

Curriculum Vitae

Date Prepared: January 26, 2017

Name: **Christina D. Economos, Ph.D**

Title: Professor,
New Balance Chair in Childhood Nutrition,
Friedman School of Nutrition Science and Policy, Tufts University

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EDUCATION

1996 Ph.D. **Tufts University**, Friedman School of Nutrition Science and Policy
Nutritional Biochemistry

1990 M.S. **Columbia University**, Teachers College
Applied Physiology and Nutrition

1987 B.S. **Boston University**, Sargent College/College of Liberal Arts
Cardiopulmonary Science/Minor in Biology, Pre-med

PROFESSIONAL EXPERIENCE

Academic Appointments

- 7/16 - Professor, Tufts University Friedman School of Nutrition Science and Policy, Boston, MA
- 9/10 - Associate Professor of Public Health and Family Medicine, Tufts University School of Medicine, Boston, MA
- 4/09 - 7/16 Associate Professor, Tufts University Friedman School of Nutrition Science and Policy, Boston, MA
- 9/09 - Co-Founder, Director and Vice-Chair, ChildObesity180, Tufts University, Boston, MA
- 9/10 -6/13 Program Director, Nutrition Communications, Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA
- 1/07 - Faculty, Boston Nutrition Obesity Research Center
- 5/06 - Adjunct Faculty Member, Tisch College of Citizenship and Public Service, Tufts University, Medford, MA

- 1/05 - New Balance Chair in Childhood Nutrition, Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA
- 6/05 -11/13 Director, Children In Balance at the Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA
- 6/03 -7/13 Associate Director, John Hancock Center for Physical Activity, Nutrition, and Obesity Prevention at the Friedman School of Nutrition Science and Policy, Tufts University, Boston, MA
- 9/01 - 9/10 Assistant Professor, Public Health and Family Medicine, Tufts University School of Medicine, Boston, MA
- 9/98 -6/02 Nutrition Concentration Leader, Masters in Public Health Program, Tufts University School of Medicine, Boston, MA
- 1/98 - 4/09 Assistant Professor, Tufts University Friedman School of Nutrition Science and Policy, Boston, MA
- 12/97 - Adjunct Scientist, Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, Boston, MA
- 9/91 - 12/95 Graduate Research Assistant, Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, Boston, MA
- 9/88 - 9/90 Graduate Research Assistant, Columbia University, Teachers College Department of Movement Sciences and Education, New York, NY

Professional Positions

- 1/96 -10/97 Director, Massachusetts Osteoporosis Awareness Program and "5-A-Day for Better Health" Program; Director and Founder, *MassMoves* Program, Massachusetts Department of Public Health, Boston, MA
- 6/92 - 5/96 Nutrition Consultant, The Harvard Business School, Cambridge, MA

HONORS AND AWARDS

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|------|--|------------------|--|
| 2015 | Christopher Columbus Celebrate Discovery Award | Tufts University | Award from the President for Excellence in Discovery and Innovation |
| 2013 | Leah Horowitz Humanitarian Award | Tufts University | Award for excellence in humanitarian efforts in addressing complex problems in the food system |

2013	Science Board Honor Award	President's Council on Fitness, Sports and Nutrition	Award for major contributions to the advancement and promotion of the science of physical activity and nutrition
2009	Innovators in Health Award	New England Healthcare Institute	Award for pioneers whose efforts reflect a spirit of innovation and collaboration in improving the quality of health care for families
2009	Stewart M. Lee Consumer Education Award	American Council on Consumer Interests	Award for significant contributions to the field of consumer education through teaching and research
2005	Woman of Valor Award	American Diabetes Association	Award for significant advancements in diabetes research, health care, advocacy and outreach
2003 - 2005	Faculty Fellow	University College of Citizenship & Public Service	Awarded for excellence in interdisciplinary teaching and research, with integration of active citizenship in work
2000	Outstanding Faculty of the Year	Tufts University	Excellence in teaching
1996	"5 A Day for Better Health" Outstanding Leadership Award	National Cancer Institute	Leadership excellence in national nutrition promotion campaign
1995	The Cormack Award	Tufts University	Outstanding achievement in collaborative research
1993 - 1995	USDA Fellowship for Graduate Research	Tufts University	Academic excellence
1992 - 1993	National Research Service Award	Research Training Program in Nutrition and Aging, USDA Tufts University	Academic excellence
1989	Scholarship Award	Columbia University	Academic excellence

ACADEMIC COMMITTEE ASSIGNMENTS

University		
2013-2014	Appointed Member	Dean Search, Friedman School of Nutrition
2012-2013	Appointed member	Strategic Plan (T10) Active Citizenship Working Group,
2013	Appointed Sponsor	University Web Services Working Group
2006 - 2008	Steering Committee Member	Tufts Community Research Center
2008	Appointed Member	Research Administration Search Committee
2007, 2012	Invited Member	Clinical and Translational Science Awards Grant Committee
2007-	Member	Research Committee, Tisch College
2005 - 2007	Member	Tufts University Center for Children Steering Committee
1998 - 2002	Chair	Tufts University Student Wellness Committee
1998-2000	Member	Tufts University Eating Disorders Taskforce
Friedman School		
2015-	Chair	Faculty Search, Behavioral Science
2014-	Appointed Member	Faculty Campaign Committee
2010-	Elected Member	Appointments, Tenure, and Promotions Committee
2010-2013	Member	Admissions Committee
2009	Member	Friedman Obesity Symposium Planning Committee
2007 - 2010	Chair	Doctoral Exam Ad Hoc Task force
2007 - 2008	Co-Chair of Fundraising	Friedman School Alumni Council

2006 - 2009	Appointed Member	Food Policy and Applied Nutrition Faculty, Search Committee
2006 - 2012	Elected Member	Executive Council, Friedman Alumni Council
1997 - 2008	Elected Member	Curriculum and Degrees Committee
2007	Member	Food Policy and Applied Nutrition, Curriculum Review Committee
2007	Member	Friedman Symposium Planning Committee
2006	Member	Nutrition Communication Curriculum Review Committee
2006	Invited Member	Dean's Council
1997 - 1998	Elected Member	Appointments and Promotions Committee

BOARD MEMBERSHIPS AND INVITED PANEL APPOINTMENTS

2014-2017	Appointed Member	The Obesity Society Advocacy Committee
2013 -	Invited Member	American Heart Association's Nutrition Council on Lifestyle and Cardiometabolic Health
2013 -	Invited Member	Institute of Medicine Roundtable for Obesity Solutions
2013 -	Advisory Board Member	New England Dairy and Food Council
2012 - 2013	Appointed Member	Institute of Medicine's Standing Committee on Childhood Obesity
2012 - 2013	Nominated and Appointed Member	Massachusetts Food Policy Advisory Council
2011-	Invited Member	Health and Wellness Advisory Council, National Dairy Council (NDC) and the GenYOUth Foundation

2010 - 2012	Appointed Member	Institute of Medicine's Committee on Accelerating Progress in Obesity Prevention
2010 - 2013	Appointed Member (Chair: 2012-2013)	Public Policy Committee, American Society for Nutrition
2009 - 2010	Member	American Diabetes Association National Prevention Committee
2009	Elected Officer	Nominating Committee, American Society for Nutrition
2009	Invited Member	National Heart, Lung and Blood Institute "Obesity and Other Cardiovascular Risk Factors in Congenital Heart Disease" Working Group
2008 - 2010	Nominated and Appointed member	Institute of Medicine's Committee on an Evidence Framework for Obesity Prevention Decision- Making
2008 - 2010	Appointed Member	Public Information Council, American Society for Nutrition
2008 - 2010	Childhood Nutrition Advisory Board	Chartwells School Dining Services
2008	Member	Massachusetts Obesity Taskforce, Department of Public Health
2008	Expert Panelist	Centers for Disease Control's Translation, Dissemination, and Evaluation of the Task Force on Community Preventive Services Recommendations, and Promising Practices for the Prevention and Control of Obesity
2007 - 2008	Youth Subcommittee Consultant	Department of Health and Human Services, Physical Activity Guidelines Advisory Committee

