

Sumithra Murthy, MBBS, MPH, PhD  
Department of Disability and Human Development, University of Illinois at Chicago  
smurthy@uic.edu

## **EDUCATION**

Ph.D. in Disability Studies, University of Illinois at Chicago, 2022  
Master of Public Health (MPH), Northwestern University, 2007  
M.B.B.S., University of Mumbai, India, 1997

## **PROFESSIONAL EXPERIENCE**

### **Visiting Clinical Assistant Professor – January 2023 to present**

#### **Visiting Senior Research Specialist – July 2021 to December 2022**

*Research Director, Ford Foundation and Project Coordinator, DRRP Projects, Department of Disability and Human Development, University of Illinois at Chicago (UIC)*

#### **Visiting Research Specialist – January 2016 to July 2021**

*Project Coordinator, Disability and Rehabilitation Research Projects (DRRP), Department of Disability and Human Development, University of Illinois at Chicago (UIC)*

*Business Manager, Family Support Research and Training Center (FSRTC), Department of Disability and Human Development, University of Illinois at Chicago (UIC)*

*Senior Research Associate, Partners of Refugees in Illinois Disability Employment (PRIDE), Department of Disability and Human Development, University of Illinois at Chicago (UIC)*

#### **Visiting Project Coordinator – February 2011 to January 2016**

*Research Coordinator, Rehabilitation Research and Training Center on Aging with Developmental Disabilities-Lifespan Health and Function, Department of Disability and Human Development, University of Illinois at Chicago (UIC)*

Projects: Longitudinal Health and Intellectual and Developmental Disabilities Study (LHIDDS) & A Randomized Controlled Trial to Reduce Risk of Falls in Older Adults with Intellectual Disabilities

#### **Research Specialist in Public Health – May 2010 to November 2010**

*Research Specialist, Institute for Health Research and Policy (IHRP), University of Illinois at Chicago (UIC)*  
Project: Bridging the Gap – Community Obesity Measures project

#### **Research Specialist for Health Nursing Services – April 2010 to August 2010**

*Project Coordinator, College of Nursing, University of Illinois at Chicago (UIC)*

Project: Impact of a new WIC food package Fruit and Vegetable Cash-Voucher on WIC vendor participation, Accessibility, and Fruit and Vegetable Characteristics

#### **Research Specialist for Kinesiology – March 2009 to August 2010**

*Community Assessor/Data Manager, University of Illinois at Chicago (UIC)*

Project: WIC Vendor Access and Fruit and Vegetable Availability in Northern Illinois

#### **Data Consultant – June 2008 to August 2008**

*Data Manager, Northern Illinois University, School of Nursing and Health Studies*

Project: Understanding the Relationship between Food Environments and Food Access in African American and Latino Elementary School Children and their Families

#### **General Physician – January 1997 to October 1998**

*General Physician, Hyderabad, India*

## **GRANTS**

***MindWalk: A Mindful Walking Intervention for Older South Asian Family Caregivers of People with Intellectual and/or Developmental Disabilities (IDD) with Perceived Psychological Stress.*** Midwest Roybal Center for Health Promotion and Translation, National Institutes for Health: \$50,000. (Principal Investigator). 6/1/23-5/31/24.

***Dementia Caregiver Program for Underserved Populations.*** Illinois Department of Public Health: \$99,552. (Co-Principal Investigator). 10/1/23-6/30/24.

***Ligas Plans of Corrective Actions.*** Illinois Department of Human Services, Division of Developmental Disabilities: \$231,490. (Co-Principal Investigator). 10/01/23-6/30/24.

***Professional Medical Education for improved services for Persons with Disabilities.*** Office of Women's Health and Family Services, Illinois Department of Public Health: \$100,000. (Principal Investigator). 7/1/22-6/30/25.

***Strive to Thrive: Supporting Families across the Aging and DD Networks.*** Florida Developmental Disabilities Council. \$291,890. (Co-Principal Investigator). 5/1/23-4/30/25.

