

Farah Allouch, PhD, MPH

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ACADEMIC APPOINTMENTS	Research Assistant Professor Department of Epidemiology Tulane University Weatherhead School of Public Health and Tropical Medicine New Orleans, Louisiana	<i>Aug 2024 – present</i>
EDUCATION	Tulane University Doctor of Philosophy Epidemiology Advisor: Jiang He, MD, PhD, FAHA, FACE	<i>Aug 2024</i>
	University of California, Berkeley Master of Public Health Epidemiology and Biostatistics Advisor: Ellen Eisen, ScD	<i>May 2020</i>
	American University of Beirut, Lebanon Bachelor of Science Biology; with distinction	<i>May 2018</i>
RESEARCH INTERESTS	Cardiovascular disease, hypertension, clinical trials, community-based interventions, implementation science, social determinants of health, health disparities	
AWARDS	<ul style="list-style-type: none">• Tulane 34 Award <i>May 2024</i> “Presented to distinguished graduates for their exemplary leadership, service, and academic excellence”• Finalist, American Heart Association Jeremiah and Rose Stamler Research Award <i>Feb 2023</i> “Recognizes excellence in research by investigators in training”• Tulane Epidemiology Departmental Scholarship <i>Aug 2021-May 2023</i>• RStudio Diversity Scholar <i>Jul 2022</i>• Outstanding Teaching Assistant Award <i>Mar 2020</i>• Usama Al-Khalidi Award <i>May 2017</i> “Presented to outstanding graduates for their academic excellence, commitment to community service, and passion for the arts”• American University of Beirut Dean’s Honor List <i>Aug 2014-May 2017</i>	
GRANT PARTICIPATION	Project: Community Health Worker-Led Church-Based Intervention for Eliminating Cardiovascular Health Disparities in African Americans (CHERISH) Role: Co-investigator Funding Source: NIH (UH3HL151309) Funding Level: \$5,190,870 Period of Support: 09/2020-08/2027 Principal Investigators: Jiang He, MD, PhD; Katherine T. Mills, PhD, MSPH; Keith C. Ferdinand, MD Objectives: To test whether a multi-faceted team-based implementation strategy for applying the 2019 ACC/AHA Guideline on the Primary Prevention of	

Cardiovascular Disease will reduce cardiovascular health disparities in African Americans in New Orleans.

Project: Implementing and Scaling Up a Team-based Care Strategy for Hypertension Control in Colombia and Jamaica (CATCH)

Role: Co-investigator

Funding Source: NIH (UG3HL152373)

Funding Level: \$6,030,620

Period of Support: 09/2020-09/2026

Principal Investigators: Marshall Tulloch-Reid, MD; Jiang He, MD, PhD; Patricio Lopez-Jaramillo, MD, PhD

Objectives: To test implementation and effectiveness outcomes of implementing and scaling up a team-based care strategy for hypertension control in Colombia and Jamaica. This study will identify effective, equitable, and sustainable strategies to achieve hypertension control in routine clinical settings and reduce cardiovascular risk in the general population of Latin America and the Caribbean, as well as other low- and middle-income countries.

Project: Church Wellness Coordinator-led Intervention to Improve Hypertension Control in the Black Community (BLESSED)

Role: Co-investigator

Funding Source: NIH (R01MD018193)

Funding Level: \$7,554,261

Period of Support: 09/2022-06/2027

Principal Investigators: Jiang He, MD, PhD; Katherine T. Mills, PhD, MSPH; Keith C. Ferdinand, MD

Objectives: To test the effectiveness, implementation, and sustainability of a non-physician-led multifaceted intervention compared to enhanced usual care on hypertension control in Black communities. This study will generate evidence on an effective, scalable, and sustainable strategy for eliminating hypertension disparities in Black communities.

Project: Tulane COBRE for Clinical and Translational Research in Cardiometabolic Diseases

Role: Co-investigator

Funding Source: NIH (P20GM109036)

Funding Level: \$11,282,578

Period of Support: 03/2016-06/2027

Principal Investigators: Katherine T. Mills, PhD, MSPH

Objectives: To increase the quality and quantity of clinical, translational and implementation research in cardiometabolic diseases at Tulane University. This objective will be achieved by establishing a Center of Excellence for Clinical, Translational and Implementation Research in Cardiometabolic Diseases at Tulane University; developing and nurturing successful competitive independent investigators in clinical, translational and implementation research; motivating and facilitating multidisciplinary and interdisciplinary interaction and collaboration in the area of cardiometabolic disease research; and building and expanding the clinical and community-based research infrastructure at Tulane University and in Louisiana.

Project: Effectiveness of Implementing an Intensive Blood Pressure Reduction Intervention on Cognitive Decline in Low-income and Minority Hypertensive Patients (IMPACTS-MIND)

Role: Research Associate

Funding Source: NIH (R61AG068481)

Funding Level: \$5,754,183

Period of Support: 08/2020-07/2025

Principal Investigators: Katherine T. Mills, PhD, MSPH; Jiang He, MD, PhD; Jeff Williamson, MD, MHS

Objectives: To test the effectiveness of a multifaceted strategy for implementing an intensive blood pressure intervention protocol targeting systolic BP <120 mmHg on cognitive decline in racial minority and low-income hypertensive patients in primary care. The study will generate urgently needed data on effective, adoptable, and equitable intervention strategies to reduce blood pressure-related cognitive decline in low-income and minority populations.

