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POSITIONS (SINCE PH.D.)

2015 – Present Social & Behavioral Scientist, RAND, Santa Monica, CA
2014 – Present Faculty Affiliate, Pardee RAND Graduate School
2011 – Present Nonresident Affiliate, California Center for Population Research
2013 – 2015 Associate Social & Behavioral Scientist, RAND, Santa Monica, CA
August 2013 Visiting Research Scholar, Centre for Health Equity Studies, Stockholm University
2011 - 2013 Robert Wood Johnson Health & Society Scholar, Harvard University

EDUCATION

2011 Ph.D., Sociology, University of California, Los Angeles
2007 M.A., Sociology, University of California, Los Angeles
2001 M.A., Statistics, Columbia University
1996 B.A., English Literature and Marketing Research, Brooklyn College, City University of New York, *magna cum laude*

GRANTS AND CONTRACTS

2019 – 2024 NIA R01AG066194 “Health, Wellbeing, and the Social Networks of Family Caregivers of People with Alzheimer’s Disease” (\$3,093,974), Principal Investigator.
2019 – 2020 “A Framework for Integrating Family Caregivers into the Formal Care Team” Seniorlink Inc. (\$106,000), Co-PI (with Patricia Tong).
2019 – 2020 “Impact Evaluation of John A. Hartford Foundation Grantmaking Program” Hartford Foundation, Co-Investigator (PI: Regina Shih)
2017 – 2020 NIA R21AG055815 “Estimating the Future Availability of Family Care for Alzheimer’s Disease in the US” (\$539,554), Principal Investigator.
2017 – 2018 RAND Center for the Study of Aging NIH-P30 Pilot Project, “The Support Networks of Older Adults and their Caregivers” (\$50,000). Co-PI (with David Kennedy)
2015 – 2018 Impact of a Caregiver Peer Mentoring Program on Social Isolation and Depression. Bristol Meyers Squibb Foundation” (\$425,000), Co-Investigator (PI: Thomas Trail and Terri Tanielian).
2015 – 2017 Office of the Secretary of Defense. “STARBASE: Factors Related to Participation, Outreach, and Impact” (\$197, 012). Co-PI (With Jennie Wenger).

- 2007-2016 Cost of Dementia, National Institute of Aging, (\$3,077,213) Co-Investigator. (PI: Michael Hurd)
- 2016 – 2020 NIMHD R01 MD010360. Evaluating disparities in older adult institutionalization and mortality after implementation of Medicaid’s Balancing Incentives Program (\$3,775,956), Co-Investigator (PI: Regina Shih)
- 2013 – 2015 NIA R01AG043960. Objective and Perceived Neighborhood Characteristics and Cognitive Decline, (\$895,115) Co-Investigator (PI: Regina Shih)
- 2014 – 2015 Sloan Foundation Research Grant, “Aging, Work, and Intergenerational Obligations”, (\$285,820), Subcontact Co-Investigator (PIs: Suzanne Bianchi, Judith Seltzer, and Emily Wiemers).
- 2013 – 2014 RAND Center for the Study of Aging Pilot Project, “Investment in Children’s Schooling and Financial Transfers to Parents in Later Life” (\$30,000). Principal Investigator.
- 2012 – 2013 Robert Wood Johnson Foundation Health and Society Scholars Program Seed Grant, “Family Socioeconomic Lineages: Implications for Health Disparities.” (\$10,000). Principal Investigator.
- 2012 – 2013 Robert Wood Johnson Foundation Health and Society Scholars Program Seed Grant, “Gender Differences in Early Origins of Disease.” (\$5,000). Co-PI with Jennifer Karas Montez.
- 2012 Harvard Center for Population and Development Studies Exploratory Workshop Grant, “The Causal Links Between Educational Attainment and Mortality.” (\$9,000). Co-PI with Jennifer Karas Montez.

