
ANASTASIA M. SNELLING

Department of Health Studies
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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.

PROFESSIONAL EXPERIENCE

College of Arts & Sciences at American University, Washington, DC

Chair, Department of Health Studies

2015-present

Dean, School of Education

2015-2016

❖ Professor

2014 –

❖ Associate Dean

2009–2015

❖ Associate Professor

2002-2014

❖ Assistant Professor

1996-2002

Assistant Professor, College of Nursing and Health Science

George Mason University, Fairfax, VA,

1994 - 1996

Deputy Director, National Center for Health Fitness

American University, Washington, D.C.,

1987 –1994

As the Deputy Director I was responsible for the overall administration of NCHF.

❖ Recruited, hired, and supervised senior personnel.

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

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

Nutrition Educator, National Center for Health Fitness

American University, Washington, D.C.

1985 –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.

Nutrition Consultant

1984 -1996

As a private consultant to health promotion programs in the Washington area, designed, and implemented nutrition programs, primarily for weight management and cholesterol reduction. Provide individual counseling with special emphasis on diet, education, and disease management to patients referred by local physicians.

Dietitian, Interstate United Corporation at Upstate Medical Center
Syracuse, N.Y.

July 1981 – Dec. 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.

AWARDS

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

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

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

The Outstanding Service Award from American University - May 1990.

APPOINTMENTS

Center for Behavioral Neuroscience. American University. May 2013 - present.

Council for Wellness Accreditation and Education. National Wellness Institute. University of Wisconsin, Stevens Point, WI. March 2012 – 2016.

Preventive Medicine/Biometrics; Associate Professor Appointment. Uniformed Services University of the Health Sciences. Bethesda, MD. May 2010 – present.

- Present lectures annually on worksite health promotion and nutrition behavior change theories.
- Committee member on a dissertation committee 2013-2016.

Healthy School Act Committee; Member. Office of the State Superintendent of Education Washington, DC. Fall 2010 – 2016.

- Participate in quarterly meeting on the implementation and evaluation of the Healthy Schools Act and other related health metrics used to make policy recommendations.

National Advisory Panel, member. Wellness Councils of America. 2010 – 2014.

School Health Advisory Board, Chair. Arlington County Public School District. Arlington, VA.

May 2009 – August 2013.

Fellow for the American College of Nutrition. April 2001- present

PUBLICATIONS (in reverse chronological order)

Book

Snelling A. **Introduction to Health Promotion**. Jossey-Bass Publisher. San Francisco, CA. September 2014.

Book Chapters

Belson, S, Snelling, A, & Young, J. (2018). **A Community-based Approach to Providing Health and Education Supports for Students with Disabilities Living in Affordable Housing in Family, School, and Community Partnerships for Students with Disabilities**. Springer Publishing. Due out late 2018.

Snelling, A. and Kirkpatrick, K. (2015) **Worksite Nutrition in Workplace Health Promotion**, 4e Michael O'Donnell. Delmar Thomson Learning Publisher. Pages 485-512.

Snelling, A. (2012). **The Impact of Nutrient-based Standards on the School Cafeteria Pre- and Post-implementation of a Wellness Policy in Health Studies: Economics, Management and Policy**, edited by Douglas Angus & Zoe Boutsoli. ATINER Publisher. Pages 235-244. ISBN: 978-960-9549-25-7.

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

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

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

Schaeffer, M.A., Snelling, A., Stevenson M.O., and Karch R.C. (1993). **Worksite Health Promotion Evaluation in Economic Impact of Worksite Health, Promotion**. JP Opatz. Human Kinetics Publishers. Pages 67-98.

Snelling, A. (1989). Sports and Cardiovascular Nutritionist's Manual. Contributing Writer on Coronary Heart Disease: Prevention and Rehabilitation.

Refereed Publications 2003-present

Snelling, A., Bachtel, J.*, Karch, R. (2004). Promoting Healthful Eating: Employer Strategies. National Business Group on Health Issue Brief. Pages 1-12.

Snelling, A. (2004). Guest editor of *Absolute Advantage*, Professional preparation for health

promotion education across the United States. Wellness Councils of America.

Refereed Articles

Papers in Progress

Irvine Belson S, Cotter E, Snelling A. Health behaviors and grades: An analysis of YRBS data. AERA. To be submitted July 2018.

Snelling A, Watts E, Albershadt R. Residents' view of healthy corner store programs. Journal for Health Care for the Poor and Underserved. To be submitted July 2018.

Papers Under Review

Elsemore J, Young J, Snelling A. **Higher education's role in food justice matters.** *Gastronomica*. May 2018.

Published Articles

Cotter L, Elsemore J, Snelling A. **Vivir Sano: Examining the feasibility and preliminary effectiveness of a community-based obesity prevention program.** *Journal of Health Education*, accepted October 2017.

Gardner J, Snelling A, Ronzio C. Transformational learning in undergraduate public health education: Course design for generation Z. *Pedagogy for Health Promotion*. 2017:1-6.
doi.org/10.1177/2373379917721722

Snelling A, Irvine Belson S, Watts E, George S*, Van Dyke H, Malloy E, Schlicker S, Katz N. **Measuring the implementation of a school wellness policy.** *Journal of School Health*. 2017;87(10):760-768.

