



## Tainayah Whitney Thomas

Assistant Professor of Epidemiology and Population Health (Epidemiology)

### Bio

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#### BIO

Tainayah Thomas, PhD, MPH is an Assistant Professor in the Department of Epidemiology and Population Health. Her research focuses on primary care improvement and diabetes prevention and management among racially and ethnically diverse populations. Dr. Thomas's research seeks to leverage delivery science research methodology to promote the integration of evidence-based research into clinical practice. Dr. Thomas is dedicated to transforming research into action by engaging community, health system, and policy stakeholders in adapting, implementing, and sustaining interventions that address health disparities and promote health equity.

#### ACADEMIC APPOINTMENTS

- Assistant Professor, Epidemiology and Population Health
- Member, Maternal & Child Health Research Institute (MCHRI)

#### PROFESSIONAL EDUCATION

- PhD, University of North Carolina at Chapel Hill , Health Behavior (2019)
- MPH, University of California, Los Angeles , Community Health Sciences (2010)
- BA, University of Miami , Sociology and International Studies (2008)

### Teaching

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#### COURSES

##### 2024-25

- The Science of Community Engagement in Health Research: CHPR 227, EPI 272 (Win)

##### 2023-24

- The Science of Community Engagement in Health Research: CHPR 227, EPI 272 (Win)

##### 2022-23

- The Science of Community Engagement in Health Research: CHPR 227, EPI 272 (Win)

#### STANFORD ADVISEES

##### Doctoral Dissertation Reader (AC)

Tracy Chidyausiku

## Publications

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### PUBLICATIONS

- **Identifying Household Diabetes Risk for Family Diabetes Prevention Using Electronic Health Records.** *JAMA network open*  
Thomas, T. W., Finertie, H., Silverberg, A., Yassin, M., Patino, J. E., Rosas, L. G., Tester, J., Rodriguez, L. A., Duru, O. K., Schmittiel, J. A.  
2026; 9 (1): e2551823
- **Comparative safety of glucose-lowering medications on depression in adults with type 2 diabetes.** *Diabetes, obesity & metabolism*  
Hooker, S. A., Neugebauer, R. S., Schmittiel, J. A., An, J., Cassidy-Bushrow, A. E., Dombrowski, S. K., Oshiro, C. E., Bergenstal, R., Gilliam, L. K., Nolan, M. B., Thomas, T., Rossom, R. C., Kaur, et al  
2026
- **Chronic Disease and Aging-Related Risk Factors in Multiracial Subgroups: California, 2014-2023.** *Journal of racial and ethnic health disparities*  
Lam-Hine, T., Odden, M. C., Saperstein, A., Thomas, T. W., Rehkopf, D. H.  
2025
- **Glucose-Lowering Medication Classes and Cardiovascular Outcomes in Patients With Type 2 Diabetes.** *JAMA network open*  
Neugebauer, R., An, J., Dombrowski, S. K., Oshiro, C., Cassidy-Bushrow, A., Gilliam, L., Simonson, G., Karter, A. J., Bergenstal, R., Finertie, H., Yassin, M. M., Knowlton, G., Lin, et al  
2025; 8 (10): e2536100
- **Diabetes incidence before and after the pandemic onset in adult subgroups with prediabetes.** *Public health*  
Rodriguez, L. A., Yassin, M., Duru, O. K., Neugebauer, R. S., Towns, B., Thomas, T. W., Brown, S. D., Castellon-Lopez, Y., Schmittiel, J. A.  
2025; 248: 105969
- **Clinical and Demographic Characteristics Associated With Diabetes Remission in Six Integrated Health Care Systems: A Retrospective Cohort Study.** *Diabetes care*  
Thapa, B., Schmittiel, J. A., Arterburn, D., Neugebauer, R., Dyer, W., O'Connor, P. J., An, J., Cassidy-Bushrow, A. E., Gilliam, L. K., Hooker, S. A., Nolan, M. B., Oshiro, C. E., Thomas, et al  
2025
- **Chronic Disease and Risk Factor Prevalence in Multiracial Subgroups: California, 2014-2023.** *medRxiv : the preprint server for health sciences*  
Lam-Hine, T., Odden, M. C., Saperstein, A., Thomas, T. W., Rehkopf, D. H.  
2025
- **Changes in diabetes screening and exercise during the COVID-19 pandemic in adults with prediabetes.** *Diabetes research and clinical practice*  
Rodriguez, L. A., Yassin, M., Duru, O. K., Neugebauer, R. S., Brown, S. D., Castellon-Lopez, Y., Thomas, T. W., Schmittiel, J. A.  
2025: 112195
- **SBM supports permanent federal funding for Food is Medicine to address nutrition-related chronic conditions.** *Translational behavioral medicine*  
Radtke, M. D., Rosas, L. G., Thomas, T., Adams, E., Bean, M. K., St George, S. M., Figueroa, R., Gardner, C.  
2025; 15 (1)
- **Identifying pre-diabetes 'hotspots' in Northern California using geospatial analysis: opportunities to target diabetes prevention strategies and improve health equity.** *BMJ open*  
Thomas, T. W., Duru, O. K., Yassin, M., Rodriguez, L. A., Moin, T., Castellon-Lopez, Y., Schmittiel, J.  
2024; 14 (12): e087274
- **Identifying pre-diabetes 'hotspots' in Northern California using geospatial analysis: opportunities to target diabetes prevention strategies and improve health equity** *BMJ OPEN*  
Thomas, T. W., Duru, O., Yassin, M., Rodriguez, L. A., Moin, T., Castellon-Lopez, Y., Schmittiel, J.  
2024; 14 (12)
- **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

