

Rebecca L. Utz

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CURRENT POSITION

2004- Assistant Professor, Department of Sociology, University of Utah
Adjunct Assistant Professor, Interdisciplinary Gerontology Programs
Faculty Affiliate, Center on Aging
Faculty Affiliate, Institute for Public and International Affairs

EDUCATION

- Ph.D.** Sociology, **University of Michigan**, 2004
Dissertation: "Obesity in America: 1960-2000"
Committee: Jim House (chair), Deborah Carr (chair), David Featherman, Paula Lantz, Pamela Smock
- Certificate** The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE), 2004
International Max Planck Research School Max Planck Institute for Human Development (Berlin), University of Michigan (Ann Arbor), Free University (Berlin), and Humboldt University (Berlin)
- M.A.** Sociology, **University of Michigan**, 2002
Prelim Area #1: Demography
Prelim Area #2: Sociology of the Life Course
- M.G.S.** Gerontological Studies, **Miami University**, 1999
Thesis: "The Ohio Assisted Living Industry: Philosophy versus Practice"
Committee: Bob Applebaum (chair), Lisa Groger (chair), Suzanne Kunkel, Jane Straker
- B.A.** Psychology with Gerontology Minor, *cum laude*, **Miami University**, 1996

RESEARCH AND TEACHING INTERESTS

- Sociology of the Life Course
- Formal & Social Demography
- Medical Sociology
- Epidemiology
- Social Gerontology (bereavement & caregiving)
- Research Methods (quantitative & qualitative)

PROFESSIONAL AFFILIATIONS

American Sociological Association

Sections: Population, Aging & Life Course, Medical Sociology, Social Behavior & Evolution

Gerontological Society of America

Population Association of America

PEER-REVIEWED PUBLICATIONS

- M. Caserta, D. Lund, **R. L. Utz**, & B. DeVries. (2009, forthcoming). "Stress-Related Growth Among the Recently Bereaved." Journal of Aging and Mental Health.
- Sanderson, M & **Utz, R. L.** (2009). "The Globalization of Economic Production and International Migration: An Empirical Analysis of Undocumented Mexican Migration to the United States." International Journal of Comparative Sociology 50 (2): 137-154.
- Reither, E & **Utz, R. L.** (2009). "Correcting the Bias Associated with Proxy Reporting of Height and Weight." Population Health Metrics, 7 (2).
- D. Lund, **R. L. Utz**, M. Caserta, S. Wright (2009). "Examining What Caregivers Do During Respite Time to Make Respite More Effective" Journal of Applied Gerontology, 28 (1) 109-131.
- D. Lund, D., **R. L. Utz**, M. Caserta, & B. DeVries. (2008). "Humor, Laughing, & Happiness in the Daily Lives of the Recently Bereaved." OMEGA: Journal of Death and Dying, 58 (2) 87-105.
- Utz, R. L.**, J. Metos, J. Reel, K. Fitschen, D. Cottle, N. Mihalopolous. (2008). "Eat and Live Well: Best Practices for an After School Weight Management Program.." Utah Health: An Annual Review, 13. 81-87.
- Utz, R. L.** & Waitzman, N. J. (2008). "Obesity in the United States and in Utah" Utah Health: An Annual Review, 13. 54-56.
- Stuart, J Michelle & **R. L. Utz** (2007). "Does this Job Fit? Students Try-Out Jobs During Clinical Rotations." Clinical Leadership & Management Review, 21 (1), E3-20.
- Utz, R. L.** & Augustino Mayai. (2006). "The Health & Health Care Needs of a Refugee Population: the 'Lost Boys' of Sudan." Utah Health: An Annual Review, 11. 66-71.
- J. Ha, D. Carr, **R. L. Utz**, & R. Nesse. (2006). "Older Adults Perceptions of Intergenerational Support After Widowhood: How Do Women and Men Differ?" Journal of Family Issues, 27 (1). 3-30.
- S. Brown, R. Nesse, J. House, **R. L. Utz**. (2004). "Religion and Emotional Compensation: Results from a Prospective Study of Widowhood." Personality and Social Psychology Bulletin, 30: 1165-1174.
- Utz, R. L.**, E. Reidy, D. Carr, R. Nesse, C. Wortman. (2004). "The Daily Consequences of Widowhood: The Role of Gender and Intergenerational Transfers on Household Chores." Journal of Family Issues, 25 (5) 683-712.
- Utz, R. L.** (2003). "The Assisted Living Industry: Philosophical Challenges in Everyday Practice." Journal of Applied Gerontology, 22 (3). 379-404.
- Utz, R. L.**, D. Carr, R. Nesse, & C. Wortman. (2002). "The Effect of Widowhood on Older Adults' Social Participation: An Evaluation of Activity, Disengagement, and Continuity Theories." The Gerontologist, 42 (4). 522-533.

