

# JASMINA SISIRAK, PHD, MPH

## General Information

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Department of Disability and Human Development, MC 626  
College of Applied Health Sciences  
University of Illinois at Chicago  
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## Education

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University of Illinois at Chicago, School of Public Health  
**PhD**, 2011  
Community Health Sciences  
University of Illinois at Chicago, School of Public Health  
**Master of Public Health**, 2002  
Epidemiology  
Southern Illinois University at Carbondale  
**Bachelor of Science in Dietetics**, Cum Laude, 1999

## Professional Experience

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**Research Assistant Professor.** University of Illinois Chicago (UIC), College of Applied Health Sciences (CAHS), Department of Disability and Human Development (DHD), Chicago, IL 2013 – present.

**Co-Director.** HealthMatters Program, UIC, CAHS, DHD, Chicago, IL 2013 – present.

**Associate Director of Training and Dissemination.** Rehabilitation Research and Training Center on Developmental Disabilities and Health (RRTCDD), DHD, CAHS, UIC, Chicago, Illinois. 2013 to 2019.

**Associate Project Director.** Rehabilitation Research and Training Center on Aging with Developmental Disabilities (RRTCADD), DHD, CAHS, UIC, Chicago, Illinois. 2008 to 2013.

**Project Coordinator.** Rehabilitation Research and Training Center on Aging with Developmental Disabilities (RRTCADD), DHD, CAHS, UIC, Chicago, Illinois. 2004 to 2008.

**Coordinator.** National Organization of Nurses with Disabilities (NOND) Internet Resource Clearinghouse: Regional Demonstration Project. 2005 to 2006.

**Field Coordinator.** RRTCADD, DHD, CAHS, UIC Chicago, Illinois, 2002 to 2004.

**Project Coordinator,** Evaluation of the National Special Olympics Healthy Athletes Pilot Projects. DHD, CAHS, UIC, Chicago, Illinois. 2003 to 2004.

**Project Coordinator.** Illinois Information Center on Health Promotion, Nutrition and Disability. National Center on Physical Activity and Disability (NCPAD). DHD, CAHS, UIC, Chicago, Illinois. 2002 to 2004.

**Research Specialist.** A Randomized Clinical Trial to Reduce Transmission of HIV Rates in Kisumu, Kenya. School of Public Health. UIC, Chicago, Illinois. 2002.

**Research Assistant.** Exercise Adherence Among Adults with Mental Retardation/Exercise Adherence Among Adults with Down Syndrome. RRTCADD, DHD, CAHS, UIC, Chicago, Illinois. 2001 to 2002.



Ohio Developmental Disabilities Council. PI of subcontract \$43,499 through Project SEARCH. *Healthy Lifestyles for People with Disabilities: Project SEARCH and HealthMatters™ Program* (Role: Consultant, Evaluation)

### Completed Research Support

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<b>90RT5020-01-00</b>	<b>Marks (PI)/Sisirak (Co-I)</b>	<b>10-1-13 to 09-30-20</b>	<b>\$601,766</b>
National Institute on Disability and Rehabilitation Research (NIDRR), RRTCDD. <i>HealthMatters Program Impact Study: Multi-State Systematic Approach</i>			
<b>NR 2019</b>	<b>Donohue-Chase (PI)/Sisirak (Co-I)</b>	<b>1-1-19 to 12-31-19</b>	<b>\$19,000</b>
Healthcare Foundation of Northern Lake County (\$70,000). Co-I of Subcontract with NorthPointe Resources. <i>OptimalRx: When Less is More</i> (Role: Implementation and Evaluation)			
<b>HDI 2019</b>	<b>Sheppard-Jones (PI)</b>	<b>2-1-19 to 7-31-20</b>	<b>\$260,580</b>
Kentucky Department of Workforce Investment/ (\$2,500,000). Co-I of Subcontract with University of Kentucky, HDI. <i>RETAINing Kentucky's Workforce through Universal Design</i> (Role: Training & Implementation)			
<b>2016-00301492</b>	<b>Sisirak (PI)/Marks (Co-I)</b>	<b>05/01/2016-05/31/2018</b>	<b>\$ 28,833</b>
Walmart Foundation. Subcontract through Association of University Centers on Disabilities. <i>Nutrition is for Everyone</i> (Role: Consultant, Evaluation)			
<b>IDPH Grant</b>	<b>Marks (PI)/Sisirak (Co-I)</b>	<b>8-1-13 to 12-31-15</b>	<b>\$24,467</b>
Illinois Department of Public. <i>Health HealthMatters Program IL Scale Up</i>			
<b>Arc Grant 2014</b>	<b>Marks (PI)</b>	<b>8-1-13 to 12-31-15</b>	<b>\$6,000</b>
<i>HealthMatters Program Scale Up in the Arc</i>			
<b>CIF 2012</b>	<b>Sisirak (PI)/Marks (Co-I)</b>	<b>1-1-12 to 10-1-13</b>	<b>\$20,000</b>
Center for Independent Futures. Subcontract through The Chicago Community Trust. <i>Evaluation of the Full Life Futures Program in Chicago Public Schools Pilot</i> (Role: Evaluation)			
<b>NRI 2011</b>	<b>Donohue-Chase (PI)</b>	<b>5-1-11 to 10-30-13</b>	<b>\$750,000</b>
IL Department of Public Health. PI of Subcontract (\$90,000) through NorthPointe Resources. <i>Health Matters Diabetes Education Awareness and Prevention for People with IDD</i> (Role: Evaluation)			
<b>1RC4HD066915-01</b>	<b>Marks (PI)/Sisirak (Co-I)</b>	<b>9-1-10 to 8-31-13</b>	<b>\$1,000,000</b>
Eunice Kennedy Shriver National Institute of Child Health & Human Development. <i>Community-Academic Partnership: Infrastructure to Improve Health for People with DD</i>			
<b>SOI2010</b>	<b>Marks (PI)/Sisirak (Co-I)</b>	<b>7-1-10 to 6-30-12</b>	<b>\$100,000</b>
Special Olympics International. <i>Peer-to- Peer: Athlete Health Coaches Pilot Intervention</i> (Role: Design, Implementation, and Evaluation)			
<b>H133B080009</b>	<b>Marks (PI)/Sisirak (Co-I)</b>	<b>10-1-08 to 9-30-13</b>	<b>\$882,135</b>
NIDRR, Rehabilitation Research and Training Center on Aging with Developmental Disabilities. <i>Sustainable Health Initiative Programs: Translating Knowledge through Distance Learning</i>			
<b>E7651</b>	<b>Marks (PI)/Sisirak (Co-I)</b>	<b>8-1-07 to 9-30-08</b>	<b>\$48,500</b>
Midwest Roybal Center for Health Promotion and Behavior Change: Pilot Competition, National Institute on Aging. <i>Continuity of Care for People Aging with I/DD: A Pilot Training Program</i>			
<b>G6844</b>	<b>Marks (PI)/Sisirak (Co-I)</b>	<b>4-1-07 to 3-31-10</b>	<b>\$37,100</b>
Partnership with NorthPointe Resources Inc. (Baxter Foundation). <i>Health and Wellness Capacity Building Project: "Getting the Memo"</i>			
<b>H133B031134</b>	<b>Marks (PI)/ Sisirak (Coordinator)</b>	<b>10-1-03 to 9-30-08</b>	<b>\$150,000</b>

National Institute on Disability and Rehabilitation Research.

