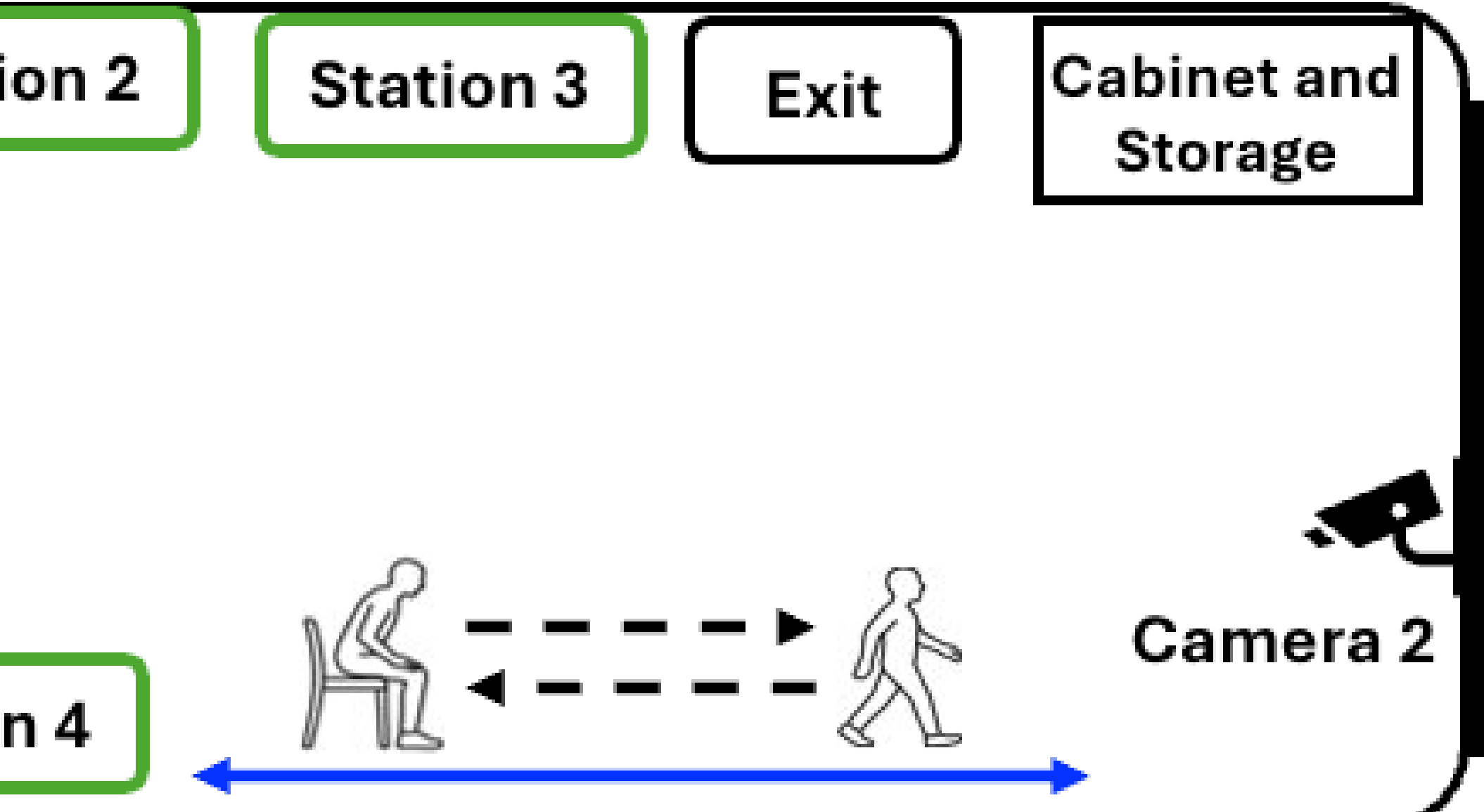
