

Grace Kollannoor Samuel, MBBS, MS, PhD

8450 Seasons Pkwy, Woodbury, MN 55125-4402

Contact: 651-702-5300

CURRENT POSITION

- Primary Care, Internal Medicine, Woodbury, Minnesota, Sep 2025 - Current
- Investigator, Health Partners Institute, Sep 2025 – Current

EDUCATION/Training

- Internal medicine– University of Minnesota, Minneapolis, MN 2022-2025
- MBBS (Bachelor of Medicine; Bachelor of Surgery), August 2005. Government Medical College Thiruvananthapuram, University of Kerala, India
- MS in Nutritional Sciences, University of Connecticut, Storrs, Connecticut, August 2009
- Ph.D. in Public Health, Yale University, New Haven, Connecticut, May 2016

ORIGINAL RESEARCH PAPERS

1. **Kollannoor-Samuel, G.**, Settgast, A., Walker, P., Chrenka, E., Steiner, A, Payton, C., Frumholtz, M., Rodrigues, KK., Bergenstal, R. Prevalence of diabetes among U.S. refugees and opportunities to improve screening, 2012–2022. *J Imm Min Health*. Submitted August 2024.
2. **Kollannoor-Samuel, G.**, Boelcke-Stennes, KA., Nelson, J., Martin, E., Fertig, A., Schiff, J. Supplemental Nutrition Assistance Program participation is associated with lower health care spending among working-age adults without dependents. *J. Health Care Poor Underserved*. 2022;33(2):737-750.
3. Minnesota Department of Human Services: “We definitely struggle... The worry is always there”: Improving the health of people living in deep poverty December 2020: Lead analyst; <https://www.lrl.mn.gov/docs/2021/other/210226.pdf>.
4. **Kollannoor-Samuel, G.**, Shebl, FM., and Perez Escamilla, R. Nutrition label use is associated with future diabetes risk among US adults. *Am. J. Clin. Nutr.* 2017, 105 (6), pp. 1079-1085.
5. **Kollannoor-Samuel, G.**, Shebl, FM., Hawley, N., and Perez Escamilla, R. Nutrition facts panel use is associated with higher diet quality and lower glycosylated hemoglobin concentrations among US adults with undiagnosed prediabetes. *Am. J. Clin. Nutr.* 2016, 104 (6), pp 1639-1646.
6. **Kollannoor-Samuel G**, Segura-Pérez S, Shebl FM, Hawley NL, Damio G, Chhabra J, Vega-López S, Fernandez ML, Pérez-Escamilla R. Nutrition Facts Panel use is associated with diet quality and dietary patterns among Latinos with type 2 diabetes. *Public Health Nutr.* 2017 Nov;20(16):2909-2919.
7. **Kollannoor-Samuel, G.**, Shebl, FM., Segura-Perez, S., Chhabra, J., Vega-Lopez, S. and Pérez-Escamilla, R. Food label use improves dietary quality and mediates improved glycemic control in Latinos with type 2 diabetes in a community health worker-supported intervention. *Am. J. Public Health.* June 2016, 106 (6), pp. 1059-1066.

8. Perry, CD., Degeneffe, D., Davey, C., **Kollannoor-Samuel, G.**, and Reicks, M. Weight Gain Prevention among Midlife Women: A Randomized Controlled Trial to Address Needs Related to the Physical and Social Environment. *Int. J. Environ. Res. Public Health* 2016, 13(6), 530.
9. Vega-López, S., Calle, MC., Fernandez, ML., **Kollannoor-Samuel, G.**, Chhabra, J., Todd, M., Segura-Pérez, S., D'Agostino, D., Damio, G., and Pérez-Escamilla, R. Triglyceride screening may improve cardiometabolic disease risk assessment in Latinos with poorly controlled type 2 diabetes. 2013. *J. Health Care Poor Underserved*. 24(4):1739-55. Cited by 2.
10. Pérez-Escamilla, R., G. Damio, J. Chhabra, M. L. Fernandez, S. Segura-Perez, S. Vega-Lopez, **Kollannoor-Samuel, G., et al.** Impact of a community health workers-led structured program on blood glucose control among Latinos with type 2 diabetes: The DIALBEST Trial. 2015. *Diab. Care*. 38(2) 197-205. Cited by 32.
11. **Kollannoor Samuel, G.**, Wagner, J., Damio, G., S., Segura-Perez, Chhabra, J., Vega-Lopez, S., D., and Pérez-Escamilla, R. Food insecurity and low self-efficacy are associated with health care access barriers among Puerto-Ricans with type 2 diabetes. 2012. *J. Imm. Min. Health*. 14: 552-562. Cited by 19.
12. **Kollannoor Samuel, G.**, Wagner, J., Damio, G., S., Segura-Perez, Chhabra, J., Vega-Lopez, S., D., and Pérez-Escamilla, R. Social support modifies the association between household food insecurity and depression among Latinos with uncontrolled type 2 diabetes. 2011. *J. Imm. Min. Health*. 13 (6): 982-989. Cited by 24.
13. **Kollannoor Samuel, G.**, Chhabra, J., Fernandez, M., Vega-Lopez, S., Segura-Perez, S., Damio, G., Calle, M., D'Agostino, D., and Pérez-Escamilla, R. Determinants of fasting plasma glucose and glycosylated hemoglobin among Latinos with poorly controlled type 2 diabetes. 2011. *J. Imm. Min. Health*. 13 (5): 809-817. Cited by 23.

