Stanford



Patricia Rodriguez Espinosa

Assistant Professor of Epidemiology and Population Health

CONTACT INFORMATION

- **Administrative Contact**

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Bio

BIO

Dr. Patricia Rodriguez Espinosa, PhD., MPH, is an Assistant Professor in the Department of Epidemiology and Population Health and also serves as the Associate Director of Research for the Office of Community Engagement at Stanford Medicine. Dr. Rodriguez Espinosa is also the Associate Core Lead for the Outreach, Recruitment, and Engagement Core of the Stanford Alzheimer's Disease Research Center. The ultimate goal of her research is to improve the health of diverse populations - including Latinxs, under-resourced communities, and older adults - through transdisciplinary and community-engaged scholarship. Her research aims to develop novel multi-level interventions and health promotion programs to improve health outcomes (e.g., around aging, multiple chronic conditions, cardiovascular disease) and that include multi-sectoral collaborations. Dr. Rodriguez Espinosa's research has also centered around developing the science of Community-Based Participatory Research, citizen/community science, and other participatory research approaches.

ACADEMIC APPOINTMENTS

- Assistant Professor, Epidemiology and Population Health
- Member, Bio-X

ADMINISTRATIVE APPOINTMENTS

- Affiliated Faculty, Center for Latin American Studies, (2024- present)
- Core Associate Leader, Stanford Alzheimer's Disease Research Center (ADRC), (2022- present)
- Associate Director of Research, Office of Community Engagement, SOM, (2020- present)

HONORS AND AWARDS

- Health Equity Scholar for Action, Robert Wood Johnson Foundation (2024-2026)
- Early-Stage Investigator Award, Academy of Behavioral Medicine Research (2022)
- Minority Fellowship, American Psychological Association
- Pre-doctoral Fellowship, Robert Wood Johnson Foundation

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Steering Committee Member, AGING (“Advancing Geriatrics Infrastructure & Network Growth”) Initiative, National Institute on Aging (2024 - present)
- Co-Chair and Chair, Society of Behavioral Medicine, Health Equity Special Interest Group (2021 - 2024)

Research & Scholarship

RESEARCH INTERESTS

- Immigrants and Immigration
- Poverty and Inequality
- Psychology
- Race and Ethnicity
- Research Methods

Teaching

COURSES

2026-27

- Community-Based Participatory Research for Health: CHPR 282, EPI 282 (Spr)
- Epidemiology Research Seminar: EPI 236 (Win)

2025-26

- Epidemiology Research Seminar: EPI 236 (Win)

2024-25

- Community-Based Participatory Research for Health: CHPR 282, EPI 282 (Spr)

STANFORD ADVISEES

Doctoral Dissertation Advisor (AC)

Fernando Hernandez

Master's Program Advisor

Isabella Hoang, Daniela Sekhar

Doctoral (Program)

Fernando Hernandez

Postdoctoral Research Mentor

Maria Ruiz Gomez

Publications

PUBLICATIONS

- **Strengthening Community Health Worker and Promotora Workforce Capacity.** *JAMA network open*
  Rodriguez Espinosa, P., Martinez Mulet, Y., Wolfe, N., Burke, N. J., Sorkin, D. H., Zender, R., Weeks-Norton, K. L., Balcazar, G., Corchado, C. G., Aguilar-Gaxiola, S.
  2026; 9 (4): e266037

- **Engaging stakeholders to strengthen support for community-engaged research at Stanford School of Medicine: An institutional assessment and action planning approach** *JOURNAL OF CLINICAL AND TRANSLATIONAL SCIENCE*

Espinosa, P., Patel, A. I., Gay, S., Duron, Y., Adams, A. S., Wallerstein, N., O'Hara, R., Rosas, L. G.
2025; 9 (1): e36

- **The Spanish translation, adaptation, and validation of a Community-Engaged Research survey and a pragmatic short version: Encuesta Comunitaria and FUERTES.** *Journal of clinical and translational science*
  Rodriguez Espinosa, P., Peña, J. M., Devia, C., Boursaw, B., Avila, M., Rudametkin, D., Aguilar-Gaxiola, S., Alegria, M., Soto de Laurido, L. E., Acosta Pérez, E., Wallerstein, N.
  2024; 8 (1): e165

- **Cost-Effectiveness of Community Health Worker Interventions for Type 2 Diabetes Mellitus: A Systematic Review.** *Applied health economics and health policy*
  Porterfield, L. R., Brown, H. S., Swanson, D., Gnanasekaran, R., Rodriguez Espinosa, P., Yu, X., Vaughan, E. M.
  2026

