

## Curriculum Vitae

Date Prepared: August 13, 2020

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

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

Office Address: 150 Harrison Avenue, Boston, MA 02111

Phone, Email: 617-636-3784, [christina.economos@tufts.edu](mailto:christina.economos@tufts.edu)

## EDUCATION

### Undergraduate

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

1986 **Michigan State University**  
Spanish immersion summer abroad: Denia, Spain

### Graduate

1991 M.S. **Columbia University**, Teachers College  
Applied Physiology and Nutrition

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

## PROFESSIONAL EXPERIENCE

### **Primary Appointments**

1/18 - Chair, Division of Nutrition Interventions, Communication, & Behavior Change,  
Tufts University Friedman School of Nutrition Science and Policy, Boston, MA

7/16 - Professor, Tufts University Friedman School of Nutrition Science and Policy, Boston,  
MA

### **Additional Appointments**

2018- Co-Director, Tufts Institute for Global Obesity Research (TIGOR)

8/19 - Professor, Department of Public Health and Community Medicine, Tufts University  
School of Medicine

7/19 - Professor, Tufts Clinical and Translational Science Institute, Tufts University

9/10 - 8/19 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

**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

**PROFESSIONAL DEVELOPMENT**

2016-2017	HERS Institute	Wellesley College	Leadership Training for Women in Higher Education
2010	Faculty Leadership Development Program	Tufts University	Training for University's Academic Leaders in Conflict Resolution
2000	Physical Activity and Public Health Post-Graduate Course	Park City, UT	Develop Research Competencies Related to physical activity and Public Health

**HONORS AND AWARDS**

2018	Spirit of Exercise and Health Sciences Award	University of Massachusetts Boston College of Nursing and Health Sciences	Chosen as the recipient for the 32 <sup>nd</sup> annual CNHS Research and Scholarship Day
2017	Health Care Star Award	Massachusetts Health Council	Honoree for excellence in contributions to health care
2017	Rose Mary Swartz Memorial Award	Greater NY Dietetic Association	Chosen as the annual recipient from the association
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	Award for major contributions to the advancement and promotion

and Nutrition

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**

2020-	Appointed Member	Tufts University Research Council
-------	------------------	-----------------------------------

2018-2019	Appointed Member	One Health Working Group Office of the Vice Provost of Research, Tufts University
2018-2019	Appointed Member	Provost Search Tuft 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
<b>Friedman School</b>		
2010-	Member	Admissions Committee
2015-2019	Chair	Faculty Search, Behavioral Science
2016-2017	Appointed Member	Strategic Plan Steering Committee
2014-	Appointed Member	Faculty Campaign Committee

2010-	Elected Member Elected Chair 2016-2018	Appointments, Tenure, and Promotions 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**

2020 -	Scientific Advisory Board Invited Member	New Jersey Healthy Kids Initiative
2019- 2013-2019	Vice Chair Invited Member	National Academies of Science Roundtable on Obesity Solutions
July 2018-	Invited Member Obesity Evidence Base	NCCOR external Expert Panel for Childhood

July 2017- June 2018	Invited Member	American Society for Nutrition Annual Meeting Planning Committee: Nutrition 2018
Mar-June 2017	Invited Member	Planning Committee for National Academies of Sciences, Engineering and Medicine workshop: Strategies to Limit Consumption of Sugar-Sweetened Beverage Consumption in Young Children workshop
2013 - 2017	Invited Member	American Heart Association's Nutrition Council on Lifestyle and Cardiometabolic Health
Jan 2017	Invited Reviewer	Obesity Strategically Focused Research Network, American Heart Association
2017-2018	Member, Review Committee	TIE Environmental Research Fellowships
2017 -	Scientific Advisory Board Member	Care/of
2014-2017	Appointed Member	The Obesity Society Advocacy Committee
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
2011-2017	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	<b>Annie Wetter, PhD</b>	Postdoctoral Fellow	Currently Professor University of Wisconsin, Stevens Point
2009 - 2012	<b>Alison Tovar, PhD</b>	Postdoctoral Fellow	Currently Associate Professor, University of Rhode Island

2012 – 2014	<b>Stephanie Anzman-Frasca, PhD</b> Postdoctoral Fellow	Currently Assistant Professor University of Buffalo, School of Medicine
2013 – 2014	<b>Kristie Hubbard, PhD</b> Postdoctoral Fellow	Currently Senior Nutritionist Food and Nutrition Service, USDA, San Francisco, CA
2015-2016	<b>Daniel Hatfield, PhD</b> Postdoctoral Fellow	Research Assistant Professor, Friedman School, Tufts
2015-	<b>Eleanor Shonkoff, PhD</b> Postdoctoral Fellow	Assistant Clinical Professor, Merrimack College
<b>Post-doctoral Mentor</b>		
2012 – 2014	<b>Edward Coffield, PhD</b> Prevention Effectiveness Fellow, Centers for Disease Control	Currently Assistant Professor, Hofstra University
<b>Early Investigator (K Award) Mentor</b>		
2016 -	Juliana Cohen, ScM, ScD	Currently Associate Professor, Merrimack College, Dept. of Health Sciences <i>and</i> Adjunct Assistant Professor, Harvard T.H. Chan School of Public Health,
2017-2020	Adolfo Cuevas, PhD, Community Health,	Currently Assistant Professor of  Tufts University
<b>Early Career Mentor</b>		
2019-	Nicole Tichenor Blackstone, PhD, Friedman School, Tufts University Assistant Professor, Friedman School, Tufts University	
2019-	Erin Hennessy, MPH, PhD, Friedman School, Tufts University Assistant Professor, Friedman School, Tufts University	
2017-	Laura Hopkins, MSPH, RD, LD, Ohio State University American Society of Nutrition (ANS) Science Policy Fellowship Mentor	
2017-	Nicole Nathan, PhD, University of New Castle Research Fellow, University of New Castle; Hunter New England Local Health District International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Mentor	

## Post-doctoral Advisee Awards

**Eleanor Shonkoff:** Center for Excellence in Learning and Teaching: Tufts Innovates Seed Grant, Tufts University, Technology Industry Methods for Solving Public Health Challenges: Community-based innovation through the lens of social psychology, Co-PI. 7/1/17 - 7/1/18. This project is designed to foster transformational learning by applying current social psychological research and technology industry innovation methods to solving public health issues

**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	<b>Sonya Irish Hauser, PhD</b> <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 Associate Professor and MS Nutrition Program Director, The Sage Colleges, Troy, NY
2006 - April 2010	<b>Erin Hennessy, PhD</b> <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 Research Assistant Professor, Friedman School, Boston, MA
2008 - May 2013	<b>Rebecca Boulos, PhD</b> <i>How do Lifestyle Health Behaviors, Stress and Coping Influence Weight Status During Periods of Transition?</i> Friedman School of Nutrition at Tufts University	Currently Assistant Professor, University of Southern Maine, Portland, ME

USDA Obesity fellow

2009 – May 2014	<b>Sarah Sliwa, PhD</b> <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	Health Scientist Centers for Disease Control and Prevention Atlanta, GA
2009 – May 2014	<b>Emily Kuross, PhD</b> <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 President, Vikre Distillery, Deluth, MN
2011 - December 2014	<b>Dan Hatfield, MS, PhD</b> <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 Research Assistant Professor, Friedman School, Boston, MA
2012 – December 2016	<b>Stacy Blondin, MSPH</b> Friedman School of Nutrition at Tufts University USDA Obesity Fellow	Postdoctoral Fellow Harvard School of Public Health, Boston, MA
2013 - August 2017	<b>Megan Mueller, MPH</b> Friedman School of Nutrition at Tufts University New Balance Fellow	Currently Assistant Professor, Colorado State University, Fort Collins, CO
2016 – 2020	<b>Ariella Korn, MS</b> Friedman School of Nutrition at Tufts University	Currently NCI Fellow National Institutes of Health
2017 – present	<b>Danielle Krobath, MS</b> Friedman School of Nutrition at Tufts University	
2018 – present	<b>Violeta Chacon</b> Friedman School of Nutrition at Tufts University	
2019 – present	<b>Thanit Vinitchagoon (Pao)</b> 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.

**Megan Mueller:** New Balance Fellowship, 2013 – 2016; Tufts University Provost Fellowship, 2013 – present; nominated for the International Society for Behavioral Nutrition and Physical Activity Student Oral Presentation Award, 2016; Tufts University Scholarly Travel Award, 2013 and 2016.

**Ariella Korn:** New Balance Doctoral Fellowship in Childhood Nutrition 2016-present; nominated for the International Society for Behavioral Nutrition and Physical Activity Student Oral Presentation Award for Behavioral Nutrition and Physical Activity, 2019; Scholarship, Friedman School of Nutrition Science and Policy, Tufts University, 2013 – 2014; Five-time Scholarly Travel Award Recipient, Friedman School of Nutrition Science and Policy, Tufts University, 2016 – 2019; Travel Award, 3<sup>rd</sup> Short Course on Strengthening Causal Inference in Behavioral Obesity Research, University of Alabama at Birmingham, 2017.

