

JESSICA POLOS

Master of Public Health Program
DePaul University
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ACADEMIC APPOINTMENTS

2022 – Present	Assistant Professor, Master of Public Health Program, DePaul University
2020 – 2022	Postdoctoral Fellow, Institute for Policy Research (IPR), Northwestern University

EDUCATION

2020	Ph.D., Sociology, University of Wisconsin-Madison Predoctoral Trainee, Center for Demography and Ecology and Center for the Demography of Health and Aging, Supported by the National Institutes of Child Health and Human Development (T32) and the National Institute on Aging (T32)
2010	Master of Public Policy, University of Chicago <i>Irving B. Harris Fellow (Full tuition and stipend)</i>
2004	B.A., Anthropology, University of Illinois Urbana-Champaign B.A., International Studies, University of Illinois Urbana-Champaign <i>Summa cum laude</i>

PUBLICATIONS

McDade, Thomas, **Jessica Polos**, Kiarri Kershaw, Taylor Hargrove, and Stephanie Koning. 2025. "Duration of Breastfeeding in Infancy and Levels of Central Adiposity and Systemic Inflammation in Early Middle Adulthood." *AJPM Focus*.

Chen, Shanting, Stephanie Koning, **Jessica Polos**, Phoebe Lam, Taylor Hargrove, Natalie Ebner, Jacob Aronoff, Thomas W. McDade. 2025. "Teacher Unfairness in Adolescence,

Educational Attainment, and Adult Health: The Role of School- and Individual-level Perceptions Tested in a National Cohort Study." *Social Science and Medicine – Population Health*.

Stephanie Koning, Jacob Aronoff, Shanting Chen, Taylor Hargrove, Kiarri Kershaw, **Jessica Polos**, Thomas W. McDade. 2024. "Violence victimisation and young adult cardiometabolic health: the role of timing and social identity." *Annals of Human Biology*.

Polos, Jessica, Shaina Alexandria, Taylor Hargrove, Stephanie Koning, Thomas McDade and Kiarri Kershaw. 2024. "Effects of an Intervention on Black Family Incomes on Self-Rated Health and Obesity in Black and White Young Adolescents and Adults." *American Journal of Epidemiology*.

Polos, J., Harris, T. *, Keller, A. * 2024. Structural racism. In: Troop-Gordon, W., Neblett Jr., E.W. (Eds.), *Encyclopedia of Adolescence*, vol. 3. Elsevier, Academic Press, pp. 606–617. <https://dx.doi.org/10.1016/B978-0-323-96023-6.00063-4>.

Polos, Jessica, Stephanie Koning, Taylor Hargrove, Kiarri Kershaw, and Thomas McDade. 2022. "Structural Racism in School Contexts and Adolescent Depression: Development of New Indices for the National Longitudinal Study of Adolescent to Adult Health and Beyond." *Social Science & Medicine – Population Health*.

Koning, Stephanie, **Jessica Polos**, Kiarri Kershaw, and Thomas McDade. 2022. "Racial inequalities in low birth weight among college-educated mothers in the United States: The role of life-course SES." *American Journal of Preventive Medicine*.

Polos, Jessica, Stephanie Koning, and Thomas McDade. 2021. "Do Intersecting Identities Structure Social Contexts to Influence Life Course Health? The Case of School Peer Economic Disadvantage and Obesity." *Social Science & Medicine*.

Ophir, Ariane and **Jessica Polos**. 2021. "Care Life Expectancy: Gender and Unpaid Work in the Context of Population Aging." *Population Research and Policy Review*.

Winner of the Best Student Paper Award, Sociology of Population Section, American Sociological Association

Polos, Jessica and Jason Fletcher. 2019. "Caesarean Section and Children's Health: A Quasi-Experimental Design." *Population Studies*.

Fletcher, Jason and **Jessica Polos**. 2018. "Nonmarital and Teen Fertility." In *The Oxford Handbook of Women and the Economy*. Ed. Susan L. Averett, Laura M. Argys, and Saul D. Hoffman: Oxford University Press.

* Denotes student coauthor.

