

KATIE ALLEN MPH, C-IAYT

PUBLIC HEALTH CONSULTANT
INTEGRATIVE HEALTH SPECIALIST

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📍 Orange County, CA

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PROFILE

For over two decades, I've utilized my Public Health expertise to analyze the environmental conditions that negatively influence population health and have resulted in a chronic disease epidemic. I've dedicated my life's work to designing, implementing, and evaluating integrative health solutions that empower our communities to create and sustain healthier behaviors through lifestyle medicine. I believe whole-person integrative health modalities are the best way to address the root causes of our modern health crisis; providing a safe and effective way to Make America Healthy Again.

WORK EXPERIENCE

2024 - PRESENT

CHOC | Children's Hospital Orange County

Research Partner

- Assisted with 12-week program design, implementation, and evaluation, as well as provided staff and training for IRB approved study on "*Feasibility of a Community-Based Yoga Intervention for Adolescents with Chronic Health Conditions*" that yielded positive health outcomes.

2023 - PRESENT

AlcheMē Natural Health Institute

Non-Profit Co-Founder

- Co-founded a non-profit organization that provides a holistic model for community care that cultivates social support, utilizes the best evidence-based practices of natural health, and empowers the individual and collective to live well.

2020 - 2022

UCI Health | Susan Samueli Integrative Health Institute

Public Health Consultant, Yoga Therapy Program Manager

- Developed, implemented, and evaluated group yoga therapy offerings for UCI Care Members, UCI employees and UCI community.
- Developed, implemented, and managed one-on-one yoga therapy clinical services in two UCI Health Clinics.
- Implementation and evaluation of 6-week Yoga Therapy and Health Education programs for Stress Reduction and Restful Sleep.

EDUCATION

2022 - 2024

SEVANTI INSTITUTE

- Ayurveda Health Counselor (AHC)

2011

KRISHNAMACHARYA YOGA MANDIRAM

- Yoga Therapy study in Chennai, India

2007 - 2009

LOYOLA MARYMOUNT UNIVERSITY

- Yoga Therapist Certification (C-IAYT)

2005 - 2006

TULANE UNIVERSITY

- Masters Degree in Public Health
- Community Health Sciences Dept. Specialization in Maternal and Child Health

2005

BROWN UNIVERSITY

- Masters Degree in Public Health
- Fall semester at Brown University due to Hurricane Katrina

2005

TAICHUNG UNIVERSITY

- Masters Degree in Public Health
- Studied integration of Traditional Chinese Medicine into Taiwan health care system to improve health outcomes.

2001

UNIVERSIDAD DE SEVILLA

- Fall semester in Sevilla, Spain

1999 - 2003

UNIVERSITY OF DENVER

- BA International Studies and Spanish; Minor in Psychology

WORK EXPERIENCE

2017 – 2019

Live Healthy OC | UCI Health

Public Health Consultant, Yoga Therapy Integration

- Developed, implemented, and evaluated yoga therapy programming for Live Healthy OC, a UCI Health | Susan Samueli Integrative Health Institute outreach initiative to bring yoga therapy and health education services into FQHC's such as Serve The People Clinic in Santa Ana, Families Together Clinic in Tustin, and Korean Community Services in Buena Park.

2016 – PRESENT

Hoag Hospital Center for Healthy Living

Public Health Consultant, Yoga Therapy Program Manager

- Developed and implemented group and private health education and yoga therapy sessions in English and Spanish for under-served community members
- Developed a clinical internship site for yoga therapy interns to provide services in Hoag's Community Mental Health Department.

2016

Argosy University | Irvine Therapy Services

Research Partner

- Developed and conducted yoga therapy research on an IRB-approved study with Argosy University on 'Yoga Therapy for Children with Sensory Processing Disorder' with Dr. Bina Parekh.

2015 – PRESENT

AlcheMē Yoga Therapy

Founder and School Director

- Developed and implemented an 825-hour International Association of Yoga Therapist (IAYT) accredited Yoga Therapist Training program that trains yoga therapists to work with clients with specific health conditions.

2014 – 2019

Share Necessities

Board Member and Public Health Consultant

- Advised a non-profit organization bringing mindfulness and empowerment tools to children living in areas of concentrated poverty. Developed epidemiological assessments used in LAUSD and SDUSD.

2013 – PRESENT

Be The Change Yoga

Co-Founder

- Co-Founded Be The Change Yoga and Wellness Center in Irvine, CA. Offering the highest level of training in the County, as well as group yoga therapy and health education programs, private services and, workshops.

PRESENTATIONS

2024

Be The Change Yoga

Ayurveda as Lifestyle Medicine Course

2020 and 2022

UCI Medical School

'Yoga Therapy as an Integrative Health Modality'

2021 and 2022

Orange Coast College

'Yoga Therapy as a Health Promotion Strategy for Health Coaches'

2021 UCI Health | SSIHI

'Yoga Therapy for Sturge Weber Syndrome'

2019 Orange County Medical Association

'Yoga Therapy to Support the Health and Well-Being of Physicians and Patients'

2018 Center for Inherited Blood Disorders

'Mind-Body Interventions to Address Symptoms Associated with Blood Disorders.'

2017 Symposium on Yoga Therapy and Research (SYTAR)

"How to Develop and Market Comprehensive Yoga Therapy Programs in Clinical Settings"

2017 Kaiser Permanente

'Yoga Therapy Applications for Stroke Patients'

2018 Symposium on Yoga Therapy and Research (SYTAR)

'Yoga Therapy as a Health Promotion Strategy for Underserved Communities'

WORK EXPERIENCE

2009 – 2014

Newport Academy

Yoga Therapy Program Director

- Developed and implemented mind-body intervention programs for teens with substance and alcohol addiction and co-occurring disorders at residential treatment and outpatient facilities.

2007 – 2009

St. Joseph Health System

Public Health Consultant

- Developed numerous projects for the St. Joseph Health System including international health research, internal employee evaluations, community outreach, focus groups, and improving community volunteerism.

2006

MOMS: Maternal Outreach Management System

Public Health Consultant

- Designed and implemented a 6-week course in Spanish for low-income, postpartum Hispanic mothers focusing on diabetes prevention, nutrition improvement and stress management. Course included health education, as well as introduction to Yoga; which I led in Spanish.

2006

Common Ground Health Clinic

Health Educator and Coordinator of Volunteers

- Common Ground Health Clinic: Latino Outreach Project. Translated for health care workers and led health education for migrant workers in post-Katrina New Orleans, LA.

2005

US Department of Education

Recipient of FLAS Grant

- Foreign Language and Area Studies Program (FLAS). Spent 8-weeks in Guatemala studying the indigenous Mayan language Kaqchikel, culture, cosmology and health with an emphasis on holistic therapies.

2005

Brown University

Research Assistant

- Assisted Dr. David Lindstrom in researching how migration patterns impacted birth control usage amongst indigenous Mayan women in Guatemala.

SKILLS

- Public Health Research
- Program Design, Implementation and Evaluation
- Health Education and Health Promotion Program Design
- Curriculum Development
- Health Education Facilitation
- Business Development
- Marketing and Advertising
- Email Campaign Design
- Meta ads
- Google ads
- Copywriting
- Adobe Creative Suite
- Canva
- Website Development
- WordPress
- Social Media
- Quickbooks
- Oral and Written Spanish Fluency

LANGUAGES

- English
- Spanish (fluent)

