



Shawna Follis

Instructor, Medicine - Stanford Prevention Research Center

Bio

BIO

Shawna Follis, PhD, MS, is an Instructor of Medicine at the Stanford Prevention Research Center. Previously, she was a Stanford Propel Postdoctoral Scholar from 2021 to 2023 and a NIH T32 Postdoctoral Fellow from 2020 to 2021. Dr. Follis is a social epidemiologist researching race and ethnicity health disparities, aging, and cardiovascular disease prevention. She received her PhD in epidemiology at the University of Arizona and her master's degree in anthropology from Purdue University. Dr. Follis promotes inclusion of underrepresented communities in scientific research through mentorship, teaching, and diversity committees.

ACADEMIC APPOINTMENTS

- Instructor, Medicine - Stanford Prevention Research Center

HONORS AND AWARDS

- The NIH Pathway to Independence Award (K99/R00), National Heart, Lung, and Blood Institute (2023 - 2028)
- Stanford Prevention Research Center Teaching Award, Stanford University (2022 - 2023)
- Early Career Investigator Award, The Women's Health Initiative (May 2023)
- Stanford Justice, Equity, Diversity, and Inclusion Champion Award, Stanford University Office of Postdoctoral Affairs (2021 - 2022)
- Aetna Award for Excellence in Research on Older Women and Public Health, American Public Health Association (October 2020)

Teaching

COURSES

2023-24

- Social and Structural Determinants of Health: Achieving Health Equity: CHPR 232 (Spr)

2022-23

- Social and Structural Determinants of Health: Achieving Health Equity: CHPR 232 (Spr)

2021-22

- Living with Viruses: THINK 61 (Win)
- Social and Structural Determinants of Health: Achieving Health Equity: CHPR 232 (Spr)

Publications

PUBLICATIONS

- Engagement With Remote Delivery Channels in a Physical Activity Intervention for Senior Women in the US. *American journal of health promotion : AJHP*