*Healthy Communities for Adults with Intellectual and Developmental Disabilities: Evaluating the Efficacy of Two Train-the-Trainer Approaches (Paper-Based and Web-Based)*

**H133B080009 Marks (PI)/ Sisirak (Co-I) 10-1-08 to 9-30-13 \$882,135**

NIDRR, Rehabilitation Research and Training Center on Aging with Developmental Disabilities.  
*Sustainable Health Initiative Programs: Translating Knowledge through Distance Learning*

**H8721 Marks (PI)/ Sisirak (Co-I) 6-1-07 to 7-31-08 \$40,000**

Illinois Council on Developmental Disabilities.

*Building Capacity with Pediatric Residents to Promote Health Advocacy among People with DD.*

**Sisirak (PI) 5-1-09 to 9-30-10 \$10,000**

UIC Midwest Roybal Center for Health Promotion and Behavior Change.

*Community Supports for Adults with Intellectual Disabilities: Development of Nutrition Supports Scale (Dissertation study).*

**2003-119 Heller (PI)/Sisirak (Project Coordinator) 09-01-03 to 8-30-08 \$102,888**

Retirement Research Foundation.

*Health Promotion for Adults Aging with Intellectual and Developmental Disabilities: Train-the-Trainer Capacity Building Project (Role: Project Coordinator)*

**P30 AG22849-01 Heller (PI)/Sisirak (Project Coordinator) 09/01/03-2008 \$50,000**

UIC Midwest Roybal Center for Health Promotion and Behavior Change.

*Health Promotion for People with Intellectual Disabilities: Train-the-Trainer Dissemination Pilot Project*

**Heller (PI)/Sisirak (Co-I) 10-31-04 to 5-1-06 \$3000**

Special Olympics International Student Grants Program.

*Learning Through Pictures: Nutrition and Physical Activity Health Literacy for Adults with I/DD.*

### Evidence-based Curriculum/Program Development

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1. **Health Matters 12-Week Program: Exercise and Nutrition Health Education Curriculum for Adults with Developmental Disabilities** (Marks, Sisirak, & Heller, 2010, 2006, 2004, 2001), Brookes Publishing: Philadelphia. **Evidence-based curriculum** empowering people with IDD to achieve health goals through an instructor-led health promotion program. Funded by National Institute on Disability and Rehabilitation Research (NIDRR), Center for Disease Control and Prevention, and National Institute on Aging ([www.healthmattersprogram.org/what-we-do/health-matters-program/](http://www.healthmattersprogram.org/what-we-do/health-matters-program/)).
2. **HealthMatters Program: Train-the-Trainer Certified Instructor Workshop** (Marks & Sisirak, 2005). **Evidence-based program** transforming systems for health and wellness where people with DD live, work, and recreate. Funded by National Institute on Disability and Rehabilitation Research and Retirement Research Foundation ([www.healthmattersprogram.org/what-we-do/health-matters-program/](http://www.healthmattersprogram.org/what-we-do/health-matters-program/)).
3. **HealthMessages Program: Peer-to-Peer** (Marks, Sisirak, Medlen, & Magallanes, 2012). **Evidence-based program** teaching people with IDD to become a Peer Health Coaches (PHCs) to encourage peers to change health behaviors. Funded by Special Olympics International (Centers for Disease Control and Prevention's Disability and Health Branch), the RRTCADD (National Institute on Disability and Rehabilitation Research), and HealthMatters Community Academic Partnership (Eunice Kennedy Shriver National Institute of Child Health & Human Development) ([www.healthmattersprogram.org/healthmessages-program/](http://www.healthmattersprogram.org/healthmessages-program/)).
4. **HealthMatters 4Kids: Today Counts for Preventing Diabetes and Other Chronic Conditions: Instructor's Train the Trainer Program** (Marks, B., Donohue-Chase, D., Arora, P. & Pierce, J. 2013). **Evidence-informed program** preventing diabetes and other chronic conditions in children with IDD by raising awareness among parents, teachers, and health care professionals. Funded by Illinois Department of Public Health, subcontract through NorthPointe Resources (NR) (<https://tinyurl.com/heb8joq>).

5. **HealthAdvocacy Program: Promoting Health for People with Disabilities** (Marks, Sisirak, & Cutler, 2008). **Evidence-informed program** promoting health for people with disabilities. Funded by Illinois Council on Developmental Disabilities. ([www.healthmattersprogram.org/healthadvocacy-program/](http://www.healthmattersprogram.org/healthadvocacy-program/)).
6. **HealthAlert: Observe (and Report) Early Signs and Symptoms of Changes in Health** (Marks & Sisirak, 2008). **Evidence-informed program** observing (and reporting) signs of health changes among people with IDD. Funded by the Midwest Roybal Center for Health Promotion and Behavior Change, National Institute on Aging ([www.healthmattersprogram.org/health-alert-signs-symptoms-program/](http://www.healthmattersprogram.org/health-alert-signs-symptoms-program/)).

### Refereed Publications

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- Marks, B., **Sisirak**, J. (2022). Nurses with Disability: Transforming Healthcare for All. *OJIN: The Online Journal of Issues in Nursing*, 27(3): Manuscript 3. doi: 10.3912/OJIN.Vol27No03Man04 <https://www.doi.org/10.3912/OJIN.Vol27No03Man04>
- Marks, B., **Sisirak**, J., Magallanes, R.E., Krok, K., & Donohue-Chase, D. (2019). Efficacy of a Health Messages Peer-to-Peer Program for People with Intellectual Disabilities. *Intellect Dev Disabil*, 57(3): 242-258. doi: 10.1352/1934-9556-57.3.242
- Marks, B. & **Sisirak**, J. (2019) Impact of the HealthMatters Train-the-Trainer Program on the Health and Health Behaviors of Staff Supporting Adults with Intellectual and Developmental Disabilities, *Workplace Health & Safety*, 67(8), 423-435. doi: 10.1177/2165079919828739.
- Marks, B. & **Sisirak**, J. (2017). NPs Promoting Physical Activity: People with Intellectual and Developmental Disabilities. *The Journal for Nurse Practitioners*, 13(1), e1–e5. doi: 10.1016/j.nurpra.2016.10.023.
- Anderson, L.L., Humphries, K., McDermott, S., Marks, B., **Sisirak**, J., & Larson, S. (2013). The State of the Science of Health and Wellness for Adults with Intellectual and Developmental Disabilities. *Intellectual and Developmental Disabilities*, 51(5), 385-398.
- Marks, B., **Sisirak**, J., & Chang, Y.C. (2013). Efficacy of the *HealthMatters Program* Train- the-Trainer Model, *Journal of Applied Research in Intellectual Disabilities*, 26(4), 319-334.
- Marks, B. & **Sisirak**, J. (2011). Interpreting Conceptualizations of Health Among Persons with Disabilities Through Critical Social Theory. *Journal for the Anthropological Study of Human Movement*, 16(1 & 2).
- Marks, B., **Sisirak**, J., Heller, T., & Wagner, M. (2010). Evaluation of Community-Based Health Promotion Programs for Special Olympics Athletes. *Journal of Policy and Practice in Intellectual Disabilities*, 7(2), 119–129.
- Marks, B., **Sisirak**, J., Hsieh, K. (2008). Health services, health promotion, and health literacy: Report from the State of the Science in Aging with Developmental Disabilities Conference. *Disability and Health Journal*, 1(3), 136-142.
- Heller, T., Marks, B., Hsieh, K., Rimmer, J., & **Sisirak**, J. (2005). 1<sup>st</sup> IASSID Asian-Pacific Conference Taipei, Taiwan June 12–15, 2005 Abstracts (Long-term Outcomes of an Exercise Education Program on Adults with Down syndrome), *Journal of Policy and Practice in Intellectual Disabilities*, 2(3-4), 176.

