



Amanda Grimes

Health Sciences

University of Missouri-Kansas City

Dr. Amanda Grimes is an assistant professor of health sciences who works with diverse populations and marginalized communities to improve health disparities. Through her research, she aims to reduce barriers so that people can be more active, with the ultimate goal to reduce risk for chronic disease and improve overall physical and mental health.



Amanda's professional and personal passions intersect with her service on BikeWalkKC's board of directors, where they strive to redefine streets as a place for people to build a culture of active living. She believes that community engagement strengthens her community-based research, which directly impacts those most affected by systemic societal constructs.

Amanda collaborates with Truman Medical Center (TMC), Children's Mercy Kansas City, Kansas City Public Schools, Kansas City Parks and Recreation, Kansas City Area Transportation Authority, and BikeWalkKC among others. These collaborative projects have resulted in federal and locally funded initiatives to increase physical activity by reducing social determinants of health. One such project aims increase physical activity and nutrition in middle school students through a after-school sport program and weekly produce distributions through TMC's mobile Market.

Amanda is a Master Certified Health Education Specialist and holds a PhD in Health Sciences from the University of Arkansas, Fayetteville. She is an assistant professor within the Bachelor of Health Sciences program in the School of Nursing and Health Studies. In her free time, Amanda enjoys bicycling, tennis, and baking.

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