

Sara C. Folta

Associate Professor

Friedman School of Nutrition Science and Policy, Tufts University

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Education

- 2005 Ph.D. Nutrition, Specialization: Communications and Behavior
The Friedman School, Tufts University, Boston, MA
- 1995 M.S Cell and Molecular Biology
The University of Vermont, Burlington, VT
- 1988 B.A. Biology
Middlebury College, Middlebury, VT

Academic Appointments

- 2016-present Associate Professor, The Friedman School, Boston, MA
- 2016-present Associate Professor, Tufts Clinical and Translational Science Institute, Boston, MA
- 2016-present Associate Professor, Jonathan M. Tisch College of Citizenship and Public Service, Boston, MA
- 2011-present Adjunct Scientist, Exercise Physiology and Sarcopenia Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging Nutrition, Boston, MA
- 2015-2016 Assistant Professor, Jonathan M. Tisch College of Citizenship and Public Service, Boston, MA
- 2013-2016 Assistant Professor, Tufts Clinical and Translational Science Institute, Boston, MA
- 2009-2016 Assistant Professor, The Friedman School, Boston, MA
- 2007-2009 Adjunct Assistant Professor, The Friedman School, Boston, MA
- 2006-2009 Postdoctoral Research Fellow, The Friedman School, Boston, MA

Teaching Experience

- 2014-present Instructor, Theories of Behavior Change and their Application in Nutrition and Public Health Interventions (hybrid course for Master of Nutrition Science and Policy Program)
- 2009-present Guest Lecturer, Physical Activity, Nutrition, and Health
- 2008-present Instructor, Theories of Behavior Change and their Application in Nutrition and Public Health Interventions (for Master's and Doctoral students)
- 2006-present Guest Lecturer, Communication Strategies for Health Promotion
- 2015 Co-Instructor, Theories of Behavior Change and Positive Deviance (on-line course for Delivery Science for International Nutrition Certificate)
- 2014-2015 Course Director, Theories of Behavior Change and their Application in Nutrition and Public Health Interventions (on-line course for Developing Healthy Communities Certificate)
- 2012-2014 Course Director, Theories of Behavior Change and their Application in Nutrition and Public Health Interventions (on-line course for Delivery Science for International Nutrition Certificate)
- 2007-2010, 2012 Guest Lecturer, Qualitative Research Methods (at the School of Medicine and School of Nutrition)
- 2006-2009 Instructor, Introductory Human Nutrition (for undergraduates)
- 2005 Guest Lecturer, Introductory Human Nutrition (for undergraduates)

2003-2005 Teaching Assistant, Communication Strategies for Health Promotion
2003-2004, 2012 Guest Lecturer, Survey Research Methods and Data Management
2001-2002, 2004 Senior Teaching Assistant, Introductory Human Nutrition (for undergraduates)

Additional Experience

2000-2006 Project Manager, Center on Nutrition Communication, Tufts University School of Nutrition Science and Policy
1998-2000 Administrative Assistant, Center on Nutrition Communication, Tufts University School of Nutrition Science and Policy
1995-1998 Research Specialist, Cardiovascular Biology Laboratory, Harvard University, School of Public Health
1989-1990 Research Assistant, Boston University, Goldman School of Dental Medicine

Professional Activities

2015-Present Postdoctoral Officer, Office of Faculty Affairs, The Friedman School
2014-Present Steering Committee, Tisch College Community Research Center at Tufts
2014-present Friedman School of Nutrition Curriculum and Degrees Committee
2014-present Friedman School of Nutrition Committee on Committees
2013-present Friedman School Certificate Program Admissions Committee
2013-present Abstract Reviewer, Annual Future of Food and Nutrition Graduate Student Research Conference
2012-present Assistant Director, Clinical and Community Research Core, Boston Nutrition Obesity Research Center
2010-present Friedman Sprout Faculty Advisor
2009-present Schweitzer Fellowship Faculty Liaison
2007-present Member, American Society for Nutrition
2004-present Member, International Society for Behavioral Nutrition and Physical Activity
2015 Center for the Enhancement of Learning and Teaching Faculty Fellow
2014-2015 Tisch College Faculty Fellow
2014 Ad-Hoc Committee on New Faculty Search Priorities
2013-2015 Co-Chair, Aging Special Interest Group, Society of Behavioral Medicine
2013-2014 Chair, Healthy Aging Division, Society for Nutrition Education and Behavior
2007-2008 Tufts Experimental College Course Proposal Reviewer

Training of Graduate Students

Post-doctoral Advisor

2009-2013 Michael Corcoran, Ph.D. Postdoctoral Fellow
Currently Assistant Professor, Merrimack College

