

September 2005

ANASTASIA M. SNELLING

Department of Health and Fitness

American University

Washington, DC 20016-8037

work: 202-885-6278

fax: 202-885-6288

email: ssnelli@american.edu

EDUCATION

Ph.D. Counseling and Development

American University, Washington, D.C., May 1990.

Dissertation title: "The Effects of a Cholesterol-Education Intervention on Selected Cholesterol-controlling Behaviors and Blood Cholesterol Levels of Samples of Adult Males and Females."

M.S. Health Fitness Management

American University, Washington, D.C., May 1985.

B.S. Clinical Dietetics

University of Connecticut, Storrs, CT, May 1981.

Employment

Dietitian Interstate United Corporation at Upstate Medical Center, Syracuse, N.Y., July 1981 - December 1983.

Developed, implemented, and evaluated nutritional care plans for patients in the following areas: surgery, neurology, and pediatrics. Assessed nutritional status of patients, developed and implemented long-range nutritional screening questionnaires and patient education materials for use in clinics. Selected to be the regional spokesperson for all pediatric nutrition concerns for the Central New York Dietetic Association. Organized orientations and staff in-service education programs that initiated communication inter-departmentally.

Nutrition Educator National Center for Health Fitness, American University, Washington, D.C. June 1985 - September 1987.

Responsible for the development, implementation, instruction, and evaluation of nutrition education courses directed towards worksite wellness programs. These programs have educated employees to modify their dietary practices leading to an increased awareness of diet and disease.

Deputy Director National Center for Health Fitness, American University, Washington, D.C., June 1993 - September 1994. Associate Director 1987-1993
As the Deputy Director I was responsible for the overall administration of NCHF.

Recruited, hired, and supervised senior personnel.

Developed and tracked three budgets totaling over \$1,000,000.

Wrote and edited technical proposals, research reports, and strategic plans.

Developed, implemented, and evaluated all nutrition education programs.

Assisted with the management of the graduate program including:
interviewed prospective students; advised and monitored academic work and internships;
taught graduate-level health courses; and served on these committees.

Nutrition Consultant 1984 -1996.

Private consultant to health promotion programs in the Washington area. Initiation, design, and implementation of nutrition programs, primarily for weight management and cholesterol reduction. Accepted referrals from physicians in the area for individual counseling with special emphasis on diet, education, and disease management.

Assistant Professor, College of Nursing and Health Science, George Mason University, Fairfax, VA, August 1994 - May 1996.

Courses: Dimensions in Mental Health, Clinical Nutrition, Community Health Education Programs, and Seminar on Contemporary Health Problems

Assistant Professor, Department of Health and Fitness, College of Arts and Sciences, American University, Washington, DC. September 1996- 2002

Associate Professor, Department of Health and Fitness, College of Arts and Sciences, American University, Washington, DC. September 2002 - present

Honor and Awards

The Outstanding Service Award from American University. May 1990.

The Dean W. Myerson Award from The National Center for Health Fitness. January 1993.

Fellow for the Association for Worksite Health Promotion. September 1994.

The Outstanding Leadership and Service Award from the Association for Worksite Health Promotion Region II. June 1995.

Fellow for the American College of Nutrition. April 2001.

Internship Faculty for the Month of March, American University, March 2004.

Publications

Book Chapters

Sports and Cardiovascular Nutritionist's Manual. Contributing Writer on Coronary Heart Disease: Prevention and Rehabilitation. 1989.

Schaeffer MA, Snelling A, Stevenson MO, and Karch RC. "Worksite Health Promotion Evaluation." In J.P. Opatz (Ed.) Economic Impact of Worksite Health Promotion, Human Kinetics Publishers, 1993. Pages 67-98.

Snelling A. "Lifestyle Intervention for Lipid Management." In Clinical Management of Dyslipidemia. Philips Healthcare Communications, Inc. 1998. Continuing Medical Education. Pages 15-20.