- **Enhancing Participation in an Undergraduate Aging Research Training Program.** *International journal of aging & human development*
  Odden, M. C., Park, L. S., Rodriguez Espinosa, P., Goldman Rosas, L., Rehkopf, D. H.
  2026: 914150261480666

- **Centering community-engaged research in NCI cancer centers: optimizing Community Outreach and Engagement (COE).** *JNCI cancer spectrum*
  Lumpkins, C. Y., Dibble, K. E., Baskin, M., Ceballos, R. M., Rodriguez Espinosa, P., Lewis, M. W., Pratt, R., Kleckner, A., Kim Yeary, K. H., Sheinfeld Gorin, S., McLeod, A., Manne, S., Niranjan, et al
  2026; 10 (3)

- **Promoting Physical Activity With Text Messaging: Does Advisor Personalization Matter?** *American journal of health promotion : AJHP*
  Royer, M. F., Campero, M. I., Garcia, D., Corral, C., Rodriguez Espinosa, P., King, A. C.
  2026: 8901171261426728

- **Assessing the context within academic health institutions toward improving equity-based, community and patient-engaged research.** *Journal of clinical and translational science*
  Adsul, P., Sanchez-Youngman, S., Dickson, E., Jacquez, B., Kuhlemeier, A., Muhammad, M., Briant, K. J., Hempstead, B., Mendoza, J. A., Rosas, L. G., Patel, A., Rodriguez Espinosa, P., Akintobi, et al
  2025; 9 (1): e6

- **The Neighborhoods Study: Examining the social exposome in Alzheimer's disease and related dementias.** *Alzheimer's & dementia : the journal of the Alzheimer's Association*
  George, G. C., Keller, S. A., Abner, E., Adar, S., Alosco, M. L., Apostolova, L. G., Bakulski, K., Barnes, L. L., Bateman, J. R., Batterman, S., Beach, T. G., Bendlin, B. B., Bennett, et al
  2025; 21 (11): e70810

- **Human Telephone vs Text Message Counseling and Physical Activity Among Midlife and Older Adults: A Randomized Clinical Trial.** *JAMA network open*
  King, A. C., Campero, M. I., Rodriguez Espinosa, P., Garcia, D., Corral, C., Sweet, C. C., Xiao, L., Royer, M. F., Zamora, A., Cortes, A. L., Done, M., Banda, J. A.
  2025; 8 (9): e2528858

- **A short pragmatic tool for evaluating community engagement: Partnering for Health Improvement and Research Equity** *FRONTIERS IN PUBLIC HEALTH*
  Oetzel, J. G., Boursaw, B., Littledeer, L., Kastelic, S., Castro-Reyes, P., Pena, J. M., Rodriguez Espinosa, P., Sanchez-Youngman, S., Belone, L., Wallerstein, N.
  2025; 13: 1539864

- **Engaging Latina Females and Community Partners to Pilot Test and Optimize Medically Supportive Groceries** *CURRENT DEVELOPMENTS IN NUTRITION*
  Espinosa, P., Mulet, Y., Chen, W., Radtke, M. D., Xiao, L., Rosas, L. G.
  2025; 9 (6)

- **Immigrant status and citizenship relationships with epigenetic aging in a representative sample of United States adults.** *Epigenomics*
  Nwanaji-Enwerem, J. C., Rodriguez Espinosa, P., Khodasevich, D., Gladish, N., Shen, H., Bozack, A. K., Daredia, S., Needham, B. L., Rehkopf, D. H., Cardenas, A.
  2025: 1-8

- **Unpacking scalability in produce prescription: A qualitative implementation science investigation using the Consolidated Framework for Implementation Research.** *Translational behavioral medicine*
  Parks, C. A., Rodriguez Espinosa, P., Yaroch, A. L., Chen, W. T., Reynolds, M., Rosas, L. G.
  2025; 15 (1)

- **Toward decolonized fiscal relationships between universities and community organizations: lessons learned from the California community engagement alliance against COVID-19** *CRITICAL PUBLIC HEALTH*
  Burke, N. J., Espinosa, P., Corchado, C. C., Vazquez, E., Rosas, L. G., Wooe, K. J., Lesarre, M., Gallegos-Castillo, A., Cheney, A., Lo, D. D., Hintz, R., Vassar, S. D., Brown, et al
  2024; 34 (1): 1-13