Doctoral Thesis Advisor and Committee Chair

2012-present Alison Brown, MS
Ethnic Diversity Among Blacks, Hypertension and Adherence to the DASH Diet: A Mixed Methods Approach
The Friedman School, Boston, MA
USDA Doctoral Training Fellowship in Obesity
Chair 2016-present Elizabeth Haselwandter
2011-2015 *Built Environment Factors that Influence Physical Activity in Older Adults Residing in Assisted Living Facilities*
The Friedman School, Boston, MA

Doctoral Thesis Committee Member

- 2015-present Micaela Karlsen
Diet Quality and Predictors of Long-Term Adherence to Popular Diets: Findings from the ADAPT Survey
The Friedman School, Boston, MA
- 2015-present Megan P. Mueller
Healthy Menu Changes in Restaurants: Evaluating Trends and Impacts at the Individual, Family and Restaurant Level
The Friedman School, Boston, MA
- 2011-2013 Kristie Hubbard
School-based Nutrition Interventions & Policies: Opportunities to Improve Dietary Intake among Typically Developing Schoolchildren and Youth with Intellectual and Developmental Disabilities
The Friedman School, Boston, MA

Graduate Student Advisor and Supervisor – 2006-present

- Advisor to 28 Masters students
Applied Learning Experience preceptor to 1 Masters in Public Health student
Teaching assistantship supervisor to 11 graduate students
Directed study supervisor to 30 graduate students
Master's dissertation mentor to 1 student

Undergraduate Student Advisor and Supervisor – 2012, 2015

- Internship supervisor for 2 undergraduate students

Honors

- 2016 Early Career Investigator Award, Ethnic Minority and Multicultural Health Special Interest Group, Society of Behavioral Medicine
- 1988 Graduated Magna cum Laude, Phi Beta Kappa from Middlebury College
- 1988 Recipient of Janet C. Curry Science Honors Award
- 1987 Selected for "Outstanding College Students of America"

Review Panels

- 2015 Review panelist: Northeast Regional Nutrition Education Center of Excellence Subawards
- 2015 Review panelist: Healthy and Active Aging at Tufts Seed Grant Program, Office of the Provost, Tufts University
- 2013 Selected as a National Institutes of Health Early Career Reviewer
- 2012 Review panelist: Tufts CTSI Pilot Program
- 2012 Review panelist: Oklahoma Tobacco Settlement Endowment Trust Communities of Excellence in Nutrition and Fitness Grants Strategic Plans
- 2010 Review panelist: USDA-NIFA Rural Health and Safety Education Competitive Grants Program

Ad Hoc Journal Reviewer

- American Journal of Preventive Medicine*
American Journal of Public Health
Annals of Behavioral Medicine
Appetite
Archives of Medical Research

BMC Public Health
Cases in Public Health Communication & Marketing
Clinical Medicine & Research
Food and Nutrition Bulletin
Health Education and Behavior
Health Education Research
Health Promotion Practice
International Journal of Environmental Research and Public Health
Journal of Health Communication
Journal of the Academy of Nutrition and Dietetics
Nutrition Today
Obesity
Social Science and Medicine
Translational Behavioral Medicine

Major Research Interests

My research interests focus on public health nutrition, or the utilization of community-based strategies for improving dietary intake, physical activity, and body composition. I have particular expertise in behavioral psychology, communications, and qualitative methods. A major line of my research involves community-based interventions to improve heart health among women. A second area of research includes behavioral strategies to improve health and well-being among older adults, particularly through the development of physical activity interventions. My third line of research involves community-based interventions for obesity prevention among children. My studies, in which theory-based communications strategies are a major component, are notable for the use of the eco-social model in which multiple levels (individual-organization-community-policy) are targeted.

Current Research Support

2016-present	Co-Investigator, McKeown (PI), Tufts University Office of the Provost: <i>A Cohort to Capture Behavior Change and Personalized Dietary Patterns</i> . Award: \$49,717
2016-present	Co-Investigator, Bandini (PI), Deborah Munroe Noonan Memorial Research Fund: <i>The Impact of Food Selectivity on the Lives of Transition-Age Youth with Autism Spectrum Disorder</i> . Award: \$80,000
2015-present	Principal Investigator, Newman's Own Foundation: <i>Snack It Up Phase 2</i> . Award: \$50,000
2015-present	Co-Investigator, Economos (PI), JPB Foundation: <i>Eating Well Matters @ Restaurants</i> . Award: \$800,000
2015-present	Co-investigator, Kales (PI), Federal Emergency Management Agency: <i>Feeding America's Bravest: Mediterranean Diet-Based Interventions to Change Firefighters' Eating Habits and Improve Cardiovascular Risk Profiles</i> . Subcontract Award: \$262,850 (Harvard School of Public Health main grantee).
2015-present	Co-Investigator, Skeer (PI), Charles H. Hood Foundation: <i>Understanding the Protective Mechanisms of Family Dinners: Psychometric Testing and Evaluation of the Family Dinner Index</i> . Award: \$150,000
2014-present	Co-Investigator/Tufts Principal Investigator, Seguin (PI), National Heart, Lung, and Blood Institute, 1R01HL120702: <i>Strong Hearts, Healthy Communities: A Rural Community CVD Prevention Program</i> . Subcontract Award: \$86,766 (Cornell University main grantee)
2013-present	Co-Investigator, Economos (PI), JPB Foundation: <i>Childhood Obesity 180 Initiative</i> . Award: \$6,000,000

