

# Paula A. Quatromoni, D.Sc., M.S., R.D., L.D.N.

Chair and Associate Professor  
Department of Health Sciences  
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Lab website: <http://sites.bu.edu/nutritionalepilab/>

## EDUCATION

- 2001                      Doctorate of Science (D.Sc.) in Epidemiology  
Boston University School of Public Health (SPH), Boston, MA
- 1987                      Dietetic Internship, Beth Israel Hospital, Boston, MA  
Registered Dietitian (R.D.), American Dietetic Association
- 1986                      Master of Science (M.S.) in Human Development, Nutrition  
University of Maine, Orono, Maine
- 1985                      Bachelor of Science (B.S.) in Food and Nutrition  
Graduate of the Honors College  
University of Maine, Orono, Maine

## ACADEMIC POSITIONS

- Currently                *Chair*, Department of Health Sciences, Boston University (since 2015)
- 2016 - present         *Co-Director*, MS in Public Health Nutrition program, Boston University  
School of Public Health.
- 2011 - present         Appointed as *Associate Professor*, Graduate School of Arts and Sciences,  
Boston University.
- 2010 - present         Appointed as *Associate Professor*, Division of Graduate Medical Sciences,  
Boston University School of Medicine
- 2009 - present         Promoted to *Associate Professor with Tenure*, Sargent College, Dept of  
Health Sciences; secondary appointment retained at BU SPH, Department  
of Epidemiology
- 2002 - 2009            *Assistant Professor*, Program in Nutrition, Department of Health Sciences,  
Sargent College of Health and Rehabilitation Sciences, Boston University,  
Boston, MA (Primary appointment).
- Assistant Professor*, Department of Epidemiology, and Department of

Social and Behavioral Sciences, Boston University School of Public Health, Boston, MA (Secondary appointment).

2001 - 2002 *Instructor*, Department of Social and Behavioral Sciences and Department of Epidemiology, Boston University School of Public Health, Boston, MA.

1998 - present *Investigator*, Framingham Study, Boston University, Boston, MA.

## RESEARCH COLLABORATIONS

2016 - present *Nutrition Research Director*, Walden Center for Education and Research, Walden Behavioral Care, Waltham, MA.

2008 - 2009 *Invited Expert Consultant and Member of the Nutrition Committee*, The PASS Study: A Prospective Study on the Role of Prenatal Alcohol Exposure in SIDS and Stillbirth. Funded by the NIH/NIAAA/NICHD.

2008 - 2009 *Consultant*, Study to Determine Food and Nutrition Needs of Families Enrolled in Jewish Family and Children's Service Family Table Program, Roberta Durschlag, P.I. (Boston University, Sargent College)

1998 - 2001 *Co-Investigator*, Causes and Consequences of Malnutrition in Homebound Elderly, BU School of Medicine, School of Public Health, Boston, MA.

1996 - 1998 *Pre-Doctoral Trainee in Aging Research*, The Gerontology Center, Boston University, Boston, MA.

1995 *Research Consultant*, Mathematica Policy Research, Princeton, NJ.

1993-1997 *Collaborator*, Diabetes in Urban Caribbean Latinos project, Boston University School of Medicine, Boston, MA.

1992 -1996 *Nutrition Epidemiology Research Manager*, The Framingham Nutrition Studies, BU School of Public Health, Boston, MA.

1988 - 1993 *Clinical Nutrition Research Manager*, General Clinical Research Center (GCRC), Boston University School of Medicine, Boston, MA.

1983 - 1986 *Research Nutritionist*, Department of Food and Nutrition, University of Maine, Orono, ME.

## CLINICAL & CONSULTANT POSITIONS

2015 - present *Senior Consultant*, Walden Behavioral Care, Waltham, MA. Creator of the Walden GOALS Program, an Intensive Outpatient Program (IOP) for athletes with eating disorders.

[www.waldeneatingdisorders.com/treatment-programs/specialized-eating-disorder-treatment-programs/goals-intensive-outpatient-program-for-competitive-athletes/](http://www.waldeneatingdisorders.com/treatment-programs/specialized-eating-disorder-treatment-programs/goals-intensive-outpatient-program-for-competitive-athletes/)

- 2013 - 2015 *Education Specialist*, Nutrition Curriculum Development for the Vietnamese AFINS initiative, Boston Medical Center, Boston, MA.
- 2010 - 2015 *Advisory Board Member* and *Member of the Creative Team*, KidsCOOK Productions and Ingredients for Education, Cambridge, MA
- 2009 - present *Invited Member*, Advocacy Advisory Board, American Heart Association, Northeast Affiliate, Waltham, MA
- Invited Member*, Health Advisory Committee, Medfield Public Schools, Medfield, MA
- 2008 - 2015 *Consultant*, School Wellness Policies and Procedures, Medfield Public Schools; Foxboro Public Schools; Scituate Public Schools; Dana Hall School, Wellesley, MA.
- Member, Board of Directors*, Medfield High School Alumni Association
- 2007 - present *Advisor to the Board of Directors*, CYCLE Kids, Inc., Cambridge, MA.
- 2005 - present *Media Spokesperson and Advocacy Captain*, American Heart Association, Northeast Affiliate, Waltham, MA.
- 2004 - 2009 *Consulting Nutritionist*, Creator of Team Terrier Nutrition, Department of Athletic Training and Sports Medicine and Department of Athletics, Boston University, Boston, MA.
- 1991 - 1994 *Nutrition Counselor in Private Practice*, Framingham, MA.
- 1989 - 1990 *Nutrition Consultant*, Shaws Supermarkets Inc., East Bridgewater, MA.
- 1987 - 1988 *Clinical Dietitian*, Beth Israel Hospital, Boston, MA.
- 1987 - 1988 *Nutrition Educator*, Live for Life Employee Wellness Program, Beth Israel Hospital, Boston, MA.

## RESEARCH

### External Grants Funded

- 2015-17 *Association between Diet and Bowel Preparation*. National Institutes of Health, NIDDK. (R21 \$275,000). PI, Dr. Brian Jacobson, BMC; Role: Co-Investigator.

