

Heather Tarleton

Associate Provost for Faculty Affairs and Professional Development & Professor of Health and Human Sciences at Loyola Marymount University

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Biography

Contact: Phone: (310) 338-4247 Email: Heather.Tarleton@lmu.edu Office: Featherston Life Sciences Building 183 Heather Tarleton is an Associate Professor of Health & Human Sciences at Loyola Marymount University. Dr. Tarleton teaches courses in Nutrition, Chronic Disease Epidemiology, Obesity & Behavior, Public Health, Health & Wellbeing in Homeless Communities, Health Services for Marginalized Populations, Healthcare Administration, Cancer Survivorship, and Medical Bioethics. Her primary research projects examine the effects of exercise-based interventions as well as psychosocial interventions on reducing the risk of diabetes, cardiovascular disease, and poor quality of life among cancer survivors. The interventions aim to improve cancer survivors' overall capacity to engage in life by addressing fatigue, balance, musculoskeletal health and strength, cardiorespiratory fitness, neuropathy and psychosocial barriers. Dr. Tarleton is also working with students to examine the issues concerning the ecology (sociocultural and political landscape) of homelessness and the marginalization of communities. Since wellbeing is a complex phenomenon for those living the homeless experience, Dr. Tarleton encourages students to become sensitive to diversity of needs, issues with access and availability of city and state services, and interpersonal communication in order to promote humanity and dignity. Individuals experiencing homelessness are socially and financially vulnerable and often struggling with barriers to stability (lack of educational attainment or job training, alcohol/substance abuse, and depression due to estrangement from support networks). Given the complexity of potential barriers, Dr. Tarleton believes that sustainable solutions will require attention to the details that govern the efficacy versus effectiveness of policy implementation. Dr. Tarleton is a faculty mentor for the Ronald E. McNair Scholars Program at LMU and a member of the National Institutes of Health Network of Minority Health Research Investigators (NIH NMRI).

Industry Expertise

Training and Development, Research, Education/Learning

Areas of Expertise

Minority Health, Gynecologic Cancers, Cancer Survivorship, Cancer Epidemiology

Education

Princeton University

Ph.D. Molecular Biology

Rutgers University, New Brunswick

M.PA. Edward J. Bloustein School of Planning and Public Policy

School of Public Health, University of California, Los Angeles

M.Sc. Department of Epidemiology

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