



## Cynthia Cook, Ph.D

Cynthia Cook has over thirty years of experience in the field of school health education. After graduating from Kent State University in 1982, Cynthia began her career in K-12 education teaching physical education, health education, and science education in Ohio, Maryland, Wisconsin and Georgia. Cynthia returned to Kent State in 1995 to complete her master's and doctoral degrees in school health education, during which time she served as a research and teaching assistant in the Applied Psychology Department and the Health Sciences Department, respectively. In her final year as a doctoral student, she was awarded the Doctoral Student of the Year Award by her professors. Cynthia's dissertation looked at the relationship between Coordinated School Health Programs (CSHP) and the academic outcomes of students in 18 large urban school districts. Cynthia spent the next three years at the University of Toledo as an assistant professor in health education, teaching and training pre-service school health education teachers. Cynthia served as the Regional School Health Coordinator (RSHC) in the Department of Curriculum Instruction and Assessment (DCIA) at the Calhoun Intermediate School District (CISD) in Michigan for nine years where she provided leadership, services and technical assistance to school health professionals in 39 local school districts in Barry, Branch, Calhoun, Kalamazoo, and St. Joseph Counties. Currently, Cindy is in her sixth year as the School Health Consultant for Wayne RESA. She enjoys sharing her expertise in coordinated school health, prevention programming, and health promotion with school stakeholders. Since, research reports that a students' academic success is closely linked to their physical, mental, and social well-being, Cynthia's goal is to provide evidence and research-based prevention programming to school staff, who in turn, help facilitate the student's adoption of positive health- enhancing attitudes, beliefs, and behaviors.