

Casey J. Mace Firebaugh, MPH, PhD

October 2020

Current Positions

Associate Tenured Professor, Public Health

Online and Distance Programs Director
Central Washington University
Department of Health Sciences

Core Adjunct Faculty

Master of Public Health Program
National University
Department of Community Health

Faculty Mentor

Doctor of Clinical Psychology Program
California Southern University
School of Behavioral Sciences

Doctoral Project Committee Member/Chair

Doctorate of Mind Body Medicine
SayBrook University
Mind Body Medicine Program

Managing Editor

Spotlight on Research

Education

-2014 Doctor of Philosophy in General Practice and Primary Care

(Specialization: Population Health)

Focus: Physical Activity and Health Outcomes in Advanced Age

Faculty of Medical and Health Sciences, School of Population Health

University of Auckland, Auckland, New Zealand

Dates Attended: 2010-2014

-2009 Master of Public Health, Focus: Social and Behavioral Health

“Psychosocial Determinants of Using Online Social Networks and Their Impacts
on Loneliness, Depression, and Self Esteem”

Indiana University School of Public Health

Indiana University, Bloomington, Indiana
Dates Attended: 2007-2009

-2007 Bachelor of Arts Major: Integrative Health Awareness and Promotion
Indiana University Individualized Major Program
Indiana University, Bloomington, Indiana University
Dates Attended: 2003-2007

Professional Experience

- Associate Professor of Public Health, Central Washington University, Ellensburg, Washington, 2014-Present (Tenured)
- Online and Centers Program Director and Advisor, Bachelor of Science Public Health, Central Washington University, Ellensburg, Washington, 2016-Present
- Managing Editor, Spotlight on Research, Remote, 2018-present
- Doctoral Faculty Mentor, California Southern University, School of Behavioral Sciences, Clinical Psychology Program, 2018-Present
- Doctoral Student Mentor, Saybrook University, Mind Body Medicine Program 2019-Present
- Core Adjunct Professor in Community Health and Nursing, (undergraduate and graduate programs) National University, La Jolla, California, 2014-present
- Curriculum Revision Coordinator, CEPH Accreditation, Public Health Program, Summer 2018-2019
- Interim Program Director (on campus and online), Public Health, Central Washington University, 2016-2017
- Doctoral Research Fellow – University of Auckland, Auckland, New Zealand, International Doctoral Research Scholarship Fellow, 2010-2014
- Research Associate, Program Development & Implementation, Western Bay of Plenty District Health Board Primary Health Organization, Tauranga, New Zealand, 2010-2011
- Research Associate, UniServices, Auckland New Zealand, Technical Medical Document Writer/Editor, Staff Training, Study and Questionnaire Design, 2009

- Teaching Assistant - Indiana University, Bloomington, Indiana, School of Public Health, 2007-2009
- Case Manager/Coordinator/Needs Assessment/Program Development, United Way – Monroe County Long Term Recovery Committee Flood Disaster Relief Program, Bloomington, Indiana, 2007-2009
- Program Evaluator - Hilltop Garden and Nature Education Center – Youth Summer Gardening Science Program, Monroe County, Indiana 2007
- Clinical Supervisor, Associates of Integrative Health, Bloomington, Indiana 2005-2006
- Case Management Associate, Putnam County Comprehensive Services, Integrating Different Abilities into the Workforce, Greencastle, Indiana 2002-2003

Teaching and Mentorship

- Central Washington University, Ellensburg, Washington

Undergraduate Courses

HED210 Drugs and Health

HED/PUBH230 Foundations of Public Health

SUST301 Introduction to Sustainability

PUBH317 Global Health

HED/PUBH320 Environmental Health

HED/PUBH324 Infectious & Non-Infectious Disease

PUBH370 Trends in Public Health

(Topics: [Disaster Management and Preparedness], [Poverty and Public Health],

[Healthy People 2020], [Complimentary, Alternative, and Integrative Health])