*Updated, May 2017*

- 2012-15 *KickinKitchen.TV - An innovative digital learning interactive educational program on nutrition, cooking and active lifestyles to prevent childhood obesity.* US Department of Agriculture - a Phase II SBIR grant. (\$450,000). Funded to KidsCOOK Productions of Cambridge, MA with a \$75,000 subcontract to Boston University. Role: Co-PI.
- 2011 - 13 *The Foxboro Model for Lifestyle Nutrition and Physical Fitness for Students in Grades 1-8.* The Aetna Foundation. (\$25,000) Role: PI.
- 2011 *KickinKitchen.TV - An innovative digital learning interactive educational program on nutrition, cooking and active lifestyles to prevent childhood obesity.* US Department of Agriculture - a Phase I SBIR grant. (\$100,000). Funded to KidsCOOK Productions of Cambridge, MA with a \$33,000 subcontract to Boston University. Role: Co-PI.
- 2010 - 12 *LIVE WELL.* Carol White Physical Education Programming (PEP) grant funded to Scituate Public Schools, Scituate, MA, PI: Greg Ranieri (\$738,000); Role: Paid Consultant.
- 2009 *CYCLE Kids: Empowering Health Habits in High Risk Communities.* Community Impact Grant, American Heart Association, (\$25,000, funded to Julianne Idlet, CYCLE Kids CEO). Role: Co-PI.
- 2007 - 09 *Evaluating IMOVE: An Environmental Intervention to Promote Healthy Eating in Middle-School Children from High Risk Communities.* The Charles H. Hood Foundation (\$150,000). Role: PI.
- 2007 - 08 *Energy Density, Adoption of Healthy Lifestyle Behaviors, and Metabolic Disease in a Population-Based Cohort.* Funded by Unilever UK Central Resources Ltd., Bedfordshire, UK. (\$69,280). Role: PI.
- 2005 - 06 *Gene-Diet Interactions and Triglyceride Metabolism.* Funded by Unilever UK Central Resources Ltd., Bedfordshire, UK. (\$60,000). Role: PI.

### **Internal Grants Funded**

- 2016 *Faculty Exchange Scholarship.* BU Global Studies Program. Travel funds, per diem and accommodations in Padova, Italy to develop a summer study abroad course on the Mediterranean Diet: Food, Culture and Health. Role: PI.
- 2016 *Dean's Summer Stipend (2016).* Sargent College, Boston University (0.5 month summer salary to develop a nutrition/public health study abroad initiative). Role: PI
- 2015 *Dean's Summer Stipend (2015).* Sargent College, Boston University (0.5 month summer salary to develop a nutrition/public health study abroad initiative). Role: PI
- 2014-15 *Ancillary Funding for Data Analysis to support the USDA-funded*

- Kickin Nutrition.TV Initiative.* Dudley Allen Sargent Research Fund. Sargent College, Boston University. (\$6,970). Role: PI.
- 2014 *Dean's Summer Stipend (2014).* Sargent College, Boston University (0.5 month summer salary to write a USDA application for external funding). Role: PI.
- 2010 *Dean's Summer Scholarship (2010).* Sargent College, Boston University (one month summer salary to work on Framingham Study nutrition research). Role: PI.
- 2010 *Analytical Plan to Complete the IMOVE Study.* Dudley Allen Sargent Research Fund, Sargent College, Boston University (\$7,000). Role: PI.
- 2008 *CYCLE Kids: A Pilot Study to Deliver and Evaluate an Exercise Intervention to School-Age Children in Urban Schools.* Dudley Allen Sargent Research Fund (\$7,000). Role: PI.
- 2007 - 08 *Evaluating IMOVE.* Supplemental application to the Dudley Allen Sargent Research Fund for cost-sharing of equipment costs for the Charles H. Hood Foundation grant (\$8,356). Role: PI.
- 2004 - 05 *KidSTEPS: A Study of Eating Patterns and Physical Activity in Children.* Dudley Allen Sargent Research Award (seed grant money from Sargent College, Boston University) (\$7,000). Role: PI.
- 2003 - 04 *Dietary and Behavioral Predictors of Body Weight and Body Composition.* Dudley Allen Sargent Research Award (seed grant money from Sargent College, Boston University) (\$7,000). Role: PI.
- 2001 - 02 *Exploring Relationships between Dietary Intake and Body Weight.* Faculty Research Development Grant, BU School of Public Health (\$9,860). Role: PI.
- 1996 - 98 *Pre-Doctoral Gerontology Fellowship Training Grant* Recipient, Funded by the National Institute on Aging (NIH-NIA) through the Boston University Gerontology Center (2-year full-tuition pre-doctoral training grant). Role: PI.

#### **MENTORED UROP GRANT AWARDS**

- 2016 Undergraduate Research Opportunity Program (UROP) grant, Boston University (\$2,000 Student Research Stipend Grant for Kelsey Lloyd), Summer 2016, *Association between Diet and Bowel Preparation.* (DBoPS Study)
- 2015 Undergraduate Research Opportunity Program (UROP) grant, Boston University (\$2,000 Student Research Stipend Grant for Jose Yarzebski), Summer 2015, *Qualitative analysis of participant interpretation, "What does it mean to be a CYCLE Kid?"*
- 2009 Undergraduate Research Opportunity Program (UROP) grant, Boston University

(\$2,000 Faculty Matching Grant awarded to Jessi Haggerty), Spring 2009, *CYCLE Kids Project*.

2008 Undergraduate Research Opportunity Program (UROP) grant, Boston University (\$2,000 Faculty Matching Grant awarded to Jessi Haggerty), Fall 2008, *CYCLE Kids Project*.

## PEER-REVIEWED PUBLICATIONS

Mentored student co-authors underlined.

**Quatromoni PA.** (2017). A Tale of Two Runners: Athletes' experiences with eating disorders in college. *J Academy of Nutrition & Dietetics*, 117:21-31.

Greece JA, Feld S, DeJong W, Cozier YC, **Quatromoni PA.** (2017). Effects of a school-based intervention on middle school children's daily food and beverage intake. *Health Behavior & Policy Review*, 4(1):24-36.

Arthur-Cameselle J, Sossin K, and **Quatromoni PA.** (2017). A qualitative analysis of factors related to eating disorder onset in female athletes and non-athletes. *Eating Disorders: Journal of Treatment and Prevention*, 25(3):199-215.

Bingham ME, Borkan ME, **Quatromoni PA.** (2015). Sports nutrition advice for adolescent athletes: A time to focus on food. *Am J Lifestyle Medicine*. 9(6):398-402, doi: 10.1177/1559827615598530.

Greece JA, Kratze A, DeJong W, Cozier YC, **Quatromoni PA.** (2015). Body mass index and sociodemographic predictors of school lunch purchase behavior during a year-long environmental intervention in middle school. *Behavioral Sciences*, 5:324-40.

Proctor DS and **Quatromoni PA.** (2015). Two voices: Recovery from Disordered Eating as told by an Elite Male Athlete and his Sports Nutritionist. *Annals of Sports Medicine Research*, 2(2):1016-22.

Arthur-Cameselle J and **Quatromoni PA.** (2014). A qualitative analysis of female collegiate athletes' eating disorder recovery experiences. *Sport Psychologist*, 28: 334-346.

Arthur-Cameselle J and **Quatromoni PA.** (2014). Eating disorders in collegiate female athletes: Factors that assist recovery. *Eating Disorders: the Journal of Treatment and Prevention*, 22(1):50-61.