***Strengthening Aging Services for Minority Populations Through Technical Assistance, Resource Development, and Program Coordination Grant.*** Administration for Community Living. \$1,150,160 (Co-Principal Investigator). 9/1/23-8/31/26.

***Ligas Compliance Review.*** Illinois Department of Human Services, Division of Developmental Disabilities: \$595,602. (Co-Investigator). 10/01/22-6/30/23.

## **PUBLICATIONS**

### **Peer Reviewed Journal Articles**

- Balcazar, F. E., **Murthy, S.**, Gibbons, T. M., Sefandonakis, A., Renko, M., Parker Harris, S., & Caldwell, K. (2023). Supports and barriers that entrepreneurs with disabilities encounter when starting their businesses. *Rehabilitation Psychology*, 68(1), 91. DOI: [10.1037/rep0000479](https://doi.org/10.1037/rep0000479)
- Murthy, S.**, & Hsieh, K. (2021). Examining Association Between Reported High Cholesterol and Risk Factors in Adults With Intellectual and Developmental Disabilities (IDD): A Five-Year Follow-Up. *Intellectual and Developmental Disabilities*, 59(2), 112-122. doi: <https://doi.org/10.1352/1934-9556-59.2.112>
- Hsieh, K., Scott, H. M., & **Murthy, S.** (2020). Associated Risk Factors for Depression and Anxiety in Adults With Intellectual and Developmental Disabilities: Five-Year Follow Up. *American Journal on Intellectual and Developmental Disabilities*, 125(1), 49-63. doi: [10.1352/1944-7558-125.1.49](https://doi.org/10.1352/1944-7558-125.1.49)
- Mirza, M., Hasnain, R., Duke, K., & **Murthy, S.** (2019). Formative Evaluation Of A Multifaceted Vocational Rehabilitation Program For Refugees With Disabilities. *Archives of Physical Medicine and Rehabilitation*, 100(10), e78.
- Hsieh, K., **Murthy, S.**, Heller, T., Rimmer, J. H., & Yen, G. (2018). Reported gum disease as a cardiovascular risk factor in adults with intellectual disabilities. *Journal of Intellectual Disability Research*, 62(3), 187-198. DOI: [10.1111/jir.12438](https://doi.org/10.1111/jir.12438)

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- Murthy, S.,** Hsieh, K., & Heller, T. (2017). Prevalence and associated factors of multimorbidity in adults with intellectual disabilities. *Innovation in Aging*, 1(Suppl 1), 1236.  
doi: [10.1093/geroni/igx004.4487](https://doi.org/10.1093/geroni/igx004.4487)
- Hsieh, K., Hilgenkamp, T.I.M., **Murthy, S.,** Heller, T., & Rimmer, J. (2017). Low Levels of Physical Activity and Sedentary Behavior in Adults with Intellectual Disabilities. *International Journal on Environmental Research in Public Health*. DOI: 10.1111/jir.12438
- Hsieh, K., Heller, T., & **Murthy, S.** (2017). Lifestyles, Health, And Preventive Health Care of Older Adults with Intellectual Disabilities. *Innovation in Aging*, 712-712. doi: [10.1093/geroni/igx004.2553](https://doi.org/10.1093/geroni/igx004.2553)
- Grobman, W., Feinglass, J., & **Murthy, S.** (2006). Are the agency for healthcare research and quality obstetric trauma indicators valid measures of hospital quality? *American Journal of Obstetrics and Gynecology*, 193(3), 868-874. DOI: [10.1016/j.ajog.2006.06.020](https://doi.org/10.1016/j.ajog.2006.06.020)

### Book Chapters

- Heller, T., Arnold, C., & **Murthy, S.** (2021). Family Caregiving for Adults with Intellectual and Developmental Disabilities. In C. Bigby & M. Putnam (Eds.), *Handbook on Aging with Disability*. Routledge. doi: <https://doi.org/10.4324/9780429465352>
- Murthy, S.** (2018). Family caregivers and health. In T. Heller, T., S. P. Harris, C. Gill, & R. Gould (Eds.), *Disability in American Life: An Encyclopedia of Concepts, Policies, and Controversies [2 volumes]*. ABC-CLIO.