2007 - 2008	Board Member	John C. Stalker Institute of Food and Nutrition
2007 - 2009	Elected Board Member	Shaping America's Health, American Diabetes Association
2006 -	Advisory Board Member	National Milk Processor's Education Program
2006 - 2007	Expert Panelist	Vida Health "After School Gets Moving"
2005 - 2008	Appointed Member	Massachusetts Governor's Committee on Nutrition
2004 - 2006	Advisory Board Member	United Way of Mass Bay Nutrition and Fitness
2003 - 2008	Advisory Panel Member	National Dairy Council, 3-A Day
2003 - 2006	Advisory Panel Member	American Academy of Family Physicians, Americans in Motion
2003 - 2004	Advisory Board Member	Walk to School National, University of North Carolina
1999 - 2000	Vice President	National Association of Governor's Councils on Physical Fitness and Sports
1998 - 1999	Board of Directors	National Association of Governor's Councils on Physical Fitness and Sports
1997 - 2001	Appointed Member	Massachusetts Governor's Committee on Physical Fitness and Sports

TRAINING OF GRADUATE STUDENTS

Post-doctoral Advisor

1999 - 2001	Annie Gazdag, PhD	Postdoctoral Fellow	Currently Associate Professor University of Wisconsin, Stevens Point
2009 - 2012	Alison Tovar, PhD	Postdoctoral Fellow	Currently Assistant Professor, University of Rhode Island

2012 – 2014	Stephanie Anzman-Frasca, PhD Postdoctoral Fellow	Currently Assistant Professor University of Buffalo, School of Medicine
2013 – 2014	Kristie Hubbard, PhD Postdoctoral Fellow	Currently Senior Nutritionist Food and Nutrition Service, USDA, San Francisco, CA
2015-	Daniel Hatfield, PhD Postdoctoral Fellow	Friedman School, Tufts
2015-	Eleanor Shonkoff, PhD Postdoctoral Fellow	Friedman School, Tufts

Post-doctoral Mentor

2012 – 2014	Edward Coffield, PhD Prevention Effectiveness Fellow, Centers for Disease Control	Currently Assistant Professor, Hofstra University
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Early Investigator (K Award) Mentor

2016 -	Juliana Cohen, ScM, ScD	Assistant Professor, Merrimack College, Dept. of Health Sciences <i>and</i> Adjunct Assistant Professor, Harvard T.H. Chan School of Public Health, Dept. of Nutrition
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Post-doctoral Advisee Awards

Alison Tovar: Participant, NIH/NHLBI R25 “PRIDE” (Programs to Increase Diversity among Individuals Engaged in Health-Related Research) Summer Institute on Mentoring Researchers in Latino Health Disparities, San Diego University, 2013 – 2014; Understanding the Parent-Child feeding Relationship among New Immigrants, Post-doctoral Diversity Supplement, funding agency: NIH-NICHD, 1R01HD057841-01 (Dr. Christina D. Economos, PI); Participant, Built Environment Assessment Training Institute, University of Pennsylvania’s Center for Health Behavior Research and Harvard Prevention Research Center, 2012; Participant, Physical Activity and Public Health Course, CDC/University of South Carolina, Hilton Head, South Carolina, 2011.

Stephanie Anzman-Frasca: Pediatric Obesity Society Poster of Excellence Award, The Obesity Society Annual Meeting, 2013; Early Career Representative, The Obesity Society Pediatric Obesity Section (elected position), 2014 – 2016; Grant: CDC 1R43HD080501-01A1, Increasing supply and demand for healthful kids’ restaurant meals, PI on sub-award (E. Hill, PI), 9/2014 – 7/2015.

Doctoral Thesis Advisor and Committee Chair

2006 – August 2009	Sonya Irish, PhD <i>Developing and Evaluating a Web-based Delivery Mechanism for an After School Nutrition and Physical Activity Curriculum</i> Friedman School of Nutrition at Tufts University, New Balance Fellow	Currently Assistant Professor and MS Nutrition Program Director, The Sage Colleges, Troy, NY
2006 – April 2010	Erin Hennessy, PhD <i>Understanding the Relationship Between Parenting and Child Overweight in Low-income Rural American Families</i> Friedman School of Nutrition at Tufts University New Balance Fellow	Currently Sr. Behav Scientist, National Institutes of Health, Bethesda, MD
2008 – May 2013	Rebecca Boulos, PhD <i>How do Lifestyle Health Behaviors, Stress and Coping Influence Weight Status During Periods of Transition?</i> Friedman School of Nutrition at Tufts University USDA Obesity fellow	Currently Assistant Professor, University of New England, Biddeford, ME
2009 – May 2014	Sarah Sliwa, PhD <i>Maternal Employment, Time Allocation, and Implications for Child Weight Status Among Immigrant Mothers</i> Friedman School of Nutrition at Tufts University New Balance Fellow	Currently Postdoctoral Fellow Centers for Disease Control Atlanta, GA
2009 – May 2014	Emily Kuross, PhD <i>The Process of Community Based Participatory Research for Obesity Prevention: Partnership Synergy, Co-creation, and Participant Experiences</i> Friedman School of Nutrition at Tufts University Friedman Citizen's Doctoral Fellow	Currently Consultant Deluth, MN
2011 - December 2014	Dan Hatfield, MS, PhD <i>Identifying new associations between physical activity and cardiometabolic risk, aerobic fitness, and adiposity and exploring physical activity correlates in high-risk youth</i> Friedman School of Nutrition at Tufts University New Balance Fellow	Currently Postdoctoral Fellow, ChildObesity180 Tufts University, Boston, MA
2012 – present	Stacy Blondin, MSPH Friedman School of Nutrition at Tufts University USDA Obesity Fellow	

2013 - present **Megan Mueller, MPH**
Friedman School of Nutrition at Tufts University
New Balance Fellow

2016 - present **Ariella Korn, MS**
Friedman School of Nutrition at Tufts University

Doctoral Thesis Advisee Awards

Sonya Irish-Hauser: New Balance Fellowship, Tufts University, 2005 – 2008; City of Cambridge Excellence Scholarship, 2005.

Erin Hennessy: Cancer Prevention Fellowship Program, Cancer Research Training Award, National Cancer Institute, National Institutes of Health, 2010 – 2014; New Balance Fellowship in Childhood Nutrition, 2006 – 2010; CDC 1R36DP001325-01 Centers for Disease Control and Prevention Public Health Research Dissertation Award, *Understanding childhood obesity in a diverse population of low-income children living in rural America*, 2008 – 2009.

Rebecca Boulos: Student Commencement Speaker, Tufts University Friedman School of Nutrition Science and Policy, 2013; Significant Impact on Undergraduate Education Award Nomination, Tufts University, 2013; Scholarly Travel Fellowship, Food Policy and Applied Nutrition Department, 2013; Tufts University Graduate Institute for Teaching Fellow, 2012; Scholarly Travel Fellowship, Office of the Provost, Christian Herter Fund, 2010 – 2013; USDA Pre-Doctoral Fellowship, 2008 – 2012.

Sara Sliwa: Evaluation Fellowship, Centers for Disease Control and Prevention/ORISE (5% of applicants selected), 2013; Christine Mirzayan Science and Technology Policy Fellowship, National Academies of Science (<10% of applicants selected), 2012; Food Policy and Applied Nutrition Conference Travel Award, 2012; American Time Use Workshop: Training and Travel Award, 2011; New Balance Childhood Nutrition Doctoral Fellowship, 2009.

Emily Kuross: Friedman School of Nutrition Science and Policy Fellowship, Tufts University, 2008 – 2013; Tufts University Provost's Fellowship for Interdisciplinary Work, 2008 – 2011.

Daniel Hatfield: Student commencement address, Tufts Friedman School of Nutrition Science and Policy, 2015; Citation as “top reviewer,” American Journal of Preventive Medicine; Honos Civicus, Tufts University, 2014; New Balance Fellowship, Tufts University, 2012 – 2014; USDA Doctoral Fellowship in Obesity, Tufts University, 2011 – 2012; New Balance Foundation (\$100,000/year), grant application co-author/co-presenter for East Boston Neighborhood Health Center’s Let’s Get Movin’ program, 2012-2015; William L. Boyan Award, Boston Children’s Hospital (\$50,000), application co-author and finalist co-presenter for Let’s Get Movin’ program, 2013.

Stacy Blondin: USDA National Needs Fellowship; Tufts University Provost Fellowship; APHA Annual Meeting Student Scholarship; Tufts Institute for the Environment (TIE) Fellowship; National Evidence Library Fellowship, Tufts Friedman School student scholarly travel award, 2014 and 2016.