## Doctoral Thesis Committee Member

2018-present	<b>Gabriella Fretes, MS</b> <i>The Role of the Chilean Urban School Environment in Children's and Adolescents' Food Choices and Dietary Intake</i>	
2017-present	<b>Alex Stern, MPH</b> <i>Sustainability in the National School Lunch Program: An assessment of the healthfulness, environmental impact, economic costs, and cultural implications of school lunch in the United States</i>	
2016-present	<b>Sara John, MS</b> <i>Improving the Healthfulness of the Supplemental Nutrition Assistance Program: Assessing the Impact of Fruit and Vegetable Incentives on Retailers and Customers across Diverse Retail Environments</i>	
2015-2018	<b>Micaela Karlsen, MS</b> <i>Diet Quality and Predictors of Long-Term Adherence to Popular Diets: Using Data from the ADAPT Study</i>	
2015-2018	<b>Nicole Schultz, MS</b> <i>School Employee Wellness: Understanding Health Behaviors and Identifying Opportunities for Student and Staff Health Promotion</i>	
2006 - 2008	<b>Enju Liu, PhD</b> <i>Vitamin D Status in Relation to Insulin Resistance and Type 2 Diabetes Mellitus (DM) in the Framingham Offspring Cohort</i> Friedman School of Nutrition at Tufts University	Currently Research Scientist, Harvard Univ
2006 - 2008	<b>Rebecca Seguin, PhD</b> <i>Factors Related to Older Women's Exercise Adherence and to Leader Implementation of a Community Strength Training Program</i> Friedman School of Nutrition at Tufts University	Currently Associate Professor, Associate Director of AgriLife Research Texas A&M
2006 - 2007	<b>Pamela Anderson, PhD</b> <i>Weight Trajectories and Positive Development in Early Adolescent Females: An Analysis of the Links Between Martial Status, Life Style Behaviors, and Psychosocial Functioning.</i> Child Development Studies at Tufts University	Currently Senior Research Associate, ETR Associates, CA
2003 - 2005	<b>Sara Folta, PhD</b> <i>Using School Public Address (PA) Systems to Deliver Nutrition Messages to Children.</i>	Currently Associate Professor, Tufts Univ

Friedman School of Nutrition at Tufts University

**Graduate Student Advisor and Supervisor: 1998 - present**

Advisor	55 Masters in Nutrition and/or Public Health students
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**

2020-	Course Director/Instructor	Grant Writing for Doctoral Research
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**

March 2020	Invited reviewer	NORC Pilot Program  University of Alabama, Birmingham
September 2019	Invited reviewer	Fellowship Reviewer, American Heart Association
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



May 2016	Invited reviewer	Peer Reviewer, American Heart Association
2016-present	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 bio-behavioral research and evaluation studies are interdisciplinary and include theory-based prevention interventions, with ethnically and socio-economically diverse populations in urban and rural communities, schools, and out-of-school environments. I currently serve as the principal investigator on multiple large-scale, community-based interventions examining childhood nutrition and physical

activity (PA) with the goal of improving the health of America's children. I have conducted many Community-based Participatory Research (CBPR) interventions and randomized controlled trials (RCTs) including Shape Up Somerville, which demonstrated a successful reduction in undesirable weight gain among elementary school students through implementation of nutrition and PA interventions. The Live Well study was a preventive intervention developed with active input from community partners. The CHANGE study was designed to improve physical activity and nutrition behaviors in rural communities. More recently, I have led research and evaluation that uses systems science to understand the diffusion of intervention components in communities. Specifically, we are working to understand 'what works, for whom, and under what conditions' with respect to 'whole of community' obesity prevention interventions. , I have significant experience merging nutrition and public health research and practice with the expertise and experience of business, government, and nonprofit sectors to develop, implement, evaluate, and scale high-impact obesity prevention initiatives.

## **RESEARCH SUPPORT**

### **Current Research Support (over \$50,000)**

Data Intensive Study Center \$15,000 <i>Data for All: Empowering Communities to Improve Health</i>	Economos (PI)	7/1/20 – 6/30/21
National Institutes of Health / National Cancer Inst. \$222,022 <i>AC/DC: Artificial Intelligence and Computer Visioning to Assess Dietary Composition</i>	Hennessey (PI) Role: Co-Investigator	5/13/20 – 4/30/22
USDA / Food and Nutrition Service \$8,500,000 <i>WIC Telehealth Innovations Project Cooperative Agreement</i>	Hennessey (PI) Role: Co-Investigator	10/1/19-9/30/24
Tufts University Office of the Provost \$390,000 <i>Tufts Institute for Global Obesity Research (TIGOR)</i>	Economos (PI)	10/1/19 – 9/30/22
National Institutes of Health/NCI \$1,359,320 <i>Supporting Physical Literacy at School and Home (SPLASH) Study</i>	Hennessey (PI) Role: Co-Investigator	3/1/2019-2/28/2024
National Institute of Food and Agriculture \$238,500 <i>National Needs Graduate Fellowships Program</i>	Economos (PI)	9/1/18-8/31/22
The JPB Foundation \$100,000,000 <i>Catalyzing Communities to Prevent Obesity</i>	Economos (PI)	3/1/19-2/28/21
The Walmart Foundation \$757,338 <i>You're the Mom Initiative</i>	Economos (PI)	9/1/18-11/30/20

The JPB Foundation \$447,510 <i>Healthy Harlem Development, Scale Up, and Evaluation</i>	Economos (PI)	12/1/18-8/31/20
<b>Completed Research Support (over \$50,000)</b>		
America's Promise Alliance \$205,000 <i>Healthy School Environments Initiative</i>	Economos (PI)	8/1/17-6/30/20
Partnership for A Healthier America \$174,998 <i>Healthy Campus Initiative</i>	Economos (PI)	9/1/18-6/30/20
Tufts University Office of the Provost \$45,000 <i>Tufts Global Obesity Collaborative</i>	Economos (PI)	10/1/18-8/31/19
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
Friedman School Food for Thought Seed Program \$28,571 <i>Discovering the antecedents of child feeding</i>	Hennessy (PI) Role: Co-Investigator	5/1/18-4/30/19
Tufts Clinical and Translation Science Institute Pilot Studies \$30,000 <i>Refinement and Testing of a Novel Multi-Method Survey to Assess Stakeholder-Driven Community Diffusion of Childhood Obesity Prevention Efforts</i>	Economos (PI)	5/1/18-4/30/19
The JPB Foundation \$137,000 <i>Catalyzing a Community to Prevent Obesity: A Systems Approach</i>	Economos (PI)	3/1/17-2/28/19
The JPB Foundation \$300,000 <i>ChildObesity180: Reverse the Trend – Catalyzing a Community to Prevent Obesity: A Systems Approach</i>	Economos (PI)	3/1/18 – 2/28/19
New Balance Foundation \$75,000 <i>Billion Mile Race</i>	Economos (PI)	12/1/17 – 6/30/18
New York Road Runners <i>Billion Mile Race Transition to New York Road Runners</i>	Economos (PI)	1/2/2018 – 6/30/2018

\$74,695

NIH 1R01HL115485-01 \$3,354,084 COMPACT	Economos (Co-PI)	9/1/13 – 5/31/18
NIH 1R01HL115485-01A1 \$1,032,243 <i>Shape Up Under Five – Under COMPACT</i>	Economos (PI) ( <i>subcontract</i> )	9/1/13 – 5/31/18
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 &amp; 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	10/1/14 – 9/20/17
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
USDA/Tufts University \$238,500	Economos (PI)	1/12/12 – 1/11/16

*Tufts-USDA Doctoral Fellowship in  
Childhood Obesity Prevention*

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 \$1,500,000 <i>Healthy Kids Out of School</i>	Economos (PI)	5/1/12 - 4/31/15
The JPB Foundation \$3,000,000 <i>ChildObesity180 Core Strategic Partnership</i>	Economos (PI)	3/1/12 - 2/28/15
NHLBI 1R01HL106160-01 \$3,163,338 <i>Impact of Vitamin D Supplementation on Cardiometabolic Risk in Schoolchildren</i>	Sacheck (PI) Role: Co-Investigator	12/1/10 – 12/31/14
The Boston Foundation \$171,546 <i>Moving Toward Academic Success</i>	Sacheck (PI) Role: Co-Investigator	1/1/14 – 12/31/14
New Balance Foundation <i>Children in Balance: The Tufts Childhood Obesity Initiative</i> \$5,000,000	Economos (PI)	11/01/04 - 10/31/14
Robert Wood Johnson Foundation \$6,981,676 <i>ChildObesity180</i>	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) Role: Co-Investigator	07/1/03 - 06/30/13
NICHD HS2281 \$1,280,000 <i>The GREEN (Growing Right: Eating Eco-Friendly and Nutritious) Project</i>	Goldberg (PI) Role: Co-Investigator	9/1/10 – 6/30/13
New Balance Foundation \$200,000 <i>ChildObesity180: The Active Schools Acceleration Project (ASAP)</i>	Economos (PI)	12/31/13

NICHD 1R01HD057841-01 \$2,400,000 <i>Assessing and Preventing Obesity (Live Well) Among New Immigrants</i>	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 &amp; 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 \$75,000 <i>Tipping the Scales in Favor of Our Children</i>	Goldberg (PI) Role: Co-Investigator	08/1/07 - 12/31/07
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
1R01HD522375 \$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	Keyayias (P.I.)	1999 - 2000

\$200,000  
*MicroDXA Project*

Role: Co-Investigator

**Completed Research Support (under \$50,000)**

Tufts Clinical and Translational Science Institute Pilot Studies 5/1/18-4/30/19 \$29,919 <i>Refinement and Testing of a Novel Multi-Method Survey to Assess Stakeholder-Driven Community Diffusion of Childhood Obesity Prevention Efforts</i>	Economos (PI)	
St. Luke's Foundation \$20,000 <i>Catalyzing Early Childhood Health Leadership Engagement in Cleveland</i>	Economos (PI)	1/1/18 - 12/31/18
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 \$7,500 <i>Understanding Red Meat Avoidance: Motivations and Consequences</i>	Economos (PI)	08/01/01 - 11/3/01

