

ASHLEY R. SHAW, PHD, MPH

ASSISTANT PROFESSOR

University of Texas Health Science Center at Houston
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EDUCATION:

- January 2021 **Postdoctoral Fellowship**
Department of Neurology
Alzheimer's Disease Research Center
University of Kansas Medical Center, KS
- July 2017 **PhD., Nursing**
Sinclair School of Nursing
University of Missouri, Columbia, MO
- May 2013 **MPH, Health Promotion and Policy**
School of Health Professions
University of Missouri, Columbia, MO
- May 2011 **B.S., Nutrition and Exercise Physiology**
Department of Nutrition and Exercise Physiology
University of Missouri, Columbia, MO

RESEARCH INTERESTS:

- Community-engaged research to advance health equity and promote brain health in aging populations
- Nutrition and food-as-medicine strategies to support cognitive aging and chronic disease prevention
- Faith-based and academic partnerships to co-develop scalable public health interventions
- Implementation and dissemination of culturally tailored lifestyle interventions for Alzheimer's disease and related dementias (ADRD) prevention
- Health needs assessments and implementation strategies to reduce disparities in underserved communities

ACADEMIC AND PROFESSIONAL EXPERIENCE:

- 2025-present Assistant Professor, School of Public Health, Department of Health Promotion and Behavioral Science, Center for Health Equity, University of Texas Health Science Center at Houston, Houston, TX
- 2021-2025 Research Assistant Professor, Department of Neurology, University of Kansas Medical Center, Kansas City, KS
- 2019-2021 Postdoctoral Fellow, Alzheimer's Disease Research Center, University of Kansas Medical Center, Kansas City, KS
- 2018-2019 Associate Researcher, Center for Public Partnerships and Research, University of Kansas, Lawrence, KS

PROFESSIONAL AFFILIATIONS:

Brain Health Equity Collaborative, 2025 - present
African American Health Coalition, 2025 - present
American Heart Association, 2023 - present
Black in Neuro, 2022- present
Alzheimer's Association, 2019-present
Gerontological Society of America, 2019-present

Alzheimer's Disease Disparities Engagement Network, 2019-present
Minority Women in Research Network, 2019-present
American Public Health Association, 2016-present
Black Doctoral Network, 2016-present
National Postdoctoral Association, 2019-2021

PROFESSIONAL ACTIVITIES:

Grant reviewer for Johns Hopkins AD Resource Center for Minority Aging Research Pilot Project, 2026
Scriber for Think Tank Session – Patient and Community Engagement, Stroke Transitions of Care and Post-Stroke Care Conference, 2025
Review editor for the Alzheimer's & Dementia: The Journal of the Alzheimer's Association, 2024 Reviewer of applicants for the KU ADRC Brain Health Training Program, 2024
Community Advisory Board Member, KUMC Center for African American Health, 2024
Cabinet member for the University of Kansas Medical Center Diversity, Equity, and Inclusion, 2024 Reviewer editor for Brain and Behavior Journal, 2024
Review editor of abstracts for the Alzheimer's Association International Conference, 2023-2024
Grant reviewer for American Heart Association Food is Medicine Initiative, 2023
Organizer, Aging with Grace African American Appreciation Breakfast, 2023
Review editor for Health Promotion Practice Journal, 2023
Review editor of abstracts for the Gerontological Society of America Conference, 2022-2023
Review editor of abstracts for the Clinical Trials of Alzheimer's Disease Conference, 2022
Review editor for Journal of Prevention of Alzheimer's Disease, 2022
Review editor for Violence Against Women Journal, 2021
Review editor for BMC Geriatrics Journal, 2021
Review editor of abstracts submitted for the American Public Health Association Conference, 2021
Planning committee member for Alzheimer's Association Midwestern Town Hall Meetings, 2021-present
Planning committee member for the University of Kansas Alzheimer's Disease Center staff workshop, 2020

HONORS/AWARDS:

Faculty ACCESS Program Scholar, 2026
NIH/ National Institute on Minority Health Disparities Loan Repayment Awardee, 2020, 2023, and 2025
Black Health Care Coalition Advancing Health Equity for the Future Awardee, 2024
National Institute of Health Early Career Reviewer Program Awardee, 2023
Research Centers Collaborative Network Scholars Program in Multidisciplinary Research, 2023
Black Men's Brain Health Program Scholar, 2022
Program to Increase Diversity Among Individuals Engaged in Cardiovascular Health-Related Research Fellow, 2021
Kansas Dementia and Aging Research Training Program Awardee, 2021
Biomedical Research Trainee Program Awardee, 2021
Diversity, Equity, and Inclusion Awardee, 2020
Institute on Methods and Protocols for Advancement of Clinical Trials in ADRD Fellow, 2020
Michigan Center for Urban African American Aging (MCUAAAR) Summer Workshop Awardee, 2019
Delta Omega Honor Society Awardee, 2014
School of Health Professions Mentorship Awardee, 2012
Thurgood Marshall Awardee, 2011
Multicultural Center Diversity Awardee, 2010

CURRENTLY FUNDED GRANTS:

NIH/National Institute on Aging (Roybal Center)	Shaw (PI)	\$200,000	06/01/2026 – 05/31/2028
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MIND+SOUL Dietary Intervention: A Stage 2 Randomized Controlled Trial
Main Goals: 1) test whether the culturally tailored MIND+SOUL dietary intervention improves executive function and global cognition in older Black adults with elevated cardiometabolic risk; 2) evaluate effects on diet quality and cardiometabolic risk factors including blood pressure, cholesterol, glucose, and body mass index; 3) examine whether

Role: PI

R01AG070036	Vidoni (PI)	\$1,375,262	04/01/2021 – 03/31/2026
NIH/National Institute on Aging University of Kansas Medical Center			
Differential Effects of Exercise Modality on Cognition and Brain in Older Adults			
Major Goals: 1) test the combined and independent effects of aerobic and resistance training on cognition, brain structure, and physical function 2) explore underlying biological mechanisms that may link exercise with brain health.			
Role: Recruitment specialist			
P30 AG072973	Shaw (PI)	\$50,000	07/10/2023 – 06/30/2024
National Institute on Aging			
Effect of the MIND+SOUL Diet Intervention on Biomarkers Related to Alzheimer's Disease			
Major Goals: 1) Assess response of cardiometabolic biomarkers for AD to the MIND+SOUL diet intervention; 2) Examine how adherence to the MIND+SOUL diet modulates changes in cardiometabolic biomarkers of AD. Role: PI (sub-awardee)			
R24AG063724-01A1	Burns (PI)	\$1,384,834	06/1/2020 – 03/31/2024
NIH/National Institute on Aging			
Aligning PCPs and Patients with Alzheimer's Research Efforts: MyAlliance for Cognitive Health			
Major Goals: MyAlliance is a sustainable and reproducible strategy for engaging a diverse population through 1) a PCP Network to improve dementia care through a financially sustainable Chronic Care Management program; 2) a Patient Network (MyAlliance Research Registry, derived from patients in the PCP network); 3) a Community Network of diverse stakeholders delivering robust outreach and education.			
Role: Recruitment specialist			
5R13AG071313-02	Shaw (PI)	\$2,000	02/01/2022 – 01/31/2023
National Institute on Aging			
Using Focus Groups to Explore Older Black Men's Perception of Dietary Interventions			
Major Goals: examine the cultural context under which dietary interventions are perceived among older Midwestern Black men.			
Role: PI (sub-contract)			
5R25HL105446-11	Shaw (PI)	\$12,700	11/01/2021 – 10/31/2022
NIH/National Heart, Lung, and Blood Institute			
A Virtual Photovoice Study of Older African Americans Perceptions of Neurovascular Clinical Trials			
Major Goals: 1) identify how older Midwestern African Americans characterize neurovascular clinical trials; 2) describe how older African Americans experience observational neurovascular clinical trials; 3) identify culturally salient recommendations for neurovascular clinical trial design to inform the design of future neurovascular RCT and advance diversity in neurovascular clinical trials.			
Role: PI (sub-contract)			
Biomedical Research Training Program	Shaw (PI)	\$13,000	01/01/2021 – 12/31/2021
University of Kansas Medical Center			
Brain Healthy Soul Food Diet Intervention Among Older African Americans			
Major Goals: Identify and understand knowledge and attitudes that influence dietary practices among older African Americans using a community-based approach.			
Role: PI (sub-contract)			
3P30AG035982-09S1	Swerdlow (PI)	\$106,924	08/15/2019 – 06/30/2021
NIH/National Institute on Aging			
Alzheimer's Disease Prevention Among African Americans Through Culturally Tailored Education and Outreach			
Major Goals: 1) advance AD and brain aging research; 2) expand dementia education to African American stakeholders;			

