

Stanford



Lisa Goldman Rosas

Assistant Professor (Research) of Health Research and Policy (Epidemiology) and of Medicine (Primary Care and Population Health)

Health Research & Policy

Bio

BIO

Lisa Goldman Rosas, PhD MPH is an Assistant Professor in the Department of Epidemiology and Population Health and the Department of Medicine, Division of Primary Care and Population Health at Stanford School of Medicine. An epidemiologist by training, Dr. Goldman Rosas' research focuses on addressing disparities in chronic diseases such as diabetes, heart disease, depression, and cancer among racial/ethnic minority families. This research features rigorous quantitative and qualitative methodologies, participatory qualitative approaches, and shared leadership with patient and community partners. She is passionate about integrating patients, caregivers, community organizations, and other key stakeholders in the research process in order to affect the greatest improvements in health and well-being. As a reflection of this passion, Dr. Goldman Rosas serves as the Faculty Director for the School of Medicine Office of Community Engagement and the Stanford Cancer Institute Community Outreach and Engagement Program. In these roles, she supports other faculty and patient and community partners to develop sustainable and meaningful partnerships to support transformative research. In addition to research, she teaches at the undergraduate and graduate levels and has a special focus on increasing diversity in biomedical research.

ACADEMIC APPOINTMENTS

- Assistant Professor (Research), Health Research & Policy
- Assistant Professor (Research), Medicine - Primary Care and Population Health
- Member, Maternal & Child Health Research Institute (MCHRI)
- Member, Stanford Cancer Institute

ADMINISTRATIVE APPOINTMENTS

- Associate Director- Community Engagement, Center for Population Health Sciences, (2018- present)
- Faculty Director, Community Outreach and Engagement Program, Stanford Cancer Institute, (2018- present)
- Faculty Director, Office of Community Engagement, Stanford School of Medicine, (2018- present)

PROFESSIONAL EDUCATION

- PhD, University of California, Berkeley , Epidemiology (2008)
- MPH, University of California, Berkeley , Maternal and Child Health (2002)
- BS, University of Michigan , Environmental Science (1998)

Research & Scholarship

CLINICAL TRIALS

- The RESTING Insomnia Study: Randomized Controlled Study on Effectiveness of Stepped-Care Sleep Therapy, Recruiting

- Research Aimed at Improving Both Mood and Weight, Not Recruiting

Teaching

COURSES

2019-20

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

2018-19

- The Science of Community Engagement in Health Research: HRP 272 (Win)

2017-18

- The Role of Causal Inference, Study Design, & Outcomes in Community Research: CHPR 225 (Aut)

2016-17

- Obesity in America: Clinical and Public Health Implications: CHPR 223, HUMBIO 123 (Win)
- The Role of Causal Inference, Study Design, & Outcomes in Community Research: CHPR 225 (Aut)

STANFORD ADVISEES

Doctoral Dissertation Reader (AC)

Paolo Martin

Master's Program Advisor

Anjali Jotwani, Sarah Peterson

Publications

PUBLICATIONS

- **Understanding mechanisms of integrated behavioral therapy for co-occurring obesity and depression in primary care: a mediation analysis in the RAINBOW trial.** *Translational behavioral medicine*
Rosas, L. G., Xiao, L., Lv, N., Lavori, P. W., Venditti, E. M., Snowden, M. B., Smyth, J. M., Lewis, M. A., Williams, L. M., Suppes, T., Goldstein-Piekarski, A. N., Ma, J.
2020
- **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)
- **Effect of an Intervention for Obesity and Depression on Patient-Centered Outcomes: An RCT.** *American journal of preventive medicine*
Rosas, L. G., Azar, K. M., Lv, N., Xiao, L., Goldhaber-Fiebert, J. D., Snowden, M. B., Venditti, E. M., Lewis, M. M., Goldstein-Piekarski, A. N., Ma, J.
2020
- **Comparing enhanced versus standard Diabetes Prevention Program among indigenous adults in an urban setting: a randomized controlled trial.** *BMC public health*
Rosas, L. G., Vasquez, J. J., Hedlin, H. K., Qin, F. F., Lv, N., Xiao, L., Kendrick, A., Atencio, D., Stafford, R. S.
2020; 20 (1): 139
- **Using Korean Dramas as a Precision Mental Health Education Tool for Asian Americans: A Pilot Study.** *International journal of environmental research and public health*
Ta Park, V. M., Olaisen, R. H., Vuong, Q., Rosas, L. G., Cho, M. K.
2019; 16 (12)