PEER REVIEWED JOURNAL PUBLICATIONS

- B. Seligman, Kermani, T., Seeman, T. E., Almeida, D. M., Friedman, E. M., & Karlamangla, A. S. 2019. Cortisol diurnal dynamic range but not total cortisol secretion is associated with chronic inflammation. *Psychoneuroendocrinology*, 100, S38.
- E. M. Friedman, Rodakowski, J., Schulz, R., Beach S.; Martsof, G.; & James III, A. E. 2019. Do Family Caregivers Offset Healthcare Costs for Older Adults? A Mapping Review on the Costs of Care for Older Adults With Versus Without Caregivers. *The Gerontologist*, 59(5), e535-e551.
- D. Siconolfi, Shih RA, Friedman EM Kotzias VI, Ahluwalia SC, Phillips JL, Saliba D. 2019. Rural-urban disparities in access to home-and community-based services and supports: Stakeholder perspectives from 14 states. *Journal of the American Medical Directors Association*, 20(4), 503-508.
- G. R. Martsof, R.K. Kandrack, J. Rodakowski, E. M. Friedman, S. Beach, B. Folb, and A. E. James. *Forthcoming*. Work Performance Among Informal Caregivers: A Review of the Literature. *Journal of Aging and Health*.
- S. R. Beach, Schulz, R., Friedman, E. M., Rodakowski, J., Martsof, G., & James, A. E. 2018. Adverse consequences of unmet needs for care in high-need/high-cost older adults. *The Journals of Gerontology: Series B*.
- R. Schulz, Beach, S. R., Friedman, E. M., Martsof, G. R., Rodakowski, J., James, A. E. 2018. Changing Structures and Processes to Support Family Caregivers of Seriously Ill Patients. *Journal of palliative medicine*, 21(S2), S-36.

- E. M. Friedman, Trail, T. E., Vaughan, C. A., & Tanielian, T. 2018. Online peer support groups for family caregivers: are they reaching the caregivers with the greatest needs? *Journal of the American Medical Informatics Association*, 25(9), 1130-1136.
- C. Vaughan, Trail, T. E., Mahmud, A., Dellva, S., Tanielian, T., Friedman, E. M. 2018. Informal Caregivers' Experiences and Perceptions of a Web-Based Peer Support Network: Mixed-Methods Study. *Journal of Medical Internet Research*, 20(8).
- A. S., Karlamangla, Merkin, S. S., Almeida, D. M., Friedman, E. M., Mogle, J. A., & Seeman, T. E. 2018. Early-Life Adversity and Dysregulation of Adult Diurnal Cortisol Rhythm. *The Journals of Gerontology: Series B*, 74(1), 160-169.
- M.M. Weden, Miles, J. N., Friedman, E., Escarce, J. J., Peterson, C., Langa, K. M., & Shih, R. A. 2017. The Hispanic paradox: Race/ethnicity and nativity, immigrant enclave residence and cognitive impairment among older US Adults. *Journal of the American Geriatrics Society*, 65(5), 1085-1091.
- E.M. Friedman, Shih, R. A., Slaughter, M. E., Weden, M. M., & Cagney, K. A. 2016. Neighborhood age structure and cognitive function in a nationally-representative sample of older adults in the US. *Social Science & Medicine*.
- E.M. Friedman and P. Muennig. 2016. "The Intergenerational Transfer of Education Credentials and Health: Evidence from the 2008 General Social Survey-National Death Index" *Journal for the Health Care of the Poor and Underserved*.
- E. M. Friedman, R. A. Shih, K.M. Langa, & M. D. Hurd. 2015. U.S. Prevalence and Predictors of Informal Caregiving for Dementia. *Health Affairs*, 34(10), 1637-1641.
- E. M. Friedman, M. Weden, R. Shih, S. Kovalchik, R. Singh, J. Escarce. 2015. "Functioning, Forgetting, or Failing Health: Which Factors are Associated with a Community-Based Move among Older Adults?" *Journal of Gerontology Social and Behavioral Sciences*.
- E. M. Friedman, S. Park, and E. Wiemers. 2015. New Estimates of the 'Sandwich Generation' in the 2013 Panel Study of Income Dynamics. *The Gerontologist*.
- S. A. Kovalchik, M. E. Slaughter, J. Miles, E. M. Friedman, & R. A. Shih. 2015. Neighbourhood Racial/Ethnic Composition and Segregation and Trajectories of Cognitive Decline Among US Older Adults. *Journal of Epidemiology and Community Health*.
- E. M. Friedman, J. K. Montez, C. Sheehan, T. Gruenewald and T. Seeman. 2015. Childhood Adversities and Adult Cardiometabolic Health: Does Quantity, Timing, and Type of Adversity Matter? *Journal of Health and Aging*.
- E. M. Friedman, A. Karlamangla, T. Gruenewald, and T. E. Seeman, 2015, "Early Life Adversity and Adult Biological Risk Profiles." *Psychosomatic Medicine*. 77(2): 176-185.
- E. M. Friedman and R. D. Mare. 2014. "The Schooling of Offspring and the Survival of Parents." *Demography*. 51(4):1271-93.
- J. A. Seltzer and E. M. Friedman. 2013. "Widowed Mothers' Co-residence with Adult Children." *Journals of Gerontology B: Psychological Sciences and Social Sciences* doi: 10.1093/geronb/gbt072.
- A. S. Karlamangla, E. M. Friedman, R. Stawski, and T. E. Seeman. 2013. "Daytime Trajectories of Cortisol: Demographic and Socioeconomic Differences—Findings from the National Study of Daily Experiences." *Psychoneuroendocrinology*. doi.org/10.1016/j.psyneuen.2013.06.010
- E. M. Friedman, A. S. Karlamangla, D. M. Almeida, and T. E. Seeman. 2012. "Social Strain and Cortisol Regulation in Midlife in the US." *Social Science and Medicine*. 74(4):607-15