### **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 \$48,000 <i>America on the Move</i>	Economos (PI)	12/01/04 - 11/30/05
Blue Cross Blue Shield of Massachusetts \$60,000 <i>Shape Up Somerville- Eat Smart. Play Hard</i>	Economos (PI)	06/03 - 06/05
Dole Food Company \$50,000 <i>Shape Up Somerville - Eat Smart. Play Hard</i>	Economos (PI)	06/03 - 06/05
US Potato Board \$90,000 <i>Shape Up Somerville- Eat Smart. Play Hard</i>	Economos (PI)	06/03 - 06/05
United Way of Massachusetts Bay \$50,000 <i>Shape Up Somerville- Eat Smart. Play Hard.</i>	Economos (PI)	06/03 - 06/05

**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 (past):**

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 45**

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

1. Karlsen MC, Lichtenstein AH, **Economos CD**, Folta SC, Chang R, Rogers G, Jaques PF, Livingston KA, McKeown NM. (2020). Participant Characteristics and Self-Reported Weight Status in a Cross-Sectional Pilot Survey of Self-Identified Followers of Popular Diets: Adhering to Dietary Approaches for Personal Taste (ADAPT) Feasibility Survey. *Public Health Nutrition*. 2020 Jul 27:1-11. Doi: 10.1017/S13668980020001330. [Epub ahead of print]
2. Calancie, L., Fullerton, K., Appel, J.M., Korn, A.R., Hennessy, E., Hovmand, P., **Economos, C.** (2020). Implementing Group Model Building with the Shape Up Under 5 Community Committee Working to Prevent Early Childhood Obesity in Somerville, MA. *Journal of Public Health Management and Practice*. [Epub ahead of print]
3. Hennessy E, **Economos CD**, Hammond RA. (2020) Integrating Complex Systems Methods to Advance Obesity Prevention Research. *Health Education & Behavior*. 2020 Apr. doi: 10.1177/10901981198649. [Epub ahead of print]
4. \*Cohen JFW, Rimm EB, Davison KK, Cash SB, McInnis K, **Economos CD**. (2020) The Role of Parents and Children in Meal Selection and Consumption in Quick Service Restaurants. *Nutrients*. 2020 Mar 11. doi: 10.3390/nu12030735.
5. **Economos CD**, Hennessey E, Chui K, Dwyer J, Marcotte L, Must A, Naumova EN, Goldberg J. (2020) Beat Osteoporosis - nourish and exercise skeletons (BONES): a group randomized controlled trial in children. *BMC Pediatrics*. 2020 Feb 21. doi: 10.1186/s12887-020-1964-y.

6. Gervis JE, Hennessey E, Shonkoff ET, Bakun P, Cohen J, Mueller MP, Roberts SB, **Economos CD**. (2020) Weighted Plate Waste can Accurately Measure Children's Energy Consumption from Food in Quick-Service Restaurants. *Journal of Nutrition*. 2020 Feb 1. doi: 10.1093/jn/nz222.
7. Kasman M., Hammond RA., Mack-Crane A., Purcell R., **Economos CD.**, Swinburn B., Allender S., Nichols M., (2019) Activating a Community: An Agent-Based Model of Romp & Chomp, a Whole-of-Community Childhood Obesity Intervention. *Obesity*. 2019 Sept 27. doi: 10.1002/oby.2255.
8. Schultz, NS., Chui KKH., **Economos CD.**, Lichtenstein AH., Volpe SL., Sacheck JM., (2019) A Qualitative Investigation of Factors that Influence School Employee Health Behaviors: Implications for Wellness Programming. *Journal of School Health*. 2019 Sept 8. doi: 10.1111/josh.12831.
9. \*Appel J., Fullerton K., Hennessey E., \*Korn A., Tovar A., Allender S., Hovmand P., Kasman M., Swinburn B., Hammond R., **Economos CD.**, (2019) Design and methods of Shape Up Under 5: Integration of systems science and community-engaged research to prevent early childhood obesity. *PLOS ONE*. 2019 Aug 1. doi: 10.1371/journal.pone.0220169.
10. Coffield E., Nihiser A., Carlson S., Collins J., Cawley J., Lee S., **Economos CD.**, (2019) Shape Up Somerville's return on investment: Multi-group exposure generates net-benefits in a child obesity intervention. *Preventative Medicine Reports*. 2019 Jul 16. doi: 10.1016/j.pmedr.2019.100954.
11. Karlsen M.C., Rogers G., Miki A., Lichenstein, A.H., Folta S.C., **Economos C.D.**, Jacques P.F., Livingston, K.A., McKeown, N.M. (2019). Theoretical Food and Nutrient Composition of Whole-Food Plant-Based and Vegan Diets Compared to Current Dietary Recommendations. *Nutrients*. 2019 Mar 14. 11(3). doi: 10.3390/nu11030625.
12. Amin, S., Lehnerd, M.E., Cash, S.B., **Economos, C.D.**, & Sacheck, J.M. (2018). Development of a tool for food literacy assessment in children (TFLAC). *Journal of Nutrition Education and Behavior*. 2019 Mar 1. doi:10.1016/j.jneb.2018.12.006
13. Schultz, D. J., \*Hatfield, D. P., & **Economos, C. D.** (2019). Implementing Successful School Run Clubs: Lessons Learned from a District-level Initiative in Boston Public Schools. *Journal of Physical Education, Recreation and Dance*. 2019 Feb 14. 90(2), 31-42. doi:10.1080/07303084.2018.1546631
14. \*Anzman-Frasca, S., Folta, S. C., Angstrom, H. M., Brown, C. M., Beets, M. W., Finley, A. M., . . . **Economos, C. D.** (2019). Incentivizing Healthy Snacks During Out-of-School Time Through Grocery Store Partnerships.. *Journal of public health management and practice : JPHMP*. 2019 Feb 14. doi:10.1097/phh.0000000000000853
15. Catherine M. Wright, Virginia R. Chomitz, Paula J. Duquesnay, Sarah A. Amin, **Christina D. Economos** and Jennifer M. Sachek. (2019). The FLEX Study School-Based Physical Activity Programs – Measurement and Evaluation of Implementation. *BMC Public Health*. 2019 Jan 16. doi:10.1186/s12889-018-6335-3.

16. \*Mueller, M. P., Wilde, P., Folta, S. C., Anzman-Frasca, S., & **Economos, C. D.** (2019). Availability of Healthier Children's Menu Items in the Top Selling Quick Service Restaurant Chains (2004-2015). *American Journal of Public Health*. 2019 Jan 16. 109(2), 267-269. doi:10.2105/AJPH.2018.304800
17. **Economos, C. D.**, Anzman-Frasca, S., Koomas, A. H., Bakun, P. J., Brown, C. M., Brown, D., . . . Nelson, M. E. (2019). Dissemination of healthy kids out of school principles for obesity prevention: A RE-AIM analysis. *Preventive Medicine*, 119, 37-43. doi:10.1016/j.ypmed.2018.12.007
18. Roberts, S. B., Das, S. K., Suen, V. M. M., Pihlajamäki, J., Kuriyan, R., Steiner-Asiedu, M., . . . **Economos, C.D.**, Speakman, J. R. (2018). Measured energy content of frequently purchased restaurant meals: Multi-country cross sectional study. *BMJ (Online)*. 2018 Dec 12. 363. doi:10.1136/bmj.k4864
19. Barnhill, A., Palmer, A., Weston, C. M., Brownell, K. D., Clancy, K., **Economos, CD**, . . . Bennett, W. L. (2018). Grappling with Complex Food Systems to Reduce Obesity: A US Public Health Challenge. *Public Health Reports (Washington, D.C. : 1974)*. 2018 Nov 15. 133(1), 44S-53S. doi:10.1177/0033354918802793
20. \*Korn AR, Hennessy E, Tovar A, Finn C, Hammond RA, **Economos CD**. Engaging Coalitions in Community-Based Childhood Obesity Prevention Interventions: A Mixed Methods Assessment. *Child Obes*. 2018 Sep 6. doi: 10.1089/chi.2018.0032.
21. **Economos CD**, Mueller MP, Schultz N, Gervis J, Miller GF, Pate RR. Investigating best practices of district-wide physical activity programmatic efforts in US schools- a mixed-methods approach. *BMC Public Health*. 2018 Aug 30;18(1):992.
22. Lynskey VM, Shonkoff ET, Matthews E, Zaslow J, Hennessy E, Callender ME, **Economos CD**, Harelick L. Using a Marketing Evaluation Tool to Optimize a Social Marketing Campaign: Insights From a Copy Test of a You're the Mom Campaign Ad. *J Nutr Educ Behav*. 2018 Aug 27. pii: S1499-4046(18)30539-6. doi: 10.1016/j.jneb.2018.05.009.
23. Metayer N, Boulos R, Tovar A, Gervis J, Abreu J, Hval E, Kamins CL, Tofuri K, **Economos CD**. *J Prim Prev*. Recruitment of New Immigrants Into a Randomized Controlled Prevention Trial: The Live Well Experience. 2018 Aug 20. doi: 10.1007/s10935-018-0519-6.
24. Rosettie KL, Micha R, Cudhea F, Peñalvo JL, O'Flaherty M, Pearson-Stuttard J, **Economos CD**, Whitsel LP, Mozaffarian D. Comparative risk assessment of school food environment policies and childhood diets, childhood obesity, and future cardiometabolic mortality in the United States. *PLoS One*. 2018 Jul 6;13(7):e0200378. doi: 10.1371/journal.pone.0200378. eCollection 2018.
25. Amin SA, Lehnerd M, Cash SB, **Economos CD**, Scheck JM. Three-year Case Study of National Organizations Participating in a Nutrition Cohort: A Unique Funder-initiated Learning Collaborative. *Journal of Agriculture, Food Systems, and Community Development*. 2018 June 8;2. doi: 10.5304/jafscd.2018.082.009.