- **UNDERSTANDING MECHANISMS OF BEHAVIORAL TREATMENT FOR COMORBID OBESITY AND DEPRESSION IN PRIMARY CARE: A MEDIATION ANALYSIS**
Rosas, L.
OXFORD UNIV PRESS INC.2019: S413
- **EXAMINING OUTCOMES AND MECHANISMS OF INTEGRATED COLLABORATIVE OBESITY AND DEPRESSION CARE: INSIGHTS FROM THE RAINBOW TRIAL**
Ma, J., Rosas, L., Lv, N., Azar, K. J., Stoney, C.
OXFORD UNIV PRESS INC.2019: S413
- **Effect of Integrated Behavioral Weight Loss Treatment and Problem-Solving Therapy on Body Mass Index and Depressive Symptoms Among Patients With Obesity and Depression: The RAINBOW Randomized Clinical Trial. *JAMA***
Ma, J., Rosas, L. G., Lv, N., Xiao, L., Snowden, M. B., Venditti, E. M., Lewis, M. A., Goldhaber-Fiebert, J. D., Lavori, P. W.
2019; 321 (9): 869–79
- **Acting locally while thinking globally to promote physical activity, address inequalities and achieve population change**
Winter, S., Rosas, L., Buman, M., Sheats, J., Salvo, D., Garber, R., Sarmiento, O., Broderick, B., Banchoff, A., King, A.
HUMAN KINETICS PUBL INC.2018: S1–S2
- **The Effect of a Behavioral Weight-Loss Intervention on Depressive Symptoms Among Latino Immigrants in a Randomized Controlled Trial *JOURNAL OF IMMIGRANT AND MINORITY HEALTH***
Figueroa, S., Stafford, R. S., Heaney, C. A., Rosas, L. G.
2018; 20 (5): 1182–89
- **A Latino Patient-Centered, Evidence-Based Approach to Diabetes Prevention *JOURNAL OF THE AMERICAN BOARD OF FAMILY MEDICINE***
Rosas, L. G., Lv, N., Lewis, M. A., Venditti, E. M., Zavella, P., Luna, V., Ma, J.
2018; 31 (3): 364–74
- **EVALUATION OF PROMIS SLEEP MEASURES IN ETHNICALLY DIVERSE OVERWEIGHT OR OBESE PRIMARY CARE PATIENTS WITH AND WITHOUT DEPRESSION**
Ma, J., Lv, N., Xiao, L., Rosas, L., Snowden, M., Lewis, M., Venditti, E. M., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2018: S215
- **UNDERSTANDING HISTORICAL TRAUMA AMONG INDIGENOUS ADULTS AT RISK FOR DIABETES TO INFORM BEHAVIORAL INTERVENTIONS**
Garcia, L. C., Vasquez, J. J., Stafford, R. S., Sallas, I., Kendrick, A. E., Rosas, L.
OXFORD UNIV PRESS INC.2018: S219
- **UNDERSTANDING TREATMENT RESPONSE TO INTEGRATED BEHAVIOR THERAPY FOR COMORBID OBESITY AND DEPRESSION IN PRIMARY CARE**
Ma, J., Lv, N., Rosas, L., Xiao, L., Lavori, P., Venditti, E., Lewis, M., Snowden, M., Ward, E., Smyth, J., Suppes, T., Goldstein-Piekarski, A., Williams, et al
OXFORD UNIV PRESS INC.2018: S129
- **A framework for examining the function of digital health technologies for weight management *TRANSLATIONAL BEHAVIORAL MEDICINE***
Azar, K. J., Bennett, G. G., Nolting, L. A., Rosas, L., Burke, L. E., Ma, J.
2018; 8 (2): 280–94
- **HOMBRE: A randomized controlled trial to compare two approaches to weight loss for overweight and obese Latino men (Hombres con Opciones para Mejorar el Bienestar y bajar el Riesgo de Enfermedades cronicas; men with choices to improve well-being and decrease chronic disease risk). *Contemporary clinical trials***
Rosas, L. G., Lv, N., Azar, K. M., Xiao, L., Hooker, S. P., Lewis, M. A., Zavella, P., Venditti, E. M., Ma, J.
2018; 68: 23–34
- **The ENGAGE study: Integrating neuroimaging, virtual reality and smartphone sensing to understand self-regulation for managing depression and obesity in a precision medicine model. *Behaviour research and therapy***
Williams, L. M., Pines, A., Goldstein-Piekarski, A. N., Rosas, L. G., Kullar, M., Sacchet, M. D., Gevaert, O., Bailenson, J., Lavori, P. W., Dagum, P., Wandell, B., Correa, C., Greenleaf, et al
2018; 101: 58–70
- **Profiles of sociodemographic, behavioral, clinical and psychosocial characteristics among primary care patients with comorbid obesity and depression. *Preventive medicine reports***