Snelling, A. "Self-Assessment Color Review of Pediatric Nursing and Child Health." Contributing author. Manson Publishing, 2000.

Snelling A, and Stevenson M. "Theories and Models to Support Program Planning" in *Worksite Health Promotion: A Field Manual*. Human Kinetics Publisher, 2004. Pages 7-18.

Refereed Articles

Seaward BL, and Snelling A. "Marketing strategies for a campus wellness program." *Journal of Health Education*, September/October, 1990. Pages 4-8.

Heilbraun J, Snelling A, and Schaeffer M. "Comparison of total cholesterol measurement using capillary analysis and laboratory blood analysis." *American Journal of Health Promotion*. September/October, 1995, Volume 10, Number 1, pages 12-14.

Snelling A, Kimball D, and Metcalf J. "The collegiate female athlete at-risk for eating disorders." *Journal of International Council for Health, Physical Education, Recreation, Sport, and Dance*. Winter 1997, pages 45-46.

Snelling A and Schulte N. "A health fitness challenge for a university campus." *Journal of College Student Development*. January 1999, pages 96-98.

Crespo C, Keteyian S, Andersen R, Snelling A, and Smit E. "Prevalence of no leisure time physical activity in patients with chronic disease." *Clinical Exercise Physiology*. August 1999, Volume 1, Number 2, pages 68-73.

Snelling A. and Schaeffer M. "Select nutrient intakes of health-science and nursing students." (abstract) *Journal of the American Dietetic Association*. September 1999S, Volume 99, Number 9, page 54.

Snelling A. and Stevenson M. "The weight management triad: dietary intervention, behavior change, and daily activity." *Journal of the American Academy of Physician Assistants*. Accepted for Category I Continuing Medical Education. September 1999, 12:9, 23-39.

Smith S, Walbourn L, and Snelling A. "Investigating current trends in worksite weight management programs." (abstract) *American Journal of Health Promotion*. 14:5, 333.

Snelling A, Schaeffer M, Crespo C, Barilotti L, and Landis D. "The comparison of osteoporosis knowledge, bone mineral density, and dietary calcium intake in female college athletes as compared to non-athletes." (abstract) *Journal of the American Dietetic Association*. September 2000S(100:9) A-103.

LeGrand V, and Snelling A. "Nutrition advocacy: a key to change." (abstract) *Journal of the American Dietetic Association*. September 2000S, (100:9) A-30.

Snelling A, Crespo C, Schaeffer M., Smith S., Walbourn L. "Body mass index and physical activity and their relationship to osteoporosis in postmenopausal women: results from the third

national health and nutrition examination survey 1988-1994.” *Journal of Women’s Health and Gender-Based Medicine*. 2001;10(1):59-67.

Snelling A, Tucker L, Adams T. “Stages of change, self-efficacy, and daily calcium intake in a sample of college females.” (abstract) *Journal of the American College of Nutrition*. October 2001.

Tucker L, Snelling A, Adams T, Crucitti C, Schaeffer M. “Validation of a stages of change for calcium consumption for college population.” (abstract) *American Journal of Health Promotion*. July/August 2002. Page 365.

Barilotti L, Snelling A, Schaeffer M, Simon M, Hoecke H. “Motivational impact of pedometers on self-report of physical activity and stage of change.” (abstract) *American Journal of Health Promotion*. July/August 2002. Page 365.

Crespo CJ, Smit E, Snelling A, Sempos CT, Anderson RE. “Hormone replacement therapy and its relationship to lipid and glucose metabolism in diabetic and non-diabetic postmenopausal women: results from the third National Health and Nutrition Examination Survey.” *Diabetes Care*. October 2002, issue 25; pages 1675-1680.

Snelling A, Schaeffer M, Lehrhoff S. “Dieting patterns of college students: implications for health educators” *Journal of Health Education*. November/December 2002. Volume 33, #6, pages 357-361.