### Non-Refereed Publications

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- Sisirak, J. & Marks, B. (Summer 2023). DSPs are Health Promoters: The HealthMatters Program. *Frontline Initiative*, 19(1). Available at: <https://publications.ici.umn.edu/frontline-initiative/19-1/dsps-are-health-promoters>.
- Marks, B. & Sisirak, J. (December 2021). Healthy Brain Initiative for People with Intellectual and Developmental Disabilities. *IMPACT*. pp 42-43. Institute on Community Integration: MN.

- Sisirak, J., Janicki, MP, Murphy, R, Marks, B, Buckley, T (2020). Impact of COVID-19 on Provider Organizations Serving Adults with Intellectual and Other Disabilities. White Paper. ACCSES: Washington, DC.
- Sisirak, J. & Marks, B. (2015). Health and Wellness Strand: Recommendations From National Goals Conference 2015. *Inclusion*, 3(4), 242-249, <http://aaidjournals.org/doi/abs/10.1352/2326-6988-3.4.242>.
- Sisirak, J. & Marks, B. (2015). *AAIDD Research Brief: Health and Wellness for People with IDD*. <https://aaid.org/docs/default-source/National-Goals/health-and-wellness-for-people-with-idd-2.pdf?sfvrsn=0>.
- Marks, B. & Sisirak, J. (2012). *HealthMatters* for People with Developmental Disabilities: Take Charge! *National Gateway to Self-Determination*.
- Marks, B. & Sisirak, J. (2012). Preventing Health Problems among People with Intellectual and Developmental Disabilities: DSPs' Role in Observing and Reporting Early Signs and Symptoms. *Frontline Initiative*, 10(2).
- Marks, B. & Sisirak, J. (2010). Age-Related Changes for Adults with Developmental Disabilities. *Impact Newsletter*, 23(1), 24-25, 34.
- Marks, B. & Sisirak, J. Promoting Wellness for People Aging With Disabilities: The Challenges for Providers. (February 2008) *Maximizing Human Potential*. American Society on Aging.

### **Published Abstracts**

- Sisirak, J. & Marks, B. (2010). Lessons Learned: Community Based Train the Trainer Health Promotion Programming for People with ID. Abstracts of the Third International Conference of IASSID Europe, 20-22 October, 2010, Rome. *Journal of Applied Research in Intellectual Disabilities*, 23(5), 467.

### **Videotape Productions**

- HealthMatters* Program YouTube Channel <https://tinyurl.com/yapasq4q>.
- Marks, B. & Sisirak, J. (2012). *HealthMatters: Exercise, Nutrition, and Health Education Program*. This DVD corresponds with the evidence-based training entitled *HealthMatters Train-the-Trainer: Certified Instructor Workshop* as a visual representation of instructional methods for direct support professionals.

### **Assessment Tools**

- Sisirak, J. (2010). *Nutrition Supports Scale*. Evaluates nutrition supports in community supports in homes in relation to finances, food planning, food purchasing, food preparation, time, and cultural values.
- Sisirak, J. & Marks, B. (2008). *HealthMatters Assessment of Organizational Need and Capacity*. Evaluates organizational need and capacity for health promotion among community organizations in relation to organizational culture, internal and external resources, employee knowledge and employee self confidence.
- Marks, B., Sisirak, J., & Plachy, T. (2007). *Head-to-Toe Signs and Symptoms Checklist*. Adapted from the Head to Toe Assessment Form Lewis, Lewis, Leake, King, & Lindemann (2001). This form is for direct support staff and healthcare providers (HCPs) to communicate emerging signs and symptoms of health changes and action plans among people receiving supports. *HealthMatters™* 2012, Chicago, IL.

### **Books, Book Chapters, Monographs, Reports, Briefs**

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- Marks, B., Kiernan, J., & Sisirak, J. (2021). What is Health and Challenges to Health. In D.J. Crickmore & H.L. Atherton (eds.) 7th edition of *Learning disabilities: Toward inclusion*. Churchill Livingstone: UK.
- Sisirak, J., Marks, B., & Keller, S. (2021). Optimal Ageing for People with Down Syndrome. In V.P. Prasher (eds.). *Excelling in Life with Down Syndrome*. Nova Science: UK.
- Sisirak, J., Janicki, M.P., Murphy, R., Marks, B., & Buckley, T. (2020). *Impact of COVID-19 on Provider Organizations Serving Adults with Intellectual and Other Disabilities - White Paper for HealthMatters Program at University of Illinois at Chicago, National Task Group on Intellectual Disabilities and Dementia Practices, and YAI*.
- Marks, B., Sisirak, J., & Heller, T. (2019) Health promotion and people with intellectual disabilities. In V. P., Prasher & M.P. Janicki (Eds.) *Physical Health of Adults with Intellectual Disabilities*. New York: Springer.
- Sisirak, J., Marks, B., Heller, T., Ronneberg, C., McDonald, K., & Ailey, S. (2016). *People with IDD: Health and wellness for all*. In *Critical Issues in Intellectual and Developmental Disabilities: Contemporary Research, Practice, and Policy*. AAIDD: Washington, DC.
- Sisirak, J. & Marks, B. (2013). Promoting Nutrition across the Lifespan: Person-Centered Ecological Nutrition Framework for People with Intellectual Disabilities, pp. 44-54. In L. Taggart & W. Cousins (Eds), *Health Promotion for People with Intellectual and Developmental Disabilities*. McGraw Hill Education: Maidenhead, Berkshire, UK: Open University Press. ISBN: 13: 978-0-335-24694-3.
- Marks, B. & Sisirak, J. (2013). Community health promotion programmes, pp. 17-30. In L. Taggart & W. Cousins (Eds), *Health Promotion for People with Intellectual and Developmental Disabilities*. McGraw Hill Education: Maidenhead, Berkshire, UK: Open University Press. ISBN: 13: 978-0-335-24694-3.
- Marks, B., Sisirak, J., Medlen, J., & Magallanes, E. (2012). *HealthMessages™ Program: Healthy Lifestyle Coaches Coaching Manual*. Rehabilitation Research and Training Center on Aging with Developmental Disabilities, Chicago, IL.
- Marks, B. & Sisirak, J. (September 2012). Health Matters for People with Intellectual and Developmental Disabilities: Take Charge! *Research to Practice Brief on Health and Self-Determination Series. (3)*. National Training Initiative on Self-Determination and the Association of University Centers on Disabilities. National Gateway to Self-Determination.
- Marks, B., Sisirak, J., & Heller, T. (2010). *Health Matters: Establishing Sustainable Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities*. Brookes Publishing: Philadelphia.
- Marks, B., Sisirak, J. & Heller, T. (2010). *Health Matters: Exercise and Nutrition Health Education Curriculum for Adults with Developmental Disabilities*. Brookes Publishing: Philadelphia.
- Marks, B. & Sisirak, J. (2010). Caregiving: Adults with Developmental Disabilities. In M.J. Craft-Rosenberg (Ed), *Encyclopedia of Family Health*, SAGE Publications, Inc.: Thousand Oaks, CA.
- Marks, B., Sisirak, J., & Magallanes, E. (2010). Building Capacity among Health Professionals in Ecuador: Promoting Health Advocacy among Persons with Developmental Disabilities. The Global Health Leadership Office/WHO Collaborating Center & Department of Disability and Human Development, University of Illinois at Chicago, Chicago, IL.
- Marks, B., Sisirak, J., & Heller, T. (2007). *Staff Guide to Establishing Sustainable Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities*. Rehabilitation Research and Training Center on Aging with Developmental Disabilities, University of Illinois at Chicago. Web-based Curriculum.
- Marks, B., Sisirak, J., Schmalzriedt, A. & Heller, T. (2005). *Engagement through Fitness: Training Manual*. Special Olympics International and Rehabilitation Research and Training Center on Aging with Developmental Disabilities, University of Illinois at Chicago.
- Marks, B., Heller, T., Sisirak, J., Hsieh, K. & Pastorfield, C. (2005). *Health Promotion Pilot Programs Evaluation: Improving Athletes' Health – Final Report*, Special Olympics International, Washington, DC.