26. \*Mueller MP, Blondin SA, Korn AR, Bakun PJ, Tucker KL, **Economos CD**. Behavioral Correlates of Empirically-Derived Dietary Patterns among University Students. *Nutrients*. 2018 Jun 3;10(6). pii: E716. doi: 10.3390/nu10060716.
27. \*Korn AR, Hennessy E, Hammond RA, Allender S, Gillman MW, Kasman M, McGlashan J, Millar L, Owen B, Pachucki MC, Swinburn B, Tovar A, **Economos CD**. Development and testing of a novel survey to assess Stakeholder-driven Community Diffusion of childhood obesity prevention efforts. *BMC Public Health*. 2018 May 31;18(1):681. doi: 10.1186/s12889-018-5588-1.
28. Amin SA, Panzarella C, Lehnerd M, Cash SB, **Economos CD**, Sacheck JM. Identifying Food Literacy Educational Opportunities for Youth. *Health Educ Behav*. 2018 May 1:1090198118775485. doi: 10.1177/1090198118775485. PMID:29848139
29. McGlashan J, Nichols M, Korn A, Millar L, Marks J, Sanigorski A, Pachucki M, Swinburn B, Allender S, **Economos C**. Social network analysis of stakeholder networks from two community-based obesity prevention interventions. *PLoS One*. 2018 Apr 27;13(4):e0196211. doi: 10.1371/journal.pone.0196211. eCollection 2018. PMID: 29702660.
30. Owen B, Brown AD, Kuhlberg J, Millar L, Nicols M, **Economos CD**, Allender S. Understanding an obesity prevention initiative from a systems perspective. *PLoS One*. 2018 Mar 29;13(3):e0195141. doi: 10.1371/journal.pone.0195141. eCollection 2018. PMID: 29596488
31. Amin SA, Duquesnay PJ, Wright CM, Chui K, **Economos CD**, Sacheck JM. The Association Between Perceived Athletic Competence and Physical Activity: Implications for Low-Income Schoolchildren. *Pediatr Exerc Sci*. 2018 Mar 15:1-8. doi: 10.1123/pes.2017-0242.
32. Karlsen MC, Lichtenstein AH, **Economos CD**, Folta SC, Rogers G, Jacques PF, Livingston KA, Rancaño KM, McKeown NM. Web-Based Recruitment and Survey Methodology to Maximize Response Rates from Followers of Popular Diets: The Adhering to Dietary Approaches for Personal Taste (ADAPT) Feasibility Survey. *Curr Dev Nutr*. 2018 Mar 13;2(5):nzy012. doi: 10.1093/cdn/nzy012. eCollection 2018 May. PMID:29955724
33. \*Blondin SA, Goldberg JP, Cash SB, Griffin TS, **Economos CD**. Factors Influencing Fluid Milk Waste in a Breakfast in the Classroom School Breakfast Program. *J Nutr Educ Behav*. 2018 Apr;50(4):349-356.e1. doi: 10.1016/j.jneb.2017.12.006. 2018 Mar 16. PMID: 29422439
34. Ruiz RM, Sommer EC, Tracy D, Banda JA, **Economos CD**, JaKa Meghan M, Evenson KR, Buchowski MS, Barkin SL. Novel patterns of physical activity in a large sample of preschool-aged children. *BMC Public Health*. 2018 Feb 13;18(1):242. doi: 10.1186/s12889-018-5135-0. PMID: 29439704.
35. Miller GF, Sliwa S, Michael S, Burgeson C, Krautheim AM, Hatfield DP, Sharma S. Evaluation of Let's Move! Active schools activation grants. *Prev. Med*. 2017 Dec 27. pii: S0091-7435(17)30512-1. doi: 10.1016/j.ypmed.2017.12.024.

36. Amin S, Wright K, Chomitz V, Chui K, Boulos R, **Economos CD**, Sacheck J The physical activity environment and academic achievement in Massachusetts schoolchildren. *Journal of School Health*. 2017 Dec;87(12):932-940. doi: 10.1111/josh.12569.
37. Sacheck JM, Van Rompay MI, Chomitz VR, **Economos CD**, Eliasziw M, Goodman E, Gordon CM, Holick MF. Impact of Three Doses of Vitamin D3 on Serum 25(OH)D Deficiency and Insufficiency in At-Risk Schoolchildren. *J Clin Endocrinol Metab*. 2017 Dec 1;102(12):4496-4505. doi: 10.1210/jc.2017-01179.
38. Folta SC, Koch-Weser S, Tanskey LA, **Economos CD**, Must A, Whitney C, Wright CM, Goldberg JP. Branding a school - based campaign combining healthy eating and eco-friendliness. *J Nutr Educ Behav*. 2017 Sep 8. pii: S1499-4046(17)30784-4. doi: 10.1016/j.jneb.2017.07.015.
39. Lynskey VM, Anzman-Frasca S, Harellick L, Korn A, Sharma S, Simms S, **Economos CD**. Low parental awareness about calorie recommendations for children's restaurant meals: Findings from national survey in the United States of America. *Public Health Nutr*. 2017 Aug;20(11):1921-1927. doi: 10.1017/S1368980017000647.
40. \*Shonkoff, E.T., Anzman-Frasca, S., Lynskey, V., Chan, G., Glenn, M. & **Economos, C.D.** Child and parent perspectives on healthier side dishes and beverages in restaurant kids' meals: results from a national survey in the United States. *BMC Public Health*. 2017 Jul 25;18(1):56. doi: 10.1186/s12889-017-4610-3. Erratum in: [BMC Public Health. 2017 Sep 22;17 \(1\):736](#). PMID 28743250
41. \*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*. 2017 Apr;107(4):590-592.
42. Cohen JF, Roberts SB, Anzman-Frasca S, Gamache MM, Lynskey VM, Matthews E, Mueller MP, Sharma S, **Economos CD**. A pilot and feasibility study to assess children's consumption in quick-service restaurants using plate waste methodology. *BMC Public Health*. 2017 Mar 15;17(1):259. doi: 10.1186/s12889-017-4171-5.
43. **Economos CD**, Anzman-Frasca S, Koomas A, Chan G, Folta S, Heck J, Newman M, Sacheck J. Snacks, beverages, and physical activity during volunteer-led out-of-school-time programs: A cross-sectional analysis. *BMC Public Health*. 2017 Jan 27;17(1):125.
44. \*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*. 2017 Jan;25(1): 192-199.
45. Zhang FF, Meagher S, Scheurer M, Folta S, Finnan E, Criss K, **Economos CD**, Dreyer Z, Kelly M. Developing a Web-Based Weight Management Program for Childhood Cancer Survivors: Rationale and Methods. *JMIR Res Protoc*. 2016 Nov 18;5(4):e214.
46. \*Sliwa SA, Must A, Perea FC, Boulos RJ, **Economos CD**. Occupational Physical Activity and Weight-Related Outcomes in Immigrant Mothers. *Am J Prev Med*. 2016 Nov;51(5):637-646.

47. Wright CM, Duquesnay PJ, Anzman-Frasca S, Chomitz VR, Chui K, **Economos CD**, Langevin EG, Nelson ME, Satchek 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*. 2016 Oct 13;16(1):1078
48. 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.
49. \*Sliwa S, Anzman-Frasca S, Lynskey V, Washburn K, **Economos CD**. Assessing the Availability of Healthier Children’s Meals at Leading Quick-Service and Full-Service Restaurants. *Journal of Nutrition Education and Behavior*. 2016;48:242-249.
50. \*Anzman-Frasca S, **Economos CD**, Tovar A, Boulos R, Sliwa S, Gute DM, Pirie A, Must A. Depressive symptoms and weight status among women recently immigrating to the US. *Maternal and Child Health Journal*. 2016 Aug; 20(8):1578-85.
51. Hubbard K, **Economos CD**, Bakun P, Boulos R, Chui K, Mueller M, Smith K, Satchek J. Disparities in Moderate-to-Vigorous Physical Activity among Girls and Overweight and Obese Schoolchildren during School-and Out-of-School Time. *International Journal of Behavioral Nutrition and Physical Activity*. 2016, 13(1):39
52. \*Hatfield DP, Chomitz VR, Chui KKH, Satchek 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. doi: 10.1177%2F1524839916642714.
53. Urban LE, Weber JL, Heyman MB, Schichtl SL, Verstraete S, Lowery NS, Das SK, Schleicher M, Masters WA, **Economos CD**, Roberts SB. Energy Contents of Frequently Ordered Restaurant Meals and Comparison with Human Energy Requirements and US Department of Agriculture Database Information: A Multisite Randomized Study. *JAND*. 2016 Apr;116(4):590-598.e6.
54. \*Hatfield DP, Lynskey VM, **Economos CD**, Nichols E, Whitman N, Nelson M. Crowdsourcing Innovative Physical Activity Programs: Active Schools Acceleration Project Case Study. *Translational Journal of the American College of Sports Medicine*. 2016 April, 1(1):1-9.
55. Folta SC, Djang HC, Halmo M, Metayer N, Blondin SA, Smith KS, **Economos CD**. School staff, parent, and student perceptions of a Breakfast in the Classroom model during initial implementation. *Public Health Nutrition Public Health Nutr*. 2016 Jan 28:1-11. doi: 10.1017/S1368980015003754
56. Hennessy E, Ornstein J, **Economos CD**, Herzog JB, Lynskey V, Coffield E, Hammond R. Designing an agent-based model for childhood obesity interventions: A case study of ChildObesity180. *Preventing Chronic Disease*. 2016 Jan; 13:E04.