April 2022	Aging with Grace	Midwest Conference Women's Missionary Society
June 2020 - present	Aging with Grace	Zoom: Video Conferencing
November 2019	Aging with Grace	Swope Parkway Church of Christ, Kansas City, MO
August 2019	Aging with Grace	Brush Creek Community Center, Kansas City, MO
August 2019	Smart Aging	YMCA Linwood, Kansas City, MO
August 2019	Aging with Grace	St. James United Methodist Church Renaissance Campus, Kansas City, MO
July 2019	Aging with Grace	Macedonia Baptist Church, Kansas City, MO
June 2019	Aging with Grace	St. James United Methodist Church, Kansas City, MO
March 2019	Aging with Grace	Grace Baptist Church, Kansas City, MO

PUBLICATIONS:

Dissertation:

Shaw, A., Enriquez, M., Bloom, T., Berkley-Patton, J., Vidoni, E. (2022). "We Are Our Sister's Keeper: The Experience of Black Female Clergy Responding to Intimate Partner Violence." *Journal of Interpersonal Violence*, 37(1-2). PMID: 32401135; PMCID: PMC7666029

Journal articles:

Shaw, A., Perales-Puchalt, J., Sandoval, R., Glover, C., Berkley-Patton, J., Vidoni, E., & Burns, J. (2026). Co-Developing a Culturally Tailored Dietary Intervention for ADRD Risk Reduction Using a Community-Based Research Approach: The MIND+SOUL Program. *Journal of Participatory Research Methods*.

Lazaar, N., Van Beek, S. E., Rirash, A. F., Papma, J. M., Perales-Puchalt, J., **Shaw, A. R.,** Vidoni, E. D., & Franzen, S. (2025). Diversity in United States Dementia Prevention Trials: An Updated Systematic Review of Eligibility Criteria and Recruitment Strategies. *Dementia and Geriatric Cognitive Disorders*, 54(5), 333–346. <https://doi.org/10.1159/000543905>

Shaw, A., Honea, R., Mudaranthakam, DP., Young, K., Vidoni E., Morris, J., Billinger, S., Morris, J., Key, M., Berkley-Patton, J., Burns, J. (2024). "Feasibility of the MIND+SOUL Culturally Tailored Brain Healthy Diet: A Pilot Study." *American Journal of Lifestyle Medicine*. doi:10.1177/15598276241296052.

Vidoni, E.D., Swinford, E., Barton K. Perales-Puchalt, J., Niedens, C.M., Lewandowski, T., Schwasinger- Schmidt, T., Peltzer, J., Wurth, J., Townley, R.A., Moore, W.T., **Shaw, A.R.,** Key, M.N., Andrade, E., Robinson, M., Sprague, S., Bondurant, A., Brook, D., Freund, J., Burns, J.M. (2024). "A service- oriented approach to clinical trial recruitment for dementia and brain health: Methods and Case Examples of MyAlliance for Brain Health." *Alzheimer's & Dementia: Translational Research & Clinical Interventions*. PMID: 38903984; PMCID: PMC11187743

