

EM BALKAN, MSW

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Pronouns: they/them

EDUCATION

Brown University PhD in Health Services Research	May 2027 (Expected)
New York University Master of Social Work	May 2015
New York University Bachelor of Science in Social Work Minor: American Sign Language	May 2013

PROFESSIONAL EXPERIENCE

Graduate Research Assistant June 2024 – Present
Brown University School of Public Health, Providence, RI
Co-PIs: Drs. David Meyers and Jackie White Hughto, Funder: NIA (R01) 1R01AG073440

- Conduct large, quantitative analyses, including trends of receipt of gender-affirming care in the Medicare program and Medicare Advantage enrollment trends for transgender and gender diverse Medicare beneficiaries
- Facilitated studios with Medicare beneficiaries to contextualize the findings of studies and guide future work

Quantitative Data Analyst June 2025 – August 2025
Sheridan Center for Teaching and Learning at Brown University, Providence, RI

- Designed and conducted analyses to support a complex, multi-PI, intervention-based program alongside a collaborative team, with the goal of improving student learning outcomes to ensure every student is successful
- Analyzed longitudinal data to see if educational outcomes change over time and/or in response to education-based interventions

Graduate Research Assistant August 2022 – December 2023
Brown University School of Public Health, Providence, RI
PI: Dr. Kali Thomas, Funder: Patient Centered Outcomes Research Institute

- Conducted interviews with older adults enrolled in a randomized control trial examining the impact of receiving home-delivered meals
- Analyzed qualitative data in both an individual and team setting with use of NVivo software

Senior Policy Analyst, Legislative Division April 2018 – July 2022
New York City Council, New York, NY

- Collaborated to develop health policies such as Int. No. 0954-2018, which created a third gender marker on birth certificates
- Prepared materials, including briefing papers and opening statements, for hearings on health topics such as hospital prices, chronic disease, and the impact of COVID-19 on marginalized communities

Senior Policy & Client Services Associate May 2017 – March 2018
The Medicare Rights Center, New York, NY

- Recruited and oversaw a workgroup of thirty dually Medicare-Medicaid enrolled New Yorkers to address the concerns of those with long-term care needs enrolled in the state's integrated health plans
- Worked in coalition with other city and state-based health policy experts to promote state-level changes to long-term care and Medicaid programs

Policy & Client Services Associate

August 2015 – May 2017

The Medicare Rights Center, New York, NY

- Co-authored the *Medicare Rights NY* newsletter, which supplied partners with relevant policy-related information
- Authored policy principles to guide the development, implementation, and evaluation of new health care models

Client Services Associate

July 2013 – August 2015

The Medicare Rights Center, New York, NY

- Served as the HIICAP liaison and oversaw over 1,200 units of technical assistance to New York State counselors annually, and regularly participated in and hosted conferences and trainings
- Oversaw low-income benefits enrollment, including approximately 1,200 applications and resulting in over five million dollars in savings for clients per year

