

LILLY ESTENSON

Curriculum Vitae

CONTACT

Leonard Davis School of Gerontology
University of Southern California
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RESEARCH FOCUS

I study how social and policy factors affect health insurance enrollment, health care utilization, and health outcomes across the life course. Specific research areas: Medicare, Medicaid, health insurance eligibility and enrollment, health care access, health and social care integration.

EDUCATION

Doctor of Philosophy in Gerontology (in progress) *Expected 2026*
University of Southern California, Los Angeles, CA
Dissertation: Predictors, Characteristics, and Outcomes of Medicare Coverage among Beneficiaries with Limited English Proficiency

Master of Social Work *2016*
University of Michigan, Ann Arbor, MI

Bachelor of Arts *2012*
Scripps College, Claremont, CA

GRANTS & FELLOWSHIPS

NIA T32 Predoctoral Trainee *Jan 2025 – present*
USC Leonard Davis School of Gerontology, Los Angeles, CA

- Predoctoral trainee in USC's Multidisciplinary Research Training in Gerontology Program
- National Institute on Aging Award Number T32AG000037

Junior Service Fellow *May 2023 – Aug 2023*
Agency for Healthcare Research and Quality, Rockville, MD (remote)

- Full-time summer fellow focused on health system transformation and active aging

AWARDS & HONORS

Social Research, Policy, & Practice (SRPP) Student Travel Award *2022 – 2023*
Gerontological Society of America

PEER-REVIEWED PUBLICATIONS

Roberts, E. T., Phelan, J., Schwartz, A. L., Meara, E., Ruggiero, D., **Estenson, L.**, Werner, R. M., & Figueroa, J. F. Loss of Subsidized Drug Coverage and Mortality among Medicare Beneficiaries. *New England Journal of Medicine*, 0(0).
<https://doi.org/doi:10.1056/NEJMsa2414435>

Estenson, L., Roberts, E. T., & Jacobson, M. (2025). Medicare Resource Use Differs by English Reading Proficiency. *Innovation in Aging*, 9(1), igae105.
<https://doi.org/10.1093/geroni/igae105>

Watson, B. N., **Estenson, L.**, Eden, A. R., Gerstein, M. T., Carney, M. T., Dotson, V. M., Milnes, T., & Bierman, A. S. (2024). Person-Centered Care Planning for People Living With or at Risk for Multiple Chronic Conditions. *JAMA Network Open*, 7(10), e2439851-e2439851. <https://doi.org/10.1001/jamanetworkopen.2024.39851>

Marnfeldt, K., Lomeli, S., Salinas Navarro, S., **Estenson, L.**, & Wilber, K. (2023). “Connect it Down to the Person:” Perspectives on Technology Adoption from Older Angelenos. *Journal of Elder Policy*, 2(3), 93-125. <https://doi.org/10.18278/jep.2.3.4>

Estenson, L.*, Kim, N.*, & Jacobson, M. (2023). Do Age-Based Discontinuation Recommendations Influence Cervical Cancer Screening Rates? Evidence from the United States' Behavioral Risk Factor Surveillance System, 2016 and 2018. *Prev Med*, 172, 107543. <https://doi.org/10.1016/j.ypmed.2023.107543>

* *Equally contributing authors*

Cederbaum, J.A., Ross, A.M., Zerden, L D., **Estenson, L.**, Zelnick, J., & Ruth, B.J. (2022). “We are on the Frontlines Too”: A Qualitative Content Analysis of U.S. Social Workers Experiences during the COVID-19 Pandemic. *Health and Social Care in the Community*, 30, e5412–e5422. <https://doi.org/10.1111/hsc.13963>

Mikton, C., Beaulieu, M., Yon, Y., Cadieux Genesse, J., St-Martin, K., Byrne, M., Phelan, A., Storey, J., Rogers, M., Campbell, F., Ali, P., Burnes, D., Band-Winterstein, T., Penhale, B., Lachs, M., Pillemer, K., **Estenson, L.**, Marnfeldt, K., Eustace-Cook, J., Sutton, A., & Lacasse, F. (2022). PROTOCOL: Global Elder Abuse: A Mega-Map of Systematic Reviews on Prevalence, Consequences, Risk and Protective Factors and Interventions. *Campbell Systematic Reviews*, 18(2). <https://doi.org/10.1002/cl2.1227>