Sisirak, J. & Marks, B. (2005). *Physical Testing Procedure Manual*. Chicago: Rehabilitation Research and Training Center on Aging with Developmental Disabilities, University of Illinois at Chicago.

**Nutrition fact sheets developed in 2003 and available on National Center on Physical Activity and Disability website ([www.ncpad.org/nutrition](http://www.ncpad.org/nutrition)):** Alzheimer's disease and nutrition; Autism and nutrition; Do you know your Food Guide Pyramid?; Estimating serving sizes; Fatigue; Food Guide Pyramid; Food label; How good are you at estimating serving (portion) sizes?; Hydration; Hydration quiz; Multiple sclerosis and nutrition; Osteoporosis; Pressure ulcers (sores).

### **Podium and Poster Presentations**

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- Marks, B. & Sisirak, J. (June 7<sup>th</sup>, 2024). Keynote: Healthy Brains for People with Intellectual and Developmental Disabilities: Reimagining Care. The American Academy of Developmental Medicine and Dentistry. Chicago, Illinois.
- Marks, B. & Sisirak, J. (March 25<sup>th</sup>, 2024). National Healthy Brain Initiative for People with Intellectual and Developmental Disabilities. National Association of State Directors of Developmental Disabilities Services, Intellectual and Developmental Disabilities and Brain Health and Wellness - Medical/Clinical Director Affinity Group.
- Marks, B. & Sisirak, J. (March 6<sup>th</sup>, 2024). *Guidance on Effective Listening Sessions with Older Adults with IDD*. Center for Health Care Strategies.
- Sisirak, J. & Marks, B. (March 6<sup>th</sup>, 2024). *HealthAdvocacy Training: Structurally Competent Healthcare for People with Disability – The Social Model*. North Dakota ECHO Series, North Dakota Center for Persons with Disabilities.
- Sisirak, J. & Marks, B. (February 29<sup>th</sup>, 2024). *HealthAdvocacy Training: Structurally Competent Healthcare for People with Disability*. Mississippi State Department of Health.
- Sisirak, J. & Marks, B. (December 5<sup>th</sup>, 2023). *HealthAdvocacy Training: Structurally Competent Healthcare for People with Disability*. Wyoming UCEDD HealthAdvocacy Statewide Public Health Nurses Association.
- Marks, B., McCulloh, & Sisirak, J. (November 10<sup>th</sup>, 2023). *Disability Pride/ Social Justice—Language Used Directed to Students with Disabilities*. Virtual Webinar with the McLennan Community College and the National Organization of Nurses with Disabilities.
- Sisirak, J. & Marks, B. (November 8<sup>th</sup>, 2023). Gerontological Society on Aging Preconference Healthy Brain Initiative Equity Workshop. Tampa, Florida.
- Sisirak, J. & Marks, B. (October 24<sup>th</sup>, 2023). Healthy Brain Initiative for People with IDD. CDC October BOLD Awardee Kickoff Meeting. Atlanta, Georgia.
- Sisirak, J. & Marks, B. (October 24/25, 2023). International Summit on Intellectual Disability and Dementia. Sponsored in part by HealthMatters Program. Toronto, Canada.
- Marks, B. & Sisirak, J. (October 11<sup>th</sup> 2023). *Health Equity for Women with Disability: Future Connections, Practices, and Action* in the virtual conference “Addressing Menopause and Health Across the Life Course for Dually Eligible Women with Disability.” Resources for Integrated Care: Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services.
- Ailey, S., Smeltzer, S., Marks, B., Cooney-Minor, D., Sisirak, J., Ticha, R., & Abery, B. (September 18<sup>th</sup>, 2023). *Partnering to Transform Health Outcomes with Persons with Intellectual Disabilities (PATH- PWIDD): Year Three*. Virtual NEXUS Summit 2023.
- Marks, B. & Sisirak, J. (July 10<sup>th</sup>, 2023). *HealthAdvocacy: Nursing, Health Advocacy, and Disability Studies*. UIC College of Nursing Annual Global Health Scholars Program. Chicago, IL.
- Marks, B., Sisirak, J. (April 19, 2023). Rethinking Health Promotion, Virtual Coach: HealthMatters Program. The Arc of Illinois 73<sup>rd</sup> Annual Convention Reimagining Expectations, Lisle, Illinois.



