Dr. Kristie J. Lipford is an Assistant Professor in the Bachelor of Social Work Program at Jackson State University (JSU) where she divides her time between teaching and research. In her teaching role, Dr. Lipford oversees and plans curriculum for the 400 level Research Methods course. Additionally, she mentors undergraduate students who have an interest in evidence-based practices. Prior to assuming a faculty position at JSU she served as an Assistant Professor at Tougaloo College where she taught Statistics for the Social Sciences Division. In her research role, Dr. Lipford broadly examines health behaviors. She is currently completing a manuscript that examines the effects of psycho-social stressors on physical activity, dietary habits, and sleep patterns using Jackson Heart Study data. Her most recent focus though is complementary and integrative medicine. At the present, she is preparing a K-award to examine non-pharmalogical options, like creative arts therapy, as effective models for medically at risk populations.