

Md Towfiqul Alam

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Education

Doctor of Philosophy in Public Health Education

University of North Carolina at Greensboro (UNCG), USA

Graduation date: May 2023

Master of Public Health Education

University of North Carolina at Greensboro (UNCG), USA

Graduation date: May 2018

Bachelor of Medicine and Surgery (MBBS)

(US equivalency: 1st professional degree in Doctor of Medicine, WES evaluated GPA: 4.0)

University of Dhaka (Mymensingh Medical College), Bangladesh

Graduation date: January 2012

Medical Licensing

Bangladesh Medical and Dental Council (BMDC)

General Registration, 2013, Registration number: A62525

Professional Appointments

- **Assistant professor** **August 2023 - Present**
Department of Health Sciences, James Madison University
- **Teaching instructor** **January 2019 – May 2023**
Department of Public Health Education, University of North Carolina at Greensboro
- **Research Assistant** **August 2018 – May 2023**
Department of Public Health Education, University of North Carolina at Greensboro
- **Research Assistant** **January 2016 – May 2018**
School of Nursing, University of North Carolina at Greensboro
- **Medical Officer** **July 2014 – July 2015**
Ministry of Health and Family Welfare, Bangladesh
- **Medical Intern** **May 2012 – May 2013**
Mymensingh Medical College & Hospital, Bangladesh

Technology/Software Skills

- Learning Management - Canvas
- Statistical Software- SAS, SPSS, Mplus, HLM
- Survey Software- Qualtrics, Redcap
- Reference Management Software- Zotero

- Video editing software- Adobe Premiere pro
- Others- MS Word, MS Excel, MS PowerPoint

Work Experiences

Dept. Public Health Education, UNCG

August 2018-Present

Research Assistant

- Multilevel modeling on how state level contextual factors influence chronic health outcome (Current project)
- Conducted secondary data analysis of Immigration policies, neighborhood social cohesion, and physical activity among Latinos (accepted abstract in Active Living Conference (ALC), 2023)
- Conducted secondary data analysis and interpretation of racial and ethnic differences in physical activity, Osteopenia and Osteoporosis: results From NHANES (accepted abstract in Gerontological Society of America (GSA), 2022)
- Performed secondary data analysis of immigrant-related factors and prediabetes prevalence in a national sample of Latino adults. (Accepted abstract in AHA epidemiology and prevention scientific session, 2022)
- Assisted in secondary data analysis on nativity status and poly tobacco use among young adults in the United States (manuscript published in International Journal of Environmental Research and Public Health, 2022)
- Performed secondary data analysis on factors influencing antenatal care use among adolescent girls in Bangladesh using the Demographic Health Survey (DHS) 2017-18. (paper under review)
- Secondary data analysis and interpretation of multiple socio-ecologic determinants of pre-diabetes risk in Asian Americans.
- Performed secondary data analysis on immigrant policies, neighborhood social cohesion and physical activity among Latinos (abstract submitted in Active Living Research conference, 2023)
- Conducted secondary data analysis and interpretation of education gradient and cardiovascular health metrics in Asian Americans using NHANES data (manuscript published in International Journal of Environmental Research and Public Health, 2021)
- Conducted secondary data analysis and interpretation of healthy eating index (HEI-2015) and cognitive performance in 60 years or older using NHANES data (accepted abstract in GSA, 2021)
- Conducted secondary data analysis and interpretation of education gradient and diabetes prevalence in foreign-born Asian Americans using NHANES data (accepted abstract in Society of Behavioral Medicine, 2020)
- Primary data analysis and interpretation of County Commissioners' perceptions of firearm violence Prevention Policies in North Carolina (manuscript published in Journal of Community Health, 2022)
- Assisted to collect cognitive data, submaximal fitness tests and collection of blood sample for PAAD-2 study and helped to develop master data files in Red Cap for storing and merging data across time points. (accepted abstract in Journal of Sports and Exercise Psychology, 2021)
- Performed primary data analysis on supporting preceptors and strengthening academic-practice partnerships (manuscript published in Journal of Nurse Practitioners, 2019)

