



Julia Pangalangan, Dr.P.H., M.S.

**Director of Research & Training
PAVING the Path to Wellness
Health Behavior Researcher**

**University of Colorado Anschutz Medical Campus
Aurora, Colorado**

Dr. Julia Pangalangan is a health behavior researcher with the Rocky Mountain Prevention Research Center at the University of Colorado Anschutz Medical Campus and the director of research & training for PAVING the Path to Wellness®. She also serves as affiliate faculty at the Metropolitan State University of Denver, where she teaches courses in community health education and lifestyle medicine. Her work centers on evaluating and implementing whole-person, multilevel interventions to promote well-being and prevent chronic disease, with a focus on women and caregiver populations. She has a background in community-engaged approaches, mixed methods research, and training health professionals in lifestyle medicine approaches. Dr. Pangalangan has published research in leading peer-reviewed journals, including the following: "Implementing Group-Based Lifestyle Medicine: The Role of the Healthcare Provider in Feasibility and Effectiveness" (*American Journal of Lifestyle Medicine*), "Effectiveness of the Culture of Wellness in Preschools (COWP) Parent Wellness Workshops" (*Health Education Journal*), "Relationship between chronic health conditions and occupational burnout in the early care and education workforce" (*Journal of Occupational and Environmental Medicine*), and "Adapting a health promotion program for informal caregivers in refugee and immigrant communities" (*American Journal of Health Education*). She earned her doctor of public health (Dr.P.H.) degree in community and behavioral health from the University of Colorado Anschutz Medical Campus, her master's degree in community health and prevention research from Stanford University, and her bachelor's degree in psychology and nutrition from Miami University.