Previous Research Support

2014-2016	Co-Investigator, Zhang (PI), Tufts University Office of the Provost: <i>Developing an Innovative Online Weight Management Program for Childhood Cancer Survivors</i> . Award: \$46,900
2013-2016	Principal Investigator, Boston Nutrition Obesity Research Center: <i>Preliminary Investigation of Civic Engagement as a Novel Approach to Behavior Change and Body Weight Improvement in African American Females (Change Clubs for African American Women Study)</i> . Award: \$39,934
2014-2015	Co-Principle Investigators: Folta and Hudson, Tufts University Office of the Provost: <i>Heart Health for African American Women: A Multidisciplinary Approach</i> . Award: \$20,000
2014-2015	Co-Principle Investigators: Folta and Das, Herbalife Inc.: <i>The Tufts-Herbalife Nutrition Club Study, Phase I</i> . Award: \$675,264
2014-2015	Co-Investigator, Hill (PI), Centers for Disease Control and Prevention, 1R43HD080501-01: <i>Increasing the Supply and Demand for Healthful Kids' Meals</i> . Subcontract award: \$39,929.77
2012-2015	Co-Investigator, Economos (PI), Harvard Pilgrim Health Care Foundation: <i>Healthy Kids Out of School</i> . Award: \$1,500,000
2010-2014	Co-Investigator, Goldberg (PI), National Institute of Child Health and Human Development, 1R01HD065888-0: <i>The GREEN Study</i> . Award: \$1,248,020
2009-2014	Co-Investigator, Fielding (PI), National Institute on Aging, UF12032/U01AG022376: <i>The LIFE Study</i> . Award: \$4,866,966
2009-2014	Principle Investigator, Nestec S.A., HealthCare Nutrition: <i>The VIVE Study – Exercise and Nutrition Field Trial</i> . Award: \$1,545,158
2012-2013	Co-Investigator, Skeer (PI), Tufts Clinical and Translational Science Institute: <i>Family Meals Study</i> . Award: \$30,000
2011-2013	Co-Investigator, Fielding (PI), Nestec S.A., HealthCare Nutrition: <i>The VIVE Study – Exercise and Nutrition Efficacy Study</i> . Award: \$1,826,365
2009-2013	Co-Investigator, Nelson (PI), Centers for Disease Control and Prevention, 1R18DP-002144, <i>StrongWomen – Healthy Hearts: A Community-Based Program for Midlife and Older Women</i> . Award: \$1,350,000
2009-2009	Co-Investigator, Nelson and Fielding (Co-PIs), Nestec S.A., Healthcare Nutrition: <i>Exercise Program Development for Older Adults</i> . Award: \$155,513
2007-2008	Co-Investigator, Goldberg and Economos (Co-PIs), Harvard Pilgrim Health Care Foundation: <i>Tipping the Scales in Favor of Our Children</i> . Award: \$150,000
2006-2008	Project Manager/Post-Doctoral Fellow, Nelson (PI), Fannie E. Rippel Foundation: <i>Promoting Heart Health in Midlife and Older Women</i> . Award: \$300,000
2003-2005	Doctoral Student (Dissertation Research), Economos (PI), General Mills Foundation: <i>Shape Up Somerville – Audio Adventures</i> . Award: \$10,000

Publications

Original Research (peer reviewed)

1. Hatfield DP, Sliwa SA, Folta SC, Economos CD, Goldberg JP. (In press) The critical role of communications in a multilevel obesity-prevention intervention: Lessons learned for alcohol educators. *Patient Education and Counseling*.
2. Folta SC, Djang HC, Halmo M, Metayer N, Blondin SA, Smith KS, Economos CD. (2016) School staff, parent, and student perceptions of a Breakfast in the Classroom model during initial implementation.

