

REBECCA "BECKY" L. GARROW, MPH

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SUMMARY OF SKILLS

Public Health | Research & Evaluation | Cultural Campaigns | Health Education | Program Management

- **Training, project support, and technical assistance:** public health, organizational effectiveness, data collection, research, health communication, social determinants of health, evaluation, reporting
- 10+ years partnering with **tribal health programs and urban Indian health programs** on multiple public health, community wellness, and evaluation efforts
- 10+ years **public health experience** in prevention, education, research, evaluation
- 15+ years **research and evaluation** experience
- Meeting, workshop, and focus group facilitation
- **Project coordination and management;** budget design and oversight
- **Qualitative and quantitative** instrument design, data collection, and analysis (surveys, focus groups, key informant interviews)
- **Website** design and ongoing maintenance
- **Grant writing** (federal, state, nonprofit, foundation) and submission coordination
- **League of American Bicyclists** Certified Instructor (LCI # 6795)

PERSONAL INTERESTS

Hiking | Biking | Reading | CrossFit | Exciting Foods | Chickens | Traveling | National Parks

RELEVANT PROFESSIONAL EXPERIENCE

Garrow Consulting, Inc

2018 – Present

Sacramento, CA

Owner

- Public health research, evaluation, and project management consulting services
- Report writing, grant writing and submission, qualitative and quantitative data collection and analyses
- Focus groups, key informant interviews, surveys, structured group interviews, meeting facilitation
- Certified Small Women Owned Business (WOSB)
- Designated California Small Business (SB)
- Approved CMAS Contractor for the State of California

University of California, Davis

2022 - Present

Davis, CA

Instructor

School of Continuing and Professional Education

- Training, facilitation, and professional development.

RELEVANT PROFESSIONAL EXPERIENCE (CONTINUED)

- Sacramento City College** 2020-2021
Sacramento, CA
Adjunct Faculty Professor
AH 121: Social Determinants of Health
Community Health Worker Certificate Program – Department of Allied Health
- Public Health Institute (PHI)** 2011-2019
Sacramento, CA
Program Manager (2011 – 2019)
 - Strategic planning, management, and coordination of research/evaluation programs and projects
 - Hiring and training of local tribal community members and data collectors
 - Oversee all qualitative and quantitative data collection activities
 - Disseminate results (community and professional outlets)
 - *Health Equity Campaigns (2011-2015):* Strategic planning, management, and oversight of a statewide effort to develop linguistically and culturally competent health promotion resources for African American, American Indian, Asian (Hmong, Chinese, and Vietnamese), and Latina communities.
- California Rural Indian Health Board, Inc. (CRIHB)** 2007-2011
Sacramento, CA
Research Associate / Program Evaluator
 - Design culturally competent research and evaluation protocols and oversee relevant and respectful data collection for tribal health programs and Native American communities
 - Gather, clean, analyze quantitative and qualitative datasets
 - Prepare reports and manuscripts
 - Present findings at tribal-specific conferences, board meetings, and national affiliations
- San Diego State University Research Foundation** 2005-2007
San Diego, CA
Project Coordinator / Research Assistant
Coordinate nation-wide NIH-funded grant aimed at exploring skin cancer risk behavior. Staff supervision and management duties, grant writing and submissions, research contributions.

EDUCATION

Masters Degree in Public Health
Health Promotion and Behavioral Sciences
San Diego State University

Bachelor of Arts Degree in Sociology
University of California, Davis

AFFILIATIONS

Volunteer Sacramento Loaves and Fishes	2022-Present
Commissioner District 3 – City of Sacramento Active Transportation Commission <i>Lead: Health Equity Subcommittee; March-July 2020</i>	2018-2021
Adult Literacy Tutor Sacramento Public Library	2019-2020; 2022-Present
Board of Directors Sacramento Area Bicycle Advocates (SABA) <i>President – April 2016 – December 2016</i> <i>Vice President – April 2014 – April 2015</i>	2014-2016
Co-Coordinator East End Complex Bicycle Users Group California Department of Public Health California Department of Health Care Services	2012-2014
Co-Coordinator California Department of Public Health BikeShare Program	2013-2014
Community Agency Representative Sacramento Native American Health Center Racial and Ethnic Approaches to Community Health (REACH)	2013

REVIEW PANELS

Reviewer: Abstract (oral) submissions; Panel submissions. 2022 American Evaluation Association Annual Conference.