Applied Learning Experience preceptor	3 Masters in Public Health students
Teaching assistantship supervisor	7 Masters students
Directed study supervisor	10 Masters students
Internship supervisor	3 Masters students
Thesis committee member	2 Masters students

Undergraduate Student Advisor and Supervisor: 1998-2009

Internship supervisor	5 undergraduate students
Teaching assistantship supervisor	1 undergraduate student
Directed study supervisor	5 undergraduate students
Committee member for senior honors	3 undergraduate students

TEACHING RESPONSIBILITIES

1997 - present	Annual Lecturer	Tufts University (~ 5/year) at the Friedman School, College of Arts and Sciences, Community Health Program
2008 - 2011	Course co-Founder/Director	University Seminar, International Perspectives on Child and Youth Development in Exceptionally Difficult Circumstances
2009	Course co-Director	Community Health Nutrition Friedman School of Nutrition Science and Policy, Tufts University
1995 - 2005	Course Director Primary Teaching Role	Introduction to Nutrition, College of Arts and Sciences and the Friedman School, Tufts University
1999 - 2004	Annual Lecturer	Tufts University, School of Medicine, and Dental School

1995 - 2002	Annual Guest Lecturer	Boston University, Sargent College
2008	Guest Lecturer	Harvard School of Public Health
2010	Guest Lecturer	Boston University School of Public Health

PROFESSIONAL SOCIETIES (current)

Member	International Society for Behavioral Nutrition and Physical Activity
Member	American Society of Nutrition
Member	Obesity Society

PROFESSIONAL SOCIETIES (past)

Member	American College of Sports Medicine
Member	International Society for Behavioral Nutrition and Physical Activity
Member	American Society of Nutrition
Member	The Obesity Society
Member	Society for Clinical Densitometry

REVIEW PANELS

January 2017	Invited reviewer	Obesity Strategically Focused Research Network, American Heart Association
November 2017	Invited reviewer	Time-Sensitive Obesity Policy and Program Evaluation (R01), National Institutes of Health
January 2016	Invited reviewer	Healthy Eating Research, Robert Wood Johnson Foundation
November 2014	Invited member	BNORC Pilot and Feasibility Review, Boston Nutrition and Obesity, Research Center Review Panel
October 2014, 2012	Invited member	Pilot Studies Core, Global Obesity Prevention Center, Grant Program Review Panel, Johns Hopkins Bloomberg School of Public Health
May 2014	Invited member	Special Emphasis Panel, Time Sensitive Obesity prevention, NIH
June 2012	Invited Member	NHLBI Healthy Communities Study (HCS)

		Certainty Community Selection Committee (CCSC)
November 2009	Invited Member	NIH, Minority Biomedical Research Support Awards Review Panel
June 2009	Invited Member	NIH, Healthcare Delivery and Methodologies Group Review Panel
March 2008	Invited Member	NIH, Minority Biomedical Research Support Awards Review Panel
December 2007	Ruckus Nation Judge	Hope Lab idea competition
June 2007	Invited Member	NIH, National Institute of Arthritis, Musculoskeletal and Skin Disease Review Panel
November 2005	Invited Member	NIH, Special Emphasis Panel, Health of the Population (HOP) Integrated Review Panel

MAJOR RESEARCH INTERESTS

My research efforts focus on the prevention of childhood obesity by studying the interactions among dietary intake, physical activity, and body composition through longitudinal and intervention studies, starting early in life. My bio-behavioral research studies include theory-based obesity prevention interventions, using the social-ecological model with a systems perspective, with socio-economically and ethnically diverse populations in urban and rural communities.

RESEARCH SUPPORT

Current Research Support (over \$50,000)

The Boston Foundation \$300,000 <i>ChildObesity180 Expands walking/running clubs within Public Schools in Boston</i>	Economos (PI)	7/1/16 – 6/30/19
USDA 2014-69001-21756 \$149,998 <i>A Retail Coupon Intervention to Promote Healthy Snack Options among Adolescents in Convenience Stores: The CHOMPS Pilot Project</i>	Cash (PI) Role: Co-Investigator	2/15/16 – 2/14/17
The JPB Foundation \$800,000 <i>Eating Well Matters @ Restaurants</i>	Economos (co-PI)	11/1/15 - 10/31/16
The Brookings Institute \$70,198 <i>Lessons in Obesity Prevention</i>	Economos (PI)	6/1/15 – 11/20/16

The JPB Foundation \$3,000,000 <i>ChildObesity180 Core Strategic Partnership</i>	Economos (PI)	3/1/15 - 2/28/18
New Balance Foundation \$2,550,000 <i>Active Schools Acceleration Project Billion Mile Challenge & Expansion: The Billion Mile Race</i>	(Economos (PI)	3/1/15 - 12/31/17
Newman's Own Foundation \$650,000 <i>Nutrition Research and Evaluation of Effective Food Access Programs</i>	Sacheck (PI) Role: Co-Investigator	12/1/14 - 11/30/17
Robert Wood Johnson Foundation \$6,000,000 <i>ChildObesity180</i>	Economos (PI)	9/1/14 - 8/31/17
NICHD 1R01HD080180 \$2,354,328 <i>Understanding the Impact of School-Based Physical Activity Programs (The FLEX Study: Fueling Learning through Exercise)</i>	Sacheck (PI) Role: Co-Investigator	10/1/2014 - 9/20/17
NIH 1R01HL115485-01 \$3,354,084 <i>Systems Science to Guide Whole-of-Community Childhood Obesity Interventions</i>	Economos (Co-PI)	9/1/13 - 5/31/18
NIH 1R01HL115485-01A1 \$1,032,243 <i>Shape Up Under Five</i>	Economos (PI) (subcontract)	9/1/13 - 5/31/18
Completed Research Support (over \$50,000) USDA/Tufts University \$238,500 <i>Tufts-USDA Doctoral Fellowship in Childhood Obesity Prevention</i>	Economos (PI)	1/12/12 - 1/11/16
The Boston Foundation \$300,000 <i>100 Mile Club in Boston Public Schools</i>	Economos (PI)	4/15/14 - 6/14/16
Harvard Pilgrim Health Care Foundation	Economos (PI)	5/1/12 - 4/31/15

\$1,500,000

Healthy Kids Out of School

The JPB Foundation

\$3,000,000

ChildObesity180 Core Strategic Partnership

Economos (PI)

3/1/12 - 2/28/15

NHLBI 1R01HL106160-01

\$3,163,338

*Impact of Vitamin D Supplementation
on Cardiometabolic Risk in Schoolchildren*

Sacheck (PI)

12/1/10 - 12/31/14

Role: Co-Investigator

The Boston Foundation

\$171,546

Moving Toward Academic Success

Sacheck (PI)

1/1/14 - 12/31/14

Role: Co-Investigator

New Balance Foundation

Children in Balance: The Tufts Childhood Obesity Initiative

The goal of Children in Balance is to deepen our understanding of effective ways to positively influence dietary and physical activity patterns among children and their caregivers to prevent childhood obesity.

\$5,000,000

Economos (PI)

11/01/04 - 10/31/14

Robert Wood Johnson Foundation

\$6,981,676

ChildObesity180

Economos (PI)

9/1/11 - 8/31/14

John Hancock Financial Services, Inc.

\$ 5,000,000

*John Hancock Center for Physical
Activity, Nutrition, and
Obesity Prevention*

Nelson (PI)

07/1/03 - 06/30/13

Role: Co-Investigator

NICHD HS2281

\$1,280,000

*The GREEN (Growing Right: Eating
Eco-Friendly and Nutritious) Project*

Goldberg (PI)

9/1/10 - 6/30/13

Role: Co-Investigator

New Balance Foundation

\$200,000

*ChildObesity180: The Active Schools
Acceleration Project (ASAP)*

Economos (PI)

12/31/13

NICHD 1R01HD057841-01

\$2,400,000

*Assessing and Preventing Obesity (Live Well)
Among New Immigrants*

Economos (PI)