- Ma, J., Xiao, L., Lv, N., Rosas, L. G., Lewis, M. A., Goldhaber-Fiebert, J. D., Venditti, E. M., Snowden, M. B., Lesser, L., Ward, E.
2017; 8: 42–50
- **Personalized Hypertension Management Using Patient-Generated Health Data Integrated With Electronic Health Records (EMPOWER-H): Six-Month Pre-Post Study** *JOURNAL OF MEDICAL INTERNET RESEARCH*
Lv, N., Xiao, L., Simmons, M. L., Rosas, L. G., Chan, A., Entwistle, M.
2017; 19 (9): e311
 - **Behavioral lifestyle interventions for moderate and severe obesity: A systematic review** *PREVENTIVE MEDICINE*
Lv, N., Azar, K. J., Rosas, L., Wulfovich, S., Xiao, L., Ma, J.
2017; 100: 180–93
 - **MECHANISTIC SELF-REGULATION TARGETS IN INTEGRATED BEHAVIOR THERAPY FOR OBESE AND DEPRESSED ADULTS: RAINBOW-ENGAGE STUDY**
Ma, J., Rosas, L., Snowden, M., Wandell, B., Bailenson, J., Greenleaf, W., Dagum, P., Lavori, P., Suppes, T., Lewis, M., Smyth, J., Williams, L.
SPRINGER.2017: S1596–S1597
 - **Latino Adults' Perspectives on Treating Tobacco Use Via Social Media.** *JMIR mHealth and uHealth*
Anguiano, B., Brown-Johnson, C., Rosas, L. G., Pechmann, C., Prochaska, J. J.
2017; 5 (2)
 - **Validation of Clinic Weights from Electronic Health Records Against Standardized Weight Measurements in Weight Loss Trials** *OBESITY*
Xiao, L., Lv, N., Rosas, L. G., Au, D., Ma, J.
2017; 25 (2): 363–69
 - **Physical education policy compliance and Latino children's fitness: Does the association vary by school neighborhood socioeconomic advantage?** *PloS one*
Sanchez-Vaznaugh, E. V., Goldman Rosas, L., Fernández-Peña, J. R., Baek, J., Egerter, S., Sánchez, B. N.
2017; 12 (6)
 - **Use of a motivational interviewing-informed strategy in group orientations to improve retention and intervention attendance in a randomized controlled trial** *HEALTH EDUCATION RESEARCH*
Xiao, L., Lv, N., Rosas, L. G., Karve, S., Luna, V., Jameiro, E., Wittels, N., Ma, J.
2016; 31 (6): 729–37
 - **Harnessing Technology and Citizen Science to Support Neighborhoods that Promote Active Living in Mexico.** *Journal of urban health : bulletin of the New York Academy of Medicine*
Rosas, L. G., Salvo, D., Winter, S. J., Cortes, D., Rivera, J., Rodriguez, N. M., King, A. C.
2016: -?
 - **Development and evaluation of an enhanced diabetes prevention program with psychosocial support for urban American Indians and Alaska natives: A randomized controlled trial** *CONTEMPORARY CLINICAL TRIALS*
Rosas, L. G., Vasquez, J. J., Naderi, R., Jeffery, N., Hedlin, H., Qin, F., LaFromboise, T., Megginson, N., Pasqua, C., Flores, O., McClinton-Brown, R., Evans, J., Stafford, et al
2016; 50: 28-36
 - **Acceptability and feasibility of the 'DASH for Asthma' intervention in a randomized controlled trial pilot study** *PUBLIC HEALTH NUTRITION*
Blonstein, A. C., Lv, N., Camargo, C. A., Wilson, S. R., Buist, A., Rosas, L. G., Strub, P., Ma, J.
2016; 19 (11): 2049–59
 - **Maternal Depression and Childhood Overweight in the CHAMACOS Study of Mexican-American Children** *MATERNAL AND CHILD HEALTH JOURNAL*
Audelo, J., Kogut, K., Harley, K. G., Rosas, L. G., Stein, L., Eskenazi, B.
2016; 20 (7): 1405–14
 - **Leveraging Citizen Science and Wearable Technologies for Population Physical Activity Promotion**
King, A. C., Winter, S. J., Sheats, J. L., Rosas, L. G., Buman, M. P., Salvo, D., Rodriguez, N. M., Seguin, R. A., Moran, M., Garber, R., Broderick, B., Zieff, S. G., Sarmiento, et al
HUMAN KINETICS PUBL INC.2016: S99–S100
 - **Leveraging Citizen Science and Information Technology for Population Physical Activity Promotion.** *Translational journal of the American College of Sports Medicine*