57. \*Hatfield DP, Sliwa SA, Folta SC, **Economos CD**, Goldberg JP. The critical role of communications in a multilevel obesity-prevention intervention: Lessons learned for alcohol educators. *Patient Education and Counseling Patient Educ Couns*. 2016 Jan 18. pii: S0738-3991(16)30024-6. doi: 10.1016/j.pec.2016.01.005.
58. \*Blondin SA, Mueller MP, Bakun PJ, Choumenkovitch SF, Tucker KL, **Economos CD**. Cross-sectional associations between empirically-derived dietary patterns and indicators of disease risk among university students. *Nutrients*. Dec 2015; 8(1).
59. Folta SC, Koomas A, Metayer N, Fullerton KJ, Hubbard KL, Anzman-Frasca S, Hofer T, Nelson M, Neman M, Satchek J, **Economos CD**. 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*. 2015 Dec 24;12:E225. doi: 10.5888/pcd12.150270.
60. \*Tovar A, Choumenkovitch SF, Hennessy E, Boulos R, Must A, Hughes SO, Gute DM, Vikre EK, **Economos CD**. Low Demanding Parental Feeding Styles is Associated with Low consumption of Whole Grains among Children of Recent Immigrants. *Appetite*. 2015 Dec;95:211-8.
61. \*Anzman-Frasca S, Mueller MP, Lynskey VM, Harellick L, **Economos CD**. Sustainability of changes in children's meal orders following healthy menu modifications at a regional US restaurant chain: Two year follow-up. *Health Affairs*. 2015 Nov; 34(11):1885-92.
62. Van Rompay MI, McKeown NM, Goodman E, Eliasziw M, Chomitz VR, Gordon CM, **Economos CD**, Satchek JM. Sugar-Sweetened Beverage Intake is Positively Associated with Baseline Triglyceride Concentrations, and Changes in Intake Are Inversely Associated with Changed in HDL Cholesterol over 12 Months in a Multi-Ethnic Sample of Children. *J of Nutr*. 2015 Oct;145(10):2389-95.
63. \*Hatfield DP, Chomitz VR, Chui K, Satchek JM, **Economos CD**. "Demographic, physiologic, and psychosocial correlates of physical activity in structured exercise and sports among low-income, overweight children *Journal of Nutrition Education and Behavior*." *Journal of Nutrition Education and Behavior*. 2015 Sep-Oct;47(5):452-8.
64. \*Anzman-Frasca S, Boulos R, Hofer T, Folta SC, Koomas A, Nelson ME, Satchek JM, **Economos CD**. Validation of the Out-of-school-time Snacks, Beverages, and Physical Activity Questionnaire (OST-SBPA). *Childhood Obesity*. 2015;11(4):439-48.
65. \*Hatfield DP, Chomitz VR, Chui KH, Satchek JM, **Economos CD**. Exploring new relationships between physical activity volume and intensity and cardiometabolic risk in U.S. adolescents. *J Phys Act Health*. 2015 Sep;12(9):1312-9.
66. \*Blondin S, Anzman-Frasca S, Djang HC, Metayer N, **Economos CD**. "It's just so much waste." A qualitative investigation of food waste in a universal free School Breakfast Program. *Public Health Nutr*. 2015 Jun;18(9):1565-77.

67. Goldberg JP, Folta SC, Eliasziw M, Koch-Weser S, **Economos CD**, Hubbard KL, Peterson LA, Wright CM, Must A. 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*. 2015 May;74:103-10.
68. \*Anzman-Frasca, S., Mueller, M.P., Sliwa, S., Dolan, P.R., Harellick, L., Roberts, S.B., Washburn K., **Economos, C.D.** Changes in children's meal orders following healthy menu modifications at a regional US restaurant chain. *Obesity*. 2015 May;23(5):1055-62.
69. \*Sliwa S, Must A, Perea FC, **Economos CD**. Maternal employment, acculturation, and time spent in food-related behaviors among Hispanic mothers in the United States: Evidence from the American Time Use Survey. *Appetite* Volume 87, 1 April 2015, Pages 10-19.
70. Dietz WD and **Economos CD**. Progress in the control of childhood obesity. *Pediatrics Perspective*. *Pediatrics*. 2015 Mar;135(3):e559-61.
71. Coffield E, Nihiser A, Sherry B, **Economos CD**. Shape Up Somerville: Reducing parent BMIs through child-targeted obesity prevention efforts. *Am J Public Health*. 2015 Feb ;105(2):e83-9.  
(Nominated for 2016 Centers for Disease Control and Prevention Charles C. Shepard Science Award)
72. Sacheck J, Van Rompay M, Olson E, Chomitz V, Goodman E, Gordon C, Eliasziw M, Holick M, **Economos CD**. Recruitment and retention of urban schoolchildren into a randomized double-blind vitamin D supplementation trial. *Clinical Trials: Journal of the Society for Clinical Trials*. 2015 Feb;12(1):45-53.
73. \*Anzman-Frasca S, Djang HC, Halmo M, Dolan PR, **Economos CD**. Estimating impacts of a breakfast in the classroom program on school breakfast participation, school attendance, and academic achievement. *JAMA Pediatr*. 2015 Jan 1;169(1):71-7.
74. \*Sliwa S, Newman M, Nelson M, Sharma S, **Economos CD**. Healthy Kids Out of School: Utilizing mixed-methods to develop guiding principles for promoting healthy eating and physical activity across diverse out-of-school settings in the United States. *Prev Chronic Dis*. 2014 Dec 31;11:E227.
75. 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.
76. \*Anzman-Frasca S, Dawes F, Sliwa S, Dolan PR, Nelson ME, Washburn K, **Economos CD**. Healthier side dishes at restaurants: An analysis of children's perspectives, menu content, and energy impacts. *Int J Behav Nutr Phys Act*. 2014 Jul 4;11(1):81.
77. \*Irish Hauser S, **Economos CD**, Nelson ME, Goldberg JP, Hyatt RR, Naumova EN, Anderson SE, Must A. Household and family factors related to weight status in first through third graders: A cross-sectional study in Eastern Massachusetts. *BMC Pediatr*. 2014 Jul 1;14(1):167.

78. \*Anzman-Frasca S, Newman MB, Angstrom HM, Sharma S, Nelson ME, Dolan PR, **Economos CD**. Parent perspectives on nutrition and physical activity during out-of-school time. *J Nutr Educ Behav*. 2014 May-Jun;46(3):156-63.
79. Sacheck JM, Rasmussen H, Hall MM, Kafka T, Blumberg JB, **Economos CD**. The association between pre-game snacks and exercise intensity, and stress and fatigue in children. *Pediatr Exerc Sci*. 2014 May;26(3):159-67.
80. **Economos CD**, Moore CE, Hyatt RR, Kuder J, Chen T, Meydani SN, Meydani M, Klein E, Biancuzzo RM, Holick MF. Multi-nutrient fortified juices improve vitamin D and vitamin E status in children: A randomized controlled trial. *Journal of the Academy of Nutrition and Dietetics*. 2014 May;114(5):709-17.
81. Cohen JF, Richardson S, Austin SB, Rimm EB, **Economos CD**. A food service intervention improves whole grain access at lunch in rural elementary schools. *Journal of School Health*. 2014 Mar;84(3):212-9.
82. Cohen JF, Kraak VI, Choumenkovitch SF, Hyatt RR, **Economos CD**. The CHANGE study: A healthy-lifestyles intervention to improve rural children's diet quality. *J Acad Nutr Diet*. 2014 Jan;114(1):48-53.
83. Folta SC, Kuder JF, Goldberg JP, Hyatt RR, Must A, Naumova EN, Nelson ME, **Economos CD**. Changes in diet and physical activity resulting from the Shape Up Somerville community intervention. *BMC Pediatrics*. 2013; 13(1):157.
84. **Economos CD**, Hyatt RR, Must A, Goldberg JP, Kuder J, Naumova EN, Collins JJ, Nelson ME. Shape Up Somerville Two-Year Results: A community-based environmental change intervention sustains weight reduction in children. *Preventive Medicine*. 2013 Oct; 57 (4): 322-7.
85. \*Tovar A, Hennessy E, Must A, O'Hughes S, Gute DM, Sliwa S, Boulos R, Kuross-Vikre E, Luongo-Kamins C, Tofuri KA, **Economos CD**. Feeding styles and evening family meals among recent immigrants. *International Journal of Behavioral Nutrition and Physical Activity*. 2013 Jun 26; 10 (1): 84.
86. Melvin CL, Corbie-Smith G, Kumanyika SK, Pratt CA, Nelson C, Walker ER, Ammerman A, Ayala GX, Best LG, Cherrington AL, **Economos CD**, Green LW, Harman J, Hooker SP, Murray DM, Perri MC, Ricketts TC. Developing a Research Agenda for Cardiovascular Disease Prevention in High-risk Rural Communities: Guiding Principles and Recommendations. *American Journal of Public Health* 2013 Jun; 103 (6): 1011 - 21.
87. \*Tovar A, Must A, Metayer N, Gute DM, Pirie A, Hyatt RR, **Economos CD**. Immigrating to the US: What Brazilian, Latin American and Haitian women have to say about changes to their lifestyle that may be associated with obesity. *Journal of Immigrant and Minority Health*. 2013 Apr;15(2):357-64.