### Publications Under Review/In Press

- Murthy, S.,** Parker Harris, S., & Hsieh, K. (Under Review). Information Needs of Caregivers of Adults with Intellectual and/or Developmental Disabilities in India. *Journal of Intellectual Disabilities*.
- Murthy, S.,** Parker Harris, S., & Hsieh, K. (Under Review). Future Planning Needs of Family Caregivers of Adults with Intellectual and/or Developmental Disabilities. *Journal of Policy and Practice in Intellectual Disabilities*.
- Murthy, S.,** Parker Harris, S., & Hsieh, K. (Under Review). Informal Support Needs of Caregivers of Adults with Intellectual and/or Developmental Disabilities in India. *Intellectual and Developmental Disabilities Journal*.
- Murthy, S.,** Parker Harris, S., & Hsieh, K. (Under Review). Formal Support and Service Needs of Family Caregivers of Adults with Intellectual and/or Developmental Disabilities in India. *Journal of Applied Research in Intellectual Disabilities*.
- Hasnain, R., Duke, K., Mirza, M., **Murthy, S.,** & Marquez, H (Under Review). A Community-Based Participatory Initiative to Promote the Social and Economic Well-Being of Refugees with Disabilities in Illinois. *Journal of Health Education and Behavior*.
- Caldwell, K., **Murthy, S.,** Hasnain, R., Parker, B., & Werner, B. (Under Review). Economic Justice at the Nexus of Race and Disability Employment. In Oana, B, & Anica, Z. (Eds), *The Routledge Companion to Disability at Work*. Routledge.

### Publications in Progress

- Murthy, S.,** Arnold, K., Dixon, M., Hasnain, R., Hsieh, K., Yi, Z., & Mishra, P. (Manuscript Stage). Mindful Walking Intervention for Older South Asian Family Caregivers of People with Intellectual and/or

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Developmental Disabilities with Perceived Psychological Stress: Pilot Study Protocol of a Randomized Controlled Trial.

Hsieh, K., & **Murthy, S.** (Manuscript Stage). Health-related quality of life (HRQOL) among adults with intellectual and developmental disability: Five-year follow up.

Caldwell, K., **Murthy, S.**, Hasnain, R., & Parker, P. (Manuscript Stage). Nexus: Racial Bias and Equity in Disability Employment. In Hyseni, F., Schur, L., Kruse, D., & Blanck, P. (Eds), *Research in Social Science and Disability Volume 16 Disability and the Future of Work(ers)*. Emerald Press.

## Doctoral Dissertation

Murthy, S. (2022). *Strengths Based Needs Assessment of Caregivers of Adults with Intellectual Disabilities in India*. University of Illinois at Chicago. Thesis. <https://doi.org/10.25417/uic.21516897.v1>

## Web-Based Products

Murthy, S. (2023). Podcast on Sib-in-laws, Chicago, IL: Sibling Leadership Network.

## PRESENTATIONS

### Peer-reviewed Presentations

**Murthy, S.**, Arnold, K., Hsieh, K., Hasnain, R., Dixon, M., Yi, Z., & Mishra, P. (2023, November). *Mindwalk - Mindful Walking for Older South Asian Family Caregivers of People with Intellectual and/or Developmental Disabilities (IDD): An Intervention Development Protocol* [Poster presentation]. 2023 AHS Research Day, UIC, Chicago, IL, United States.

**Murthy, S.**, Arnold, K., Hsieh, K., Hasnain, R., Dixon, M., Yi, Z., & Mishra, P. (2023, November). *Mindwalk - Mindful Walking for Older South Asian Family Caregivers of People with Intellectual and/or Developmental Disabilities (IDD): An Intervention Development Protocol* [Poster presentation]. 2023 AUCD Conference, Washington, DC, United States.

Sparks, H, Arnold, K., **Murthy, S.**, & Heller, T. (2023, November). *Strive to Thrive Environmental Scan: Supporting Families Across the Aging & Developmental Disability Networks* [Poster presentation]. 2023 AUCD Conference, Washington, DC, United States.