Research Experience

1. Research Scientist - 3, Department of Human Services, Minnesota, 2016 –2022
 - a. Improving the health of people living in deep poverty December 2020
 - b. SNAP (food stamp) enrollment and health care cost - DHS. 2018 to 2020.
 - c. Gap in well-child visits - Project lead -2018 to 2019
 - d. Disability waiver population - ER and urgent care utilization - Injury Report - 2019.
 - e. Quality assessment in health care delivery - CAHPS surveys, CMS and HEDIS QI measures
 - f. Evaluation of Behavioral Health Homes (BHH) - Medicaid Beneficiaries - Collaborative project with Wilder Foundation, MN. June 2018 - November 2018.
 - g. Chronic diseases of Minnesota Medicaid beneficiaries - Project lead. 2017 to 2019.
 - h. State Asthma Report, Minnesota Department of Health, 2017.
 - i. State Medicaid Report, 2020
2. Research Manager, Center of Eliminating Health Disparities among Latinos (CEHDL), University of Connecticut, Storrs; 2009 to 2011
Responsibilities: Managing the blood collection and analyses, and database
Project director: Rafael Pérez-Escamilla, PhD
3. Graduate Research Assistant, University of Connecticut, Storrs, Connecticut; 2007 - 2009
Project title: Determinants of fasting plasma glucose and glycosylated hemoglobin among Latinos with type 2 diabetes enrolled in DIALBEST trial
4. Research Assistant, Medical College Thiruvananthapuram, Kerala, India; 2006-2007

Project title: Nutritional profile of children brought to Thiruvananthapuram Medical College Hospital for various ailments - Changing trends over the years

5. Research Assistant, Medical College Thiruvananthapuram, Kerala, India; 2002 - 2003

Project title1: Prevalence of self-medication and availability of over-the-counter drugs among the rural and urban population in Thiruvananthapuram district, Kerala.

Project title 2: Assessment of health, educational, and economic statuses of people in Poonthura (a coastal belt in Southern India).

Teaching Experience

1. DrPH Mentor, Capella University, School of Nursing and Health Sciences; 2019-2020
2. Adjunct Faculty - Public Health, Hamline University, Saint Paul, MN; Fall 2017
3. Data Analyst and Tableau Trainer, Department of Human Services, Saint Paul, MN; 2016-2022
4. Teaching Fellow, Yale School of Public Health, New Haven, Connecticut; 2014-2016

Academic and Professional Honors

1. 2024-2025: Gopher Spirit Award, University of Minnesota, Internal Medicine Residency
2. 2024-2025: Outstanding Resident Humanitarian Award, Global Health Medicine, University of Minnesota
3. 2024-2025: Keep Cool Under Pressure Award, University of Minnesota, Internal Medicine Residency
4. 2021: Notable Document Award, National Conference of State Legislatures, State of Minnesota
5. 2020: Special Mention for COVID efforts, Commissioner, Minnesota Department of Human Services, MN
6. 2022: Achievement Award, Minnesota Department of Human Services, MN
7. 2019-2020: Achievement Award, Minnesota Department of Human Services, MN
8. 2016 – PhD with distinction, Yale School of Public Health, New Haven, CT
9. 2016: Top Ten Research Poster, Experimental Biology Conference, San Diego, CA
10. 2016: Research Featured in Yale News, Yale School of Public Health
11. 2014: Student Spotlight, Yale School of Public Health
12. 2009: Janina Czajkowski Community Nutrition Award, University of Connecticut

Engagement and Professional Development Activities

1. 2024-2025: Resident Leadership Academy Training
2. 2018-2021: Data Analyst Trainer, Minnesota Department of Human Services
3. 2017-2021: Deep Poverty Recommendations Committee, Minnesota Department of Human Services
4. 2016-2017: Member, Institutional Review Board, Minnesota Department of Human Services
5. 2005-2006: Vice President, House-Surgeon's Association (HAS), Medical College Thiruvananthapuram, Kerala, India
6. 2002-2003: General Secretary, Women's Hostel Committee, Medical College Thiruvananthapuram, Kerala, India