

Bio for Cynthia Cook

Dr. Cynthia Cook has dedicated over thirty years to the field of Pre-K-12 School Health Education. After earning her Bachelor of Science from Kent State University in 1982, she began her career teaching physical education, health education, and science education in Ohio, Maryland, Wisconsin, and Georgia.

In 1995, Cynthia returned to Kent State University to further her education, completing her master's degree in 1997 and her doctoral degree in 2006 in school health education. During this time, she served as a research and teaching assistant in the Applied Psychology and Health Sciences Departments. Her outstanding performance earned her the Doctoral Student of the Year Award. Her dissertation focused on the relationship between Coordinated School Health Programs (CSHP) and the academic outcomes of students in 18 large urban school districts.

In 2003, Cynthia joined the University of Toledo as an associate professor in health education. For three years, she was involved in teaching and training pre-service school health education teachers. In 2006, she transitioned to the Calhoun Intermediate School District (CISD) in Marshall, Michigan, where she served as a Regional School Health Coordinator (RSHC) in the Department of Curriculum Instruction and Assessment (DCIA). For nine years, she provided professional development, leadership services, and technical assistance to school health professionals in 39 local school districts across Barry, Branch, Calhoun, Kalamazoo, and St. Joseph counties.

In 2015, Cindy joined Wayne County RESA in Wayne County, Michigan, as a School Health Consultant in the Safe and Healthy Schools Department. Currently in her ninth year in this role, she shares her expertise in the Whole School, Whole Community, Whole Child (WSCC) Model, Social Emotional Learning (SEL), and other prevention programming and health promotion curricula with school stakeholders.

Cynthia's work is driven by research showing that students' academic success is closely linked to their physical, mental, and social well-being. Her goal is to provide evidence-based prevention programming to school staff, helping them facilitate the adoption of positive, health-enhancing attitudes, beliefs, and behaviors in themselves, the students, and the school community.

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Cindy's career has been rewarding, filled with opportunities to collaborate with the best health educators in Michigan. As she approaches her retirement on July 1, 2024, she looks forward to a slower pace and less driving. Although she is from Ohio, Michigan will always hold a special place in her heart.