Teaching Instructor

Population Health Determinants, (HTH 231)

August 2023 - Present

- Preparing and delivering lectures in the interrelationships of social, behavioral, environmental, and biological factors contribute to individual and population health
- Preparing relevant course materials, assignments, quizzes, and exams

- Maintaining digital learning management systems (Canvas), grade center and announcements
- Grading assignments and exam papers
- Maintaining office hours for the students
- Timely reporting student progress

U.S. and Global Healthcare System, (HTH 354)

August 2023 - Present

- Preparing and delivering lectures in the study of the structure, organization, and institutions of the U.S. and global health care system.
- Preparing relevant course materials, assignments, quizzes, and exams
- Maintaining digital learning management systems (Canvas), grade center and announcements
- Grading assignments and exam papers
- Maintaining office hours for the students
- Timely reporting student progress

Human Sexuality, (HEA 260)

January 2019-May 2023

- Preparing and delivering lectures in the study of psychosocial, biological, cultural, and developmental aspects of human sexuality
- Preparing relevant course materials, assignments, quizzes, and exams
- Maintaining digital learning management systems (Canvas), grade center and announcements
- Grading assignments and exam papers
- Maintaining office hours for the students
- Timely reporting student progress

Teaching assistant

August 2019-December 2019

Public Health Epidemiology, (HEA 315)

- Assisted students in understanding basic epidemiological concepts and measures of disease occurrence, identify the major epidemiologic study designs, examining epidemiologic studies, inferring needs for health education on the basis of relationships between factors and diseases under the guidance of class instructor
- Managed online portal to track attendance, proctoring quizzes, and final assessment
- Graded assignments, exam papers and maintaining office hours for the students

Internship

January 2018-May 2018

Clinical Service Division, Guilford County Health Department

- Reviewed retroactive medical records of female STI patients
- Analyzed data to find out risk factors that increase the chance of contracting STDs and HIV
- Prepared reports of analyzed data

School of Nursing, UNCG

January 2016-August 2018

Research Assistant

- Assisted in data processing and evaluation in Advanced Nursing Education Workforce grant on benefitting underserved populations
- Assisted in literature review, reference management
- Created an online digital orientation manual for RN-BSN students (AHEC project), assisted in Web-based video capture (B-line medical) during clinical lab simulation.
- Prepared laboratory specimens, maintained inventory of lab resources, assisted in developing clinically-based scenarios for computerized simulators

Volunteer Research work

August 2017-January 2018

Dept. of Clinical Psychology at UNCG

- Volunteered in Adult Personality and Psychopathology Lab
- Ran undergraduate participants from participant pool to examine their Borderline personality traits dimensionally

Dept. Public Health Education at UNCG

August 2016-January 2018

- Worked on secondary data collection, analysis, and interpretation of bicyclist and pedestrian accidents trends using Fatality Analysis Reporting System (FARS)

Ministry of Health and Family Welfare, Bangladesh

July 2014-July 2015

Medical Officer, Kalaroa Upazila Health Complex

- Attended patients including outdoor & emergency, examined, ordered diagnostic procedures, prescribed, and administered medications
- Provided emergency care for acute coronary syndrome, chronic obstructive pulmonary disease (COPD) and asthma, acute infections, poisoning, acute exacerbation of peptic ulcer disease (PUD), diabetes and multiple trauma
- Performed routine surgery including primary closure techniques (suturing), ingrown toenail removal, skin lesion biopsies and removal of foreign bodies from ears, eyes, or wounds
- Supervised and provided pre-natal and post-natal care, reported births, deaths, and incidence of contagious and other diseases to governmental authorities
- Visited community clinic to provide treatment and increase health awareness