- S. E. Taylor, A. S. Karlamangla, E. M. Friedman, and T. E. Seeman. 2010. "Early Environment Affects Neuroendocrine Regulation in Adulthood." *Social Cognitive and Affective Neuroscience: Special Issue on Aging Research*. 171:11.
- K. Rask, S. Culler, T. Scott, S. Kohler, J. Hawley, E. M. Friedman, and D. Naylor. 2007. "Adopting National Quality Forum Medication Safe Practices: Progress and Barriers to Hospital Implementation." *Journal of Hospital Medicine*, 2:4, 212-218.

RAND REPORTS

- L. L. Miller, Knapp, D., Best, K. L., Friedman, E.M., Gonzalez, G. C., Totten, M., Wenger, J.W., Trail, T. E., Posard, M., Amaral, E. F. L. 2018. "Early evidence from the My Career Advancement Account Scholarship for military spouses: work, earnings, and retention" RAND Report RR-2093-OSD
- J. W. Wenger, Friedman, E.M., Leidy, E. N., Vasseur, M., Leuschner, K. 2018. "DoD STARBASE: improved measures for participation, outreach, and impact." 2018. RAND Report RR-2160-OSD.
- P. K Tong, Payne, L., Bond, C., Meadows, S. O., Lewis, J. L., Friedman, E.M., Maksabedian H., Ervant J. 2018. "Enhancing family stability during permanent change of station: a review of disruptions and policies" RAND Report RR-2304-OSD.
- T. L. Tanielian, Bouskill, K, Ramchand, R. N., Friedman, E, Trail, T., Clague, A. 2017. "Improving support for America's hidden heroes: a research blueprint" RAND Report RR-1873-TEDF
- S. O. Meadows, Tanielian, T. L., Karney, B. R., Schell, T. L., Griffin, B. A., Jaycox, L., Friedman, E. M., Trail, T. E., Beckman, R., Ramchand, R. N., Hengstebeck, N. D., Troxel, W. M., Ayer, L., Vaughan, C. A. 2016. "How military families respond before, during and after deployment: findings from the RAND Deployment Life Study." RAND Report RB-9906-AzOSD.
- R. A. Shih, T. Concannon, J. Liu, E. M. Friedman. 2014. "Improving Dementia Long-Term Care: A Policy Blueprint." RAND Report RR597.
- E. M. Friedman, L. L. Miller, S. E. Evans. 2014. "Advancing the Careers of Military Spouses: An Assessment of Education and Employment Goals and Barriers Facing Military Spouses Eligible for MyCAA." RAND Report, RR-784-OSD.
- P. Buryk, T. Trail, G. Gonzalez, L. Miller, E. M. Friedman. 2014. "Federal Educational Assistance Programs Available to Service Members and Veterans." RAND Report, RR-664-OSD.

