

## **Sandra L. Lundahl, M.P.H., M.A.**

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### ***Profile***

Over 30 years of experience as a public health educator. On-campus and online teacher with over six years' experience as an adjunct faculty member for community college and graduate university education. Creates a highly professional and respectful atmosphere modeling efficient and effective pedagogic methods. Easy to work with, uplifting, creative, research-oriented, practical and attentive to detail and priorities. Content expertise in public health, leadership, aging and human development in the second half of life.

### ***Selected Accomplishments***

- For governmental agencies, developed and implemented health education programs in cancer control, high blood pressure control, eating disorders, mental health and additions.
- For community based organizations, developed and implemented health education programs in complementary and integrative health, cardiovascular risk reduction, stress management, weight management, smoking cessation, and human development.
- Facilitated over 30 courses with an average of 20 students per course for community college.
- Developed over 24 courses in higher education and 9 federally funded public health training programs with accompanying training plans, teacher guides, participant manuals, and reference materials.

### ***Education***

- M.A., Instructional Systems Design, University of Maryland Baltimore County.
- M.P.H., Public Health, University of Michigan, Ann Arbor.
- B.A., Psychology and Sociology, State University of New York at Buffalo.

### ***Certifications***

Quality Matters: Applying the Quality Matters Rubric (APPQMR).  
Quality Matters: Certified Peer Reviewer in Higher Education (PRC).  
Quality Matters: Connecting Learning Objectives and Assessments.

### ***Technology Skills***

- Microsoft Office including Word, Publisher, Access, Excell.
- Canvas learning management system.
- WEB EX, ZOOM, Big Blue Button, and other video conferencing tools.
- Appropriate use of technology tools to attain learning outcomes.

## **Professional Work Experience**

Visions. Ellicott City, MD 1995 to present  
*Consulting organization for instructional design and community-based health education.*

### **Instructional Design Consultant**

- Offers instructional design expertise for face-to-face, hybrid, and online courses for training organizations and academic institutions.

### **Integrative Holistic Health Educator**

- Offers courses and consultation in body-mind-heart-spirit healing and wellness. Facilitates a 4-step universal growth process for older adults that supports their continuing growth and development.

Prince George's Community College. Largo, MD 2010-2017

### **Faculty, SAGE program**

- Teaches human development in the second half of life.

Maryland University of Integrative Health. Laurel, MD 2014 to 2016  
*An accredited private non-profit graduate university dedicated to integrative health with a population of approximately 1300 students.*

### **Director of Faculty Development**

- Worked with over 90 faculty members to create and revise online and on-campus graduate courses following Quality Matters instructional design standards. Facilitated faculty study groups on cognitive sciences research. Developed over 24 online and on-campus courses in acupuncture, nutrition, health education, health and wellness coaching, yoga therapy, and herbal medicine.

AFYA, Inc. Laurel, MD 2002; 2005 to 2009  
*A federal contracting firm.*

### **Training, Instructional Design and Development Specialist**

- Taught evaluation of partnership development to over 50 staff members.
- Created and facilitated a learning community as a 6-module in-service training for over 20 project officers of the Center for Substance Abuse Prevention (CSAP), Substance Abuse and Mental Health Services Administration (SAMHSA).

American Association of Suicidology. Washington, DC 2003 to 2005  
*A not-for-profit organization of over 1,100 individuals and 150 organizations that promote research, public awareness programs, public education and training for professionals and volunteers.*

### **Instructional Design and Training Specialist**

- Facilitated training for over 20 staff members of the Suicide Prevention Resource Center staff and over 50 community leaders in Pennsylvania, Western Maryland, and Massachusetts.

ROW Sciences, Inc. Rockville, MD 1995 to 1997; 1999 to 2001  
*A federal contracting firm.*

### **Instructional Design Specialist**

- Created the needs assessment process and training plan for the Comprehensive Cancer Control Leadership Institute for the National Training Center (NTC) funded by the Cancer Control and Prevention Program of the Centers for Disease Prevention and Control (CDC).
- Developed educational materials for the National High Blood Pressure Education Program.
- Wrote *En Acción*, a training manual for the National Hispanic Leadership Initiative in Cancer.
- Conducted needs assessments and training plans, created the training resource library and database, designed and developed training curricula and educational materials for 3 major training programs for the National Training Center, Division of Cancer Prevention and Control at CDC.

Educational Services, Inc. Washington, DC

1998 to 1999

*A federal contracting firm.*

### **Instructional Design Specialist**

- Conducted social marketing research; designed and developed educational materials for the BodyWise Eating Disorders Campaign of the Office on Women's Health/ U.S. Public Health Service.

University Research Corporation. Bethesda, MD

1997 to 1998

*A federal contracting firm.*

### **Health Communications and Instructional Design Specialist**

- Developed Coaching and Teambuilding, a 3 1/2-day 15-module training for the U.S. Agency for International Development. Wrote an issue paper on the quality design of job aids.

Additional health education experience in State Department of Health, Comprehensive Cancer Center, YMCA, private physician office, American Cancer Society, and American Lung Association.