- **Mental health care-seeking and barriers: a cross-sectional study of an urban Latinx community.** *BMC public health*
  Newberry, J. A., Gimenez, M. A., Gunturkun, F., Villa, E., Maldonado, M., Gonzalez, D., Garcia, G., Espinosa, P. R., Hedlin, H., Kaysen, D.
  2024; 24 (1): 3091

- **Addressing diabetes by elevating access to nutrition (ADELANTE) - A multi-level approach for improving household food insecurity and glycemic control among Latinos with diabetes: A randomized controlled trial.** *Contemporary clinical trials*
  Radtke, M. D., Chen, W. T., Xiao, L., Espinosa, P. R., Orizaga, M., Thomas, T., Venditti, E., Yaroch, A. L., Zepada, K., Rosas, L. G., Tester, J.
  2024: 107699

- **The development and current directions of a diversity specialty clinic: Implications for multicultural training in psychology.** *Training and education in professional psychology*
  Espinosa, P. R., Johnson-Esparza, Y., Lopez, G., Benson, J., Moss, N. C., Avila-Rieger, R., Venner, K., Verney, S. P.
  2024; 18 (3): 221-229

- **Misdiagnosis, missed diagnosis and delayed diagnosis of lupus: A qualitative study of rheumatologists.** *Arthritis care & research*
  Bane, S., Falasinnu, T., Rodriguez Espinosa, P., Simard, J. F.
  2024

- **Vida Sana y Completa: A randomized controlled trial to examine the effectiveness of diabetes prevention with and without medically supportive groceries among Latina women.** *Contemporary clinical trials*
  Rosas, L. G., Perez, J. A., Chen, W. T., Xiao, L., Espinosa, P. R., Venditti, E. M., Lewis, M. A., Gardner, C. D., Marti, A., Martinez, E., Murthy, M., Hauser, M.
  2024: 107582

- **Partnering With Community Health Workers to Address COVID-19 Health Inequities: Experiences of the California Alliance Against COVID-19** *American Journal of Public Health*
  Rodriguez Espinosa, P., Vazquez, E., AuYoung, M., Zaldivar, F., Cheney, A. M., Sorkin, D., Zender, R., Corchado, C. G., Burke, N. J.
  2024; 114

- **What matters for weight loss in behavioral trials in the Latinx community: Learnings from three randomized controlled trials.** *Obesity research & clinical practice*
  Rodriguez Espinosa, P., Xiao, L., Ma, J., Rosas, L. G.
  2023

- **Community of Practice of Promotoras de Salud to address health inequities during and beyond the COVID-19 pandemic.** *Frontiers in public health*
  Rodriguez Espinosa, P., Martinez Mulet, Y., Chen, W. T., Kirk, C., Tran, C., Gonzalez, M., Rosas, L. G.
  2023; 11: 1260369

- **Community of Practice of Promotoras de Salud to address health inequities during and beyond the COVID-19 pandemic** *Frontiers in Public Health*
  Rodriguez Espinosa, P., Martinez Mulet, Y., Chen, W., Kirk, C., Tran, C., Gonzalez, M., Rosas, L. G.
  2023; 11: 1260369

- **Engaging diverse midlife and older adults in a multilevel participatory physical activity intervention: evaluating impacts using Ripple Effects Mapping.** *Translational behavioral medicine*
  Rodriguez Espinosa, P., King, A. C., Blanco-Velazquez, I., Banchoff, A. W., Campero, M. I., Chen, W., Rosas, L. G.
  2023

- **Power of Community in "Engage for Equity PLUS" for Strengthening Equity-Centered Patient and Community-Engaged Research in Academic Health Centers** *Metropolitan Universities*

Wallerstein, N., Sanchez-Youngman, S., Dickson, E., Adsul, P., Muhammad, M., Akintobi, T. H., Holliday, R., Hoffman, L., Grant, H., Kottke, M., Rosas, L. G., Patel, A., Rodriguez Espinosa, et al
2023; 34 (5): 124-136

- **Citizen science for health promotion research: Emerging best practices, challenges, and opportunities for advancing health equity** *Global Handbook of Health Promotion Research, Vol. 3 - Doing Health Promotion Research*
  Chrisinger, B. W., Rodriguez Espinosa, P., Fernes, P. K., Rosas, L. G., Banchoff, A. W., King, A. C.
  Springer Nature.2023: 275-287