WORKS IN PROGRESS AND IN PREPARATION

Polos, Jessica. “Decomposing Hispanic-white and Black-white Disparities in Infant Prematurity by Maternal Age and Maternal Education in the U.S., 2001-2021” (Under Review)

Lippert, Julia F., **Jessica Polos**, Nila Ginger Hofman, Teofilo Reyes. “Understanding the contributing factors to work-related stress within the food service industry” (Under Review)

Polos, Jessica, Evans, L. Koning, S. Zhang, X. “Does Social Support Moderate the Relationship Between Adolescent Exposure to School Structural Racism and Black–White and Hispanic–White Differences in Cardiovascular Risk?”

Polos, Jessica, Hassan Ahmed*, and Sydney Dudek*. “Weathering or Acute Structural Racism? How Maternal Diabetes and Hypertension Influence Hispanic-white and Black-white Disparities in Infant Prematurity”

Polos, Jessica. “Implications of BMI Thresholds for CVD-related Racialized and Gendered Health Disparities.”

Polos, Jessica. “The Implications of Early-life Exposure to Structural Racism and Differential Coping for Racialized Differences in CVD Outcomes”

Polos, Jessica. “Consequences of Medical Labels for Mothers and Infants: Structural Stigmatization or Beneficial Treatments?”

PRESENTATIONS

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| 2025 | Polos, Jessica , Evans, L. Koning, S. Zhang, X. “Does Social Support Moderate the Relationship Between Adolescent Exposure to School Structural Racism and Black–White and Hispanic–White Differences in Cardiovascular Risk?” Population Association of America Annual Meeting, Washington, D.C. (poster presentation) |
| 2025 | Polos, Jessica. “The Role of Changes in Maternal Education and Age in Explaining the Hispanic Birthweight Paradox”. Center for Latino Research Tertulia, DePaul University, Chicago, IL. |
| 2024 | Polos, Jessica. “Implications of BMI Thresholds for CVD-related Racialized and Gendered Health Disparities.” IAPHS Annual Meeting, St. Louis, MO. |

- 2024 **Polos, Jessica**, Hassan Ahmed*, and Sydney Dudek*. "Weathering or Acute Structural Racism? Consequences of Maternal Diabetes and Hypertension on Hispanic-white and Black-white Disparities in Infant Prematurity." Health Equity and Social Justice Conference, Chicago, IL.
- 2024 Chen, S., Koning, S., Aronoff, J., **Polos, J.**, Lam, P., Hargrove, T., & McDade, T. "A prospective study examining teacher unfairness, educational attainment, and mental and cardiometabolic health in adulthood." Add Health User Conference, Chapel Hill, NC.
- 2024 **Polos, Jessica**. "Decomposing Hispanic-White and Black-White Disparities in Infant Prematurity by Maternal Age and Maternal Education in the United States, 2001-2021." Population Association of America, Columbus, OH.
- 2023 **Polos, Jessica**. "Effects of Hypothetical Family Income Interventions in Adolescence on Self-Rated Health and Obesity in Black and White Young Adolescents and Adults." Chicagoland Demography Workshop, Chicago, IL.
- 2023 **Polos, Jessica**. "Effects of Hypothetical Family Income Interventions in Adolescence on Self-Rated Health and Obesity in Black and White Young Adolescents and Adults." Population Association of America, New Orleans, LA.
- 2022 **Polos, Jessica**. "Structural Racism in School Contexts and Adolescent Depression: Development of New Indices for the National Longitudinal Study of Adolescent to Adult Health and Beyond." Center for Demography and Ecology 60th Anniversary, University of Wisconsin – Madison, Madison, WI. Poster Presentation.
- 2022 **Polos, Jessica**. "Structural Racism in School Contexts and Adolescent Depression: Development of New Indices for the National Longitudinal Study of Adolescent to Adult Health and Beyond." IAPHS Annual Meeting, Minneapolis, MN.
- 2022 **Polos, Jessica** and Thomas McDade. "Structural Racism, School Disadvantage, and Adolescent Depression: Development of New Indices for the National Longitudinal Study of Adolescent to Adult Health (Add Health) and Beyond." Institute for Policy Research Colloquium, Northwestern University, Chicago (invited presentation).
- 2022 **Polos, Jessica**. "Breastfeeding Promotion Programs as Intensive Parenting Treatments: Impacts on Parenting Style, Child Development, and Maternal Mental Health." Population Association of America Annual Meeting (virtually held). Poster Presentation.
- 2021 **Polos, Jessica**, Stephanie Koning, and Thomas McDade. "Do Intersecting Identities Structure Social Contexts to Influence Life Course Health? The Case of School Peer Economic Disadvantage and Obesity." IAPHS Annual Meeting (virtually held). Session on Social Relationships: Cohesion, Peers, and Cardiometabolic Risk.
- 2021 **Polos, Jessica**, Stephanie Koning, and Thomas McDade. "Do Intersecting Identities Structure Social Contexts to Influence Life Course Health? The Case of School Peer Economic Disadvantage and Obesity." American Sociological