- Marks, B., Sisirak, J., Janicki, M.P., Gruss, V., & Service, K. (November 15, 2021). Healthy Brain Initiative for People with Intellectual and Developmental Disabilities (IDD) NHBI/BOLD Annual Grantee Meeting.
- Daston, M., Guo, K., Sisirak, J. & Marks, B. (November 15, 2021). Health Promotion Curriculum for Young Adults with IDD Transitioning to Work. AUCD Virtual Conference: Learning Together: Connecting Research and Lived Experience Washington D.C.
- Sisirak, J. & Marks, B. (October 6, 2021). Health Promotion and Implementation Science for People with Intellectual and Developmental Disabilities. Golisano Institute for Developmental Disability Nursing Virtual Lecture Series.
- Marks, B. & Sisirak, J. (September 15, 2021). Healthy Brain Initiative for People with Intellectual and Developmental Disabilities (IDD). Healthy Brain Initiative Stakeholders' Meeting.
- Marks, B., Sisirak, J., Janicki, M.P., Gruss, V., & Service, K. (August 30, 2021). Healthy Brain Initiative for People with Intellectual and Developmental Disabilities (IDD), Component B. BOLD and NHBI Peer Collaborative Webinar Series.
- Marks, B. & Sisirak, J. (July 20, 2021). Healthy Brain for All: Promoting Equitable Care for People with Intellectual and Developmental Disabilities. Special Olympics Aging SIG.
- Flygare Wallén, E., Bergström, H., Privat Sundblom, E., Sisirak, J., & Marks, B. (June 16-18, 2021). Adapting HealthMatters Program intervention for new contexts: A US and Swedish Experience. IASSIDD Health SIG Toronto.
- Marks, B. & Sisirak, J. (June 15, 2021). State of Nursing: The Landscape of Disability Health Policy and Social Justice for People with IDD. Golisano Institute for Developmental Disability Nursing at St. John Fisher College 2021 Fellowship Program.
- Sisirak, J. & Marks, B. (June 14-18, 2021). Policy and Social Justice Series. Golisano Institute for Developmental Disability Nursing at St. John Fisher College 2021 Fellowship Program.
- Marks, B., Sisirak, J., Janicki, M.P., & Service, K. (June 14, 2021). Public Policy Directed toward Nurturing Brain Health for Persons with Intellectual and Developmental Disabilities. Alzheimer's Association International Conference: Addressing Health Disparities.
- Rios, A., Marks, B., Desjardins, J. & Sisirak, J. (May 28, 2021). HealthMatters Program. Partners for Employment  
2nd Annual Virtual Conference Reaching New Heights in Supported Employment.
- Marks, B. & Sisirak, J. (May 11, 2021). Virtual Coach: HealthMatters Program. Roybal Advisory Committee. Chicago, IL.
- Marks, B. & Sisirak, J. (May 5, 2021). Virtual Coach: HealthMatters Program Health Matters Now More than Ever. UIC/DHD Brown Bag Series.
- Marks, B., Sisirak, J., Janicki, M.P., & Service, K. (May 4, 2021). Importance of brain health initiatives for persons with intellectual disability at risk of dementia. Alzheimer's Association International Conference 2021.
- Marks, B., Gruss, V., Janicki, M.P., Service, K., & Sisirak, J. (May 4, 2021). Healthy Brain Initiative for People with IDD. Healthy Brain Webinar Series, HealthMatters Program, UIC.
- Marks, B. & Sisirak, J. (April 20, 2021). Healthy Brain Initiative for People with Intellectual and Developmental Disabilities: Nurturing Brain Health across the Lifespan. National Down Syndrome Society Virtual Adult Summit Health Promotion Panel.
- Marks, B. & Sisirak, J. (April 19, 2021). Healthy Brain Initiative for Persons with Intellectual and Developmental Disabilities. Consumer Advisory Committee Meeting. UIC IDHD and LEND.
- Marks, B. & Sisirak, J. (April 19, 2021). Partnering to Transform Health Outcomes with Persons with Intellectual Disabilities and Developmental Disabilities (PATH-PWIDD). Consumer Advisory Committee Meeting. UIC IDHD and LEND.
- Marks, B. & Sisirak, J. (March 29, 2021). Nurturing Brain Health across the Lifespan Project ECHO: Growing older with lifelong intellectual disabilities Series 2: URI-VCU ECHO.
- Sisirak, J. & Marks, B. (December 16, 2020). Virtual Coach: HealthMatters Program Health Matters Now More than Ever. Special Olympics Aging Task Force.
- Sisirak, J. & Marks, B. (December 9, 2020). Virtual Coach HealthMatters Program (24/7). Roybal

- Advisory Committee Meeting.
- Sisirak, J. & Marks, B. (November 12, 2020). Heathy Brain Initiative and Virtual Coach HealthMatters Program Health Matters Now More than Ever for People with Intellectual and Developmental Disability. AUCD Aging SIG Meeting.
- Sisirak, J. & Marks, B. (November 9, 2020). Virtual Coach: HealthMatters Program. Project SEARCH Advisory Committee Meeting.
- Sisirak, J. & Marks, B. (November 6, 2020). Virtual Coach: HealthMatters Program. AHS College Meeting - UI Health Chicago CAN Report- Community Engagement.
- Smeltzer, S., Ailey, S., Marks, B., & Cooney-Miner, D. (10-29-20). *Disability Matters to All: Mobilizing the Power of Nurses*. American Academy of Nursing Annual Conference 2020 Transforming Health Driving Policy Conference.
- Sisirak, J. & Marks, B. (May 2020 – August 2020). COVID-19 2020 Spring/Summer Webinar Series ([www.healthmattersprogram.org/covid-19-webinar-series/](http://www.healthmattersprogram.org/covid-19-webinar-series/)). Summer webinar series for community providers to share their experiences in maintaining services for people with intellectual and developmental disabilities during the COVID-19 pandemic. Presented in partnership with Project SEARCH funded by the Ohio Developmental Disabilities Council, Grant # 17CH03FA20 and collaboration with Aspire.
- Marks, B. & Sisirak, J. (August 6, 2020). Virtual Coach: HealthMatters Program Google Classroom to Support Frontline Staff to Protect People with Intellectual and Developmental Disabilities (IDD). Center for Clinical and Translational Sciences. National Webinar.
- Marks, B. & Sisirak, J. (June 26, 2020). HealthMatters™ Program Where People Live, Learn, Work, and Play. National Down Syndrome Society Annual Conference. Webinar.
- Marks, B. & Sisirak, J. (January 28, 2020). HealthMatters™ Program. National Council on Aging Conference for Evidence-Based Programs. National Webinar.
- Daston, M., Guo, K., Christensen, J., Cleary, D., Marks, B., & Sisirak, J. (August 1, 2019). *Using the Health Matters Curriculum with the Project SEARCH® Program Model*. Project SEARCH® Annual Conference. Anaheim, CA.
- Marks, B., Donohue-Chase, D., Sisirak, J. & Keller, S. (June 9, 2019). *HealthMatters™ Program: Promoting Health in Your Organization*. Developmental Disabilities Nurses Association Annual Education Conference. New Orleans, LA.
- Marks, B. & Sisirak, J. (June 9, 2019). Translating HealthMatters™ Program Research into Communities of Practice for People with Intellectual and Developmental Disabilities (IDD). MGH School of Nursing. Boston, MASS.
- Marks, B. & Sisirak, S. (May 7, 2019). *HealthMatters™ Program Aging Well Together: Shaping a New Tomorrow*. AADMD 17th Annual Conference. Rochester, NY.
- Marks, B. & Sisirak, J. (April 5, 2019). *Aging Well Together*. National Down Syndrome Society Annual Conference. Detroit, MI.
- Marks, B. & Sisirak, S. (February 6, 2019). *Real People, Practical Solutions, Real Changes*. Karolinska Institutet Conference. Stockholm, Sweden.
- Marks, B. & Sisirak, S. (February 5, 2019). *Review, implementation, and dissemination in the community-based settings*. Regional CBO Conference. Stockholm, Sweden.
- Daston, M., Christensen, J., Cleary, D., Guo, K., Marks, B., & Sisirak, J. (2017). *Using the Health Matters Curriculum with the Project SEARCH® Program Model*. 11th Annual Meeting in Poconos, PA.
- Marks, B., Sisirak, J., Mullis, L., Krok, K., Gotto G., George, A., Miller, C., & Tew, L. (11/1/16). *HealthMatters Program Initiative: Creating Health Friendly Environments and Services Ensuring Access for People with IDD*. APHA 2016, Denver, CO.
- Marks, B., Sisirak, J., Mullis, L., & Minor, J. (10/25/16). *HealthMatters for People with IDD: Building Communities of Practice for Health Research to Practice*. The 2016 AUCD and RRTCDD Invitational Webinar Series, Chicago, IL.
- Marks, B. & Sisirak, J. (8/5/16). *Health Promotion and People with Intellectual and Developmental Disabilities*. Pathways to Health: The Indiana Summit on Disability