Snelling A, Newman C, Watts E, Kalicki M*, Van Dyke H, Malloy E, Ghamarian Y, Guthrie J, Mancino L. **Pairing fruit and vegetables to promote consumption in elementary school cafeterias.** *Journal of Child Nutrition Management*. 2017;41(1).

Snelling A, Newman C, Guthrie J, Mancino L, Ellsworth D*, George S*, Kalicki M*, Van Dyke H, Malloy E, Nash K. **Engaging elementary students with taste tests to promote vegetable consumption.** *Health Behavior and Policy Review*. 2017;4(1):67-75.
DOI: doi.org/10.14485/HBPR.4.1.8

Snelling A, Irvine Belson S, Watts E, George S, Van Dyke, H, Malloy E, Kalicki M. **Translating School Health Research to Policy: School Outcomes Related to the Health Environment and Changes in Mathematics Achievement.** *Appetite*. 2015:
dx.doi.org/10.1016/j.appet.2015.06.001

Ellsworth D,* George, S*, Snelling A. **Is it Time to Reconsider Offer versus Serve?** *Journal of*

School Health. 2015; 85(9):575-577.

Snelling A, Irvine Belson S, Beard J, Young K. **"Associations between grades and physical activity and food choices: Results from YRBS from a large school district."** *Health Education*. 2015;115(2):141-151. Received a "Highly Commended Paper in the 2016 Emerald Literati Network Awards for Excellence."

Ellsworth D,* Ernst J, Snelling A. **"A mobile farmers' market brings nutrition education to low-income students."** *Health Education*. 2015;115(2):171-177.

Gage H, Snelling A, Williams P. **Self-reported health and health behaviours of women students in an English and an American University: an explorative study.** *Health and Education*. 2014;32(3):103-109.

Snelling A, Maroto M, Jacknowitz A, Waxman, E. **"What works in elementary school-based food pantries? Perspectives from food bank and school pantry personnel."** *Journal of Hunger and Environmental Nutrition*. 2014;9(3):350-361. Doi: 10.1080/19320248.2014.929549

Dombrowski J, Snelling A, Kalicki M*. **Health promotion overview: Evidence-based strategies for Occupational Health Nurse Practice.** *Workplace Health and Safety*. 2014;62(8):1-8.

Maroto M, Snelling A, Linck H. **"Food insecurity among community college students: prevalence and association with grade point average."** *Community College Journal of Research and Practice*. 2014; online. Doi:10.1080/10668926.2013.850758

Young K*, Snelling A, Irvine Belson S. **"Consumption of fruits and vegetables in middle school students following the implementation of a school district wellness policy."** *Journal of Child Management and Nutrition*. 2013;37(2).

Snelling, A., Stevenson, M. **"Taking care of our teachers."** *Education Week*. August 21, 2013.

Snelling A. **"A community-academic partnership to promote student health and education outcomes."** *Journal of Health Care for the Poor and Underserved*. 2013;24(2):97-102. doi: 10.1353/hpu.2013.0110

Snelling, A., Ernst, J., Irvine Belson, S. **"Teachers as role models in the fight against childhood obesity."** *Journal of Pediatric Biochemistry, special edition*. 2013; 3 (1):55-60.

Snelling, A., Irvine Belson, S., Young, J.* **"School health reform."** *Journal of Child Management and Nutrition*. 2012;36(1).

Snelling, A. **"Health education teachers: A call to lead, A Commentary"** *American Journal of Health Education*. 2012;43(3):132-134. doi:10.1080/19325037.2012.10599229

Snelling, A., Yezek, J.* **"The effect of nutrient-based standards on competitive foods in**

middle and high schools: Potential savings in kilocalories and macronutrient quantities.” *Journal of School Health*. 2012;82:91-96. doi: 10.1111/j.1746-1561.2011.00670.x

Snelling, A., Kennard, T*. **“The impact of nutrition standards on competitive food offerings and purchasing behaviors of high school students.”** *Journal of School Health*. 2009;79:541-546. doi: 10.1111/j.1746-1561.2009.00446.x

Snelling, A., Korba, C.*, Burkey, A.* **“A comparison of the offerings and purchases of food at three high schools.”** *Journal of School Health*. 2007;77:703-707. doi:10.1111/j.1746-1561.2007.00254.x) .

Moeller, M.*, Snelling, A. **“Prevalence of lifestyle modification advice to Iowans with high blood pressure: The Behavioral Risk Factor Surveillance Survey.”** *American Journal of Health Promotion*. 2006;20 #6, 392-396. doi: 10.4278/0890-1171-20.6.392

Snelling, A., Adams, T., Korba, C.*, Tucker, L.* **“Stage of change and calcium consumption for college males.”** *Journal of the American Dietetic Association*. 2006;106, (6), 904-907. doi:10.1016/j.jada.2006.03.008

Refereed Publications 1996-2002

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

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

Crespo, C.J., Smit, E., Snelling, A., Sempos, C.T., Anderson, R.E. **“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*. 2002; 25; 1675-1680.

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

Snelling, A., Crespo, C., Schaeffer, M., Smith, S.*, Walbourn, L.* **“Modifiable and Nonmodifiable Factors Associated with 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., 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. 1999;12:9, 23-39.

