

Jahanett Ramirez, MD, MPH
Research Assistant Professor
University of Texas at Austin
Steve Hicks School of Social Work
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EDUCATION

2016 MD, Wake Forest University School of Medicine, Winston Salem, NC
2008 MPH, Columbia University Mailman School of Public Health, Epidemiology, New York, NY
2006 BA, Amherst College, Neuroscience, Amherst, MA

ACADEMIC APPOINTMENTS

9/2021 – *present* Research Assistant Professor, University of Texas School of Social Work, Austin, Texas
7/2019 – 7/2021 Post-doctoral Fellow and Instructor of Medicine in Population Health and School of Social Work, University of Texas, Austin, Texas

CLINICAL APPOINTMENTS

7/2021 – *present* Primary Care Physician (volunteer), Sacred Heart Community Clinic, Round Rock, Texas
9/2019 – 5/2021 Staff Physician (0.2 FTE), CommUnityCare Southeast Health and Wellness Center (FQHC), Austin, Texas
7/2016 – 7/2019 Internship / Residency in Family Medicine, University of California, Los Angeles (UCLA)

CERTIFICATION/LICENSURE

7/2019 – *present* American Board of Family Medicine (ABFM)
6/2019 – *present* Texas Medical License (TMB)

PROFESSIONAL MEMBERSHIPS

2022 – *present* Member, American Academy of Sleep Medicine (AASM)
2019 – *present* Member, American Academy of Family Physicians (AAFP)

HONORS AND AWARDS

July 2024 AAFP Leading Physician Well-being Program Scholarship
May 2024 Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE) Training and Mentoring Institute Cohort 9, Peer Mentorship Program
February 2024 American Academy of Sleep Medicine (AASM) DEI Travel and Registration Grant
April 2023 Teaching Innovation Grant (TIG), Center for Teaching and Learning - University of Texas at Austin
October 2022 Texas Academy of Family Medicine (TAFP) Research Poster Competition winner
August 2022 NIMHD Health Disparities Research Institute (HDRI) Scholar

March 2021 NIDDK/National Hispanic Medical Association (NHMA) Travel Award

August 2006 Outstanding Scientific Research Award, Project IMHOTEP

TEACHING EXPERIENCE

University of Texas at Austin, Steve Hicks School of Social Work

Instructor (undergraduate)

SW 360K: LOSS AND GRIEF: INDIVIDUAL, FAMILY AND CULTURAL PERSPECTIVES

Spring 2023, Fall 2023, Spring 2024, Fall 2024

- Awarded a competitive Teaching Innovation Grant (TIG) to incorporate a mindfulness component to the course for Fall 2023 – Spring 2024

RESEARCH GRANTS AND FELLOWSHIPS

Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE BSM / NHLBI) Training Program, Miami, FL, July 2021 – July 2022

Completed Support

PRIDE NHLBI Dr. Girardin Jean-Louis (PI) 1/2022 – 12/2022
National Heart, Lung, and Blood Institute (NHLBI)

Sleep Health in Latino Day Laborers

The objective of this study was to understand the sleep - related health behaviors, attitudes, and beliefs of Latino day laborers in central Texas.

Role: Small Research Project Awardee (\$10,711)

Post-doctoral Fellow, T32 award recipient from National Heart, Lung, and Blood Institute (NHLBI), Austin, TX, July 2019 – July 2021

Completed Support

5 T32 HL 140290-2 Dr. Catherine Cubbin (PI) 7/2019 – 7/2021
National Heart, Lung, and Blood Institute (NHLBI)

Primary Health Care Experiences of Individuals Experiencing Homelessness

The objective of this study was to understand the facilitators and barriers to primary care for individuals experiencing homelessness.