- Research on Evaluation Topical Interest Group

Reviewer: Abstract (oral & poster) submissions. 2020 Society for Public Health Education Annual Conference.

Reviewer: Abstract (oral & poster) submissions. 2016 American Public Health Association Annual Conference.

- American Indian, Alaska Native and Native Hawaiian Caucus
- Public Health Education and Health Promotion Program

Reviewer: Panel submissions; Abstract (oral & poster) submissions. 2014 National Conference on Health Communication, Marketing, and Media. Centers for Disease Control and Prevention. Atlanta, GA.

SELECT WORK EXAMPLES AND PUBLICATIONS

Garrow, R., Wimsatt, M., Hedrick, V. CalFresh Healthy Living Tribal Expansion Project 2022 Evaluation Report. Public Health Institute – Center for Wellness and Nutrition. September 2022.

Tracing Health California Contact Tracing Support Initiative - San Bernardino County Integrated Project. Evaluation Report. June 2022. [[Link to Final Evaluation Report](#)]. *Contributing author.*

Garrow, R. Process Evaluation of the Cardiovascular Health Area Network. National Association of Chronic Disease Directors. May 2022. [[Link to Evaluation Brief](#)]. *Technical report available upon request.*

Garrow, R. Evaluation of the Sacramento Region COVID-19 Emergency Response (ReCOVER). Sacramento Native American Health Center. Internal Report. May 2022.

Wimsatt, M., **Garrow, R.** Strengths and Barriers in Implementing the ACE Screening Tool in Tribal, Urban Indian, and Rural Settings. Practice Paper. June 2021. [[Link to Practice Paper](#)]

Garrow, R. Integrations and Partnerships: Strategic Plan. School Based Health Center Workgroup - Center for Healthy Communities - Nutrition Education and Obesity Prevention Branch - California Department of Public Health. July 2020.

Garrow, R. Performance Measure Outcomes of a Relationship and Skill Building Curriculum. Shores of Hope. Sacramento, CA. September 2020.

Ryan-Ibarra, S., **Garrow, R.** Tulare County Focus Groups: Informing a County Health Department's Strategic Plan. March 2019. [[Link to Report](#)]

Gallington, K., **Garrow, R.,** Grinnell, S., Henn, J., Nishimura, H., Palmer, J., Pearlman, D., Ryan-Ibarra, S. Napa County Emergency Food Systems Study: Final Report. 2018. [[Link to Report](#)]

Max, A., Willis, M., **Garrow, R.** Tackling an Epidemic: An Assessment of the California Opioid Safety Coalitions Network. 2018. [[Link to Report](#)]

Garrow, R., Garcia, R. Key Findings from the Toiyabe Indian Community Survey. 2017. [[Link to Infographic](#)]

Encuesta de Seguimiento de la Comunidad de Kettleman City. (Community Results Handout: Kettleman City Community Canvass). July 2017. Contributing Author. [[Link to Community Report](#)]

Garrow, R. Evaluating Biking and Walking Path Usage on Two California Reservations. Final Report: Toiyabe Indian Health Project, Inc. 2017. [[Link to Report](#)]

Garrow, R. A California Tribal Health Program Community Health Survey of American Indians. Final Report: Toiyabe Indian Health Project, Inc. 2017. [[Link to Report](#)]

Garrow, R. Evaluation Tribal Farmers Markets on Two California Reservations. Final Report: Toiyabe Indian Health Project, Inc. 2017. [[Link to Report](#)]

Garrow, R. Key Informant Interviews with Tribal Health Program Allies. Final Report: Toiyabe Indian Health Project, Inc. 2017. [[Link to Report](#)]

Ryan-Ibarra, S.; **Garrow, R.**, Rodriguez, D., Garcia, R.; Sandoval, M.; Gutierrez, M.; Magallanes, A., Mejia, L., Induni, M. Final Report: Kettleman City Community Health Canvass. 2017. Public Health Institute. Sacramento, California. [[Link to Report](#)]

Garrow R, Chichlowska K. Tribal Asthma Survey Project. California Department of Public Health: California Breathing. June 2010. [[Link to Summary Report](#)] [[Link to Technical Report](#)]

Garrow R, Korenbrot C, Crouch J, LeBeau M. An Ethnic Health Assessment for American Indians and Alaska Natives in California, California Program on Access to Care: University of California. April 2010.