Crespo, C., Keteyian, S., Andersen, R., Snelling, A., Smit, E. **“Prevalence of no leisure time**

physical activity in patients with chronic disease." *Clinical Exercise Physiology*. 1999;1, (2) 68-73.

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

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

Heilbraun, J., Snelling, A., Schaeffer, M. **"Comparison of total cholesterol measurement using capillary analysis and laboratory blood analysis."** *American Journal of Health Promotion*. 1995; (10) 12-14.

Seaward, B.L., and Snelling, A. **"Marketing strategies for a campus wellness program."** *Journal of Health Education*, 1990; 4-8.

Published Abstracts 2003 -present

Marco A,* Snelling A, Mitra A, Morrissey T. "The impact of food labeling on purchasing patterns in an underserved community." **Journal of the Academy of Nutrition and Dietetic**. October 2012.

Maroto, M. Snelling, A. "Health and education student behaviors: Are students entering the caring profession caring for themselves?" **Journal of Nutrition Education and Behavior**. July 2012.

Snelling, A. "Shaping school wellness policies to address childhood obesity." **Journal of the American College of Nutrition**. June 2012.

Snelling, A., Ernst, J. Teachers as Health Role Models. **Journal of the American Public Health Association**. 2011.

Snelling, A. "A Nutrition Education Certificate Program." **Journal of Nutrition Education and Behavior**. August 2010.

Snelling, A., Kennard, T.* "Nutrient-based standards use to improve competitive foods." **American College of Nutrition**. October 2008.

Yezek, J.*, Snelling, A. "Offerings and purchases of competitive foods pre- and post a nutrition policy." **American Journal of Health Promotion**. June/July 2008.

Swisher, J.*, Snelling, A. "2007 Best-selling weight loss books: A Review." **American Journal of Health Promotion**. June/July 2008.

Snelling, A., Job, K.* "Fruit and vegetable consumption and self-efficacy differences between American and German Students." **Journal of the American Dietetic Association**. September

2007.

Snelling A., Schlebe, C*. Association between physical activity and type 2 diabetes among older adults. **Journal of American Public Health Association.** 2007.

Published Abstracts 1996-2002

Barilotti, L.*, Snelling, A., Schaeffer, M., Simon, M., Hoecke, H. "Motivational impact of pedometers on self-report of physical activity and stage of change." **American Journal of Health Promotion.** 2002; 365.

Tucker, L.*, Snelling, A., Adams, T., Crucitti, C., Schaeffer, M. "Validation of a stages of change for calcium consumption for college population." **American Journal of Health Promotion.** 2002;365.

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

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

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

Snelling, A., and Schaeffer, M. "Select nutrient intakes of health-science and nursing students." **Journal of the American Dietetic Association.** 1999S;99,54.

Invited Articles

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

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

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

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

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

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

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

Grant and Government Reports

Snelling A, Watts E, Albershardt R, Van Dyke H, Kpamegan N. DC's Healthy Corner Store Program: An Evaluation 2014-2016. 2017.

Snelling A, Watts E, Kalicki M, Van Dyke H, Kpamegan N. DC Food Environment and Lunch Consumption: Findings & Recommendations. 2017.

Watts E, Snelling A, Irvine-Belson S, Van Dyke H, Malloy E, Ghamarian Y. The Health Schools Act of 2010: Building Health School Environments. Kaiser Permanente of the Mid-Atlantic Region. 2016

Snelling A, Ernst J, Ellsworth D. USDA-Team Nutrition report on the Community Voices for Health Expansion Project. 2013.

Snelling A, Irvine Belson, S. Measuring the Impact of the Healthy Schools Act. Kaiser Permanente of the Mid-Atlantic Region. 2012 & 2013.

Snelling, A., Jacknowitz, A., Maroto, M., Kalamchi, S., Brannegan, A. Understanding Feeding America Elementary School-Based Food Pantries. October 2012.

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

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

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

Karch, R.C., Hills, K.J., Jackson, W.E., Mayer, R.M., Newton, D.L., Schaeffer, M.A., and Snelling, A.M. Strategic Plan for the Allstate Wellness Program. August 1988.

PRESENTATIONS (in reverse chronological) ***Presentation of Referred Papers 2003 – present***

Healthy Corners Program in Washington, DC: Sustainable Factor Analysis. Society of Nutrition Education and Behavior. July 2018.

Healthy Schoolhouse 2.0: Initial implementation and results. Society of Nutrition Education and Behavior. July 2018.

Integrating nutrition literacy into elementary schools in Washington, DC. Food and Nutrition Conference, Academy of Nutrition and Dietetics. October 2018.

Understanding education opportunities in two countries (with S. Irvine Belson). **Eastern Educational Research Association**. February 2018.

Is there a relationship between health and education? (with S. Irvine Belson and E. Cotter). **World Nutrition Congress**. November 2017.

Cuba and the US: A comparative look at health and education services. (with S. Irvine Belson) **American School Health Association conference**. October 2017.

Vivir Sano: Examining the Feasibility and Preliminary Effectiveness of a Community-Based Obesity Prevention Program (with E. Cotter, V. Bera, M. Cadena, J Elsemore). **American Psychological Association conference**. August 2017.