Lohman, M. C., Sonnega, A. J., Nicklett, E. J., **Estenson, L.**, & Leggett, A. N. (2019). Comparing Estimates of Fall-Related Mortality Incidence Among Older Adults in the United States. *The Journals of Gerontology: Series A*, 74(9), 1468–1474.
<https://doi.org/10.1093/gerona/gly250>

Pre-Prints

Mikton, C., Campbell, F., Campo-Tena, L., Beaulieu, M., St-Martin, K., Yon, Y., Storey, J., Cadieux Genesse, J., Phelan, A., Rogers, M., **Estenson, L.**, Marnfeldt, K., Sutton, A., Ali, P., Burnes, D., & Penhale, B. (2025). "Global Abuse of Older People: A Mega-map of Systematic Reviews on Prevalence, Consequences, Risk and Protective Factors and Interventions." OSF Preprints. September 2. https://doi.org/10.31219/osf.io/3ugk4_v1

In Progress

Estenson, L., Roberts, E.T., & Jacobson, M. (in progress). Limited English Proficiency and Medicare Advantage Enrollment.

Estenson, L., Duffy, E., Cloughesy, J., & Jacobson, M. (in progress). Limited Access to Post-Acute Rehabilitation Care at Skilled Nursing Facilities with Medicaid.

CONFERENCE PRESENTATIONS

Estenson, L., Roberts, E., & Jacobson, M. (2025). Limited English Proficiency and Medicare Informational Resource Use. Poster presented at AcademyHealth's Annual Research Meeting, Minneapolis, MN.

Estenson, L., Roberts, E., & Jacobson, M. (2023). Differences in Medicare Resource Use by English Proficiency. Paper presented at the Gerontological Society of America's Annual Scientific Meeting, Tampa, FL.

Navarro, S. S., Lomeli, S., **Estenson, L.**, & Wilber, K. (2023). Perspectives on Technology Adoption among Spanish-Speaking Hispanic Adults Age 60+. Poster presented at the Gerontological Society of America's Annual Scientific Meeting, Tampa, FL.

Estenson L. & Aguila E. (2023). Health Insurance and Influenza Vaccine Receipt among Hispanic Older Adults with Multiple Chronic Conditions. Poster presented at the International Conference on Aging in the Americas, Los Angeles, CA.

Estenson, L., Marnfeldt, K., Mikton, C., Yon, Y., & Wilber, K. (2022). Global Elder Abuse: A Mega-Map of Systematic Reviews. Poster presented at the Gerontological Society of America's Annual Scientific Meeting, Indianapolis, IN.

Marnfeldt, K., **Estenson, L.**, Rowan, J., Gassoumis, Z., & Wilber, K. (2022). Increasing Risk for Elder Mistreatment? A Qualitative Study of Caregiver Experiences during COVID-19. Paper presented at the Gerontological Society of America's Annual Scientific Meeting, Indianapolis, IN.

Marnfeldt, K., **Estenson, L.**, Rowan, J., & Wilber, K. (2021). Caregiving and COVID-19: Perspectives from a Care Coach. Poster presented at the Gerontological Society of America's Annual Scientific Meeting, virtual conference.

Estenson, L. (2019). Staff/Volunteer Community Outreach Strategies to Increase Program Impact. Poster presented at the Network for Social Work Management's 30th Annual Management Conference, Chicago, IL.

Estenson, L. (2016). SAGE Metro Detroit Rainbow Resource Guide. Poster presented at the University of Michigan School of Social Work's "Aging: Ethical Challenges in Different Venues" Continuing Education Seminar, Ann Arbor, MI.