- and Health, Indianapolis, IN.
- Marks, B. & Sisirak, J. (6/20/16). *HealthMatters: Supporting Health and Wellness for Employment Success*. Cincinnati Children's Research in Patient Services (RPS) Colloquium, Cincinnati, OH.
- Sisirak, J., Mullis, L., & Marks, B. (6/16/16). *HealthMatters Program Scale-Up: Multi-State Systematic Approach*. *The Arc and RRTCDD National Webinar Series*.
- Marks, B. & Sisirak, J. (6/14/16). *HealthMatters: Culturally and Linguistically Accessible Healthy Lifestyle Programs*. Health Equity and the Elimination of Health Disparities, in collaboration with the Roundtable on Health Literacy at the National Academies of Sciences, Engineering, and Medicine, Washington, DC.
- Marks, B. & Sisirak, J. (5/3/16). *HealthMatters Program (Health Outcomes Matter Cutting through the Rhetoric to Examine Costs, Access and Community-Based Health Promotion)*. 2016 ANCOR Conference, Chicago, IL.
- Marks, B. & Sisirak, J. (11/2/15). *HealthMessages Program for People with I/DD: Efficacy of Peer Coaching*. 7th Annual Health Literacy Research Conference, Washington, DC.
- Sisirak, J. & Marks, B. (8/6/15). *Health and Wellness Plenary*. National Goals in Research, Practice, Policy, Washington, DC.
- Marks, B. & Sisirak, J. (6/19/15). *Health and Wellness Across the Lifespan: Building Sustainable Health Promotion Initiatives in Communities*. Georgetown University UCEDD Get Fit-Stay-Fit: Health and Wellness for People with Developmental Disabilities through the Lifespan Conference, Washington, DC.
- Sheppard Jones, K., Mullis, L.C, Johnson, C., Marks, B. & Sisirak, J. (6/3/15). *HealthMatters, Kentucky! A Statewide Scale Up Case Study: From Policy to Sustainable Practice*. AAIDD 2015 Conference, Louisville, KY.
- Marks, B. & Sisirak, J. (2/13/15). *Getting the Memo: Community Coalitions for Sustainable Health Promotion Initiatives*. AAIDD-WI Inspiring Excellence, Wisconsin Dells, WI.
- Marks, B., Sisirak, J., Donohue-Chase, D., & Krok, K. (4/25/14). *HealthMatters Program: Translating an Evidence-Based Program into Practice*. 2014 NARRTC Conference. Knowledge Translation Panel. Alexandria, VA.
- Marks, B., Sisirak, J., Donohue-Chase, D., & Krok, K. (5/2/14). *Translating Evidence-Based Health Promotion Practice to Policy: Health and Equity*. Nisonger Institute 2014 Disability & Health. Columbus, Ohio.
- Marks, B., Sisirak, J., & Chang, Y. (11/04/13). *Efficacy of a Peer to Peer HealthMessages Program for People with Intellectual Disabilities*. APHA 141th Annual Meeting and Exposition, Boston, MA.
- Marks, B., Sisirak, J., Donohue-Chase, D., Krok, K., & Hoelzel, L. (11/30/12). *HealthMatters Community Academic Partnership for People with Developmental Disabilities*. American Public Health Association, 140th Annual Meeting & Exposition, San Francisco.
- Marks, B., Sisirak, J., Donohue-Chase, D., Krok, K., & Hoelzel, L. (10/30/12). *HealthMatters Community Academic Partnership for People with Developmental Disabilities*. American Public Health Association, 140th Annual Meeting & Exposition, San Francisco.
- Marks, B., Sisirak, J., & Carlton, J. (10/22/12). *Opening Doors to Employment: Advocating for Health*, Office of Equity and Diversity, Children's Mercy Hospital, Kansas City, MO.
- Marks, B. & Sisirak, J. (7/29/12). *Impact of HealthMatters Train-the-Trainer for People with Intellectual Disabilities (ID) and Direct Support Professionals*, Ohio State University, Nisonger Center Brown Bag Series.
- Sisirak, J. & Marks, B. (7/13/12). *Food for Thought: Nutrition Knowledge of Paid Caregivers in Community*, IASSID, Halifax, Nova Scotia, Canada.
- Marks, B. & Sisirak, J. (7/13/12). *What About Staff?: Impact of HealthMatters Train-the-Trainer for Direct Support Professionals*, IASSID, Halifax, Nova Scotia, Canada.
- Sisirak, J. & Marks, B. (7/12/12). *Community Nutrition: Framing the Concept, Reviewing the Evidence*, IASSID, Halifax, Nova Scotia, Canada.

