"How many of you have wives? how many of you have daughters? how many of you have sisters? And I know you all have mothers... What do you do to help them stay healthy?"
OUR FOUNDER
DR. DORIS A. HOWELL

• Known for her legacy of care
  • Pediatric Hematologist/Oncologist.
  • Hospice Care Model
  • Women’s Heath

• Doris Howell Foundation for Women’s Health Research founded in 1995 with support from Soroptimist International of La Jolla

• Legendary, award-winning leader
  • Faculty member at: Harvard and Duke Schools of Medicine,
  • Chair of the Dept. of Pediatrics at the Medical College of Pennsylvania,
  • Faculty of UCSD Medical School, chairing the Dept. of Community and Family Medicine.
THE NEED

• Prevention, diagnosis and medication rely on research
• Lack of focus on women in scientific research
• The critical need starts at the basic level – research, including:
  • Funding undergraduate, graduate and postgraduate scholarships
  • Early access to cutting-edge research to promote self-advocacy
OUR MISSION

The Doris A. Howell Foundation for Women’s Health Research is dedicated to making a long-term positive impact on women’s health for the sake of women, their families and the communities in which they live.
OUR PROGRAMS
Accelerating Solutions in Women’s Health with Research

We addresses the need for women’s health

• Undergraduate and Graduate Research Scholarships
• Howell Lecture Series
• Community Engagement Initiative (CEI)
HOWELL RESEARCH SCHOLARSHIPS

We **inspire and fund** undergraduate, graduate and post graduate researchers to unleash innovation in the next-generation pool of physicians and scientists who will address women’s health issues.

“Although women live longer than men, they bear a greater burden of disease and disability. I’m privileged to help this exceptional organization promote women’s health research through its student and community engagement research awards.”

**Andrea Z LaCroix**  
Director of the Women's Health Center of Excellence  
UC San Diego
“There are numerous studies that indicate that students who do research as undergrads gain both professional and personal skills such as problem solving, communication and teamwork. Research experience also helps students clarify their career goals and prepares them for success in their graduate school environments. Many of our students would not be able to participate in research unless we provide them with financial support, thus by offering scholarships to deserving students, we are helping to foster the interest of students in research careers and improve their ability to succeed in any career.”

Mandy Butler, PhD, Scholarships Review Committee Chair
Associate Professor of Teaching Emerita,
Division of Biological Sciences,
UC San Diego
“I am truly grateful, seven years later and counting, for the generosity of the Howell Foundation.

I am currently concluding my Master’s thesis in the field of neurodegenerative disease, which affects more women than men. As an Associate Scientist in the neurobiology division at a prominent pharmacology company, I will continue to conduct research with the potential to benefit patients with neurodegenerative and neuro-muscular disorders.”

Stephanie Meyers
2014 Howell – UCSD Scholar

The Howell Scholarship Award provided recognition, encouragement, and funding that greatly improved my application and transition into a PhD program. It also helped to instill in me the importance of including women in scientific research.

As a PhD student, I studied the role of epigenetics in both autism and Wilson disease, a rare liver disorder. I recently started a new position at a pharmaceutical company, where I’ll be using genomic data to identify new drug targets.”

Charles Mordaunt,
2013 Howell-CSUPERB Scholar

“The Howell Scholarship Award has given me invaluable tools and resources to succeed in my research. I am a psychiatric mental health nurse practitioner and clinical assistant professor focusing on women’s mental health, specifically in the areas of:

• Perinatal mood and anxiety disorders.
• Premenstrual Dysphoric disorder.
• Peri-menopausal depression and anxiety.
• Supporting families through infertility and pregnancy loss.
• Racial inequities in maternal mental health.”

Teresa Nguyen, Ph.D
2019 Howell- USD Hahn School of Nursing Scholar
HOWELL LECTURE SERIES

We promote women’s health education by presenting cutting-edge research that encourages self-advocacy for the long term health and well-being of women.

“For me, the Howell Foundation is about Education. Research. Next Generation. I learn so much about women’s health from the top physician researchers and scientists in San Diego. Knowing that my contribution is going toward women’s health research scholarships is rewarding.”