Shaw, A., Vidoni, E., Key, M., Yates, B., Thorpe, R. (2024) "Using Focus Groups to Explore Older Black Men's Perception of Dietary Interventions." *American Journal of Men's Health*. PMID: 38613210 PMCID: PMC11015773

Key, M.N., **Shaw, A.R.,** Erickson, K.I., Burns, J.M., Vidoni, E.D. (2024). "A retrospective analysis of serious adverse events and deaths in US-based lifestyle clinical trials for cognitive health." *Contemporary Clinical Trials Communications*. PMID: 37808675; PMCID: PMC10884817

Clutton J., Montgomery R.N., Mudaranthakam D.P., Blocker E.M., **Shaw A.R.,** Szabo Reed A.N., Vidoni E.D. (2023). "An open-source system for efficient clinical trial support: The COMET study experience." *PloS one* vol. 18,11 e0293874. PMID: 38011138; PMCID: PMC10681164

Shaw, A.R., Key, M., Fikru, S., Lofton, S., Sullivan, D.K., Berkley-Patton, J.B., Glover, C.M., Burns, J.M., Vidoni, E.D. (2023). "Development of a Culturally Adapted Dietary Intervention to Reduce Alzheimer's Disease Risk among Older Black Adults." *International Journal of Environmental Research and Public Health* vol. 20,17 6705. PMID: 37681845; PMCID: PMC10488073

Shaw, A.R, Lofton, S., Thompson, A., Vidoni, E. (2023). "A Virtual Photovoice Study of Older African Americans Perceptions of Neurovascular Clinical Trials." *Alzheimer's Disease and Associated Disorders*, 10-1097. PMID: 36944170; PMCID: PMC10219665

Shaw, A., Perales-Puchalt, J., Moore T., Weatherspoon, P., Robinson, M., Hill, C., Vidoni, E. (2022). "Recruitment of Older African Americans in Alzheimer's Disease Clinical Trials Using A Community Education Approach." *Journal of Prevention of Alzheimer's Disease*, 9(4), 672-678. PMID: 36281671; PMCID: PMC9514712

- Shaw, A.**, Perales J., Acosta, M., Espinoza, P., Frederick, S., Lewis, A., Cheng, H., Vidoni, E. (2022). "Representation of Underrepresented Minority Populations in Dementia Prevention Trials: A Systematic Review." *Journal of Prevention of Alzheimer's Disease*, 9(1), 113-118. PMID: 350989811 PMCID: PMC8804327
- Szabo-Reed, A., Clutton, J., White, S., Van Sciver, A., White, D., Morris, J., Martin, L., Lepping, R., **Shaw, A.**, Perales, J., Montgomery, R., Mahnken, J., Washburn, R., Burns, J., Vidoni, E. (2022). "COMBined Exercise Trial (COMET) to improve cognition in older adults: Rationale and Methods." *Contemporary Clinical Trials*, 118, 106805. PMID: 35636733 PMCID: PMC9354507
- Burns, J., Vidoni, E., Morris, J., Perry, M., Clutton, J., Van Sciver, A., Mahnken, J., Watts, A., Kamat, A., Hunt, S., Townley, R., Honea, R., **Shaw, A.**, Johnson, D., Vacek, J. (2021). "Effect of Aerobic Exercise on Amyloid Accumulation in Preclinical Alzheimer's: A 1-Year Randomized Controlled Trial." *PLOS ONE*, 16(1), e0244893 . PMCID: PMC7808620
- Vidoni, E. D., Szabo-Reed, A., Kang, C., **Shaw, A.R.**, Perales-Puchalt, J., Grove, G., Hamill, M., Henry, D., Burns, J. M., Hillman, C., Kramer, A. F., McAuley, E., & Erickson, K. I. (2020). The IGNITE trial: Participant recruitment lessons prior to SARS-CoV-2. *Contemporary clinical trials communications*, 20, 100666. PMCID: PMC7544598
- Shaw, A.**, Perales J., Valdivieso-Mora, E., McGee, J., Vaduvathiriyani, P., Vidoni, E. (2020). "Effectiveness of non-pharmaceutical interventions on cognitive function among non-demented African American and Latino older adults in the USA: A scoping review." *Ethnicity and Health*, 27(4), 929-945. PMCID: PMC8021606
- Perales, J., **Shaw, A.**, McGee, J., Moore, W., Resendez, J., Whinton, L., Monroe, S., Dwyer, J., Vidoni, E. (2019). Preliminary efficacy of a recruitment educational strategy on Alzheimer's disease knowledge, research participation attitudes and enrollment among Latinos. *Hispanic Health Care International*, 18(3), 144-149. PMCID: PMC7293919
- Shaw, A.**, Ball, S. (2010). Validation of New Skinfold Prediction Equation. *MU McNair Scholars Journal*.18: 24-26