- Marks, B. & Sisirak, J. (7/12/12). *Efficacy of a Peer to Peer Health Messages Program for People with I/DD*, IASSID, Halifax, Nova Scotia, Canada.
- Marks, B. & Sisirak, J. (7/10/12). *Health Promotion Program: Tools for Community Action*, IASSID, Halifax, Nova Scotia, Canada.
- Marks, B., Sisirak, J., Donohue-Chase, D., Hoelzel, L., Krok, K., & Bernier Oetzel, A. (10/30/11) Health Matters Community-Academic Partnership for People with Developmental Disabilities: Assessing Organizational Readiness for Research, Service Learning, and Training. APHA 139th Annual Meeting & Exposition, Washington, DC.
- Sisirak, J., Marks, B. & Chang, Y.C. (November 9, 2010). Community-based Health Promotion Programs for People with Intellectual and Developmental Disabilities: Train the Trainer Model to Improve Health Status and Nutrition. American Public Health Association, 138th Annual Meeting & Exposition, Denver, CO.
- Sisirak, J. Marks, B. (October 20, 2010). Lessons Learned: Community Based Train the Trainer Health Promotion Programming for People with ID. 3<sup>rd</sup> IASSID Europe Congress, Rome, Italy.
- Marks, B. & Sisirak, J. (April-May 2010). Opening Doors for Nursing Students with Disabilities: Building Capacity for Success. 2010 North Carolina Board of Nursing Education Summit.
- Sisirak, J. and Brinkmeier, K. (March 9, 2010). Health Matters: Establishing Community-Based Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities: Train the Trainer Workshop, 2010 Oklahoma Governor's Conference on Developmental Disabilities, Oklahoma City, OK.
- Sisirak, J. (January 14, 2010). Importance of physical activity and nutrition for people with I/DD. Lambs Farm, Libertyville, Illinois.
- Marks, B. and Sisirak, J. (September 16, 2009). Establishing Community-Based Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities: Train the Trainer, Salt Lake City, Utah.
- Marks, B. and Sisirak, J. (July 8, 2009). Establishing Community-Based Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities: Train the Trainer, Chicago, Illinois.
- Sisirak, J., Marks, B., and Riley, B. (February 9, 2009). What Influences Fruit and Vegetable Intake among Adults with I/DD? Special Olympics World Winter Games, Boise, Idaho.
- Marks, B., Sisirak, J., Contri, D. & Heller, T. (October 28, 2008). Increasing health advocacy among health care providers who care for people with I/DD: Impact of a new curriculum. American Public Health Association, 136th Annual Meeting & Exposition, San Diego, CA.
- Marks, B., Sisirak, J., Riley, B., & Donahue Chase, D. (October 27, 2008). Psychometric testing of health promotion capacity checklist for community-based organizations. American Public Health Association, 136th Annual Meeting & Exposition, San Diego, CA.
- Sisirak, J., Marks, B., Riley, B., Chang, Y.C. (October 27, 2008). Patterns of Medication Use and Health Status among Adults with I/DD. American Public Health Association, 136th Annual Meeting & Exposition, San Diego, CA.
- Marks, B. and Sisirak, J. (October 1, 2008). Establishing Community-Based Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities: Train the Trainer, STARS Technical Training, Oklahoma City, OK.
- Marks, B., Sisirak, J., & Donahue Chase, D. (August 27, 2008). Pilot Testing of a Health Promotion Capacity Checklist for Community-Based Organizations. IASSID 13th World Congress, People with Intellectual Disabilities: Citizens of the World, Cape Town, South Africa.
- Marks, B., Sisirak, J., & Heller, T. (August 27, 2008). Impact of a Health Advocacy Curriculum for Health Care Providers in Caring for Persons with I/DD. IASSID 13th World Congress, People with Intellectual Disabilities: Citizens of the World, Cape Town, South Africa.
- Sisirak, J., Marks, B., Riley, B. and Heller, T. (August 28, 2008). Factors associated with fruit and vegetable intake among adults with I/DD. IASSID 13th World Congress, People with Intellectual Disabilities: Citizens of the World, Cape Town, South Africa.

- Marks, B., Sisirak, J., & Heller, T. (August 29, 2008). Efficacy of a Train-the-Trainer Program on Caregivers' Health Status, Perceptions, and Behavior. IASSID 13th World Congress, People with Intellectual Disabilities: Citizens of the World, Cape Town, South Africa.
- Marks, B. & Sisirak, J. (November 12, 2007). Implementing Health Promotion Programs for Adults with Developmental Disabilities (DD). Illinois Recreational Therapy Association Conference, Alsip, Illinois.
- Sisirak, J., Marks, B., Heller, T., Riley, B. (November 6, 2007). Dietary Habits of Adults with Intellectual and Developmental Disabilities Residing in Community-Based Settings. American Public Health Association, 135th Annual Meeting & Exposition, Washington, DC.
- Marks, B., Sisirak, J., Heller, T., Riley, B. (November 6, 2007). Impact of a Train-the-Trainer Program on the Psychosocial Health Status of Staff Supporting Adults with Intellectual and Developmental Disabilities, American Public Health Association, 135th Annual Meeting & Exposition, Washington, DC.
- Marks, B. and Sisirak, J. (September 14, 2007). Establishing Community-Based Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities: Train the Trainer, Little City, Palatine, Illinois.
- Marks, B., Sisirak, J. and Ong, C. (March 1 and 2, 2007). Fitness for All! Train the Trainer Workshop, Mt. Washington Recreation Center, Cincinnati, Ohio.
- Marks, B. & Sisirak, J. (February 6 and 7, 2007). Establishing Community-Based Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities: Train the Trainer, RRTCADD, Chicago, Illinois.
- Marks, B. & Sisirak, J. (January 19, 2007). Establishing Community-Based Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities: Train the Trainer, Northpointe Resources, Zion, Illinois.
- Marks, B. & Sisirak, J. (January 11, 2007). Implementing Health Promotion Programs for Adults with Developmental Disabilities: Is Your Organization Ready? 5<sup>th</sup> Annual QMRP Leadership Conference, Alsip, Illinois.
- Heller, T., Marks, B. Pastorfield, C., Sisirak, J. and Hsieh, K. (November 8, 2006). Outcomes of five community-based health promotion programs across the U.S. for athletes with intellectual disabilities, American Public Health Association, 134<sup>th</sup> Annual Meeting and Exposition, Boston, MA.
- Sisirak, J., Marks, B., Riley, B. and Heller, T. (November 7, 2006). Learning Through Pictures: Nutrition and physical activity health literacy intervention for adults with I/DD, Poster session presented at the American Public Health Association, 134<sup>th</sup> Annual Meeting and Exposition, Boston, MA.
- Marks, B., Sisirak, J., Heller, T., and Riley, B. (November 6, 2006). Efficacy of a Train-the-Trainer Program to Improve Health Status for People with Intellectual and Developmental Disabilities, American Public Health Association, 134<sup>th</sup> Annual Meeting and Exposition, Boston, MA.
- Marks, B., Sisirak, J., and Brinkmeier, K. (October 18, 2006). Adults with I/DD – Promoting Healthy Aging. Illinois Association of Rehabilitation Facilities, 31<sup>st</sup> Annual Conference and Trade Show, Springfield, Illinois.
- Marks, B. & Sisirak, J. (September 20 & 21, 2006). Establishing Community-Based Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities: Train the Trainer, RRTCADD, Chicago, Illinois.
- Marks, B. & Sisirak, J. (May 25 & 26, 2006). Establishing Community-Based Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities: Train the Trainer, RRTCADD, Chicago, Illinois.
- Marks, B. & Sisirak, J. (May 8 & 9, 2006). Exercise and Nutrition Health Education: Train-the-Trainer, Albuquerque, New Mexico.
- Marks, B. & Sisirak, J. (April 24 & 25, 2006). Exercise and Nutrition Health Education: Train-the-Trainer, CARC, Chicago, Illinois.