Hearon BA, **Quatromoni PA**, Mascoop JL, Otto MW. (2014). The role of anxiety sensitivity in daily physical activity and eating behavior. *Eat Behav*, 15(2):255-8.

Makarem N, Scott M, **Quatromoni P**, Jacques P, Parekh N. (2014). Trends in dietary carbohydrate consumption from 1991-2008 in the Framingham Heart Study Offspring cohort. *American Journal of Preventive Medicine*, 24:1-14.

Vadiveloo M, Scott M, **Quatromoni P**, Jacques P, Parekh N. (2014). Trends in dietary fat intake

and high-fat foods from 1991-2008 in the Framingham Heart Study participants. *British Journal of Nutrition*, 111(4):724-34.

Shen J, Johnson V, Sullivan L, Jacques PF, Magnini J, Lubitz S, Pandey S, Levy D, Vasan R, **Quatromoni PA**, Junyent M, Ordovas J, Benjamin E. (2011). Diet and incident atrial fibrillation: The Framingham Heart Study. *American Journal of Clinical Nutrition*, 93(2):261-6.

Arthur-Cameselle JN and **Quatromoni PA**. (2011). Factors related to the onset of eating disorders reported by female collegiate athletes. *Sport Psychologist*, 25:1-17.

Vadiveloo MK, Zhu L, **Quatromoni PA**. (2009). Diet and physical activity patterns of school-age children. *Journal of the American Dietetic Association*, 109:145-51.

Liu E, McKeown NM, Newby PK, Meigs JB, Vasan RS, D'Agostino RB, **Quatromoni PA**, Jacques PF. (2009). Dietary patterns and the insulin resistance phenotype among non-diabetic adults in the Framingham Offspring Study. *British J Nutrition*, Feb 16, 1-8.

Benari AP, **Quatromoni PA**. (2008). A Model for Nutrition Education for use with Female Collegiate Athletes. *SCAN's PULSE. A publication for Sports, Cardiovascular and Wellness Nutritionists*, 27(3):1-5.

**Quatromoni PA**. (2008). Clinical Observations from Nutrition Services in College Athletics. *Journal of the American Dietetic Association*, 108:689-94.

**Quatromoni PA**, Pencina M, Cobain M, Jacques PF, D'Agostino RB. (2006). Dietary quality predicts adult weight gain: Findings from the Framingham Offspring Study. *Obesity*, 14(8):1383-91.

**Quatromoni PA**. (2006). Sports nutrition services for college athletes. *SCAN's PULSE. A publication for Sports, Cardiovascular and Wellness Nutritionists*, 25(3):16-17.

Millen BE, **Quatromoni PA**, Pencina M, Polak J, Ordovas J, D'Agostino RB. (2005). Compliance with expert population-based dietary guidelines and lower odds of carotid atherosclerosis. The Framingham Nutrition Studies. *American Journal of Clinical Nutrition*, 82:174-80.

Sonnenberg L, Pencina M, Kimokoti R, **Quatromoni PA**, Nam BH, D'Agostino RB, Meigs J, Ordovas J, Millen B. (2005). Dietary patterns and the metabolic syndrome in obese and non-obese Framingham women. *Obesity Research*, 13(1):153-62.

Millen BE, **Quatromoni PA**, Pencina M, Kimokoti R, Nam BH, et al. (2005). Unique dietary patterns and chronic disease risk profiles of adult men. The Framingham Nutrition Studies. *Journal of the American Dietetic Association*, 105:1723-34.

Millen BE, **Quatromoni PA**, Nam BH, O'Horo CE, Polak JF, Wolf PA, D'Agostino RB. (2004). Dietary patterns, smoking, and subclinical heart disease in women. Opportunities for primary prevention from the Framingham Nutrition Studies. *Journal of the American Dietetic Association*, 104:208-14.

**Quatromoni PA**, Copenhafer DL, D'Agostino RB, Millen BE. (2002). Dietary patterns predict the development of overweight in women. The Framingham Nutrition Studies. *Journal of the American Dietetic Association*, 102:1240-46.

**Quatromoni PA**, Copenhafer DL, Demissie S, D'Agostino RB, O'Horo CE, Nam BH, Millen BE. (2002). The internal validity of a dietary pattern analysis. The Framingham Nutrition Studies. *Journal of Epidemiology & Community Health*, 56:381-88.

Millen BE, **Quatromoni PA**, Nam BH, O'Horo CE, Polak JF, D'Agostino RB. (2002). Dietary patterns and the odds of carotid atherosclerosis in women. The Framingham Nutrition Studies. *Preventive Medicine*, 35:540-47.

Ewart CV, Fearon NA, Lund M, Martin B, Kirkland JL, Ritchie CS, **Quatromoni PA**, Silliman RA, Millen BE. (2002). Subject recruitment, retention and protocol feasibility in a prospective study of nutritional risk among urban, frail homebound elders. *Journal of Nutrition in the Elderly*, 21(1):1-21.

Millen BE, **Quatromoni PA**, O'Horo CE, Dimissie S, D'Agostino RB, Copenhafer DL. (2001). Validation of a dietary pattern approach for evaluating nutritional risk. The Framingham Nutrition Studies. *J American Dietetic Association*, 101:187-94.

Millen BE, **Quatromoni PA**. (2001). Nutritional research within the Framingham Heart Study. *Journal of Nutrition, Health & Aging*, 5:139-43.

Millen BE, Silliman RA, Copenhafer DL, Ewart CV, Ritchie CS, **Quatromoni PA**, et al. (2001). Nutritional risk in an urban homebound older population. The Nutrition and Healthy Aging Project. *Journal of Nutrition, Health & Aging*, 5:269-77.

Brunt MJ, Milbauer M, Ebner SA, Levenson SM, Millen BE, **Quatromoni PA**, Chipkin SR. (1998). Health status and practices of urban Caribbean Latinos with diabetes mellitus. *Ethnicity and Disease*, 8:158-66.

Millen BE, **Quatromoni PA**, Franz MM, Epstein BE, Cupples LA, Copenhafer DL. (1997). Population nutrient intake approaches dietary recommendations. 1991-1995 Framingham Nutrition Studies. *J American Dietetic Association*, 97(7):742-49.

Millen BE, **Quatromoni PA**, Gagnon DR, Cupples LA, Franz MM, D'Agostino RB. (1996). Dietary Patterns of men and women suggest targets for health promotion. The Framingham Nutrition Studies. *American Journal of Health Promotion*, 11:42-52.

Posner BM, Franz M, **Quatromoni PA**, Gagnon DR, Sonnenberg LM, Schaefer E, Cupples LA. (1996). Diet and plasma lipids in women. I. Macronutrients and plasma total and LDL cholesterol in women. The Framingham Nutrition Studies. *Journal of Clinical Epidemiology*, 49(6):657-63.

