

# KARA JACKSON, MS, BSDH, RDH, CHES

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## POPULATION HEALTH & QUALITY STRATEGY EXECUTIVE

*Strategic Healthcare Leader | Population Health Innovator | Human-Centered Program Builder*

**Interdisciplinary Healthcare Leader** with 10+ years of experience embedding Social Determinants of Health into clinical strategy, driving innovation to break down barriers, and advancing population health at scale. Builder of targeted programs, dedicated to closing gaps in health access and translating strategy into sustainable, people-first health models. Healthcare leader with direct clinical experience, offering unique lens to healthcare transformation—grounded in lived experience, system fluency, and the ability to reframe solutions in ways that truly resonate.

### SNAPSHOT OF IMPACT & ACHIEVEMENT

- ✓ **Directed operations and strategy implementation** across 10+ grant-funded projects advancing chronic disease prevention, behavioral health, and social determinants of health initiatives.
- ✓ **Advised on integrating social determinants** of health into specialty care delivery, expanding access and promoting equitable outcomes through community-based strategies tailored to local population needs.
- ✓ **Achieved 5% improvement** in patient retention by restructuring care delivery models and workflows with patient-centered focus.
- ✓ **Led 15+ member board to identify local health disparities** and adjust educational programming accordingly.

### VALUED EXPERT IN

SDoH Strategy  
Population Health  
Program Evaluation & Metrics  
Value-Based Care Models  
Accessible & Affordable Healthcare  
Provider Engagement  
Community-Based Program Design  
Outcome Reporting & Data Translation  
Health Policy Alignment  
Capacity Building

**ADDITIONAL SKILLS:** P&L Management | Fiscal Strategy | Grant Support | Extramural Funding | Cross-Sector Collaboration | Stakeholder Engagement | Program Management | Quality Measures | Project Leadership & Management | Emotional Intelligence | Patient Engagement | Healthcare System Operations | Operational Leadership | Healthcare Industry Trends

## PROFESSIONAL EXPERIENCE

**INDEPENDENT CONSULTING** | 2024 – Present

### POPULATION HEALTH & HEALTH EQUITY STRATEGY CONSULTANT

Directed and advised whole-person health education initiatives focused on medical integration, patient engagement, and value-based care strategies across multi-state systems. Consulted directly with clinical teams and developed provider-facing engagement tools to align programs with social determinants of health (SDoH), enhance care coordination, and optimize patient-centered models—driving improved retention, adherence, and system-wide outcomes.

- **Strategized and operationalized custom Behavior Change Assessment Tool** to evaluate patient confidence and readiness for treatment, tailoring outreach to behavioral insights and improving treatment adherence.
- **Improved patient retention 5% in 5 months**, restructuring patient-facing workflows, introducing coordinated care initiatives, and guiding providers to adopt patient-centric engagement strategies.
- **Consulted on specialty care practices and patient engagement**, embedding SDoH-aligned strategies and community-based interventions that expanded access and enhanced care accessibility.
- **Analyzed operational data and social risk indicators** to develop tailored, population-specific care strategies, driving alignment between resources and community health needs.
- **Delivered 10% jump in program positioning**, revamping enterprise strategy execution by analyzing market and competitive data, introducing structured program guidelines, and identifying success factors and execution gaps.
- **Introduced structure and scalable processes** to underperforming programs, consulting with clinical teams to establish new clinical guidelines, communication workflows, and cross-functional engagement models.
- **Advised diverse clients/organizations on value-based care readiness**, optimizing workflows and aligning financial performance with clinical quality metrics and regulatory goals.
- **Served as thought leader and SME in patient engagement**, access strategy, and health program implementation, uncovering novel pathways to elevate provider understanding and cross-system collaboration.

## JACKSONVILLE MEDICAL INSTITUTE | 2022 – 2024

### PROGRAM DIRECTOR

Revitalized accredited clinical education program during period of curriculum overhaul and operational change. Oversaw academic, clinical, and administrative performance while promoting broader access to care and inclusive admissions practices, increasing retention, and rebuilding team culture. Directed accredited health education program graduating 48 clinicians annually. Led academic, clinical, and administrative operations. Scaled team from 10 to 14 and added 2 contracted employees.

- **Designed and implemented comprehensive curriculum roadmaps** to operationalize newly approved academic changes, aligning teaching practices, learning objectives, and clinical competencies.
- **Restored trust and increased faculty engagement 20%** through transparent workload evaluation, open communication, and inclusive leadership, promoting faculty advocacy and satisfaction.
- **Slashed student attrition 5%** and bolstered institutional inclusivity, leading task force redesign admissions process, implementing an access-focused, data-informed holistic review model.
- **Developed \$225K revenue growth opportunity** and achieved 3% operational cost reduction through clinical and service realignment.
- **Chaired 15+ member community advisory board** to identify local Social Determinants of Health (SDoH), facilitated provider collaboration while aligning programming with real-world challenges and expanding community partnerships.
- **Elevated efficiency 18%** while accelerating integration between clinical and academic objectives, aligning faculty, students, and administrative staff.

## UNIVERSITY OF FLORIDA – HEALTH RESEARCH INSTITUTE | 2020 – 2022

### PROGRAM DIRECTOR – RESEARCH CENTERS IN MINORITY INSTITUTIONS (RCMI)

Directed strategic design and execution of research programs under \$13M NIH-funded initiative, advancing translational science and improving health outcomes for underserved communities across Houston. Led accessibility-focused strategies across 10+ grant-funded projects focused on social determinants of health (SDoH), behavioral science, and chronic disease prevention to support culturally informed and community-relevant programming. Supervised staff and cross-functional workgroups.