3. Morgan EH, Graham ML, Folta SC, Seguin RA. (2016) A qualitative study of factors related to cardiometabolic risk in rural men. *BMC Public Health*. 16(1):305. doi: 10.1186/s12889-016-2977-1.
4. King AC, Salvo D, Banda J, Ahn AK, Gill TM, Miller M, Newman AB, Fielding RA, Siordia C, Moore S, Folta S, Spring B, Todd Manini T, Pahor M. (2015) An observational study identifying obese subgroups among older adults at increased risk of mobility disability: Do perceptions of the neighborhood environment matter? *International Journal of Behavioral Nutrition and Physical Activity*. 12(1):157. doi: 10.1186/s12966-015-0322-1. PMID:PMC4683911
5. Seguin RA, Eldridge G, Graham M, Folta SC, Nelson ME, Strogatz D. (2016) Strong Hearts, Healthy Communities: A rural community-based cardiovascular disease prevention program. *BMC Public Health*. 16(1):86. doi: 10.1186/s12889-016-2751-4. PMID:PMC4730587
6. Corcoran MP, Chui KKH, White DK, Reid KF, Kirn D, Nelson ME, Satchek JM, Folta SC, Fielding RA. (2015) Accelerometer assessment of physical activity and its association with physical function in older adults residing at assisted care facilities. *Journal of Nutrition, Health, and Aging*. doi:10.1007/s12603-015-0640-7.
7. Folta SC, Koomas A, Metayer N, Fullerton KJ, Hubbard KL, Anzman-Frasca S, Hofer T, Nelson ME, Newman M, Satchek JM, Economos CD. (2015) Engaging stakeholders from volunteer-led out-of-school time programs in the dissemination of guiding principles for healthy snacking and physical activity. *Preventing Chronic Disease*. 12:150270. doi: <http://dx.doi.org/10.5888/pcd12.150270>. PMID:PMC4692475
8. Anzman-Frasca S, Boulos R, Hofer T, Folta SC, Koomas A, Nelson ME, Satchek JM, Economos CD. (2015) Validation of the Out-of-school-time Snacks, Beverages, and Physical Activity Questionnaire (OST-SBPA). *Childhood Obesity* 11(4):439-448. PMID: 26176191
9. Folta SC, Seguin RA, Chui K, PhD, Clark V, Corbin MA, Goldberg JP, Heidkamp-Young E, Lichtenstein A, Wiker N, Nelson ME. (2015) National dissemination of StrongWomen – Healthy Hearts: A community-based program to reduce risk of cardiovascular disease among midlife and older women. *American Journal of Public Health* 105(12):2578-85. PMID: 26469644
10. Folta SC, Lichtenstein AH, Seguin RA, Goldberg JP, Corbin MA, Wiker N, Gauker J, Chui K, Nelson ME. (2015) The StrongWomen-Healthy Hearts Program in Pennsylvania: RE-AIM Analysis. *Translational Behavioral Medicine* 5(1):94-102. PMID:PMC4332910
11. Corcoran MP, Nelson ME, Satchek JM, Reid K, Kirn D, Fielding RA, Folta SC. (2015) Recruitment of mobility limited older adults into a facility-led exercise-nutrition study: The effect of social involvement. *The Gerontologist* doi: 10.1093/geront/gnv018.
12. Kirn DR, Koochek A, Reid KF, von Berens A, Trivison T, Folta S, Satchek J, Nelson M, Liu C, Phillips E, Åberg AC, Nydahl M, Gustafsson T, Cederholm T, Fielding RA. (2015) The Vitality, Independence, and Vigor in the Elderly 2 Study (VIVE2): Design and Methods. *Clinical Trials: Journal of the Society for Clinical Trials* 43:164-171. PMID: 26044464
13. Botosaneanu A, Ambrosius WT, Beavers DP, de Rekeneire N, Anton S, Church T, Folta S, Goodpaster