Sonnenberg LM, **Quatromoni PA**, Gagnon DR, Cupples LA, Franz M, Schaefer E, Posner BM. (1996). Diet and plasma lipids in women. II. Macronutrients and plasma triglycerides, HDL, and total to HDL cholesterol ratio in women. The Framingham Nutrition Studies. *Journal of Clinical*



*Epidemiology*, 49(6):665-72.

Posner BM, Franz M, **Quatromoni PA**, Gagnon DR, Sytkowski PA, D'Agostino RB, Cupples LA. (1995). Secular trends in diet and cardiovascular disease risk factors. The Framingham Study. *Journal of the American Dietetic Association*, 95:171-79.

**Quatromoni PA**, Milbauer M, Posner BM, Carballeira NP, Brunt M, Chipkin SR. (1994). Use of focus groups to explore nutrition practices and health beliefs of Caribbean Latinos with diabetes mellitus. *Diabetes Care*, 17(8):869-73.

Posner BM, **Quatromoni PA**, Franz M, InterHealth Project Directors, InterHealth Steering Committee. (1994). Nutrition policies and interventions for chronic disease risk reduction in international settings. The InterHealth Nutrition Initiative. *Nutrition Reviews*, 52(5):179-87.

Posner BM, Franz M, **Quatromoni PA**, InterHealth Steering Committee. (1994). Nutrition and the global risk for chronic diseases. The InterHealth Nutrition Initiative. *Nutrition Reviews*, 52(6):201-07.

O'Brien KO, Allen LH, **Quatromoni PA**, Siu-Caldera ML, Vieira NE, Perez A, Holick MF, Yergey AL. (1993). High fiber diets slow bone turnover in young men but have no effect on efficiency of intestinal calcium absorption. *Journal of Nutrition*, 123:2122-28.

Cook RA, **Quatromoni PA**, Cook CM. (1985). Use of two short data bases adapted to the microcomputer. *Nutrition Reports International*, 32(6): 1303-1309.

**Quatromoni PA**, Cook RA, Parvanta I, Halteman WA. (1987). Growth deficit among low-income preschool children in Maine. *Nutrition Reports International*, 35(3): 517-29.

## OTHER PUBLICATIONS

Stranberg M and **Quatromoni PA**. (March 2017). Athletes and eating disorders. *Training and Conditioning*. Ithaca, NY: Momentum Media Sports Publishing.

Bingham ME and **Quatromoni PA**. (2014). A Non-diet Approach with Athletes. In *Wellness, Not Weight: Motivational Interviewing and Health at Every Size*, Glovsky E, ed. San Diego, CA: Cognella Academic Publishing.

Forman DE, **Quatromoni PA**, Sheftel GL. (2004). Vascular Function, Aging, and Impact of Diet. (Chapter 15). In *Handbook of Clinical Nutrition and Aging*, CW Bales and CS Ritchie, eds. Totowa, NJ: Humana Press.

**Quatromoni PA**, Millen BE. (1997). Nutrition, Disability, and Health in the Older Population. (Chapter 5). In *Handbook of Pain and Aging*, Mostofsky, DI and Lomranz, J eds. New York, NY: Plenum Publishing Corps.

## PAPERS CURRENTLY IN REVIEW

DeBiase MA, Bowen DJ, **Quatromoni PA**, Quinn E, Quintiliani LM. (Under Revision, 2017). Feasibility and acceptability of dietary intake assessment via 24-hour recall and food frequency questionnaire among women with low socioeconomic status. *J Academy Nutrition & Dietetics*.

Buendia J, Li Y, Hu FB, Cabral HJ, Bradlee ML, **Quatromoni PA**, Singer MR, Moore LL. (In Review, 2017). Regular yogurt intake reduces long-term risk of incident hypertension in adults.

Buendia J, Li Y, Hu FB, Bradlee ML, **Quatromoni PA**, Cabral HJ, Singer MR, Moore LL. (In Review, 2017). Increased yogurt intake lowers risk of cardiovascular disease among middle-aged adults with high blood pressure.

## CURRICULUM MATERIALS

Stranberg M and **Quatromoni PA**. (2016). Nutrition education curriculum, The Walden GOALS Program: An intensive outpatient program treating competitive athletes with eating disorders. Waltham, MA: Walden Behavioral Care.

Haggerty J and **Quatromoni PA**. (2016 revision; 2008). Nutrition education curriculum, CYCLE Kids, Cambridge, MA: CYCLE Kids, Inc.

**Quatromoni PA**. (2015). Nutrition education curriculum, KickinNutrition.TV: A digital learning interactive educational curriculum on nutrition, cooking and active lifestyles, designed for middle schools. Cambridge, MA: Ingredients for Education.

**Quatromoni PA**. (2011). Nutrition education curriculum for grades 1-8. Foxborough, MA: Foxborough Public School District.

## DOCTORAL STUDENTS

**Courtney Walls, PhD**, Epidemiology, Boston University School of Public Health  
Dissertation Title: *Exposures across childhood and their relationship with weight and metabolic status*.

Role: Committee Chair, First Reader

Graduated May 2017

Current Position: Biostatistician II, Ironwood Pharmaceuticals, Boston, MA

**Justin Buendia, PhD**, Nutrition and Metabolism, Boston University School of Medicine, Graduate Medical Sciences Division

Dissertation Title: *Dietary protein, dairy, yogurt and risk of high blood pressure and subsequent cardiovascular disease in middle-aged adults*.

Role: Committee Member, Second Reader

Graduated, 2016

Current Position: Nutritional Epidemiologist, Texas Department of State Health Services, Austin, TX

**Jessyca Arthur Cameselle, EdD**, School of Education, Department of Counseling Psychology, Specialization in Sports Psychology, Boston University

Dissertation Title: *Collegiate female athletes' experiences of recovery from eating disorders.*

Role: Committee Member, Second Reader

Graduated, 2007

Current Position: Assistant Professor, Sport and Exercise Psychology, Associate Director, Center for Performance Excellence, Western Washington University, Bellingham, WA

**Maya Vadiveloo, PhD**, Nutritional Epidemiology, Steinhardt School of Culture, Education and Human Development, New York University

Dissertation Title: *A novel scoring method to evaluate associations between dietary variety and body adiposity in a national sample of U.S. adults.*

Role: External Reviewer

Graduated, 2013

Current Position: Assistant Professor of Data Enabled Nutritional Epidemiology, Department of Nutrition and Food Sciences, University of Rhode Island, Kingston, RI

**Bridget Hearon, PhD**, Graduate School of Arts and Sciences, Boston University

Dissertation Title: *Establishing a link between anxiety sensitivity, exercise intolerance and overeating.*