Mymensingh Medical College & Hospital

May 2012-May 2013

Medical Intern

- Worked on rotational basis in three main divisions (Medicine, Surgery, Gynecology & obstetrics) and their subdivisions
- Examined patients, documented their medical histories, admitted patients, ordered diagnostic tests, and provided treatment under the guidance of senior medical practitioners

Research Publications

A. Peer Reviewed Journal Articles (in reverse chronological order)

- Okpala, P. C., Rosario, C., Dupont-Reyes, M. J., Martin Romero, M. Y., Alam, M. T., Paivanas, H., & Echeverria, S. E. (2022). Nativity Status and Poly Tobacco Use among Young Adults in the United States. *International Journal of Environmental Research and Public Health*, 19(3), 1230. <https://doi.org/10.3390/ijerph19031230>
- Payton Foh, E., Alam, M. T., Okpala, P., & Dudley, W. H. (2022). Identifying Local Level Strategies: North Carolina County Commissioners' Perceptions of Firearm Violence Prevention Interventions. *Journal of Community Health*, 47(2), 334–343. <https://doi.org/10.1007/s10900-021-01050-8>
- Alam, M. T., Echeverria, S. E., DuPont-Reyes, M. J., Vasquez, E., Murillo, R., Gonzalez, T., & Rodriguez, F. (2021). Educational Attainment and Prevalence of Cardiovascular Health (Life's Simple 7) in Asian Americans. *International Journal of Environmental Research and Public Health*, 18(4). <https://doi.org/10.3390/ijerph18041480>
- Amirehsani, K. A., Kennedy-Malone, L., & Alam, M. T. (2019). Supporting Preceptors and Strengthening Academic-Practice Partnerships: Preceptors' Perceptions. *The Journal for Nurse Practitioners*, 15(8), e151–e156. <https://doi.org/10.1016/j.nurpra.2019.04.011>

B. Manuscript Under Review

- Denzongpa Kunga, **Alam Md Towfiqul**, Nichols Tracy. Factors influencing antenatal care use among adolescent girls in Bangladesh using the Demographic Health Survey 2017-18. *Women & Health*
- **Alam Md Towfiqul**, Vasquez Elizabeth, Jennifer Etnier, Echeverria Sandra. Dietary Adherence and Cognitive Performance in Older Adults by Nativity Status: Results from the National Health and Nutrition Examination Survey (NHANES), 2011–2014. *Journal of Aging and Health*

C. Manuscript Under Preparation

- Vasquez Elizabeth, **Alam Md Towfiqul**, Murrilo Rosenda. Race and Ethnic Differences in Physical Activity, Osteopenia, And Osteoporosis: Results From NHANES 2009-2010, 2013-2014, 2017-2018. *Physical Activity and Health*