- King, A. C., Winter, S. J., Sheats, J. L., Rosas, L. G., Buman, M. P., Salvo, D., Rodriguez, N. M., Seguin, R. A., Moran, M., Garber, R., Broderick, B., Zieff, S. G., Sarmiento, et al
2016; 1 (4): 30-44
- **Precision Lifestyle Medicine A New Frontier in the Science of Behavior Change and Population Health** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
Ma, J., Rosas, L. G., Lv, N.
2016; 50 (3): 395-97
 - **Pilot randomised trial of a healthy eating behavioural intervention in uncontrolled asthma** *EUROPEAN RESPIRATORY JOURNAL*
Ma, J., Strub, P., Lv, N., Xiao, L., Camargo, C. A., Buist, A. S., Lavori, P. W., Wilson, S. R., Nadeau, K. C., Rosas, L. G.
2016; 47 (1): 122-132
 - **Pilot randomised trial of a healthy eating behavioural intervention in uncontrolled asthma.** *The European respiratory journal*
Ma, J., Strub, P., Lv, N., Xiao, L., Camargo, C. A., Buist, A. S., Lavori, P. W., Wilson, S. R., Nadeau, K. C., Rosas, L. G.
2016; 47 (1): 122-32
 - **Service-Based Learning for Residents: A Success for Communities and Medical Education.** *Family medicine*
Geftter, L., Merrell, S. B., Rosas, L. G., Morioka-Douglas, N., Rodriguez, E.
2015; 47 (10): 803-806
 - **Nativity, US Length of Residence, and BMI Among Diverse Asian American Ethnic Groups.** *Journal of immigrant and minority health*
Rosas, L. G., Sanchez-Vaznaugh, E. V., Sánchez, B. N.
2015; 17 (5): 1496-1503
 - **Pica during pregnancy among Mexican-born women: a formative study.** *Maternal and child nutrition*
Lin, J. W., Temple, L., Trujillo, C., Mejia-Rodriguez, F., Rosas, L. G., Fernald, L., Young, S. L.
2015; 11 (4): 550-558
 - **Applying the Pragmatic-Explanatory Continuum Indicator Summary Model in a Primary Care-Based Lifestyle Intervention Trial** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
Rosas, L. G., Lv, N., Azar, K., Xiao, L., Yank, V., Ma, J.
2015; 49 (3): S208-S214
 - **Applying the Pragmatic-Explanatory Continuum Indicator Summary Model in a Primary Care-Based Lifestyle Intervention Trial.** *American journal of preventive medicine*
Rosas, L. G., Lv, N., Azar, K., Xiao, L., Yank, V., Ma, J.
2015; 49 (3): S208-14
 - **Research aimed at improving both mood and weight (RAINBOW) in primary care: A type 1 hybrid design randomized controlled trial.** *Contemporary clinical trials*
Ma, J., Yank, V., Lv, N., Goldhaber-Fiebert, J. D., Lewis, M. A., Kramer, M. K., Snowden, M. B., Rosas, L. G., Xiao, L., Blonstein, A. C.
2015; 43: 260-278
 - **The Effectiveness of Two Community-Based Weight Loss Strategies among Obese, Low-Income US Latinos** *JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS*
Rosas, L. G., Thiyagarajan, S., Goldstein, B. A., Drieling, R. L., Romero, P. P., Ma, J., Yank, V., Stafford, R. S.
2015; 115 (4): 537-U300
 - **Randomized Trial Of Healthy Eating Pattern In Adults With Uncontrolled Asthma**
Ma, J., Xiao, L., Lv, N., Camargo, C. A., Wilson, S. R., Buist, S., Lavori, P., Strub, P., Nadeau, K. C., Rosas, L. G.
AMER THORACIC SOC.2015
 - **Process Evaluation Of The "dash For Asthma" Intervention In A Randomized Controlled Trial Pilot Study**
Lv, N., Blonstein, A. C., Camargo, C. A., Wilson, S. R., Buist, S., Lavori, P., Strub, P., Nadeau, K. C., Xiao, L., Rosas, L. G., Ma, J.
AMER THORACIC SOC.2015
 - **Training at-risk youth to become diabetes self-management coaches for family members: partnering family medicine residents with underserved schools.** *Diabetes educator*
Geftter, L., Rosas, L. G., Rodriguez, E., Morioka-Douglas, N.
2014; 40 (6): 786-796