88. Choumenkovitch S, McKeown N, Tovar A, Hyatt R, Kraak V, Hastings A, Bloom J, **Economos CD**. Whole grain consumption is inversely associated with BMI z-score in rural school-aged children. *Public Health Nutrition*. 2013 February 16(2): 212-218.
89. Cohen JF, Richardson S, Austin SB, **Economos CD**, Rimm EB. School lunch waste among middle school students: Implications for nutrients consumed and food waste costs. *American Journal of Preventive Medicine*. 2013 Feb;44(2):11421.
90. \*Tovar A, Boulos R, Sliwa S, Must A, Gute DM, Metayer N, Hyatt RR, Chui K, Pirie A, Luongo CK, **Economos CD**. Baseline socio-demographic characteristics and self-reported diet and physical activity shifts among recent immigrants participating in the randomized controlled lifestyle intervention: "Live Well." *Journal of Immigrant and Minority Health*. 2013 Jan 20.
91. **Economos CD**, Bakun PJ, Herzog JB, Dolan PR, Lynskey VM, Markow D, Sharma S, Nelson ME. Children's perceptions of weight, obesity, nutrition, physical activity and related health and socio-behavioural factors. *Public Health Nutrition*. 2012 Nov 16: 1-9.
92. Au LE, **Economos CD**, Must A, Goodman E, Chomitz V, Houser R, Morgan E, and Satchek JM. Dietary intake and cardiometabolic risk in ethnically diverse urban schoolchildren. *Journal of the Academy of Nutrition & Dietetics* 2012 Nov; 112 (11): 1815 – 21.
93. \*Tovar A, Kuder J, Chui K, Hyatt R, Choumenkovitch S, Kraak V, Hastings A, Bloom J, **Economos CD**. Healthy-lifestyle behaviors associated with overweight and obesity in US rural children. *BioMed Central Pediatrics*. 2012 July; 12(1): 102.
94. Cohen JFW, Smit LA, Parker E, Austin B, Frazier L, **Economos CD**, Rimm EB. Long-Term Impact of a Chef on School Lunch Consumption: Findings from a 2-Year Pilot Study in Boston Middle Schools. *Journal of the Academy of Nutrition and Dietetics*. 2012 June; 112(6): 927-33.
95. \*Tovar A, Vikre EK, Gute DM, Kamins CL, Pirie A, Boulos R, Metayer N, **Economos CD**. Development of the Live Well curriculum for recent immigrants: a community-based participatory approach. *Progress in Community Health Partnerships*. 2012 Summer; 6(2): 195-204.
96. \*Tovar A, Hennessy E, Pirie A, Must A, Gute DM, Hyatt RR, Kamins CL, Hughes SO, Boulos R, Sliwa S, Galvao H, **Economos CD**. Feeding styles and child weight status among recent immigrant mother-child dyads. *The International Journal of Behavioral Nutrition and Physical Activity*. 2012 May 29; 9:62.
97. Satchek JM, Morgan EH, Wilde P, Griffin T, Nahar E, **Economos CD**. Key strategies for improving school nutrition: A case study of three school nutrition program innovators. *Journal of Child Nutrition and Management*. 2012 Spring; 36(1).
98. Hruba A, Chomitz V, Arsenault LN, Must A, **Economos CD**, McGowan R, Satchek JM. Predicting maintenance or achievement of healthy weight in children: the impact of changes in physical fitness. *Obesity*. 2012, 20(8).

99. Hughes SO, Cross MB, Hennessy E, Tovar A, **Economos CD**, and Power TG. Caregiver's Feeding Styles Questionnaire: establishing cutoff points. *Appetite*. 2012 February; 58(1): 393-5.
100. Liu E, McKeown NM, Pittas AG, Meigs JB, **Economos CD**, Booth SL, Jacques PF. Predicted 25-hydroxyvitamin D score and change in fasting plasma glucose in the Framingham offspring study. *European Journal of Clinical Nutrition*. 2012 January; 66(1): 139-41.
101. \*Hennessy E, Hughes SO, Goldberg J, Hyatt RR, **Economos CD**. Permissive parental feeding behavior is associated with an increase in low nutrient-dense foods among American children living in rural communities. *Journal of the American Dietetic Association*. January 2012; 112(1): 142-148.
102. Umstattd R, Yousefian A, Hennessy E, **Economos C**, Hyatt R, Hartley D, Hallam J. Development of the Rural Active Living Perceived Environmental Support Scale (RALPESS). *Journal of Physical Activity and Health* 2012 Jul; 9(5): 724 - 30.
103. Sacheck J., Goodman E., Chui K., Chomitz V., Must A., **Economos CD**. Vitamin D deficiency, adiposity and cardiometabolic risk in urban schoolchildren. *Journal of Pediatrics*. 2011 Dec; 159 (6): 945-50.
104. Au LE, **Economos CD**, Goodman E, Must A, Chomitz VR, Sacheck JM. Vitamin D intake and serum vitamin D in ethnically diverse urban schoolchildren. *Public Health Nutrition*. 2011 December; 159(6): 945-50.
105. \*Sliwa S, Goldberg JP, Clark V, Collins J, Edwards R, Hyatt RR, Junot B, Nahar E, Nelson ME, Tovar A, **Economos CD**. Using the Community Readiness Model to select communities for a community-wide obesity prevention intervention. *Prev Chronic Dis*. 2011 Nov; 8(6): A150.
106. Fay K, **Economos CD**, Lerner RM, Becker AE, Sacheck J. The association between sports participation and athletic identity with eating pathology among college-aged males and females. *Eat Weight Disord*. 2011 Jun; 16(2): 102-12.
107. Sacheck J.M., T. Nelson, L. Ficker, T. Kafka, J. Kuder, **C.D. Economos**. Physical activity during soccer and its contribution to physical activity recommendations in normal weight and overweight children. *Pediatric Exercise Science*. 2011; 23, 281-292.
108. Kafka T, **Economos CD**, Folta S, Sacheck JE. Children as subjects in nutrition research: A retrospective look at their perceptions. *Journal of Nutrition Education and Behavior*. 2011; 42(2): 103-109.
109. \*Irish-Hauser S, Goldberg JP, Wilde P, Bers M, Ioannone L, **Economos CD**. Comparison of online and face-to-face dissemination of a theory-based after school nutrition and physical activity training and curriculum. *J Health Commun*. 2010 Dec; 15(8):859-79.
110. Liu, E, Meigs, JB, Pittas, AG, **Economos, CD**, McKeown, NM, Booth, SL, Jacques, PF. Predicted 25-hydroxyvitamin D score and change in fasting plasma glucose in the Framingham Offspring Study. *American Journal of Clinical Nutrition*. 2010 Jun; 91 (6): 1627 - 33.

111. \*Hennessy E, Kraak VI, Hyatt RR, Bloom JH, Wagoner C, Fenton M, **Economos CD**. Active living for rural children: community perspectives using PhotoVOICE. *American Journal of Preventive Medicine*. 2010; 39(6) 537-545.
112. **Economos C**, Hennessy E, Sacheck JM, Shea MK, Naumova E. Development and testing of the BONES physical activity survey for young children. *BMC Musculoskelet Disord*. 2010; 11: 195.
113. Liu, E, Meigs, JB, Pittas, AG, **Economos, CD**, McKeown, NM, Booth, SL, Jacques, PF. Predicted 25-Hydroxyvitamin D score and incident type 2 diabetes mellitus in the Framingham Offspring Study. *Am J Clin Nutr*. 2010 Jun; 91(6): 1627-33.
114. \*Hennessy E, Hughes SO, Goldberg J, Hyatt RR, **Economos CD**. Parent-child interactions and objectively measured child physical activity: a cross-sectional study. *International Journal of Behavioral Nutrition and Physical Activity* 2010, 7: 71.
115. Tovar, A, Lividini K, **Economos C**, Folta S, Goldberg J, Must A. School's Out: What are urban children doing? The Summer Activity Study of Somerville Youth (SASSY). *BMC Pediatrics* 2010, 10: 16.
116. \*Hennessy E, Hughes SO, Goldberg J, Hyatt RR, **Economos CD**. (2010). Parent behavior and child weight status among a diverse group of underserved rural families. *Appetite* 54(2): 369-277.
117. Sacheck J, Kuder J, **Economos CD**. Physical fitness, adiposity, and metabolic risk factors in young college students. *Med Sci Sports Exerc*. 2010 Jun; 42(6): 1039-44.
118. Pemberton, V, McCrindle, BW, Barkin, S, Daniels, SR, Barlow, SE, Binns, HJ, Cohen, MS, **Economos, CD**, Faith, MS, Gidding, SS, Goldberg, CS, Kavey, RE, Longmuir, P, Rocchini, AP, Van Horn, L, Katlman, J. Report of National Heart, Lung, and Blood Institute Working Group on Obesity and Other Cardiovascular Risk Factors in Congenital Heart Disease. *Circulation*. 2010 March; 121:1153-1159.
119. Yousefian A, Hennessy E, **Economos C**, Hyatt R, Hartley D. The Rural Active Living Assessment Tools: development and reliability. *Prev Med*. 2010 Jan; 50 Suppl 1:S86-92.
120. Seguin RA, **Economos CD**, Palombo R, Hyatt RR, Kuder J, Nelson ME. Strength training and older women: a case study examining factors related to exercise adherence in a nationally disseminated community program. *J of Aging and Physical Activity*, 2010; 201-218.
121. Liu, E, Meigs, JB, Pittas, AG, McKeown, NM, **Economos, CD**, Booth, SL, Jacques, PF Plasma 25-Hydroxyvitamin D and markers of the insulin resistance phenotype in non-diabetic adults *J Nutr*. 2009 Feb; 139(2):329-34.
122. Goldberg J, Kozower C, McClarney MJ, Collins JJ, Folta S, Kuder J, **Economos CD**. Retooling food service for elementary school students in Somerville, MA: the Shape Up Somerville experience. *Prev Chronic Dis*, 2009;6(3).

