

Judit Sarai Alvarado

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EDUCATION

MASTER OF SCIENCE IN STATISTICS COURSEWORK | UNIVERSITY OF TEXAS AT EL PASO

- 1 year of coursework (2010 – 2011); Mathematical Statistics I & II, Introduction to Statistical Analysis, Statistical Programming, Statistical Computing

BACHELOR OF SCIENCE | MAY 15, 2010 | UNIVERSITY OF TEXAS AT EL PASO

- Major: Mathematics
- Minor: Secondary Education

RELEVANT EXPERIENCE

Project Manager

Center for Health Promotion and Disease Prevention, The University of North Carolina at Chapel Hill
2018 – present

- Co-lead partnership development with multiple community organizations, local governments and residents to manage community-based participatory research initiatives on healthy eating and active living.
- Lead and facilitate project-related meetings with researchers, staff and stakeholders
- Recruit participants and collect qualitative and quantitative data
- Present project updates and findings to policymakers, stakeholders and peers at local government meetings and conferences
- Disseminate research results to community members and stakeholders
- Directly supervise students and interns toward accomplishment of project-related goals
- Manage quantitative and qualitative data collection to ensure data quality
- Assist in capturing and showcasing results in end-of-year reports, success stories, peer-reviewed manuscripts and other project-related dissemination
- Lead submission of IRB application, modifications, and renewals
- Adapt study designs, framework and procedures into culturally relevant and accessible formats to promote inclusive participation
- Design flyers, posters, and other outreach materials for recruitment
- Manage budgets and facilitate payment of invoices
- Develop and maintain an AirTable base for collaborative workflows and project management

Spanish-English Interpreter & Translator – Community Research Focus

Center for Health Promotion and Disease Prevention, The University of North Carolina at Chapel Hill
2021 – present

- Translate research materials into Spanish
- Provide accurate Spanish-English interpretation during interviews, focus groups, workshops, and community meetings to ensure inclusive participation

- Translate qualitative data, outreach materials, and research instruments (surveys, consent forms, oral histories) for bilingual accessibility
- Proofread and edit bilingual documents to maintain clarity, consistency, and tone appropriate for varied audiences
- Adapt technical terminology for accessible communication in health, transportation, and housing equity projects
- Translate and adapted health, active living, and transportation resources (e.g., transit guides, walkability toolkits, flyers) for community-facing programs
- Support health equity initiatives by translating outreach materials related to nutrition, movement, and chronic disease prevention

Spanish Translator

Early Childhood Technical Assistance Center, The University of North Carolina at Chapel Hill
2023 – 2024

- Translated early childhood special education products to Spanish
- Reviewed Spanish translated products to ensure consistency
- Developed a bilingual glossary of terms

Family Engagement Coordinator

TABLE Ministries, Carrboro, NC
2021-2023

- Developed relationships with Spanish speaking families
- Developed a Community Advisory Board
- Developed strategies for culturally appropriate communication with Spanish speaking families
- Translated surveys, flyers, reports, social media content into Spanish

Facilitated strategies to provide culturally appropriate nutrition education for Spanish speaking families

Nutrition Teacher

Center for Health Promotion and Disease Prevention, The University of North Carolina at Chapel Hill
2016-2017

- Recruited participants for nutrition workshops
- Assisted nutrition educator in developing lesson plans
- Translated curriculum into Spanish
- Prepared budget expenses
- Assisted with data collection

Garden Coordinator

Center for Health Promotion and Disease Prevention, The University of North Carolina at Chapel Hill
January 2016 – November 2016

- Grew garden participation and engagement through regular recruitment of participants
- Managed regular data collection related to project outcomes
- Organized related community events

Relevant Skills

- **Software Skills:** Dedoose qualitative statistical package (proficient), Microsoft Office (Word, PowerPoint, Excel), Adobe Acrobat, and Qualtrics (proficient), R and SAS quantitative statistical packages (familiar)
- **Project Management:** Proficiency in AirTable database for project management
- **Interpretation and Translation:** Native Spanish speaker, fluent in English (written and spoken), proficient in simultaneous and consecutive Spanish interpretation, transcription expertise in English and Spanish, including oral histories and recorded interviews.
- **Research Methodology:** Curriculum and survey development for community-based and research-focused initiatives, working with youth and SNAP-Ed eligible participants, conducting in-depth interviews and facilitating focus groups in both English and Spanish

Publications

Alvarado, J. S., Sanchez, D. E., Colon, J., Giff, K., LaJeunesse, S., & DeMarco, M. (2024). Employing a Youth Internship Model to Identify Goals to Reduce Barriers to Active Living. *Health Promotion Practice* (July 2024) DOI:10.1177/15248399241263579

Alvarado, J. S., Perez-Velazco, X., Gregorio, V., Newton Ward, M., & De Marco, M. (2022). Using Formative Research to Develop a Social Marketing Campaign to Understand Food Shopping Behaviors in Young Mothers. *Social Marketing Quarterly*, 28(1), 44-56.

Peer Reviewer

Health Psychology, 2021

Presentations and Posters

Alvarado, J. S., Sanchez, E. D., LaJeunesse, S., Giff, K. Colon, D., DeMarco (2024). Engaging youth in an intervention to identify and address community-level barriers to active living. *Active Living Conference*

Giff, K., **Alvarado, J. S.,** Sanchez, E. D., (2023). Fairview Youth in Action: A Youth-Driven, Community Engaged Program to Create Communities Safe for Active Living. *Carolina Engagement Week*

Alvarado, J. S., Sanchez, E. D., (2022). Partnering with Youth as Community Members and Advocates. *Association of Pedestrian and Bicycle Professionals Webinar*

Alvarado, J. S., Sanchez, E. D., Midgett, C., Giff, K., LaJeunesse, S., De Marco, M., (2022). Communities on the Move: A community driven program to identify strategies to increase opportunities to be physically active. *Carolina Engagement Week*

Sanchez, E. D., **Alvarado, J. S.** (2021). Youth Voices: Partnering with youth as community members and advocates. *Association of Pedestrians and Bicycle Professionals Conference*

Perez-Velazco, X. A., **Alvarado, J. S.** (2021). Using Formative Research to Develop a Social Marketing Campaign to Understand Food Shopping Behaviors in Young Mothers. *National Institute of Health; Food Insecurity, Neighborhood Food Environment, and Nutrition Health Disparities: State of the Science*

LaJeunesse, S., Katz, J., **Alvarado, J. S.**, Sadeghzadeh, C., De Marco, M. (2019). Communities on the Move: Mobilizing coalitions to afford active living for all. *American Public Health Association*

Alvarado, J. S., Hernandez M. (2018) Communities on the Move. *NC Bike Walk Summit*

Certifications

- Interpreting for Social Language Justice, Tilde Education Fund, 2022
- Community Spanish Interpreter – Public Service Certificate, Durham Tech, 2023

Other Relevant Experience

Fairview Community Watch, Board of Directors
2015 - present

- Spanish Interpreter (Consecutive and Simultaneous)
- Community Advocate

PORCH – Hillsborough, Board of Directors
2020 - present

- Survey Committee Member
- Assist with food distributions
- Provide Spanish interpretation and translation for clients
- Lead community partnership

Habitat for Humanity of Orange County, Board of Directors
November 2015 – November 2018

- Family Services Committee Member
- Homeowner Advocacy Committee Member