9/24/08 - 6/30/12

Robert Wood Johnson Foundation \$437,153 <i>ChildObesity180: Reverse the Trend</i>	Economos (PI)	4/1/11 - 7/31/11
American Heart Association \$198,000 <i>Impact of Physical Fitness and Overweight on Inflammation in School-aged Children</i>	Sacheck (PI) Role: Co-Investigator	7/1/08 - 6/30/11
Robert Wood Johnson Foundation \$356,080 <i>ChildObesity180</i>	Economos (PI)	9/1/10 - 3/31/11
Harvard Pilgrim Health Care Foundation \$ 136,000 <i>Food Service Evaluation</i>	Economos (Co-PI)	12/1/09 - 8/31/10
The Pepsico Foundation \$2,200,000 <i>The BALANCE Study & Developing a Childhood Obesity Prevention Plan</i>	Economos (PI)	9/1/07 - 8/31/10
Robert Wood Johnson Foundation \$279,196 <i>2020 Childhood Obesity Prevention Protocol</i>	Economos (PI)	9/1/09 - 8/31/10
Save the Children Foundation \$627,267 <i>The CHANGE II Study: Obesity Prevention in Rural America</i>	Economos (PI)	01/01/07 - 12/31/09
Robert Wood Johnson Foundation, \$120,000 <i>Physical Activity in Rural America</i>	Economos (PI)	12/15/06 - 03/31/09
Work Family Directions/ Johnson and Johnson \$80,000 <i>Children in Balance/HEAT Club After School Sustainability</i>	Economos (PI)	03/15/08 - 07/01/08
The Raisin Board \$70,000 <i>Healthy Sports Snacks</i>	Sacheck (PI) Role: Co-Investigator	7/1/07 - 6/30/08
Harvard Pilgrim Health Care Foundation	Goldberg (PI)	08/1/07 - 12/31/07

\$75,000 <i>Tipping the Scales in Favor of Our Children</i>	Role: Co-Investigator	
Work Family Directives, IBM \$275,000 <i>HEAT Club After School Curriculum Online</i>	Economos (PI)	06/01/06 - 12/31/07
Beverage Institute for Health and Wellness \$215,000 <i>Assessing vitamin A, vitamin D, and vitamin E status in young children: a randomized controlled trial testing the effect of a multi-nutrient fortified juice</i>	Economos (PI)	10/01/04 - 11/30/06
Save the Children Foundation \$60,000 <i>A Partnership for CHANGE</i>	Economos (PI)	1/1/06 - 09/30/06
Dairy Management, Inc. \$79,079 <i>What Predicts Dairy Intake, Bone Mass, and Body Composition in Early Elementary School Children?</i>	Economos (PI)	11/15/03 - 02/15/06
CDC R06/CCR121519-01 \$1,500,000 <i>Shape Up Somerville: EAT SMART. PLAY HARD.</i>	Economos (PI)	9/01/02 - 02/28/06
1RO1HD522375 \$2,633,885 <i>Beat Osteoporosis: Nourish and Exercise Skeletons, The BONES Project.</i>	Economos (PI)	9/01/99 - 8/30/04
Dairy Management, Inc. \$191,012 <i>Milk Consumption and the Development of Obesity</i>	Must (PI) Role: Co-Investigator	12/05/99 - 4/30/03
The Ripple Foundation \$200,000 <i>MicroDXA Project</i>	Keyayias (P.I.) Role: Co-Investigator	1999 - 2000

Completed Research Support (under \$50,000)

The Boston Foundation \$50,000 The Carol R. Goldberg Civic Engagement Initiative on Nutrition and Obesity Prevention: <i>Mitigating Obesity in Boston's Immigrant Communities</i>	Collaborating Expert	12/1/09 - 5/31/10
Project Bread \$20,000 <i>Better Lunch Initiative</i>	Economos (PI)	11/01/07 - 05/31/08
United Way/ Proctor and Gamble \$10,700 <i>After-School Curricula/HEAT Club: Dorchester, Roxbury, Mattapan</i>	Economos (PI)	3/01/07 - 3/15/08
Seed funding for Community Based Participatory Research Proposal \$6,000 <i>Tufts Community Research Center</i>	Economos (PI)	11/1/06 - 05/17/07
City of Somerville: <i>Physical Education Programs (PEP), US Department of Education</i> \$20,000	Economos (PI)	10/01/05 - 9/30/06
Tufts University \$50,000 <i>Tufts Longitudinal Health Study (TLHS)</i>	Economos (PI)	06/30/03 - 06/30/04
Vermont Department of Public Health \$2,500 <i>Run Girl Run Evaluation</i>	Economos (PI)	06/01/03 - 5/31/04
Massachusetts Department of Public Health \$6,000 <i>Keep Moving Evaluation</i>	Economos (PI)	06/01/03 - 5/31/04
General Mills Championship Grants \$10,000 <i>Shape Up Somerville- Eat Smart. Play Hard, Audio Adventures</i>	Economos (PI)	6/02 - 06/03
National Cattlemen's Beef Association	Economos (PI)	08/01/01 - 11/3/01

\$7,500

*Understanding Red Meat Avoidance:
Motivations and Consequences*

Completed Other Extramural Support

The Atkins Foundation: \$25,000 <i>Children in Balance Initiative</i>	Economos (PI)	3/9/07
The Stone Foundation: \$25,000 <i>Children in Balance Initiative</i>	Economos (PI)	1/30/07
Major League Soccer \$20,000 <i>Healthy Half-time Snacks</i>	Economos (PI)	01/01/07 - 12/31/07
United Way Massachusetts Bay \$6,395 <i>HEAT Club After School Initiative: Metro Boston</i>	Economos (PI)	02/21/06 - 2/20/07
City of Somerville: <i>Firefighters Wellness Project</i> \$35,000 US Homeland Security	Economos (PI)	11/01/05 - 05/01/07
Project Bread \$15,000 <i>Better Breakfast Initiative</i>	Economos (PI)	11/01/05 - 05/01/07
The Pepsico Foundation \$500,000 <i>Strategies to Overcome Obesity</i>	Economos (PI)	9/1/05 - 8/31/07
The Almond Board of California \$136,000 <i>HEAT Club After School Initiative: New Jersey</i>	Economos (PI)	3/01/05 - 3/31/07
The Rosenberg Foundation: \$50,000 <i>The Tufts Longitudinal Health Study</i>	Economos (PI)	11/04/06
Massachusetts Affiliate	Economos (PI)	12/01/04 - 11/30/05

\$48,000

America on the Move

Blue Cross Blue Shield of Massachusetts Economos (PI) 06/03 - 06/05

\$60,000

*Shape Up Somerville-
Eat Smart. Play Hard*

Dole Food Company Economos (PI) 06/03 - 06/05

\$50,000

*Shape Up Somerville -
Eat Smart. Play Hard*

US Potato Board Economos (PI) 06/03 - 06/05

\$90,000

*Shape Up Somerville-
Eat Smart. Play Hard*

United Way of Massachusetts Bay Economos (PI) 06/03 - 06/05

\$50,000

*Shape Up Somerville-
Eat Smart. Play Hard.*

Editorial Activities

Ad Hoc Reviewer:

Medicine and Science in Sports and Exercise

Osteoporosis International

International Journal of Sports Nutrition

Obesity Research

American Journal of Clinical Nutrition

Obesity

Journal of Bone and Mineral Research

Calcified Tissue International

Preventing Chronic Disease

British Medical Journal

Journal of the American Medical Association

International Journal of Behavioral Nutrition and Physical Activity

Associate Editor:

Translational Journal of The American College of Sports Medicine (TJACSM)

Editorial Board:

Childhood Obesity

Guest Editor:

American Journal of Health Promotion

PUBLICATIONS

ORIGINAL RESEARCH (REFEREED JOURNALS) - h-index of 32

* Indicates the first author is a pre-doctoral or postdoctoral fellow for whom I served as primary mentor

1. *Blondin S, Cash SB, Goldberg J, Griffin T, **Economos CD**. The nutritional, economic, and environmental costs of milk waste in a Breakfast in the Classroom School Breakfast Program. *American Journal of Public Health* [*in press*].
2. **Economos CD**, Anzman-Frasca S, Koomas A, Chan G, Folta S, Heck J, Newman M, Sacheck J. Snack, beverages, and physical activity during volunteer-led out-of-school-time programs: A cross-sectional analysis. *BMC Public Health* [*in press*].
3. *Mueller MP, Anzman-Frasca S, Blakeley CE, Folta SC, Wilde P, **Economos CD**. Ordering patterns following the implementation of a healthier children's restaurant menu: a latent class analysis. *Obesity*. 2016. (Published online: Nov 17, 2016).
4. Wright CM, Duquesnay PJ, Anzman-Frasca S, Chomitz VR, Chui K, **Economos CD**, Langevin EG, Nelson ME, Sacheck JM. The Fueling Learning through Exercise (FLEX) Study - A randomized controlled trial of the impact of school-based physical activity programs on children's physical activity, cognitive function, and academic achievement. *BMC Public Health* [*in press*].
5. Cohen DA, Lesser LI, Wright C, Story M, **Economos CD**. Kid's Menu Portion Sizes - How Much Should Children be Served? *Nutrition Today*. 2016; 51(6): 273-280.
6. *Sliwa S, Must A, Perea FC, Boulos RJ, **Economos CD**. Occupational physical activity and weight-related outcomes in immigrant mothers. *American Journal of Preventive Medicine*. 2016 Nov;51(5):637-646. doi: 10.1016/j.amepre.2016.04.017.
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Schoolchildren during School-and Out-of-School Time. *International Journal of Behavioral Nutrition and Physical Activity*. 2016, 13(1):39

