EM BALKAN, MSW

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EDUCATION

Brown University Spring 2027
PhD in Health Services Research *(Expected. Completion date is flexible)*

New York University May 2015
Master of Social Work

New York University May 2013
Bachelor of Science in Social Work
Minor: American Sign Language

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 examining healthcare outcomes for transgender Medicare beneficiaries, including trends of receipt of gender-affirming care and preventive cancer screenings as well as Medicare Advantage enrollment trends
- 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 Medicare, Medicare

Advantage, and Medicaid policy 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. **Balkan E**, Hughto JMW, Meyers DJ. Medicare Advantage enrollment trends for transgender beneficiaries. *Medical Care Research and Review*. 2026. doi:10.1177/10775587261491420

2. Marr J, Shroff J, **Balkan E**, Ryan AM, Trivedi AN, Meyers DJ. Brokers enroll a higher share of new beneficiaries in Medicare Advantage Plans than standalone Part D plans. *Health Services Research.* 2026. doi:10.1111/1475-6773.70169

3. **Balkan E**, Keohane LM, Rahman M, Hughto JMW, Meyers DJ. Expansion of Medicaid Benefits for Medicare Beneficiaries in New York State. *JAMA Health Forum*. 2026. doi:10.1001/jamahealthforum.2026.2394

4. Meyers DJ, Shroff J, Marr J, **Balkan E**, Ryan AM, Trivedi AN. Trends in Broker Enrollment and Spending in Medicare Advantage. *JAMA Internal Medicine*. 2026. doi:10.1001/jamainternmed.2026.0864

5. 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. doi:10.2105/AJPH.2025.308386
***Co-first authors**: Babbs, Balkan, and Flores equally contributed to the conceptualization, writing, and editing.*

6. **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

7. 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

8. **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

9. 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:10.2105/AJPH.2025.308187

10. 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

11. **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.

12. 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

13. 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 In Progress

14. Barcellos A, **Balkan E***, Hughto JMW, Alpert AB, Meyers DJ. Examining cancer prevention screening rates amongst transgender and cisgender Medicare beneficiaries, 2017-2023.
***Co-first authors**: Barcellos and Balkan equally contributed to the analysis and manuscript.*

15. **Balkan E,** Keohane LM, Eliason EL, Ayeh D, Hughto JMW, Rahman M, Meyers DJ. Assessing New York State's expansion of Medicaid benefits for Medicare beneficiaries: Impacts on enrollment and healthcare use.

16. **Balkan E,** Kwon Y, Rahman M, Keohane LM, Barcellos A, Achola-Kothari E, Hughto JMW, Meyers DJ. Oncological Care and Enrollment in Traditional Medicare and Medicare Advantage.

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.* 2025. https://sph.brown.edu/news/2025-10-16/older-americans-act

CONFERENCE PRESENTATIONS

Oral

1. **Balkan E**, Hughto JMW, Meyers DJ. Medicare Advantage enrollment trends for transgender beneficiaries. *Medical Care Research and Review*.

2. **Balkan E**, Keohane L, Rahman M, Hughto JMW, & Meyers DJ. "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; June 2026; Minneapolis, MN.

3. **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; June 2026; Minneapolis, MN.

4. **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.

5. **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.

6. **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.

7. **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 (under review) February 2025
Status: Pending | Role: Principal Investigator
Funder: AHRQ (R36)

Title: The impact of Medicare Advantage enrollment on beneficiaries with disabilities May 2025
Status: Funded ($2,000) | Role: Principal Investigator
Funder: Brown University School of Public Health (Nora Kahn Piore Award)

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

One-third tuition scholarship — 2014-2015
New York University, New York, NY

Graduated cum laude — 2013
New York University, New York, NY

University Honors Scholar — 2013
New York University, New York, NY

Founders' Day Award for graduating as a top-ranking Baccalaureate graduate — 2013
New York University, New York, NY

Dean's List — 2009 – 2013
New York University, New York, NY

Dean's Circle Honors Program — 2010 – 2011
New York University, New York, NY

PROFESSIONAL MEMBERSHIP

American Society of Health Economists — 2025 – Present

AcademyHealth — 2023 – Present

Gerontological Society of America — 2023 – 2024, 2025 – Present

SERVICE

Ad-hoc Reviewer

SSM – Population Health — 2026

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 2023-2025
Brown University School of Public Health

LGBTQIA2S+ Working Group Co-Lead 2025-Present
Brown University School of Public Health