Implementation of school wellness policies. **American School Health Association annual conference**. October 2016.

Using school policy to improve the school health environment. **American Public Health Association Annual conference**. November 2014.

Using behavioral economic strategies to promote healthful food choices. **Eurosense Conference**, Denmark. September 2014.

Taste-test interventions spark elementary-school children's interests and appetites (with S. Sunderlin, M. Kalicki, C. Newman, L. Mancino, J. Guthrie). **American Society of Nutrition Conference**. December 2013.

School wellness policies: Are they achieving the intended results? (with S. Irvine Belson). **American School Health Association Conference**. October 2013.

Understanding the factors that influence school food pantry participation (with A. Jacknowitz, A. Brannegan, and M. Moroto). **National Association for Welfare Research and Statistics**. August 2013.

School meals experiment: Can a taste test increase vegetable acceptance? (with C. Newman, L. Mancino, J. Guthrie). **Agricultural and Applied Economics Association**. August 2013.

Identifying current and best practices: Washington, DC experience. **Institute of Medicine's National Nutrition Education Curriculum Standards Workshop**. March 2013.

Understanding school-based pantries (with M. Maroto and A. Jacknowitz). **Feeding America Webinar**. 2013.

Addressing food insecurity through school-based food pantries: Identifying best practices (with M. Maroto, and A. Jacknowitz). **National Institutes of Health Conference on Eliminating Health Disparities**. 2012.

Harnessing the power of teachers in the fight against health disparities (with J. Ernst and D. Holly). **National Institutes of Health Conference on Eliminating Health Disparities**. 2012.

Shaping school health policy to address childhood obesity. **American College of Nutrition Annual Conference**. 2012.

Understanding Feeding America elementary school-based food pantries. (with M. Maroto). **Feeding America Agency Capacity Programs and Nutrition Conference**. 2012.

Health Coaching: A call for dietitians to lead. (with M. Gaughan) **Academy of Nutrition and Dietetics Annual Meeting**. 2012.

Health & Education Student Behaviors: Are students entering the caring professions caring for themselves? (with M. Maroto) **Society of Nutrition Education and Behavior Annual Conference**. 2012.

DC's Healthy Schools Act: Creating a healthy environment to Address the Obesity Crisis **Society of Nutrition Education and Behavior Annual Conference**. 2012.

The Healthy Schools Act: A district-wide strategy to improve the school health environment. **Weight of the Nation Conference**. 2012.

School health policies: Food consumption patterns. (with K. Young*) **Art and Science of Health Promotion Conference**. 2012.

School health barriers and gateways to wellness: A teacher's perspective. (with M. Howard* & J. Ernst) **Art and Science of Health Promotion Conference**. 2012.

Teachers as health role models. (with J. Ernst) **American Public Health Association Conference**. 2011.

Harnessing the power of ongoing social assessment. (with A. Farr) **Art and Science of Health Promotion Conference**. 2011.

Health coaching for effective behavior change. **Kaiser Permanente Health Care Professionals**. 2010.

Child nutrition program: Non-profit verses for-profit approaches. **Society of Nutrition Education Conference**. 2010

A nutrition education certificate program. (with J. Ernst) **Society of Nutrition Education Conference, Child Nutrition: Action Today for a Healthy Tomorrow**. 2010.

Worksite cafeteria programs: A 10-year analysis. (with R. McClave*) Centers for Disease Control Conference, **Weight of a Nation**. 2009.

Changing the school lunch environment through nutrient-based standards. **International Conference on Health Economics, Management, and Policy**. Athens, Greece. July 2009.

Physical activity and screen time behaviors among Washington, DC youth. (with N. Reynolds*) **International Conference on Diet and Physical Activity Methods**. 2009.

Nutrient-based standards to improve competitive foods. (with T. Kennard*) **American College of Nutrition**. 2008.

Offerings and purchases of competitive foods pre- and post a nutrition policy. (with J. Yezek*) **Art and Science of Health Promotion Conference**. 2008.

2007 Best-selling weight loss books: A Review. (with J. Swisher*) **Art and Science of Health Promotion Conference**. 2008.

Association between physical activity and type 2 diabetes among older adults. (with C. Schlebe*) **American Public Health Association National Conference**. 2007.

Fruit and vegetable consumption and self-efficacy differences between American and German college students. **American Dietetic Association Conference**. 2007.

Integrating worksite health promotion into occupational health nursing. **VA Occupational Health State Conference**. 2007.

A comparison of food offerings and purchases at three high schools. **American Public Health Association Conference**. 2006.

Making nutrition personal for effective teaching. **American Alliance for Health, Physical Education, Recreation, and Dance**, Eastern District. 2006.

Comparative analysis of popular weight management programs. **Art and Science of Health Promotion Annual Conference**. 2005.

Nutrition programs at the worksite. **Maryland is for Movers Conference**. 2004.

Workplace strategies for addressing the obesity crisis. **Maryland Health Care Coalition**. 2003.

Education and research: Connecting Europe and America. **European Conference on Health Promotion and Education**, Perugia, Italy. 2003.

Fruit and vegetable intake and association of self-efficacy and stages of change: a comparison of German and American college students. **Art and Science of Health Promotion Annual**

Conference. 2003.