	Association Annual Meeting (virtually held). Paper Session on Health, Mortality, and Inequality.
2021	Polos, Jessica. "Consequences of Medical Labels for Mothers and Infants: Structural Stigmatization or Beneficial Treatments?" American Sociological Association Annual Meeting (virtually held). Roundtable Session on Social Construction of Bodies and Health.
2021	Polos, Jessica. "Consequences of Medical Labels for Mothers and Infants: Structural Stigmatization or Beneficial Treatments?" Population Association of America Annual Meeting (virtually held). Poster Presentation.
2021	Polos, Jessica, Stephanie Koning, and Thomas McDade. "Intersecting Identities and Contextual Disadvantage: Paradoxical Implications for Life Course Obesity." University of Chicago Demography Workshop, Chicago, IL. (invited presentation)
2020	Polos, Jessica. "Feedback Consequences of Spurious Associations of Advantage," IAPHS Annual Meeting, Online due to Covid-19. (poster presentation)
2020	Polos, Jessica. "Linking Kin Networks and Mortality in the Context of the U.S. Demographic Transition," Population Association of America Annual Meeting, Washington, D.C. (poster presentation; withdrawn due to Covid-19)
2020	Ophir, Ariane and Jessica Polos. "Lifelong Caring: Caregiving across the Life Course in the Context of Population Aging," CDHA 20 th Anniversary Symposium, Madison, WI.
2018	Ophir, Ariane and Jessica Polos. "Lifelong Caring: Caregiving across the Life Course in the Context of Population Aging," Population Association of America Annual Meeting, Denver, CO.
2016	Polos, Jessica and Jason Fletcher. "Cesarean Section, the Gut Microbiome and Children's Health: A Quasi-Experimental Design," Population Association of America Annual Meeting, Washington, D.C.
2015	Polos, Jessica. "Breastfeeding and the Black-White Education Gap," Wisconsin Department of Children and Families. (invited presentation)

AWARDS AND GRANTS

2025-2026	QIC Competitive Instructional Grant (Spring Cycle) \$3,500
2025-2026	University Research Council Summer Research Grant, Summer 2025 \$5,500
2024-2025	University Research Council Grant, Spring 2025 (Competitive Paid Leave)
2023-2024	Center for Latino Research Fellowship Award, Spring 2024 (Competitive Course Buyout)
2021	Best Poster Award, Population Association of America

2020	Best Student Paper Award, Sociology of Population Section, American Sociological Association
2019 – 2020	National Institute on Aging Traineeship
2015 – 2019	National Institute of Child Health and Human Development Traineeship
2015 – 2016	Graduate Student Fellow, Institute for Research on Poverty
2008 – 2010	University of Chicago, Harris School of Public Policy, Irving B. Harris Fellowship
2004	Phi Beta Kappa
2004	University of Illinois, University/Bronze Tablet Honors
2000 – 2004	University of Illinois, James Honors Scholar

PROFESSIONAL ACTIVITIES AND MEMBERSHIPS

2024 – Present	Chair, Mentorship Committee, IAPHS
2023 – Present	Mentorship Committee Member, IAPHS
2020 – Present	Member, IAPHS
2020 – 2022	Mentorship Program, IAPHS
2019 – 2020	Aging, Health, and Place Working Group, UW-Madison
2014 – Present	Member, Population Association of America
2018 – 2020	Member, Center for Reproductive Equity, UW-Madison
2014 – 2019	Member, WiscPAL, UW-Madison
2016, 2020, 2021	Member, American Sociological Association
2009	Leadership in Chicago Fellow