RESEARCH IN THE NEWS

- [The Healthy Gospel: Study Reveals How Religious Beliefs Influence Health Behaviors](#); *The Atlanta Voice* Jan 2024
- [Three of Five Finalists Slots for Major Heart Award go to Tulane](#); *Tulane Today* Apr 2023
- [AHA News: For Black Churchgoers in New Orleans, Religious Beliefs May Influence Health Behaviors](#); *U.S. News & World Report* Mar 2023
- [Tulane Students and Mentor Investigate Racial Health Disparities](#); *Tulane Today* Feb 2023

PEER-REVIEWED PUBLICATIONS

1. **Allouch, F.,** & Mills, K. T. (2024). Identifying groups with the greatest need for interventions to improve wellbeing. *The Lancet*. (comment)
2. **Allouch, F.,** Mills, K. T., Laurent, J., Alvarado, F., Gustat, J., He, H., ... & Ferdinand, K. C. (2023). Perceived Religious Influence on Health Is Associated with Beneficial Health Behaviors in Members of Predominantly Black Churches. *Ethnicity and Disease*, (Special Issue), 81-88.
3. **Allouch, F.,** Burwick, R., Gupta, M., Bartal, M. F., Bicocca, M. J., Chauhan, S. P., & Wagner, S. (2023). The association between maternal insurance status on maternal and neonatal outcomes in women with hypertensive disorders of pregnancy. *Journal of Human Hypertension*, 1-6.
4. **Allouch, F.,** Chen, K. T., Lutzker, L., Costello, S., Picciotto, S., & Eisen, E. A. (2021). Racial disparities in alcohol-related liver disease mortality in a 75 year follow-up study of Michigan autoworkers. *SSM-Population Health*, 100886.
5. McConnell, M. A., Rokicki, S., Ayers, S., **Allouch, F.,** Perreault, N., Gourevitch, R. A., ... & Baicker, K. (2022). Effect of an intensive nurse home visiting program on adverse birth outcomes in a Medicaid-eligible population: a randomized clinical trial. *JAMA*, 328(1), 27-37.
6. El Sheikh, W. G., Abou-Abbass, H., Bizri, M., Tamim, H., Karout, L., **Allouch, F.,** ... & Kobeissy, F. (2024). The impact of posttraumatic stress disorder and head injury on reactive and appetitive aggression in adult Syrian refugees in Lebanon. *Psychological Trauma: Theory, Research, Practice, and Policy*.
7. Abou-Abbass, H., El Sheikh, W. G., Bizri, M., Tamim, H., Al-Hajj, S., Karout, L., **Allouch, F.,** ... & Kobeissy, F. (2024). Cultural assimilation of adult Syrian refugees in Lebanon: Effect modification by religiosity and sex

- on the relation between cultural adversities and common mental health disorders. *Psychological Trauma: Theory, Research, Practice, and Policy*.
8. Alvarado, F., **Allouch, F.**, Laurent, J., Chen, J., Bundy, J. D., Gustat, J., ... & He, J. (2024). Neighborhood-level Social Determinants of Health and Cardioprotective Behaviors among Church Members in New Orleans, Louisiana. *The American Journal of the Medical Sciences*.
 9. Mills, K. T., Laurent, J., **Allouch, F.**, Payne, M. J., Gustat, J., He, H., ... & He, J. (2023). Engaging Predominantly Black Churches in an Intervention to Improve Cardiovascular Health and Reduce Racial Inequities. *Ethnicity and Disease*, (Special Issue), 89-95.
 10. Alvarado, F., Hercules, A., Wanigatunga, M., Laurent, J., Payne, M., **Allouch, F.**, ... & Ferdinand, K. C. (2023). Influence of neighborhood-level social determinants of health on a heart-healthy lifestyle among black church members: A mixed-methods study. *American Heart Journal Plus: Cardiology Research and Practice*, 100273.
 11. Abouhala, S., Hamidaddin, A., Taye, M., Glass, D. J., Zaniel, N., Hammood, **Allouch, F.**, & Abuelezam, N. N. (2021). A National Survey Assessing COVID-19 Vaccine Hesitancy Among Arab Americans. *Journal of Racial and Ethnic Health Disparities*, 1-9.
 12. El Hayek, S., **Allouch, F.**, Razafsha, M., Talih, F., Gold, M. S., Wang, K. K., & Kobeissy, F. (2020). Traumatic brain injury and methamphetamine: A double-hit neurological insult. *Journal of the neurological sciences*, 411, 116711.
 13. El Hayek, S., **Allouch, F.**, Geagea, L., & Talih, F. (2019). Interleukin-2 and the Septohippocampal System: an update on intrinsic actions and autoimmune processes relevant to neuropsychiatric disorders. *Psychiatric Disorders: Methods and Protocols*, 511-530.