Presentation of Referred Papers 1996 - 2002

Motivational impact of pedometers on self-report of physical activity and stage of change. Art and Science of Health Promotion Annual Conference. 2002.

Validation of a stages of change algorithm for calcium consumption for college population. Art and Science of Health Promotion Annual Conference. 2002.

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

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

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

Nutrition Advocacy: A Key to Change. (with LeGrand V*) American Dietetic Association Annual Meeting. 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) American Dietetic Association Annual Meeting. 2000.

Performance Measures: A Case Study in Progress. (with Fogash, D., and Lewandowski, L.) Association for Worksite Health Promotion. 2000.

Weight Management at the Worksite. (with Smith, S.*, and Walbourn, L.*) Art and Science of Health Promotion Conference. 2000.

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. 2000.

The Clean Indoor Air Act for Physical Activity. (with B. Leonard) Chronic Disease Prevention and Control. 1999.

Select Nutrient Intakes of Health-Science and Nursing Students. (with M. Schaeffer) American Dietetic Association Conference. 1999.

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

Applying Policy Lessons Learned from Tobacco to Physical Activity. (with B. Leonard) The National Conference on Health Education and Health Promotion. 1999

Weight Management Programs at the Worksite. The Pennsylvania Wellness Conference. 1999.

Health Advocacy: A Call to Action. Art and Science of Health Promotion Conference. 1999.

A Community Cooperative for Ulcer Education. The Disease Management Congress. 1999.

Nutrition Programming at the Worksite. Association for Worksite Health Promotion Conference. 1998.

The Annual Report: Communicating Results Effectively. Association for Worksite Health Promotion Conference. 1998.

Sound Advice for a Lifetime of Good Health. (with L. Dukes) National Conference on Federal Employee Assistance and Health Enhancement Programs. 1998.

Trends in School-based Health Promotion. (with M. Stevenson) Keystone Health Promotion Conference. 1998.

Health Legislation: A Call to Action. (with R. Stephens*) Pennsylvania Wellness Conference. 1998.

Past and Future Trends of Health Promotion. (with M. Stevenson) Association for Worksite Health Promotion Conference. 1998.

Nutrition Across the Lifespan (preconference workshop). Art and Science of Health Promotion Conference. 1998.

A 10-year Review of the AWHP Student Chapter. Association for Worksite Health Promotion Conference. 1997.

Communicating Program Results. (with M. Stevenson) Association for Worksite Health Promotion Region 2 Conference. 1997.

Annual Reporting. Community College Wellness Conference. 1997.

Eating Behaviors of Health-Science Students. Art and Science of Health Promotion Conference. 1997.

Pre-testing Health Promotion Materials. Wellness on a Shoestring Conference. 1996.

Effectively Delivering the Health Message. Association for Worksite Health Promotion Region

2 Conference. 1996.

Writing the Annual Report. American Heart Association Heart at Work Conference. 1996.

Presentation 1989-1995

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

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

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

Developing an Optimal Wellness Course for College Students. American College of Personnel Association. 1993.

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. 1993.

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. 1992.

Weight Loss Competition in a Blue Collar Workforce. National Association for Fitness in Business Conference. 1992.

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

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. 1991.

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

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

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

Presentations at Public Hearings and Invited Lectures

Evaluation of the Healthy Corner Store Program. DC Council Health and Budget committee. April 2018.

School Health Policy in US. Chinese Delegation of Health Education. Society of Public Health Educators. Washington, DC. December 2016.

Health Schools Act Evaluation 2010-2015. Commission on Youth and Families in DC. Washington, DC. April 2016.

Health Schools Act Evaluation 2010-2015. DC Council Press Conference. Washington, DC. February 2016.

Nutrition Education in Practice. National nutrition education standards meeting at the Institute of Medicine, National Academies of Science. Washington, DC. March 2013.

The Impact of the Healthy Schools Act. DC Council. December 2012.

School Health Advisory Board Accomplishments. Arlington, VA School Board. January 2009, 2010, 2011, 2012.

SPONSORED RESEARCH

Contracts and Grants Received

External Funding

2018 Office of the State Superintendent of Education, Washington, DC. Principal Investigator. **Healthy Tots Program.** \$200,000. March 1, 2018- September 30, 2019.

2018 DC Central Kitchen, Washington, DC. Principal Investigator. **Healthy Corners Partnerships: Building Sustainable Access to Healthy Foods.** \$35,999. April 1, 2018- September 30, 2018.

2018 DC Public Schools; Food and Nutrition Services. Principal Investigator. **Promoting Consumption of Healthful Foods Using Behavioral Economic Strategies.** \$78,000. March 1, 2018 – August 31, 2018.

2017 Department of Health, Washington, DC. Principal Investigator. **WIC Training Program Assessment Plan.** \$9700. July 1, 2017 – August 31, 2017.

2017 A Wider Circle. Principal Investigator. **Evaluation of a Neighborhood Partnership Program.** \$35,000. April 1, 2017 – May 31, 2018.

2017 Department of Health, Washington, DC. Principal Investigator. **Survey Design for SNAP-ED programs.** \$9700. April 1, 2017 – June 30, 2017.