HED/PUBH375 Theories of Health Behavior

HED/PUBH380 Epidemiology

HED387 Principles of Fitness and Stress Management

HED445 Professionalism in Public Health

PUBH480/PUBH580 Grant Writing in Public Health

PUBH490 Public Health Internship Supervision

SUST301 Introduction to Sustainability

Graduate Courses

PUBH525 Social and Behavioral Determinants of Health

PUBH524 Biological and Environmental Determinants of Health

PUBH580 Grant Writing in Public Health

MPH Thesis Supervision
M.S. Thesis Supervision

- National University, San Diego, California

Undergraduate Courses

COH321 Theories of Health Behavior
COH401 Health Promotion Concepts
COH416 Public Health and Physical Activity
COH380 Program Planning and Evaluation
COH 430 Health Promotion Strategies & Tactics

Graduate Courses

COH601 Global Health
COH604 Theories of Health Behavior
COH605 Public Health Promotion
COH611 Research Methods in Public Health
COH616 Mental Health Promotion
COH692 MPH Thesis
COH692 MPH Capstone

MPH Thesis Supervision

Capstone Instructor for over 100 Graduate Theses

- California Southern University, Costa Mesa, California

Doctoral Program Faculty Mentor

Dissertation Committee Member & Doctoral Faculty Mentor, School of Behavioral Sciences, Psychology Doctorate Program

Dissertation Chair Students Completed

(2019) Christa Lausted, Service Members with Post-Concussive Symptoms Following Traumatic Brain Injury: An Analysis of Secondary Data

(2019) Laura Vintes, Most Effective Strategies for Decreasing Inpatient Psychiatric Readmissions: Prevention for Adults Diagnosed with Major Depressive Disorder

(2020) Beverly Lyles, Working from the Inside-out: Humming for Self-guided Management of ASD Symptoms

(2020) Rebecca Metoyer, The Non-disruptive Symptoms of ADHD Displayed in Children and the Effective Evidence-based Strategies Used by Teachers in the Classroom and at Home

(2020) Jolene Cook, Mindful Movement Therapy and Ecotherapy as a Treatment for Combat Veterans or Veterans with Military Sexual Trauma

(2020) Jessica Dennis, Health Shame in Domestic Violence: Physical Activity as an Adjunct to Mindfulness-based Treatment

(2020) Rodrigo Munoz, Legal, Social and Individual Factors to Improve the Quality of Life of LGBT Individuals: A Systematic Review

(2020) Cristie Ritz-King, Effective Interventions for the Prevention and Early Treatment of Postpartum Depression

(2020) Angela Pobanz, Depression in Midlife Women: A Theoretical Approach to Treatment using a Biopsychosocial Model and Positive Psychotherapy

(2020) Aisha Swam-Mohammed, Outcomes of Mindfulness Programs in Elementary School Children with ACEs: A Systematic Review

(2020) Julie Cavese, Gaps in Psychotherapeutic Treatments for Suicide: Review, Synthesis, and Recommendations

(2020) Martha Perez, Trauma-Affected Students: Bringing Healing and Growth through Trauma-Informed School Interventions

Dissertation Committee Students Completed

(2019) Karen N. Kirby, The Efficacy of Mindfulness as an Intervention for Substance Use Disorders in Correctional Settings

(2019) Richard O'Leary, Examination of Meaningful Connections between Orthodox Spirituality and Modern Psychology: A Thematic Study

(2019) Greg Arnold, Computational Irreducibility in the Behavioral Sciences

(2020) Anton Serzon, Loneliness Amongst Mental Health Patients: An Analysis of Its Psychophysiological Effects and Treatments

(2020) Paulina Stephens, Mindfulness, GAD, and Panic Disorder

(2020) David Broomberg, Behavior Therapy in Schizophrenia

(2020) Vanessa Power, The Effectiveness of Mindfulness-Based Interventions on the Treatment of the Acutely Mentally Ill

(2020) Jacob Palintikhal, Creating a Novel Assessment for Attention Deficit Hyperactive Disorder and Bipolar Disorder to Reduce Misdiagnosis in the Child/Adolescent Population

(2020) Frances Furio, Importance of Self-care: An Analysis of Burnout from a Biopsychosocial and Cultural/Spiritual Perspective

(2020) Mary Hartsell, The Role of Pets in the Lives of Homeless People

(2020) Christopher Petrie, A Mindfulness Breathing Intervention in Professional Bowlers