Carr, D. & **R. L. Utz**. (2002). "Late-Life Widowhood in the United States: New Directions in Theory and Research." *Ageing International*, 27 (1). 65-88. Reprinted in *Intimacy in Late Life*. G. Fennell & K. Davidson (Eds). Transaction Publishers.

OTHER PUBLICATIONS

Utz, R. L. & K. Nordmeyer. (2007). Aging, Feminism, and the Lifecourse. In *The Gerontologist*, 47 (5). 705-709. Invited Review Essay.

D. Lund, M. Caserta, S. Wright, **R. L. Utz**. (2006). Respite Services: A Guide for Caregivers. Salt Lake City, UT: University of Utah.

Utz, R. L. (2006). The Practical and Economic Adjustments to Loss. In *Spousal Bereavement in Late Life*. D. Carr, R. Nesse, C. Wortman (Eds). Springer Publishing: New York. 167-194.

Utz, R. L. (2005). Single Again: How Older Women Cope with the Loss of Marriage. In *The Gerontologist*, 45 (3). 411-414. Invited Review Essay.

Utz, R. L. (1999). *The Ohio Assisted Living Industry*. Oxford, OH: Scripps Gerontology Center.

MANUSCRIPTS UNDER REVIEW

Utz, R. L., D. Lund, M. Caserta & S. Wright. "Employment as Respite for Caregivers."

Utz, R. L., W. J. Waitzman, E. Reither, J. W. Kim. "The Impact of Prenatal and Maternal Characteristics on Childhood Obesity Risk."

D. Lund, M. Caserta, **R. L. Utz**, & B. DeVries. "The Dual Process Model of Coping: A Test of Two Interventions for Recently Bereaved Persons."

K. Keyes, **R. L. Utz**, G. Guoha, W. Robinson. "What is a cohort effect? Three APC models of obesity prevalence in the US".

Nordmeyer, K. & **Utz, R. L.** "Who Will Care for Mom & Dad? Perceptions of Responsibility vs Actual Care Given."

MANUSCRIPTS IN PROGRESS

N. J. Waitzman, **R. L. Utz**, J. W. Kim. "Neighborhood Socio-Economic Status on Childhood Obesity"

E. Coffield, **R. L. Utz**, N. Waitzman. "Counterweight: School Health Policies and Childhood Obesity"

R. L. Utz, S. Jasti, D. Lund, M. Caserta. "Illness of Grief"

Utz, R. L. "Like Mother, Like Daughter: The Social Construction of Menopause, Health, and Aging"

R. L. Utz, M. Caserta, D. Lund. "Picking Up the Pieces: Perceived Self-Competency Among the Recently Bereaved."

R. L. Utz, S. Swaroop, S. Rivas. "Walking the Dog: Health Behaviors Among Pet Owners"

D. Lund, **R. L. Utz**, M. Caserta, & B. DeVries. "A Tale of Two Cities: Widowhood in Culturally Distinct Communities"

M. Caserta, **R. L. Utz**, D. Lund, & B. DeVries. “Recruitment Strategies for Bereavement Support Interventions”

RESEARCH SUPPORT & FUNDING

2009 – “Development and testing of a data infrastructure for conducting a large, multi-level longitudinal analysis of the determinants of childhood obesity.” (Co-Investigators: Elizabeth Joy, Rebecca Utz, Jim VanDerslice, Norman Waitzman). **Marion Bishop Funding Award**. \$25,000.