- BH, King A, Nicklas B, Spring B, Gill TM. (2015) Prevalence of Metabolic Syndrome and Its Association with Physical Capacity, Disability and Self-Rated Health among Lifestyle Interventions and Independence for Elders (LIFE) Study Participants. *Journal of the American Geriatrics Society* 63(2):222-32. PMID:PMC4333053
14. Hubbard KL, Bandini LG, Folta SC, Wansink B, Misha Eliasziw M, Must A. (2015) Impact of a smarter lunchroom intervention on food selection and consumption among adolescents and young adults with intellectual and developmental disabilities in a residential school setting. *Public Health Nutrition* 18(2):261-371. PMID: 24636533
 15. Goldberg JP, Folta SC, Eliasziw M, Koch-Weser S, Economos CD, Hubbard KL, Peterson LA, Wright CM, Must A. (2015) Great Taste, Less Waste: A cluster-randomized trial using a communications campaign to improve the quality of foods brought from home to school by elementary school children. *Preventive Medicine* 74:103-110. PMID:PMC4640453
 16. Seguin RA, Folta SC, Sehlke M, Nelson ME, Heidkamp-Young E, Fenton M, Junot B. (2014) The StrongWomen Change Clubs: Engaging residents to catalyze positive change in food and physical activity environments. *Journal of Environmental and Public Health* Volume 2014, Article ID 162403. PMID:PMC4265724
 17. Hubbard KL, Bandini LG, Folta SC, Wansink B, Must M. (2014) The adaptation of a school-based health promotion program for youth with intellectual and developmental disabilities: A community-engaged research process. *Journal of Applied Research in Intellectual Disabilities* 27(6):576-590. PMID: 24891118
 18. Hubbard KL, Must A, Eliasziw M, Folta SC, Goldberg J. (2014) What's in children's backpacks: Foods brought from home. *Journal of the Academy of Nutrition and Dietetics* 114(9):1424-1431. PMID:PMC4149824
 19. Folta SC, Kuder JF, Goldberg JP, Hyatt RR, Must A, Naumova E, Nelson ME, Economos CD. (2013) Changes in diet and physical activity resulting from the Shape Up Somerville community intervention. *BMC Pediatrics* 13(1):157. PMID:PMC3852296
 20. Folta SC, Seguin RA, Ackerman J, Nelson ME. (2012) A qualitative study of leadership characteristics among women who catalyze positive community change. *BMC Public Health* 12:383. PMID:PMC3406954
 21. Kafka T, Economos C, Folta S, Scheck J. (2011) Children as subjects in nutrition research: A retrospective look at their perceptions. *Journal of Nutrition Education and Behavior*. 43(2):103-109. PMID: 21392713
 22. Kuross E, Folta SC. (2010) Involving cultural institutions in the prevention of childhood obesity: The Boston Children's Museum's GoKids Project. *Journal of Nutrition Education and Behavior* (GEM) 42(6):427-429. PMID: PMC3543499
 23. Tovar A, Lividini K, Economos C, Folta S, Goldberg J, Must A. (2010) School's Out: What are urban children doing? The Summer Activity Study of Somerville Youth (SASSY). *BMC Pediatrics* 10:16. PMID:PMC2858132

24. Folta SC, Lichtenstein AH, Seguin RA, Goldberg JP, Kuder, JF, Nelson ME. (2009) StrongWomen – Healthy Hearts: A community-based program to reduce cardiovascular disease risk factors in rural sedentary, overweight and obese mid-life and older women. *American Journal of Public Health* 99(7):1271-1277. PMID:PMC2696662
25. Economos CD, Folta SC, Goldberg JP, Hudson D, Collins JJ, Baker Z, Lawson E, Nelson ME. (2009) A community-based restaurant initiative to increase availability of healthy menu options in Somerville, Massachusetts: Shape Up Somerville. *Preventing Chronic Disease*. 6(3): http://www.cdc.gov/pcd/issues/2009/jul/08_0165.htm. PMID:PMC2722387
26. Goldberg JP, Collins JJ, Folta SC, McLarney MJ, Kozower C, Kuder J, Clark V, Economos CD. (2009) Retooling food service for early elementary school students in Somerville, Massachusetts: The Shape Up Somerville experience. *Preventing Chronic Disease*. 6(3): http://www.cdc.gov/pcd/issues/2009/jul/08_0172.htm. PMID:PMC2722405
27. Folta SC, Bourbeau J, Goldberg JP. (2008) Watching children watch food advertisements on TV. *Preventive Medicine* 46(2):177-178.
28. Folta SC, Goldberg JP, Lichtenstein AH, Seguin R, Reed PN, and Nelson ME. (2008) Factors related to cardiovascular disease risk reduction in midlife and older women: A qualitative study. *Preventing Chronic Disease* 5(1) http://www.cdc.gov/pcd/issues/2008/jan/06_0156.htm. PMID: PMC2248795
29. Hall M, Folta SC, and Goldberg JP. (2007) Fitness and nutrition messages in magazines for African Americans: A comparative content analysis. *Nutrition Today* 42(1):37-40.
30. Folta SC, Goldberg JP, Economos C, Bell R, Landers S, and Hyatt R. (2006) Assessing the use of school public address (PA) systems to deliver nutrition messages to children: Shape Up Somerville – Audio Adventures. *Journal of School Health* 76(9):459-464. PMID: 17026639
31. Folta SC, Bell R, Economos C, Landers S, and Goldberg J. (2006) Psychosocial factors associated with young elementary school children’s intention to consume legumes: A test of the Theory of Reasoned Action. *American Journal of Health Promotion* 21(1):13-15. PMID: 16977908
32. Folta SC, Goldberg JP, Economos C, Bell R, and Meltzer R. (2006) Food advertising targeted at school-age children: A content analysis. *Journal of Nutrition Education and Behavior* 38(4):244-248. PMID: 16785094
33. Folta SC, Goldberg JP, Marcotte LP, and Economos CD. (2004) Using focus groups to develop a bone health curriculum for after school programs. *Preventing Chronic Disease* [serial online] 2004 Jul. URL: http://www.cdc.gov/pcd/issue/2004/jul/04_0001.htm. PMID: 15670427
34. Goldberg JP, Connell D, and Folta SC. (2001) An intervention to increase fruit and vegetable consumption using audio communications: In-store public service announcements and audio tapes. *Journal of Health Communication* 6(1):31-43. PMID: 11317422
35. Yet SF, Folta SC, Jain MK, Hsieh CM, Maemura K, Layne MD, Zhang D, Marria P, Yoshizumi M, Perrella MA, and Lee ME. (1998) Molecular Cloning, characterization and promoter analysis of the mouse CRP2/SmLIM gene: Preferential expression of its promoter in the vascular smooth muscle cells of transgenic mice. *Journal of Biological Chemistry* 273(17):10530-10537. PMID: 9553112