Tucker L, Snelling A, Adams T. “Development and validation of stages of change algorithm for calcium intake.” *Journal of American College of Nutrition*. December 2002. Volume 21:530-535.

Snelling A. Guest editor of *Absolute Advantage*, special edition on “Professional preparation for health promotion education across the United States.” February 2004.

Snelling A, Bachtel J, Karch R. “Promoting Healthful Eating: Employer Strategies. National Business Group on Health Issue Brief. June 2004.

Moeller M, Snelling A. “Prevalence of Lifestyle Modification Advice to Iowans with High Blood Pressure: the Behavioral Risk Factor Surveillance Survey, 2002. *American Journal of Health Promotion*. Accepted, July 2005.

Snelling A, Adams T, Korba C, Tucker L. “Stage of change and calcium consumption for college males. *The Journal of the American Dietetic Association*. Revised and resubmitted, May 2005.

Snelling A, Schaeffer M, Job K, Baumgarten K. “Stages of change as a function of fruit and vegetable campaign: A comparison between German and American college students.” *International Journal of Nutrition and Physical Activity Behavior*. Under review. July 2005

Invited Articles

Snelling A., Meholick E., Seaward BL. "Counseling skills for the health professional." *Fitness Management*. January 1990.

Seaward BL., Snelling A. "Essential qualities and skills of a health promotion professional." *Fitness Management*, March 1990.

Snelling A., Stevenson MO. "Annual reporting: a must for program survival" *Worksite Health*. Winter 1997 pages 20-22.

Snelling A. "A concise guide to nutrition counseling." *Patient Care*. April 30, 1997 pages 47-53.

Snelling A. "Annual reporting." *Wellness Program Management Advisor*. Fall 1997 pages 1-2.

Snelling A, Gillespie J, Jay C, Miller J, Baron R. "A community cooperative on ulcer education: a case study." *Worksite Health*. Fall 2000 page 20-22.

Snelling A, Crespo C, Schaeffer M. Osteoporosis: modifiable and nonmodifiable risk factors. *Menopause Digest*. Volume 13, Issue 5, pages 13-15. 2001.

Technical Reports

Karch RC, Hills KJ, Jackson WE, Mayer RM, Newton DL, Schaeffer MA, and Snelling AM. Strategic Plan for the Allstate Wellness Program. August 1988.

Karch, RC, Johnson C, Snelling A, Smith D, Stevenson M, and Schaeffer MA. Strategic Plan for the Defense Mapping Agency. October 1989.

Karch, RC, Schaeffer M, Stevenson MO, Newton D, Krieger M, and Snelling A. Effectiveness and Benefit Measures of the Headquarters, Army Materiel Command Health Promotion Program 1985-1989. December 1991.

Snelling A. The Community Cooperative for Ulcer Education 1997. May 1998.

Lectures

Professional Meetings

"Strategies for a Campus Wellness Program" with B Seaward. Michigan State Healthy U-Conference. October 1989.

"The Impact of a Cholesterol-Education Intervention on Blood Cholesterol and Selected Cholesterol-Controlling Behaviors" with M. Schaeffer. Art and Science of Health Promotion Conference. February 1991.

"Change in Total Blood Cholesterol, LDL, HDL, and Selected Cholesterol-Controlling Behaviors as a Result of a Cholesterol-Education Intervention" with M. Schaeffer. National Conference on Cholesterol and High Blood Pressure Control, April 1991.

"Training the Trainer: A Wellness Training Workshop for the Health Promotion Professional" with J. Heilbraun, D. Smith, B. Meholick, and M. Stevenson. Association for Fitness in Business National Conference. September 1991.

"Counseling Fitness: Stretching and Strengthening Your Counseling Skills." Association for Fitness in Business Region 2 Conference. June 1992.

"Weight Loss Competition in a Blue Collar Workforce" with M. Schaeffer and M. Wolk. National Association for Fitness in Business Conference. September 1992.