Arnold, K, Heller, T., & **Murthy, S.** (2022, November). *Family Support Strategies: Pathways to Improve Health and Wellbeing of People with IDD and their Caregivers*. [Conference Presentation]. 2022 AUCD Conference, Washington, DC.

Caldwell, K, Hasnain, R., Parker, B., **Murthy, S.**, & Werner, B. (2022, November). *Nexus Framework: Core Concepts and Principles for Disability Economic Justice*. [Conference Presentation]. 2022 AUCD Conference, Washington, DC.

Balcazar, F., **Murthy, S.**, Gibbons, T., Sefandonakis, A. & Martinez, K. (2021, November). *Development & Implementation of an Entrepreneurship Curriculum for Youth with Disabilities*. [Conference presentation]. 16th Annual Illinois Statewide Transition Conference, Peoria, IL.

Balcazar, F., **Murthy, S.**, Gibbons, T., & Sefandonakis, A. (2021, October). *Entrepreneurship Experiences of Individuals with Disabilities: Barriers & Supports*. [Conference presentation]. 2021 NRCA Conference. (Virtual)

Balcazar, F., **Murthy, S.**, Gibbons, T., & Sefandonakis, A. (2021, October). *Entrepreneurship: The Role of Community Psychologists*. [Conference presentation]. 2021 MPA Annual Conference. (Virtual)

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- Murthy, S.,** & Hsieh, K. (2020, September). *Prevalence and Associated factors of Hypertension in Adults with Intellectual Disabilities*. [Conference presentation]. IASSIDD 2020 APRC conference, Hyderabad, India. (Conference Canceled)
- Hasnain, R., Mirza, M., Duke, K., & **Murthy, S.** (2019, November). *Partnering with Refugees with Disabilities to Address Long-term Well-being and Quality of Life*. [Symposium presentation]. ACRM 96th Annual Interdisciplinary Conference, Chicago, IL.
- Murthy, S.,** Hasnain, R., Duke, K., Mirza, M., & Sinhal, A. (2019, April). *Empowerment through Education and Employment: A Demonstration Project with Refugees with Disabilities in Illinois*. [Poster session]. 2019 NARRTC Conference, Arlington, VA.
- Hsieh, K., Kitsiou, S., **Murthy, S.,** Gerber, B., & Chen, J. (2018, November). *We Walk Pilot Study: Using Fitbit and text messaging to promote physical activity for adults with intellectual disabilities*. [Poster session]. 2018 APHA Annual Meeting & Expo, San Diego, CA.
- Murthy, S.,** Hsieh, K., & Heller, T. (2017, November). *Prevalence and Associated factors of Hypertension in Adults with Intellectual Disabilities*. [Poster session]. 145<sup>th</sup> APHA Annual Meeting, Atlanta, GA.
- Hsieh, K., **Murthy, S.** & Heller, T. (2017, November). *Risk factors for depression in adults with intellectual and developmental disabilities: A five-year longitudinal study in USA*. [Conference presentation]. 2017 IASSIDD 4th Asia Pacific Regional Congress, Bangkok, Thailand.
- Hsieh, K., **Murthy, S.** & Heller, T. (2017, November). *Employment Status and Social Participation in Adults with Intellectual and Developmental Disabilities Living in the Community*. [Conference presentation]. APHA Annual Meeting, Atlanta, GA.
- Hsieh K., Heller, T. & **Murthy, S.** (2017, July). *Lifestyles, Health Status, and Preventive Health Care Use of Adults with Intellectual Disabilities*. [Conference presentation]. IAGG 2017, San Francisco, CA.
- Murthy, S.,** Hsieh, K., & Heller, T. (2017, July). *Prevalence and Associated Factors of Multimorbidity in Adults with Intellectual Disabilities*. [Poster session]. 21<sup>st</sup> IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- Hsieh, K., **Murthy, S.,** & Rimmer, J. (2016, November). *Prevalence and Predicators of Falls in Adults with Intellectual Disabilities: Three-year Follow Up*. [Conference presentation]. 144<sup>th</sup> APHA Annual Meeting, Denver, CO.
- Hsieh, K., **Murthy, S.,** Heller, T., & Rimmer, J. (2016, August). *Prevalence and Modifiable Risk Factors of Diabetes in Adults with Intellectual Disabilities: A Three-year Follow Up*. [Conference presentation]. 15th World Congress of the International Association for the Scientific Study of Intellectual and Developmental Disabilities, Melbourne, Australia.
- Hsieh, K., **Murthy, S.,** & Heller, T. (2016, July). *Prevalence of sedentary behavior of adults with intellectual disabilities*. [Poster session]. AADMD annual meeting, Chicago, IL.
- Hsieh, K., **Murthy, S.,** & Rimmer, J. (2016, July). *Life events and their associations with depression and anxiety in adults with intellectual/developmental disabilities*. [Conference presentation]. AADMD annual meeting, Chicago, IL.
- Hsieh, K., **Murthy, S.,** Heller, T., & Rimmer, J (2016, April). *Prevalence of predictors of cervical cancer screening among women with intellectual and developmental disabilities*. [Poster session]. UIC Women Research Day.
- Hsieh, K., Rimmer, J., & **Murthy, S.** (2015, November). *Examining association between obesity and depression adults with intellectual disabilities: Using the longitudinal health surveillance data*. [Conference presentation]. 143<sup>rd</sup> APHA Annual Meeting, Chicago, IL
- Hsieh, K., Rimmer, J., & **Murthy, S.** (2015, November). *Health and health-related quality of life in adults with intellectual disabilities: Baseline results from the longitudinal health and intellectual disability study*. [Poster session]. 143<sup>rd</sup> APHA Annual Meeting, Chicago, IL.

