

Kimberly Arnold, Ph.D., M.P.H.

(she/her/hers) Assistant Professor, Family Medicine and Community Health, Perelman School of Medicine, University of Pennsylvania



Kimberly Arnold, Ph.D., M.P.H., believes that everyone deserves the opportunity to be as healthy as possible and is passionate about promoting holistic wellness. Arnold is an assistant professor of Family Medicine and Community Health with a secondary appointment in the Department of Psychiatry at the University of Pennsylvania Perelman School of Medicine. She is a mental health services researcher, implementation scientist, public health practitioner, and Registered Yoga Teacher who is an expert in health equity and reducing health disparities experienced by Black Americans through community engaged research, multisector collaboration, addressing inequities in social determinants of health, and engaging stakeholders in the planning, implementation, and evaluation of evidence-based interventions in clinical and community settings. Arnold is currently implementing and evaluating mental health interventions in Black churches, including Mental Health First Aid, and strengthening collaboration between churches and local mental health providers in the Greater Philadelphia area. Arnold earned a Master's in Public Health from Drexel University and a PhD in Health Policy and Management and Community-based Public Health certificate from the Johns Hopkins University Bloomberg School of Public Health. During her self-care time, she enjoys teaching and practicing yoga, strength training, spa activities, reading books, traveling, and spending time with family and friends. [Read more.](#)