"Economic Impact of the Headquarters, Army Materiel Command Health Promotion Program" with M. Schaeffer, M. Stevenson, D. Newton, M. Krieger, and R. Karch. Association for Worksite Health Promotion International Conference. September 1992.

"Total Cholesterol Comparison: Reflotron Capillary Analysis Versus Laboratory Venous Blood Analysis" with J. Heilbraun, M. Bergel, L. Williams, and M. Schaeffer. Art and Science of Health Promotion Conference. February 1993.

"Developing an Optimal Wellness Course for College Students" with B. Meholick. American College of Personnel Association. March 1993.

"The Health Risk Improvement as a Function of Military or Civilian Status." Association for Worksite Health Promotion International Conference. September 1994.

"Nutrition Trends." Association for Worksite Health Promotion Region II Conference. June 1995.

"Nutrition for the Athlete." Virginia Conference of the American Alliance for Health, Physical Education, Recreation, and Dance. November 1995.

"Writing the Annual Report." American Heart Association Heart at Work Conference, Baltimore, MD. April 1996.

"Effectively Delivering the Health Message." Association for Worksite Health Promotion Region 2 Conference, Ocean City, MD. June 1996.

"Pre-testing Health Promotion Materials." Wellness on a Shoestring Conference, Easton, MD. October 1996.

"Eating Behaviors of Health-Science Students" (poster) Art and Science of Health Promotion Conference, Hilton Head, SC. March 1997.

"Annual Reporting." Community College Wellness Conference, Dallas, TX. April 1997.

"Communicating Program Results" with M. Stevenson. Association for Worksite Health Promotion Region 2 Conference, College Park, MD. April 1997.

"A 10-year Review of the AWHP Student Chapter" (poster). Association for Worksite Health

Promotion Conference. Chicago, IL September 1997.

“Nutrition Across the Lifespan” (preconference workshop). Art and Science of Health Promotion Conference, Monterey, CA. March 1998.

“Past and Future Trends of Health Promotion” with M. Stevenson. Association for Worksite Health Promotion Region 2 Conference, Annapolis, MD. April 1998.

“Health Legislation: A Call to Action” with R. Stephens. Pennsylvania Wellness Conference, Harrisburg, PA. May 1998.

“Trends in School-based Health Promotion” with M. Stevenson. Keystone Health Promotion Conference, Grantham, PA. June 1998.

“Sound Advice for a Lifetime of Good Health” with L. Dukes. National Conference on Federal Employee Assistance and Health Enhancement Programs, McLean, VA. September 1998.

“The Annual Report: Communicating Results Effectively.” Association for Worksite Health Promotion Conference, September 1998.

“Nutrition Programming at the Worksite.” Association for Worksite Health Promotion Conference, Anaheim, CA. September 1998.

“A Community Cooperative for Ulcer Education.” The Disease Management Congress, Pasadena, CA. February 1999.

“Health Advocacy: A Call to Action.” Art and Science of Health Promotion Conference, Amelia Island, FL. March 1999.

“Weight Management Programs at the Worksite.” The Pennsylvania Wellness Conference, Harrisburg, PA. May 1999.

“Applying Policy Lessons Learned from Tobacco to Physical Activity” with B. Leonard (poster). The National Conference on Health Education and Health Promotion in Washington, DC, June 1999.

“Effectiveness of Nutrition Services: Workplace Wellness” with D. Jones. Food & Nutrition Beyond Borders II, a joint conference of the American Dietetic Association and the Dietitians of Canada in Vancouver, British Columbia, Canada, June 1999.

“Building Strong Foundations to Support Health Promotion Programs with G. Pfeiffer (preconference workshop). Association for Worksite Health Promotion, Nashville, TN. September 1999.

“Select Nutrient Intakes of Health-Science and Nursing Students” with M. Schaeffer (poster). The American Dietetic Association Conference, Atlanta, GA. September 1999.

“The Clean Indoor Air Act for Physical Activity” with B. Leonard. Chronic Disease Prevention and Control, Dallas, TX. December 1999.

