

# Aaron T. Berger

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## Education

*School of Public Health, University of Minnesota (Minneapolis, MN)*

Doctoral Trainee, Epidemiology In Progress

M.P.H. Epidemiology (Minor: Biostatistics) 2016

*School of Education, Hamline University (St. Paul, MN)*

Minnesota Teaching License 2011

*Drake University (Des Moines, IA)*

B.S. Environmental Science, B.A. Environmental Policy 2006

## Awards and Honors

McGovern Scholarship, University of Minnesota School of Public Health 2016

Fellow, The New Teacher Project 2009-2011

Magna cum laude, departmental honors, Drake University 2006

Environmental Policy Scholar/Citizen Award, Drake University 2004

## Publications

### Books

1. **Berger, AT**, Widome, R, Troxel, WM. Delayed school start times and adolescent health. In: Grandner MA, editor. *Sleep and Health*. 1st ed. Cambridge, Mass.: Academic Press; 2019.

### Journal Articles

1. **Berger, AT**, Wahlstrom, K, Widome, R. Relationships between sleep duration and adolescent depression: a conceptual replication. *Sleep Health*. (In Press). <https://doi.org/10.1016/j.sleh.2018.12.003>
2. **Berger, AT**, Widome, R, Troxel, WM. School Start Time and Psychological Health in Adolescents. *Current Sleep Medicine Reports*. 2018;4(2): 110-117. <https://doi-org.ezp1.lib.umn.edu/10.1007/s40675-018-0115-6>
3. **Berger, AT**, Qian, XL, Pereira, MA. Associations Between Bicycling for Transportation and Cardiometabolic Risk Factors Among Minneapolis-Saint Paul Area Commuters: A Cross-Sectional Study in Working-Age Adults. *American Journal of Health Promotion*. 2018;32(3): 631-637. <https://doi.org/10.1177/0890117117710735>
4. Wahlstrom, K, **Berger, AT**, Widome, R. Associations between school start time, mental health and substance abuse among high school students. *Sleep Health*. 2017;3(3): 216-221. <https://doi.org/10.1016/j.sleh.2017.03.002>

### Other Publications

1. Qian, X, Linscheid, N, Tuck, B, Lindsey, G, Schoner, J, Pereira, M, **Berger, AT**. *Assessing the Economic Impact and Health Effects of Bicycling in Minnesota*. Minnesota Department of Transportation Research Services and Library. December 2016. Available @ [tinyurl.com/gwool99](http://tinyurl.com/gwool99)
2. **Berger, AT**. Did the Affordable Care Act affect insurance coverage for young adults? *IPUMS Health Surveys Data Brief No. 2*, September 2015. Available @ [tinyurl.com/zjp8thh](http://tinyurl.com/zjp8thh)

### Posters/Presentations

1. Osypuk, TL, Schmidt, NM, Thyden, N, **Berger, AT**, Warren, JR, Glymour, MM. Does Attending a for-Profit College Erode the Population Health Benefits of Higher Education? A Lifecourse Approach for Unpacking Educational Inequality in Young Adulthood. Poster session presented at: *Society for Epidemiologic Research Annual Meeting*; 2018 June 19-22; Baltimore, MD.
2. **Berger, AT**. Active Transportation in Minneapolis. Lecture presented at: *American College of Sports Medicine Annual Meeting*; 2018 May 31; Minneapolis, MN.
3. Osypuk, TL, Schmidt, NM, Thyden, N, **Berger, AT**, Warren, JR, Glymour, MM. Does Attending a for-Profit College Erode the Population Health Benefits of Higher Education? Lecture presented at: *Population Association of America Annual Meeting*; 2018 April 26-April 28; Denver, CO.
4. **Berger, AT**, Pereira, MA, Qian, X. Health effects of bicycle commuting in the Twin Cities Metropolitan Area. Poster session presented at: *University of Minnesota Tourism Center Research Showcase*; 2017 May 8; Saint Paul, MN.
5. Qian, X, **Berger, AT**, Pereira, MA. Estimating the Economic Impact of the Health Benefits associated with Bicycle Commuting. Lecture presented at: *27th Annual Transportation Research Conference*; 2016 November 3; Minneapolis, MN.
6. **Berger, AT**. Does Household Poverty Affect Young Adult Utilization of the Dependent Coverage Provision of the Affordable Care Act? Poster session presented at: *Population Association of America Annual Meeting*; 2016 March 31-April 2; Washington, DC.
7. **Berger, AT**, Pereira, MA, Qian, X. Preliminary Findings from the Twin Cities Cyclist Survey. Lecture presented at: *Minnesota's Transportation Conference*; 2016 March 9; Saint Paul, MN.

### Research Experience

*Division of Epidemiology and Community Health, University of Minnesota, Twin Cities*

A case-control study to assess the effect of municipal menthol cigarette restriction on tobacco cessation

with Rachel Widome

2018-Present

Controlled direct effects to determine the influence of college sector and educational attainment on weight trajectories in the National Longitudinal Survey of Youth, 1997

with Theresa L. Osypuk

2017

A natural experiment to assess the effects of school start time delay on weight, weight-related behaviors, and mental health in a cohort of adolescents

with Rachel Widome 2016-Present

Assessing the health effects and associated economic impact of transportation bicycling in Minnesota

with Mark A. Pereira 2015-2016

*Minnesota Population Center, University of Minnesota, Twin Cities*

Harmonization and dissemination of public use microdata from the National Health Interview Survey

with Julia Rivera Drew 2014-2016

## Teaching Experience

*Division of Epidemiology and Community Health, University of Minnesota, Twin Cities*

Guest Lecturer, PubH 8300 (Advanced Epidemiologic Methods Lab) 27 Sept 2018

Taught computation of confidence intervals for measures of association.

Lab Instructor, PubH 6320 (Fundamentals of Epidemiology) 2016

Designed and delivered lab lectures and review sessions, conducted lab sessions.

Held office hours, graded lab material.

Sample student evaluations:

“Rather than just giving us the answers, he tries to help us think through the question in order to better understand the material.”

“Aaron is enthusiastic and ever willing to help. That is a great skill to have as a TA. His knowledge is good and is very accessible and helpful.”

“Aaron is a good TA. He does his best, and you can tell.”

*Minneapolis-Area High Schools*

Biology/Chemistry Teacher (Long-Term Substitute, Rosemount High School) 2013-2014

Science Teacher (Academic Arts High School, West St. Paul, MN) 2011-2013

Science Teacher (Watershed High School, Minneapolis, MN) 2010-2011

Life/Earth Science Teacher (Humboldt Secondary School, St. Paul, MN) 2009-2010

Taught multiple subjects simultaneously, developed materials, planned lessons and evaluated student work.

Created accessible presentations and instructional materials on a daily basis.

Supervised a student teacher through Metro State University (2013).

*City of Lakes Americorps, Minneapolis Public Schools*

Tutor/Mentor (Roosevelt High School) 2008-2009

## **Other Professional Experience**

*Liesch Associates, Inc, Plymouth, MN*

Environmental Scientist

2006-2008

Managed environmental investigation projects including facility inspection, historical research, and soil, air, and ground water sampling.

Interacted with state and local regulatory agencies on behalf of clients to obtain resolution to ongoing issues of environmental contamination.

Obtained assessment and clean-up grants via federal, state and local funding sources.