- **Moderators of a diet and physical activity intervention: who responds best to sequential vs. simultaneous approaches** *International Journal of Behavioral Medicine*
  Patel, M. L., Rodriguez Espinosa, P., King, A. C.
  2023

- **Melanoma awareness and prevention among latinx and non-latinx white adults in urban and rural California: A qualitative exploration.** *Cancer medicine*
  Mesia, R. J., Espinosa, P. R., Hutchison, H., Safaeinili, N., Finster, L. J., Muralidharan, V., Glenn, B. A., Haile, R. W., Rosas, L. G., Swetter, S. M.
  2022

- **Inclusionary trials: A review of lessons not learned.** *Epidemiologic reviews*
  Adkins-Jackson, P. B., Burke, N. J., Espinosa, P. R., Ison, J. M., Goold, S. D., Rosas, L. G., Doubeni, C. A., Participation And Vaccine Hesitancy Working Groups, T. S., Brown, A. F.
  2022

- **Well-being in Thailand: A Culturally Driven Grounded Inquiry Exploration of a Complex Construct** *APPLIED RESEARCH IN QUALITY OF LIFE*
  Suavansri, P., Pichayayothin, N., Espinosa, P., Areekit, P., Nilchantuk, C., Jones, T. S., French, J. J., Mam, E., Moore, J. B., Heaney, C. A.
  2022

- **Found in Translation: Reflections and Lessons for Qualitative Research Collaborations Across Language and Culture** *INTERNATIONAL JOURNAL OF QUALITATIVE METHODS*
  Rodriguez Espinosa, P., Pichayayothin, N. B., Suavansri, P., French, J. J., Areekit, P., Nilchantuk, C., Jones, T. S., Mam, E., Moore, J. B., Heaney, C. A.
  2022; 21

- **Innovative participatory evaluation methodologies to assess and sustain multilevel impacts of two community-based physical activity programs for women in Colombia.** *BMC public health*
  Rubio, M. A., Guevara-Aladino, P., Urbano, M., Cabas, S., Mejia-Arbelaez, C., Rodriguez Espinosa, P., Rosas, L. G., King, A. C., Chazdon, S., Sarmiento, O. L.
  2022; 22 (1): 771

- **Addressing racial/ethnic inequities in vaccine hesitancy and uptake: lessons learned from the California alliance against COVID-19.** *Journal of behavioral medicine*
  AuYoung, M., Rodriguez Espinosa, P., Chen, W., Juturu, P., Young, M. D., Casillas, A., Adkins-Jackson, P., Hopfer, S., Kissam, E., Alo, A. K., Vargas, R. A., Brown, A. F., And the STOP COVID-19 C. A. Communications Working Group,,
  1800

- **Understanding Historical Trauma Among Urban Indigenous Adults at Risk for Diabetes** *American Indian and Alaska Native Mental Health Research*
  Rodriguez Espinosa, P., Garcia, L. C., Vasquez, J. J., Xiao, L., Stafford, R. S., Krenzel, L. D., Ojeda, A., Rosas, L. G.
  2022; 29 (3): 43-70

- **An in-depth comparison of well-being among Latinx and non-Latinx White adults: A cautionary tale.** *Preventive medicine reports*
  Rodriguez Espinosa, P., Patel, M. L., King, A. C., Campero, I., Freeman, M. 2., Garcia, D. M., Winter, S. J., Heaney, C. A.
  2021; 24: 101513

- **Intersection of Health Informatics Tools and Community Engagement in Health-Related Research to Reduce Health Inequities: Scoping Review.** *Journal of participatory medicine*
  Rajamani, G., Rodriguez Espinosa, P., Rosas, L. G.
  2021; 13 (3): e30062

- **The Role of Citizen Science in Promoting Health Equity.** *Annual review of public health*

Rosas, L. G., Espinosa, P. R., Jimenez, F. M., King, A. C.
2021

- **Testing the effectiveness of community-engaged citizen science to promote physical activity, foster healthier neighborhood environments, and advance health equity in vulnerable communities: The steps for change randomized controlled trial design and methods.** *Contemporary clinical trials*
  King, A. C., Campero, M. I., Garcia, D., Blanco-Velazquez, I., Banchoff, A., Fierros, F., Escobar, M., Cortes, A. L., Sheats, J. L., Hua, J., Chazaro, A., Done, M., Espinosa, et al
  2021: 106526

