



Heather Vilvens, Ph.D., MCHES

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Dr. Vilvens earned her Ph.D. degree in educational studies with a concentration in educational and community-based action research (ECAR) from the University of Cincinnati. She earned her master of education degree from the University of Cincinnati in health promotion and education with a concentration in exercise science. Her bachelor of arts degree is in psychology from Ohio University (Athens). She is a Master Certified Health Education Specialist (MCHES) and has a great deal of experience in public health and health education in Ohio. She has worked for a variety of organizations on a broad array of issues such as school health, health education standards, heart health, clean air regulations, maternal and child health, farm vehicle and horseback riding safety for children, shared use of school physical activity facilities, and leadership and management issues for the public health workforce. Currently, Dr. Vilvens is a full-time associate professor and program director for the health promotion and education programs in the Allied Health Department at UC Blue Ash College. Her research interests include topics related to public and community health advocacy and health communications, complementary and alternative medicine, exercise and fitness, nutrition, community-based participatory action research, and social and cultural factors related to health.