

The Contribution of Sleep to Cardiovascular Health Disparities



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Dayna A. Johnson, PhD is a social epidemiologist and Assistant Professor in the Department of Epidemiology at the Rollins School of Public Health, Emory University. She received her doctorate in Epidemiologic Science from the University of Michigan, and she completed a postdoctoral fellowship in Sleep and Circadian Disorders at Harvard Medical School. Her research is aimed at understanding the root causes of sleep health disparities and their impact on cardiovascular disease by 1) addressing the social and environmental determinants of sleep disorders and insufficient sleep; and 2) investigating the influence of modifiable factors such as sleep disorders and disturbances on disparities in cardiovascular outcomes. More specifically, Dr. Johnson's research further explicates the social contributors to racial/ethnic disparities in sleep by quantifying the contribution of social, household-level and neighborhood-level factors with objective and well-validated subjective measures of insufficient sleep using data from epidemiologic cohorts such as the Jackson Heart Study and the Multi-Ethnic Study of Atherosclerosis. She also has active studies in Atlanta and Boston that are investigating the home environment, sleep and ambulatory blood pressure across 7-days. Her research areas include perceived stress, discrimination, the built neighborhood environment (e.g. population density, intersection density, air quality), the social neighborhood environment (e.g. safety, cohesion, violence), housing, sleep, and hypertension.



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Rollins School of Public Health