PUBLICATIONS

Peer Reviewed Publications

1. Meyers DJ, Shroff J, Marr J, **Balkan E**, Ryan A, Trivedi AN. Trends in broker enrollment and spending in Medicare Advantage. In press at *JAMA Internal Medicine*.
2. Babbs G, **Balkan E***, Flores R, Hughto JMW. National Policy Changes Impacting Transgender Populations and Their Implications for Researchers and Public Health. *American Journal of Public Health*. 2026. <https://doi.org/10.2105/AJPH.2025.308386>
***Co-first authors:** Babbs, Balkan, and Flores equally contributed to the conceptualization, writing, and editing.
3. **Balkan E**, Shroff J, Trivedi AN, Ryan AM, Meyers DJ. Rapid Disenrollment Rates Tripled For Medicare Advantage Beneficiaries, 2017–22. *Health Affairs*. 2026. doi: 10.1377/hlthaff.2025.01082
4. Babbs G, Offiaeli K, Hughto JMW, **Balkan E**, Wilson I, Shireman T, Meyers DJ. Intersectional HIV disparities among transgender Medicare beneficiaries of color. *AIDS*. 2026. doi:10.1097/QAD.0000000000004442
5. **Balkan E**, Gadbois EA, Tucher E, Bernard KP, Thomas KS. Home-delivered nutrition services for older adults under the Older Americans Act. *JAMA Network Open*. 2025. doi:10.1001/jamanetworkopen.2025.34747
6. Babbs G, Dai D, Boskey E.R., **Balkan E**, and Hughto J.M.W. Challenges and best practices using claims data to study gender-affirming surgery in transgender and gender-diverse populations. *American Journal of Public Health*. 2025. doi: <https://doi.org/10.2105/AJPH.2025.308187>
7. Stetten NE, Kelly PJA, Shireman TI, **Balkan E**, Babbs G, Alpert AB, Wolfe HL, Meyers DJ, Hughto JMW. Understanding provider treatment approaches for the provision of gender-affirming hormones in the current US political climate. *American Journal of Public Health*. 2025. doi: 10.2105/AJPH.2025.308143
8. **Balkan E**, Babbs G, Meyers DJ, Kelly PJA, Yee K, Pletta DR, Shireman TI, Alpert AB, Baker K, Hughto JMW. Estimates of gender-affirming surgery for transgender and gender diverse Medicare beneficiaries. *JAMA Network Open*. 2025. doi:10.1001/jamanetworkopen.2025.8072.
9. Harrison J, **Balkan E**, Bernard KP, Gadbois EA, Thomas KS. A protocol for stakeholder engagement in deliver-EE: A pragmatic randomized comparative effectiveness trial evaluating effects of meal delivery on the ability of homebound older adults to remain in the community. *Contemporary Clinical Trials*. 2024. doi:10.1016/j.cct.2024.107535
10. Wolfe HL, Hughto JMW, Siegel J, Fix GM, Poteat TC, Streed Jr. CG, Hughes LD, **Balkan E**, Drainoni M. Exploring perspectives of transgender and gender diverse patients and primary care providers on discussing HIV risk. *Archives of Sexual Behavior*. 2024. doi: 10.1007/s10508-024-02991-6

Manuscripts Under Review

11. **Balkan E**, Keohane LM, Rahman M, Hughto JMW, Meyers DJ. Assessing New York State's Expansion of Medicaid Benefits for Medicare Beneficiaries, 2021-2023. Revised and resubmitted to *JAMA Health Forum*
12. **Balkan E**, Hughto JMW, Meyers DJ. Medicare Advantage enrollment trends for transgender beneficiaries. Under Review at *Medical Care Research and Review*.

Other Publications

1. Babbs G, Dai D, Boskey E.R., **Balkan E**, and Hughto J.M.W. Babbs et al. Respond. *American Journal of Public Health*. 2026. doi: 10.2105/AJPH.2025.308363.
2. **Balkan E**, Hughto JMW, Baker KE. Is Medicare the next front in Trump's war on transgender people? *Common Dreams*. June 21, 2025.
3. Babbs G, **Balkan E**, Corman JD, Meyers DJ. The House 2024 Appropriations Bills: Two steps back for transgender health equity. *Health Affairs Forefront*. 2023. doi:10.1377/forefront.20230908.935250

Select Policy Reports

1. **(Primary Author)** The New York City Council. (2021). Hospital Costs – Impact on Access to Care
2. The New York City Council. (2021). COVID-19 and Seniors: Addressing Equity, Access to the Vaccine, and Scheduling Vaccination Appointments Online in NYC
3. The New York City Council. (2019). Oversight – Charity Care Funding for New York City Hospitals
4. The New York City Council. (2019). Oversight – The Delivery of Culturally Competent & Equitable Health Care Services in New York City Hospitals.