ORAL PRESENTATIONS

1. **Moderated Poster:** “Long-Term Effectiveness of a Community Health Worker-Led Blood Pressure Intervention on Cardiovascular Disease and Mortality”, American Heart Association Scientific Sessions 2024, Chicago, Illinois *Nov 2024*
2. **Moderated Poster:** “Effectiveness of Intensive Blood Pressure Control on Cardiovascular Disease in Diabetes: A Subgroup Analysis of the China Rural Hypertension Control Project”, American Heart Association Scientific Sessions 2024, Chicago, Illinois *Nov 2024*
3. “Perceived Religious Influence on Hypertension Management and Hypertension-Related Beliefs and Behaviors in Jamaica and Colombia”, CATCH Steering Committee Meeting, Miami, Florida *Sep 2024*
4. “EPIS Framework in the CATCH study”, Global Alliance for Chronic Diseases (GACD) Mid-Year Workshop 2024 (virtual) *Jun 2024*
5. “Non-Physician Led Implementation Trials and the Epidemiology of Cardiovascular Disease Risk”, Juraschek Research Group meeting at the Harvard Beth Israel Deaconess Medical Center (virtual) *May 2024*
6. **Moderated Poster:** “Proportion of All-Cause and Cardiovascular Disease Mortality Attributable to Social, Behavioral, Psychological, and Metabolic Risk Factors in US Adults”, American Heart Association EPI | Lifestyle Scientific Sessions 2024, Chicago, Illinois *Mar 2024*
7. “Updates from the CATCH Study”, Global Alliance for Chronic Diseases (GACD) Annual Meeting 2023 (virtual) *Nov 2023*

8. “Recruitment, Intervention Monitoring, and Data Quality in the CATCH Study”, CATCH In-Person Steering Committee Meeting, Miami, Florida
Oct 2023
9. “Perceived Religious Influence on Health Behaviors and Cardiovascular Risks within Predominantly Black Churches in New Orleans, Louisiana”, Disparities Elimination through Coordinated Interventions to Prevent and Control Heart and Lung Disease Risk (DECIPHr) Steering Committee Meeting, Denver, Colorado
Jun 2023
10. **Jeremiah and Rose Stamler Research Award Presentation:** “A Two-Question Medication Adherence Scale Predicts Blood Pressure Control in the US, Guatemala, and China”, American Heart Association EPI | Lifestyle Scientific Sessions 2023, Boston, Massachusetts
Mar 2023

PRESENTATIONS TO NON-EXPERTS

1. “Church-based Health Intervention to Eliminate Racial Inequalities in Cardiovascular Health (CHERISH) and our potential for collaboration”,
Dec 2024
2. “Recruitment, Intervention Monitoring, and Data Quality in the CHERISH Study”, CHERISH Church Leadership Luncheon, New Orleans, Louisiana
Sep 2024

SERVICE

- Abstract Reviewer, EPI|Lifestyle Scientific Sessions, American Heart Association
Nov 2024
- Session Moderator, Hypertension Scientific Sessions, American Heart Association
Sep 2024
- Member, Committee on International Health and Humanitarian Crises, Tulane University
Aug 2024 – present
- Student Representative, Epidemiology Chair Search Committee, Tulane University
May 2023 – Aug 2024
- Member, Dean’s Student Advisory Council, Tulane University
Sep 2022 – May 2023
- Administrative Member, Public Health Doctoral Students, Tulane University
Sep 2021 – May 2022

MANUSCRIPT REVIEWS

- Journal of the American Heart Association (2024)
- American Journal of Preventive Cardiology (2024)
- American Heart Journal Plus: Cardiology Research and Practice (2024)
- Journal of Epidemiology and Community Health (2022)

TEACHING EXPERIENCE

Certificates:

- “Teaching Online: Course Design, Delivery, and Teaching Presence”; University of Nebraska College of Public Health
Oct-Nov 2024

Guest lectures:

- “Research in Practice”; Foundations of Epidemiology, Undergraduate-level
Oct 2024
- “Advanced Article Critique”; Doctoral Journal Club, Doctoral-level
Oct 2022

- “Scientific Article Critique”; Epidemiologic Methods II, Doctoral-level
Sep 2022
- “Cohort Studies”; Epidemiology for Public Health, Masters-level
Mar 2022

Teaching Assistantships:

- Epidemiologic Methods II; Doctoral-level
Fall 2022
- Epidemiology for Public Health; Masters-level
Spring 2022
Fall 2023
- General Biology; Undergraduate-level
Fall 2018
Spring 2019
Fall 2019
Spring 2020

**TRAININGS &
SKILLS**

Trainings:

- Abdul Latif Jameel Poverty Action Lab (J-PAL) Research Staff Training
Oct–Dec 2020

Skills:

- Analysis: R, Stata, SPSS, SAS, ArcGIS, Excel
- Reference management: Zotero, RefWorks, EndNote
- Languages: English (fluent), Arabic (fluent), and French (intermediate)