

PERSONAL DATA

PLACE AND DATE OF BIRTH: Bottrop/Germany, August 1, 1981, NATIONALITY: German

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## EDUCATION

University of Tübingen, Germany

Habilitation, *venia legendi* in sport science, June 2021

FAU Erlangen-Nuremberg, Germany

Dr. phil., *magna cum laude*, 2013 (supervisor: Prof. Dr. Dr.hc. Alfred Rütten)

Dipl.-Pol. (Political Science), *magna cum laude/sehr gut/1,4* in 2006

McGill University Montréal, Canada

Exchange student, 2004-2005, political science, Canadian Studies, Anthropology

## EMPLOYMENT

University of Bern, Institute of Social and Preventive Medicine

Since May 1, 2021 Assistant Professor Tenure Track, Head of research group on community health and health(care) systems research

University of Tübingen, Germany, Department of Health and Social Sciences of Sport, Institute of Sport Science

04/2018-08/2021 Habilitandin/postdoc researcher

FAU Erlangen-Nuremberg, Germany

04/2013-04/2018 Postdoc researcher, project manager Capital4Health BMBF research consortium

08/2006-04/2013 Research associate, PhD candidate

## INSTITUTIONAL RESPONSIBILITIES

Member of the Directorate, Institute of Social and Preventive Medicine, Univ. of Bern, since 2022

Member of Expert Committee Public Health, Graduate School for Health Sciences, Univ. of Bern, since 2022

Member of the Research Board, Institute of Social and Preventive Medicine, Univ. of Bern, since 2021

Faculty member, Medical Faculty, Univ. of Bern, since 2021

SSPH+ Faculty Member, 2022

Elected women's representative, Department Psychology and Sport Science, FAU Erlangen-Nuremberg, 2013-2017

## APPROVED RESEARCH PROJECTS

Divided pandemic society and Public Health. Polarization in the Covid-19 pandemic response in Switzerland, MCID Bern (2022-2025, CHF 719'572), **PI/grant holder**; co-PIs: Nicola Low ISPM, Univ. Bern, Markus Freitag, IPW, Univ. Bern

Research component in the special initiative on urban governance for health, equity, wellbeing, WHO Headquarter Geneva, Enhanced Wellbeing Unit (2021, CHF 71'920), **PI/grant holder**; co-PIs: Thomas Abel, Oscar Franco, ISPM, Univ. Bern

German Federal Ministry of Health Research program on physical activity promotion (06/2019-06/2023 FKZ 2519FSB114, EUR 1 Mio ), **co-PI**; PI: Ansgar Thiel, Univ. Tuebingen

Participatory evaluation of a healthy region<sup>PLUS</sup> in Germany (2018-2021, Techniker Kasse, EUR 100'000), **PI/grant holder**

Project collaborations:

- Swiss National Science Foundation: Using real-world data for diagnosis and prognosis of childhood asthma (SPAC Study, phase 3, PI: Claudia Kuehni, ISPM), 2022-2026
- Santé Suisse/Gesundheitsförderung Schweiz - Prevention of Pain Chronification (PrePaC, PI: Konrad Streitberger, Schmerzzentrum, Insel), 2023-2027
- Swiss National Science Foundation NRP 74: Migrant Women's Health Care Needs for Chronic Illness Services in Switzerland (MIWOCA, PI: Thomas Abel, ISPM), 2017-2020

## **SUPERVISION OF JUNIOR RESEARCHERS**

**Supervision of PhD students at ISPM/Univ. of Bern**

- Cristopher Kobler Betancourt, Health, Illness, and societal division in pandemic contexts, since 2022
- Sophie Meyer, science-policy-interface in PH interaction, since 2021;
- Kris Schürch, Migrant Health and Smoking, since 2021

### **Co-supervision of PhD students**

ISPM/Univ. of Bern

- Philippa Jörger for a qualitative study on hearing loss among childhood cancer survivors, since 2022
- Mert Azi Ipekçi on polarization and health outcomes, since 2023

Univ. of Tuebingen

- Lea-Sofie Hahn, Physical activity promotion in nursing home, since 2021

### **Supervised and defended Master theses (as first supervisor)**

Social Sciences

Tübingen: Maike Dernbach on the Scientific Discourse on the Eligibility of Transgender Athletes and Athletes with Differences of Sex Development in Elite Sports; Lea-Sofie Hahn on PA promotion in nursing homes; Katja Heilmeyer, Mirijam Hinger, Anna Kötting, Vanessa de la Rosa, on worksite health promotion