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14. *Hatfield DP, Chomitz VR, Chui KKH, Scheck JM, Brown AA, **Economos CD**. Impact of a community-based physical activity program on overweight/obese children's fitness and adiposity. *Health Promotion Practice*. 2016 May 19. [Epub ahead of print]
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33. Sundaram ME, Berg RL, **Economos CD**, Coleman LA. The relationship between childhood BMI and adult serum cholesterol, LDL and ankle brachial index. *Clinical Medicine and Research*. 2014 Sep;12(1-2):33-9.
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INVITED PAPERS AND REVIEW ARTICLES (REFEREED JOURNALS):

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109. **Economos CD**, Blondin S. Community-engaged obesity interventions. *Current Obesity Reports.* Springer. 2014, 199-205, DOI: 10.1007/s13679-014-0102-2.
110. **Economos CD**, Sallis JF, Keith NR, Newkirk J. The Active Living Research 2013 Conference: Achieving Change Across Sectors: Integrating Research, Policy, and Practice. *American Journal of Health Promotion.* 2014 Jan-Feb; 28 (3 Suppl): S1-4.
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112. **Economos CD**, Tovar A. Promoting Health at the Community Level: Thinking Globally, Acting Locally. *Childhood Obesity.* February 2012; 8 (1): 19-22.
113. Kumanyika, S., **Economos CD**. Reframing the Evidence Paradigm for Population-Based Obesity Prevention: The Institute of Medicine's L.E.A.D. Framework (commentary). *World Nutrition.* June 2011; 2(6).
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119. Must A, Hollander S, **Economos C**. Childhood obesity: A growing public health concern. *Expert Rev Endocrin Med.* 1: 233-254.
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121. **Economos C**, Clay CD. Nutritional and health benefits of citrus. *Food, Nutrition and Agriculture* 1999; 24:11-18.
122. Porter D, Kris-Etherton P, Borra S, Christ-Erwin M, Foreyt J, Goldberg, J, O'Brien Nabors, L, Schwartz N, Lewis C, Layden W, **Economos C**. Education consumers regarding choices for fat reduction. *Nutr Rev* 1998;56: S75-91.
123. Nestle M, Wing R, Birch L, DiSoogra L, Drewnowski A, Middleton S, Sigman-Grant M, Sobal J, Winston M, **Economos C**. Behavioral and social influences on food choice. *Nutr Rev* 1998; 56: S50-63.
124. Goldberg J, Smith J, **Economos C**. Nutritional needs of the oldest old. *J Nut Clin Care* 1998;1:12-137.
125. **Economos CD**, Bortz SS, Nelson ME. Nutritional practices of elite athletes. *Sports Med*, 1993;16:38 1-399.

BOOK CHAPTERS

126. Blondin S, and **Economos CD**. The Influence of Daily Eating Patterns on Weight Status: A Review of the Evidence on Breakfast Consumption, Snacking, and Eating Frequency in *Childhood Obesity: Causes, Consequences, and Intervention Approaches*. Ed: MI Goran, CRC Press, 2016.
127. **Economos, CD** and Hatfield, D. Overview of the key strategies currently used to prevent obesity in *Managing and Preventing Obesity*. Ed: T. Gill, Woodhead Publishing, Oxford, UK, 2014.
128. *Boulos, R. & **Economos, C**. Nutritional Considerations for the Active Adolescent in *Lifestyle Medicine*, 2nd Edition. Ed: J. Rippe, CRC Press, 2013.
129. **Economos CD** and Sliwa S. Chapter 41 Community Interventions in Part 5: Social Science Insights Into Treatment, Prevention, and Policy in *The Oxford Handbook of the Social Science of Obesity*, Ed: John Cawley, Oxford University, 2011.
130. **Economos CD** and Hennessy E. Chapter 29 A Community-Level Perspective for Childhood Obesity Prevention, pg. 305-319, in *Global Perspectives on Childhood Obesity: Current Status, Consequences, and Prevention*, Ed: Debasis Bagchi, Academic Press, London, UK, 2011.
131. Sanigorski A, **Economos CD**. Chapter 7 Evidence of Multisetting Approaches for Obesity Prevention: Translation to Best Practice, pg. 57-64, in *Preventing Childhood Obesity: Evidence Policy and Practice*, Elizabeth Waters, Boyd Swinburn, Ricardo Uauy, and Jacob Seidell Eds., Wiley Blackwell, Oxford, UK, 2010.
132. **Economos CD**. Chapter 22 Preventive Health Strategies – Evaluating Current Information on Exercise and Nutrition 455-466 in *Exercise, Nutrition, and the Older Woman*, Maria A. Fiatarone Singh, Ed., CRC Press, Boca Raton, Florida 2000.
133. **Economos CD**. Chapter 4 Nutrition p. 131-136 in *Exercise, Nutrition, and the Older Woman*, Maria Fiatarone Singh, Ed., CRC Press, Boca Raton, Florida 2000.

134. **Economos CD**, Bettencourt M. Chapter 2 Food, p. 44-74 in *The New Our Bodies Ourselves for the New Century*, The Women's Health Book Collective, Simon and Schuster, New York 1998.

REPORTS

135. The Current State of Obesity Solutions in the United States – Workshop in Brief. 2014. Institute of Medicine Roundtable on Obesity Solutions. (**Economos CD**, presenter and reviewer).

136. Performance Standards for Restaurants: A New Approach to Addressing the Obesity Epidemic. 2013. RAND Corporation (**Economos CD**, committee member).

137. Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation. 2012. Institute of Medicine Committee on Accelerating Progress in Obesity Prevention (**Economos CD**, committee member)

138. Sacheck J, **Economos CD**, Griffin T, Wilde P. Dishing Out Healthy School Meals: How Efforts to Balance Meals and Budgets Are Bearing Fruit. November 2010. For Harvard Pilgrim Health Care Foundation. (*Report presenting original data*).

139. Bridging the Evidence Gap in Obesity Prevention: A Framework to Inform Decision Making, 2010. Institute of Medicine Committee on an Evidence Framework for Obesity Prevention Decision-Making (**Economos CD**, committee member).

140. Goldberg J, Sacheck J, Folta S, **Economos CD**. Tipping the Scales in Favor of Our Children, June 2008. For Harvard Pilgrim Health Care Foundation. (*Report presenting original data*). Awarded the Silver Award by the Council on Foundations' Wilmer Shields Rich Award for Excellence in Communications.

141. **Economos CD**, Sacheck J. Science-based policy statement on optimal nutrition for children playing soccer. Major League Soccer, 2007.

BOOKS

142. **Economos CD**, Marcotte L, Hennessy E, Irish-Hauser S, Klemmer S, Collins J, Kozower C, Hudson D. *HEAT (Healthy Eating, Active Time) Club: In-School Curriculum*. 2014. Human Kinetics.

143. **Economos CD**, Marcotte L, Hennessy E, Irish-Hauser S, Klemmer S, Collins J, Kozower C, Hudson D. *HEAT (Healthy Eating, Active Time) Club: After-School Curriculum*. 2014. Human Kinetics.