Role: Committee Member, Third Reader

Graduated, 2013

**Stacey Zawacki, DrPH**, Community Health Sciences, Boston University School of Public Health

Dissertation Title: *Process evaluation of a large-scale environmental intervention to facilitate healthy eating by students at a large four-year university.*

Role: Committee Member, Third Reader

Graduated September, 2012

Current Position: Director, Sargent Choice Nutrition Center and Clinical Assistant Professor of Nutrition, Boston University

**Jacey Greece, DSc**, Epidemiology, Boston University School of Public Health

Dissertation Title: *The impact of a school-based healthy eating intervention program on minority, low SES middle school children.*

Role: Committee Chair, First Reader

Graduated, 2011

Current Position: Clinical Assistant Professor, Department of Community Health Sciences, Boston University School of Public Health

**Linda Ficociello, DSc**, Epidemiology, Boston University School of Public Health

Dissertation Papers: *Hyperfiltration and the development of microalbuminuria in type 1 diabetes; Increased levels of systemic inflammation markers are associated with the progression of urinary albumin excretion in type 1 diabetes; High-normal serum uric acid predicts early renal function decline in patients with type 1 diabetes and high normoalbuminuria or microalbuminuria.*

Role: External Reviewer

Graduated, 2008

Current Position: Director of Epidemiology, Fresenius Medical Care, MA

**Avital Pato Benari, EdD**, School of Education, Boston University  
Dissertation Title: *Analysis of high school coaches' knowledge, attitudes and practices about nutrition for athletes.*  
Role: Committee Member, Second Reader  
Graduated, 2010  
Current Position: Health Promotion Specialist, Israel Cancer Association, Israel

**Mary Rosenberger, PhD**, Applied Anatomy & Physiology (Exercise Science), Sargent College, Boston University  
Dissertation Title: *Objective measurement of physical activity with a system of multiple wireless accelerometers.*  
Role: Committee Chair, Second Reader  
Graduated, 2010  
Current Position: Exercise Scientist, Stanford University, CA

**Simin Arabshahi, PhD**, University of Queensland, Australia  
Dissertation Title: *Longitudinal change in anthropometric characteristics and diet quality in Australian adults.*  
Role: External Reviewer  
Graduated: Dec, 2010  
Current Position: Senior Data Analyst, Clinical Excellence Division, Department of Health, School of Population Health, University of Queensland, Australia

#### **MA/MS SCHOLARLY PAPER/THESIS SUPERVISION**

**Amalie Alver, MS** Graduate Medical Sciences Division, Boston University School of Medicine  
Thesis Title: *The benefits of early comprehensive youth obesity prevention strategies outweigh the costs to consumers and reimbursers.*  
Role: First Reader  
Graduated, 2016

**Stephanie Montenegro, MA** Graduate Medical Sciences Division, Boston University School of Medicine  
Thesis title: *Evaluating CYCLE Kids: A bicycling and nutrition health promotion curriculum delivered as a component of school-based physical education.*  
Role: Mentor and First Reader  
Graduated, 2015

**Larry Istrail, MS** Applied Anatomy and Physiology, Sargent College, Boston University  
Scholarly Paper Title: *The evidence or lack thereof, for the relationship between saturated fats and cardiovascular disease: A comprehensive analysis of the clinical and prospective evidence.*  
Role: Mentor and First Reader  
Graduated, 2012

**Cheryl Hewitt, MA** Graduate Medical Sciences Division, Boston University School of Medicine  
Thesis Title: *Impact of a community-based nutrition and physical activity intervention (CYCLE*

*Kids) on knowledge, attitudes and behaviors of urban, school-aged children.*

Role: Mentor and First Reader

Graduated, 2011

**Cicely Valenti, MS** Applied Anatomy & Physiology, Sargent College, Boston University

Scholarly Paper Title: *Taste Physiology. Chemosensation and Health Outcomes: Utilization of food preference assessment in epidemiology and public health.*

Role: Mentor and First Reader

Graduated, 2011

**Amy Branham, MS** Nutrition, Sargent College, Boston University

Thesis Title: *A qualitative study of influences on food behaviors of urban, school-age children.*

Role: Mentor and First Reader

Graduated, 2010

**Marshalle Grody**, High School Senior, Boston University Academy

Senior Thesis Title: *Breakfast of Champions, or No Breakfast at All: Gymnastics and Eating Disorders.*

Role: Mentor and First Reader

Graduated, 2010

## AWARDS & RECOGNITION

2017	Nominated for the 2017 Undergraduate Academic Advising Award, Boston University
2017	Nominated for the 2017 Award of Merit, Sargent College, Boston University
2016	Outstanding Dietetics Educator & Preceptor Award, National Dietetics Educators and Preceptors (NDEP, Area 7) council, Academy of Nutrition and Dietetics
2014	Excellence in Teaching Award, Boston University School of Public Health
2008	Inducted into the alumni Hall of Excellence, Medfield High School, Medfield, MA
2007	Recipient of the Whitney Powers Award for Excellence in Teaching, Sargent College of Health and Rehabilitation Sciences, Boston University
2007	Certificate of Achievement, Boston University Athletics (Women's Soccer academic mentor award selected by a student-athlete, Lauren Stewart)
2006	Nominated, Excellence in Practice Award, SCAN, American Dietetic Assoc.
2004	Nominated for the Whitney Powers Award for Excellence in Teaching
2003	Certificate of Achievement, Boston University Athletics (Women's Soccer academic mentor award selected by a student-athlete, Emily Dionne)
1999	Jean Hankin Nutritional Epidemiology Award (ADA Foundation)
1999	Kraft Foods Fellowship Award (American Dietetic Assoc Foundation)
1998	Kraft Foods Fellowship Award (American Dietetic Assoc Foundation)
1996-98	National Institute on Aging, Traineeship in Aging Research
1987	Omicron Nu Award of Excellence, University of Maine, Orono, ME
1987	Outstanding Dietetic Intern Award, Beth Israel Hospital, Boston, MA

## **COURSES TAUGHT**

SAR HS 384/584*	Medical Nutrition Therapy I (4 credit)
SAR HS 385/585*	Medical Nutrition Therapy II (4 credit)
SAR HS 408*	Mediterranean Diet: Food, Culture & Health (4 credit), Padova, Italy
SAR HS 467	Research Methods in Nutrition (2 credit)
SAR HS 495	Directed Study, undergraduate (variable credit)
SAR HS 776	Nutritional Epidemiology (4 credit)
SAR HS 785	Nutrition Research (2 credit)
SAR HS 791	Directed Study, graduate (variable credit)
SAR HS 793	Scholarly Paper (variable credit)
SAR HS 811	Graduate Nutrition Practicum (4 credit)
SAR HS 905	Dissertation Research (variable credit)
SAR HS 950	Culminating Experience (non-credit bearing capstone, MS PHN program)
SPH EP 758	Nutritional Epidemiology (4 credit)
SPH SB 825*	Diet & the Global Prevention of Chronic Disease (4 credit)
SAR HS 950*	Culminating Experience (non-credit bearing capstone, MS PHN program)
New Training Site*	Internship rotations and practicum experiences in Eating Disorder treatment established through my collaboration and mentorship at Walden Behavioral Care, Waltham, MA