RESEARCH EXPERIENCE

NIA T32 Predoctoral Trainee

Jan 2025 – present

USC Leonard Davis School of Gerontology, Los Angeles, CA

- Continue Medicare policy research, including dissertation research, as a predoctoral trainee in USC's Multidisciplinary Research Training in Gerontology Program

Junior Service Fellow & Volunteer Researcher

May 2023 – Oct 2024

Agency for Healthcare Research and Quality, Rockville, MD (remote)

- Assisted with literature review, data analysis, and manuscript drafting for qualitative study on person-centered care planning for multiple chronic conditions as full-time summer fellow (May to August 2023) and part-time volunteer researcher (August 2023 to October 2024)

Research Assistant

Aug 2020 – Dec 2024

USC Leonard Davis School of Gerontology, Los Angeles, CA

Research on Medicare Enrollment and Coverage Choices

Sept 2022 – Dec 2024

PI: Lilly Estenson, Faculty Advisor: Mireille Jacobson

- Reviewed and synthesized literature on individual and community characteristics associated with traditional Medicare vs Medicare Advantage, Part D, and other enrollment outcomes
- Used Medicare Current Beneficiary Survey data to examine Medicare coverage trends

Research on Preventive Cancer Screening

Jan 2022 – Aug 2023

PI: Mireille Jacobson

- Reviewed literature on cervical, breast, and colorectal cancer screening take-up, screening guidelines, and interventions to increase take-up
- Used CDC data to analyze preventive cancer screening rates
- Co-authored manuscript of study findings for journal publication

Global Elder Abuse: A Mega-Map of Systematic Reviews

May 2021– Dec 2022

PI: Christopher Mikton

- Assisted with screening, data extraction, and appraisal of elder abuse evidence for systematic review project organized by the WHO's Prevention of Violence Unit

Giving Older Adults a Lifeline via Technology (GOAL Tech)

May 2021 – Aug 2022

PI: Kate Wilber

- Conducted focus groups and interviews with adults age 60+ about experiences using technology and qualitatively analyzed transcripts to identify major themes
- Co-authored manuscript of study findings for journal publication

Connections, Health, Aging, and Technology (CHAT) Pilot

July 2020 – Aug 2022

PI: Kate Wilber

- Collaborated with the California Department of Aging and aging network stakeholders to design an evaluation protocol and survey instrument for a technology-focused intervention for community-dwelling older adults

Systematic Review of Interventions to Increase Vaccine Take-Up

Jan 2021 – Dec 2021

PI: Mireille Jacobson

- Participated in protocol development, screening, data extraction, and evidence synthesis for a systematic review of interventions to increase vaccine take-up among adults age 18-64

California Area Agencies on Aging Data Set

July 2020 – Nov 2020

PI: Haley Gallo

- Used Area Agency on Aging strategic plans and statewide resources to help build data set of California Area Agency on Aging characteristics

Research Assistant

Aug 2016 – Jan 2017

University of Michigan School of Social Work – Dr. Emily Nicklett, Ann Arbor, MI

- Provided organizational and research support for social determinants of health research
- Assisted with literature review, data cleaning, copy editing, and formatting of manuscript

Master of Social Work Management Intern

Sept 2015 – April 2016

Jewish Family Services of Washtenaw County, Ann Arbor, MI

- Co-managed participant recruitment, data collection and surveyor training for medical transportation program study
- Conducted in-home visits with study participants to complete biopsychosocial assessment and administer standardized surveys

PRACTICE EXPERIENCE

Community Education & Volunteer Outreach Specialist

Feb 2018 – Aug 2020

Center for Health Care Rights, Los Angeles, CA

- Developed and presented workshops about Medicare and Medicaid for adult learners
- Provided individual consultation to 16+ people per week on Medicare and Medicaid topics
- Applied plain language strategies to develop original educational materials
- Recruited new volunteers and community partners for Medicare counseling program
- Registered State Health Insurance Assistance (SHIP) counselor in California

Medicare/Medicaid Assistant Program Manager

Jan 2017 – Sept 2017

Area Agency on Aging 1-B, Southfield, MI

- Managed Medicare/Medicaid counseling program for six-county Metro Detroit region
- Provided technical assistance and coaching to volunteers and program partners
- Monitored program expenses and grants. Completed quarterly fiscal reports
- Registered State Health Insurance Assistance (SHIP) and Senior Medicare Patrol (SMP) counselor in Michigan

Macro Master of Social Work Intern (16 hours per week)

May 2016 – Dec 2016

Area Agency on Aging 1-B, Southfield, MI

- Conducted and documented customer satisfaction evaluation of agency program

- Analyzed census data and assessed community needs to inform 2017-19 strategic plan
- Collaborated with SAGE Metro Detroit board to create resource guide for LGBT older adults

Dean's Initiative Student Liaison (5 hours per week) *Sept 2015 – Dec 2016*

University of Michigan School of Social Work, Ann Arbor, MI.