- **A mixed-methods assessment of engagement in wellness programs for patients with prediabetes: Factors associated with referral and participation in lifestyle wellness programs.** *Preventive medicine reports*  
Thomas, T. W., Finertie, H., Sanchez, P., Rodriguez, L. A., Schmittiel, J.  
2024; 45: 102850
- **A mixed-methods assessment of engagement in wellness programs for patients with prediabetes: Factors associated with referral and participation in lifestyle wellness programs** *PREVENTIVE MEDICINE REPORTS*  
Thomas, T. W., Finertie, H., Sanchez, P., Rodriguez, L. A., Schmittiel, J.  
2024; 45
- **Dyadic concordance and other considerations for matching pairs for peer support diabetes prevention interventions: A mixed methods assessment.** *Patient education and counseling*  
Turner, C. D., Thomas, T. W., Sedgwick, T., Yassin, M., Stoll, S. C., Lindsay, R., Heisler, M., Schmittiel, J. A.  
2024; 129: 108407
- **Race and ethnicity and pharmacy dispensing of SGLT2 inhibitors and GLP-1 receptor agonists in type 2 diabetes.** *Lancet regional health. Americas*  
Rodriguez, L. A., Finertie, H., Neugebauer, R. S., Gosiker, B., Thomas, T. W., Karter, A. J., Gilliam, L. K., Oshiro, C., An, J., Simonson, G., Cassidy-Bushrow, A. E., Dombrowski, S., Nolan, et al  
2024; 34: 100759
- **Principles for Stakeholder Engagement in Observational Health Research.** *JAMA health forum*  
Thomas, T. W., Hooker, S. A., Schmittiel, J. A.  
2024; 5 (3): e240114
- **Identifying Predictors of Homelessness Among Adults in a Large Integrated Health System in Northern California.** *The Permanente journal*  
Rodriguez, L. A., Thomas, T. W., Finertie, H., Wiley, D., Dyer, W. T., Sanchez, P. E., Yassin, M., Banerjee, S., Adams, A., Schmittiel, J. A.  
2023: 1-16
- **Effects of COVID-19 Shelter-in-Place Confinement on Diabetes Prevention Health Behaviors among US Adults with Prediabetes: A Cross-Sectional Survey.** *Preventive medicine reports*  
Thomas, T., Lindsey, R., Yassin, M., Rodriguez, L. A., Heisler, M., Schmittiel, J.  
2023; 32: 102139
- **Address Changes Are Associated With Unmet Glycemic Targets: Opportunities to Improve Processes and Outcomes of Care Among People With Type 2 Diabetes.** *The Permanente journal*  
Thomas, T., Dyer, W., Adams, A., Grant, R., Schmittiel, J.  
2022; 26 (2): 1-10
- **A Web-Based mHealth Intervention With Telephone Support to Increase Physical Activity Among Pregnant Patients With Overweight or Obesity: Feasibility Randomized Controlled Trial.** *JMIR formative research*  
Thomas, T., Xu, F., Sridhar, S., Sedgwick, T., Nkemere, L., Badon, S. E., Quesenberry, C., Ferrara, A., Mandel, S., Brown, S. D., Hedderson, M.  
2022; 6 (6): e33929
- **ADDRESSING SOCIAL DETERMINANTS OF HEALTH IN BEHAVIORAL INTERVENTIONS TO IMPROVE HEALTH EQUITY**  
Rosas, L., Espinosa, P., Thomas, T. W., Yaroch, A.  
OXFORD UNIV PRESS INC.2022: S77
- **Is Shelter-in-Place Policy Related to Mail Order Pharmacy Use and Racial/Ethnic Disparities for Patients With Diabetes?** *DIABETES CARE*  
Thomas, T. W., Dyer, W. T., Yassin, M., Neugebauer, R., Karter, A. J., Schmittiel, J. A.  
2021; 44 (6): E113-E114