\*Courses I developed; not taught previously at Boston University

## **PROGRAMS DEVELOPED**

2017	MS in Public Health Nutrition, a collaborative program between BUSPH and Sargent College; serving as co-Director.
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## **SPECIAL CONTRIBUTIONS TO ADVISING**

2017	SAR Faculty Representative to the Office of Admissions, Accepted Student Receptions, Seattle and San Diego (March 2017)
2016	Approved Supervisor & Mentor, International Association of Eating Disorder Professionals (IADEP), Certified Eating Disorder Registered Dietitian (CEDRD) credentialing program
2016	SAR Faculty Representative to the Office of Admissions, Accepted Student Receptions, Philadelphia, New Jersey, and Puerto Rico (April 2016)
2015	SAR Faculty Representative to the Office of Admissions, Accepted Student Receptions, Baltimore, Virginia, and Puerto Rico (April 2015)
2014	SAR Faculty Representative to the Office of Admissions, Accepted Student Receptions, Washington D.C. and Baltimore (April 2014)
2013-15	Interviewer, Pre-professional Advising Office, Boston University, College of Arts and Sciences
2013	SAR Faculty Representative to the Office of Admissions, Accepted Student Receptions, San Antonio and Austin, TX and San Juan, Puerto Rico (April 2013)
2012	SAR Faculty Representative to the Office of Admissions, Accepted Student Receptions, Miami and Tampa, FL (April 2012)

*Updated, May 2017*

- 2011 Interviewer, Pre-professional Advising Office, Boston University, College of Arts and Sciences
- 2011 SAR Faculty Representative to the Office of Admissions, Accepted Student Reception, Tampa, FL (April 2011)
- 2010 SAR Faculty Representative to the Office of Admissions, Accepted Student Reception, Dallas, TX (April 2010)
- 2007-10 Presenter, Eating Disorder Awareness Panel, SAR Student Nutrition Club
- 2004-09 Member, Student-Athlete Wellness Committee, Dept of Athletic Training and Sports Medicine, Boston University
- 2003-05 Evaluator, Student Poster Presentations in SAR HP 151 and SPH PH 510
- 2003 Participant & Exhibitor, Woman in Science Mentor, Pathways Conference
- 2003-15 Faculty Advisor, Undergraduate Student Nutrition Club

## **UNIVERSITY SERVICE**

- 2015-present Department Chair, Department of Health Sciences, Sargent College
- 2015-present ARROWS: Advance, Recruit, Retain and Organize Women in STEM service role
- 2015 Chair, Faculty Search Committee for tenure-track faculty in Neuroscience
- 2014 Supportive role to the Search Committee, Health Sciences faculty search
- 2012 SAR Committee for Selection of Graduation Speaker
- 2010 Conference Planning Co-Chair, Childhood Obesity Conference, planned for Dean Waters on behalf of Boston University (Spring 2011)
- 2010 Member, ad hoc committee Sargent College Award of Merit
- 2010 Member, Faculty Evaluation Team for the Chair of the Dept of Health Sciences
- 2009-15 Member, Sargent College Committee on Appointments, Promotions and Tenure
- 2008-15 Member, Epidemiology Doctoral Committee (Admissions and Dissertation Governing Committee), B.U. School of Public Health
- 2008 Host of Health Sciences Research Seminar Series (coordinated and hosted two guest lecturers: Dr. Roger Fielding (Tufts) and Dr. Phil Wolf (BU/Framingham))
- 2008-09 Member, Academic Leadership Development Group, Boston University
- 2006 Organizer and Lecturer, 2006 Dudley Allen Sargent Research Symposium  
Invited and hosted a panel of 5 Speakers (Dr. Bill Kannel, Dr. Ralph D'Agostino, Dr. Mike Pencina, Dr. Jose Ordovas, and myself)
- 2005-06 Member, Search Committee for the Chair of SAR Health Sciences
- 2003-06 Member, Sargent College Anniversary Committee
- 2003-05 Member, Health Sciences Curriculum Committee
- 2003-05 Founding Contributor, Sargent Healthy Lifestyle Challenge
- 2002-present Faculty advisor, Department of Health Sciences, SAR
- 2002-present Graduate Admissions Committee, Programs in Nutrition, SAR

## **PROFESSIONAL AFFILIATIONS & MEMBESHIPS**

- Member and Approved Supervisor, International Association of Eating Disorder Professionals (IADEP) (since 2016)
- Members of ARROWS faculty group at Boston University (since 2015)
- Invited Member of the Boston Obesity Nutrition Research Center (BONRC) (since 2007)
- Member of WISE, Women in Science and Engineering (2009-2015)

Member, The American Heart Association (since 2010)  
Sports, Cardiovascular and Wellness Nutritionists Practice Group, AND (since 2005)  
Member, The Obesity Society (since 2002)  
Member, American Public Health Association (since 1998)  
Research Dietetic Practice Group of the Academy of Nutrition and Dietetics (since 1988)  
Member, Academy of Nutrition and Dietetics (AND) (since 1987)  
Member, Massachusetts Academy of Nutrition and Dietetics (since 1987)

## **PROFESSIONAL SERVICE**

Peer Reviewer, several scientific, medical and professional journals (since 1990; on average 5-8 reviews per year for at least a half dozen journals representing only a fraction of requests)  
Session Co-Chair, Innovation and Validation of Dietary Assessment Tools and their Applications (oral sessions). Experimental Biology, Annual Meeting of the American Society for Nutrition, Chicago, IL (2017)  
Mentor, Early-Career Mentoring event, Experimental Biology, Annual Meeting of the American Society for Nutrition, Chicago, IL (2017)  
Guest Editor, Behavioral Sciences (journal), Special Issue on Eating Behaviors (2014-15)  
Member of the Clinical Advisory Board, Walden Behavioral Care (since 2015)  
Mentor, University of Maine mentor program (since 2014)  
Member, My Heart, My Life Committee, American Heart Assoc (since 2012)  
Invited Member, Advisory Committee, Department of Food Science & Human Nutrition, University of Maine, Orono, Maine (since 2008)  
Volunteer and Featured Activist, Hearts in Action, American Heart Assoc (since 2008)  
Advocacy Captain, "You're the Cure" campaign, American Heart Assoc (since 2006)  
Media Spokesperson on Childhood Obesity, American Heart Association (since 2005)  
Northeast Regional Representative, National Association of GCRC Dietitians (1992-93)  
Secretary/Treasurer, Massachusetts Research Dietitians Practice Group (1991-93)