2004-2009. “Living After Loss: An Intervention Study to Test the Effectiveness of the Dual Process Model of Coping” (PI: Michael Caserta). **NIA R01-AG023090**. I serve as the Project Director, and am one of Co-Investigator on the project along with Dale Lund & Brian DeVries. The grant funds 25% of my salary.

2008. “Weight Gain from Birth: A Multi-Level, Multi-Cohort Epidemiological Analysis. (PI: Rebecca Utz). **Funding Incentive Seed Grant**, Office of the Vice President for Research, University of Utah. \$30,000.

2007-2008. “Weight Gain from Birth: A Multi-Level, Tri-Cohort Analysis” (PI: Rebecca Utz) **Pilot Grant from the Institute for Public and International Affairs**, University of Utah. \$6,000.

2007. “Eat & Live Well: A Weight Management Program for Hispanic Adolescents and Families” (PI: Nicole Mihalopoulos) **Florsheim Foundation: Initiatives in Child Health**. I served as a co-investigator. \$20,000.

2007. “Determinants of Migration on the Mexican-American Border” **SCERP Pilot Grant from the Environmental Protection Agency**. (PI: Matthew Sanderson, Faculty PI: Rebecca Utz). \$15,000.

2006. “Gene-Environment Determinants of Obesity.” **Proposal Initiative Grant** from the College of Social and Behavioral Sciences, University of Utah. \$6,000.

2005-2006. “Time for Living and Caring: An Intervention Study to Help Caregivers Use Respite More Effectively” (PI: Dale Lund; Co-investigators: Rebecca Utz, Michael Caserta, Scott Wright). **University of Utah Research Council Pilot Grant** \$6,000 & **College of Nursing Small Grant** \$1500.

RESEARCH GRANTS IN PREPARATION

“Living After Loss II: An Individualized Grief Support Program” (Project Lead: M. Caserta. Project Investigators: D. Lund, R. Utz). Our project is part of a larger P01, submitted to the NIA and NCI by the College of Nursing University of Utah.

“Adolescent Obesity: A Multi-Level, Multi-Cohort Epidemiologic Analysis” **NIDDKD R21, PA-06-151**. (PI: Rebecca Utz & Norman Waitzman). Direct Cost \$275. *Currently Unfunded*.

“Time for Living and Caring (TLC): Enhancing the Effectiveness of Caregivers Use of Respite Time” **NIA R01 Grant**. (PI: Dale Lund. Co-Is: Mike Caserta, Rebecca Utz).

PRESENTATIONS AT PROFESSIONAL MEETINGS

R. L. Utz, D. Lund, M. Caserta, B. DeVries, S. Jasti. (November 2009). Illness of Grief. Paper. *Gerontological Society of America*. Atlanta, GA.

R. L. Utz. (August 2009). Self Competency Among Recently Bereaved. Paper. *American Sociological Association*. San Francisco, CA.