123. **Economos C**, Folta SC, Goldberg J, Hudson D, Collins J, Baker, J, Lawson E, Nelson ME. A community-based restaurant initiative to increase availability of healthy menu options in Somerville, Massachusetts: Shape Up Somerville. *Prev Chronic Dis*, 2009;6(3).
124. Seguin RA, **Economos CD**, Palombo R, Hyatt RR, Kuder J, Nelson ME. Factors related to leader implementation of a nationally disseminated community-based exercise program: a cross-sectional study. *Int J Behav Nutr Phys Act*. 2008 Dec 4;5(1):62.
125. Anderson SE, **Economos CD**, Must A. Sociodemographic and weight status characteristics in relation to physical activity and screen time in US Children ages 4-11 years. *BMC Public Health*. 2008 Oct 22;8:366.
126. **Economos CD**, Sacheck J, Kwan Ho Chui K, Irizzary L, Guillemont J, Collins JJ, Hyatt RR. School-based behavioral assessment tools are reliable and valid for measurement of fruit and vegetable intake, physical activity and television viewing in young children. *J Am Diet Assoc*. 2008; 108:695-701.
127. Seguin RA, **Economos CD**, Hyatt R, Palombo R, Reed PNT, Nelson ME. StrongWomen community strength training program: design and national dissemination. *Prev Chronic Dis*. 2008; 5:A25.
128. Marcotte L, Hennessy E, Dwyer J, Hyatt RR, Goldberg JP, Naumova EN, **Economos CD**. Validity and reliability of a calcium checklist in early elementary school children. *Public Health Nutr*. 2008; 11:57-64.
129. **Economos C**, Hildebrandt L, Goldberg J, Ioannone L, Hyatt R. College freshman stress and weight change: differences by gender. *Am J Health Behav*. 2008; 32:16-25.
130. **Economos C**, Sacheck J, Hyatt R, Naumova E. Precision of lunar achilles+ bone quality measurements: time-dependency and multiple machine use in field studies. *Br J Radiol*. 2007; 80(959):919-25.
131. **Economos C**, Hyatt R, Goldberg J, Must A, Naumova E, Collins J, Nelson M. A community-based environmental change intervention reduces BMI z-score in children: Shape Up Somerville first year results. *Obesity*. 2007; 15:1325-1326.
132. Folta SC, Goldberg JP, **Economos C**, Bell R, Landers S, Hyatt R. Assessing the use of school public address (PA) systems to deliver nutrition messages to children: *Shape Up Somerville - Audio Adventures*. *J Sch Health*. 2006; 76:459-64.
133. Folta SC, Bell R, **Economos C**, Landers, S and Goldberg JP. Psychosocial factors associated with young elementary school children's intention to consume legumes: a test of the theory of reasoned action. *Am J Health Promot* 21:13-15, 2006.

134. Folta SC, Goldberg J, **Economos C**, Bell R, Meltzer R. Food advertising targeted at school-age children: a content analysis. *J Nutr Educ Behav*. 2006; 38:244-24.
135. \*Wetter AC, **Economos CD**, Relationship between quantitative ultrasound, anthropometry and sports participation in college aged adults. *Osteoporos Int*. 2004; 15:799-806.
136. Folta S, Goldberg J, Marcotte L **Economos CD**. Using focus groups to develop a bone health curriculum for after school programs. *Prev Chronic Dis*. 2004; 1:A06.
129. Porter M., Nelson M. E., Fiatarone M. A, Singh, Layne J. E., Morganti C. M., Trice I., **Economos CD**, Roubenoff R., and Evans W. J. Effects of long-term resistance training and detraining on strength and physical activity in older women. *J Phys Act Aging*. 2002; 10.
130. **Economos C**, Brownson S, DeAngelis M, Foerster S, Tucker Foreman C, Kumanyika S, Pate R. What lessons have been learned from other attempts to guide social change? *Nutr Rev* 2001; 59:S40-56.
131. **Economos CD**, Nelson ME, Fiatarone MA, Kehayias JJ, Dallal GE, Heymsfield SB, Wang J, Yasumura S, Ma R, Zhao M, Pierson RN. Bone mineral content: comparison of three commercially available dual energy X-ray absorptiometers and delayed gamma neutron activation to direct chemical analysis. *Osteoporos Int* 1999; 10:200-206.
132. Byers TB, Bales V, Ford E, Massoudi B, Mokdad A, Myers G, Pruden J, Smith SJ, Will J, Bolduc B, Doctor LJ, **Economos CD et al.** (The WISEWOMEN Workgroup). Cardiovascular disease prevention for women attending breast and cervical cancer screening programs: the WISEWOMEN projects. *Prev Med* 1999; 28:496-502.
133. **Economos CD**, Nelson ME, Fiatarone MA, Dallal GE, Heymsfield SB, Wang J, Yasumura S, Ma R, Vaswani AN, Russell-Aulet M, Pierson RN. A multi-center comparison of dual energy X-ray absorptiometers: In vivo and in vitro soft tissue measurement. *Eur J Clin Nutr* 1997; 51:312-317.
134. Roubenoff, R, Baumgartner, RN, Kiel, DP, Dallal, GE, Hannan, MT, **Economos, CD**, Stauber, PM, Wilson, PWF, Harris, TB. Application of bioelectrical impedance analysis to elderly populations. *J Gerontol A Biol Sci Med Sci*. 1997; 52:M129-36.
135. Nelson ME, Fiatarone MA, Layne JE, Trice I, **Economos CD**, Ma Ruimei, Pierson RN, Evens WJ. Analysis of body composition techniques and models in detecting compositional change in soft tissue with strength training. *Am J Clin Nutr* 1996; 63:678-686.
136. Ma R, Zhao X, Rarback HM, Yasumura S, Dilmanian FA, Moore RI, Lo Monte AF, Vodopia KA, Liu HB, **Economos CD**, Nelson ME, Aloia, JF, Vaswani, AN, Weber, DA, Pierson, RN. Calibration of the delayed-gamma neutron activation facility. *MedPhysics* 1996; 23:273-277.
137. **Economos CD**, Nelson ME, Fiatarone MA, Dallal GE, Heymsfield SB, Wang J, Yasumura S, Ma R, Vaswani AN, Russell-Aulet M, Pierson RN. A multi-center comparison of dual energy x-ray absorptiometers: *In vivo* and *in vitro* measurements of bone mineral content and density. *Bone Min Rsch* 1996; 11:275-285.



138. Morganti CM, Nelson ME, Fiatarone MA, Dallal GE, **Economos CD**, Crawford BM, Evans WJ. Strength improvements with 1 year of progressive resistance training in older women. *Med Sci Sports Exerc* 1995; 27:906-912.

**INVITED PAPERS AND REVIEW ARTICLES (REFEREED JOURNALS):**

139. Bleich SN, **Economos CD**, Spiker ML, Vercammen KA, VanEpps EM, Block JP, Elbel B, Story M, Roberto CA. A Systematic Review of Calorie Labeling and Modified Calorie Labeling Interventions: Impact on Consumer and Restaurant Behavior. *Obesity (Silver Spring)*. 2017 Dec;25(12):2018:2044. doi:10.1002/oby.21940.
140. **Economos CD**, Hammond, RA. Designing effective and sustainable multi-faceted interventions for obesity prevention and healthy communities. *Obesity (Silver Spring)*. 2017 Jul;25(7):1155-1156. doi: 10.1002/oby.21893
141. Recommended Dietary Pattern to Achieve Adherence to the American Heart Association/American College of Cardiology (AHA/ACC) Guidelines: A Scientific Statement From the American Heart Association. 2016. American Heart Association Nutrition Committee of the Council on Lifestyle and Cardiometabolic Health; Council on Cardiovascular Disease in the Young; Council on Cardiovascular and Stroke Nursing; Council on Clinical Cardiology; and Stroke Council. *Circulation*. 2016 Nov 29;134(22):e505-e529. (**Economos CD**, committee member).
142. VanEpps EM, Roberto CA, Park S, **Economos CD**, Bleich SN. Restaurant Menu Labeling Policy: Review of Evidence and Controversies. *Current Obesity Reports*. 2016 Mar;5(1):72-80.
143. \*Blondin SA, Anzman-Frasca S, Djang HC, **Economos CD** Breakfast consumption and adiposity among children and adolescents: an updated review of the literature. *Pediatr Obes*. 2016 Oct;11(5):333-48.
144. **Economos CD**, Hatfield DP, King AC, Ayala GX, Pentz M. Food and Physical Activity Environments: An Energy Balance Approach for Research and Practice. *American Journal of Preventive Medicine*. 2015 May;48(5):620-629.
145. Chriqui JF, **Economos CD**, Henderson K, Kohl HW 3rd, Kumanyika SK, Ward DS. Environmental change strategies to promote healthy eating and physical activity and reduce disparities. *Child Obes*. 2014 Feb;10(1):11-7.
146. **Economos CD**, Blondin S. Community-engaged obesity interventions. *Current Obesity Reports*. Springer. 2014, 199-205, DOI: 10.1007/s13679-014-0102-2.
147. **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.
148. Dolan PR, **Economos CD**. AJPM Childhood Obesity Challenge. *American Journal of Preventive Medicine*. 2013 May; 44(5): 563-4.

149. **Economos CD**, Tovar A. Promoting Health at the Community Level: Thinking Globally, Acting Locally. *Childhood Obesity*. February 2012; 8 (1): 19-22.
150. 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).
151. Nelson ME and **CD Economos**. Editorial comment for: Blazek N. Active video games may be useful in preventing childhood overweight, obesity. *Infectious Diseases in Children*. 2008;21(10):46.
152. **Economos, CD**, Curtatone, JA. Shaping up Somerville: A Community Initiative in Massachusetts. PrevMed. 2010 Jan;50 Suppl 1:S97-8.
153. Must A, Bennett G, **Economos CD**, Goodman E, Schilling J, Quintaliani L, Rosenbaum S, Vincent J, Ashe M. Improving Coordination of Law-Based Efforts across Jurisdictions and Sectors for Obesity Prevention and Control, *Journal of Law, Medicine, and Ethics*. Special Supplement to Volume 37:2, Summer 2009.
154. Ashe M, Bennett G, **Economos CD**, Goodman E, Schilling J, Quintaliani L, Rosenbaum S, Vincent J, Must A. Government and Private Sector Collaboration to Prevent Obesity. *Journal of Law, Medicine, and Ethics*. Special Supplement to Volume 37:2, Summer 2009.
155. **Economos C**, Irish S. Community Interventions: A brief overview and their application to the obesity epidemic *J Law Med Ethics*. 2007;35:131-7.
156. Must A, Hollander S, **Economos C**. Childhood obesity: A growing public health concern. *Expert Rev Endocrin Med*. 1: 233-254.
157. **Economos C**. Less Exercise Now, More Disease Later? The critical role of childhood exercise interventions in reducing chronic disease burden. *Nutr Clin Care* 2001; 4:306-313.
158. **Economos C**, Clay CD. Nutritional and health benefits of citrus. *Food, Nutrition and Agriculture* 1999; 24:11-18.
159. 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.
160. 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.
161. Goldberg J, Smith J, **Economos C**. Nutritional needs of the oldest old. *J Nut Clin Care* 1998;1:12-137.

