

2021-2022 SOAR Fellow

Judite Blanc, PhD

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Dr. Blanc is a research assistant professor within the Department of Psychiatry and Behavioral Sciences at the University of Miami, Miller School of Medicine, at the newly created Center for Translational Sleep and Circadian Sciences. She is an International Behavioral Scientist trained in France and Haiti in clinical psychology, developmental psychology, health psychology and psychopathology. She has an ethnographical skillset to understand unique stress responses among racial/ethnic/disenfranchised groups. She recently completed a 3-years NIH-funded postdoctoral fellowship in population health at the NYU Grossman School of Medicine, where she received extensive training and conducted hands-on research in sleep health and behavioral

medicine under the supervision of Drs. Girardin Jean-Louis and Azizi Seixas. Her research focuses specifically on determinants of sleep health, mental health, cardiovascular health, and culturally tailored mind-body medicines among underserved and underrepresented communities. Dr. Blanc currently serves as the scientific director of the DORMIR study, which aims to provide multi-level evidence supporting epidemiological findings of greater rates of insufficient sleep (IS) among Latinx/Hispanics, which may explain their disproportionate burden of cardiovascular diseases (CVD) risk. It will also assess whether and why rural and urban differences in IS exist among Latinx/Hispanics and how that may lead to IS-related CVD outcomes. Dr. Blanc plans on applying for a NIH-funded career development award to learn to combine sleep health, circadian knowledge and psychological resilience data for “real-world” interventions.