FAU Erlangen-Nuremberg: Marya Balinghasay, Health literacy in public health and clinical health; Jonah Derespina, Physical activity among American Indian and Alaskan Natives; Tuulia Puikkonen, Physical activity promotion policy in Finland and Germany; Jana Tielemann, Integration through sports

MD - Bern

Clemence Stoll on discrimination of patients with a migratory background in the Swiss healthcare system; Sarah Inglima Gross on access to health care for person with a migration background in Switzerland

## **TEACHING**

**Teaching coordination**

University of Bern

Master of Public Health, since 2023

- Module Socio-cultural contexts, migration, and health

Medical degree, since 2021

- Prevention day, 4<sup>th</sup> year of study program

Public Health Sciences Course Program, PhD students, since 2023

- Lead for the theme health promotion
- Co-lead for the theme core methods

### Courses taught

University of Bern

Lectures in medical degree, since fall 2021

- What is health?
- Salutogenesis
- Social determinants of health
- Ottawa charter for health promotion and beyond

Master of Public Health, since 2011 (guest lecturer)

- Socio-cultural contexts, migration, and health

University of Tübingen

Master/Bachelor of Science, Health Promotion in Sport Science, 2018-2021; 2022 (guest lecturer)

- Lectures and various seminars

FAU Erlangen-Nuremberg

Master of Arts, Physical Activity and Health, FAU Erlangen-Nuremberg, 2006-2016

- various lecture series and seminars

Medical degree, 2014-2016

- lecture on sport and prevention

### BOARDS AND REVIEW WORK

Associate Topic Editor for article collection “co-creation in health promotion”, *Frontiers in Public Health*, 2021

Guest editor, special issue “social network analysis”, *IJERPH*, 2021

Review editor “The History, Culture and Sociology of Sports”. *Frontiers in Sports and Active Living*, since 2019

Ad-hoc reviewer for e.g., Health Promotion International, Environmental Science and Policy, Health Research Policy and Systems, International Journal of Behavioral Nutrition and Physical Activity, Health Education and Behavior, Global Health Promotion, *Frontiers in Public Health*, WHO Public Health Panorama, Swiss Medical Weekly, European Journal of Sport and Society, German Journal for Sport Medicine, Current issues in sport science

### CONFERENCE ORGANISATION

Scientific committee, World Congress of Sport Sociology, shared conference by ISSA and EASS, 2022

Member of the program committee ‘participation’, Public Health Conference Poverty and Health (Programmkomitee Partizipation, Kongress Armut und Gesundheit), since 2019

### COMMITTEE AND CONSULTATION WORK

Board member, Partnet, Network for Participatory Health Research in German-speaking countries, since June 2022

Process consultant for health promotion, Federal Centre for Health Education (BZgA) and matrix GmbH, since 2020

### SELECTED AWARDS AND HONORS

Postdoc grant by the German Canada Studies Foundation, GKS e.V for field research in Canada, 2020 (cancelled due to COVID-19)

Graduate Fellow Friedrich-Ebert-Foundation, Germany, 2004-2006

CREPUQ-Grant for an academic year at McGill University, Conférence des Recteurs et des Principaux des Universités du Québec or Association of Rectors and Principals of Quebec Universities, 2004-2005

## MEMBERSHIPS

European Public Health Association, Section Health Promotion; International Collaboration for Participatory Health Research; PARTnet – Network for participatory health research; German Association for Sport Science: Commission for Health, Section Sport Sociology, Section Gender and Diversity; European Association for the Sociology of Sport; Society for Canada Studies in German-speaking countries

## PUBLICATIONS (since 2019)

### Publications in peer-reviewed international journals

(\*PhD or postdoc from RG as first/last author)