- Marks, B. & Sisirak, J. (April 18 & 19, 2006). Establishing Community-Based Exercise and Nutrition Health Promotion Programs for Adults with Developmental Disabilities: Train the Trainer, RRTCADD, Chicago, Illinois.
- Marks, B. & Sisirak, J. (March 28, 2006). Exercise and Nutrition Health Education: Train-the-Trainer, Jewish Foundation for Group Homes, Rockville, MA.
- Marks, B. & Sisirak, J. (February 7, 2006). Exercise and Nutrition Health Education: Train-the-Trainer, Albuquerque, New Mexico.
- Heller, T. & Sisirak, J. (January 24, 2006). Promoting Healthy Aging in a Community Setting, 4<sup>th</sup> Annual QMRP Leadership Conference, Alsip, Illinois.
- Heller, T., Marks, B., Sisirak, J., & Hsieh, K. (December 15, 2005). Health Promotion Pilot Programs Evaluation: Improving Athletes' Health, Final Report to Special Olympics International, Washington, DC.
- Sisirak, J., Marks, B. Heller, T. (December 14, 2005). Reliability of Adapted Nutrition and Activity Knowledge Scale for People with Intellectual Disabilities, American Public Health Association, 133rd Annual Meeting & Exposition, Philadelphia, PA.
- Marks, B., Sisirak, J., Heller, T., Hsieh, K. (December 12, 2005). Health Status, Perceptions, and Behavior of Staff Working with People with Intellectual and Developmental Disabilities, American Public Health Association, 133rd Annual Meeting & Exposition, Philadelphia, PA.
- Marks, B. & Sisirak, J. (November 8 & 9 2005). Exercise and Nutrition Health Education for Adults with Developmental Disabilities, Lincoln, Nebraska.
- Marks, B. & Sisirak, J. (October 14, 2005). Supporting Age-Related Changes Among Persons with Developmental Disabilities: Health Promotion Programs, Northpointe Resources, Zion, Illinois.
- Marks, B. & Sisirak, J. (October 6 & 7, 2005). Exercise and Nutrition Health Education: Train-the-Trainer, Albuquerque, New Mexico.
- Marks, B. & Sisirak, J. (September 22, 2005). Starting an Exercise and Nutrition Health Education Program for Adults with Developmental Disabilities, Project Renew, Milwaukee Training Initiative, Milwaukee, Wisconsin.
- Marks, B. & Sisirak, J. (September 22, 2005). Keynote Presentation. Health Education to Support Age-Related Physical and Cognitive Changes Among Persons with Developmental Disabilities, Project Renew, Milwaukee Training Initiative, Milwaukee, Wisconsin.
- Marks, B. & Sisirak, J. (September 20, 2005). Recognizing Age-Related Changes and Promoting Healthy Aging Among Persons with Developmental Disabilities, Council of Rehabilitation Affiliates, Chicago, Illinois.
- Heller, T., Hsieh, K., Marks, B. & Sisirak, J. (June 13, 2005) .Health Promotion for Adults with Intellectual Disabilities, 1st International Congress of IASSID-Pacific, Taipei, Taiwan.
- Marks, B. & Jasmina, S. (May 11, 2005). Exercise and Nutrition Health Education for Adults with Developmental Disabilities Train-the-Trainer Program. Department of Human Services Mini Conference, Chicago, IL.
- Marks, B. & Jasmina, S. (April 27, 2005). Exercise and Nutrition Health Education for Adults with Developmental Disabilities Train-the-Trainer Program. Department of Human Services Mini Conference, Carbondale, IL.
- Marks, B. & Jasmina, S. (April 12, 2005). Exercise and Nutrition Health Education for Adults with Developmental Disabilities Train-the-Trainer Program. Department of Human Services Mini Conference, Springfield, IL.
- Sisirak, J. (December 8, 2004). People with intellectual and developmental disabilities and physical activity, Governor's Conference on Aging, Chicago, IL.
- Heller, T., Marks, B., Pastorfield, C., Wagner, M., Corbin, S., Hsieh, K., & Sisirak, J. (June, 2004). Evaluation of the Special Olympics International Health Promotion Pilot Projects, AAMR 2004 Annual Meeting, Chicago, IL.
- Sisirak, J. (March 11, 2004) Health Promotion for People with Intellectual Disabilities. Developmental Training Program In-Service Day presented at Clearbrook, Schaumburg, IL.

- Sisirak, J. (November 18, 2003). Development of disability specific nutritional guidelines: Conceptual framework and fact sheets. Poster session presented at the American Public Health Association, 131<sup>st</sup> Annual Meeting and Exposition, San Francisco, CA.
- Sisirak, J. & Marks, B. (April, 2003). Food and Nutrition Presentation, Blue Cap, Blue Island Citizens for Persons with Developmental Disabilities, Inc., Blue Island IL.
- Sisirak, J. (April, 2002). Transmission of Helicobacter pylori among siblings in Peru. Capstone presented at School of Public Health, University of Illinois at Chicago, Chicago, IL.
- Marks, B., Sisirak, J. & Ailey, S. (October, 2002). Health Promotion for Adults with Developmental Disabilities. Presented at Institut Republike Slovenije za Rehabilitacijo, Ljubljana, Slovenia.

### **Teaching: Community Service Providers**

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(e.g., Direct Care Workers, RNs, Nutritionists, OTs, PTs, Recreational Therapists, Managers)

1. **HealthMatters Program: Train-the-Trainer Certified Instructor Workshop** (2005-present); States (n=38); Organizations (n=315); Certified Instructors (n=3500)  
**HealthMatters™ Program** meets the Administration for Community Living's criteria for evidence-based programs under Title III-D Highest Tier Evidence-Based Health Promotion/Disease Prevention Programs (**See all approved programs**). Over 2 decades of research and translation into community sites serving people with IDD. Reach of 10,000+ people with IDD and over 3500 support staff across 38 states and 8 countries are certified HealthMatters Program Instructors. Outcomes include the following improved health behaviors and health status of people with IDD and supports: 1) psychosocial and physiological health status; 2) knowledge and self-efficacy; and, 3) fitness (FABS: Flexibility, Aerobics, Balance, Strength).
2. **HealthMessages Program: Becoming a Peer Health Coach Webinar** (2012-2018)  
(n=20); States (n=6); Organizations (40)
3. **HealthMatters 4Kids Today Counts for Diabetes Prevention** (2013-2018)  
(n=15); States (n=1); Organizations (35)
4. **Getting The Memo for Health Promotion in your Organization** (2013-2018)  
(n=12); States (n=7); Organizations (n=60).

### **Professional Affiliations**

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Institutional Review Board (IRB), Office for the Protection of Research Subjects (OPRS), UIC, (2006 – 2011) – Member  
American Public Health Association – Member  
International Association for the Scientific Study of Intellectual Disabilities – Member  
Gerontological Society of America - Member

### **Peer Reviewer for Journals**

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American Journal on Intellectual and Developmental Disabilities  
Intellectual and Developmental Disabilities  
Journal of Rehabilitation Nursing  
Journal of Applied Research in Intellectual Disabilities

## **Honors and Awards**

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- 2010 2010 Anne Rudigier Award, Association of University Centers on Disabilities (AUCD)
- 2001-2002 Recipient of the University of Illinois at Chicago's Public Health Traineeship Award for Post Graduate Studies

## **Skills and Research Interests**

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Implementation Sciences • Program development and implementation • Program evaluation • Curriculum development • Health education and promotion • Community health promotion • Intervention studies • Knowledge translation • Web-based learning • Nutrition • Intellectual and Developmental Disabilities

## **Language Proficiency**

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English – Fluent  
Bosnian – Fluent  
Serbian – Fluent  
Croatian - Fluent  
Slovenian – Basic