- 2017 DC Central Kitchen, Washington, DC. Principal Investigator. **Healthy Corners Partnerships: Building Sustainable Access to Healthy Foods.** \$35,999. February 1, 2017- September 30, 2017.
- 2017 DC Public Schools, Washington, DC. Principal Investigator. **Strategies for Improving Consumption of Healthy Foods in DC Public Schools.** \$76,552.00. February 1, 2017- July 31, 2017.
- 2017 National Institute for Food and Agriculture. Principal Investigator. **Healthy Schoolhouse 2.0.** \$900,000. March 2017 – April 2021.
- 2017 A Wider Circle. Principal Investigator. **Evaluation of Wraparound Support Services.** \$29,000. January 2017-May 2018.
- 2015 Aetna Foundation. Co-principal Investigator. **Vive Sana: Enhancing Access and Skills for Community Healthy Eating.** \$25,000. October 2015-September 2016.
- 2014 USDA Economic Research Services. Principal Investigator **Behavioral Economic-Based Strategies for Improving Consumption of Healthy Foods Provided as a Part of NSLP School Meals.** \$100,000. October 2014 – September 2015.
- 2014 Kaiser Permanente Mid-Atlantic States. Principal Investigator **DC Healthy Schools Act: Measuring the School Health Environment.** \$165,524. June 2014 – September 2015.
- 2014 Office of the State Superintendent for Education. Principal Investigator **Evaluation of Farm-to-School Program.** \$25,000. September 2014-August 2015.
- 2014 National Children’s Medical Center. Principal Investigator. **Teachers’ Views of Health and Education.** \$21,000. February 2014 – June 2014.
- 2013 Childhood Obesity and Cognition: A Translational Study. National Institute of Child Health and Human Development. Co-Principal Investigator. To be resubmitted in July 2015.
- 2013 Kaiser Permanente Mid-Atlantic States. Principal Investigator **DC Healthy Schools Act: Measuring the School Health Environment.** \$72,000. May – December 2013.
- 2012 Aetna Foundation. Principal Investigator **Community Voices for Health: Kids Take Action.** \$20,000. September 2012- March 2013.
- 2012 Feeding America. Principal Investigator **Measuring the Impact of Elementary School-based Food Pantries.** \$106,000. April 2012 – November 2012.
- 2011 Kaiser Permanente Mid-Atlantic States. Principal Investigator **DC Healthy Schools Act: Measuring its Impact.** \$99,500. November 2011 – March 2013.
- 2011 USDA/Team Nutrition Training Grant. Principal Investigator Awarded with Office of

- the State Superintendent of Education. Community Voices for Health Expansion Project. Washington, DC. \$329,000. September 2011 – September 2013.
- 2011 USDA Economic Research Services. Principal Investigator **Behavioral Economic s-Based Strategies for Improving Consumption of Healthy Foods Provided as a Part of NSLP School Meals.** \$125,000. July 2011 – December 2014.
- 2011 United Way/General Mills Grant. Principal Investigator **Community Voices for Health: Kids Take Action.** In collaboration with Kelly Miller Middle School, Washington, DC. \$18,200. September 2011- May 2012.
- 2011 Kaiser Permanente Community Grants. Principal Investigator **Transforming School Leaders to Promote Health.** \$95,000. August 2011 – May 2012.
- 2010 A Wider Circle and TDK, Inc. Principal Investigator **Evaluation of a Neighborhood Beautification Project on Residents Attitudes and Health.** \$15,000. September 2010 – October 2011.
- 2010 OSSE-GM Foundation. Principal Investigator **Professional preparation for teachers to incorporate health into the curriculum.** \$20,000. August 2010 – May 2011.
- 2010 Society of Nutrition Education Metro Affiliate. Principal Investigator. **Promoting Media & Health Literacy in a 6th grade classroom.** \$5500. September 2010 – December 2010.
- 2001 **California –5-a-Day Worksite Program Research Project.** Subcontractor to The Lifestyle Research Group. \$15,500. September 2001 – June 2002.
- 1998 Association for Worksite Health Promotion. Principal Investigator. **Development of a Survey for Worksite Health Promotion Activities.”** June 1998-October 1998. \$18,500.
- 1997 Community Cooperative for Ulcer Education. Principal Investigator. June 1997 - December 1997. \$8,500.
- Internal to American University & George Mason University*
- 2014 CAS Mellon Grant. **Addressing the health needs of individuals in public housing.** Co-investigator with E. Cotter. \$2300.
- 2011 Faculty Research Support Grant. **Food Choices in a Low SES Neighborhood.** \$2,000.
- 2011 Faculty Research Support Grant. **Evaluating the Impact of the Healthy Schools Act.** \$2,000.
- 2010 Curriculum Development Grant for **establishing an undergraduate public health program.** \$9850.