WEBSITE

144. **Economos CD**, Sacheck JM, Goldberg J. *The Weight of the Nation Website* in conjunction with HBO Documentary Films, Institute of Medicine, Centers for Disease Control, National Institutes of Health, Kaiser Permanente, and the Michael & Susan Dell Foundation. Release May 2012. <http://theweightofthenation.hbo.com/#>

INVITED LECTURES (selected)

* Indicates Keynote Speaker

REGIONAL

- 2016 Friedman School of Nutrition Science and Policy Seminar Series, Blending the Rigor of Science with the Innovation of Business to Reverse the Trend of Childhood Obesity, Boston, MA
- 2016 Live Well Springfield, Childhood Nutrition in the 21st Century: Obesity Prevention Strategies, Springfield, MA
- 2016 New Balance Foundation Obesity Prevention Center at Boston Children's Hospital, Childhood Obesity in the Community: Turning Science into Care, Boston, MA
- 2015 Boston University School of Medicine Conference: AdvancED Post Graduate Program in Pediatric Nutrition, Boston, MA
- 2015 GenYOUth Massachusetts Youth Empowerment Town Hall Panel, Boston, MA
- 2015 *The Boston Foundation, Healthy People Healthy Economy Symposium. Childhood Obesity Prevention: Achieving Impact, Boston, MA
- 2015 Tufts University Obesity Symposium. Tufts Talks Obesity: From Cell to Society, Boston, MA.
- 2015 Boston University School of Public Health, Department of Environmental Health Seminar Series, Boston, MA
- 2014 Harvard School of Public Health, Program in Cardiovascular Epidemiology Monthly Forum, Boston, MA
- 2014 A Movement by Movements, TEDx Somerville, Somerville MA
- 2014 Massachusetts State House Family Impact Seminar, Boston, MA
- 2014 The Friedman School of Nutrition Science and Policy, Friedman Seminar Series, Boston, MA
- 2014 Brown University, Catalyzing Communities to Prevent Obesity: A Systems Approach, Providence, RI
- 2013 Mount Holyoke College, A Multi-Sector Systems Approach to Obesity Prevention, South Hadley, MA
- 2012 HBO Event, Panelist Discussion at the Boston premiere screening of "The Weight of the Nation" documentary, Boston, MA
- 2011 Tufts University – The 2nd Annual Women's Center Symposium on Gender and Culture: In the Kitchen, Socio-demographic Determinants of Food Access and Obesity, Medford, MA

- 2011 *Boston Institute for the Development of Infants and Parents Conference, Developing Children and a Healthy Diet, Boston, MA
- 2011 Tufts University - Academic Symposium: Advances in Child Development, Tackling a Crisis: A Systems Approach to Obesity Prevention, Boston, MA
- 2011 *National Academy of Sciences Distinctive Voices, Catalyzing Communities to Prevent Obesity, Woods Hole, MA
- 2011 *Stand for Children, Catalyzing Communities to Prevent Obesity, Concord, MA
- 2011 Chronic Disease Prevention Alliance of Canada, Engaging Local Communities in Efforts to Reduce Childhood Obesity: A Systems Perspective, Boston, MA (webinar to Ottawa, Canada)
- 2011 Tufts University's Active Citizen Alumni Event, Policy & Advocacy Panel, Medford, MA
- 2011 *Boston Association for the Education of Young Children (BAEYC) Conference, Catalyzing Communities to Prevent Obesity, Burlington MA
- 2011 Boston Medical Center (Grand Rounds), A System's Approach to Childhood Obesity Prevention, Boston MA
- 2010 Empire Health Foundation, Shape Up Somerville: A System's Approach, Boston, MA (teleconference to Spokane, WA)
- 2010 Harvard Pilgrim Health Care Foundation, Dishing Out Healthy School Meals: How Efforts to Balance Meals and Budgets are Bearing Fruit, Boston, MA
- 2010 Ford Hall Forum, Who Is Winning the Childhood Obesity Battle (panel moderator), Boston, MA
- 2010 Catalyzing Communities to Prevent Obesity: A Systems Perspective, Worcester, MA
- 2010 Catalyzing Communities to Prevent Obesity: A Systems Perspective, University of Rochester, Rochester, NY
- 2010 Social Innovation Forum, Fitness and Healthy Eating: Preventing Obesity from an Early Age: A Systems Perspective Boston, MA
- 2009 PepsiCo Ethnic Advisory Board Meeting: Children in Balance, Purchase, NY
- 2009 The Friedman School of Nutrition Science and Policy, Friedman Symposium, Future Advances in Pediatric Research: Action-Oriented Intervention Research, Boston, MA
- 2009 Yale University, Rudd Center for Food Policy and Obesity, Catalyzing Communities to Prevent Obesity, New Haven, CT

- 2009 University of New Hampshire, Aspire to Inspire Workshops, Catalyzing Communities to Prevent Obesity, Durham, NH
- 2009 University of Connecticut, Center for Health, Intervention and Prevention, Preventing Childhood Obesity, Storrs, CT
- 2008 The Friedman School of Nutrition Science and Policy, Friedman Seminar Series, Boston, MA
- 2008 Cornell University Division of Nutritional Sciences, Pediatric Obesity Prevention, Ithaca, NY
- 2008 The New York Health Foundation, Catalyzing Communities to Prevent Obesity, New York, NY
- 2008 Massachusetts Mayor's Association Healthy Communities Summit, Panel Presentation, Medford, MA
- 2008 Harvard Pilgrim Healthcare Foundation Summit, Tipping the Scales in Favor of our Children, Boston, MA, 2008; Manchester, NH
- 2008 Yale School of Public health, Catalyzing Communities to Prevent Obesity, New Haven, MA
- 2008 Harvard School of Public health, Catalyzing Communities to Prevent Obesity, Boston, MA
- 2008 Massachusetts Medical Society Public Health Leadership Forum, Acting Locally: Changing Behavior in Communities, Waltham
- 2007 State of Maine Childhood obesity prevention conference, Catalyzing Communities for Change: Turning the Tide on Childhood Obesity, Portland, OR
- 2007 The Friedman School of Nutrition Science and Policy, Friedman Symposium, Shape Up Somerville Model, Boston, MA
- 2006 The Friedman School of Nutrition Science and Policy, Friedman Seminar Series, Boston, MA
- 2006 University of Rhode Island, Preventing Childhood Obesity - Shape up Somerville, Eat Smart. Play Hard, Kingston, RI
- 2004 University of Massachusetts at Lowell. Obesity and Diabetes Symposium, Lowell, MA
- 2004 Boston University Medical Center, Pediatric Overweight Group Seminar, Community interventions to prevent childhood obesity, Boston, MA
- 2002 University of Massachusetts-Simmons School Health Institute, Massachusetts School Physician and Nurses Conference, Improving the Health of School-aged Children, Boston, MA, 2002
- 2002 Massachusetts Public Health Council Conference, Guiding Social Change: Lessons Learned, Waltham, MA

- 2002 Massachusetts Department of Public Health, Obesity Conference, Guiding Social Change: Lessons Learned, Boston, MA
- 2000 The Teresa and John Heinz III Foundation 5th Annual Conference on Women's Health and the Environment - "Women's Health: As We Grow Older" Osteoporosis: A Prescription for Prevention through the Lifespan, Boston, MA
- 2000 Brandeis University Taking Steps and Making Choices: A Look at Research on Women's Health after 50, Women in Motion: Making Exercise a Habit, Waltham, MA
- 2000 The Teresa and John Heinz III Foundation 5th Annual Conference on Women's Health and the Environment - "Women's Health: As We Grow Older" Osteoporosis: A Prescription for Prevention through the Lifespan, Boston, MA
- 2000 Brandeis University Taking Steps and Making Choices: A Look at Research on Women's Health after 50, Women in Motion: Making Exercise a Habit, Waltham, MA
- 2000 Harvard School of Public health, Bone health in Children: Osteoporosis prevention strategies, Boston, MA
- 1999 Massachusetts Governor's Committee on Physical Fitness and Sports - Preventive Nutrition for Seniors, Boston, MA

NATIONAL

- 2016 *'Next Practices' Requires Collaboration to Solve Complex Issues: A Case for ChildObesity180 (keynote speaker), Society for Nutrition Education and Behavior Annual Conference, San Diego, CA
- 2016 Partnership for a Healthier America Summit, Eating Out is Shaping Up: Healthier Kids Menus (moderator), Washington, DC
- 2016 *Wake Up with Weight of the Fox Valley (keynote speaker), Neenah, WI
- 2016 Childhood Health & Nutrition Research Conference, Multi-level strategies to prevent overweight and obesity, a systems approach, USDA Children's Research Center, Little Rock AK
- 2015 The Obesity Society Annual Meeting, Obesity interventions promoting whole child health and well-being: Theory, opportunities, and benefits, Los Angeles, CA
- 2015 National Collaborative on Childhood Obesity Research (NCCOR) Workshop: Using Retail Food Sales Data for Food, Nutrition, and Health Outcome Research, Surveillance and Evaluation, Washington, DC