Crouch J, Kao C, **Garrow R,** Korenbrot J, Korenbrot C. American Indian and Alaska Native Medicare Program and Policy Statistics. Centers for Medicare & Medicaid Services (CMS). December, 2009. [[Link to Report](#)]

Schweigman K, **Garrow R,** Macedo J. Commercial Tobacco Prevalence, Perception, and Opinion Among Three California American Indian Tribal Communities. *Indian Health Service Primary Care Provider* 2009; 34(9). [[Link to Journal Article](#)]

Hoerster K, **Garrow R,** Mayer J, Clapp E, Weeks J, Woodruff S, Sallis J, Sylmen D, Patel M, Sybert S. Density of Indoor Tanning Facilities in 116 Large U.S. Cities. *American Journal of Preventative Medicine* 2009; 36(3). [[Link to Journal Article](#)]

CONFERENCE ABSTRACTS, TRAININGS, & PRESENTATIONS

Salas, E., Bultema, S., Christopher, E., Grinnell, S, Forberg, P., Chavez, M., Bruno, B., Theberge, D., Lordi, D., **Garrow,** B. Evaluation of a county-integrated contact tracing support project in California. 2022 American Public Health Association (APHA) Annual Conference. Boston, MA. November 2022. [[Link to Abstract](#)] (Co-Author)

Garrow, R. Pairing Social Workers and Law Enforcement Officers for Effective Community Outreach: A Qualitative Evaluation. 2022 American Evaluation Annual Conference. Panel Presentation. New Orleans, LA. November 2022. [[Link to Abstract](#)] (Presenter)

Garrow, R. Social Determinants of Health. 2022 American Evaluation Annual Conference. Workshop. New Orleans, LA. November 2022. [[Link to Workshop Description](#)] (Presenter)

Garrow, R. Clear the Deck for Evaluations: Organizational Effectiveness. 2022 American Evaluation Annual Conference. Workshop. New Orleans, LA. November 2022. [[Link to Workshop Description](#)] (Presenter)

Abdullah, T., **Garrow, R.**, Seger-Sprain, A., Thorwirth, S., Bialek, R. Rapidly training contact tracers: Lessons from COVID-19 and opportunities for the new public health workforce. 2021 American Public Health Association (APHA) Annual Conference. Denver, CO & Online. [[Link to Abstract](#)] (Co-Author)

Casper M., Tootoo J., **Garrow R.**, Patanian M., Begley E., Schieb L., Vaughan A., Lynn Miranda, M. Spotlighting Chronic Disease Maps from State and Local Health Departments. 2021 CDC Place and Health Conference. [[Link to Conference Agenda](#)] (Co-Author)

Garrow, R., Wimsatt, M. Understanding Strengths and Barriers to Screening for ACEs in Tribal and Rural California Communities. 2021 Rural Adverse Childhood Experiences (ACEs) Summit. Virtual. [[Link to Presentation](#)] [[Link to Abstract](#)] (**Presenter**)

Garrow, R., Facente, S. Avoiding Data Pitfalls! Supporting Local Businesses with Surveillance Strategies during COVID-19. 2021 Council of State and Territorial Epidemiologists (CSTE) Annual Conference. Virtual. (**Poster**)

Garrow, R., Wimsatt, M. Challenges Screening for Adverse Childhood Experiences (ACEs) in Tribal, Rural, and Urban Indian California Communities. 2021 Council of State and Territorial Epidemiologists (CSTE) Annual Conference. Virtual. (**Presenter**)

Facente, S., **Garrow, R.,** Harklerode, R. COVID-19 Data Workshop. Prepared for the Greater Palm Springs Tourist Foundation. July, 2020. [[Link to Presentation](#)] (**Co-Presenter**)

Garrow, R., Gallington, K. No one left behind: Conducting meaningful focus groups in safe and productive environments for hard-to-reach populations. Expert Lecture Presentation. 2019 American Evaluation Association. Minneapolis, MN. (**Presenter**)

Gallington, K. **Garrow, R.,** Delisio, A., Ryan-Ibarra, S. Developing a Tool for Measuring Healthy Selling Space in Retail Environments. Multi-Paper Session Presentation. 2019 American Evaluation Association. Minneapolis, MN. (**Presenter**)