36. Yet SF, McA’Nulty MM, Folta SC, Yen HW, Yoshizumi M, Hsieh CM, Layne MD, Chin MT, Wang H, Perrella MA, Jain MK, and Lee ME. (1998) Human EZF, a Kruppel-like-zinc finger protein, is expressed in vascular endothelial cells and contains transcriptional activation and repression domains. *Journal of Biological Chemistry* 273(2):1026-1031. PMID: 9422764
37. Yet SF, Pellacani A, Patterson C, Tan L, Folta SC, Foster L, Lee WS, Hsieh CM, and Perrella MA. (1997) Induction of heme oxygenase-1 expression in vascular smooth muscle cells: A link to endotoxic shock. *Journal of Biological Chemistry* 272(7):4295-4301. PMID: 9020147
38. Bush SM, Folta S, and Lannigan DA. (1996) Use of the yeast one-hybrid system to screen mutants in the ligand-binding domain of the estrogen receptor. *Steroids* 61(3):102-109. PMID: 8852826

As part of the LIFE Study Group

1. Newman AB, Dodson JA, Church TS, Buford TW, Fielding RA, Kritchevsky S, Beavers D, Pahor M, Stafford RS, Szady AD, Ambrosius WT, McDermott MM; for the LIFE Study Group (which includes Folta SC). (In press) Cardiovascular events in a physical activity intervention compared with a successful aging intervention. *JAMA Cardiol.* doi:10.1001/jamacardio.2016.1324
2. Gill TM, Pahor M, Guralnik JM, McDermott MM, King AC, Buford TW, Strotmeyer ES, Nelson ME, Sink KM, Demons JL, Kashaf SS, Walkup MP, Miller ME; LIFE Study Investigators (which includes Folta SC). (2016) Effect of structured physical activity on prevention of serious fall injuries in adults aged 70-89: randomized clinical trial (LIFE Study). *BMJ* 352:i245. PMID: PMC4772786
3. Marsh AP, Applegate WB, Guralnik JM, Jack Rejeski W, Church TS, Fielding RA, Gill TM, King AC, Kritchevsky SB, Manini TM, McDermott MM, Newman AB, Stowe CL, Walkup MP, Pahor M, Miller ME; LIFE Study Investigators (which includes Folta SC). (2016) Hospitalizations During a Physical Activity Intervention in Older Adults at Risk of Mobility Disability: Analyses from the Lifestyle Interventions and Independence for Elders Randomized Clinical Trial. *Journal of the American Geriatrics Society* 64(5):933-43. PMID: PMC4887151
4. Sink KM, Espeland MA, Castro CM, Church T, Cohen R, Dodson JA, Guralnik J, Hendrie HC, Jennings J, Katula J, Lopez OL, McDermott MM, Pahor M, Reid KF, Rushing J, Verghese J, Rapp S, Williamson JD; LIFE Study Investigators (which includes Folta SC). (2015) Effect of a 24-Month Physical Activity Intervention vs Health Education on Cognitive Outcomes in Sedentary Older Adults: The LIFE Randomized Trial. *Journal of the American Medical Association* 314(8):781-790. PMID: PMC4698980
5. Rejeski WJ, Rushing J, Guralnik JM, Ip EH, King AC, Manini TM, Marsh AP, McDermott MM, Fielding RA, Newman AB, Tudor-Locke C, Gill TM; LIFE Study Group (which includes Folta SC). (2015) The MAT-sf: identifying risk for major mobility disability. *The Journals of Gerontology Series A, Biological Sciences and Medical Sciences* 70(5):641-646. PMID: PMC4447779
6. Bann D, Hire D, Manini T, Cooper R, Botosaneanu A, McDermott MM, Pahor M, Glynn NW, Fielding R, King AC, Church T, Ambrosius WT, Gill T; LIFE Study Group (which includes Folta SC). (2015) Light Intensity physical activity and sedentary behavior in relation to body mass index and grip strength in older adults: cross-sectional findings from the Lifestyle Interventions and Independence for Elders (LIFE) study. *PLoS One.* 10(2):e0116058. PMID: PMC4315494
7. Fitzgerald JD, Johnson L, Hire DG, Ambrosius WT, Anton SD, Dodson JA, Marsh AP, McDermott MM,