SERVICE

Service to the College

Service to the College of Science and Health, DePaul University

2024 – Present	Inaugural Faculty Champion, GLEN Fellowship
2024 - Present	Pre-Health Advising Committee Member
2025	STEM Showcase Reviewer

Service to the Department

Service to the Health Sciences Department, DePaul University

2024	Search Committee, Assistant Professor in Public Health
2024	Participated in search for Assistant Professor in Nutrition
2024	Participated in search for Term Faculty in Health Sciences

Service to the MPH Program, DePaul University

2023 – Present	Member, Capstone Thesis Committee
2023 – Present	Member, Accreditation Committee
2022 – Present	Advisor for 8-12 Students in the MPH Program
2022 – Present	Member, MPC

Service to the Sociology Department, University of Wisconsin-Madison	
2020	Search Committee, Faculty Director of the Wisconsin Longitudinal Study

Service to the Profession

2024 – Present	Chair, Mentorship Committee, Interdisciplinary Association for Population Health Science (IAPHS)
2023 – Present	Mentorship Committee Member, Interdisciplinary Association for Population Health Science (IAPHS)
2020 - Present	Ad Hoc Peer Reviewer, <i>American Journal of Preventive Medicine, Demography, Social Science and Medicine, Social Science and Medicine - Population Health, Child and Youth Services Review, Journal of Racial and Ethnic Health Disparities, Frontiers in Psychology</i>
2022	IAPHS Poster Judge Organizer
2021	American Sociological Association Conference Table Presider
2020	Search Committee, Department of Sociology
2015, 2017	Mentor, Department of Sociology, UW Madison

Service to the Community

2022	“Assessing Academic Research Findings as Health Practitioners.” Health Equity and Social Justice Conference, Chicago (invited presentation).
2022	“Diversity, Equity, and Inclusion Statement.” Race and Ethnicity Workshop and FemSem, University of Wisconsin – Madison, Department of Sociology.

TEACHING

Master of Public Health Courses Taught, DePaul University:

MPH 532	Data Analysis II – Multilevel Modeling (Winter 2024, Winter 2025)
MPH 606	Social Epidemiology Project Implementation – Capstone (Winter 2024, Winter 2025)
MPH 541	Introduction to Biostatistics (Fall 2022, 2 sections; Fall 2023, 2 sections; Fall 2024, 2 sections)

MPH 502 Introduction to Epidemiology (Winter 2023, 2 sections)
MPH 512 Research Methods (Spring 2023)
MPH 595 Life Course Health (Spring 2023)

Pedagogical Training

2025 Participant, Spring Forum on Teaching and Learning
2024 Participant, Fall Forum on Teaching and Learning
2023 DePaul Online Teaching Series (DOTS) Certificate, 30-hour faculty development program
2023 Participant, Fall Forum on Teaching and Learning

Independent Study Advising

2024 Ellen DeWilde, MPH
2025 Nina Amicon, MPH

Graduate Thesis Defense Committees

2025 Helen Bedree, PhD, DePaul University

MEDIA COVERAGE AND INTERVIEWS

2024 *2023-2024 CLR Faculty Fellows Spotlight: Jessica Polos*. El Centro Newsletter, Winter 2024. Available [here](#).

2023 *Off the Clock: Europeans Can Expect to Spend Over Half of Their Lives After Age 15 Providing Unpaid Care Work*. Population Reference Bureau. Available [here](#).

2023 *Bharat: Soon to be the world's most populous country*. DePaulia. Available [here](#).

RELATED PROFESSIONAL EXPERIENCE

2010 – 2014 University of Chicago
Founding Associate Director, EPIC (Energy Policy Institute at Chicago), 2011-2014
International Program Coordinator, 2010-2011

2009 Associació Catalana de Municipis i Comarques
Intern/Research Práctica

2005 – 2008 Illinois Office of the Comptroller
Policy Analyst, 2006 – 2008

Government Career Trainee, 2005

SKILLS & SPECIAL QUALIFICATIONS

Languages: Spanish (general professional proficiency); French (basic)
Statistical Programs: STATA, R

REFERENCES

Upon request