Graduate Courses

Psychology of Aging

Research Methods and Statistics

- Saybrook University, Oakland, California

Dissertation Committee Member

(2019) Kim Allen, Evaluating the Effect of Written Prescriptions for Walking in Nature for Adults with Mild to Moderate Unipolar and Persistent Depression

(2019) Michelle Buepre, Yoga for Improvement in Academic Performance

(2020) Laura Tinker, Proposal in Progress

- Indiana University, Bloomington, Indiana

Lecturer

HPER F 347 Human Development: Mid-Childhood through Adolescence

Teaching Assistant

HPER F 255 Human Sexuality

HPER H 263: Personal Health

HPER H 350 Complementary and Alternative Approaches to Health

Relevant Teaching Technology Proficiencies

Master of Online Teaching Certification (2018), Canvas, Panopto, Blackboard, ClassLivePro & Ultra, SPSS, SAS, STATA, Microsoft Office, PC/Mac, Zoom, Webex, Lightboard, Moodle

Research and Media

Peer Reviewed Journal Articles 2014-Present

1. Teh, R., Kerse, N., Kepa, M., Doughty, R. N., Moyes, S., Wiles, J., ... & Mace, C. (2014). Self-rated health, health-related behaviours and medical conditions of Maori and non-Maori in advanced age: LiLACS NZ. *The New Zealand medical journal (Online)*, 127(1397).
2. Mace, C., Kerse, N., Maddison, R., Olds, T., Jatrana, S., Wham, C., ... & Broad, J. (2015). Descriptive epidemiology of physical activity levels and patterns in new Zealanders in advanced age. *Journal of aging and physical activity*, 24(1), 61-71.
3. Mace, C., Kerse, N., Maddison, R., Kepa, M., & Dyall, L. (2015). Physical Activity and Depressive Symptoms in Advanced Age: LiLACS NZ. *J Community Med Health Educ*, 5(369), 2161-0711.
4. Mace Firebaugh, C., & Eggleston, B. (2016). Mace, C., & Eggleston, B. (2016). Self-reported benefits and adverse outcomes of hot yoga participation. *International journal of health wellness, and society*, 7(4), 1-7
5. Beeson, T. L., & Mace Firebaugh, C. J. (2016). Washington State public health workforce educational needs assessment: educational and skills needs. *Washington State Journal of Public Health Practice*, 1(9).
6. Mace, C., & Eggleston, B. (2016). Self-reported benefits and adverse outcomes of hot yoga participation. *International journal of yoga therapy*, 26(1), 49-53.
7. Mace, C. J., Moyes, S., Kerse, N., Rolleston, A., & Jatrana, S. (2017). Longitudinal Analysis of Physical Activity, Function, and Mortality in Advanced Age. *Journal of Physical Activity and Aging*.
8. Mace Firebaugh, C. J., & Eggleston, B. (2017). Hydration and hot yoga: Encouragement, behaviors, and outcomes. *International journal of yoga*, 10(2), 107.
9. Eggleston, B. M., & Mace Firebaugh, C. J. (2018). Psychological and Social Determinants of Yoga Practice: An Application of the Theory of Planned Behavior. *Journal of yoga practice and therapy*, 1(1).
10. Mace Firebaugh & Eggleston, B., (2019). Rates of Hot Yoga Participation During Pregnancy and a Need for Further Investigation. *International journal of health, wellness, and society*,
11. Lawson, K., Mace Firebaugh, C., Eggleston, B., (2019). The Inclusion of Yoga in Traditional Drug Addiction Treatment., *Journal of yoga practice and therapy*
12. Beeson, T., Hoxmeier, J., Mace Firebaugh, C., Madlem, M., (2019). Student Perceptions of Academic Service Learning in the Online Public Health Classroom: A Pilot Study. *Spotlight on exploratory research in health*
13. Mace Firebaugh, C. (2020, Under Review) Pre-existing Health Conditions and the Risk of Injury During Hot Yoga Practice *Spotlight on Yoga Research*