162. **Economos CD**, Bortz SS, Nelson ME. Nutritional practices of elite athletes. *Sports Med*, 1993;16:38 1-399.

### BOOK CHAPTERS

163. Hennessy, E., Korn, A., & Economos, C. (2019). A community-level perspective for childhood obesity prevention.. In D. Bagchi (Ed.), *Global Perspectives on Childhood Obesity Current Status, Consequences and Prevention*. Academic Press.
167. \* 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.
168. **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.
169. \*Boulos, R. & **Economos, C**. Nutritional Considerations for the Active Adolescent in *Lifestyle Medicine*, 2nd Edition. Ed: J. Rippe, CRC Press, 2013.
170. **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.
171. **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.
172. 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.
173. **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.
174. **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.
175. **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

176. Hennessy, E., Korn, A., **Economos CD**. Using Systems Approaches to Catalyze Whole-of-Community Childhood Obesity Prevention Efforts. 2019. The Chicago Council on Global Affairs.

177. **Economos, C.**, Green, D. J., Mueller, M., Schultz, N., Gervis, J., Miller, G., & Pate, R. R. (2018). Increasing Students' Physical Activity Levels: Research and a Call to Action: Increasing Students' Physical Activity Levels: Research and a Call to Action. National Academies of Science, Engineering, and Medicine.
178. Performance Standards for Restaurants: A New Approach to Addressing the Obesity Epidemic. 2013. RAND Corporation (**Economos CD**, committee member).
179. 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)
180. 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*).
181. 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).
182. 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.
183. **Economos CD**, Sacheck J. Science-based policy statement on optimal nutrition for children playing soccer. Major League Soccer, 2007.

### PROCEEDINGS

184. Driving Action and Progress on Obesity Prevention and Treatment: Proceedings of a Workshop – in Brief. 2017. The Roundtable on Obesity Solutions of the Health and Medicine Division of the National Academies of Sciences, Engineering, and Medicine. 2017 Jan 4. <http://nationalacademies.org/hmd/Reports/2017/driving-action-and-progress-on-obesity-prevention-and-treatment-proceedings-in-brief.aspx> (**Economos CD**, organizer and participant).
185. 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).

### BOOKS

186. **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.
187. **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

188. **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**

- 2019 Tackling Childhood Obesity: Systems Modeling, Diffusion, Scaling, Cornell University, College of Human Ecology & College of Agriculture and Life Sciences. Ithaca, NY
- 2019 Tackling Childhood Obesity: Systems Modeling, Diffusion, Scaling, New York University School of Medicine, New York University Langone Health. New York, NY
- 2019 \*Catalyzing Communities: A Systems Approach. Concord Hospital Center for Health Promotion. Concord, NH
- 2018 Hassenfeld Institute Seminar: Child Obesity Modeling, at Brown University. Providence, RI
- 2018 Science and Sense of the Mediterranean Diet for Children. What Do We Know About Children? The Mediterranean Diet Roundtable at Yale University. New Haven, CT
- 2018 \*Research and Scholarship Day, U Mass Boston. Catalyzing Communities to Prevent Obesity: A Systems Approach. Boston, MA
- 2017 Cambridge Health Association Pediatric Grand Rounds. Integrating Community Strategies for Obesity Prevention: Shape Up Somerville, Shape Up Under 5, and the work of the Cambridge Health Alliance, Cambridge, MA
- 2017 Global Food+ 2017, Harvard University Weatherhead Center for International Affairs, Blending the Rigor of Science with the Innovation of Business to Reverse the Trend of Childhood Obesity, Cambridge, MA
- 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 21<sup>st</sup> 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

- 2020 Tackling Childhood Obesity: Systems Modeling, Diffusion, Scaling, University of Georgia, Leann Birch Memorial Childhood Obesity Lecture. Athens, GA
- 2019 Digging Deeper into the Science: EAT *Lancet* and Menus of Change Annual Report, Panelist, Menus of Change. Poughkeepsie, NY
- 2019 Healthy Kids Meals: Progress, Challenges, and Opportunities, Panelist, Menus of Change. Poughkeepsie, NY.
- 2019 The Prevention Problem – and the Potential of Community Partnerships to Solve It, Panelist, Combatting Childhood Obesity. Houston, TX
- 2019 Beyond the Doctor's Office, Panelist, PULSE: The Atlantic Summit on Health Care. Boston, MA
- 2019 Catalyzing Communities: A Systems Approach. Frontiers on Obesity, Diabetes and Metabolism. University of Iowa. Iowa City, IA
- 2019 \*Catalyzing Communities: A Systems Approach. Art & Science of Health Promotion Conference. Hilton Head, SC
- 2019 Physical Innovation & Collaboration Presentation. Roundtable on Obesity Solutions, Workshop. Washington, DC
- 2018 Catalyzing Communities to Prevent Childhood Obesity: A Systems Approach. The New Jersey Healthy Kids Initiative, Child Health in the 21<sup>st</sup> Century, New Brunswick, NJ
- 2018 Catalyzing Communities to Prevent Childhood Obesity: A Systems Approach. The Administration for Children and Families, 2018 National Research Conference on Early Childhood, Arlington, VA
- 2018 Systems Modeling in the Prevention and management of Obesity. Food and Nutrition Board, National Academy of Sciences, Washington, DC

- 2018 Catalyzing Communities to Prevent Obesity: A Systems Approach. 2018 Nutrition & Health Conference: State of the Science & Clinical Applications. University of Arizona, Center for Integrative Medicine. Boston MA
- 2018 Childhood Obesity Prevention: What Works at the Community Level, Roundtable on Obesity and Portions, Georgetown University McDonough School of Business, Washington, DC
- 2018 Fostering the Well-being in Early Childhood Through Nutrition and Physical Activity. Administration for Children and Families Conference, Washington, DC
- 2017 Collecting Diet, Activity, and Obesity Measures in Communities: Lessons Learned, National Institutes of Health, Pathways to Prevention Workshop: Methods for Evaluating Natural Experiments in Obesity, Washington, DC
- 2017 Better Health Partnership, ChildObesity 180: Blending Science and Business Approaches to Address Childhood Health and Obesity, Cleveland, Ohio.
- 2017 \*Greater New York Dietetic Association Mary Rose Swartz Memorial, Blending the Rigors of Science with the Innovation of Business to Reverse the Trend of Childhood Obesity, New York, NY
- 2017 Early Care and Education, Using Systems Science to Engage Communities in Obesity Prevention A Focus on Community Coalitions, Webinar
- 2017 Shape America National Convention and Expo, Best Practices in School District-Wide Efforts to Promote Students' Physical Activity, Boston, MA
- 2017 National Collaborative on Childhood Obesity Research (NCCOR) Member Meeting, Using Systems Science to Engage Communities in Obesity Prevention, Washington, DC
- 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 The Billion Mile Race Story: Inspiring and Challenging Schools and Communities to Collectively Walk, Run, and Jog One Billion Miles, American College of Sports Medicine (ACSM) Annual Meeting, Boston, MA
- 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, 30<sup>th</sup> 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**

- 2019 Shape Up Under 5: A Pilot Whole-of-Community Early Childhood Obesity Intervention. International Society of Behavioral Nutrition and Physical Activity Conference. Prague, Czech Republic

- 2019 Promotion of Physical Activity for Prevention of Obesity and Non-Communicable Diseases. Kuwait Institute for Scientific Research Workshop. Kuwait City, Kuwait
- 2017 Canadian Nutrition Society, 'Next Practices' Requires Collaboration to Solve Complex Issues: A Case for Child Obesity 180, Montreal, Canada
- 2016 HJR Consulting: Physical Activity and Nutrition health curriculum webinar (webinar based out of Alberta, Canada and broadcasted to various offices throughout Canada, July, 6, 2016)
- 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**

"La Comida Saludable Puede ser Rentable, Solo se Necesita Visión de Futuro." *Eldiario.es*, December 2019

"Children's menus revised for health concerns, evolving palates: 'Kids are not born with an innate desire for chicken Nuggets.'" *Chicago Tribune*, February 1, 2019.

"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**

“Holistic Efforts are Making a Dent in Childhood Obesity.” *Civil Eats*, July 19, 2017

“Childhood Obesity Historically High in Low-Income Communities.” *The Obesity Society* [via Globe Newswire], June 27, 2017

“Kicking Up the Kids’ Meal Quotient.” *QSR magazine*, September, 2016.

“Apache County had the Worst ‘food insecurity’ in U.S.; State Fared Poorly.” *Cronkitenews.com*, (Arizona PBS) September 16, 2016.

“Activists Say Restaurants Should Make Kid’s meals More Nutritious.” *Azcentral.com* (USA Today Network), September 13, 2016.

“Why ‘kid food’ Needs to be Overhauled.” *Fooddive.com.*, September 12, 2016.

“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**

“Counter Culture.” *Tufts Nutrition Magazine*, Winter 2018 (cover story).

“Sipping Toward Disaster” Winter 2016.

“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.