- 2014 The Obesity Society Annual Meeting, Social and Cultural Construction of Children's Food and Implications for Intervention Opening, Boston MA
- 2014 University of Wisconsin at Madison Nutrition Science Seminar, A Multi-level, Multi-sector Systems Approach to Prevent Childhood Obesity, Madison, WI
- 2014 *University of Wisconsin at Green Bay Childhood Obesity Conference (keynote speaker), Green Bay, WI
- 2014 The Ohio State, Dietary Guidelines for Americans Summit, Shape Up Somerville and Beyond, Columbus, OH
- 2014 The Culinary Institute of America, Healthy Menus R&D Collaborative: Delicious Solutions for Changing Appetites, Hyde Park, NY
- 2013 Active Living Research Conference, The Pathway to Impact: Translating Evidence to Policy and Practice, San Diego, CA
- 2013 National Cancer Institute, Research to Reality Webinar, Across the Board: How multilevel interventions can improve the health of our communities; A Multi-Sector Systems Approach to Obesity Prevention
- 2013 Partnership for a Healthier America Summit, ASAP Active Schools Acceleration Project, Washington DC
- 2012 The Obesity Society, 30th Annual Scientific Meeting: Accelerating Progress in Obesity Prevention, San Antonio, TX
- 2012 African American Collaborative Obesity Research Network Workshop, Achieving Healthy Weight in African American Communities: What Works? What's New? and What's Needed?, Philadelphia, PA
- 2012 Weight of the Nation, Institute of Medicine: Weight of the Nation: Accelerating Progress in Obesity Prevention, Washington, DC
- 2012 *The Sage Colleges, Presidents Lecture, Catalyzing Communities for Change: A Systems Approach to Obesity Prevention, Troy, NY
- 2012 Vanderbilt University (Grand Rounds), A System's Approach to Childhood Obesity Prevention, Nashville, TN
- 2011 *Let's Move Pittsburgh, Catalyzing Communities to Prevent Obesity, Pittsburgh, PA
- 2011 National Association for City and County Health Officials (NACCHO), Finding and Using the Best Available Evidence to Inform Decisions: The Institute of Medicine's L.E.A.D. Framework, Hartford, CT

- 2011 Healthy Flavors Healthy Kids, Engaging Local Communities in Efforts to Reduce Childhood Obesity: A Systems Perspective, San Antonio, TX
- 2011 Healthy Kitchens Healthy Lives, Engaging Local Communities in Efforts to Reduce Childhood Obesity: A Systems Perspective, Napa Valley, CA
- 2010 American Evaluation Association Conference, Health Evaluation TIG Business Meeting and Presentation: Bridging the Evidence Gap in Obesity Prevention - A Framework to Informed Decision Making, San Antonio, TX
- 2010 The Obesity Society, Multi-Level Community-Based Interventions: A Systems Approach, San Diego, CA
- 2010 Healthy Communities, Catalyzing Communities to Prevent Childhood Obesity: Using the HEAT Club Curriculum (trainer), Columbus, IN
- 2010 NHLBI Cardiovascular Disease Prevention in High-Risk Rural Communities, The CHANGE Study (Creating Healthy, Active and Nurturing Growing-up Environments): Shape Up Somerville, MA, Bethesda, MD
- 2010 *Washington State University Community Forum, Catalyzing Communities to Prevent Obesity: A Systems Perspective, Spokane, WA
- 2010 *Community Health Summit, Catalyzing Communities to Prevent Obesity, Columbus, IN
- 2010 Experimental Biology, Bridging the Evidence Gap in Obesity Prevention, Anaheim, CA
- 2010 Food for Thought: Tufts Food, Wine, & Culture Series, Catalyzing Communities for Positive Change: Preventing Childhood Obesity, Los Angeles, CA
- 2009 Heart of Largo Community Leaders, Catalyzing Communities to Prevent Obesity, Largo, FL
- 2009 Pinellas County City Managers, Childhood Obesity: Are We Getting Anywhere? Where Do We Go from Here?, Largo, FL
- 2009 ARRA Recovery Act/Trust for America's Health, Community Intervention Strategies and Evaluation, Washington, DC
- 2009 Kellogg's "Children's Health: The Future of Food and Nutrition Policy" event, Catalyzing Communities to Prevent Obesity, Washington, DC
- 2009 Obesity and Congenital Heart Disease Working Group, Barriers and Resources: Patients and Families, Washington, DC
- 2009 *Nationwide Children's Hospital, Catalyzing Communities to Prevent Obesity, Columbus, OH

- 2008 Cornell University, Catalyzing Communities to Prevent Obesity, Ithaca, NY
- 2008 Chartwells Food Service Board, It Takes a Village: Key Insights from the Shape Up Somerville Project, Denver, CO
- 2008 *Winter Park Health Foundation, Catalyzing Communities to Prevent Obesity, Maitland, FL
- 2008 Consortium to Lower Obesity in Chicago Children 'Healthy Foods, Healthy Moves' conference, Catalyzing Communities to Prevent Obesity, Chicago, IL
- 2008 Save The Children Advocacy Day: Childhood obesity prevention and the IMPACT Act, Panel Presentation, House of Representatives, Washington, DC
- 2008 Healthy Kitchen, Healthy Eating: A leadership conference bridging nutrition science, healthcare, and culinary arts. Harvard University and the Culinary Institute of America, St. Helena, CA
- 2008 University of Wisconsin at Madison, Catalyzing Communities to Prevent Childhood Obesity, Madison, WI
- 2008 American Academy for the Advancement of Sciences Annual meeting, Catalyzing Communities for Childhood Obesity prevention, Boston, MA
- 2007 *Nutrition and Activity For a Lifetime, (Keynote to an audience of 5000) Chautauqua Institution, Chautauqua, NY
- 2007 *National Food Service Management Institute at the University of Mississippi, Partnering With Food Service: Shape Up Somerville, University, MS
- 2007 The National Institute of Child Health and Human Development, National Institutes of Health, Beyond Individual Behavior: Multidimensional Research in Obesity Linking Biology to Society. Community-based obesity prevention research, Washington DC
- 2007 Shape Up Somerville Study Second Year Results, The Obesity Society, New Orleans, LA (peer reviewed)
- 2006 Shape Up Somerville Study First Year Results, The Obesity Society, Boston, MA (peer reviewed)
- 2004 Convocation of Practices: American Academy of Family Physicians, Americans in Motion, Kansas City, MO
- 2002 American Academy of Pediatrics Annual meeting, Preparing for a Future with a Healthy Body and Mind, Boston, MA
- 2002 Society for Nutrition Education Annual meeting, Behavioral Strategies During Childhood Symposium, Calcium and Optimal Bone Health for Children, Minneapolis, MN

- 2001 American Dietetic Association Annual meeting, Diet in College Students Symposium, Health Consequences of eliminating red meat in the diet of college students, St. Louis, MO
- 2001 Bristol-Myers Squibb/ Mead Johnson Nutrition Research Colloquium, Emerging Trends in Pediatric Nutrition & the BONES Project, Evansville, IN
- 2001 *Vassar Brothers Institute, Science in Your Life Series, Be Active, Be Ageless, Poughkeepsie, NY
- 2010 Healthy People 2010, Preventing osteoporosis during childhood, Washington DC
- 2000 Purdue University, Indiana Calcium Initiative, Childhood initiatives to prevent osteoporosis, The BONES Project, Indianapolis, IN
- 2000 *Marymount College, NY, Health Issues for Women: Nutrition is Essential, Beat Osteoporosis: Nourish and Exercise Skeletons, Tarrytown, NY
- 2000 *Facing the Challenges: The Keys to Peak Performance for the 21st Century, Montana Dietetic Association, Montana State University, Research in Nutrition, Body Composition and Aging, Bozeman, MT
- 1999 *Nebraska Dietetic Association Annual Meeting: Discovering Fresh Approaches Conference, Exercise and Aging, Lincoln, NE
- 1999 *California State University at Northridge, Be Active, Be Ageless, Northridge, CA
- 1999 Experimental Biology Annual Meeting, Body Composition Symposium, In Vitro methods to validate body composition methods by DXA, Washington DC
- 1997 Physical Activity and Breast Cancer Conference, US Department of Health and Human Services, Albuquerque, NM