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- Hsieh, K., Rimmer, J., Heller, T., **Murthy, S.**, & Wang, E. (2015, July). *Longitudinal associations between sex, age, health risk behaviors and health-related quality of life of adults with developmental disabilities*. [Conference presentation]. Global Summit on Innovations in Health and Intellectual and Developmental Disability Conference, Los Angeles, CA.
- Hsieh, K., Rimmer, J., & **Murthy, S.** (2014, November). *Comparing the health profile of older adults with intellectual and developmental disabilities to the general population*. [Conference presentation]. 142<sup>nd</sup> APHA Annual Meeting, New Orleans, LA
- Hsieh, K., Rimmer, J., & **Murthy, S.** (2014, November). *Prevalence and predictors of cervical cancer screening among women with intellectual and developmental disabilities*. [Conference presentation]. 142<sup>nd</sup> APHA Annual Meeting, New Orleans, LA
- Murthy, S.**, Hsieh, K., & Rimmer, J. (2015, November). *Health and health-related quality of life in adults with intellectual disabilities: Baseline results from the longitudinal health and intellectual disability study*. [Poster session]. 143<sup>rd</sup> APHA Annual Meeting, Chicago, IL.
- Hsieh, K., Rimmer, J., & **Murthy, S.** (2013, November). *Outcomes of Strength and Balance Exercise and Walking Programs Among Older Adults with Intellectual Disabilities*. [Conference presentation]. 141<sup>st</sup> APHA Annual Meeting, Boston, MA.
- Hsieh, K., Rimmer, J., & **Murthy, S.** (2012, October). *Prevalence and Associated Factors of Obesity in Adults with Intellectual Disabilities Living in the Community*. [Conference presentation]. 140<sup>th</sup> APHA Annual Meeting, San Francisco, CA.
- Murthy, S.**, Hsieh, K., & Rimmer, J. (2012, October). *Dietary Habits and Living Arrangements of Adults with Intellectual Disabilities*. [Conference presentation]. 140<sup>th</sup> APHA Annual Meeting, San Francisco, CA.

#### Other Presentations

- Murthy, S.** (2023, October 12). *Strengths-Based Needs Assessment of Caregivers of Adults with Intellectual Disabilities in India*. National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID), Secunderabad, India. A one hour presentation to staff, faculty, students and caregivers of adults with intellectual and/or developmental disabilities.
- Murthy, S.** (2023, December 9). *Understanding the unmet needs, lifestyle preferences and systemic challenges facing Americans 50 and older of South Asian descent*. [Round Table Discussion with AARP and South Asian American Policy & Research Institute], Chicago, IL.