- Nocera JR, Tudor-Locke C, White DK, Yank V, Pahor M, Manini TM, Buford TW, LIFE Study Group (which includes Folta SC). (2015) Association of objectively measured physical activity with cardiovascular risk in mobility-limited older adults. *Journal of the American Heart Association* 4(2):e001288. PMID:PMC4345863
8. Espeland MA, Newman AB, Sink K, Gill TM, King AC, Miller ME, Guralnik J, Katula J, Church T, Manini T, Reid KF, McDermott MM; LIFE Study Group (which includes Folta SC). (2015) Associations Between Ankle-Brachial Index and Cognitive Function: Results From the Lifestyle Interventions and Independence for Elders Trial. *Journal of the American Medical Directors Association* 16(8):682-9. PMID:PMC4516564
 9. Vaz Fragoso CA, Hsu FC, Brinkley T, Church T, Liu CK, Manini T, Newman AB, Stafford RS, McDermott MM, Gill TM; LIFE Study Group (which includes Folta SC). (2014) Combined reduced forced expiratory volume in 1 second (FEV1) and peripheral artery disease in sedentary elders with functional limitations. *Journal of the American Medical Directors Association* 15(9):665-670. PMID:PMC4145029
 10. Vaz Fragoso CA, Beavers DP, Hankinson JL, Flynn G, Berra K, Kritchevsky SB, Liu CK, McDermott MM, Manini TM, Rejeski WJ, Gill TM; Lifestyle Interventions Independence for Elders Study Investigators (which includes Folta SC). (2014) Respiratory impairment and dyspnea and their associations with physical inactivity and mobility in sedentary community-dwelling older persons. *Journal of the American Geriatrics Society* 62(4):622-628. PMID: PMC3989438
 11. Pahor M, Guralnik JM, Ambrosius WT, Blair S, Bonds DE, Church TS, Espeland MA, Fielding RA, Gill TM, Groessl EJ, King AC, Kritchevsky SB, Manini TM, McDermott MM, Miller ME, Newman AB, Rejeski WJ, Sink KM, Williamson JD, LIFE Study Investigator Group (which includes Folta SC). (2014) Effect of structured physical activity on prevention of major mobility disability in older adults: The LIFE Study randomized clinical trial. *Journal of the American Medical Association* 311(23):2387-2396. PMID:PMC4266388
 12. Vaz Fragoso CA, Miller ME, Fielding RA, King AC, Kritchevsky SB, McDermott MM, Myers V, Newman AB, Pahor M, Gill TM; Lifestyle Interventions and Independence in Elder Study Group (which includes Folta SC). (2014) Sleep-wake disturbances in sedentary community-dwelling elderly adults with functional limitations. *Journal of the American Geriatrics Society* 62(6):1064-1072. PMID:PMC4057978
 13. Rejeski WJ, Axtell R, Fielding R, Katula J, King AC, Manini TM, Marsh AP, Pahor M, Rego A, Tudor-Locke C, Newman M, Walkup MP, Miller ME, LIFE Study Investigator Group (which includes Folta SC). (2013) Promoting physical activity for elders with compromised function: the Lifestyle Interventions and Independence for Elders (LIFE) Study physical activity intervention. *Clinical Interventions in Aging* 2013(8):1119-1131. PMID:PMC3775623
 14. Rejeski WJ, Marsh AP, Anton S, Chen SH, Church T, Gill TM, Guralnik JM, Glynn NW, King AC, Rushing J, Ip EH; LIFE Study Investigator Group (which includes Folta SC). (2013) The MAT-sf: Clinical relevance and validity. *Journal of Gerontology: A Biol Sci Med Sci.* 68(12):1567-1574. PMID:PMC3814234
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Reviews and Commentaries (peer reviewed)