- D. Lund, M. Caserta, **R. L. Utz**, D. DeVries. (November 2008). Participants' Experiences in a Dual Process Model (DPM) Intervention for Bereaved Spouses/Partners. Paper. *Gerontological Society of America*. National Harbor, MD.
- R. L. Utz** & E. N. Reither. (August 2008). The Role of Prenatal and Maternal Exposures on Childhood Obesity. Paper. *American Sociological Association*. Boston, MA.
- M. Sanderson & **R. L. Utz**. (April 2008). Undocumented Migration from Mexico to the US: What Role Does Foreign Direct Investment Play? Poster. *Population Association of America*. Boston, MA.
- M. Caserta, D. Lund, **R. L. Utz**, & B. DeVries. (November 2007) "Stress-Related Growth Among the Recently Bereaved." Poster. *Gerontological Society of America*. San Francisco, CA.
- R. L. Utz**, M. Caserta, D. Lund. (November 2007) "Picking Up the Pieces: How the Marital Relationship Affects Widow(er)s' Management of Daily Life." Poster. *Gerontological Society of America*. San Francisco, CA.
- M. Sanderson & **R. L. Utz**. (August 2007). The Role of Foreign Direct Investment on Undocumented Migration From Mexico to the US. Paper. *American Sociological Association*. New York City.
- R. L. Utz**, S. Swaroop, S. Rivas. (August 2007) "Walking the Dog: Health Behaviors Among Pet Owners." Roundtable. *American Sociological Association*. New York City.
- D. Lund, M. Caserta, **R. L. Utz**, B. DeVries. (April 2007). "A Tale of Two Cities: Widowhood in Cultural Unique Contexts" Paper. *American Death Educators and Counselors*. Indianapolis, IN.
- M. Caserta, D. Lund, **R. L. Utz**, & B. DeVries. (November 2006) "The Dual Process Model of Coping: A Test of Two Interventions for Recently Bereaved Persons." Poster. *Gerontological Society of America*. Dallas, TX..
- D. Lund, M. Caserta, **R. L. Utz**, & B. DeVries. (November 2006) "Humor Laughter and Happiness Among Recently Bereaved Persons." Poster. *Gerontological Society of America*. Dallas, TX..
- R. L. Utz** & K. Nordmeyer (November 2006). "Caregiving in the Context of the Modern American Family." Poster. *Gerontological Society of America*. Dallas, TX..
- K. Nordmeyer & **R. L. Utz** (August 2006). "Who Will Care for Mom and Dad: Perceptions of Responsibility vs. Actual Care Given" Paper. *American Sociological Association*. Montreal, Canada.
- R. L. Utz** (November 2005). "Perceived Risk and Health Promotion: Are Middle Age Adults Doing Anything to Promote Heart-Health?" Paper. *Gerontological Society of America*. Orlando, FL.
- R. L. Utz** (April 2005). "The Obesity Epidemic: Is it an Age, Period, or Cohort Phenomenon?" Paper. *Population Association of America*. Philadelphia, PA.
- R. L. Utz** (November 2004). "Considering How Fat We Are, Can We Sustain a Healthful Old Age?" Paper. *Gerontological Society of America*. Washington, D.C.
- R. L. Utz** (April 2004). "The American Obesity Epidemic: Are We Really that Fat?" Paper. *Population Association of America*. Boston, MA.
- R. L. Utz** (November 2003). "Recent Trends in American Health Behaviors: A Cohort Based Analysis." *Gerontological Society of America*. Paper. San Diego, CA.
- N. Rhee & **R. L. Utz**. (November 2003). "Coping with Widowhood: The Effects of Social Support on Bereavement-Related Distress." Paper. *Gerontological Society of America*. San Diego, CA.

- R. L. Utz** (August 2003). "The Perception of Risk and Adoption of Heart Healthy Behaviors." Roundtable Discussion. *American Sociological Association*. Atlanta, GA.
- R. L. Utz** (May 2003). "What's Ahead? Making Projections About the Health Related Needs and Preferences of the Baby Boomers." Paper. *Population Association of America*. Minneapolis, MN.
- R. L. Utz** (November 2002). "The Economic Consequences of Widowhood: Does Income Loss Impact Psychological Well-Being?" Paper. *Gerontological Society of America*. Boston, MA.
- R. L. Utz** (November 2002). "Using the Lifecourse Paradigm to Examine Cohort Differences In Health Behaviors." Paper. *Gerontological Society of America*. Boston, MA.
- R. L. Utz** (November 2001). "To Fight or To Accept: Two Generations of Women Reflect on Menopause, Health, and Aging." Paper. *Gerontological Society of America*. Chicago, IL.
- R. L. Utz** (August 2001). "Like Mother, Like Daughter? Exploring Cohort Differences in the Meaning of Menopause." Paper. *American Sociological Association*. Anaheim, CA.
- R. L. Utz** & E. Reidy (March 2001). "The Effect of Widowhood on Housework: Gender Differences and Dependence on Children." Poster. *Population Association of America*. Washington, D.C.
- R. L. Utz** (November 2000). "Assisted Living: The Philosophical Challenges of Everyday Practice." Paper. *Gerontological Society of America*. Washington, D.C.
- R. L. Utz** (November 2000). "The Effect of Widowhood on Social Integration." Paper. *Gerontological Society of America*. Washington, D.C.
- R. L. Utz** & E. Gothelf. (November 1999). "The Greater Cincinnati Centenarian Project: A Celebration of Human Longevity." Poster. *Gerontological Society of America*. San Francisco, CA
- R. L. Utz** (April 1999). "The Ohio Assisted Living Industry: Description of a Growing Industry." Paper. *Ohio Network of Educational Consultants in the Field of Aging*. Cleveland, OH.
- R. L. Utz** (April 1997). "Measuring Quality of Life in an Alzheimer's Population." Paper. *Ohio Network of Educational Consultants in the Field of Aging*. Columbus, OH.

