



Heather Vilvens, Ph.D., MCHES

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Dr. Vilvens holds a Ph.D. degree in educational studies with a focus on educational and community-based action research (ECAR) from the University of Cincinnati, where she also earned a master of education degree in health promotion and education with a concentration in exercise science. She completed her undergraduate studies with a bachelor of arts degree in psychology from Ohio University (Athens). As a Master Certified Health Education Specialist (MCHES), Dr. Vilvens has had numerous experiences in public health and health education throughout Ohio. She has worked with a variety of organizations on a diverse range of public health initiatives, including school health, health education standards, cardiovascular health, clean air policies, maternal and child health, farm vehicle and horseback riding safety for children, shared use of school physical activity spaces, and leadership development for the public health workforce. Currently, Dr. Vilvens is an associate professor and program director of the health promotion and education programs in the allied health department at the University of Cincinnati Blue Ash College. Her research interests encompass public and community health advocacy, health communication, complementary and alternative medicine, exercise and fitness, nutrition, community-based participatory action research, and social and cultural determinants of health. Outside of work, Dr. Vilvens enjoys spending time with her family, running, walking, and hiking in nature, listening to health and wellness podcasts, and reading.