14. Mace Firebaugh, C. Zolnikov, T., Furio, F. (2020, Under Review). A Representative US Sample Study of Fear of Climate, *Journal Climate, Weather, & Society*
15. Beale, S., Zolnikov, T., Mace Firebaugh, C. (2020, Accepted with Revisions). A Scoping Review of the Threat of Class A Bioweapons, *Disaster Medicine and Public Health Prevention*
16. Brooke, K., Mace Firebaugh, C., Beeson, T. (2020 in Revisions). A Systematic Review of the Effectiveness of a Healthy Start Breastfeeding Program *Journal of Human Lactation*
17. Mace Firebaugh, C., Beeson, T., Wojtyna, A., Bravo, L., Everson, T., Johnson, J., Saldana, A. (2020, Accepted, In Press). A Community Case Study of COVID-19 in Yakima County, Washington, *Open Journal of Preventive Medicine*
18. Patterson, H., Mace Firebaugh, C., Zolnikov, T., Wardlow, R., Gordon, B., (2020, Under Review). A Systematic Review of the Effects of Maladaptive Perfectionism, *Psychology*

Peer Reviewed Presentations, 2013-Present

1. Mace, C., Kerse, N., Maddison, R., Physical Activity and Health Related Quality of Life in Advanced Aged Adults in New Zealand, Journal of American Geriatric Society Annual Meeting, Grapevine, Texas 2013
2. Mace, C., Maddison, R., Olds, T., Kerse, K., Non Sedentary Physical Activity: A New and Relevant Way of Determining Physical Activity Levels in Advanced Age Adults, International Conference on Ambulatory Monitoring of Physical Activity and Movement, Amherst, Massachusetts 2013
3. Mace, C., & Eggleston, B. (2014, November). *Randomized Control Trial of Health Coaching for Overweight/Obese Individuals*. American Public Health Association. New Orleans: American Public Health Association.
4. Mace, C. J., & Eggleston, B. M. (2015, May). *The Role of Yoga Teachers in the Health Literacy of Yoga Students*. Health Literacy Conference. Irvine, CA: Institute for Healthcare Advancement.
5. Eggleston, B., & Mace, C. J. (2015, September). *Outcomes of Hot Yoga Practice*. International Conference of the Health and Wellness Society. Madrid, Spain.
6. Morton, C., Mace, C. J., & Arango, C. P. (2015, May). *Environmental Perceptions of Central Washington University Students*. SOURCE 2015. Ellensburg, Washington: Central Washington University.
7. Eggleston, B., & Mace, C. J. (2015, September). *The Contraindications of Hot Yoga Practice*. International Conference on Health Wellness and Society. Madrid, Spain.
8. Todd, K., & Mace, C. (2016, Spring). *The Case to Ban Plastic Water Bottles at CWU*. SOURCE. Ellensburg, wa: CWU.

9. Mace, C. J., Moyes, S., & Kerse, N. (2016, May). *Longitudinal Analysis: Physical Activity in Advanced Age (LILACS NZ)*. American Geriatrics Society. Long Beach, Ca.
10. Mace, C. J., Sage, R., & Ryan, K. (2016). *Interdisciplinary University Partnerships in Rural Communities: Challenges and Opportunities*. Intercollegiate Community Engagement Institute (CEI). Spokane, Washington: Whitworth University.
11. Mace Firebaugh, C. J. (2017, Spring). *Innovations in Multimodal Learning*. SOURCE. CWU Ellensburg.
12. Mace Firebaugh, C. J., Madlem, M. S., Beeson, T. L., Hoxmeier, J. C., & Pearson, R. L. (2017, October). *Service Learning in the Online Environment: A Public Health Pilot Study*. Washington State Public Health Association. Washington State.
13. Eggleston, B., & Mace Firebaugh, C. J. (2017, October). *Psychological and Social Determinants of Practicing Yoga*. American Public Health Association. Atlanta, GA: American Public Health Association.
14. Mace, C. (2017) *Critical Skills in Public Health: Educating the Next Generation*, International Conference on Education, Clute Institute, San Diego, California
15. Mace Firebaugh, C. J., Moyes, S., Jatrana, S., Rolleston, A., Teh, R., & Kerse, N. (2018, November). *Physical Activity, Function, Depression, and Mortality in Advanced Age: LILACS NZ*. American Public Health Association Annual Conference. San Diego, Ca: American Public Health Association.
16. Mace Firebaugh, C. J., & Eggleston, B. (2018, November). *Comparing the Benefits of Hot Yoga to Non-Hot Yoga*. American Public Health Association Annual Conference. San Diego, Ca: American Public Health Association.
17. Beeson, T., Mace Firebaugh, C. J., Hoxmeier, J., & Madlem, M. (2018, November). *Service Learning in the Era of Online Public Health Training*. American Public Health Association Annual Conference. San Diego, Ca: American Public Health Association.
18. Mace Firebaugh, C. (2019, October). *A Systematic Review of the Mental Health Impacts of Climate Change* Northwest Climate Change Conference, Portland, Oregon
19. Schuler, W., Mace Firebaugh, C. (2019). *Respiratory Hospitalization Rates in Kittitas County During 2010-2019* Washington Wildfires Northwest Climate Change Conference, Portland, Oregon
20. Nguyen, G., Mace Firebaugh, C., (2019, October). *Who's Afraid of Climate Change? A Representative US Sample Study* Northwest Climate Change Conference, Portland, Oregon
21. Brambila, W., Mace Firebaugh, C. (2019, October). *Hispanic Americans Attitudes and Beliefs Towards Climate Change*, Northwest Climate Change Conference, Portland, Oregon
22. Beeson, T., Wojtyna, A., Mace Firebaugh, C., Rich, D., Madji, M., Saldana, A., Rios, J. (October 2020) Panel Presentation on Academic