OTHER PUBLICATIONS

- E. M. Friedman and Wiemers, E., 2019. Sandwich Generation. 2019. *Encyclopedia of Gerontology and Population Aging*. Gu, D., & Dupre, M. E. editors.
- J. K. Montez and E. M. Friedman. 2014. Educational Attainment and Adult Health: Under What Conditions is the Association Causal? *Social Science & Medicine*.
- E. M. Friedman. 2014. "Demographics Add Urgency for Action on Dementia Long-Term Care." *Modern Healthcare*. Jul 28;44(30):25. PMID: 25181808
- E. M. Friedman. 2014. "Good friends, good food . . . what more could we want? Assessing the links between social relationships and dietary behaviors. A commentary on Conklin et al." *Social Science and Medicine*. 100:176-7.

EDITED VOLUME

Jennifer Karas Montez and Esther M. Friedman (Co-guest Editors), 2015, special issue of *Social Science & Medicine* entitled, "Educational Attainment and Adult Health: Contextualizing Causality."

INVITED PRESENTATIONS

"Family Caregiving for Dementia." Presented at Bowling Green University Symposium on Caregiving and Family Wellbeing in Later Life. Bowling Green, Ohio, November 8, 2019.

"The Role of Family in Healthy Aging" Presented at Sarnat Symposium. Los Angeles Jewish Home, Los Angeles, CA, October 24, 2017.

"Dementia and Long-Term Care Policy Driven Research: A Multi-Sector Approach." Presented at the Improving Dementia Care in Nursing Homes Conference. Los Angeles, CA, May 28, 2015.

"Gender Differences in Transfers among Couples in the 'Sandwich Generation' Presented to the University of California, Los Angeles Family Sociology Working Group. May 11, 2015.

"Unlocking the Mysteries of the Mind: New discoveries in Alzheimer's and Dementia". Panelist. University of California, Santa Barbara and RAND Panel discussion. Santa Monica, CA April 23, 2015.

SELECTED CONFERENCE PRESENTATIONS (SINCE 2012)

E. M. Friedman, M. Slaughter, M.M. Weden, R. Shih, C. Rutter, I. Edochie. "Future trends in dementia family care: caregiver and care recipient perspectives" American Sociological Association (ASA), New York, NY, August 2019.

E. M. Friedman, M.M. Weden, R. Shih, C. Rutter. "Family Caregiving for Dementia: Heterogeneity by Race and Cohort" Presented at Population Association of America (PAA), Philadelphia, PA, May 2018.

E. M. Friedman, R.A Shih, J.N. Houle, K.A. Cagney, M. Slaughter. "The U.S. Housing Crisis, Community Change, and the Cognitive Health of Older Adults." Presented at Population Association of America (PAA), Philadelphia, PA, May 2017.

E. M. Friedman, S. Park, and E. Wiemers. "Gender Differences in Transfers among Couples in the 'Sandwich Generation'" Presented at Population Association of America (PAA), San Diego, CA, May 2015.

R. Shih, T. Concannon, J. Liu, E. M. Friedman, "Improving Dementia Long-Term Care: A Policy Blueprint." Presented at the Gerontological Society of America, Washington, DC, November 2014.

E. M. Friedman, S. Park, and E. Wiemers, New Estimates of the "Sandwich Generation" in the 2013 Panel Study of Income Dynamics. Presented at Population Association of America (PAA), Boston, MA, May 2014.

E. M. Friedman, J. K. Montez, C. Sheehan, T. Gruenewald and T. Seeman, "Childhood Adversities and Adult Cardiometabolic Health: Does Quantity, Timing, and Type of Adversity Matter?" Presented at Population Association of America (PAA), Boston, MA, May 2014. Revised version presented at Gerontological Society of America, Washington, DC, November 2014.