INVITED PRESENTATIONS

- R. L. Utz**. "The Influence of Prenatal & Maternal Characteristics on Childhood Obesity." (December 2007). University of Wisconsin-Madison, Center for Demography of Health and Aging.
- A. Mayai & **R. L. Utz**. "The Health of the Lost Boys of Sudan"
 (February 2006) *Posters on Capital Hill*. Salt Lake City, UT.
 (April 2006) *National Conference on Undergraduate Research*. Asheville, North Carolina.
- R. L. Utz** (April 2005). "Obesity in America" *Utah Department of Health*. Salt Lake City, UT.
- R. L. Utz** (August 2005). "Challenges and Innovations in Aging Epidemiology: A Demographer's Response" *Max Planck International Research School*. Berlin, Germany.
- R. L. Utz** (October 2002). "Life Course Models of Health & Human Development: A Sociologist's Perspective." *LIFE Fall Academy, Max Planck Institute*. Berlin, Germany.
- J. Straker & **R. L. Utz** (May 2000). "Aging in Place in Assisted Living." *Ohio Health Care Association*. Columbus, OH.

HONORS AND AWARDS

Office of Behavioral and Social Science Research 10th Anniversary Conference, travel awardee, 2006

National Institute on Aging Summer Institute on Aging Research, funded participant, 2005

Roberta G. Simmons Dissertation Award, Medical Sociology Section of the American Sociological Association, 2005

Society for the Study of Social Problems Outstanding Dissertation Award, Honorable Mention, 2005

University of Michigan Distinguished Dissertation Award, 2004.

University of Michigan Horace H. Rackham Predoctoral Fellowship, 2003-2004

National Institute on Aging Predoctoral Training Program in Demography and Aging
 Predoctoral Fellow, 1999-2000, 2000-2001, 2002-2003
 Population Studies Center Trainee, University of Michigan, 1999-2004

Association for Anthropology & Gerontology Margaret Clark Paper Award, Honorable Mention, 2003
 For paper entitled, "To Fight or To Accept: Reflections on Menopause, Health, and Aging"

Blue Cross & Blue Shield Foundation's Excellence in Research Award, Honorable Mention, 2003
 For paper entitled, "Assisted Living: The Philosophical Challenges of Everyday Practice"

RAND Summer Institute, Funded Participant, 2003

ICPSR Summer Institute, Funded Participant, 2000, 2002, 2003

Gerontological Society of America Student Research Award, 2000
 For paper entitled, "Assisted Living: The Philosophical Challenges of Every Day Practice"

Social Security Advocacy Award, 2030 Foundation, 1999

Leadership in an Aging Society Program, Duke University, 1998

Greater Cincinnati Joint Council on Geriatric Care Scholarship, 1996

Honor Society Memberships

Phi Kappa Phi, Miami University chapter
 Alpha Lambda Delta, Miami University chapter
 Lambda Sigma, Miami University chapter
 Phi Eta Sigma, Miami University chapter
 Order of Omega, Miami University chapter

Miami University Department of Sociology, Gerontology, and Anthropology

Outstanding Research in Gerontology Award, 1995-1996
 Outstanding Student in Gerontology Award, 1996-1997

Ohio Network of Educational Consultants in the Field of Aging (ONECA) Student Paper Award, 1996
 For paper entitled "Measuring Quality of Life in an Alzheimer's Population"

SERVICE AND ACTIVITIES

To the Discipline:

The Gerontological Society of America

Abstract Reviewer for Annual Meeting, 2003, 2004, 2005, 2006, 2007
 Organizer, 2004 Annual Meeting Symposium "Life course health: New directions in theory and research"
 Organizer, 2003 Annual Meeting Symposium "Old and new theories in aging: Why do we need theory?"
 Secretary of Student Organization (elected), 2003-2004
 Behavioral and Social Sciences Executive Committee (student representative), 2002-2004
 Publications Committee, 2000-2002