1. Haselwandter EM, Corcoran MP, Folta SC, Hyatt R, Fenton M, Nelson ME. (2015) The built environment, physical activity and aging in the United States: A State of the Science Review. *Journal of Aging and Physical Activity* 23(2):323-329.
2. Folta, SC and Nelson, ME. Reducing CVD risk in sedentary, overweight women. Strategies for the cardiovascular specialist. (2010) *Current Opinion in Cardiology* 25(5):497-501.
3. Nelson, ME and Folta, SC. Further evidence for the benefits of walking. (2009) *American Journal of Clinical Nutrition* 89:15-16.
4. Krepcio D, Foell K, Folta SC, and Goldberg JP. (2004) The vegetarian teen. *Nursing Spectrum* 17(2):18-20.
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Book Chapters and Reports

1. Folta S, Brown AM, Blumberg J. Preventive Nutrition: From Public to Personal Recommendations and Approaches to Behavior Change. In: Bendich A, Deckelbaum RJ, editors. *Preventive Nutrition*: Springer International Publishing; 2015. p. 3-24.
2. Economos CD, Goldberg J, Sackeck J, Folta S. Tipping the Scales in Favor of Our Children. Report on childhood obesity in Maine, Massachusetts, and New Hampshire, funded by the Harvard Pilgrim Health Care Foundation. Received Silver Award by the Council on Foundations' Wilmer Shields Rich Award for Excellence in Communications.
3. Goldberg JP, and Folta SC. The Dietary Guidelines and the Food Guide Pyramid 2000-2005 In: Kennedy, E. and Deckelbaum, R. *The Nation's Nutrition*. Washington, DC: ILSI Press, 2007.

Presentations

Community (recent)

1. Behavior Change: Considering Culture, Resources and Risk. Tufts Institute for Innovation Human Health Hack Workshop, Medford MA, 6 February 2016
2. Motivational Interviewing. Presented to physician residents at Carney Hospital, Dorchester, MA, 11 February 2015
3. Unraveling the Impact of Screen Time on Children ~ A Conversation. Presented for the Aquidneck Collaborative for Education Critical Issues in Education Symposium, Newport RI, 13 November 2014

Scientific

1. Improving Heart Health Behaviors among African American Women: Civic Engagement as a Novel Approach to Behavior Change. Society of Behavioral Medicine Annual Meeting, Washington, DC, 1st April 2016.
2. Preliminary Investigation of Civic Engagement as a Novel Approach to Behavior Change and Body Weight Improvement in African American Females: The Change Club Study. Friedman School of Nutrition Science and Policy Seminar, Boston, MA, 4 November 2015.
3. Heart Health for African American Women: A Multidisciplinary Approach. Tufts Collaborates Symposium, Medford, MA, 1st October 2015.
4. Preliminary Investigation of Civic Engagement as a Novel Approach to Behavior Change and Body Weight Improvement in African American Females: The Change Club Study. Boston Nutrition Obesity Research Center Annual Program, Boston, MA, 24 July 2015.
5. National Dissemination of the StrongWomen – Healthy Hearts Program: A RE-AIM Analysis. Society of Behavioral Medicine Annual Meeting, San Antonio, TX, 24 April 2015.
6. StrongWomen – Healthy Hearts. Invited speaker at the 42nd Annual Healthy People in Healthy Communities Conference, Loma Linda University School of Public Health, Loma Linda, CA, 10 March 2015.
7. “Do It for the Kids”: Community Engagement as an Innovative Strategy to Promote Successful Aging. Symposium organizer, moderator, and presenter, Society for Nutrition Education and Behavior annual meeting, Portland, OR, 10 August 2013
8. Dissemination of the StrongWomen – Healthy Hearts Program in Pennsylvania: A Study Using the RE-AIM Framework. Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Austin, TX, 26 May 2012
9. Recruitment of Older Adults in Senior Housing into an Exercise-Nutrition Field Trial. Presented at the Society of Behavioral Medicine Annual Meeting, New Orleans, 12 April 2012
10. Strong Women Move Mountains: Leadership Characteristics of Women who Promote Health in their Communities. Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Minneapolis, MN, 11 June 2010

11. Use of Strollers (Buggies, Pushers) by Children Ages 3-5 Years in an Urban, Low-Income Population – A Qualitative Study. Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Cascais, Portugal, June 2009
12. The Utility of the ‘Comfort with Changing Behavior’ Theoretical Construct in Predicting Physical Activity Behavior Change in Sedentary, Overweight Midlife and Older Women. Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Banff, Alberta, Canada, May 2008
13. Weight Loss and Dietary Changes in a Community-Based Intervention to Reduce Cardiovascular Disease Risk in Midlife and Older Women. Presented at FASEB, San Diego, CA, April 2008
14. Assessing the use of school public address (PA) systems to deliver nutrition messages to children: Shape Up Somerville – Audio Adventures. Presented at the International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Boston, MA July 2006