Garrow, R., Gallington, K., Gutierrez, M., Induni, M. Collecting Meaningful Qualitative Data: Focus Group Fundamentals and Qualitative Data Analyses (Pre-Conference Workshop). 2019 North American Association of Central Cancer Registries/International Association of Cancer Registries Conference. (**Lead Workshop Presenter and Facilitator**)

Tamara Cohen Daley, Lilian Chimuma, Kyli Gallington, Sinem Toraman, Kecia Bertermann, Suzanne Ryan-Ibarra, **Rebecca Garrow,** Sue Grinnell, Jacinda Dariotis, Audra Morrison. New Practices in Mixed Methods Evaluation. 2018 American Evaluation Association Conference. (**Co-Author**)

D. Fink, E. Whitney, K. Saadeh, A. Dockter, M. Sandoval, R. Garcia, **R. Garrow,** S. Ryan-Ibarra, M. Induni, J. Gargano, I. Park. A randomized controlled pilot trial of mobile text notifications vs phone calling to obtain HPV vaccine history among females with cervical pre-cancer. 2017 American Public Health Conference. Atlanta, GA. (**Poster**)

Garrow, R., Larsen, K. Promoting Healthy Environments: Partnering with community members to evaluate a Tribal farmers market on two California reservations. 2016 Native Health Research Conference. Cherokee, NC. (**Co-Presenter**).

Rosenhall, J., **Garrow, R.** Building a bike share program: Active transportation for government employees. 2015 American Public Health Association Annual Conference. Chicago, IL. (**Co-Presenter**).

Vang J. **Garrow R.** Noj qab nyob zoo! Focusing on Cultural Assets to Achieve Successful Nutrition Education Programs for SNAP-Ed Chinese, Hmong, and Vietnamese Living in California. 2014 SNAP-Ed Local Implementing Agency Forum. Sacramento, CA. (**Session Moderator**)

Garrow R. Salmon, Dentalia Shells, Flicker Birds and Basket Weaving: Recognizing Strengths of Indigenous Foods and Cultural Practices of the California American Indian Community for Effective SNAP-Ed Outreach. 2014 SNAP-Ed Implementing Agency Forum. Sacramento, CA. (**Presenter; Session Moderator**)

Garrow R. Geographic Information Systems: Qualifying SNAP-Ed Sites. 2012 Nutrition Education and Obesity Prevention (NEOP) Statewide Collaborative Meeting. Sacramento CA. (**Presenter**)

Garbolino T., **Garrow R.** Social Marketing 101. 2012 Nutrition Education and Obesity Prevention (NEOP) Statewide Collaborative Meeting. Sacramento CA. (**Presenter**)

Garrow R, Ivester S., Amonoo M. Beautiful Roots: Health and Hair Care Practices of African American Women. 2012 Network for a Healthy California Statewide Conference. Sacramento CA. (**Session Moderator**)

Garrow R, Ivester S. Beauty Salons and Beauty Supply Stores: Feasibility as Nutrition Education and Physical Activity Promotional Sites. 2012 Network for a Healthy California Statewide Conference. Sacramento CA. (**Poster**)

Garrow R, Chichlowska K, Lutzker L. Housing conditions associated with asthma in California American Indians and Alaska Natives. 2011 Council of State and Territorial Epidemiologists (CSTE) Annual Conference. Pittsburgh PA. (**Poster**)

Garrow R, Chichlowska K. California Tribal Asthma Survey Project (TASP): Perceptions of Home Environmental Issues. 2010 Native Health Research Conference. Rapid City SD. (**Poster**)

Garrow R, Kao C, Korenbrot K, Crouch J. American Indian & Alaska Native Access to Healthcare Through Medicaid. 2009 Native Health Research Conference. Portland OR. (**Presenter**)

Garrow R, Schweigman K. Commercial Tobacco Use, Opinion, and Risk Perception Among Three California American Indian Tribal Communities. Presenter: 2009 Native Health Research Conference. Portland OR. (**Presenter**)

Mayer J, **Garrow R,** Clapp E, Slymen D, Weeks J, Woodruff S, Sallis J, Patel M, Sybert S. Availability of Tanning in Urban USA: CITY100+. 2008 Society for Behavioral Medicine Conference. San Diego CA. (**Poster**)

Garrow R, Mayer J. Prevalence and Correlates of Indoor Tanning in Youth. 2007 Society for Behavioral Medicine Conference. Washington DC. (**Poster**)