E. M. Friedman and B. Capistrant, "Physical Functioning Before, During, and After First Stroke Onset: Do Children's Characteristics Matter," Presented at Population Association of America (PAA), New Orleans, LA, May 2013.

E. M. Friedman and R. D. Mare, "Family Socioeconomic Lineages: Implications for Inequality." presented at Population Association of America (PAA), San Francisco, CA, May 2012.

E. M. Friedman, L. Kubzansky, T. Seeman, L. Berkman “Work-Family Conflict and Gender Disparities in Disease Avoidance.” presented at the Robert Wood Johnson Health & Society Annual Meeting, April 2012.

HONORS AND AWARDS

2010-2011	John Sciarra Graduate Fellowship, UCLA
2010-2011	Dorothy L. Meier Dissertation Fellowship, UCLA
2009-2010	Academic Year and Summer Graduate Research Mentorship Fellowship, UCLA
2008–2009	UCLA Sociology Department Fellowship
2008	UCLA Center for the Study of Women Travel Grant
2008	Kerckhoff Award for travel to the RC28 Conference on Social Stratification
2006-2008	NSF-IGERT Interdisciplinary Relationship Sciences Predoctoral Fellowship
2006	First Prize, Population Association of America Poster Competition
2006	Honorable Mention, NSF Graduate Research Fellowship
2005 - 2006	NICHD Predoctoral Training Fellowship, California Center for Population Research

OTHER WORK EXPERIENCE

2007 - 2011	Research Assistant, Geriatrics Division, School of Medicine, UCLA
2004 - 2005	Biostatistician, Center on Health Outcomes and Quality, Emory University, Atlanta, GA
2001 - 2004	Statistical Analyst, Mathematica Policy Research, Washington, DC
1999- 2001	Research Assistant, Social Indicator Survey Center, Columbia University
2000 - 2001	Statistical Consultant, New Jersey City University, Jersey City
2000	Teaching Assistant, Columbia University
1999	Adjunct Instructor, Baruch College, City University of New York
1996 - 1999	Research Specialist, Credit Acquisitions Division, Citigroup

PROFESSIONAL SERVICE

NATIONAL

Session Discussant, "The Economic and Social Context of Health," Population Association of America 2016 Annual Meeting.

Guest Editor (with Jennifer Karas Montez), Special Issues on “Educational Attainment and Adult Health: Contextualizing Causality”, *Social Science and Medicine* 2015.

Core Member, Network on Life Course Health Dynamics and Disparities.
<http://carss.umich.edu/content/2011/11/CoreMembersofNetwork.pdf>

Co-Organizer, Harvard Center for Population and Development Studies Exploratory Workshop on “Exploring the Causal Effects of Educational Attainment on Adult Health.” November, 2012; November 2013.

Session Organizer, "Families in Later Life," Population Association of America 2015 Annual Meeting.

Session Discussant, "Life Course Perspectives on Families and Health," Population Association of America 2014 Annual Meeting.

Session Chair, "Cohabitation and Marriage," Population Association of America 2014 Annual Meeting.

Session Discussant, "Kin Availability and Intergenerational Transfers," Population Association of America 2013 Annual Meeting.

Session Chair, "Family and Intergenerational Aspects of the Transition to Adulthood," Population Association of America 2010 Annual Meeting.

Occasional Referee: *American Sociological Review*; *Archives of General Psychiatry*; *Brain, Behavior, and Immunity*; *Demography*; *Journal of Family Issues*; *Journals of Gerontology – Social Sciences*; *Journal of Official Statistics*; *Social Science and Medicine*;

RAND

Director, RAND Caregiving Initiative 2018 -present

Organizer, Labor, Education, Aging, and Population Brown Bag Seminar, 2018-present.

Co-organizer, Aging, Disability, and Long-Term Care Strategy Group, 2018-present.

Director, RAND Summer Institute Mini Medical School for Social Scientists, 2015- present.

Lead Sociology Recruiter, 2017-present

Co-organizer, Long-Term Care Health Interest Group, 2014-2018.