#### Webinar Presentations

- Balcazar, F., **Murthy, S.**, Gibbons, T., Sefandonakis, A. & Martinez, K. (2021, October). *Supports and Barriers that Entrepreneurs with Disabilities Encounter when Starting their Businesses*. Department of Disability and Human Development, UIC, Webinar series.
- Hsieh, K., Heller, T., **Murthy, S.**, & Rimmer, J (2016, April). *Falls Among adults with intellectual and developmental disabilities and prevention*. The Arc and the RRTC on Developmental and Disability and Health webinar series.

#### TEACHING EXPERIENCE

##### Department of Disability and Human Development, UIC

- DHD 596: Independent Study (1 credit hour), Spring 2024

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- DHD 302: Disability, Policy and Law (Co-Instructor), Spring 2023 & 2024
- DHD 581: Disability Policy (Co-Instructor), Spring 2023 & 2024
- DHD 301: Disability, Research, and Interdisciplinary Methods (Sole Instructor), Fall 2022 & 2023
- DHD 409: Disability Legal Studies (Co-Instructor), Fall 2022

#### **Guest Lectures**

- “International Research”, in DHD 592: InterDisciplinary Seminar in Disability Studies, Spring 2024, UIC
- “Strengths-Based Needs Assessment of Caregivers of Adults with Intellectual Disabilities in India: A Mixed Methods Study”, in DHD 510: Concepts in Research Methods, Fall 2023, UIC
- “Strengths-Based Needs Assessment of Caregivers of Adults with Intellectual Disabilities in India”, in PT 505: Advances in Rehabilitation Sciences, Fall 2023, UIC
- “Mixed Methods Research” in DHD 546: Qualitative Methods in Disability Research, Fall 2023, UIC
- “Strengths-Based Needs Assessment of Caregivers of Adults with Intellectual Disabilities in India”, October 12, 2023, National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID), Secunderabad, India
- “Nexus Work Coalition – Racial bias and equity in disability employment” in DHD 581: Disability Policy, Spring 2022, UIC
- “Care mappings specifically from the sibling perspective - family partnerships panel” in DHD 505 LEND I, Fall 2021, UIC
- “A Call to Action: Improving Employment Opportunities with Refugees with Disabilities in Illinois” in DHD 506 LEND II, Spring 2021, UIC
- “Global Disability Activism Panel” in DHD 303: Disability Activism, Spring 2021, UIC
- “Disability Advocacy and Activism in India” in DHD 303: Disability Activism, Spring 2020, UIC

#### **SERVICE TO PROFESSION**

##### **Leadership/Memberships**

2023-	Chair, AUCD Special Interest Group on Aging
2023-	Conference Planning Committee, International Association for the Scientific Study of Intellectual and Developmental Disabilities (IASSIDD)
2023-	National Working Group on Terminology of Disability
2023-	Artificial Intelligence Committee, Disability and Human Development, UIC
2023-	American Association on Intellectual and Developmental Disabilities
2023-	AUCD Public Policy Committee
2022-	Association of University Centers on Disabilities (AUCD), Special Interest Group on Aging
2021-2022	Disability Economic Justice Collaborative

##### **Reviewer**

2023	Disability, CBR & Inclusive Development
2023	Intellectual and Developmental Disabilities Journal

##### **Judge**

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2023 UIC Undergraduate Research Forum

**AWARDS AND HONORS**

2022 AUCD Emerging Leaders Conference Travel Scholarship  
2022 IDHD Student Research Award  
2021 Ann & Edward Page-El Scholarship  
2020 UIC President's Research in Diversity Travel Award  
2020 Anne Hopkins Scholarship  
2019 Carlos Drazen Memorial Scholarship  
2019 DHD Student Travel Award for International Data Collection  
1995 Distinction in Preventive and Social Medicine  
1993 Distinction in Biochemistry