- **Acceptability of health information technology aimed at environmental health education in a prenatal clinic** *PATIENT EDUCATION AND COUNSELING*
Rosas, L. G., Trujillo, C., Camacho, J., Madrigal, D., Bradman, A., Eskenazi, B.
2014; 97 (2): 244-247
- **Community Resource Utilization, Psychosocial Health, and Sociodemographic Factors Associated with Diet and Physical Activity among Low-Income Obese Latino Immigrants** *JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS*
Drieling, R. L., Rosas, L. G., Ma, J., Stafford, R. S.
2014; 114 (2): 257-265
- **Short-term weight loss patterns, baseline predictors, and longer-term follow-up within a randomized controlled trial** *OBESITY*
Yank, V., Xiao, L., Wilson, S. R., Stafford, R. S., Rosas, L. G., Ma, J.
2014; 22 (1): 45-51
- **Associations between perinatal factors and adiponectin and leptin in 9-year-old Mexican-American children** *PEDIATRIC OBESITY*
Volberg, V., Harley, K. G., Aguilar, R. S., Rosas, L. G., Huen, K., Yousefi, P., Dave, V., Nguyet Phan, N., Lustig, R. H., Eskenazi, B., Holland, N.
2013; 8 (6): 454-463
- **Translating an evidence-based lifestyle intervention program into primary care: lessons learned.** *Health promotion practice*
Blonstein, A. C., Yank, V., Stafford, R. S., Wilson, S. R., Rosas, L. G., Ma, J.
2013; 14 (4): 491-497
- **Pregnancy Glycemia in Mexican-American Women Without Diabetes or Gestational Diabetes and Programming for Childhood Obesity** *AMERICAN JOURNAL OF EPIDEMIOLOGY*
Ehrlich, S. F., Rosas, L. G., Ferrara, A., King, J. C., Abrams, B., Harley, K. G., Hedderson, M. M., Eskenazi, B.
2013; 177 (8): 768-775
- **Translating the Diabetes Prevention Program Lifestyle Intervention for Weight Loss Into Primary Care A Randomized Trial** *JAMA INTERNAL MEDICINE*
Ma, J., Yank, V., Xiao, L., Lavori, P. W., Wilson, S. R., Rosas, L. G., Stafford, R. S.
2013; 173 (2): 113-121
- **Baseline reach and adoption characteristics in a randomized controlled trial of two weight loss interventions translated into primary care: A structured report of real-world applicability** *CONTEMPORARY CLINICAL TRIALS*
Yank, V., Stafford, R. S., Rosas, L. G., Ma, J.
2013; 34 (1): 126-135
- **Pregnancy Glucose Levels in Women without Diabetes or Gestational Diabetes and Childhood Cardiometabolic Risk at 7 Years of Age** *JOURNAL OF PEDIATRICS*
Ehrlich, S. F., Rosas, L. G., Ferrara, A., King, J. C., Abrams, B., Harley, K. G., Hedderson, M. M., Eskenazi, B.
2012; 161 (6): 1016-1021
- **Practical Research Strategies for Reducing Social and Racial/Ethnic Disparities in Obesity.** *International journal of obesity*
Rosas, L. G., Stafford, R. S.
2012; 2012 (2): s16-s22
- **Physical Education Policy Compliance and Children's Physical Fitness** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
Sanchez-Vaznaugh, E. V., Sanchez, B. N., Rosas, L. G., Baek, J., Egerter, S.
2012; 42 (5): 452-459