- Abel, T., Tadesse, L., **Frahsa, A.**, & Sakarya, S. (2023). Integrating Patient-reported Experience (PRE) in a multistage approach to study access to health services for women with chronic illness and migration experience. *Health Expectations*, 26(1), 237-244.
- \*Punzalan, J. K., Guingona, M., Punzalan, M. G., Cristobal, F., **Frahsa, A.**, & Liwanag, H. J. (2023). The Integration of Primary Care and Public Health in Medical Students' Training Based on Social Accountability and Community-Engaged Medical Education. *International Journal of Public Health*, 68. <https://doi.org/10.3389/ijph.2023.1605359>
- Haigis, D., Wagner, S., Sudeck, G., **Frahsa, A.**, Thiel, A., Eschweiler, G. W., & Niess, A. M. (2022). Comparison of Habitual and Maximal Gait Speed and their Impact on Sarcopenia Quantification in German Nursing Home Residents. *J Frailty Sarcopenia Falls*, 7(4), 199-206. <https://doi.org/10.22540/ifs-f-07-199>
- \*Liwanag, H. J., Uy, J., Politico, M. R., Padilla, M. J., Arzobal, M. C., Manuel, K., Cagouia, A. L., Tolentino, P., **Frahsa, A.**, & Ronquillo, K. (2022). Cocreation in Health Workforce Planning to Shape the Future of the Health Care System in the Philippines. *Global Health: Science and Practice*, 10(6), e2200176. <https://doi.org/10.9745/ghsp-d-22-00176>
- Sauter, A., Herbert-Maul, A., Abu-Omar, K., Thiel, A., Ziemainz, H., **Frahsa, A.**, Linder, S., & Herrmann-Johns, A. (2022). "For me, it's just a piece of freedom" —Increased empowerment through physical activity promotion among socially disadvantaged women. *Frontiers in Public Health*, 10. <https://doi.org/10.3389/fpubh.2022.867626>
- Wilder-Smith, A., & **Frahsa, A.** (2022). Impact of BMI on COVID-19 vaccine effectiveness. *Lancet Diabetes Endocrinol*, 10(8), 551-552
- Frahsa, A.**, Abel, T., Gelius, P., & Rütten, A. on behalf of the C4H consortium (2021). The capability approach as a bridging framework across health promotion settings: Theoretical and empirical considerations. *Health Promotion International* 36 (2), 481-492.
- \*Altmeier, D., Thiel, A., & **Frahsa, A.** (2021). 'All We Have to Decide Is What to Do with the Time That Is Given to Us' a Photovoice Study on Physical Activity in Nursing Homes. *International Journal of Environmental Research and Public Health*, 18(10), 5481. <https://doi.org/10.3390/ijerph18105481>.
- Thiel, A., Sudeck, G., Niess, A., Eschweiler, G. W., Altmeier, D., Haigis, D., Pomiersky, R., Schmid, J., & **Frahsa, A.** (2021). BaSAlt — A mixed-methods study protocol on setting-based physical activity promotion and counseling in nursing homes. *Contemporary Clinical Trials Communications*, 23, 100828. <https://doi.org/10.1016/j.conctc.2021.100828>
- \*Fleuren, T., Thiel, A., & **Frahsa, A.** (2021). Identification of Network Promoters in a Regional and Intersectoral Health Promotion Network: A Qualitative Social Network Analysis in Southern Germany. *International Journal of Environmental Research and Public Health*, 18(16), 8372. [doi:10.3390/ijerph18168372](https://doi.org/10.3390/ijerph18168372).
- Haigis, D., Matting, L., Wagner, S., Sudeck, G., **Frahsa, A.**, Thiel, A., Eschweiler, G., & Nieß, A. M. (2021). Identification of Sarcopenic Obesity in German Nursing Home Residents—The Role of Body Composition and Malnutrition in the BaSAlt Cohort-Study. *Nutrients*, 13(11), 3791. <https://www.mdpi.com/2072-6643/13/11/3791>
- Haigis, D., Pomiersky, R., Altmeier, D., **Frahsa, A.**, Sudeck, G., Thiel, A., ... Nieß, A. M. (2021). Feasibility of a Geriatric Assessment to Detect and Quantify Sarcopenia and Physical Functioning in German Nursing Home Residents—A Pilot Study. *Geriatrics*, 6(3), 69. [doi:10.3390/geriatrics6030069](https://doi.org/10.3390/geriatrics6030069).
- Stock, C., Dias, S., Dietrich, T., **Frahsa, A.**, & Keygnaert, I. (2021). Editorial: How can We Co-Create Solutions in Health Promotion With Users and Stakeholders? *Frontiers in Public Health*, 9, 773907. <https://doi.org/10.3389/fpubh.2021.773907>.
- Thiel, A., Altmeier, D., **Frahsa, A.**, Eschweiler, G. W., Nieß, A., Sudeck, G., & on behalf of BaSAlt. (2021). Saving lives through life-threatening measures? The COVID-19 paradox of infection prevention in long-term care facilities. *European Review of Aging and Physical Activity*, 18(1), 11. <https://doi.org/10.1186/s11556-021-00265-x>.