- and Community Partnerships in Rural Response to COVID-19,
Washington Public Health Association
23. Mace Firebaugh, C. (Accepted 2020, November), *The Health Belief Model Applied to Climate Change*, American Public Health Association (Virtual due to COVID-19 Pandemic)

Funding from Research Grants and Awards:

- National Institutes of Environmental Health Time Sensitive Mechanism for Environmental Health Research with a Special Interest in COVID-19, Air Quality and Respiratory Recovery, \$275,000, Submission Date: Dec 2020
- American Lung Association COVID Rapid Grant Application: Rapid Needs Assessment of Yakima County, Washington Funded \$200,000, August, 2020
- Faculty Research Development Grant: Central Washington University Office of Graduate Studies and Research, Seed Fund Award, \$3000, 2016
- NIH R-15 AREA Grant application: Rural Air Quality and Respiratory Health in Rural Older Adults (Scored, unfunded) 2016
- Cascadia Hazards Institute, Seed Funding Award, \$3,733, 2015
- Central Washington University Office of Graduate Studies and Research, Faculty Research and Development Award \$2,488, 2015
- University of Auckland, New Zealand: New Zealand International Doctoral Research Scholarship Award, 25,000 NZD per annum, tuition, 2010-2014
- Indiana University, Indiana University Graduate Teaching Assistant Award; Tuition Waiver Value 14,000 USD per annum plus stipend 13,000 USD per annum 2007-2009
- Indiana University-Purdue University, Indiana Academic Honors Scholarship 1,000 USD annually 2003-2007

Public Communications/Media Coverage of Research Activities

1. (September 30, 2020) NBC News Right Now, CWU Receives \$100,000 Grant from American Lung Association. Press Release
https://www.nbcrightnow.com/news/cwu-receives-100-000-grant-from-the-american-lung-association/article_fec8bfa8-036c-11eb-b8d8-db428ed52de7.html
2. (March 2019) Oprah Magazine (Print), Page 72, "Hot or Not?" Hot Yoga Exercise Safety, expert/research interview

3. (December 19, 2018) The Spotlyte.com “One Woman Tried 40 Days of Hot Yoga to Achieve More Radiant Skin — Here’s What Happened” <https://thespotlyte.com/news/skin-benefits-of-hot-yoga>, expert/research interview
4. (December 30, 2017) The Washington Post, “The heat of hot yoga can be very good — but also risky for some people” https://www.washingtonpost.com/national/health-science/the-heat-of-hot-yoga-can-be-very-good--but-also-risky-for-some-people/2017/12/29/150db00a-e1a3-11e7-bbd0-9dfb2e37492a_story.html?utm_term=.31bbfcf5cbef, expert/research interview
5. (December 16, 2016) The New York Times, Ask Well, “Is Hot Yoga Good for You?” <https://well.blogs.nytimes.com/2016/12/16/is-hot-yoga-good-for-you/>, expert/research interview