Role: Trainee

Memorial Sloan Kettering Summer Fellowship Program, Biostatistics Department, New York, NY, June 2013 – August 2013

Project IMHOTEP Summer Internship Program, supported by Centers for Disease Control and Prevention (CDC) Office of Minority Health and Health Equity (OMHHE), Atlanta, GA and Spokane, WA, August 2006

PRESENTATIONS

Poster presentation: “Mindfulness Meditation in Grief and Loss Education”, Association of Death Education and Counseling (ADEC), Houston, TX, April 2024

Oral and Poster Presentation: “Sleep Health in Day Laborers: Occupational Health and Wellbeing”, American Academy of Sleep Medicine (AASM), Indianapolis, IN, June 2023

Poster presentation: “Sleep Health in Day Laborers: A Primary Care Perspective”, Texas Academy of Family Physicians (TAFP) Annual Session and Primary Care Summit, Austin, TX, October 2022 (Awarded 1st place in Research Poster Competition)

Poster presentation: “Building a Sense of Community for Homeless Individuals Seeking Primary Care”, American Public Health Association (APHA) 2021 Virtual Annual Meeting, Denver, CO, October 2021

Work-In-Progress Presentation: “Engaging People Experiencing Homelessness in Primary Care”

- Poster presentation at: St. David’s 18th annual CHPR conference, “Context Matters: Addressing Social Determinants of Health”, Austin TX, February 2020
- Poster presentation at the Society of Teachers of Family Medicine (STFM) 2020 (virtual conference), Salt Lake City, UT, August 2020
- Oral presentation at the International Conference on Communication in Healthcare, Vienna, Austria (virtual conference), September 2020
- Poster presentation at: National Hispanic Medical Association (NHMA) 2021 Conference, Washington, D.C., March 2021 (virtual conference)

Poster Presentation: Experiences with Shared Decision Making among Spanish Speaking Latinos in the Safety Net, UCLA Research Forum, Los Angeles, CA, May 2019

Poster Presentation: MicroRNA Sequencing and Microarray comparison in TCGA Serous Ovarian Carcinoma Data, Memorial Sloan Kettering Cancer Center, New York, NY, August 2008.

PUBLICATION/BIBLIOGRAPHY

RESEARCH PAPERS (PEER REVIEWED)

1. Estes C, **Ramirez J**, Tiezzi L, Westhoff C. *Self-pregnancy testing in an urban family planning clinic: promising results for a new approach to contraceptive follow-up*. Contraception. 2008 Jan; 77(1): 40 – 3
2. Heydarian N, Brown-Podgorski B, **Ramirez J**. Visual Impairment and Self-efficacy in Diabetes Management. The Science of Diabetes Self-Management and Care. October 2021, 47(5):346-354.
3. **Ramirez J**, Petruzzi LJ, Mercer T, Gulbas LE, Sebastian KR, Jacobs EA. Understanding the primary health care experiences of individuals who are homeless in non-traditional clinic settings. BMC Prim Care. 2022 Dec 27;23(1):338.

ABSTRACTS

1. **Jahanett Ramirez**, Nina Ebner, Alberto Ramos, 0284 Sleep Health in Latino Day Laborers: Occupational Health and Wellbeing, Sleep, Volume 46, Issue Supplement_1, May 2023, Page A126.

PEER REVIEW

Hispanic Journal of Behavioral Sciences
Sleep Health: Journal of the National Sleep Foundation

SERVICE

Texas Center for Equity Promotion (TexCEP) Faculty Affiliate

- TexCEP Scholar Mentorship

CERTIFICATES (IN PROGRESS)

Leading Physician Well-being Certificate Program, AAFP (American Academy of Family Physicians)

August 2024 – present

- *Selected to complete a training program to become certified as a leader in physician wellness.*

Association of College and University Educators (ACUE) Microcredential in Creating a Productive Learning Environment

August 2024 – present

- *Selected to complete a training program to implement effective teaching practices in higher education.*

Mindfulness Institute for Emerging Adults (MIEA) Instructor Training

Summer 2023 – present

- *Selected to complete a training program to become certified as a mindfulness instructor.*