D. Professional Presentations

- Echeverria, S., **Alam, M. T.**, Gonzalez, T. (2023). Immigrant policies, neighborhood social cohesion and physical activity among Latinos. Annual Active Living Conference, 2023, Bethesda, Maryland
- **Alam, M. T.**, Vasquez, E., & Echeverria, S. (2021). Association Between Diet And Cognitive Performance In Adults Aged 60 And Over: NHANES, 2011–2014. *Innovation in Aging*, 5(Suppl 1), 705. <https://doi.org/10.1093/geroni/igab046.2641>
- Vasquez, E., **Alam, M. T.** & Murillo, R. (2022). Race And Ethnic Differences In Physical Activity, Osteopenia And Osteoporosis: Results From NHANES. GSA 2022 Annual Scientific Meeting, Indianapolis.
- Echeverria, S., Vasquez, E., Murillo, R., Janevic, T., **Alam, M. T.**, Okpala, P. C. (poster presentation, 2022). Immigrant-related factors and prediabetes prevalence in a national sample of Latino adults. AHA epidemiology and prevention scientific session, 2022, Chicago, IL.
- Erica Payton, PhD, MPH, **Md Towfiqul Alam**, Peace Okpala, MPH and William Dudley, PhD (Poster presentation, 2019). Cluster analysis of County Commissioners' perception of local level firearm violence interventions. APHA 2019 National Conference, Nov 02-06, 2019. Philadelphia, PA
- Payton, E., **Alam, T.**, Okpala P, & Dudley WN. (Oral presentation, 2020). Cluster Analysis of County Commissioners' Perceptions of Local Level Firearm Violence Interventions. Society for Public Health Education Annual Conference, Atlanta, GA, March 2020.
- **Alam, M. T.**, Denzongpa, K., Orozco, J., & Echeverria, S. (Poster presentation, 2020). Educational Gradient in Diabetes Prevalence among Foreign Born Asian Americans: Implications for Health Interventions. *Annals of Behavioral Medicine* (Vol. 54, pp. S378-S378).
- Park, K. S., Etnier, J., DuBois, S., Vance, J., **Alam, M. T.**, & Holder, H. (2021). Normative Comparison of Cognitive Performance in Middle-Aged Persons With a Family History of Alzheimer's Disease: Preliminary Results of PAAD-2 Study. In *Journal of Sport & Exercise Psychology* (Vol. 43, pp. S84-S84).
- Kennedy-Malone, L., Amirehsani, K. A., Curcio, K., **Alam, M. T.**, Larson, A., & Thomas, K. (Presentation, 2019). Enhancing Nurse Practitioners' Access to Resources Pertaining to the Social Determinants of Health: Improving Patient Care and Promoting Equitable Health Care. NCNA 2019 National Conference, March 24-27, 2019, Asheville, NC.

- Amirehsani, K. A., Kennedy-Malone, L., Curcio, K., & **Alam, M. T.** (Presentation, 2018). Preceptors' Perceptions: A Quality Improvement Study. AANP 2019 National Conference, June 18-23, 2019. Indianapolis, IN.

E. Other

Echeverria, S., & Alam, M. T. (2023). Why Heterogeneity Matters: Prevention Implications of Excess Diabetes-Related Deaths in Asian American Subgroups*. JACC: Asia. <https://doi.org/10.1016/j.jacasi.2023.02.005>

Professional development and award

- Participation award, poster on “Educational Gradient in Diabetes Prevalence among Foreign Born Asian Americans: Implications for Health Interventions”, UNCG graduate school, 2020
- Certified in COVID-19 contact tracing
- Certified Adult and Pediatrics First Aid/CPR/AED (American Red Cross), 2019
- Expanded Program on Immunization, 2015 (Addition of pneumococcal conjugate vaccine and inactivated polio vaccine)
- Essential Burn Care, Hospital Preparedness for emergencies (HOPE), 2013
- Public Health Nutrition, Safe Blood Transfusion, 2012

Clinical Skills

Intravenous access techniques	Ingrown toenail removal
Nasogastric tube placement	Nasal packing for epistaxis
Foley catheter insertion	ECG and simple interpretation
Primary closure techniques	CPR
Digital nerve block	Excision of skin lesions
Endotracheal intubation	Venesection

Community service

- Volunteered in community health assessment (CHA) in the Durham County health department to collect data on overall health and well-being of the community
- Volunteered in Montagnard Hypertension Research Project Health Fair, UNCG PHE, USA to assist tribal Vietnamese immigrants in getting health service
- Volunteered in vaccination, blood grouping, blood donation, safe blood transfusion and program in community level organized by Leo Club, Mymensingh Medical College, Bangladesh

Professional Association

- Bangladesh Medical association (BMA), Bangladesh
- Society of Behavioral Medicine (SBM), USA
- Gerontological Society of America (GSA), USA
- Leo club, Mymensingh Medical College (Mother Organization: Lions international club), Bangladesh
- Member of Alpha Nu (Eta Sigma Gamma), UNCG, USA