Select Legislation

Drafted and finalized resolutions for New York City government, including:

1. **Resolution 1529-2021, New York City Council (2021)**. Resolution calling on the New York State Legislature to pass, and the Governor to sign, legislation to protect New York State's safety net providers and Special Needs Plans by eliminating the Medicaid pharmacy carve-out.
2. **Resolution 919-2019, New York City Council (2019)**: Resolution calling on the Federal Government to dismiss the change to Title X funding, specifically to prohibit recipients from using Title X funds to perform, promote, refer for, or support abortion as a method of family planning.
3. **Resolution 512-2018, New York City Council (2018)**: Resolution calling on New York State to require medical schools to train all students about "implicit bias".

MEDIA COVERAGE

Balkan E, interviewed by Rob Lott. "What Rising Disenrollment Rates Reveal About Medicare Advantage." *A Health Podyssey*. 2026. <https://www.iheart.com/podcast/269-a-health-podyssey-73944378/episode/what-rising-disenrollment-rates-reveal-about-medicare-advantage-328548958>

Balkan E, featured expert in "Cutting Older Americans Act funding could cost older Americans their independence." *Brown School of Public Health News*. October 16, 2025. <https://sph.brown.edu/news/2025-10-16/older-americans-act>

CONFERENCE PRESENTATIONS

Oral

1. **Balkan E**, Keohane L, Rahman M, Hughto JMW, & Meyers DJ. "Continuity of Oncological Care and Enrollment In Traditional Medicare and Medicare Advantage." American Society of Health Economists Annual Conference; Session Title: The Impacts of Plan Design In Medicare Advantage: Provider Networks, Premium Benefits, and Health Disparities; Forthcoming in June 2026; Minneapolis, MN.
2. **Balkan E**, Keohane L, Hughto JMW, Rahman M, & Meyers DJ. "Examining the Multiple Functions of Medicare Savings Programs for Low-Income Medicare Beneficiaries: Part B Enrollment and Penalty Avoidance." American Society of Health Economists Annual Conference; Session Title: Assessing the Value of Medicaid and the Medicare Savings Programs for Low-Income Medicare Enrollees; Forthcoming in June 2026; Minneapolis, MN.
3. **Balkan E**, Shroff J, Trivedi AN, Ryan AM, Meyers DJ. "Medicare Advantage Rapid Disenrollment Trends." Gerontological Society of America's Annual Meeting; Flash Poster Session: Health Care and Services: Policy and Programs Across the Spectrum; November 2025; Boston, MA.
4. **Balkan E**, Hughto JMW, & Meyers DJ. "Medicare Advantage Enrollment Trends for Transgender and Gender Non-Conforming Beneficiaries." American Society of Health Economists Annual Conference; Emerging Scholars Session: Effects of Health Insurance and Consumer Decision Making; June 2025; Nashville, TN.
5. **Balkan E**, Babbs G, Shireman T, Hughto JMW., & Meyers DJ. "Receipt of Gender-Affirming Surgery Among Medicare Beneficiaries." Gerontological Society of America's Annual Meeting, Presidential Symposium: Impact of Discriminatory Policies on LGBTQ+ Older Adults' Health and Well-Being and How to Combat Them; November 2023; Tampa, FL.
6. **Balkan E**. "Addressing the Needs of the Aging Community through Coalition Building." Hunter Silberman School of Social Work Annual Conference; 2017; New York, NY.