- Frahsa, A.** & Thiel, A. (2020). Can functionalized play make children happy? A critical sociology perspective. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2020.571054>.
- Frahsa, A.**, Altmeier, D., John, J.M., ... & Thiel, A. (2020). "I trust in staff's creativity". The impact of COVID19 on physical activity promotion in nursing homes through the lenses of organizational sociology. *Frontiers in Sports and Active Living*. <https://doi.org/10.3389/fspor.2020.589214>.
- Frahsa, A.**, Farquet, R., Bayram, T., ...& Abel, T. (2020). MIWOCA –Experiences with Health Care Services in Switzerland among migrant women with chronic illnesses. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2020.553438>.
- Frahsa, A.**, Streber, A., Wolff, A. & Rütten, A. (2020). Capabilities for physical activity by Turkish- and Russian-speaking immigrants 65+ in Germany. A qualitative study. *Journal of Aging and Physical Activity* 28 (4), 567–579.
- Herbert, A., Abu-Omar, K. **Frahsa, A.**, Streber, A. & Reimers, A. (2020). Transferring a community-based participatory research project to promote physical activity among women – Experiences from 15 years of BIG. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2020.571413>.
- Thiel, A., John, J. & **Frahsa, A.** (2019). Qualitative interviews in sport and physical activity research – do not forget the body. *European Journal for Sport and Society* 16 (1), 1-4.
- Rütten, A., **Frahsa, A.**, Abel, T., . . . & Potvin, L. (2019). Co-producing active lifestyles as whole-system-approach: theory, intervention and knowledge-to-action implications. *Health Promotion International*, 34 (1), 47-59.

### **Peer-reviewed book chapters**

- Abu-Omar, K., **Frahsa, A.** & Till, M. (2021). Kampagnen in der Prävention und Gesundheitsförderung. In M. Tiemann, M. Mohokum (Hrsg.), *Prävention und Gesundheitsförderung*. Springer Reference Pflege – Therapie – Gesundheit. Springer.
- Fleuren, T., **Frahsa, A.**, Majzik, Z. & Thiel, A. (2020). Partizipative Netzwerkanalyse: Bewegungsförderung am Beispiel der Gesundheitsregionplus Erlangen-Höchststadt und Erlangen. In Wollesen, B. et al. (ed.). *Interdisziplinäre Forschung und Gesundheitsförderung in Lebenswelten*. Hamburg: Czwalina.
- Frahsa, A.** (2018). Verkehr und Gesundheit: Walkability. In O. Schwedes (Ed.), *Verkehrspolitik. Eine Interdisziplinäre Einführung* (pp. 395-414). Springer.

### **Edited publications**

- Keynaert, I., Dias, S., Stock, C., **Frahsa, A.**, Dietrich, T., eds. (2022). *How can we Co-Create Solutions in Health Promotion With Users and Stakeholders?* Lausanne: Frontiers Media SA. doi: 10.3389/978-2-88974-147-2.

### **Other publications**

- Frahsa, A.**, Partizipation – eine ZuMUTung? Magazin Prävention & Gesundheitsförderung (p. 4-7). 2022; Zürich: Gesundheitsdirektion Kanton Zürich.
- Bär, G, **Frahsa, A.**, & Schäfer, I. (2021). Community Health, partizipative Ansätze und Covid-19. *Kongressdokumentation Armut + Gesundheit 2021*. Berlin: GBB.
- Majzik, Z., **Frahsa, A.**, & Wolff, A.R.(2021). Methodenvertiefung: Kooperative Planung. In ASH (Hrsg.): *Trainer:innenhandbuch. KLuG Projekt-Schulungsmaterialien*. Berlin: Alice-Salomon-Hochschule.
- Frahsa, A.**, Farquet, R., Meyer, S., Cattacin, S., Sarkaya, S., & Abel, T. (2020). MIWOCA Policy Brief: Verbesserung der gesundheitlichen Versorgung von Frauen mit chronischen Erkrankungen unter besonderer Berücksichtigung von Patientinnen mit Migrationserfahrung. Universität Bern: Institut für Sozial- und Präventivmedizin.
- Translated and extended version: **Frahsa, A.**, Abel, T., Cattacin, S., Farquet, R., Mayer, S., & Sarkaya, S.(2020). Améliorer les soins pour les femmes atteintes de maladies chroniques, considérer les effets de la migration, Genève: Université de Genève (SocioBrief, n°3).
- Frahsa, A.** (2019). MIWOCA BRIEF: Von den Erfahrungen von Frauen mit chronischen Erkrankungen lernen. Universität Bern: ISPM.