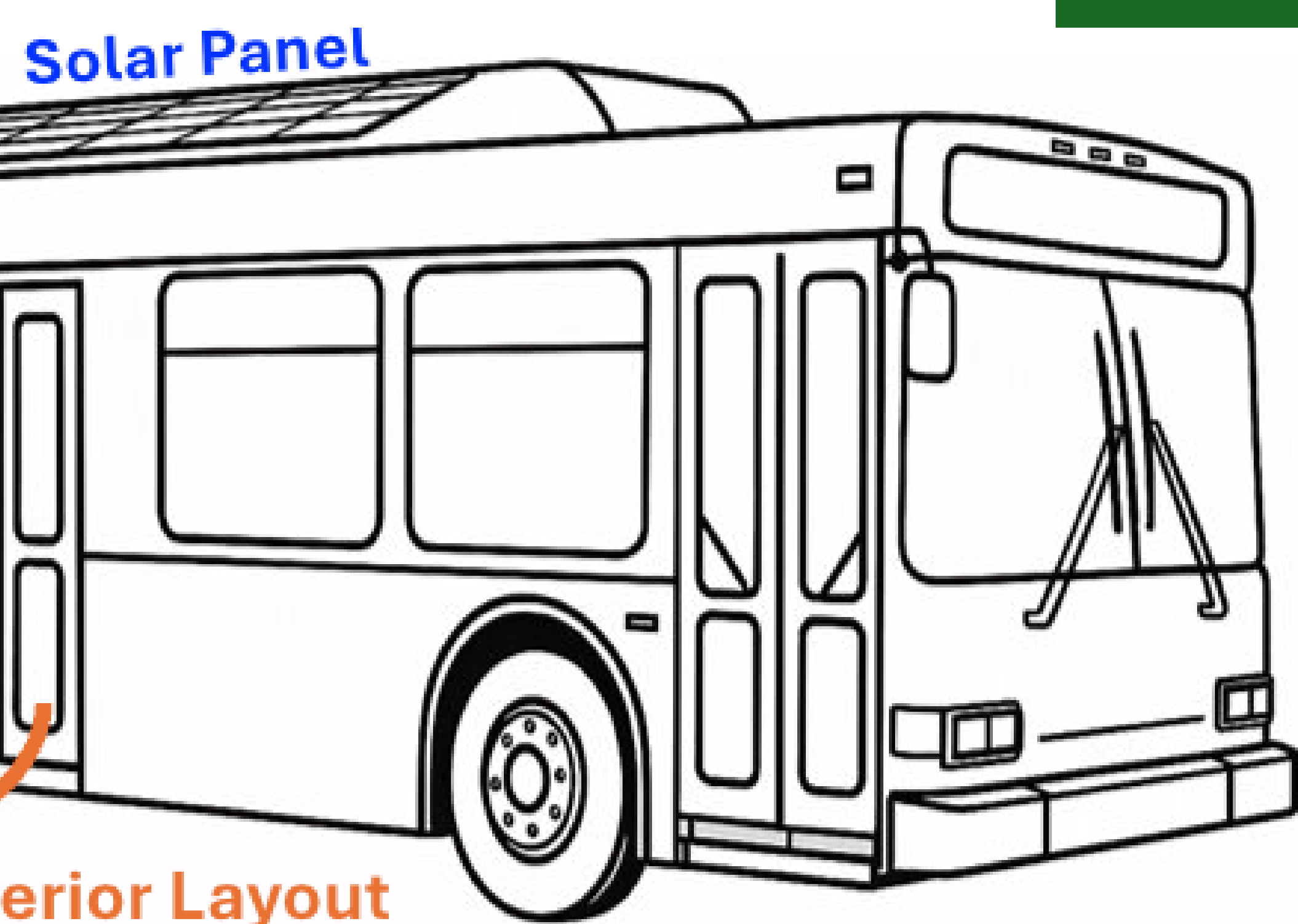
