

Episode 4: Standing Researcher Bio

After earning a Bachelor of Science in Health Science from Andrews University in Michigan, Ernie Medina, Jr., DrPH earned a Masters of Health Promotion and Doctorate of Preventive Care in Public Health from Loma Linda University School of Public Health (LLUSPH) in 1993.

From 1993 to 2014, Medina specialized in lifestyle medicine including weight loss, stress management, and smoking cessation at Beaver Medical Group in Redlands, California while maintaining as a clinical professor position at Loma Linda University School of Public Health. In January 2014, Medina joined the faculty of LLUSPH as an assistant professor and the Executive Director of the newly formed Center for Nutrition, Healthy Lifestyle and Disease Prevention. He is nicknamed the "Physical Activity Evangelist" for his constant promotion of various physical activity events for almost 30 years.

Medina is always on the lookout for unique forms of physical activity that include digital health interventions such as active video gaming and mobile health game applications. His most recent interest is eradicating "sitting disease" (also known as hypokinetic disease) with active sitting, especially since joining academia where sitting disease is epidemic.

Medina and with his wife, Keri, LLU School of Nursing Associate Professor, along with his 18-year-old daughter, Summer, and their two dogs, Roxy and Davy, practice what they preach on a daily basis. Healthy living.