“Network to Improve Community Health Hypertension Project: an Analysis and Evaluation” with Miller, J, Wasserman, B, Reitz, R, and Bricker, D. Partnerships for Health in the New Millennium, Washington, DC. January 2000.

“Weight Management at the Worksite” with Smith, S., and Walbourn, L., (poster) Art and Science of Health Promotion Conference, Colorado Springs, CO. March 2000.

“Performance Measures: A Case Study in Progress” with Fogash, D., and Lewandowski, L. Association for Worksite Health Promotion Region 2, Baltimore, MD. April 2000.

“The Comparison of Osteoporosis Knowledge, Bone Mineral Density, and Dietary Calcium Intake in Female College Athletes as Compared to Non-athletes.” With Schaeffer M, Crespo C, Barilotti L, and Landis D. (poster) The American Dietetic Association Annual Meeting. October 2000.

“Nutrition Advocacy: A Key to Change” with LeGrand V. (poster) The American Dietetic Association Annual Meeting. October 2000.

“Critical Leadership Skills That Transcend Time” with S. Liebenow (preconference workshop) The Art and Science of Health Promotion Annual Conference. February 2001.

“Yesterday is History, Tomorrow is a Mystery, Today is a Gift: The Health Promotion Industry.” Keynote Address at the Annual Meeting of L & T Wellness, Inc. April 2001.

“Diabetes self-management education for the 21st century.” Diabetes Summit. October 2002.

“Stages of change a ten-year review across lifestyle behaviors.” (panel) The Art and Science of Health Promotion Annual Conference. February 2002.

“Validation of a stages of change algorithm for calcium consumption for college population.” (poster) The Art and Science of Health Promotion Annual Conference. February 2002.

“Motivational impact of pedometers on self-report of physical activity and stage of change.” (poster) The Art and Science of Health Promotion Annual Conference. February 2002.

“Fruit and vegetable intake and association of self-efficacy and stages of change: a comparison of German and American college students.” (poster) The Art and Science of Health Promotion Annual Conference. February 2003.

“Education and Research: Connecting Europe and America.” European Conference on Health Promotion and Education, Perugia, Italy. 18-21 June 2003.

“Workplace strategies for addressing the obesity crisis.” Maryland Health Care Coalition. September 2003.

“Nutrition programs at the worksite.” Maryland is for Movers Conference. May 2004.

“Comparative analysis of popular weight management programs.” International Racquet, Sport, and Health Association with Art and Science of Health Promotion Annual Conference. San Francisco, CA. March 2005.

Research

Contracts and Grants Received

"Nutrition Knowledge and Behaviors of Undergraduate Students in the Nursing and Health Science Programs," funded by the College of Nursing and Health Science for AY '95-'96. George Mason University. \$3,292.

"Health and Fitness Challenge" University Learning Center Grant accepted by the Provost Office. George Mason University. March 1996. \$10,000.

New Faculty Award to present the results of the study, “Nutrition Knowledge and Behaviors of Undergraduate Students in the Nursing and Health-Science Programs,” funded by the American University Senate for AY ‘96-‘97. \$1,000.

CAS Mellon Research Grant to develop a new course, Integration of Health Promotion into Managed Care Organizations. American University February 1997. \$300.

Community Cooperative for Ulcer Education funded by the Healthcare Council. June 1997 - December 1997. \$8,502.

CAS Mellon Travel Grant for a presentation at the Keystone Wellness Conference. American University May 1998. \$300.

Association for Worksite Health Promotion, “Development of a Survey for Worksite Health Promotion Activities.” June 1998-October 1998. \$18,500.

CAS Mellon Research Award: Bone Mineral Density and College Women. American University, \$1,700. Awarded February 1999.

California –5-a-Day Worksite Program Research Project. Subcontractor to The Lifestyle Research Group. \$15,500. Awarded September 2001.