INTERNATIONAL

- 2016 The Systems Science in Obesity Satellite, How Systems Science Methods Can Be Applied in Communities, Vancouver, BC, Canada
- 2013 International Society for Behavioral Nutrition and Physical Activity, Accelerating Progress in Obesity Prevention – Perceptions about meals eaten at restaurants in a nationally representative sample of US children, Ghent, Belgium
- 2013 The University of Aberdeen, Promoting Healthy Lifestyle among young people (18-25 year olds): Do we listen to their voices? Aberdeen, Scotland
- 2013 *The University of Aberdeen, Tackling a Crisis: A Systems Approach to Obesity Prevention, Aberdeen, Scotland

- 2010 *Third Conference on Recent Advances in the Prevention and Treatment of Childhood & Adolescent Obesity: Families in Focus, How can Shape Up Somerville Shape up Canada? Hamilton Ontario, Canada
- 2012 International Society for Behavioral Nutrition and Physical Activity, Symposium: Trends and Determinants of Weight Gain in Recent Immigrants, Austin, TX
- 2012 International Society for Behavioral Nutrition and Physical Activity, Accelerating Progress in Obesity Prevention - Evidence-based Recommendations from the U.S., Austin, TX
- 2009 International Society for Behavioral Nutrition and Physical Activity, Accepted Symposium, Chair: Community Based Research Approaches to Prevent Childhood Obesity. Lisbon, Portugal
- 2006 International Society for Behavioral Nutrition and Physical Activity, The College Years: A Missed Opportunity? Symposium, Boston, MA
- 2006 From the Individual to Policy: Affecting Healthful Behavior Change, Porter Novelli's annual science meeting: Food 3000, Montreal, Canada
- 2004 International Society for Behavioral Nutrition and Physical Activity, Bone Health in Children Symposium, The BONES Project, Washington DC

MEDIA REPORTING ON ORIGINAL RESEARCH

"Kicking Up the Kids' Meal Quotient." *QSR Magazine*, September 2016.

"Quick Serves Cut Calories in Kids' Meals." *QSR Magazine*, April 22, 2016.

"Eye on Education: Mass Schools Participating in Billion Mile Race." *CBS Boston Nightly News*, April 11, 2016.

"Assessing the Availability of Healthier Children's Meals at Leading Quick-Service and Full-Service Restaurants." *ABC News Radio*, April 8, 2016.

"92% of Restaurant Meals Have Too Many Calories: Study." *TIME*, January 20, 2016.

"The Failure of Calorie Counts on Menus." *The Upshot Blog (New York Times)*, November 30, 2015.

"One Way Restaurants Can Fight Child Obesity." *Bloomberg View*, November 20, 2015.

"Chains Healthy Menu Changes How Kids Order." *Restaurant.org* homepage and *SmartBrief*, November 3, 2015.

"Studies Raise Questions About Impact of Menu Calorie Counts." *The Associated Press*, November 2, 2015.

"When You Make Kids' Meals Healthier By Default, They Still Eat 'Em Up." *National Public Radio (The Salt blog)*, April 29, 2015.

"Studies Examine U.S. Meals in Schools." *Reuters*, November 24, 2014.

"Fighting Childhood Obesity in Schools." *New England Cable News (NECN)*, May 1, 2013

"Reshaping Somerville: the Fight Against Childhood Obesity." *PBS Need to Know*, September 24, 2010

"Healthy Cafeteria Menus." *CBS Evening News*, January 3, 2010.

"Immigrants' Home Diet Healthier." *The Boston Globe*, March 15, 2009.

"One Town Gets Children to Lead a Healthy Lifestyle." *Good Housekeeping*, October 2008

"Fit City: How Somerville Became a National Model of Healthy Living." *The Boston Globe*, December 2, 2008.

"Slim City USA: What Happens When a Whole Community Decides it Needs to Lose Weight?" *Nightline (ABC News)*, June 22, 2007

"Boston Suburb Goes on a Diet, and it Worked." *The Associated Press*, May 16-17, 2007.

"Healthy Eating Program Helps Slim School Kids." *Reuters*, May 10, 2007.

"Town Shows Fighting Obesity Can Take a Village." *NBC Nightly News*, May 10, 2007.

"As Child Obesity Surges, One Town Finds a Way to Slim." *The Wall Street Journal*, May 10, 2007, p. 1

"An Ounce of Prevention: Don't Let College Stress Deter You From Healthy Eating and Exercise Habits." *The Wall Street Journal Classroom Edition*, February 2005.

MEDIA REPORTING ON EXPERT COMMENTARY

"Want Kids to Eat More Veggies? Market Them With Cartoons." *The Salt blog (National Public Radio)*, July 7, 2016

"Why Are Younger Children Alone in Reducing Obesity Rates?" *PBS Newshour*, February 26, 2014.

"As We Make Strides Against Childhood Obesity, We Must Not Let Up in our Effort." *The Boston Globe*, October 30, 2013.

The Weight of the Nation. HBO Documentary, May 2012.

"Facing America's Obesity Crisis." *The Diane Rehm Show* (National Public Radio), May 10, 2012.

IOM Report on Obesity Strategies, BBC Radio 5, May 9, 2012.

NBC News, May 8, 2012 (Commented for news story following release of IOM report on Obesity Prevention).

The Today Show, July 14, 2009 (Commented for news story on energy shot drinks).

"Progress on Childhood Obesity Patchy in the USA." *The Lancet*, January 12-18, 2008.

"Health Tricks for Your Halloween Treats." *The New York Times Well Blog*, October 30, 2007.

"Kids' Snack Recommendations." *The Associated Press*, August 13, 2007.

"Leading by Example: Research Explores Moms' Role in Girls' Health and Nutrition." *The Wall Street Journal*, September 26, 2006.

"Teaming Up to Fight Obesity: Hospital Specialists Combine Diet, Intense Monitoring to Aid Children." *The Boston Globe*, February 14, 2005.

"Low Sugar Cereals." *Associated Press*, March 21, 2005.

Low Sugar Cereals

"Changing Habits, Expanding Waistlines." *The Christian Science Monitor*, November 3, 2004.

TUFTS NOW MAGAZINE

"Kids Walk and Run to Fitness." March 20, 2015.

"Parents' BMI Decreases with Child Involved in School-Based, Community Obesity Intervention." December 18, 2014.

"People Notes." July 2013 (recognized by the President's Council on Fitness, Sports and Nutrition with Science Board Honor Award).

"New Data Support Community-Wide Approach to Addressing Child Obesity." June 26, 2013.

"Reversing Childhood Obesity." January 25, 2012.

"People Notes." July 2011 (\$3.1 million grant from the NIH National Heart, Lung and Blood Institute for the Impact of Vitamin D Supplementation on Cardiometabolic Risk in Schoolchildren; role: Co-I).

"The Battle for Healthy Children." June 16, 2010.

"People Notes." May 2010 (promoted to director of the Nutrition Communication Program at Friedman School of Nutrition Science and Policy).

"People Notes." December 2009 (recognized by New England Healthcare Institute with one of its 2009 Innovators in Health awards).

"New to America and Tipping the Scales." February 4, 2009.

"Shaping Up Well." May 14, 2007.

"Striking a Balance." January 10, 2005.

"A Marathon Challenge." Winter 2003.

"Good Habits as a Matter of Course." Fall 2000.

TUFTS NUTRITION MAGAZINE

"Shape Up 2.0." Winter 2014.

"Turning around an epidemic." Summer 2012.

"Growing Up, Not Out." Summer 2012.

Stand alone quote from Institute of Medicine committee. Summer 2012

"\$1.2 billion achievement." Winter 2012.

"Balancing budgets and tastes in school meals." Summer 2011.

"The battle for healthy children." Spring 2010.

"A call to improve children's health." Fall 2009.

"Shape Up Success." Fall 2007

"The Shape of Things to Come." Spring 2005

"Stepping Out." Spring 2005.

"Children in Balance." Fall 2004.

"Striking a Balance." Fall 2004.

"John Hancock Sponsorship." Fall 2003.

"Shaping Up: Community outreach program targets overweight kids." Spring 2003.

"Undergraduate Lifestyles." Spring 2002.

"Young people lead healthier lives." Spring 2001.

"Boning up on good nutrition." Fall 2000.

"Students learn to live well." Fall 2000.

"Minute Maid Donation to the BONES study." Spring 2000.

"Undergraduates are feeding their minds, but study shows they're neglecting their bodies." Spring 2000.

"Healthy Habits in College: The Foundation of Lifelong Health." Fall 1999.

"NIH Funds 'Bones Project.'" Summer 1999.