Poster

1. **Balkan E**, Shroff J, Trivedi AN, Ryan AM, Meyers DJ. Medicare Advantage Rapid Disenrollment Trends. Gerontological Society of America's Annual Meeting; November 2025; Boston, MA.
2. **Balkan E**, Gadbois E, Tucher E, Bernard K, Thomas K. Medicare Advantage Enrollment Trends for Transgender and Gender Non-Conforming Beneficiaries. AcademyHealth 2025 Annual Research Meeting; June 2025; Minneapolis, MN.
3. **Balkan E**, Hughto JMW, Meyers D. Older Adults Discuss the Benefits of Home-Delivered Meals, Which Meet, and Surpass, the Stated Goals of the Older Americans Act Nutrition Program. AcademyHealth 2025 Annual Research Meeting; June 2025; Minneapolis, MN.
4. **Balkan E**, Hughto JMW, Meyers D. Medicare Advantage Enrollment Trends for Transgender and Gender Non-Conforming Beneficiaries. AcademyHealth 2024 Annual Research Meeting; June 2024; Baltimore, MD.
5. **Balkan E**, Babbs G, Meyers D, Kelly PJA, Yee K, Pletta D, Shireman TI, Alpert A, Hughto JMW. Estimates of Gender-Affirming Surgery for Transgender and Gender Diverse Medicare Beneficiaries from 2016-2020. AcademyHealth 2024 Annual Research Meeting; June 2024; Baltimore, MD.
6. Gadbois E, Tucher E, **Balkan E**, Kwon I, Bernard K, Thomas K. Relationships between Different Modes of Home-Delivered Meals and Experiences of Homebound Older Adult Recipients. AcademyHealth Annual Research Meeting; June 2023; Seattle, WA.
7. **Balkan E**, Babbs G, Shireman T, Hughto JMW, Meyers D. Receipt of Gender Affirming Surgery Among Medicare Beneficiaries. AcademyHealth Annual Research Meeting; June 2023; Seattle, WA.

INVITED TALKS

- Title: Understanding and Addressing Health Disparities for Transgender and Gender Diverse Medicare Beneficiaries** June 2024
Noons in June
Centers for Medicare & Medicaid Services, Virtual
- Title: Understanding and Addressing Health Disparities for Transgender and Gender Diverse Medicare Beneficiaries** June 2024
Real Time Chicago
Centers for Medicare & Medicaid Services Region 5, Virtual
- Title: Consumer Engagement and Advocacy Work** November 2016
Putting Care at the Center Conference
National Center for Complex Health and Social Needs, Philadelphia, PA

TEACHING EXPERIENCE

Primary Instructor

- Adjunct Lecturer** Spring 2020, 2021, & 2022
Course: Advocacy in Social Work Practice
Columbia University School of Social Work, New York, NY
- Adjunct Lecturer** Fall 2019, 2021
Course: The Health Care System: Issues, Policies, Research, and Programs
Columbia University School of Social Work, New York, NY

Teaching Support

- Teaching Experience** Spring 2025
Course: The U.S. Health Care System
Brown University School of Public Health, Providence, RI
- Teaching Assistant** Spring 2024
Course: The U.S. Health Care System
Brown University School of Public Health, Providence, RI

GRANTS

- Title: Medicare Advantage Enrollment Decisions and their Impacts** February 2025
Role: Principal Investigator
Funder: AHRQ (R36)

HONORS & AWARDS

- Delta Omega Honors Society in Public Health**, Epsilon Iota Chapter 2026
Brown University School of Public Health, Providence, RI
- ASHEcon Diversity Scholarship Recipient** 2026
American Society of Health Economists
- Nora Kahn Piore Award Recipient** 2025
Brown University School of Public Health, Providence, RI

One-third tuition scholarship New York University, New York, NY	2014-2015
Graduated cum laude New York University, New York, NY	2013
University Honors Scholar New York University, New York, NY	2013
Founders' Day Award for graduating as a top-ranking Baccalaureate graduate New York University, New York, NY	2013
Dean's List New York University, New York, NY	2009 – 2013
Dean's Circle Honors Program New York University, New York, NY	2010 – 2011

PROFESSIONAL MEMBERSHIP

American Society of Health Economists	2025 – Present
AcademyHealth	2023 – Present
Gerontological Society of America	2023 – 2024, 2025 – Present

SERVICE

Ad-hoc Reviewer

JAMA Health Forum	2026
ASHEcon Abstract Reviewer	2026
Critical Public Health	2026
LGBT Health	2025
American Journal of Public Health	2025
AcademyHealth Abstract Reviewer	2025
Social Science & Medicine	2024

Other

AcademyHealth Student Chapter Leader Brown University School of Public Health	2023-Present
LGBTQIA2S+ Working Group Co-Lead Brown University School of Public Health	2025-Present