- Produced and raised funds for 10+ educational events on LGBTQIA+ topics
- Created marketing materials and coordinated print and online publicity for Initiative events
- Organized and facilitated liaison meetings with administrators, faculty, and students

TEACHING EXPERIENCE

Mentored Teaching Fellow

Aug 2025 – present

2025-26 Academic Year, Faculty Mentor: Kate Wilber

USC Center for Excellence in Teaching, Los Angeles, CA

- Participating in CET's Future Faculty Training Institute in Fall 2025
- Scheduled to serve as course instructor for Women & Aging (GERO 435) in Spring 2026

Teaching Assistant – Policy, Values, and Power in an Aging Society (GERO 340) *2022*

Spring 2022, hybrid undergraduate course. Instructor: Haley Gallo

USC Leonard Davis School of Gerontology, Los Angeles, CA

Mean instructional rating 3.83/4 (30 students)

Teaching Assistant – Management of Long Term Care Organizations (PPD 601) *2021*

Fall 2021, online asynchronous course. Instructor: Kate Wilber

USC Sol Price School of Public Policy, Los Angeles, CA

Mean instructional rating: 3.47/4 (33 students)

Guest Lectures

Estenson, L. (2023). "Medicare." University of Southern California Leonard Davis School of Gerontology. GERO 540: Social Policy and Aging. Los Angeles, CA.

Estenson, L. (2022). "Gerontological Social Work." University of Southern California Leonard Davis School of Gerontology. What Matters to Me Speakers Series. Student Gerontology Association. Los Angeles, CA.

Estenson, L. (2021, 2022). "Volunteer Management in Aging Services." University of Southern California Leonard Davis School of Gerontology. GERO 550: Administration and System Management in Programs for Older Adults. Los Angeles, CA.

Estenson, L. (2021). "Medicare Eligibility and Benefits." University of Southern California Leonard Davis School of Gerontology. GERO 540: Social Policy and Aging. Los Angeles, CA.

Estenson, L. (2016). "Women in Leadership across Sectors" University of Michigan School of Social Work. SW 793: Women in Leadership SEED Course. Ann Arbor, MI.

Adkins, V., **Estenson, L.**, Grigorian, A., and Lin, L. (2016). "Confronting Ageism as Social Workers." University of Michigan School of Social Work. Orientation Workshop for Incoming MSW Students. Ann Arbor, MI.

ACADEMIC SERVICE

Annual Research Meeting Abstract Reviewer, Medicare Theme 2023 – 2025
AcademyHealth

Annual Scientific Meeting Working Group Member 2022 – 2023
Emerging Scholar and Professional Organization (ESPO), Gerontological Society of America

Annual Scientific Meeting Awards Reviewer 2022 – 2023
Emerging Scholar and Professional Organization (ESPO), Gerontological Society of America

Gerontology PhD Student Representative (PhD Roundtable Co-Chair) 2022 – 2023
USC Leonard Davis School of Gerontology

PROFESSIONAL MEMBERSHIPS

Gerontological Society of America, AcademyHealth, Association for Gerontology Education in Social Work

DATA & TOOLS

Analytic Software: Stata, NVivo

Survey Data: Behavioral Risk Factor Surveillance System (BRFSS), Health & Retirement Study (HRS), American Community Survey (ACS), Medicare Current Beneficiary Survey (MCBS), National Health & Aging Trends Study (NHATS)

Administrative Data: CMS Medicare Advantage and Part D Plan Landscape Files, CMS Provider Data