- 2010 International Travel Award for a **research collaboration between AU and the University of Surrey, England.** \$2850.
- 2006 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; Spring 2006.
- 2001 CAS Mellon Research Award: Exercise Adherence Utilizing the Pedometer with M. Simon and H. Hoeke. \$1,200.
- 1999 CAS Mellon Research Award: Bone Mineral Density and College Women. American University, \$1,700.
- 1998 CAS Mellon Travel Grant for a presentation at the Keystone Wellness Conference. American University. \$300.
- 1997 CAS Mellon Research Grant to develop a new course, Integration of Health Promotion into Managed Care Organizations. American University. \$300.
- 1997 New Faculty Award to present the results of the study, Nutrition Knowledge and Behaviors of Undergraduate Students in the Nursing and Health-Science Programs. American University. \$1,000.
- 1996 Health and Fitness Challenge University Learning Center Grant accepted by the Provost Office. George Mason University. \$10,000.
- 1995 Nutrition Knowledge and Behaviors of Undergraduate Students in the Nursing and Health Science Programs," funded by the College of Nursing and Health Science for . George Mason University. \$3,292.

EDITORIAL ACTIVITIES

- Manuscript reviewer for:
Journal of the Society of Nutrition Education and Behavior
American Journal of Health Promotion
Journal of School Health
Journal Nutrition and Dietetics
Preventing Chronic Disease
Childhood Obesity
European Journal of Clinical Nutrition
Journal of Black Studies

Abstract Reviewer for National Conferences 2005- present

- Society of Nutrition Education
- American School Health Association
- American Public Health Association

CONSULTANT ACTIVITIES

- National Dairy Council. Social Media Consultant. 2018
- University of North Carolina, Asheville. BS Program Review. 2017
- Elon College, Review of Health Promotion BS Program. 2011
- Society of Human Resource Management Worksite Health, Report Reviewer. 2011
- Robert Wood Johnson Foundation Grant Reviewer. 2009
- Health Promotion Advocates. 2007 – 2008
- L & T Health and Fitness Corporation. 2006-
- Susan Komen Breast Cancer Foundation. 2005-
- McGraw Hill, Publishing. June 2005, January 2007
- American Association for Retired Persons. June 2005
- STG International. April 2005
- Sensei Communication. June 2004
- Network to Improve Community Health. September 2002
- Astra Pharmaceuticals. September 1999
- National Pharmaceutical Council. May 1998
- Krames Publishing for Nutrition brochures. May 1998.

MEDIA APPEARANCES

- Aging, Health and Wellness. Northwest Current, Washington, DC. March 2016.
- Healthy Schools Act: 5-year Evaluation. February 2016.
<https://www.washingtonpost.com/news/education/wp/2016/02/09/is-more-physical-education-at-school-linked-to-higher-student-math-scores/>
- <http://washingtoninformer.com/news/2016/feb/24/dc-healthy-schools-act-now-bearing-fruit/>
- BBC; Obesity Trends, November 2015. <http://www.bbc.com/news/world-us-canada-34802263>
- Health and Education, CBSONline, April 2015.
<http://www.cbsnews.com/news/obesity-may-hold-back-americas-kids-at-school/>
- Food banks in schools, Baltimore Sun March 2015.
- The use of food banks on college campuses. KPUR, NPR Affiliate in Kansas City, MO. February 2015. <http://kcur.org/post/umkc-open-food-pantry-students>
- School lunch and vegetable consumption. June 2014.
http://wamu.org/programs/metro_connection/14/06/20/how
- A school lunch menu where students have a say. WTOP, Education. June 2014.
<http://www.wtop.com/346/3643753/A-school-lunch-menu-where-students-have-a-say>
- Serving up better lunches. Washington Post, Local Opinions. June 2014.
http://www.washingtonpost.com/opinions/school-lunches-are-more-nutritious-when-students-get-involved/2014/06/13/17ff9188-f012-11e3-9ebc-2ee6f81ed217_story.html
- FDA announces updates to the Food Label. C-SPAN. March 2014.
- Exercise and the summer heat. US World and News Report June. 2013.
<http://health.usnews.com/health-news/news/articles/2013/06/29/heed-the-heat->

during-summer-workouts

- Need a Job. Check out the Nutrition Field. Fox Business News. June 2012.
<http://www.foxbusiness.com/personal-finance/2012/06/07/need-job-check-out-nutrition-field/>
- Giving Thanks for Healthy Foods. UPI. November 2011.
- "Commentary: Even the First Lady's Allowed to Splurge on Food, You Know" National Journal. July 2011.
- "A Dreamer's Run." Washington Post, WP magazine. May 2010.
- "Nutrition Trends of 2007." Channel 9. December 2007
- "College life and diabetes." ABC news. December 2007.
- "Sources of caffeine in foods and soap." USA Channel 9. September 2007.
- "Differences between products marketed towards women and the general population." USA Channel 9. June 2007
- "Vegan Diets Lower Diabetes Risk." Interviewed on The Most with Alison Stewart on MSNBC. July 2006.
- "Beyond the Headlines: The lowdown on low-fat diets." Interviewed for Today's Dietitian. June 2006
- "Job market for health and fitness professionals." Interviewed by Washington Post. January 2006.
- "Eating habits in public schools." Interviewed by Washington Post. December 2005
- "Working Women's Guide to Good Nutrition." Interviewed by Washington Women. July 2005.
- "Good nutrition to support healthy hair." Interviewed by Washington Times. November 2004.
- "Schools, universities, and corporations: What are they doing in the cafeteria to combat obesity." Interviewed on Fox News Television. September 2004.
- "McDonalds discontinues supersize portion size." Interviewed on Fox-Morning Program. March 2004.
- "Low-carbohydrate craze" interviewed and quoted in the Wall Street Journal. December 2003.
- "Give thanks, eat wisely" quoted in the Washington Time. November 2002.
- "Weighing the Options" quoted in the Journal Newspaper. June 1997
- "Shopping for Healthy Alternatives" produced by ESPN. September 1989.
- "The Relationship of Nutrition and Cancer" delivered to The Mike Cuthbert Show, produced by WAMU-FM. April 1989.
- "Fighting Cancer with Your Fork" delivered to the Morning Show, produced by WDJY. 1988.