Journal articles in press or preparation:

- Barton, K., Bohall, J., Perales-Puchalt, J., Lewandowski, T., Berkley-Patton, J., **Shaw, A.**, Moore, T., Key, M., Andrade, E., Robinson, M., Sprague, S., Burns, J., Vidoni, E. (2026). MyAlliance for Brain Health for Research Recruitment: Evaluation of Community Partnership Experiences Using a Mixed Methods Approach. *Journal of Community Engagement and Scholarship*. Manuscript submitted for publication.
- Albensi, B., Agarwal, P., Ferreira, N., Gomes-Goncalves, N., Shrestha, H., **Shaw, A.**, Lourenco, M., Bala, V., Lourenco, M., Park, J., Nag, R., Govindarajan, S., D'Cunha, N., Goncalves, N., Nedelska, Z., Peterson, M., Carmichael, O. Ultra-processed Foods and the Aging Brain: State of the Science (2026). *Annual Review of Nutrition*. Manuscript submitted for publication.
- Blocker, E., Hoffman, R., Niedens, M. Murphy, B., Perales-Puchalt, J., Lewandowski, T., Baldwin, J., Key., **Shaw., A.**, Vidoni, E. (2026). WHY?: Altering perceptions about dementia. *Ars Medica*. Manuscript submitted for publication.
- Shaw, A.**, Key, M., Perales-Puchalt, J., Silveira, S., Anderson, K., Omowale, S., Sharma, S., Barton, K., Andrade, E., Robinson, M., Sprague, S., Vidoni, E. (2025) MyAlliance for Brain Health: Implementation Science to Advance Translational Science in ADRD. Manuscript in preparation.
- Perales-Puchalt, J., **Shaw, A.**, Moore, T., Loeb, K., Barton, K., Burns, J., Vidoni, E. (2025). Effectiveness of the Assess, Connect, Educate training on dementia knowledge, competency, and research participation attitudes among community-serving individuals. Manuscript in preparation.

CONFERENCE AND INVITED PRESENTATIONS:

Roufegarinejad, R., Cummings, J., **Shaw, A.**, Winston, C. Correlations Between Metabolic/Vascular Risk Factors and Plasma Biomarkers to Predict AD Brain Pathology Amongst African Americans. Toronto, Canada, July 2025.

Shaw, A. Effect of the MIND+SOUL Diet Intervention on Cardiometabolic Biomarkers Related to Alzheimer's Disease Among Older African Americans. Poster Presentation. International Conference on Alzheimer's and Parkinson's Diseases and related neurological disorders. Lisbon, Portugal, March 2024.

Shaw, A. Brain Healthy Soul Food Diet Intervention Among Older African Americans. Poster Presentation. Alzheimer's Association International Conference. Amsterdam, Netherlands, July 2023.

Shaw, A. Brain Healthy Soul Food Diet Intervention (MIND+SOUL) Among Older African Americans. Oral

Presentation. Alzheimer's Association International Conference. San Diego, CA, July 2022.

