

**VITA
STACEY AILEEN ZAWACKI**

Department of Community Health Sciences
Boston University School of Public Health
801 Massachusetts Avenue, Crosstown Center
Boston, MA 02118

617.358.5065
szawacki@bu.edu
YOB: 1964

Employment:

2002-present Boston University, Boston Massachusetts:

Director, Sargent Choice Nutrition Center 2006-present

Responsibilities include design and implementation of health promotion programs for faculty, staff and students of Boston University (BU) and directing a fee-for-service individual and group nutrition counseling practice in the following specialty areas:

- Risk Factor Management (weight, cholesterol, blood pressure, diabetes)
- Eating Disorders
- Sports Nutrition
- Psychiatric Illnesses.

Responsibilities also include supervising and providing clinical learning opportunities for undergraduate and graduate students, overseeing the development, training, marketing and execution of the Sargent Choice Healthy Dining Initiative, a collaboration between Sargent College and BU Dining Services for the purpose of enhancing, expanding and promoting healthy food options at BU residential and retail dining locations.

**Clinical Assistant Professor
Sargent College of Health and Rehabilitation Sciences
Department of Health Sciences**

2009-present

Courses: SAR HS 395 Food, Dietary Supplements and Consumer Health
SAR HS 396 Dietary Interventions and Public Health

**Lecturer, Sargent College of Health and Rehabilitation Sciences,
Department of Health Sciences**

2004-2009

Coordinator, Sargent College Nutrition & Fitness Center 2003- 2006

Responsibilities included administrative leadership, development of new and expansion of pilot health promotion programs, supervising, providing clinical learning opportunities to BU students, group and individual nutrition counseling services and development and coordination of the Sargent Choice Healthy Dining Initiative.

Consultant, Sargent College Health-Fit Program 2002-2003
Designed and implemented a pilot nutrition/health promotion program for BU faculty and staff.

2000-2008 University of Massachusetts Medical Center, Worcester, MA

Dietitian, Teen Tot and Teen Age Pregnancy Programs 2000-2005

Responsible for individual and group nutrition services for Office of Population Affairs/Office of Adolescent Pregnancy Programs funded five-year project at the University of Massachusetts Children's Medical Center serving teen mothers and their babies. Project objectives were: 1) to reduce repeat births; 2) to ensure infant immunization; 3) to help mothers return to school or earn GEDs; 4) to increase paternal involvement.

Instructor, Department of Pediatrics 2003-2009
Course: Nutrition

2000-2004 Nutrition Consulting Services, Paxton, Massachusetts
Registered Dietitian in private practice specializing in risk factor management through nutrition and lifestyle education. Services included individual and group counseling, program development, seminars and public speaking.

1999-2001 Brigham & Women's Hospital, Boston, Massachusetts
Outpatient Cardiac Rehabilitation Program. Responsible for new development and administration of nutrition programming component of program. Leader of interactive group nutrition classes and individual risk factor reduction counseling and education based on individualized nutrition care plans of patients with cardiovascular disease and diabetes. Directly responsible as case manager for providing a progressive risk factor intervention program for patients based on initial evaluation, patient goals and family needs to facilitate optimal disease management including development and implementation of cardiovascular and strength training exercise prescriptions in accordance with ACSM guidelines and exercise tolerance test results.

1985-1990 Ernst & Young, Worcester, Massachusetts
Certified Public Accountant. Senior Auditor. Computer Auditor. Audit Test Specialist.

Education:

Boston University, Boston, Massachusetts 2007-2012
School of Public Health
Doctor of Public Health. Social and Behavioral Sciences
Dissertation title: Process Evaluation of a Large-Scale Environmental Intervention to Facilitate Healthy Eating by Students at a Four-Year University
Academic advisor: Deborah Bowen, PhD, Community Health Sciences

Newton-Wellesley Hospital, Newton, Massachusetts 1998-1999
Dietetic Internship. Participated in medical nutrition therapy for inpatients and

outpatients during fulltime 29-week internship. Rotations included cardiology, diabetes, neurology, oncology, nephrology, pediatrics, outpatient counseling and nutrition support.

Boston University, Boston, Massachusetts 1993-1998
Master of Science in Exercise Science.

Simmons College, Boston, Massachusetts 1993-1994
Didactic Program in Dietetics set forth by the American Dietetic Association.

Nichols College, Dudley, Massachusetts 1982-1985
Bachelor of Science in Business Administration.

Scholarly and Practice Interests:

Overweight and obesity prevention in college students; disordered eating and eating disorders; individual and group nutrition counseling programs for institutions; healthy dining programs for institutions.

Presentations:

Zawacki, S., (June 2012) Nutrition Essentials for Parkinson's Disease. 17th Annual Winchester Parkinson Symposium. APDA MA Chapter, APDA Information & Referral Center at Boston University Medical Center. Winchester, MA.

Zawacki, S., (September, 2010) Nutrition for the Active Individual. Sports Medicine for the Primary Care Physician. Boston University School of Medicine. Boston, MA.

Zawacki, S., Bowen, D. (May, 2008). A comprehensive program to prevent disordered eating, overweight and obesity at Boston University. Poster Presentation. International Society for Behavioral Nutrition and Physical Activity. Banff, Alberta, Canada.

Zawacki, S. (March, 2008). Nutritional considerations: Important information for your patients. A Parkinson's Disease seminar for health care professionals: Evidence-base concepts and current treatment approaches. Sargent College Center for Neurorehabilitation. Boston, MA.

Books, A., Zawacki (Stimets), S. (March, 2007). Opportunities to improve nutrition knowledge, skills and practices. BU School of Medicine and Sargent College Center for Psychiatric Rehabilitation 2007 challenge of promoting health in persons with serious mental illness conference. Cambridge, MA.

Zawacki (Stimets), S. (August, 2004). Fostering healthy relationships with food. 2004 Office of Adolescent Pregnancy Programs care grantee conference. Atlanta, GA.

Grant Activity:

Co-Investigator (2007-2011). (PI: Alan Jette, Health & Disability Research Institute, BUSPH). Efficacy of a post-rehabilitation exercise intervention. Design and administration of attention-control nutrition education intervention for 5-year NIH/NINR R01 assessing functional outcomes following a home-based exercise program with cognitive behavioral strategies in patients who have suffered a hip fracture.

Consultant (2000-2005). (PI: Marianne Felice, University of Massachusetts Department of Pediatrics and the Center for Women and Children of the UMass Memorial Health Care System). Local care project expanding preexisting teen aged pregnancy program to include a comprehensive teen-tot clinic for teen aged mothers and their children at the University of Massachusetts Children's Medical Center. Responsible for design and administration of nutrition services for this five-year OPA/OAPP funded project.

Licensure and Certifications:

Registered Dietitian (RD)	1999
Licensed Dietitian (LD)	1999
American Dietetic Association Certificates in Training:	
Adult Weight Management	2001
Childhood and Adolescent Weight Management	2004

Awards:

University of Massachusetts Medical School 2006
Educational Achievement Award for outstanding achievements in medical education.

Boston University Sargent College Alumni Association 2007
Special Recognition Award for outstanding contributions to humanity beyond professional responsibilities.

Professional Affiliations:

American Dietetic Association, member
Massachusetts Dietetic Association, member
Psychiatric Rehabilitation Journal, reviewer