TEACHING RESPONSIBILITIES

Courses designed and taught:

- Nutrition (HFIT 645) 1985 – 2017.
- Senior Seminar (HFIT 488) 2000-2018.
- Health Communication (HFIT 540) 1995-2010.
- Health Policy and Behavior Change (HFIT 580) 2007, 2013
- Health Promotion and Health Care (HFIT 560) 2006 – present.

- Strategies in Weight Control (HFIT 570) 2010 – 2012.
- Internships (HFIT 491 & HFIT 691) 2000 – present.

Supervision of theses: (Chair for all the following students.)

- 2016 Jennifer Fields *The effect of a nutrition education program on stages of change, nutrition behavior and knowledge*
- 2014 Emily Swartz *The impact of health coaching on weight loss*
- 2013 Leah Tasman *The impact of implementation intentions in a worksite pedometer challenge*
- 2012 Matthew Barrisi *Barriers to repeat participation in a worksite pedometer program*
- 2012 Natalia Switala *Examining the differences between food deserts and food oases within the District of Columbia*
- 2012 Kathleen Young *School health policy: School lunch consumption patterns of middle school students*
- 2011 Allison Marco *The impact of front-of-package labeling in low socioeconomic areas*
- 2010 Jessica Young *Unhealthy exposures: Health-promoting and health-compromising product advertisements in black, Hispanic, and white women's magazines*
- 2010 Jennifer Yezek *Nutrient analysis of competitive foods pre- and post-wellness policy implementation in three area schools*
- 2009 Ashleigh Enriquez *Rates of change from 2003 to 2007 of abstinence, contraceptive use, and HIV/AIDS infection school-based education among public high schools students in the District of Columbia*
- 2009 Nikki Reynolds *Physical activity and screen time behaviors among Washington D.C. youth*
- 2008 Christine Schelble *Association between physical activity behaviors and type 2 diabetes status among older adults*
- 2008 Teha Kennard *Reforming lunch: The impact of nutritional standards on the school food environment*
- 2005 Casey Korba *What's for lunch?: Comparing eating patterns of high school students across Arlington county*
- 2004 Megan Moeller *Health professionals' advice to Iowa adults with hypertension using the 2002 behavioral risk factor surveillance system*
- 2003 Teresa Rich *America's youth obesity epidemic: Shifts in physical activity and nutrition behaviors, 1960-2004*
- 2003 Kirstin Job *Fruit and vegetable intake, stages of change, and self-efficacy: A comparison between German and American college students*
- 2002 Erin Shalley *The effect of a weight-loss and strength-training program on lean body mass for older women*
- 2001 Laurie Tucker *Development and validation of a stages of change algorithm for calcium consumption*

- 2001 Leah Walbourn *The effects of an Osteoporosis educational intervention on Osteoporosis knowledge among college-aged women*
- 2001 Shea Van Horn *The effect of an online health promotion intervention on a college population*
- 2001 Laurie Barilotti *Motivational impact of pedometers on self-report of physical activity and stage of change*

CURRICULUM DEVELOPMENT

Health Promotion Management, MS, revisions. 2015

Nutrition Education, MS, online program. 2013

Public Health Program, BA & BS. 2009

Nutrition Education Certificate program, online. 2009

Health Promotion, BS, major revisions. 2008

Health Promotion Management, MS, revisions. 2005

UNIVERSITY SERVICE 2017-2018

- University Budget and Benefits Committee
- DHS Faculty Council
- AU Wellness Council

SERVICE 2000-2017

- Committee on Learning Outcomes and Assessment, Chair, 2007-2010
- Education Policy Committee on Curriculum, Chair and Member 2005-2007
- Dean's Advisory Board, Chair 2007-2009
- Committee on Academic Budget and Benefits, 2004- 2006 2008- 2010
- University Budget Committee 2008-2009
- Faculty Senate 2009-2010
- Faculty (SETH) & Staff (Office of Student Life and Human Resources) Search Committees
- SETH Faculty Council 2006-2015
- SETH Rank and Tenure Committee 2006-2015

MEMBERSHIP AND PROFESSIONAL ACTIVITIES

- American Dietetic Association - Registered, 1981
- Association of School Health
- American Association of Public Health
- American College of Nutrition
- Society of Nutrition Education
 - President, Metro-DC Affiliate 2005- 2010
 - Represent SNE on the National Initiative for Promoting Healthy Eating and Physical Activity and Preventing Obesity. 1999-2002
 - Local Arrangements Chair for National Conference 1992
 - President, Metro-DC chapter, 1990-1991
 - President-Elect, Metro-DC chapter, 1989-1990