- **Spearheaded core elements of RCMI Pilot Grant Program**, from crafting RFAs and defining scoring criteria to leading the scientific merit review, driving successful funding of 10+ accessibility-focused research projects and boosting engagement among 30+ underrepresented early-stage investigators.
- **Aided operational rollout and participant engagement activities** for mobile app-based tobacco cessation intervention targeting priority populations.
- **Orchestrated 3+ research calls annually** to fund investigators working on community-responsive science and public health challenges, including environmental health and value-based care innovations.
- **Promoted scalable public health education**, working in collaboration with faculty, CBOs, and healthcare stakeholders to create SDoH-informed materials for distribution through FQHCs and clinical partners.
- **Launched 2 Professional Development Program (PDP) series** for 30+ affiliated faculty, enhancing leadership pipelines for underrepresented researchers in biomedical and health sciences.
- **Supported development of 10+ grant proposals, contributing to \$2M+ in awarded funding** by coordinating research engagement activities, facilitating collaborations with institutional partners, and supporting scholarly outputs under Principal Investigator leadership.
- **Translated complex datasets into clear, actionable insights** by producing plain-language evaluation summaries, stakeholder briefs, community toolkits, and marketing flyers across 10+ health initiatives. Collaborated to ensure materials were accessible, culturally relevant, and aligned with public health outreach goals.

## UNITED CARE COMPANIES INC (UCCI) | 2016 – 2020

### SENIOR WELLNESS CONSULTANT

Led wellness strategy initiatives across 7-state territory, collaborating with provider networks and partnering closely with sales and service teams to drive client retention, satisfaction, and enterprise growth. Served as the clinical SME in finalist presentations and external-facing materials. Synthesized disparate data sets into actionable insights by leveraging diverse operational models to inform strategic decision-making and enhance value-based offerings.

- **Transformed unstructured wellness offering into strategic differentiator** by designing evidence-based Dental Quality Metrics (DQMs) aligned with HEDIS standards and value-based care. Created gap analytics to identify care disparities and strengthen indirect SDoH impact.

- **Qualified clinical and financial impact** of non-compliance and guided interventions to improve treatment adherence and reduce long-term costs by driving creation of care gap analytics.
- **Positioned UCCI as market leader** in medical-dental integration, building comprehensive marketing materials and client-facing resources while supporting client groups with 1K+ members.
- **Represented UCCI at 10+ finalist presentations**, crafting tailored, value-driven RFP responses that supported both renewals and competitive acquisitions.
- **Authored commercial publications** and delivered 20+ continuing education (CE) courses, advising provider-facing strategies while reinforcing thought leadership in dental wellness and insurance innovation.
- **Active member of Quality Management** and Quality Improvement Committees for California and Texas managed health plans, ensuring alignment of clinical initiatives with state-specific compliance and care standards.
- **Synthesized disparate data sets** into actionable insights by leveraging diverse operational models, identifying root causes of underperformance, and creating targeted interventions for population health improvement.

## FLORIDA WOMAN'S UNIVERSITY | 2015 – 2017

### UNDERGRADUATE COURSE ASSISTANT, DENTAL HYGIENE DEPARTMENT

Supported development and delivery of 10+ interactive online lectures and courses, including Head & Neck Anatomy, Pharmacology, Oral Pathology, and Periodontal Disease, enhancing curriculum delivery and strengthening future provider readiness for 50+ dental hygiene students.

- **Delivered individualized academic support** and tutoring to 20+ students per semester, boosting comprehension in clinical science and reinforcing provider-patient communication skills.

## ACCOLADE HEALTH | 2015 – 2017

### HEALTH COACH

Coached 100+ clients to improved health outcomes by applying active listening, behavior-change strategies, and personalized wellness plans, injecting early SDoH influence to achieve measurable gains in lifestyle habits and biometric markers.

- **Incorporated SDoH-informed behavior models** to improve care for underserved communities while delivering targeted health education and motivational coaching focused on chronic disease prevention and lifestyle change.

## INDEPENDENT | 2011 – 2014

### PRACTICE CONSULTANT & LICENSED CLINICIAN

Provided clinical dental hygiene services as an independent provider under the supervision of licensed dentists across 5+ specialty practices. Advised healthcare teams on patient engagement and wellness strategies aligned with emerging value-based care models.

- **Catalyzed 18% jump in profitability** with gains across team productivity by directing hygiene department operations, training, and performance management.
- **Partnered with physicians and specialists** to co-manage medically complex cases, demonstrating advanced clinical collaboration and contributing to improved whole-person health outcomes.
- **Educated 500+ patients annually** on oral-systemic connection via personalized resources and prevention strategies that reduced periodontal inflammation and chronic disease risks.

## EDUCATION | CERTIFICATION | LICENSURE

### *Jacksonville University Integrative Health*

**MASTER OF SCIENCE, HEALTH PROMOTION**

### *Florida Woman's University*

**BACHELOR OF SCIENCE, DENTAL HYGIENE**

### *Tampa College*

**ASSOCIATE OF APPLIED SCIENCE, GENERAL STUDIES**  
**ASSOCIATE OF APPLIED SCIENCE, DENTAL HYGIENE**

### *Certifications & Licensure*

**CERTIFIED HEALTH EDUCATION SPECIALIST (CHES)**  
**LICENSED & REGISTERED DENTAL HYGIENIST**