Shaw, A. Developing A Culturally Tailored Brain Healthy Diet Intervention for Older Midwestern Black Americans: a qualitative and quantitative study. Poster Presentation. Alzheimer's Association International Conference San Diego, CA, July 2022.

Shaw, A. A Virtual Photovoice Study of Older African American Perception of Neurovascular Clinical Trials. Virtual Presentation. PRIDE-CVD Program Webinar. March 2022.

Shaw, A. Understanding Culture and Lifestyle for Enhancing Brain Health. Virtual Presentation. Weekly Webinar with the University of Kansas Alzheimer's Disease Research Center. February 2022.

Shaw, A. A Virtual Photovoice Study of Older African American Perception of Neurovascular Clinical Trials. Oral Presentation. Mid-Year PRIDE-CVD Program Conference. Boston, MA, November 2021.

Shaw, A. What's Cooking Linwood YMCA. Presentation. Kansas City, MO July 2021.

Shaw, A. Invited talk to the AARP Kansas Coffee Chat. June 2021.

Shaw, A., Bright, B., Moore, T., Robinson, M., Crawford, B., Berkley-Patton, J., Goode, C., Vidoni, E. (2021). Factors Influencing Brain Healthy Diets Among Older African Americans. Abstract submitted for the 2021 Gerontological Society of America Conference.

Burns, J., Swerdlow, R., Perales, J., **Shaw, A.,** Hones, R., Morris, J. Szabo-Reed, A., Ptomey, L., Sandoval, R., Helsel, B., Wilkins, H., Koppel, S., Aaron, S. *Meet the Scientists*. Invited talk to the Massachusetts General Hospital Multicultural Alzheimer's Prevention Program. May 2021

Shaw, A. *Kansas and Missouri Town Hall: Achieving Health Equity for African American Women*. Invited talk to the Alzheimer's Association Midwestern Town Hall. March 2021

Shaw, A. Bright, B., Moore, T., Robinson, M., Crawford, B., Berkley-Patton, J., Vidoni, E. (2020). Recruitment of African Americans into Alzheimer's Disease Clinical Trials Using a Culturally Tailored Community Based Research Strategy. Abstract accepted for the 2020 American Public Health Association Conference.

Shaw, A., Bright, B., Amparan, G., Crawford, B., Moore, T., Weatherspoon, P., Perales, J., Vidoni, E. Aging With Grace: Culturally-tailored Alzheimer's Disease Prevention For African Americans. Poster presentation. Gerontological Society of America Conference. Austin, TX, November 2019.

Shaw, A., Perales, J., Vidoni, E. Addressing Disparities in Alzheimer's Disease Clinical Research Among African Americans. Oral presentation. University of Kansas Medical Center Black History Research Day. Kansas City, KS, February 2019.

Popejoy, L., **Shaw, A.** Examining Racial/Ethnic Differences in Conditions That Put Nursing Home Residents at Risk for Hospitalization. Poster presentation. Health Science Research Conference. Columbia, MO, November 2016.

Taliaferro, L, **Shaw, A.** Examining Physical Activity and Outcomes of Emotional Distress Among Adolescents Females of Different Race/Ethnic Groups. Poster presentation. Missouri Life Sciences Conference. Columbia, MO, April 2012.

Shaw, A., Ball, S. Validation of a New Skinfold Prediction Equation. Oral and poster presentation. McNair Scholars Conference. Columbia, MO, April 2010.

MEDIA PRESENTATIONS:

Media presentations include newspapers, television, internet stories, and blogs. Below are links to a few examples:

- <https://www.kumc.edu/school-of-medicine/academics/departments/neurology/about/news-and-events/free-program-helps-african-americans-cut-risk-of-developing-alzheimers.html>
- https://bionexuskc.org/video_blog/dr-ashley-shaw/
- <https://www2.ljworld.com/living/health/2019/dec/15/free-program-helps-african-americans-reduce-risk-of-developing-alzheimers-disease/>