CAS Mellon Research Award: Exercise Adherence Utilizing the Pedometer with M. Simon and H. Hoeke. \$1,200. Awarded December 2001.

General Education Faculty Assistance Program. Graduate Assistance with the Nutrition course to write weekly columns for the Eagle with undergraduate students. \$500. Awarded December 2001; Fall 2003; Fall 2005.

Editorial Activities

Manuscript reviewer for The Journal of the American Academy of Physician Assistants

Manuscript reviewer for Journal of the Society of Nutrition Education and Behavior

Manuscript reviewer for American Journal of Health Promotion

Consultant Activities

Krames Publishing for Nutrition brochures. May 1998.
National Pharmaceutical Council May 1998
Astra Pharmaceuticals September 1999
Network to Improve Community Health, September 2002
Sensei Communication, June 2004
STG International, April 2005
American Association for Retired Persons, June 2005
McGraw Hill, Publishing, June 2005
Susan Komen Breast Cancer Foundation, 2005-

Media Appearances

"Fighting Cancer with Your Fork" delivered to the Morning Show, produced by WDJY-FM. April 1989.

"The Relationship of Nutrition and Cancer" delivered to The Mike Cuthbert Show, produced by WAMU-FM. April 1989.

"Shopping for Healthy Alternatives" produced by ESPN. September 1989.

"Weighing the Options" quoted in the Journal Newspaper. June 1997

"Give thanks, eat wisely" quoted in the Washington Time. November 2002.

"Low-carbohydrate craze" interviewed and quoted in the Wall Street Journal. December 2003.

"McDonalds discontinues supersize portion size." Interviewed on Fox-Morning Program. March 2004.

"Schools, universities, and corporations: What are they doing in the cafeteria to combat obesity." Interviewed on Fox News Television. September 2004.

"Good nutrition to support healthy hair." Interviewed for Washington Times. November 2004.

"Working Women's Guide to Good Nutrition." Interviewed for Washington Women. July 2005.

Teaching Responsibilities

Regularly teach the following courses:

Undergraduate: nutrition, health promotion programming, senior seminar

Graduate: nutrition, health communication, health promotion in health care

University Service 2003-2005

Wellness Project Team, University Committee

Academic Project Advisory Team, University Committee

Educational Policy Committee, CAS

Department of Health and Fitness
Curriculum Committee, chair
Merit Committee, member
Rank and Tenure Committee, chair

Memberships and Professional Activities

American Dietetic Association - Registered, 1981
Sports and Cardiovascular Nutritionist Practice Group

Building Health Promotion into the National Agenda, Art and Science of Health Promotion;
Grassroots Committee, Chair 2000-2003; Communications Committee 2004-

Association for Worksite Health Promotion (AWHP)

First Vice-President, Communications, 1998
Coordinator, Professional Preparation Practice Group 1997-1998
Chair, Research Committee, International Conference 1997
Coordinator, Research Practice Group 1995-1996
Communication Chair, Region II 1995-1996
Chair, Research Committee, International Conference 1995
Past-President, Region II 1995
President, Region II 1994
President-Elect, Region II 1993
Faculty Advisor for AWHP Student Chapter at American University 1990-present
Chair of Education Committee, Region II 1992-1993

Disease Management Congress, Executive Board 1998 – 2004
Diabetes Summit, Patient Education Committee, Chair 2001- present

Society for Nutrition Education

President, Metro-DC Affiliate 2005-
Represent SNE on the National Initiative for Promoting Healthy Eating and Physical Activity
and Preventing Obesity. 1999-
Local Arrangements Chair for National Conference 1992
President, Metro-DC chapter, 1990-1991
President-Elect, Metro-DC chapter, 1989-1990
Treasurer, Metro-DC chapter, 1987-1988

Virginia American Alliance of Health, Physical Education, Recreation, and Dance

Past-chair of Worksite Section 1998
Chair of Worksite Section 1997
Chair-elect of Worksite Section 1996