- **Social support protects against symptoms of anxiety and depression: Key variations in Latinx and non-Latinx White college students** *Journal of Latinx Psychology*
  Johnson-Esparza, Y., Rodriguez Espinosa, P., Verney, S. P., Boursaw, B., Smith, B. W.
  2021

- **The Underutilization of Community-based Participatory Research in Psychology: A Systematic Review.** *American journal of community psychology*
  Rodriguez Espinosa, P., Verney, S. P.
  2020

- **Well-Being without a Roof: Examining Well-Being among Unhoused Individuals Using Mixed Methods and Propensity Score Matching.** *International journal of environmental research and public health*
  Ahuja, N. J., Nguyen, A., Winter, S. J., Freeman, M., Shi, R., Rodriguez Espinosa, P., Heaney, C. A.
  2020; 17 (19)

- **Testing the effectiveness of physical activity advice delivered via text messaging vs. human phone advisors in a Latino population: The On The Move randomized controlled trial design and methods.** *Contemporary clinical trials*
  King, A. C., Campero, I., Sheats, J. L., Castro Sweet, C. M., Espinosa, P. R., Garcia, D., Hauser, M., Done, M., Patel, M. L., Parikh, N. M., Corral, C., Ahn, D. K.
  2020: 106084

- **Employing Participatory Citizen Science Methods to Promote Age-Friendly Environments Worldwide.** *International journal of environmental research and public health*
  King, A. C., King, D. K., Banchoff, A., Solomonov, S., Ben Natan, O., Hua, J., Gardiner, P., Rosas, L. G., Espinosa, P. R., Winter, S. J., Sheats, J., Salvo, D., Aguilar-Farias, et al
  2020; 17 (5)

- **Exploring health and well-being in Taiwan: what we can learn from individuals' narratives.** *BMC public health*
  Rodriguez Espinosa, P. n., Chen, Y. C., Sun, C. A., You, S. L., Lin, J. T., Chen, K. H., Hsing, A. W., Heaney, C. A.
  2020; 20 (1): 159

- **Personal Outcomes in Community-based Participatory Research Partnerships: A Cross-site Mixed Methods Study.** *American journal of community psychology*
  Rodríguez Espinosa, P. n., Sussman, A. n., Pearson, C. R., Oetzel, J. G., Wallerstein, N. n.
  2020

- **Power Dynamics in Community-Based Participatory Research: A Multiple-Case Study Analysis of Partnering Contexts, Histories, and Practices.** *Health education & behavior : the official publication of the Society for Public Health Education*
  Wallerstein, N. n., Muhammad, M. n., Sanchez-Youngman, S. n., Rodriguez Espinosa, P. n., Avila, M. n., Baker, E. A., Barnett, S. n., Belone, L. n., Golub, M. n., Lucero, J. n., Mahdi, I. n., Noyes, E. n., Nguyen, et al
  2019; 46 (1_suppl): 19S–32S

- **Community-Based Participatory Research (CBPR): Towards Equitable Involvement of Community in Psychology Research** *AMERICAN PSYCHOLOGIST*
  Collins, S. E., Clifasefi, S. L., Stanton, J., Straits, K. J. E., Gil-Kashiwabara, E., Espinosa, P., Nicasio, A. V., Andrasik, M. P., Hawes, S. M., Miller, K. A., Nelson, L. A., Orfaly, V. E., Duran, et al
  2018; 73 (7): 884–98

- **Partnership agreements: A practical guide to developing data sharing, ownership, and publishing agreements** *Community-based participatory research for health: Advancing social and health equity*
  Rodriguez Espinosa, P., Richmond, A.
  New Jersey: John Wiley & Sons, Inc.2017; 3: 385–393

- **Does the Race of the Discrimination Agent in Latinos' Discrimination Experiences Influence Latino Group Identity?** *SOCIOLOGY OF RACE AND ETHNICITY*
  Sanchez, G. R., Rodriguez Espinosa, P.
  2016; 2 (4): 531–47

- **CULTURALLY SENSITIVE ASSESSMENTS AS A STRENGTH-BASED APPROACH TO WELLNESS IN NATIVE COMMUNITIES: A COMMUNITY-BASED PARTICIPATORY RESEARCH PROJECT** *AMERICAN INDIAN AND ALASKA NATIVE MENTAL HEALTH RESEARCH*
  Verney, S. P., Avila, M., Rodriguez Espinosa, P., Cholka, C., Benson, J. G., Baloo, A., Pozernick, C.
  2016; 23 (3): 271–92