## **COMMUNITY SERVICE**

2014-15      *Health Innovation Committee* member, Hockomock Area YMCA  
2012-15      *My Heart, My Life* committee member, American Heart Assoc  
2012-15      *Health and Wellness Committee* member, National Food & Dairy Council  
2008-15      *Hearts In Action* volunteer, American Heart Association  
2007-present      *You're the Cure* Advocacy Captain, American Heart Association  
2006          *You're the Cure* Captain's Advocacy Training, American Heart Association  
2005-15      Member, Wellness Policy Committee, Medfield Public Schools, MA  
2005          Relay for Life, Speaker at a Fundraising Event, Medfield, MA  
2003          Invited Speaker for a meeting of Retired Educators Association of Massachusetts (REAM), Walpole, MA.

## **MASS COMMUNICATIONS**

2017          CNN Health Interview, Exercise Addiction  
2017          Facebook Live Event, Walden Behavioral Care, Athletes and eating disorders  
2016          WHDH Television Interview, Eating disorders in competitive athletes

*Updated, May 2017*



- 2016 WBUR Health Interview, Exercise Bulimia
- 2016 *Inside Sargent* feature story, Eating disorders in collegiate athletes
- 2013 KickinKitchen.TV research featured on the *American Heart Assoc* website, selected from the AHA EPI/NPAM scientific conference in New Orleans
- 2012 *Inside Sargent* feature story (KickinKitchen.TV project on child obesity)
- 2010 *Inside Sargent* feature story (PhotoCalorie technology and research)
- 2010 Two media features in The Foxboro Reporter and one in the Sun Chronicle
- 2009 WBUR Radio Interview, *Here and Now with Robin Young*, “Elite Male Runner Discusses Anorexia”
- 2009 Featured in Current Health (Jan 2009;35(5):21-22), *The Power of Antioxidants*
- 2009 Reader’s Digest feature, July 2009
- 2008 *Inside Sargent* feature story (imove School-based Healthy Eating Research)
- 2008 Reader’s Digest feature, July 2008
- 2006 SELF Magazine, *SELF*Dishes (Framingham Study Research feature)
- 2006 *Inside Sargent* feature story (Team Terrier Nutrition program)
- 2005 Channels 4 and 5 News (American Heart Assoc media activity)
- 2005 *Inside Sargent* feature story (KidsSTEPS Research on Childhood Obesity)
- 2003 *Inside Sargent* feature story (Framingham Study Research on Obesity)
- 2001 Good Morning America, Featured Story (Framingham Study Research)
- 2001 SELF Magazine (Framingham Study Research feature)
- 2001 Prevention Magazine (Framingham Study Research feature)
- 2001 Family Circle Magazine (Framingham Study Research feature)

## KEYNOTE TALKS

Two Voices: Recovery from Disordered Eating as told by an Elite Male Athlete and his Sports Nutritionist

- 2018 Center for Drug Free Sport, Kansas City, MO (invited for 2018 conference)
- 2017 Department of Sports Medicine and Athletics, University of Texas, Austin, TX
- 2016 Eating Disorders in Sport Conference, McCallum Place, St. Louis, MO
- 2016 Collegiate and Professional Sports Dietitians Association annual meeting, Kansas City, MO
- 2015 Sport Science Summit, London, UK

Eating Disorders in Collegiate Athletics and the Walden GOALS Program

- 2017 Student Athlete Advisory Council (SAAC) Conference, America East Athletics Conference of the National Collegiate Athletics Association (NCAA), Boston, MA

Eating Disorders in Collegiate Athletes: A Strategy for Success, or Sabotage?

- 2016 Grand Rounds, Walden Behavioral Care, Waltham, MA

Obesity and the Importance of Physical Activity & Nutrition

- 2015 Boston University School of Public Health, Spotlight on Obesity Initiative
- 2013 Boston University School of Public Health, Spotlight on Obesity Initiative

Careers in Dietetics. Success: Not a Recipe, Just Ingredients...

- 2004 Career Symposium, Boston Dietetic Internships, Tufts University, Boston, MA

## **RESEARCH INVITED TALKS** (past 5 years, as a sample)

Understanding Research: Keys to Critical Evaluation of the Literature. Beth Israel Deaconess Medical Center, Boston, MA, annual seminar, every fall.

Framingham Study Research on Dietary Patterns informs Dietary Guidelines. University of Rhode Island, Kingston, RI, February 2017.

Regular long-term intakes of total dairy and yogurt are linked with lower risk of incident high blood pressure in middle-aged adults. Experimental Biology, Chicago, IL, April 2017.

Increased yogurt intake lowers risk of cardiovascular disease among middle-aged adults with high blood pressure. Experimental Biology, Chicago, IL, April 2017.

Framingham Study Research on Dietary Patterns informs Dietary Guidelines. University of Rhode Island, Kingston, RI, February 2016.

Using Entertainment to Educate: KickinNutrition.TV. Whole Grains Summit 2015, Whole Grains & Health: Empowering Healthy Change Together, Portland, OR, June 2015.

Diet and Heart Disease Risk: Lessons Learned from Framingham. University of New Hampshire's Mediterranean Diet Summer Study Abroad course, Ascoli Piceno, Italy, July 2015.

Nutrition Research at Sargent College: Promoting Wellness by Informing Dietary Guidelines and Impacting Personal Behaviors. Health Matters virtual conference, BU Sargent College, Boston, MA, August 2015.

Teamwork: Interdisciplinary Professional and Personal Support Systems for Athletes in Recovery. First Annual Eating Disorders in Sport Conference, McCallum Place, St. Louis, MO, June 2014.

KickinKitchen.TV: A multi-media nutrition education curriculum builds knowledge, skills and self-efficacy for healthy eating among school-aged children. American Heart Association's Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism (EPINPAM) Scientific Sessions, New Orleans, LA, March 2013.

Trends in dietary carbohydrate consumption from 1991-2008 in the Framingham Heart Study Offspring Cohort. Experimental Biology, Boston, MA, April 2013.

Epidemiology in a Nutshell: Keys to Critical Evaluation of Nutrition Research. 2013 Massachusetts Dietetic Association Annual Nutrition Convention and Exposition, Norwood, MA, April 2013.

Dietary Patterns, Health Outcomes and Trends in Intake over Time: The Framingham Study. Research Seminar, Department of Clinical Laboratory & Nutritional Sciences, University of Massachusetts, Lowell, MA, October 2013.