Eileen Steres Gaffen
President
Steres Gaffen Media
Addiction Disorders
Aging
Alzheimer's Disease and Dementia
Anxiety Disorders
Autoimmune disease
Biomedicine
Breast Cancer
Cardiovascular Health & Heart Disease
Caregiving
Cognitive Decline
COVID-19 and Pregnancy
Healthy Pregnancy
Depression
Diabetes
Exercise and Your Health
Genomics
Gut Health
Happiness & Your Health
Hoarding
Hormones and Happiness
Intermittent Fasting
Lung Cancer
Meditation
Menopause
Mental Disorders
Nutrition
Organ Prolapse
Osteoporosis
Ovarian Cancer
Palliative Care & Hospice
Parkinson's Disease
Pelvic Floor Dysfunctions
Post Partum Depression
Regenerative Medicine
Reproductive Health
Research on Cannabinoids
Sleep Disorders
Stress Management
Substance Abuse
Technology and our Health
Tend and Befriend vs. Fight or Flight
Urinary Incontinence
Urinary Tract Infection
COMMUNITY ENGAGEMENT INITIATIVE (CEI)

We award pilot research grants to scientists working with community organizations to develop and evaluate programs designed to address the most pressing health issues affecting minority women in our community.

"We have entered a new era in Women’s Health. Tomorrow’s research breakthrough depends on what we do today to make a difference in the future of health care. It’s an honor to be part of this incredible group of people who believe in women’s health causes."

Maryanne Sorge
Family Nurse Practitioner
Friend of Howell
CREATING AN IMPACT IN OUR COMMUNITY

“Partnering with Refugee Women to Inform Culturally Appropriate Patient-Centered Reproductive Healthcare.”
Sheila K Mody, MD MPH
Director, Fellowship in Family Planning
Director, Division of Family Planning
Dept. of Obstetrics, Gynecology, and Reproductive Sciences, University of California, San Diego

“Increasing Physical Activity through a Culturally Tailored, Community-led Intervention among Pacific Islanders: A Multi-Generational, Family-based Approach.”
Christina K. Holub, PhD, MPH
Assistant Professor
Master of Public Health Program
College of Education, Health and Human Services
California State University San Marcos

“Reducing Insomnia in Homeless Women with the Mantram Repetition Program.”
Mary Barger PhD, MPH, CNM
Associate Professor
Hahn School of Nursing and Bob and Betty Institute for Nursing Research, University of San Diego

“Developing a Reproductive Health Intervention for Adolescent and Young Adult Cancer Survivors.”
H. Irene Su, MD MSCE
Reproductive Endocrinologist
Associate Professor of Obstetrics, Gynecology, and Reproductive Sciences, University of California, San Diego

“Intuitive Eating Intervention to Curb Weight Gain in Female College Students.”
Hala Madanat, Ph.D.
Professor,
Division of Health Promotion & Behavioral Science, SDSU Graduate School of Public Health

“Promoting Physical Activity and Healthy Eating among Pregnant Latinas: A Demonstration Project.”
Elva Arredondo, PhD.
Professor, Division of Health Promotion and Behavioral Sciences
Graduate School of Public Health
San Diego State University
OUR IMPACT

$800,000 to 280 scholars pursuing a career in research applied to women’s health

Over 130 events to over 9000 people about concrete research affecting women

$100,000 dedicated to scientists and community organizations for research for minority women
WHY GIVE
To Women’s Health Research?

To *Keep the Women we Love Healthy*

- Bring attention to the lack of focus on women’s unique health needs that have been ignored
- Howell Scholars raise the importance of research that directly affects women’s health.
- Today’s Howell Scholar trains on cutting-edge tools to discover the next scientific breakthrough
- Emerging scientists dedicate their career to improving the health of women, family, and community
OUR BOARD
Focused on advancing women’s health research

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Scholarship Review Committee Member,
Professor and Chief of Epidemiology,
Director, Women’s Health Center of
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Director of Thornton Radiology at UCSD Health
Sciences.

2021 Staff:
Marla Black
Executive Director
Paulette Bohrer
Development Associate
Tanya Fortuna
Administrative Coordinator

THE DORIS HOWELL FOUNDATION
The Doris A. Howell Foundation for Women’s Health Research

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