentor Program Coordinator**, Gainesville Health and Fitness Center, Gainesville, FL. Managed the Train-the-Trainer program which provides support and guidance of new employees.

## PROFESSIONAL ORGANIZATIONS

- 2006 - Present    **American Association for Health Education**  
Member
- 2005 – 2008      **Society for Public Health Education**  
Member
- 2004 - 2009      **Eta Sigma Gamma**  
Member
- 2005 – 2007      **Texas A&M University, Department of Health and Kinesiology**  
**Graduate Service Organization**  
President
- 2006 – 2008      **Texas A&M University, Graduate Student Council**  
Graduate Student Representative, Department of Health and Kinesiology

## AWARDS & RECOGNITIONS

- 2012              **Recipient, Buffalo State College Faculty & Staff Appreciation Award**  
SUNY at Buffalo State College
- 2009              **Recipient, Fish Camp Namesake**  
Texas A&M University
- 2007              **Recipient, Women's Progress Award**  
Texas A&M University

# NATIONAL PRESENTATIONS

May 2004, Health Education Training Centers National Conference, El Paso, TX.  
*Community Health Worker Program Development: Best Practice Examples*

April 2004, Society for Public Health Education Conference, Orlando, FL. *Community Health Worker Program Development: Best Practice Examples*

## INVITED PRESENTATIONS

October 23-24, 2004, Gulfcoast North Area Health Education Center, Tampa, FL.  
*Community Health Worker Training: Heart Disease Prevention (Train the Trainer)*

October 16-17, 2004, Gulfcoast North Area Health Education Center, Tampa, FL.  
*Community Health Worker Training: Heart Disease Prevention (Train the Trainer)*

July 21, 2004, Seven Rivers Community Hospital, Crystal River, FL. *Heart Healthy Eating: How to Read a Food Guide Label. Presentation and Activity*

May 27, 2004, Annie Johnson Senior Center, Dunnellon, FL. *Heart Healthy Eating: How to Read a Food Guide Label. Presentation and Activity*

May 27, 2004, Brooksville Enrichment Center, Brooksville, FL. *Heart Healthy Eating: How to Read a Food Guide Label. Presentation and Activity*

May 13, 2004, Inverness Community Center, Inverness, FL. *Heart Healthy Eating: How to Read a Food Guide Label. Presentation and Activity*

May 13, 2004, Springhill Enrichment Center, Brooksville, FL. *Heart Healthy Eating: How to Read a Food Guide Label. Presentation and Activity*

May 6, 2004, West Citrus Community Center, Homosassa, FL. *Heart Healthy Eating: How to Read a Food Guide Label. Presentation and Activity*

May 6, 2004, East Citrus Community Center, Inverness, FL. *Heart Healthy Eating: How to Read a Food Guide Label. Presentation and Activity*

May 4, 2004, Mothers and More Organization, Tampa, FL. *Heart Healthy Resolutions*

March 12-13, 2004, Girls Summit Sponsored by the Pasco County Health Department, New Port Ritchie, FL. *Heart Healthy Resolutions*

March 20, 2004, Pinellas County Health Department Annual In-Service Training, Clearwater, FL. *Heart Healthy Resolutions*

March 4, 2004, East Pasco Medical Center, Zephyrhills, FL. *Watch Your Step, Injury Prevention Presentation*

February 24, 2004, East Pasco Medical Center, Zephyrhills, FL. *Watch Your Step, Injury Prevention Presentation*

February 12, 2004, Bayonet Point Assisted Living Center, Bayonet Point, FL. *Keys To Heart Health. Presentation and Activity*

February 10, 2004, Sulphur Springs Elementary, Tampa, FL. *Bone Zone Osteoporosis Presentation to Health Education Class*

February 5, 2004, John F. Germany Public Library, Tampa, FL. *Keys To Heart Health. Presentation and Activity*

January 8, 2004, East Pasco Medical Center, Zephyrhills, FL. *Keys To Heart Health. Presentation and Activity*

December 15, 2003, Christ Like Ministries, Tampa, FL. *Heart Healthy Resolutions*

December 3, 2003, Sulphur Springs Community Center, Sulphur Springs, FL. *Improving Health Through Obesity Prevention*

November 21, 2003, University of South Florida, Tampa, FL. *Health Education Information Session for Interested Health Majors*

November 20, 2003, Sulphur Spring Elementary School, Sulphur Springs, FL. *Bone-Zone, Osteoporosis Awareness Activity*

November 19, 2003, Gulfcoast North Area Health Education Center, Tampa, FL. *Community Health Worker Training: Heart Disease Prevention (Train the Trainer)*

November 13, 2003, Gulfcoast North Area Health Education Center, Tampa, FL. *Community Health Worker Training: Heart Disease Prevention (Train the Trainer)*

November 6, 2003, Sulphur Spring Elementary School, Sulphur Springs, FL. *Bone-Zone, Osteoporosis Awareness Activity*

October 30, 2003, Sulphur Spring Elementary School, Sulphur Springs, FL. *Bone-Zone, Osteoporosis Awareness Activity*

October 18, 2003, Citrus Springs Community Center, Citrus Springs, FL. *Let's Get Physical – Getting Started with an Exercise Program*

October 16, 2003, Sulphur Spring Elementary School, Sulphur Springs, FL. *Bone-Zone, Osteoporosis Awareness Activity*

October 4, 2003, University Area Community Center Complex, Tampa, FL. *Somebody Cares Tampa Bay Health Fair (Health Education/Promotion Materials Discussed and Distributed)*

September 23, 2003, Woodwinds Senior Center, Bradenton, FL. *Keys To Heart Health. Presentation and Activity*

September 12, 2003, Lecanto Government Building, Lecanto, FL. *Let's Get Physical – Working Out At Work*

July 17, 2003, Hernando County Health Department Unity Day. *Let's Get Physical – Getting Started with an Exercise Program*

May 8, 2003, Citrus County (FL) Health Department. Staff Nurses Monthly Meeting. *Heart Healthy Resolutions*

April 24, 2003. SHARE Club, Citrus Memorial Hospital (FL). *Policy Leads to Environmental Change*

March 26, 2003, Hernando County (FL) Health Department. *Heart Attack Signs and the Importance of Calling 9-1-1*

March 12, 2003, Pinellas County (FL) Health Department Annual In-Service Training. *Exercise is for Everyone – Getting Started with a Physical Activity Program*

February 7-8, 2003, Trinity United Methodist Church, Tampa, FL. *Heart to Heart Conference and Health Fair (Organizer)*

January 22, 2003, Gulfcoast North Area Health Education Center, Land O' Lake, FL. *Keys To Heart Health. Presentation and Activity*

January 14, 2003, East Pasco YMCA, Land O' Lakes, FL. *Heart Healthy Resolutions for the New Year*

January 12, 2003, Citrus Memorial Hospital. *Heart Healthy Resolutions for the New Year*

December 12, 2002, Suncoast Health Center, Ruskin, FL. *Healthy Heart, Mind, and Body*

November 15, 2002, Citrus Memorial Hospital. *Diabetes and it's Link to Cardiovascular Disease*



November 15, 2002, Crystal River High School, Crystal River, FL. *Crystal River High School Health Academy Health Screenings*

September 16, 2002, University of South Florida College of Medicine, Tampa, FL.  
*Community Health Worker Training: Heart Disease Prevention (Train the Trainer)*