Service Activities: 2014-Present

Service Activity Domain, Role	Time Period
Program/Department	
Faculty Search Committee, TT Public Health Position, Committee Member	2014-2015
Public Health Curriculum Revision Committee (CEPH alignment review), Member	2014-2015
HEAMS (Health Education, Administration, and Movement Studies (Former Department) Task Committee for Mission, Vision, Values, Member	2015-2016
HEAMS General Education Committee, Alternate	2015-2016
CWU Public Health Community Advisory Board, Member	2015-present
CWU Public Health Community Advisory Board, Curriculum Subcommittee, Faculty Representative	2015-present
Interim Public Health Program Director	2016-2017
Online BS Public Health, Program Coordinator/Advisor	2016-present
Curriculum Revision Coordinator for Public Health Program (2016 CEPH aligned curriculum)	Summer 2018-present
Health Sciences Library Committee, Health Sciences Department Liaison	2018-present
MPH Graduate Admissions Committee Member	2018-present
College/University	
Faculty Fellow of Academic Service Learning, Member	2015-present
Generation Action (formerly known as VOX), Faculty Advisor,	2014-present
CWU Campus Drug and Alcohol Use Task Force, Member	2015-2016
CWU Sustainability Committee, Member	2015-present
CWU Sustainability Committee, Curriculum Subcommittee, Member	2017-2018
CEPS Associate Dean Search Committee, Member	2017
CWU Faculty Working Mothers Network, Founder	Fall 2018-present

Equal Opportunity Council – Family Friendly Campus Assessment Subcommittee	2019-Present
Community	
Ellensburg Climate Movement/Our Environment	2014-present
Kittitas County Air Quality Advisory Committee	2016-present
Kittitas County Public Health ad hoc COVID-19 Response	2020
Yakima County Public Health ad hoc COVID-19 Response	2020
Kittitas County Community Flu Clinic Task Force	2020
Professional	
Washington State Journal of Public Health Practice, Editorial Board Member	2014-present
American Public Health Association, Physical Activity and Aging Section, Blind Reviewer	2014-present
Journal of American Geriatrics, Blind Reviewer	2014-2015
Washington State Public Health Association Annual Conference, Blind Reviewer	2015-2016
Journal of Yoga Practice and Therapy, Editorial Board Member	2017-present
Journal of Aging and Physical Activity, Blind Reviewer	2015-present
Cascadia Hazards Institute, Invited Speaker: Climate Change and the Impacts on Public Health	2014-2015
Spotlight on Research, Managing Editor	2019-present

Professional Associations and Activities:

- American Public Health Association –Professional Member, Peer Reviewer, Physical Activity Section Member
- Journal of Aging and Physical Activity - Guest Reviewer
- American Geriatrics Society – International Member
- American Indigenous Research Association – Member

Awards and Certifications

Teaching Awards and Honors

- Wildcat Academic Success Center, Teaching Award: Inspirational Mentor (2014 - 2015)
- Wildcat Academic Success Center, Teaching Award: Instructors that Make a Difference, (2015)
- Wildcat Academic Success Center, Teaching Award: Making a difference in a student athlete's life (2016)

- Center for Leadership & Community Engagement, Associate Dean of Student Living, Nominee for Most Inspirational Faculty Award (2016 - 2017)
- Research Experience for Undergraduates, National Science Foundation NSF REU Selected Mentor to represent Health Sciences/Public Health in Climate Change Interdisciplinary Institute (2019)

Additional Certificates and Training

- Registered Yoga Teacher (200-hour) Training (In progress 2020)
- Online Master Teaching Certification, 2018 Multimodal Learning Institute, CWU
- Magna Curriculum Mapping Workshop, 2017
- Vanguard Teaching Technology Trainings, 2016-2017 (Lightboard, open access, digital archives, online portfolios)
- FEMA, Incident Command and National Incident Management Systems Trainings
- Treaty of Waitangi, Kaupapa Māori, and Principles and Practices in Māori Research: Colonisation, Culture, and Ethics in Research Involving Māori Populations, Western Bay of Plenty Primary Health Organization, Tauranga, New Zealand, Delivered by Mere Kepa, 2010