Effects of an environmental-level school-based healthy eating intervention on school lunch

participation and snack food purchases of middle school children. American Public Health Association Annual Meeting, Boston, MA, November 2013.

Effects of an environmental-level school-based healthy eating intervention on total daily food and nutrient intake of low-income middle school children. American Public Health Association Annual Meeting, Boston, MA, November 2013.

KickinKitchen.TV: Going digital with nutrition education. Cambridge Health Alliance, Cambridge, MA, March 2012.

KickinKitchen.TV: An innovative multi-media approach to nutrition education for children. Reducing childhood obesity risk. The Heckscher Foundation for Children, New York, NY, November 2012.

### **CLINICAL INVITED TALKS** (past 5 years)

Disordered Eating in Athletes: A Strategy for Success, or Sabotage? Massachusetts Dietetic Internships Joint Class Day. Brigham & Women's Hospital, Boston, MA, annual seminar, every spring.

Eating Disorders in Athletes: A Strategy for Success, or Sabotage? Athletic Training course at Medfield High School, Medfield, MA, annual seminar, twice yearly.

Health At Every Size in Sports Nutrition: Why Diets Don't Work for Athletes. University of Rhode Island, Kingston, RI, February 2017.

Eating Disorders 101. SNAAC Lunch Talk, Boston University School of Medicine, Boston, MA, December 2017.

Health At Every Size in Sports Nutrition: Why Diets Don't Work for Athletes. University of Rhode Island, Kingston, RI, February 2016.

Disordered Eating in Athletes: A Strategy for Success or Sabotage? University of Rhode Island, Department of Nutrition Seminary Series, Kingston, RI, February 2016.

Eating Disorders in Sport. Lunch and Learn seminar. Walden Behavioral Care, Waltham, MA, March 2016.

Athletes and Eating Disorders. Plymouth State University's Eating Disorders Institute. Meredith, NH, September 2016.

Disordered Eating in Athletes: A Strategy for Success or Sabotage? University of Maine, Orono, ME, October 2016.

Teaching Strategies for Dietetics Education. National Institute of Nutrition, Ho Chi Min City, Vietnam, March 2015.

Counseling for Behavior Change. National Institute of Nutrition, Ho Chi Min City, Vietnam, March 2015.

Health At Every Size (HAES) in Sports Nutrition. Annual Meeting of the Massachusetts Dietetic Association, Norwood, MA, April 2015.

Sound Bites: Fuel. Train. Perform. Department of Athletics, Mount Ida College, Newton, MA, October 2014.

Eat This, Try That! Tips to Lower your Sodium Intake to <1,500 mg/day. Passion Committee, American Heart Association, Waltham, MA, November 2014.

Eating Disorders and Childhood Obesity: Effectively Addressing these Adolescent Issues. The Steven J Parker Memorial Developmental Behavioral Pediatric Conference: Clinical Problems in Primary Care. Boston University School of Medicine Continuing Medical Education. Cambridge, MA, March 2012.

A strategy for success or sabotage? Disordered eating behaviors of collegiate athletes. Alumni Event, Beth Israel Deaconess Medical Center, Boston, MA, May 2012.

#### **RESEARCH POSTER PRESENTATIONS** (past 5 years)

Analysis of colonoscopy patients' diets pre-procedure. Annual Nutrition Conference and Exhibition, Massachusetts Academy of Nutrition and Dietetics, Norwood, MA, April 2017.

The association between diet and bowel preparation at colonoscopy. Digestive Disease Week (DDW) of the American Society of Gastrointestinal Endoscopy (ASGE), Chicago, IL, May, 2017.

Pilot Data from the Walden GOALS Program, an Intensive Outpatient Program treating Competitive Athletes with Eating Disorders. The Female Athlete Conference, Wellesley, MA, June 2017.

Outcomes of the Walden GOALS Program, an Intensive Outpatient Program treating competitive Athletes with Eating Disorders. Eating Disorders in Sport Conference, McCallum Place, St. Louis, MO, August 2017.

Qualitative Analysis: What does it mean to be a CYCLE Kid? Annual Nutrition Conference and Exhibition, Massachusetts Academy of Nutrition and Dietetics, Norwood, MA, April 2016.

Engaging Nutrition Students in an Interdisciplinary Research Initiative to Investigate the Association between Diet and Bowel Preparation for Colonoscopy. Annual Nutrition Conference and Exhibition, Massachusetts Academy of Nutrition and Dietetics, Norwood, MA, April 2016.

The association between diet and bowel preparation at colonoscopy. Digestive Disease Week (DDW) of the American Society of Gastrointestinal Endoscopy (ASGE), San Diego, CA, May 2016.

The association between physical activity and metabolic syndrome. Epidemiology Congress of the Americas (Society for Epidemiology Research, SER), Miami, FL, June 2016.

Factors related to the onset of eating disorders: Direct comparison of female collegiate athletes and non-athletes. Food and Nutrition Conference and Exposition of the Academy of Nutrition and Dietetics, Boston, MA, October 2016.

Nutrient Analysis of Colonoscopy Patients' Diet Pre-procedure. Undergraduate Research Opportunities Program (UROP) Symposium, Boston University, Boston, MA, October 2016.

The association between physical activity and metabolic syndrome in a racially ethnically diverse sample of overweight 12-19 year olds. Poster presentation, Food and Nutrition Conference and Exhibition, Academy of Nutrition and Dietetics, Boston, MA, October 2016.

The association between exposure to environmental tobacco smoke and prevalence of overweight among 3-6 year olds in the National Health and Nutrition Examination Survey (2007-2012). The Obesity Society, New Orleans, LA, November 2016.

KickinNutrition.TV: An innovative digital nutrition education curriculum designed and evaluated for use in middle-schools. The Food and Nutrition Conference and Exposition of the Academy of Nutrition and Dietetics, Atlanta, GA, October 2014.

Detailed nutritional analysis may help assess the impact of diet on bowel preparation. Digestive Disease Week (DDW) of the American Society of Gastrointestinal Endoscopy (ASGE), Chicago, IL, May 2014.

Effects of an environmental-level school-based healthy eating intervention on total daily food and nutrient intake of low-income middle school children. The Future of Food and Nutrition: A Student Research Conference, Tufts University, Boston, MA, April 2013.

The role of anxiety sensitivity in daily physical activity. Association for Behavioral and Cognitive Therapies, Nashville, TN, November 2013.

Effect of a school-based healthy eating intervention on school lunch participation and overall food and nutrient intake in minority, low-SES middle school children. The Charles H Hood Foundation's Scientific Poster Session, Boston, MA, October 2012.

KickinKitchen.TV: Introducing an innovative multi-media platform for nutrition education in school wellness. Annual Meeting of the Massachusetts Dietetic Association, Framingham, MA, March 2012.