Population Association of America

Poster Award Committee, 2005
 Discussant, 2004 Symposium "Adolescent Health and Obesity in the US"

American Sociological Association

Medical Sociology Section Simmons Awards Committee, 2006
 Medical Sociology Section, Nominations Committee, 2006

Changing Lives of Older Couples (CLOC) Study

Coordinator, Summer Workshop and Public Data Release, 2002

Manuscript Reviewer

- The Gerontologist, Journal of Gerontology, Journal of Health & Social Behavior, Journal of Family Issues, Social Science & Medicine, Sociological Perspectives, Urban Studies, International Journal of Comparative Sociology, Research on Aging, Environment & Behavior, American Sociological Review, Journal of Marriage and Family
- Baywood Publishing, Thomson Publishing

To the University (as a faculty member):

Department of Sociology, University of Utah

Graduate Committee, 2004-2009
 Faculty Search Committee, 2004-2005
 Library Liaison, 2005-2009
 Organizer, Departmental Brownbag & Professional Development Series, 2005-2007

Institute for Public and International Affairs

Director Search Committee, 2005-2006

Behavioral Science and Health Program, University of Utah

Advisory Board, 2004-2009

To the University (as a student):

Department of Sociology, University of Michigan

Executive Committee (student representative), 2001-2002
 Chair, Sociology Graduate Student Association, 2000-2001
 Organizer, Graduate Student Conference, 2000

Population Studies Center, University of Michigan

Facilities Relocation Committee (student representative), 2001-2003
 Student Advisory Committee, 2000-2002
 Organizer, Student Research Forum, 2000-2001

Gerontology Department, Miami University

Departmental Committee (student representative), 1997-1999

To the Community:***Neighborhood Senior Services of Washtenaw County, MI***

Volunteer, Community Outreach Program, 1999-2004

Advisory Board Member, 2000-2003

The Greater Cincinnati Centenarian Project

Executive Committee, 1997-2000

TEACHING EXPERIENCE

Instructor: University of Utah**Social Epidemiology****Introduction to Research Methods** (undergraduate)**Methods of Social Research** (graduate)**Sociology of Health****Obesity in America**Graduate Student Instructor & Grader: University of Michigan**Detroit Area Studies** (survey research practicum)**Graduate Level Statistics I****Research Methods****Power, Practices, and Meaning of Gender****Medical Sociology**Formal Pedagogical Training**New Teacher Orientation**

2-day workshop hosted by Center for Research on Learning & Teaching, University of Michigan

Graduate Student Instructor Training

10-week seminar hosted by the Sociology Department, University of Michigan

TEACHING AWARDS

University of Utah, College of Social and Behavioral Sciences, Superior Teaching Award (semifinalist),
2006 & 2008. * students nominate faculty member from the college.

RELATED WORK EXPERIENCE

American Association of Retired Persons Research Division, Washington, D.C.
State Legislative Issues Research Team (1998)

Scripps Gerontology Center, Oxford, Ohio
Ohio Long Term Care Research Project (1997-1999)
 Research Assistant to Robert Atchley and Jane Karnes-Straker
 “Recruitment and Retention of Paraprofessional Employees in Long Term Care”
 Research Assistant to Robert Applebaum and Jane Karnes-Straker
 “Survey of Noncertified Home Health Care Providers”

Maple Knoll Retirement Village and Maple Knoll Management, Cincinnati, Ohio
Project Manager & Research Consultant: Resident Satisfaction Survey (1996 & 1999)

The Franciscan at St Leonard's Retirement Community, Centerville, Ohio
Administrator in Training (1996)
Dietary Aide (1989-1993)
Certified Nursing Assistant (1993-1996)
Activities Coordinator (1995-1996)

Karrington Assisted Living, Dayton, Ohio
Resident Assistant: Activities & Personal Care (1995)

Oxford View Nursing Center, Oxford, Ohio
Certified Nursing Assistant (1994-1997)