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- Mendoza-Vasconez, A. S., King, A. C., Chandler, G., Mackey, S., Follis, S., Stefanick, M. L.
2024: 8901171241229537
- **Allostatic load and risk of invasive breast cancer among postmenopausal women in the U.S.** *Preventive medicine*
Wang, F., Skiba, M. B., Follis, S., Liu, N., Bidulescu, A., Mitra, A. K., Mouton, C. P., Qi, L., Luo, J.
2023: 107817
 - **RACIAL AND ETHNIC DISPARITIES IN NEIGHBORHOOD SOCIOECONOMIC CHARACTERISTICS ASSOCIATIONS WITH VISCERAL FAT**
Follis, S., Shropshire, J.
OXFORD UNIV PRESS.2023: 299
 - **Quantifying structural racism in cohort studies to advance prospective evidence.** *SSM - population health*
Follis, S., Breathett, K., Garcia, L., Jimenez, M., Cené, C. W., Whitsel, E., Hedlin, H., Paskett, E. D., Zhang, S., Thomson, C. A., Stefanick, M. L.
2023; 22: 101417
 - **Resiliency among Women's Health Initiative women aged 80 and older by race, ethnicity, and neighborhood socioeconomic status.** *The journals of gerontology. Series B, Psychological sciences and social sciences*
Krok-Schoen, J. L., Naughton, M. J., Felix, A. S., Cene, C. W., Springfield, S., Yu, M., McLaughlin, E. M., Shadyab, A. H., Nolan, T. S., Kroenke, C. H., Garcia, L., Follis, S., Jackson, et al
2023
 - **Social Support, social ties, and cognitive function of women with breast cancer: findings from the Women's Health Initiative (WHI) Life and Longevity After Cancer (LILAC) Study.** *Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer*
Yang, Y., McLaughlin, E. M., Naughton, M. J., Lustberg, M. B., Nolan, T. S., Kroenke, C. H., Weitlauf, J. C., Saquib, N., Shadyab, A. H., Follis, S., Pan, K., Paskett, E. D.
2022; 31 (1): 48
 - **Correction: Taking action to advance the study of race and ethnicity: the Women's Health Initiative (WHI).** *Women's midlife health*
Garcia, L., Follis, S., Thomson, C. A., Breathett, K., Cene, C. W., Jimenez, M., Kooperberg, C., Masaki, K., Paskett, E. D., Pettinger, M., Aragaki, A., Dilworth-Anderson, P., Stefanick, et al
2022; 8 (1): 13
 - **REEXAMINING RACE AND ETHNICITY FROM A STRUCTURAL RACISM AND SOCIAL DETERMINANTS OF HEALTH LENS IN COHORT STUDIES**
Follis, S.
OXFORD UNIV PRESS.2022: 810
 - **Contributions of the Women's Health Initiative to Cardiovascular Research: JACC State-of-the-Art Review.** *Journal of the American College of Cardiology*
LaMonte, M. J., Manson, J. E., Anderson, G. L., Baker, L. D., Bea, J. W., Eaton, C. B., Follis, S., Hayden, K. M., Kooperberg, C., LaCroix, A. Z., Limacher, M. C., Neuhaus, M. L., Odegaard, et al
2022; 80 (3): 256-275
 - **Taking action to advance the study of race and ethnicity: the Women's Health Initiative (WHI).** *Women's midlife health*
Garcia, L., Follis, S., Thomson, C. A., Breathett, K., Cene, C. W., Jimenez, M., Kooperberg, C., Masaki, K., Paskett, E. D., Pettinger, M., Aragaki, A., Dilworth-Anderson, P., Stefanick, et al
1800; 8 (1): 1
 - **MRI based validation of abdominal adipose tissue measurements from DXA in postmenopausal women.** *Journal of clinical densitometry : the official journal of the International Society for Clinical Densitometry*
Bea, J. W., Chen, Z., Blew, R. M., Nicholas, J. S., Follis, S., Bland, V. L., Cheng, T. D., Ochs-Balcom, H. M., Wactawski-Wende, J., Banack, H. R., Neuhaus, M. L., Laddu, D., Stefanick, et al
2021
 - **The intersectional role of social stress in fracture risk: results from the Women's Health Initiative.** *Journal of epidemiology and community health*
Follis, S., Klimentidis, Y. C., Bea, J., Hu, C., Garcia, D., Wactawski-Wende, J., Kohler, L., Shadyab, A. H., Flores, M., Tindle, H. A., Chen, Z.
2021
 - **Comparison of Wearable Sensor to Traditional Methods in Functional Outcome Measures: A Systematic Review.** *Journal of orthopaedic research : official publication of the Orthopaedic Research Society*
Follis, S., Chen, Z., Mishra, S., Howe, C. L., Toosizadeh, N., Dohm, M.
2020

- **Psychosocial stress and bone loss among postmenopausal women: results from the Women's Health Initiative** *JOURNAL OF EPIDEMIOLOGY AND COMMUNITY HEALTH*
Follis, S. L., Bea, J., Klimentidis, Y., Hu, C., Crandall, C. J., Garcia, D. O., Shadyab, A. H., Nassir, R., Chen, Z.
2019; 73 (9): 888–92
- **Reply to Effects of Hormone Replacement Therapy on Sarcopenia: Is It Real?** *JOURNAL OF THE AMERICAN GERIATRICS SOCIETY*
Follis, S., Bea, J. W., Cauley, J. A., Shadyab, A. H., Cook, A., Chen, Z.
2019; 67 (6): 1298–99
- **Association Between Sarcopenic Obesity and Falls in a Multiethnic Cohort of Postmenopausal Women** *JOURNAL OF THE AMERICAN GERIATRICS SOCIETY*
Follis, S., Cook, A., Bea, J. W., Going, S. B., Laddu, D., Cauley, J. A., Shadyab, A. H., Stefanick, M. L., Chen, Z.
2018; 66 (12): 2314–20
- **Association Between Sarcopenic Obesity and Falls in a Multiethnic Cohort of Postmenopausal Women.** *Journal of the American Geriatrics Society*
Follis, S., Cook, A., Bea, J. W., Going, S. B., Laddu, D., Cauley, J. A., Shadyab, A. H., Stefanick, M. L., Chen, Z.
2018