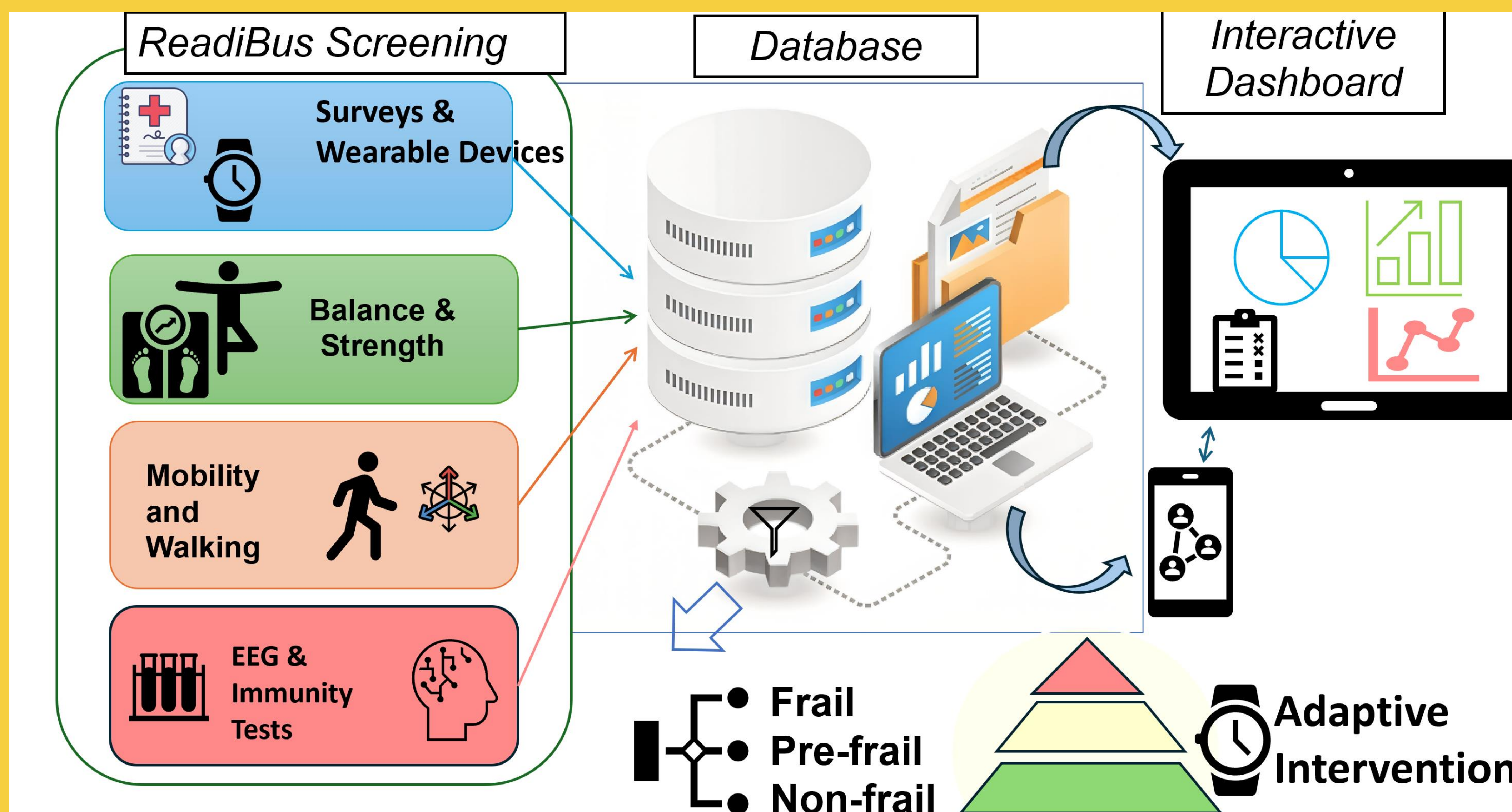