## **KEYNOTES AND TALKS (since 2019)**

### **Keynotes**

- Co-creating active communities: Insights from participatory health research on actors, approaches, and agendas. *25. Konferenz der Kommission Gesundheit, Deutsche Vereinigung für Sportwissenschaft*, Tübingen/Germany, 2022
- Participatory approaches Participatory approaches in health promotion programmes, *69th ORCA congress, European Organisation for Caries Research*, Cagliari/Italy 2022
- The intersection between Health Promotion, Community Health and Palliative Care. *Swiss Summer Academy of Palliative Care Research*, 2021.

### Invited talks

- The capability approach as a bridging framework in health promotion: theoretical considerations and empirical insights, *Colloque Département épidémiologie et systèmes de santé (DESS)*, Unisanté, Lausanne, 2022.
- Folgen von Quarantäne und Isolation im Seniorenheim, *128. Kongress der Deutschen Gesellschaft für Innere Medizin*, Wiesbaden/Germany, 2022.

### International

- Physical activity and photovoice – insights from a pseudo-total institution. *Congress of the International Organisation of Sport Sociology ISSA and the European Association of Sport Sociology*, Tübingen/Germany, June 2022.
- Governance towards equity in health – insights from a participatory intersectoral regional network in Germany, *24th IUHPE International Union for Health Promotion and Education, World Conference*, Montréal/online, 2022
- Organisational readiness for physical activity promotion in German long-term care facilities for older people, *24th IUHPE World Conference*, Montréal/online 2022.
- Organizational structures for physical activity promotion in German long-term care facilities in pandemic contexts. *ISPAH conference 2021/2020, International Society for Physical Activity and Health*, Vancouver/online, 2021.
- Physical activity promotion in pseudo-total institutions in pandemic contexts. *17th EASS Congress, European Association for the Sociology of Sport*, online, 2021.
- Conceptualizing a photovoice project on physical activity promotion in nursing homes. *International Collaboration for Participatory Health Research Conference*, online, 2020
- The co-design approach in the MIWOCA project. *12th European Public Health Conference*, Marseille/Frankreich, 2019
- Social network analysis as a tool to guide regional physical activity promotion. *EASS2019 – Sports and the Environment*, Bo/Norway, 2019

### OUTREACH ACTIVITIES

- Input presentation (German) Verhältnisorientierte Bewegungsförderung & individuelle Bewegungsberatung im Setting Altenwohnheim – Oder: Das Pflegeheim ist auf den Hund gekommen. *6. Interdisziplinärer Expert\*innenworkshop der dvs, „Bewegung, Wissenschaft und Public Health“ – ein transdisziplinärer Austausch zu Status Quo und Entwicklungsperspektiven*, 08.02.2022.
- Input presentation (German) Nachhaltige Quartiere in Bern – Quartiers durables à Bern, Eindrücke aus Public Health und Bewegungsförderung. 1. *Kantonaler Nachhaltigkeitstag 2021 im Kanton Fribourg*. <https://www.fr.ch/dime/developpement-durable/1ere-journee-cantonale-du-developpement-durable-les-quartiers-durables>
- Media coverage (German): „Menschen in Pflegeheimen bewegen sich wegen Corona-Regeln zu wenig“, BaSAlt-Forschung und Studie aus *Frontiers in Active Living* und *Sports* zitiert, u.a. auf Spiegel Online <https://www.spiegel.de/gesundheit/coronavirus-menschen-in-pflegeheimen-bewegen-sich-wegen-corona-regeln-zu-wenig-a-14af4816-d072-47dc-903d-089d1f0f1a91>, Frankfurter Rundschau, Merkur, Reutlinger Generalanzeiger und im Schwäbischen Tagblatt, November 2020.

- Podcast guest (German): Armut und Gesundheit – Der Public Health-Podcast. Folge Partizipation und Gesundheit: <https://armut-und-gesundheit.podigee.io/5-neue-episode>, 2019