Evolution to Impact: UCF Mobile Research on Wheels

PhD, MSN, RN, FAAN, FNAP, FGSA
University of Central Florida; Disability, Aging and
University of Central Florida (UCF)



UCF Mobile Health Research on Wheels is designed as a tech-enabled mobile prevention and research hub focused on AI-driven early detection (e.g. frailty and falls), lifelong wellness, and community engagement.



College
Nursing

UNIVERSITY OF CENTRAL FLORIDA

Wellness
Preventive Care/
Injury Prevention

Self-

Life Span

Stay Healthy

Prevention is cheaper and better than cure

Prevention

Primary Prevention

Impact

Research + Services

- 1K+ older adults, majority low income, screened for fall risk and provided feedback
- 440+ low-income older adults provided body-mind intervention to improve physical activity, and reduce fear of falling and fall risk
- 40+ publications and 60+ presentations in last 3 years

Impact

Mentorship + Teaching

- 20+ undergraduate students, 15+ graduate students, and 7 postdoctoral scholars from a variety of disciplines
- Junior faculty from various disciplines



Healthy Aging Lab

RESEARCH AREAS LAB FACULTY + STAFF AGING RESEARCH NEWS

UCF's Healthy Aging Lab is helping older adults live happier, healthier lives through multidisciplinary collaboration and innovative research. Aging experts and researchers at UCF are advancing technology-driven preventive screening and interventions to promote lifelong well-being.



From Innovation to Impact: Developing UCF Mobile Health Research on Wheels

Ladda Thiamwong, PhD, MSN, RN, FAAN, FNAP, FGSA

Biography

Ladda Thiamwong, PhD, RN, FAAN, FNAP, FGSA is a Professor in the College of Nursing at the University of Central Florida (UCF), where she serves as the Florida Blue Endowed Professorship for Healthy Communities and leads the Healthy Aging Lab. A nationally and internationally recognized expert in aging, Dr. Thiamwong has more than 20 years of experience in gerontological nursing education, research, and practice. Her work is dedicated to advancing healthy aging, fall prevention, and equitable health outcomes for diverse and underserved older adult populations.

Dr. Thiamwong's research program is distinguished by its interdisciplinary and translational focus, integrating nursing, technology, and community engagement to address complex aging-related challenges. She has secured over \$9 million in research funding, including multiple federal grants, to support innovative interventions that promote functional independence and quality of life among older adults. Her work has contributed to a paradigm shift in fall risk assessment by emphasizing tailored, multicomponent interventions that address physical, cognitive, and psychosocial factors.

A prolific scholar, Dr. Thiamwong has published extensively in high-impact journals and disseminated her research at national and international conferences. She is widely recognized for developing a culturally grounded healthy aging instrument which has since been translated into multiple languages and adopted by researchers globally. Her work reflects a deep commitment to culturally responsive and globally relevant approaches to aging science.

Dr. Thiamwong's contributions to education and leadership have been recognized through prestigious honors, including the UCF Luminary Award and the Distinguished Educator in Gerontological Nursing Award from the National Hartford Center of Gerontological Nursing Excellence (NHCGNE). These distinctions highlight her excellence in advancing gerontological nursing education and mentoring the next generation of nurse leaders.

In addition to her research and teaching, Dr. Thiamwong is an influential leader in academic, professional, and community settings. She serves on the City of Orlando Mayor's Committee on Livability and Healthy Aging, contributing her expertise to advancing age-friendly policies and initiatives. She is actively engaged in national organizations, serving as co-convenor of the Gerontological Society of America (GSA) Aging Among Asians Interest Group and as a past chair of the Southern Nursing Research Society's Aging/Gerontology Research Interest and Implementation Group.

Dr. Thiamwong also holds key editorial roles, serving as a Section Editor for Aging Matters in the Journal of Psychosocial Nursing and Mental Health Services and as an Associate Editor for the Injury Prevention and Control section of Frontiers in Public Health. Through these roles, she contributes to shaping the future of gerontological research and practice.

A dedicated mentor and educator, Dr. Thiamwong has mentored more than 60 trainees across undergraduate, graduate, postdoctoral, and junior faculty levels. Her mentorship emphasizes interdisciplinary collaboration, innovation, and leadership development to prepare future scholars and practitioners to meet the needs of an aging population.

Dr. Thiamwong is a Fellow of the Gerontological Society of America (FGSA), the American Academy of Nursing (FAAN), and the National Academies of Practice (FNAP), reflecting her sustained contributions and leadership in advancing aging research, education, and policy.

Contact Information



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